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Description of document: Federal Energy Regulatory Commission (FERC) employee newsletters: [FERC Insider](#), 2010-2013

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

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Federal Energy Regulatory Commission
Washington, DC 20426

DEC 09 2016

Re: FOIA No. FY16-53
Final Rolling Response

VIA EMAIL AND CERTIFIED MAIL

On April 29, 2016, you filed a request for information pursuant to the Freedom of Information Act (FOIA)¹ and the Federal Energy Regulatory Commission's (FERC or Commission) FOIA regulations, 18 C.F.R. § 388.108 (2016). Specifically, you requested copies of the Commission's employee newsletter, *FERC Insider*, produced during calendar years 2010, 2011, 2012 and 2013. A search of the Commission's non-public files identified 39 documents responsive to your request.²

On June 9, 2016, the Commission issued an initial determination on your request, releasing ten documents with redactions made pursuant to FOIA Exemption 6.³ The remaining 29 documents have been reviewed, and they also include information protected from disclosure pursuant to FOIA Exemption 6.

FOIA Exemption 6

FOIA Exemption 6 protects files that if disclosed would constitute a clearly unwarranted invasion of privacy, including the names, personal addresses and personal information of private citizens and lower level Commission employees. However, the names, addresses, and other data of commercial entities do not implicate a privacy interest that is protected by FOIA Exemption 6 and can be released. *See, e.g., Bibles v. Oregon Natural Desert Ass'n*, 519 U.S. 355 (1997); *National Ass'n of Retired Fed. Employees v. Horner*, 879 F.2d 873 (D.C. Cir. 1989).

¹ 5 U.S.C. § 552, as amended by the FOIA Improvement Act of 2016, Pub. L. No. 114-185, 130 Stat. 538 (2016).

² The Commission did not publish copies of the FERC Insider in August 2010, December 2010 and December 2013.

³ 5 U.S.C §552(b)(6).

The *FERC Insider* includes the names and photographs of various lower-level Commission employees. To protect the privacy of certain lower-level employees, that information has been redacted pursuant to FOIA Exemption 6. The redacted documents are enclosed.

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 a large initial "L" and a long, sweeping tail.

Leonard M. Tao
Director
Office of External Affairs

Enclosures (29)



FERC Insider

JANUARY 2010 VOLUME 17, No 1

ARRIVALS & DEPARTURES

WHAT'S MY LINE?

HEALTHY LIFESTYLES

Are you interested in a Greener FERC?



Several months ago, a group of Commission employees took up the challenge of making our workplace "greener" and more sustainable. This diverse group of economists, lawyers, geologists, biologists, outdoor recreation planners and engineers is now 70 volunteers strong, and all are dedicated to maximizing energy efficiency and improving recycling within the Commission.

Within the past few months, Greener FERC has taken a few modest initial steps:



- 1) Drafted a list of "green" proposals;
- 2) Created a floor-by-floor recycling inventory;
- 3) Established relations with all FERC Commissioners and OED to help work toward a more environmentally friendly workplace;
- 4) Arranged for printing coversheets to be reused by the FERC Childcare Center (other locations welcome), and
- 5) Agreed to provide monthly "Green Tips" in the FERC Insider.

... continued on page 3

Standing by the solar panels on the roof of 888, on the left are Greener FERC volunteers [redacted] Chairman are [redacted] Executive Director and [redacted] Director of the Division of Logistics Management in OED.

FERC Welcomes New Commissioner Norris



See the full story on page 2



More this issue: [John Norris ... Profile of a Paralegal ... CFC](#)

PRINT

FERC Welcomes New Commissioner

John Norris was sworn in on January 11 as a Commissioner at the FERC. President Barack Obama nominated him June 10, 2009, to serve at FERC. The U.S. Senate confirmed his nomination on Christmas Eve.



Upon being confirmed by the full Senate, Mr. Norris said the following:

"I am grateful for the opportunity to serve on the Federal Energy Regulatory Commission and working toward ensuring open and fair energy markets in which consumers, retailers and wholesalers can have confidence. We face many challenges as we chart the course for America's energy future.



The FERC will play a critical role in meeting those challenges, including minimizing the impact changes will have on consumers, ensuring adequate investment in upgrading and building new infrastructure and meeting our nation's goals for reducing CO2 emissions.

"I am humbled by the trust and support I have received from President Obama, Senator Reid, Chairman Bingaman, Senator Murkowski and the Members of the Senate Energy and Natural Resources Committee. I look forward to getting started and making myself accessible to all our citizens in carrying forth my duties and responsibilities to this great country."

Mr. Norris served as the Chairman of Iowa Utilities Board for five years prior to serving as Chief of Staff to the U.S. Secretary of Agriculture's Tom Vilsack prior to his confirmation as a Commissioner at FERC. As a member of National Association of Regulatory Utility Commissioners (NARUC) he served on the Electricity Committee and was Co-Chair of the 2009 National Electricity Delivery Forum. Mr. Norris also has served as a member of FERC-NARUC Demand Response Collaborative.

ARRIVALS & DEPARTURES

WHAT'S MY LINE?

HEALTHY LIFESTYLES

John Norris is sworn in as a Commissioner at FERC by Chairman Wellinghoff.

Photo courtesy of [redacted]



Photo at left: Commissioner John Norris and his family – wife [redacted] and sons, from left [redacted] and [redacted] – at his Senate Energy and Natural Resources Committee confirmation hearing last summer.

EDITORIAL
WEB DESIGN
PHOTOGRAPHY

The FERC Insider is an internal publication by and for the employees of the Federal Energy Regulatory Commission and is not intended for external sale or distribution. It is written and published under the auspices of the Office of External Affairs, [redacted] Director. All photographs, unless otherwise noted, are by [redacted]. All photos are the property of FERC and may not be reproduced without permission.

... Greener FERC *continued from page 1*



ARRIVALS & DEPARTURES

WHAT'S MY LINE?

HEALTHY LIFESTYLES

Greener FERC's mission is to help the Federal Energy Regulatory Commission maximize its energy efficiency; reduce, reuse, and recycle its materials; and promote sustainable and environmentally friendly practices for a healthy and safe work environment through education, advocacy, outreach and general assistance to the Commission.

Our next initiative is to gain an understanding of your interest in recycling at work. You can express your opinions on this topic by taking the short online [survey](#). The survey won't take more than a few minutes to complete. We will compile the results to share with you, the Commissioners and OED in support of future efforts.

This is just the start. We intend to do much more to make our workplace even greener, but we can do so only with your help and ideas! Please consider joining Greener FERC. If you are interested and want to be on the Greener FERC's list-serve so you can stay informed of our monthly meetings and future initiatives, please email [redacted] or [redacted].

Green Tip: Used office material in good condition can be returned to the supply store for reuse.

Faces of FERC:



Paralegal Specialist, Office of the Administrative Law Judges

[redacted] loves learning new things. Her career at FERC, spanning 27 years and three offices, is a testament to that.

A paralegal specialist in OALJ since 1988, [redacted] is responsible for administration of the office: She coordinates the hearing rooms and schedules court reporters to prepare transcripts for the hundreds of cases set for hearing during the course of a year, and helps the judges process initial decisions for public distribution.

She provides customer service by assisting outside attorneys needing information regarding matters or proceedings pending. [redacted] sets timelines for cases set for hearing and ensures due process in matters pending before the judges.

"Our office deals with some of the most difficult cases relating to mergers and acquisitions and rate cases that deal with potential market power in jurisdictional wholesale markets," [redacted] says. "In some cases, the ALJs must determine if it is in the public's interest to use alternative dispute resolution procedures."

[redacted] also enjoys working with coworkers and dealing with the public. "I really enjoy my job because I learn new procedures and techniques to help make the caseload flow efficiently and easier for the ALJs, staff, and, ultimately, for members of the public," [redacted] says.

Faces of Ferc is an occasional series profiling FERC employees.

FERC Insider

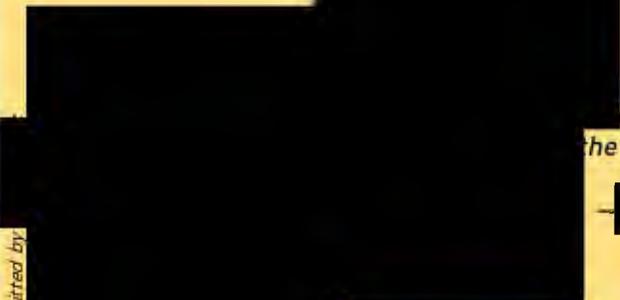
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"I will increase my walking and use of public transportation. Around the house, I will turn off and unplug unneeded lights, appliances, and electronics."

— [REDACTED] DRS, OAL

"We can lower the temperature at FERC."
— [REDACTED] OAL



Continue to take the train as I've done for 37 years."

— [REDACTED]

I plan to conserve energy in 2010 by walking to work at least once a week and using Metro as much as possible." — [REDACTED] DRS, OAL

Photo submitted by

What's MY LINE?

ARRIVALS & DEPARTURES

WHAT'S MY LINE?

HEALTHY LIFESTYLES



Photo courtesy of

FERC's General Counsel Thom Sheets helps with recycling during the Commission's holiday celebrations.



HOW ARE YOU PLANNING TO CONSERVE ENERGY?

Healthy LifeStyles

NEW YEAR'S RESOLUTIONS

Rather than aiming to lose a lot of weight in a short time by depriving yourself, try cutting back on portion sizes. Aim for an average of one pound a week. Although that does not sound like much, it will equate to approximately fifty pounds in a year, that you will probably not gain back.

Remember, there are no good foods or bad foods, just amounts of food and calories. Try to limit empty calories, "junk food", to occasional treats. Finding thirty to sixty minutes everyday to exercise is difficult for most working people.

Instead, make yourself a "date" to do that once a week and the rest of the week do three - five minute exercise programs a day. After a few weeks, increase the duration to ten minutes.

Anyone can find a few minutes everyday. Use stairs whenever possible. Any form of movement is exercise. Walk to the television to change the channel, even though you are using the remote and exercise during commercials. You will be surprised how much exercise you can do during a one hour program.

Most smokers know how to quit. They have done it numerous times. If you have not been able to quit by just stopping, try cutting back slowly on the number of cigarettes you have each day. Choose times when you will not smoke; i.e. such as in the car. When you are comfortable at the lower number of cigarettes, drop another one.

If you would like assistance in any of these areas, do not hesitate to contact the Health Unit, 8112.

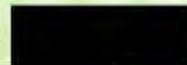
With the New Year came resolutions. To lose a lot of weight, to exercise for an hour a day, to stop smoking "cold turkey", to stop eating junk food. Studies have shown that most people give up within a couple months, most by the end of January, because they have set goals that are very difficult to attain. Setting short, easy to attain goals will make it easier to get back on track and to keep these resolutions.

ARRIVALS & DEPARTURES

WHAT'S MY LINE?

HEALTHY LIFESTYLES

Faces of FERC:



Legal Specialist, Office of the General Counsel



Arrived at FERC in 1974 as a legal clerk in the Office of General Counsel, hoping a federal career would provide opportunities for professional advancement. She hasn't looked back.

Now a legal specialist, helps manage hundreds of electric, natural gas and oil rate cases, complaints, rulemakings and policy statements that affect the energy industry and Americans' quality of life.

Along with a team of four, ensures that each case is processed promptly and works with the managing attorneys to assign cases so that orders may be drafted. Closely monitors each case's progress to ensure it is handled efficiently and on time.

The job can be stressful, but credits the dedication of her close-knit team and the joy of working with the more than 100 attorneys in the Energy Markets Division with easing it. She also takes comfort in knowing that she plays a major role in making sure all cases are processed in a timely manner so that American consumers are charged just and reasonable rates for wholesale electricity and natural gas services as Congress mandates.

"It's an extension of who I am," says of her job. "I like to get things through [the work flow] and get the job done. I also love helping people."

Faces of Ferc is an occasional series profiling FERC employees.

FERC Insider

Chairman Wellinghoff presents Commissioner Kelly with the flags of FERC and her home state of New Mexico as she prepares to leave the Commission after serving since November 2003. At her final Commission Meeting, Commissioner Kelly said, "I've always felt at home here, and I will take away a lot from my experience here. My work here has been totally engaging and often inspiring, and the inspiration has come from my colleagues, with whom it has been a true privilege to work."



Commissioner Moeller speaks at FERC's CFC event for Washington Literacy Council and the Starlight Children's Foundation.

ARRIVALS & DEPARTURES

WHAT'S MY LINE?

HEALTHY LIFESTYLES

Chairman Wellinghoff testifies before the House Subcommittee on Energy and the Environment on jurisdictional questions concerning over-the-counter derivatives markets.



Commissioner Marc Spitzer presides at a meeting of the Rail Energy Transportation Advisory Committee (RETAC) of the Surface Transportation Board (STB). Commissioner Spitzer has served as an ex-officio member of the committee since October 2007, when RETAC was created.

COMMISSION'S 2009 CFC CONCLUDES ON HIGH NOTE

ARRIVALS & DEPARTURES

WHAT'S MY LINE?

HEALTHY LIFESTYLES



Commissioner Moeller and FERC CFC Campaign Manager [redacted] are joined by [redacted] of (left) with the Starlight Children's Foundation and Liz Liptak with the Washington Literacy Council.

FERC Earns Prestigious Summit Award

All Fourteen Commission Offices Exceeded Dollar Goals

FERC's 2009 Combined Federal Campaign concluded on an especially high note: Contributions amounted to a record \$419,496. All 14 of the Commission's offices met or exceeded their dollar goals. That means that once again, the Commission earned the prestigious Summit Award given to Cabinet-level departments and federal agencies whose campaign receipts exceed their prior year's donations by at least 3 percent.

As in years past, the FERC Community demonstrated an enviable level of concern for the less fortunate. This generosity reflects well on all who work at the Commission. With this year's campaign, we forged another link in an unparalleled tradition of generosity.

This year 798 of 1,326 employees contributed, making our participation rate 60 percent, a show of generosity by FERC employees that is especially noteworthy in these difficult economic times. Government-wide, the participation rate in the National Capital Area was 27 percent. FERC stands proudly in the front ranks of our peers in the National Capital Area, and across the U.S. Government nationwide.

OGC's [redacted] a 31-year Commission veteran, managed the CFC for an unprecedented sixth year in a row. Earlier this year [redacted] was honored with the 2008 Star of the Year Award as being the best Combined Federal Campaign Manager in the National Capital Area. For the 2009 CFC, [redacted] was ably assisted by Loaned Executive Sharon Matthews from the Department of Health and Human Services Administration on Aging, as well as the staff at CFC National Capital Area Headquarters.

At President Obama's personal request, Chairman Jon Wellinghoff served as Honorary Chair of FERC's 2009 Combined Federal Campaign.



... continued on page 8

FERC Insider

... 2009 CFC continued from page 7



with the Washington Literacy Council (left) and with the Starlight Children's Foundation at a CFC event.

Executive Director served as Honorary Campaign Vice-Chair. It is particularly fitting that donations from the Office of the Executive Director put our 2009 drive over the top in our effort to earn the prestigious Summit Award.

In this year's stellar six-week campaign the amount raised was \$89,496 over the campaign dollar goal of \$330,000. The 2009 \$330,000 campaign dollar goal was raised \$15,000 over the 2008 goal. This year there were 111 Eagle level and 21 Double Eagle level donations. These 132 eagle level donations amount to 16.65 percent of all FERC donations, or better than 2.38 times the national average.

It is noteworthy that this year's contributions exceeded the Commission's previous record of \$402,920, set in 2008. Throughout the National Capital Area, the campaign dollar goal was \$64 million. Latest data put CFCNCA receipts at \$54,446,655.

As has been the custom in recent years, the FERC program featured well-attended campaign events

each week to showcase the diverse selection of CFC beneficiaries from among the 4,000 charities included in the CFC Catalogue of Carling. This year, a record number of representative charities participated: Alliance to Save Energy, Art for Humanity, Duke Ellington School of the Arts, Earth Share, FERC Child Development Center, Fidos for Freedom, Ford's Theatre Society, Oxford House, Raptor Conservancy of Virginia, Starlight Children's Foundation, Washington Area Bicyclist Association and Washington Literacy Council.

In his welcoming remarks to each campaign event, individually thanked by name the committee members who helped him to make the annual CFC the success it is:



Many office captains and key workers have already expressed a willingness to help out again in 2010. This dedication is a credit to us all.

At the suggestion of Chairman Wellinghoff, members of the FERC Community were invited to propose charities to participate in an innovative charity fair campaign finale. Ultimately, seven diverse charities participated: Barker Foundation, Brain Injury Services, Environmental Fund for Maryland, FERC Child Care, Habitat for Humanity for Northern Virginia, Mentoring to Manhood, and USA Cares, Inc. Each participating charity's presence highlighted how worthy CFC causes touch peoples' lives locally, regionally, nationally and internationally. Further, it should be noted that many members of the FERC Community contribute their own money, volunteer their services, or are beneficiaries themselves of the good works performed by these worthy charities.

An outstanding characteristic of the Commission's annual CFC is the extraordinarily high number of dedicated true volunteers who agree to serve year after year on CFC campaign committees. 2009

ARRIVALS & DEPARTURES

WHAT'S MY LINE?

HEALTHY LIFESTYLES



was no exception. The entire 2008 CFC campaign committee agreed to serve again in 2009. This is especially praise-worthy.

Another hallmark of the campaign is the chance to win fabulous door prizes for those who attended the weekly events. CFC Headquarters provided with a generous supply of CFC official water jugs, which will surely be collectors' items in years to come. The Commission's fitness center donated T-shirts, as did the Day Care Center.

Sunrise Café donated five sumptuous all-you-can-eat free lunches (maximum value \$7). Commissioner Phillip Moeller, an enthusiastic CFC supporter, donated a free lunch with no \$7 price cap for a winner and a guest of the winner's choice. Commissioner Moeller's office earned highest honors by raising a staggering 336 percent over its dollar campaign goal, and was the first office to reach 100 percent participation. The Office of Administrative Law Judges was the largest office to reach 100 percent participation, and went 179 percent over its dollar goal. Chairman Wellinghoff also donated a free lunch with no \$7 prize cap to a lucky winner.

Finally, said he wishes to thank all donors, key workers, office captains, CFC committee members, office directors, and Commissioners who helped make the 2009 CFC the extraordinary success it was. has already volunteered to manage the Commission's 2010 Combined Federal Campaign.

Arrivals & Departures

DEPARTURES

October 2009 - December 2009

ARRIVALS & DEPARTURES

WHAT'S MY LINE?

HEALTHY LIFESTYLES

Comings

OGC

[Redacted]

OED

[Redacted]

OER

[Redacted]

OEMR

[Redacted]

ALJ

[Redacted]

OE

[Redacted]

DEPI

[Redacted]

OEA

[Redacted]

Goings

OGC

[Redacted]

OED

[Redacted]

OER

[Redacted]

OEMR

[Redacted]

OEP

[Redacted]

PARTING SHOT



Chairman Wellinghoff and Tesla Motors' [Redacted] take a new Tesla out for a spin.

January 2010 FERC Insider
Tell us what you think here.

FERC Insider

FEBRUARY 2010 VOLUME 17, No 2

'Doc,' Lenair Help FERC Celebrate Black History Month

ARRIVALS & DEPARTURES

WHAT'S MY LINE?

HEALTHY LIFESTYLES

HOT TOPICS

Black History MONTH

FERC celebrated its 24th Annual Black History Month program on February 4 with keynote speaker Rick "Doc" Walker taking center stage. A veteran NFL player, and member of the 1982 World Champion Washington Redskins, Mr. Walker inspired the audience with words of wisdom and truth by emphasizing the need for all people to focus on their legacies. ... continued on page 2



More this issue: Greener FERC CFC Ten Qs

PRINT

... Black History
continued from page 1

Black History

M O N T H

ARRIVALS & DEPARTURES

WHAT'S MY LINE?

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HOT TOPICS

"You have to create relevance," [redacted] said.

Chairman Jon Wellinghoff welcomed employees to the program by focusing on this year's theme, "The History of Black Economic Empowerment." He highlighted the National Urban League and the impact the organization has made, through public policy, to improve the lives of nearly 2 million people nationwide. The National Urban League, which is celebrating its centennial this year, is a civil rights organization dedicated to economic empowerment of urban communities in need.

OEA's [redacted] served as the Mistress of Ceremonies and [redacted], Director of OEA, introduced [redacted]

[redacted] also touched on this year's theme by speaking of the importance of having business and financial skills in today's world and using them to make a difference for the future.

Finally, [redacted] highlighted the need for today's young adults to respect their elders. "They stood for so much," he said. "They had character, spirituality and a thirst for education."

[redacted] "You have to create relevance."

Members of the audience were treated to an outstanding musical performance by Brian Lenair and Friends. The group, introduced by OEA's [redacted] featured R&B songs from its latest CD as well as songs by [redacted]

This year's event was co-sponsored by the Special Emphasis Committee and the Office of External Affairs.

Each February is designated Black History Month to commemorate the rich and varied contributions of African Americans to U.S. culture and history.

At left: [redacted] and Friends entertain FERC.

EDITORIAL
WEB DESIGN
PHOTOGRAPHY

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Who is your favorite Olympian?

ARRIVALS & DEPARTURES

WHAT'S MY LINE?

HEALTHY LIFESTYLES

HOT TOPICS

What's MY LINE?

[soccer]."

OER

[swimming]."

OER

[boxing]."

OER

"Michael Johnson
(track and field)."

OER



The Commission's 2009 Combined Federal Campaign was an extraordinary success. Final 2009 campaign numbers indicate donations totaled a record \$425,233.71. Receipts exceeded our campaign dollar goal by more than \$95,000. Eight hundred and nine members of the FERC Community participated giving the Commission a participation rate exceeding 61% (twice the US Government average last year). There were 114 Eagle donors and 21 Double Eagle donors. Campaign Manager [redacted] is grateful for all of the help he received from his team members, and above all the extraordinary level of generosity of people who work at the Commission. [redacted] is already planning the 2010 CFC.

Healthy LifeStyles

ARRIVALS & DEPARTURES

WHAT'S MY LINE?

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HOT TOPICS

February is American Heart Month.

Most people now realize **Cardiovascular Disease (CVD) is the # 1 killer** of both American men and women and all races; more than AIDS and cancers of the breast, lung, skin, and prostate combined. Most Cardiovascular Disease and Coronary Heart Disease (CHD) are preventable. These conditions actually begin to cause changes at a much younger age than when the symptoms begin to occur; as early as teens and twenties. The factors that influence CVD or CHD that you have no controls over are age, sex, race and heredity. Factors such as smoking, weight, uncontrolled hypertension, uncontrolled diabetes and diet are controllable. Correcting these problems can slow down or even reverse various types of heart disease.

Hypertension is called the silent killer since it usually has no symptoms. Uncontrolled hypertension leads to blood vessel damage causing kidney failure, lung problems, and blindness as well as heart attacks and strokes. Many people can avoid or reduce their medications by avoiding smoking, reducing their weight, salt, fat and alcohol intake, monitoring their blood pressure and blood sugar regularly, increasing exercise (walking), eating fresh fruits, vegetables and whole grains. Many people are very sensitive to the effects of salt and/or caffeine and need to limit their intake. It is also important to take blood pressure and/or diabetic medications as prescribed and avoid decongestants if you have hypertension.

It is also important to monitor your blood pressure. Any FERC employee may stop in the Health Unit, Room 3-F, to have his or her blood pressure checked or obtain information on cardiovascular disease, hypertension, nutrition and/or exercise.

Web sites – www.womenheart.org; www.americanheartassociation.org



FERC Explores Efficient Integration of Renewables into the Grid

"We are seeing a rapid expansion in the use of renewable energy technologies around the country that have the potential to reduce greenhouse gas emissions and electricity costs for consumers," FERC Chairman Jon Wellinghoff said. "To accommodate that expansion, it is our job to ensure that FERC has in place the market and operational reforms necessary to ensure that all wholesale electricity tariffs are just, reasonable and not unduly discriminatory."

"Besides the critical need for new transmission lines to deliver these clean domestic resources, we also need to address the difficulties of integrating into the grid an energy supply that is variable, which by its very nature has characteristics unlike those of traditional generation sources that are easily controlled and dispatched," Commissioner Moeller said. "I am especially interested in the ability of the industry to improve the supply forecast of these resources, but all of the issues in this Notice of Inquiry (NOI) are significant."

"The NOI is an important step in the Commission's efforts to ensure that the nation's consumers benefit from increased development of these important renewable resources," Commission Spitzer commented. "The NOI seeks input from all segments of the industry and markets and gives them an opportunity to educate the Commission on what needs to be done to remove barriers to the efficient and reliable integration of renewable resources on the nation's grid."

At the January 21 Commission Meeting, FERC voted on a Notice of Inquiry seeking public comment on whether to reform any of its rules or procedures as the nation's generation portfolio expands to include more variable energy resources such as wind, solar or non-storage hydro generating plants. Growing use of these types of facilities presents unique challenges to the electric power industry, such as location constraints and limited ability to dispatch, but also offers benefits such as low marginal energy costs and reduced greenhouse gas and other emissions.

[Read the entire NOI on FERC.gov.](#)

ARRIVALS & DEPARTURES

WHAT'S MY LINE?

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HOT TOPICS

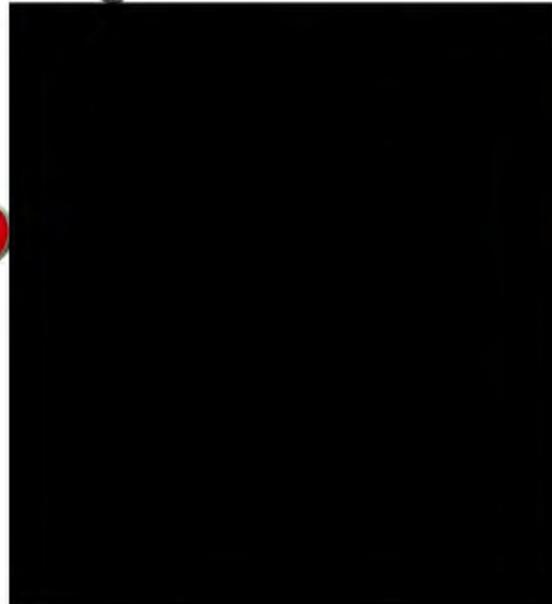


A regular review of important, interesting actions by the Federal Energy Regulatory Commission

FERC is taking a fresh look at regulatory policies to integrate the rapidly increasing number of variable energy resources into the nation's power grid in the most efficient and non-discriminatory manner while maintaining power system reliability.



QUESTIONS



Get to know your FERC colleagues through our new "Ten Questions For..." feature in future editions of the Insider!

Ten Questions For...

Name:

Current Position at FERC:
Management Analyst in the Division of Logistics Management (DLM) in OED.

How long at FERC?
One year of service (01/21/09)

What do you like most about your job here?
I really like how our division is involved in major projects from all of the program offices, and contributes to make a difference at FERC!

Previous jobs:
My professional career started with Neopost (only competitor to Pitney Bowes). After Neopost I switched industries and worked for Bozzuto Management; worked as a Leasing Consultant at an apartment community in Centreville, Virginia. On the side, I help manage my father's construction company, Romero Construction. Working at Romero Construction has been a tremendous experience thus far; thanks to my father I can now be considered a "Handy Man"!

Hometown:
Bogota, Colombia

Currently live in:
Fairfax, Virginia

ARRIVALS & DEPARTURES

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How you spend your free time:
I enjoy traveling, especially internationally. I spend most of my free time hanging out with my family, friends, and my beautiful fiancé, Stephanie!

Family:
My immediate family includes my parents and an older sister. My father retired as Master Chief Petty Officer in the Colombian Navy and is now the President and CFO of Romero Construction. My mother is a resource mother at the Northern Virginia Urban League, which advises pregnant teenagers. My sister is the most loving person ever! Also, I can't forget The Longs, my newest family and future in-laws. My family tree has more branches and roots than the redwood, the world's tallest tree!

Pets:
I have two dogs, a Yorkshire terrier (Davinchy, 3) and a Brindle American Pit Bull (Marcy, 5) They were raised in Spanish and are both bilingual!

One thing your colleagues would be surprised to know about you:
I eat four to five times a day, can cook great meals, and I'm a Dallas Cowboys fan!!

Arrivals & Departures

January 2010

ARRIVALS & DEPARTURES

WHAT'S MY LINE?

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HOT TOPICS

PARTING SHOT

Comings

Goings

OGC

[Redacted]

OEA

[Redacted]

OED

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OER

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OER

[Redacted]

OEMR

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OEMR

[Redacted]

ALJ

[Redacted]

OEPI

[Redacted]

OEP

[Redacted]

[Large Redacted Block]

[Redacted] performs at Black History Month Program

February 2010 FERC Insider
Tell us what you think here.

FERC Insider

MARCH 2010

VOLUME 17, No 3

FERC Keeps Working During Historic Snowstorm

The historic snowfall in the Washington, D.C., region in February forced the official closure of the Federal Government for four full workdays. This event, however, did not stop FERC employees from doing important work.

As FERC Chairman Jon Wellinghoff recently noted, "The work of the Commission continued. Our Regional Offices were open for business and running smoothly. And, I want to acknowledge our Headquarters Security Staff who came in every day to ensure that the building was secure."

"I am continually impressed by the commitment of FERC staff to the work that we do, and I am thankful to serve as the Chairman of the Commission for such a hardworking group of people," the Chairman said.

As noted by the Chairman, staff was busy working on the orders for the monthly open meeting agenda and for notational orders issued during the storm. From Friday, February 5, when the government was closed for a half a day to Friday, February 12, the Commission issued 12 orders notationally while the Commission issued six tolling orders. To accomplish this, the Chairman noted, staff drafted orders, answered questions from the Commissioners, and revised drafts. In addition, the Office of the Secretary was at 888 to issue the orders once they were voted out by the Commission.

ARRIVALS & DEPARTURES

WHAT'S MY LINE?

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Senator [REDACTED] (D-NM) welcomes Chairman Wellinghoff to a hearing before the Senate Energy and Natural Resources Committee on March 9.

See story on page 3



More this Issue: Greener FERC obit Spring Sale

PRINT

What's MY LINE?

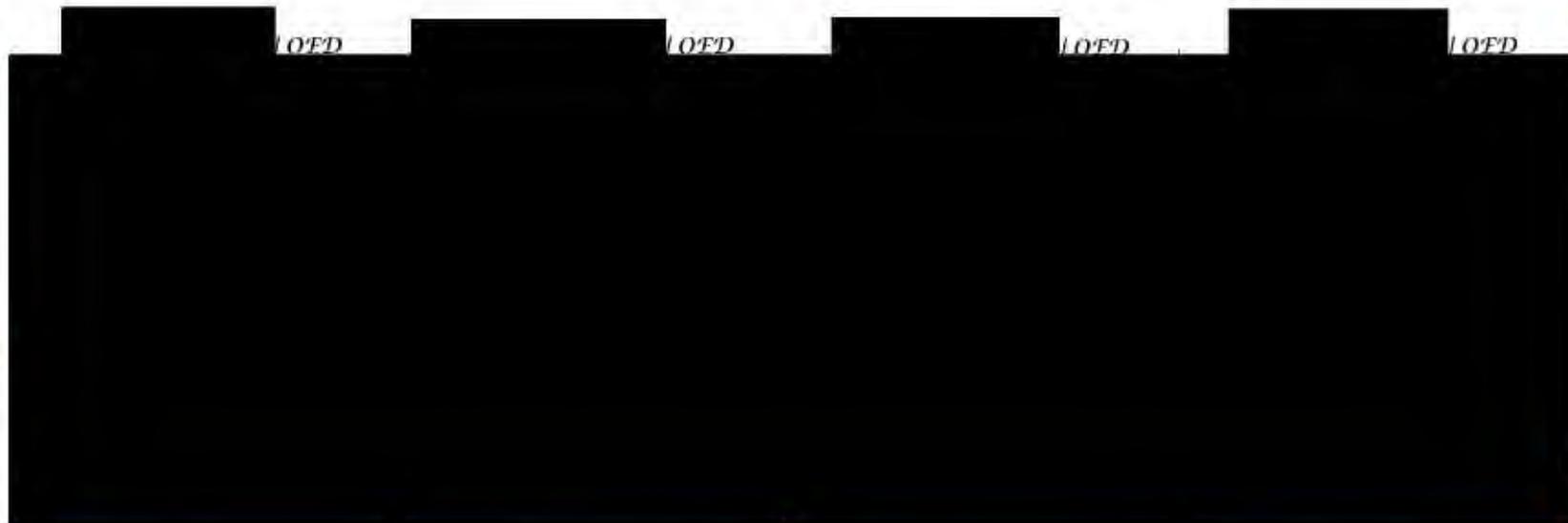
If you had more free time, how would you use it?

ARRIVALS & DEPARTURES

WHAT'S MY LINE?

HEALTHY LIFESTYLES

HOT TOPICS



"Travel to Europe."

"Hiking."

"Train for the Ironman."

"I would prep the ground to prepare my garden and annual flower display."



EDITORIAL
WEB DESIGN
PHOTOGRAPHY

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ARRIVALS & DEPARTURES

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Testifying at the hearing with Chairman Wellinghoff were:

Electric Cooperatives; Joseph Kelliher, former FERC Chairman; Chairman Wellinghoff; [REDACTED] Chairman of the CFTC; [REDACTED] PJM Interconnection L.L.C.; and [REDACTED] Chairman of the New York Public Service Commission and NARUC Committee on Electricity.

Wellinghoff Presses FERC's Regulatory Message on Capitol Hill

Chairman Wellinghoff testified on March 9 before the Senate Energy and Natural Resources Committee on how energy markets regulated by FERC may be affected by legislative proposals focusing on financial derivatives. The hearing focused on the need to clarify the regulatory roles of FERC and the Commodity Futures Trading Commission (CFTC) in these markets.

Chairman Wellinghoff's testimony focused on the need to protect consumers. He contrasted FERC's role as rate regulator that ensures rates charged to energy customers are just and reasonable, and that approves and enforces electric reliability standards, with CFTC's job of ensuring that markets generally operate fairly and in an orderly manner, but with neither the authority nor the expertise to ensure the reasonableness of rates or oversee reliability of energy supplies.

"Shifting jurisdiction over energy markets from FERC to the CFTC could impair FERC's ability to protect consumers from excessive energy rates, an especially important consideration during a recession," Chairman Wellinghoff said. "Similarly,



expanding the CFTC's authority in FERC-regulated markets could limit FERC's ability to police against market manipulation in energy markets. Also, uncertainty about regulatory authority and requirements in energy markets could chill investments or increase the cost of capital for infrastructure investments, ultimately harming consumers. This uncertainty also could slow investments in 'green energy,' such as renewable resources and smart grid technology."

Chairman Wellinghoff commented further: "FERC has many years of experience with the energy markets. While I and others continue to seek improvements in these markets, I see no problem in these markets that would be solved by supplementing or displacing FERC oversight with CFTC oversight. No regulatory failure has occurred that would warrant such a major shift in oversight of these markets. These markets are vital in meeting the energy needs of many millions of Americans, and nothing has been proffered to warrant the uncertainty of inserting a new regulator and a new regulatory regime."

Above: Chairman Wellinghoff answers questions from a gaggle of reporters following the Senate hearing.

FERC Grants Market-Based Rate Authority to Google



The evolution of the energy industry took another step at the February open meeting when FERC Commissioners granted market-based rate authorization to Google Energy, a wholly owned subsidiary of Google, Inc., the technology company focused on web-based services.

Google Energy in December filed an application for market-based rate authority and accompanying tariff providing for the sale of energy, capacity and ancillary services at market-based rates.

"We are transforming into a new energy era slowly, and the fact that a Google is interested in market-based rates is a characteristic of that," Commissioner Moeller said at the meeting.

Google Energy was formed to identify and develop opportunities to contain and manage the cost of energy for Google, Inc. Google Energy states that it intends to act as a power marketer, purchasing electricity and reselling it to wholesale customers. The Commission determined that Google Energy satisfied the standards for market based rates: Neither Google Energy nor its affiliates own any power generation or transmission facilities, nor do they serve electric consumers in any franchised service areas. The companies also do not control any inputs into electric power production that could be used to restrict market entry by competing power suppliers.

Like all other market-based rate sellers, Google Energy will be required to file with the Commission Electric Quarterly Reports containing a summary of the contractual terms and conditions in every effective service agreement for market-based power sales and transaction information for effective short-term and long-term market-based power sales during the most recent calendar quarter. And like other market-based rate sellers, Google Energy must report to the Commission any change in status that would reflect a departure from the conditions the Commission relied upon in granting market-based rate authority.

ARRIVALS & DEPARTURES

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A regular review of important, interesting actions by the Federal Energy Regulatory Commission

Healthy LifeStyles

ARRIVALS & DEPARTURES

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ACHOO! ACHOO! For allergy sufferers, spring will come this year with a vengeance. An allergy is the body's immune system's over-response to foreign substances such as pollens or molds. This response is similar to the way your body responds to protect you from cold viruses and bacteria. Some people are more sensitive to these irritants than others. This year, molds will be a major problem because of all the melting snow. Extremely high pollen counts from trees, grasses and weeds are yet to come.

The most common allergy symptoms are nasal and/or throat congestion, runny nose, itchy eyes, throat and/or nose, dark shadows under the eyes and a general feeling of, "I don't feel sick, but, I don't feel well either." Severe respiratory symptoms – asthma and bronchitis – are uncommon.

While avoiding allergens is the best treatment, doing so is frequently not possible. This is especially true with pollens. As the spring and summer progress, the best treatment is to treat severe allergic symptoms on a regular, daily basis with antihistamines such as Benedryl, Chlortrimeton, Claritin, Allegra, Zyrtec, Allevert, Tavist ND and Corcidin or their generic versions. Decongestants (Sudafed) only treat the symptoms, not the causes of the symptoms.

Other tips for dealing with allergies:

- Take a shower at night before you go to bed and wash your hair daily. If you cannot wash it every day, wrap your hair in a scarf to keep the pollen off your pillow.
- Drink plenty of water daily to flush the histamine (what causes the reactions) from your body.
- If these treatments are ineffective, contact your physician for further evaluation and treatments.

Please do not hesitate to contact the Health Unit, 8112, Room 3-F, if you have any questions.





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Green Tip of the Month:

"Each year, 19 billion catalogs are mailed to American consumers, the majority of which are unwanted." This is responsible for 20 million metric tons of CO₂ (MMtCO₂) emissions annually. (Source: Natural Resources Defense Council). To reduce the amount of unsolicited mail you receive visit the Mail Preference Service's website at dmachoice.org and remove your name from mailing lists.



Greener FERC's Mission is to help the Federal Energy Regulatory Commission maximize its energy efficiency; reduce, reuse, and recycle its materials; and promote sustainable and environmentally friendly practices for a healthy and safe work environment through education, advocacy, outreach and general assistance to the Commission.

RECYCLING SURVEY: Please tell us about your interest in recycling at work by taking this [super short survey](#).



The Child Development Center will hold its Spring Sale on March 16 and 17 from 11:00 am — 1:00 pm in the lobby of 888. Look for See's Candies, handcrafted jewelry, Polish Pottery, and FERC mugs and t-shirts.

10 Questions for

[Redacted Name]

Name: [Redacted]

Current Position at FERC:
Security Guard

How long at FERC? Since Oct. 1, 2004

ARRIVALS & DEPARTURES

WHAT'S MY LINE?

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What do you like most about your job here? I can contribute to make FERC a secure and safe location for employees and visitors. I work with very nice people, and I also obtain general basic information about new development in the energy area from employees of FERC.

Previous jobs: Chemist and Biological Inspector at National Institute for Health (NIH) for 33.5 years. In that position I performed research in the chemical testing of vaccines and other biological products.

Hometown: York County, Pennsylvania. I currently live in Mt. Airy, Maryland.

How do you spend your free time? I'm on my farm in Virginia and my home in Pennsylvania. I also collect antique furniture, do woodworking, and I rescue and adopt Airedale Terriers.

Pets: I currently have a miniature toy poodle. I previously had four adopted Airedales.

Family: I was born and raised in an Irish-German family in York County, Pennsylvania. I spent a large part of my childhood with my German Grandmother, who had a major influence in my life development.

My wife, [Redacted] is from West Virginia. At one time she had an antique shop in New Market, Maryland, which sold imported antique furniture and dishes from Austria and Germany. My father was a farmer and baker and my mother was a York County Government employee. I have two sisters - one lives in Florida and the other lives in Pennsylvania.

One thing your colleagues would be surprised to know about you: I designed and supervised the construction of a large brick Colonial Williamsburg-style home on my 60-acre farm in Virginia near Charlottesville. Also, I'm a former machinist and private pilot.



QUESTIONS

[Redacted Content]

Arrivals & Departures

February 2010

ARRIVALS & DEPARTURES

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Comings

Office of the Commissioner Norris

[Redacted]

DED

[Redacted]

OER

[Redacted]

OEPI

[Redacted]

Goings

OE

[Redacted]

OEA

[Redacted]

OEP

[Redacted]

OEMR

[Redacted]

[Redacted] formerly on the staff of the Office of Energy Projects, died on February 4.

[Redacted] began her federal career at FERC May 10, 1982 as a data transcriber within the former Office of Electric Power Regulation and rose to the rank of management assistant in January 1991 within the same office which eventually reorganized to become the Office of Hydropower Licensing/Office of Energy Projects.

[Redacted] worked in that capacity until she retired from FERC on March 3, 2006.

Her friend, [Redacted] reminisced on how she and [Redacted] worked together to process preliminary permit applications for staff review. [Redacted] was a hard worker and really knew her job well," [Redacted] said. "She was dedicated to her work. She was a good friend. I miss her."

The FERC family offers its deepest condolences to [Redacted] loved ones and friends.

March 2010 FERC Insider
Tell us what you think here.



FERC Insider

APRIL 2010

VOLUME 17, No 4

WHAT'S MY LINE?

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FERC To Offer Employee Bicycle Commuter Subsidy

FERC will offer employees the opportunity to participate in a bicycle subsidy beginning this spring. This makes FERC one of the first federal government agencies to offer such a subsidy to employees.

The program will help to reduce green gas emissions, improve air quality and reduce traffic congestion in the D.C. area while providing a non-taxable subsidy to encourage employees to travel by bicycle for their daily commutes, all efforts FERC supports.

Participants in the program may be reimbursed up to \$20 per month or \$180 per year for commuting-related expenses, as the benefit is being offered for nine months of the year. If employees participate in the bicycle subsidy program, they will not be able to participate in the transit subsidy or parking programs.

"It is important to institutionalize biking at FERC," says OEMR's [redacted] who commutes daily by bicycle. "We really appreciate the agency's cooperation and willingness to execute this."

— continued on page 3



More this Issue: Around the Commission ... Greener FERC ... New Phones

PRINT

One

of the major orders FERC issued at the March 18 Commission Meeting was a proposal intended to ensure adequate compensation for demand response resources in organized wholesale electricity markets to enhance their competitiveness. Competitive markets bring more options to consumers, enabling them to lower prices.

"As FERC looks to improve the role of demand response in the functioning and competitiveness of organized markets, our next logical step is to offer this proposal and to ask a variety of questions about it." Chairman Jon Wellinghoff said. "I am eager to hear what stakeholders have to say about this."

The Notice of Proposed Rulemaking (NOPR) proposes, and seeks comment on, requiring organized wholesale energy markets, known as Regional Transmission Operators (RTOs) or Independent System Operators (ISOs) in which demand response resources participate as a resource, to pay demand response providers the market price for energy for reducing consumption below their expected levels.

FERC is seeking comment on this proposal and on the merits of alternative approaches in comparison to the approach proposed. Further, the Commission seeks comment on whether regional differences among the markets justify the current difference in compensation across the RTOs and ISOs.

[View the NOPR](#)

WHAT'S MY LINE?

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FERC Focuses on Demand Response

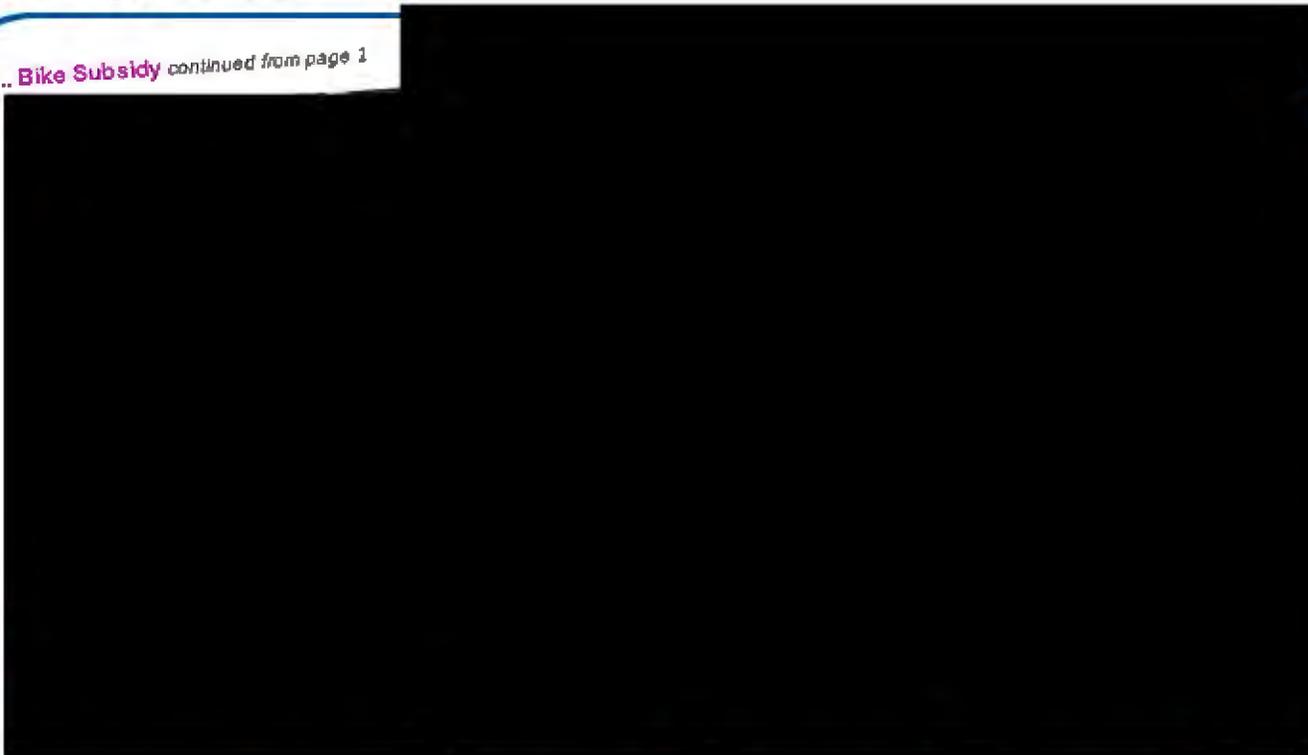


A regular review of important, interesting actions by the Federal Energy Regulatory Commission

EDITORIAL
WEB DESIGN
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... **Bike Subsidy** continued from page 1



WHAT'S MY LINE?

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HOT TOPICS

FERC employees who bike to work now have the option of receiving a bicycle subsidy. Here are FERC employees who bike to work regularly.

In addition to the subsidy, FERC has added additional bicycle racks in the parking garage to accommodate all riders.

An article in *The Washington Post* on March 11 reported, "A Census Bureau survey determined that the number of D.C. area bike commuters doubled in the first eight years of the 21st century, exceeding 2 percent of all commuters."

The article, which focused on creating dedicated bicycle lanes on Pennsylvania Avenue, also said that in the nation's 70 largest cities, "the bike commuter rate increased by 48 percent over the same period, reaching almost 1 percent of all commuters. Catering to bikers' needs, Google Maps this week added routes for bicyclists to its menu of options."

According to 2008 article in *US News and World Report*, 10 percent of commuters travel by bike in Germany, 18 percent in Denmark, and 27 percent in the Netherlands. In Portland, Oregon, 3.5 percent of trips to work are made by bike, the highest share among the 50 largest American cities.

This employee benefit was made possible through the hard work of the FERC bicycling community, AFGE Local 421 and the Office of the Executive Director.

For policy requirements and/or forms, including a list of frequently asked questions (FAQs), employees can reference the [Transit Subsidy Benefit Program](#) page on FERCNet. Questions concerning the FERC Transportation Fringe Benefit Program can be emailed to the [Transit Benefit Coordinator](#).

If you are interested in biking to work but need more information to get rolling, FERC bike commuters would love to help. For any and all questions, contact any of these FERC bikers:



Also, save the date **May 12** for a brown-bag introduction to bike commuting. And don't forget to register today for **Bike to Work Day on May 21!** [You can register here.](#)

"I believe one of our greatest challenges is to protect our supply of freshwater from pollution and contamination. Recycling, controlling development, and expanding our use of renewables are important as well."



What's MY LINE?

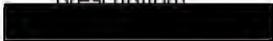
WHAT'S MY LINE?

HEALTHY LIFESTYLES

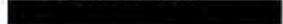
HOT TOPICS

APRIL 22 MARKS THE 40TH ANNIVERSARY OF EARTH DAY

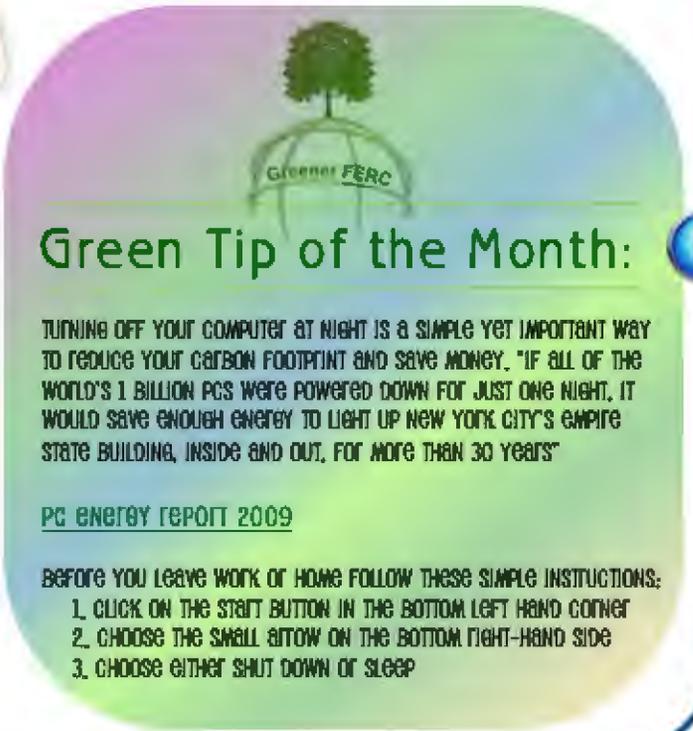
"Question everything you get or give, and how to improve the delivery system. For instance, I commented to CVS the other day that they use entirely too much paper and too many staples when someone picks up a prescription!"



"Take good care of the items you buy and then sell, donate, or recycle them so that they don't end up in a landfill."



What is one way we can protect the Earth's resources for future generations?

Green Tip of the Month:

TURNING OFF YOUR COMPUTER AT NIGHT IS A SIMPLE YET IMPORTANT WAY TO REDUCE YOUR CARBON FOOTPRINT AND SAVE MONEY. "IF ALL OF THE WORLD'S 1 BILLION PCS WERE POWERED DOWN FOR JUST ONE NIGHT, IT WOULD SAVE ENOUGH ENERGY TO LIGHT UP NEW YORK CITY'S EMPIRE STATE BUILDING, INSIDE AND OUT, FOR MORE THAN 30 YEARS"

PC ENERGY REPORT 2009

BEFORE YOU LEAVE WORK OR HOME FOLLOW THESE SIMPLE INSTRUCTIONS:

1. CLICK ON THE START BUTTON IN THE BOTTOM LEFT HAND CORNER
2. CHOOSE THE SMALL ARROW ON THE BOTTOM RIGHT-HAND SIDE
3. CHOOSE EITHER SHUT DOWN OR SLEEP

"Better recycling program."



PUT YOUR BEST FOOT FORWARD:

Believe it or not, a 150-pound person walking just one mile exerts a force of 63.5 tons on a single foot, according to an American Podiatric Medical Association (APMA) study.

That's why making sure your feet are protected by good walking shoes is important before you take a single step. APMA experts suggest that selecting the correct shoe for your foot type can be paramount in preventing foot-related injuries when starting a walking routine, and can also reduce the risk of accelerating and aggravating many foot deformities.

Feet come in many different shapes and sizes, but usually are categorized into three general types: high arch, medium arch and low arch. Shoe manufacturers have taken foot types into account and created three functional categories for walking and running shoes: motion control, stability, and neutral. It is important to select the correct type of shoe for your type of foot.

Some feet may benefit from orthotics, which are custom designed inserts typically made from actual impressions of your own feet based upon a podiatrist's prescription. While not all feet require

orthotics, inserts are ideal for feet that feel or perform abnormally when standing, walking or running. Orthotics don't just provide arch support, they can alter the angle at which the foot strikes a walking or running surface, improving the way your feet function and feel. While walking and running shoes are appropriate footwear for walking, do not wear walking shoes for running. With so many ways to exercise, there are athletic shoes and socks to suit almost every activity. Both should fit well and wick away moisture to keep your feet dry.

Before you head out for a stroll, it's important to consider the type of surface and terrain that you'll be walking on. Concrete and asphalt can be hard on the bones and joints of your feet, while soft but uneven terrain, such as the beach and outdoor trails, make you more vulnerable to foot injuries. Wherever you walk, it's important to wear the appropriate shoe gear that provides your foot with control and stability.

Walking is easy, safe and inexpensive, but it does require healthy feet. Foot pain is never normal, so if you experience any discomfort in your feet while walking—see your physician or a podiatrist.

APRIL IS FOOT HEALTH AWARENESS MONTH

FERC Insider



Photo courtesy of Mary O'Driscoll

WHAT'S MY LINE?

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Ken Salazar, Secretary of the U.S. Department of the Interior (DOI); FERC Chairman Jon Wellinghoff; [REDACTED] Assistant DOE Secretary for Energy Efficiency and Renewable Energy (EERE); and [REDACTED] Deputy Assistant Secretary of the Army (Policy and Legislation), recently met to discuss the importance of developing small hydro in this country.



Beginning Spring 2010, FERC will be upgrading its current phone system to IP Telephones. IP Telephone, often referred to as VoIP (Voice over Internet Protocol), uses a data network for communication rather than the traditional phone system wiring. Read all about the new phones, on [FERCNet](#).

NEW PHONE SYSTEM COMING TO FERC



Name:



Current Position at FERC:

Ecologist and Biological Resource Manager
for DG2E.

How long at FERC?

Over 20 years

What do you like most about your job here?

Each project brings new and different challenges and issues to resolve. I studied plant ecology but with natural gas projects I am learning human ecology as well. I get to travel to different regions of the country and learn history, environmental issues and cultural differences from region to region.

Previous jobs:

Teaching and research job at the University of North Carolina at Wilmington, Wilmington, NC.

Hometown:

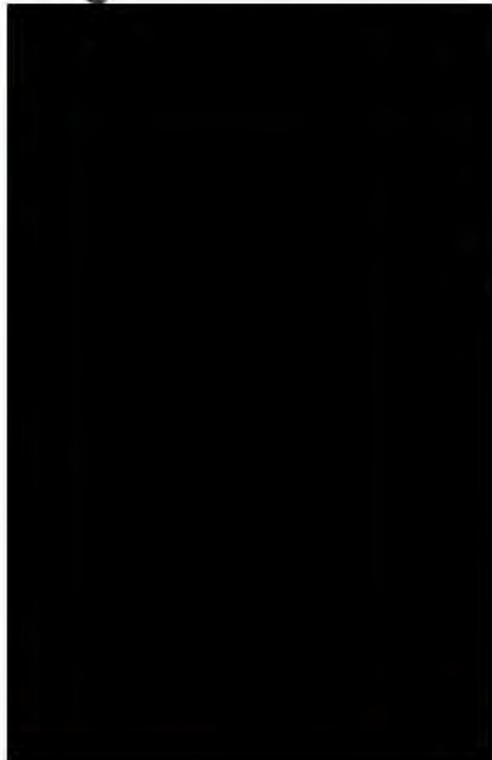
New Delhi, India

Currently live in:

Silver Spring, Maryland.



QUESTIONS



WHAT'S MY LINE?

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How do you spend your free time?

Flower arrangement, painting and drawing with water color, acrylics, oil and pastel, traveling and sightseeing.

Family:

Husband, Engineer with U.S. Army Corps of Engineers for the Atlantic Division. His specialty is Fire Protection of Aircraft Hangers. I have two boys, [redacted] works as a software developer and is married. [redacted] is a Radar Engineer with Johns Hopkins Applied Physics Laboratory in Laurel, Maryland. We have two grandchildren.

Pets:

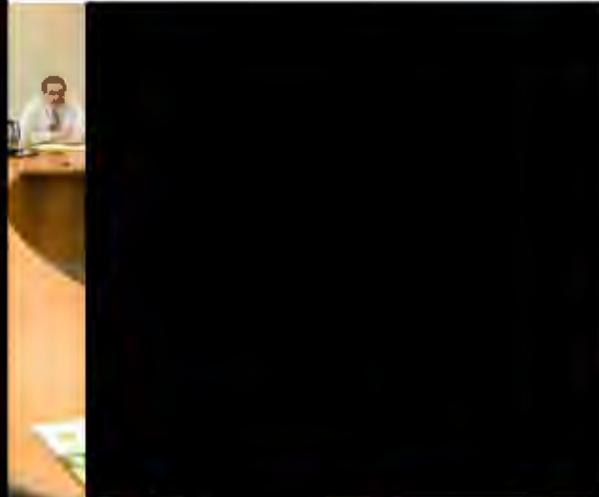
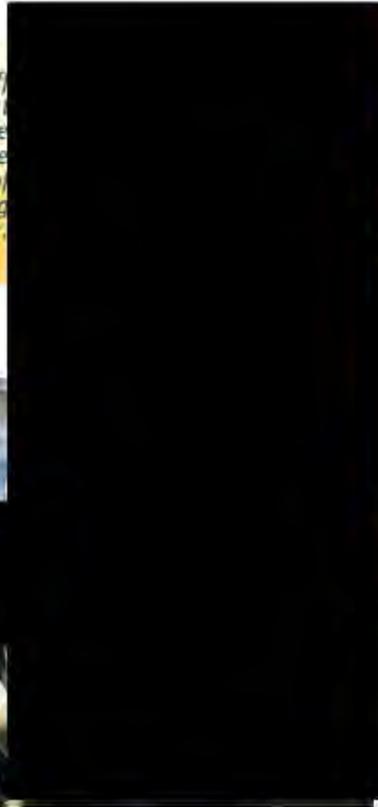
No pets. I love plants.

One thing your colleagues would be surprised to know about you:

I organized a women's support group for Indian women. We discuss women's issues including stress, have hands-on activities, share books read by members of the group and perform community service.

FERC Insider

Chairman Wellinghoff talks with reporters at a roundtable discussion on the accomplishments of the Commission during the past year.



WHAT'S MY LINE?

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Around the Commission ...



Chairman Wellinghoff speaks to reporters following a hearing before the House Committee on Energy and Commerce.

Commissioner Norris testifying at the oversight hearing before the House Committee on Energy and Commerce.



Commissioner Spitzer and [redacted] a staff member for the House Committee on Energy and Commerce.

April 2010 FERC Insider

Tell us what you think here.

FERC Insider

MAY 2010 VOLUME 17, No 5

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FERC Nominees Testify on Capitol Hill



Commissioner Philip D. Moeller and Ms. Cheryl A. LaFleur testified before the Senate Energy and Natural Resources Committee on April 27 after being nominated by President Obama on March 8 to be members of FERC. The Senate Committee voted May 6 to send their nominations to the full Senate for consideration.

Previously, Commissioner Moeller was nominated by President Bush to FERC, and sworn into office on July 24, 2006, by Chief Justice of the United States John Roberts, for a term expiring June 30, 2010. His current nomination is for a second five-year term.

Ms. LaFleur is nominated for a five-year term beginning on June 30, 2009.

Ms. LaFleur has more than 20 years of experience as a leader in the electric and gas industry. She retired in 2007 as Executive Vice President and Acting CEO of National Grid USA, responsible for the delivery of electricity to 3.4 million customers in the Northeast.



More this issue: [Indian Workshop](#) ... [Smart Grid Expo](#) ... [Earth Day](#)

PRINT

ARRIVALS & DEPARTURES

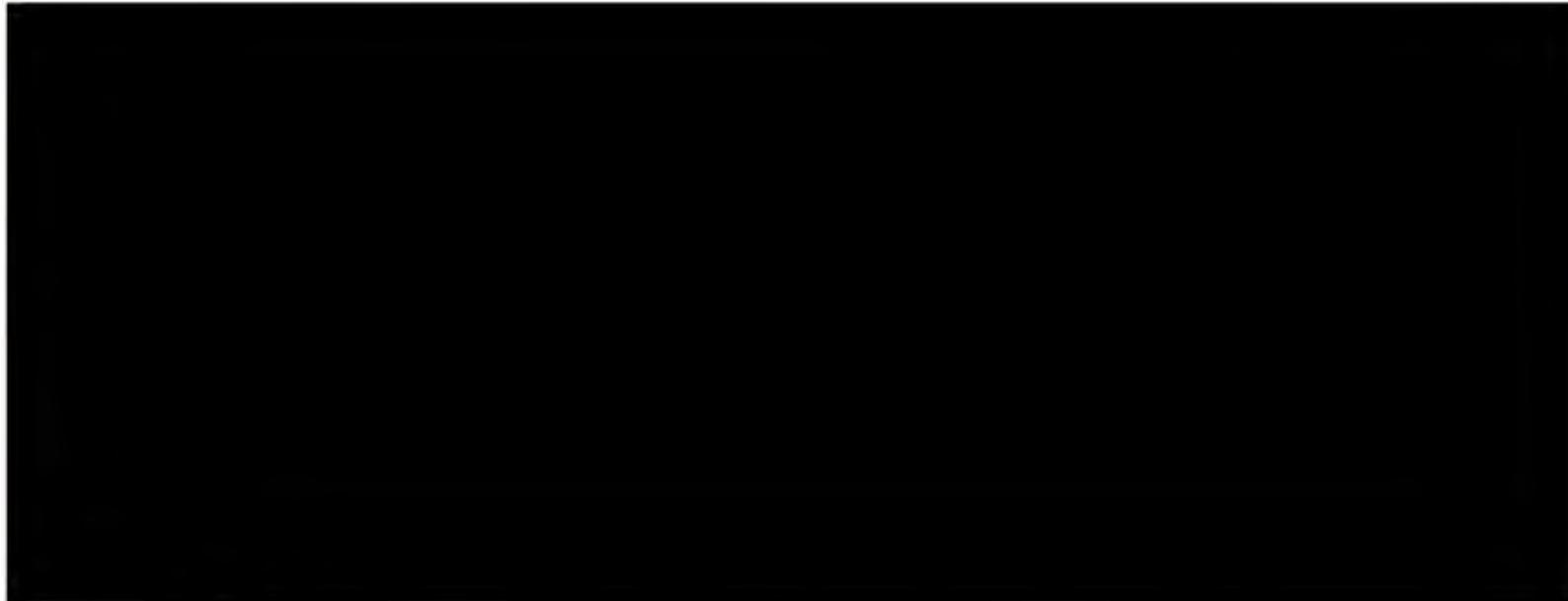
WHAT'S MY LINE?

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Commissioner Philip D. Moeller presided at a workshop on April 29 at FERC where U.S. and Indian public utility regulators exchanged information of mutual interest and discussed regulatory challenges facing commissioners from both nations. Former FERC Commissioner William Massey participated in the event as a panelist.

Pictured below with Commissioner Moeller are Commissioner Norris, top left, and former Commissioner William Massey (top row, center). Joining them are FERC staff and officials from India.



EDITORIAL
WEB DESIGN
PHOTOGRAPHY

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FERC Looks to Ease Development of Small Hydropower Projects

FERC recently took a step toward making its small hydropower licensing program more user-friendly by announcing a series of Web-based tools that will help developers understand the FERC licensing process, help improve coordination with other agencies and help license applicants complete the process more quickly and efficiently.

"Efforts to reduce carbon emissions and meet the growing number of state renewable energy standards are drawing increased attention to small hydropower project development," FERC Chairman Jon Wellinghoff said. "These new tools will help provide additional resources to applicants considering developing hydropower."

"Small and micro hydropower have enormous potential, but these projects often cannot be developed under traditional licensing methods," Commissioner Philip Moeller said. "By our action today, the Commission is working to ease the regulatory burden of harnessing this clean and renewable form of energy."

The new resources, to be posted on the FERC website (www.ferc.gov) in August 2010, came out of discussions at FERC's December 2009 technical conference on small, non-federal hydropower projects. The new web resources will provide a roadmap that walks applicants through the process of selecting a project site, determining if a project is jurisdictional, selecting a FERC licensing process, consulting with stakeholders and preparing a license or exemption application. New tools, such as fill-in-the-blank license and exemption application templates and tips on how to expedite the application process, are intended to make it easier for a potential applicant to apply for a license or exemption.

Staff also intends to update existing agreements, or Memoranda of Understanding (MOUs), with other agencies to improve coordination. They also will employ a new outreach program to educate potential small hydro developers. Staff also will continue to provide a small hydro hotline and email address to answer applicants' questions.

At the December 2009 technical conference, participants noted the increasing interest in small hydropower in recent years. Last year, FERC staff received almost twice as many inquiries on small hydro issues than in 2008. And the Commission has received more preliminary permit, license and exemption applications for these types of projects.

Chairman Wellinghoff recently joined Interior Secretary Ken Salazar in promoting total hydro development in the U.S.



A regular review of important, interesting actions by the Federal Energy Regulatory Commission

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HOT TOPICS

FERC Celebrates 40th Anniversary of Earth Day

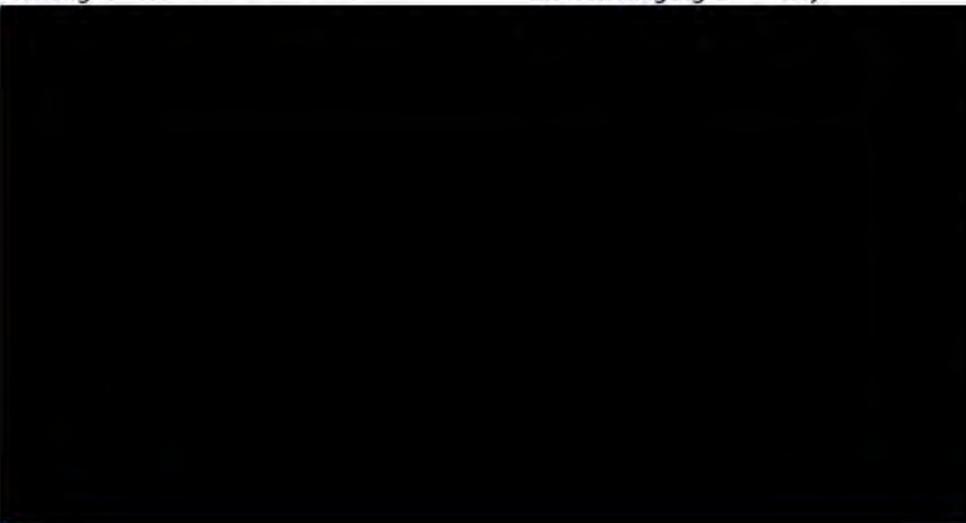
FERC formally celebrated Earth Day for the first time on April 22 with events for employees to enjoy throughout the day.

OEA Director [REDACTED] welcomed employees to the main event of the day, a "Greening the Workplace" panel and town hall. FERC Commissioner John Norris served as the keynote speaker.

footprints and the importance of Earth Day over the years. "More must be done," Commissioner Norris noted.

Commissioner Norris talked about raising our awareness of our carbon

In closing, Commissioner Norris said how proud he was of FERC for acknowledging Earth Day.



The panel of outside speakers provided FERC employees with some food for thought about workplace-related "greening" efforts: [REDACTED] Director, Office of Federal High-Performance Green Buildings, GSA; [REDACTED] Director, Federal Government Relations - Sustainability, Wal-Mart Stores, Inc.; and [REDACTED] Program Manager, Green the Capitol, U.S. House of Representatives. [REDACTED] Director, Smart Growth Program, Natural Resources Defense Council, moderated the discussion.

The kickoff for the day's events was a parade featuring children from the FERC Child Development Center. The children also made artwork from recycled products and displayed them in the lobby of 888 for everyone to enjoy. The Child Care Center also sponsored the sale of Fair Trade, Organic, Carbon-Free coffee and tea. Proceeds went to the Center's tuition assistance program.

Dorland's Medical Dictionary defines an addict as "a person who cannot resist a habit for physiological or psychological reasons."

The American College Dictionary defines an addict as someone "who is devoted to or given up to a practice or habit."

While most people think of addicts as being hooked on drugs or chocolate, many people, and even children, today are hooked on electronic devices. Can you go several hours, while awake, and not check or use your cell phone, Blackberry, iPod, iPad, computer, laptop, iPhone, Kindle, Palm Pilot, mp3 player or whatever electronic device you own? Many people have a psychological need to continually check their electronic devices while at dinner, at meetings, in restaurants, at parties, in the car (even while driving), watching TV (if not on the device), on public transportation, while walking or exercising.

If this describes you, you have an addiction to electronic devices.

Think of it as if you were having a party and someone sat down and took out a novel and started to read it. Have you ever sat in a restaurant and been annoyed by someone at a nearby table talking loudly on their phone? You cannot drive and talk on a phone, even hands-free, at the same time and concentrate fully on driving. At home, try talking on the phone and watching TV for 10 minutes. See if you can recall exactly what was discussed on both. You probably cannot do it.

Consider trying to go a couple of hours, at one time every day, without using your electronic device.

ARRIVALS & DEPARTURES

WHAT'S MY LINE?

HEALTHY LIFESTYLES

HOT TOPICS

mp3
iPod
iPad
Blackberry
TeVo
TiVo



**are
you an
addict?**

**Healthy
LifeStyles**

What's unique about your pet?

What's MY LINE?

ARRIVALS & DEPARTURES

WHAT'S MY LINE?

HEALTHY LIFESTYLES

HOT TOPICS



"He's stick crazy"
OEP's [redacted] about his
mutt, Sabot.

Sabot

"She has no tail."
OE's [redacted] on
her cat, Willow.

Willow

"I'm going to release them."
OEP's [redacted]
recently hatched leopard
tadpoles he plans to release
once they are bigger.

Tadpole

"He likes to ride the metro
bus by himself."
OE's [redacted] on her
basset hound, Joey.

Joey

Smart Grid Expo

On April 7, a Smart Grid Expo was held in the lobby of 888 for FERC staff to learn more about the implementation of Smart Grid and demand response, advanced metering, and distribution and transmission technologies. The event included hands-on and interactive exhibits as well as information sessions on all aspects of Smart Grid.

NEMA, the National Electrical Manufacturers Association, sponsored the event. FERC Commissioner John Norris and [REDACTED] Director of the Commission's Office of Energy Policy and Innovation, welcomed everyone to the event.



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HOT TOPICS



Arrivals & Departures

March & April 2010

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WHAT'S MY LINE?

HEALTHY LIFESTYLES

HOT TOPICS

Comings

Goings

OGC

[Redacted]

OE

[Redacted]

OED

[Redacted]

OER

[Redacted]

OEPI

[Redacted]

Office of the Commissioner

[Redacted]

OGC

[Redacted]

OE

[Redacted]

OED

[Redacted]

OEP

[Redacted]

OEMR

[Redacted]

OEPI

[Redacted]

OAI

[Redacted]

OSEC

[Redacted]

PARTING SHOT



Photograph taken by [Redacted]

Commissioner Norris took questions from reporters at an April 6 roundtable sponsored by Platts.

May 2010 FERC Insider
Tell us what you think here.



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Photo courtesy of Ameren UE.

The Taum Sauk Hydroelectric Project, the Missouri reservoir that breached on December 14, 2005, reopened at May 27 ceremonies attended by FERC Commissioner John Norris.

The newly constructed replacement reservoir cost \$490 million and is built entirely of concrete. It features multiple layers of built-in safeguards to ensure the safe and continued operation of the project. The project, located in southeastern Missouri, is licensed to Ameren UE.

Joining Commissioner Norris at the event were OEP Director [REDACTED] and [REDACTED], Regional Engineer for the Chicago Regional Office.

FERC Commissioner John R. Norris speaks at the reopening of the Taum Sauk upper reservoir.

TAUM SAUK REOPENS

Taum Sauk continued on page 2



More this issue: **New ALJ ... S&ED in China ... COOP**

PRINT

ARRIVALS & DEPARTURES

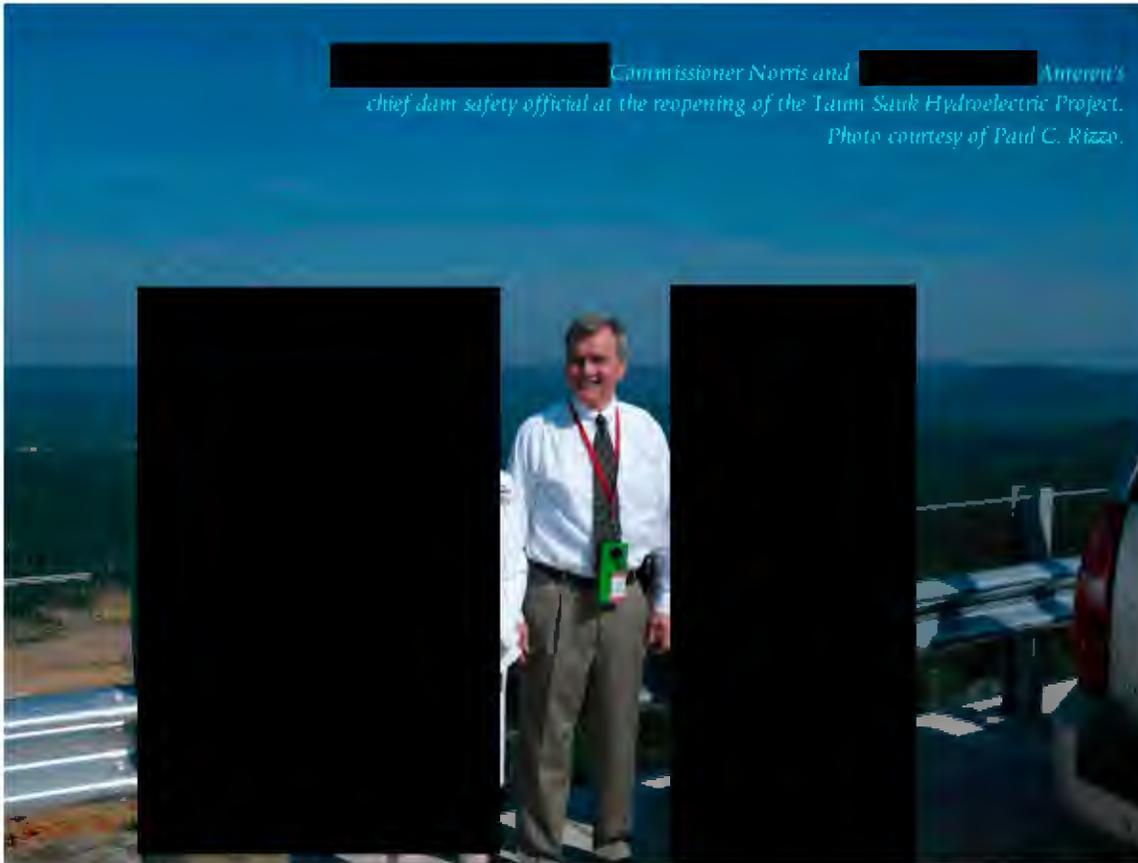
WHAT'S MY LINE?

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Commissioner Norris and Ameren's chief dam safety official at the reopening of the Tamm Sauk Hydroelectric Project.
Photo courtesy of Paul C. Rizzo.

... **Taum Sauk** continued from page 1



Immediately following the breach in 2005, FERC conducted an investigation of the failure and determined that the immediate cause of the breach was that water overtopped the dam. Transducers that measured the height of water pumped into the upper reservoir had become loose from their anchors and gave inaccurate readings, indicating reservoir levels were lower than actual levels.

FERC reached a settlement with Ameren UE in October 2006 to resolve matters related to the incident. AmerenUE agreed to pay a \$10 million civil penalty, to fund \$5 million in improvements in the vicinity of the Taum Sauk project, and to adopt a comprehensive safety program for all of AmerenUE's hydroelectric facilities. The \$10 million civil penalty is the largest the Commission has ever imposed in a hydroelectric matter.

EDITORIAL
WEB DESIGN
PHOTOGRAPHY

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ARRIVALS & DEPARTURES

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Chairman Wellinghoff joined 16 heads of U.S. government agencies in Beijing in late May for the Strategic and Economic Dialog II (S&ED II). President Obama has made the relationship with China one of his top priorities, and the annual S&ED is the premier Cabinet-level framework for advancing bilateral relations with China. The S&ED allows the U.S. to address the most critical issues in our bilateral relationship through candid and constructive interaction with China's top policymakers. The meetings included discussions with Vice Premier Wang, Councilor Dai, and other key Chinese policy makers. The S&ED II will advance U.S.-China cooperation on energy security and clean energy – both of which hold enormous potential benefit for Americans. The U.S. and China issued a [joint statement](#) on energy security cooperation. Read more on the overall outcomes of the [Strategic Track of the S&ED II](#) on the U.S. Department of State website.

Chairman Wellinghoff speaks at the China-U.S. Energy Efficiency Forum in Beijing.

- Photo by [REDACTED]

FERC Chairman Jon Wellinghoff, middle row, far left, is joined by China's Vice Premier [REDACTED] U.S. Secretary of State [REDACTED], U.S. Commerce Secretary [REDACTED] U.S. Treasury Secretary [REDACTED] [REDACTED] U.S. Federal Reserve Board Chairman [REDACTED] and other delegates as they pose for a "family photo" prior to the opening ceremony of the China-U.S. Strategic and Economic Dialogue in Beijing.

- Photo by U.S. State Department

FERC, CALIFORNIA SIGN AGREEMENT TO COORDINATE HYDROKINETIC PROJECT DEVELOPMENT

ARRIVALS & DEPARTURES

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A regular review of important, interesting actions by the Federal Energy Regulatory Commission

⇒ The Federal Energy Regulatory Commission (FERC) and the State of California have signed a [Memorandum of Understanding \(MOU\)](#) to coordinate procedures and schedules for review of hydrokinetic energy projects off the California coast.

This marks the fourth hydrokinetics MOU that FERC has signed with other states, following agreements signed last year with Washington and Maine, and with Oregon in 2008. Today's agreement ensures that FERC and California will undertake all permitting and licensing efforts in an environmentally sensitive manner, taking into account economic and cultural concerns.

"This agreement with California shows FERC's continuing commitment to work with the states to ensure American consumers can enjoy the environmental and financial benefits of clean, renewable hydrokinetic energy," FERC Chairman Jon Wellinghoff said.

"I am delighted the State of California has signed an MOU with the Commission on developing hydrokinetic projects off the California coast," Commissioner Philip Moeller said. "This completes a sweep of the West Coast which, along with Maine, is showing its commitment to bringing the benefits of clean hydrokinetic energy to the consumers of the United States."

FERC AND CALIFORNIA HAVE AGREED TO THE FOLLOWING WITH RESPECT TO HYDROKINETICS:

- ⇒ Each will notify the other when one becomes aware of a potential applicant for a preliminary permit, pilot project license or license;
- ⇒ When considering a license application, each will agree as early as possible on a schedule for processing. The schedule will include milestones, and FERC and California will encourage other federal agencies and stakeholders to comply with the schedules;
- ⇒ They will coordinate the environmental reviews of any proposed projects in California state waters. FERC and California also will consult with stakeholders, including project developers, on the design of studies and environmental matters; and
- ⇒ They will encourage applicants to seek pilot project licenses prior to a full commercial license, to allow for testing of devices before commercial deployment.

ARRIVALS & DEPARTURES

WHAT'S MY LINE?

HEALTHY LIFESTYLES

HOT TOPICS

What do you like most about OAL's new office space?

What's MY LINE?



"I like a sunny office and being in the same location as my DRS coworkers."

— [Redacted]

"The light and location being so close to the New York Avenue Metro Station."

— [Redacted]

"The work environment. Offices are quieter with lots of natural light."

— [Redacted]

"I love the modern look and feel, plus all of the brand new amenities from the furniture to the gym."

— [Redacted]

[Read all about OAL's new office space on page 9]

ARRIVALS & DEPARTURES

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H-H-H

WASHINGTON'S TYPICAL SUMMER FORECAST - HAZY, HOT AND HUMID!

Although it usually becomes worse in August and September, the way this year's weather has been, we do not know what this summer will be like. These conditions combine to form a Heat Index, which will make your body respond as if the temperature is hotter. Unfortunately, very few people can remain in air conditioning all day. It is very important that you curtail your outdoor physical activities on extremely hot days. Extreme heat and humidity, particularly during heat advisories, alters the body's cooling efficiency, causing you to lose body fluids faster. That creates an electrolyte (body salts) imbalance and can aggravate existing medical conditions, especially heart and lung conditions.

During periods of prolonged, extreme heat it is very important that you cut back or slow down outdoor activities between the hours of 11 a.m. and 7 p.m. and drink plenty of fluids, particularly water. If you will be exercising for long periods or exercising vigorously, you should replace fluids with an electrolyte thirst quencher – substitutes are Sprite, Slice and Mello Yello. For the best results, begin drinking those fluids approximately two hours before exercising and continue throughout and following the exercise. Avoid alcoholic and caffeinated beverages, wear lightweight, light-colored clothing, and avoid sunburn. Do not use salt tablets.

Excessive exposure to extreme heat can cause medical complications ranging from mild to severe medical emergencies.

HEAT CRAMPS - mild to moderate loss of body fluids and salts, usually from vigorous activity.

Symptoms - normal or slightly elevated body temperature, muscle cramps, spasms, and tenderness, skin moist and cool.

Treatment - lie in cool area, drink water with salt (4 tsp. salt to 1 gal. water).

HEAT EXHAUSTION (prostration) - excessive loss of body fluids and salts from prolonged vigorous activity. Being physically fit does not reduce risk!!!

Symptoms - body temperature above 99 degrees, increased pulse and respiration rates, mild mental confusion, dizziness, headache; you will feel weak, thirsty, have muscle spasms, and your skin will be pale, cold and moist.

Treatment - lie down in cool area, drink water with salt.

HEAT STROKE (Sun stroke) – This is LIFE THREATENING and entails a MEDICAL EMERGENCY! Your body is unable to regulate its own temperature, the greatest risk is with the very young or the elderly or with chronic health conditions.

Symptoms - body temperature above 104 degrees, confusion, dizziness, headache; you may faint, have a loss of strength, feel nausea with vomiting and convulsions, your skin will be hot, dry and flushed; you likely will lose consciousness.

Treatment - CALL 911 IMMEDIATELY!! Lie down in cool area, remove clothing, sponge down with cool water.



HAVE A SAFE SUMMER!

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COOP 2010

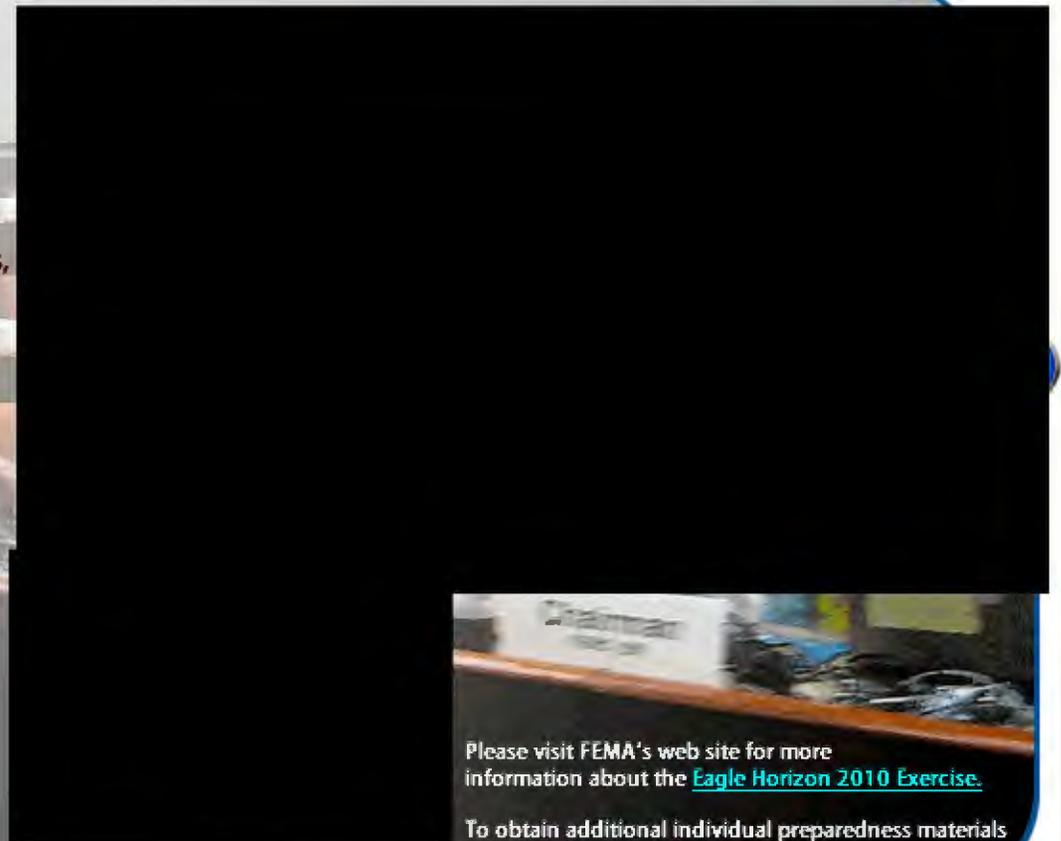
FERC once again participated in the mandatory annual exercise of the federal government's readiness and capabilities to execute their emergency preparedness plan, also known as Continuity of Operations (COOP). This year's exercise, Eagle Horizon 2010, took place May 17 and 18, and focused on a simulated terrorist attack scenario involving an improvised nuclear device that required evacuation of the Washington, D.C.-based National Capital Region (NCR).

The exercise may have been a hypothetical scenario, but it gave an opportunity to test the effectiveness of FERC's COOP program to assure that Commission may continue performing its "mission-essential functions" amid a range of potential emergencies.

The exercise focused on coordination among federal agencies, and tested Federal Executive Branch Continuity alert, notification and deployment procedures. One of the core objectives was to evaluate FERC's family support planning and a preparedness assessment. During the exercise, individual FERC offices sent their COOP Emergency Relocation Group members to an alternate FERC location, where they implemented FERC's COOP procedures.

FERC's efforts to continuously improve and strengthen its emergency response capability requires a tremendous amount of support from all Commission employees. The Security and Safety staff would like to thank those individuals who participated in this year's exercise. We also would like to thank everyone who made an effort to complete the accountability survey on fercalt.gov.

For any further questions regarding FERC's COOP Program, feel free to contact Security and Safety at ext. 6829 or [REDACTED] COOP Program Manager, at ext. 8331.



Please visit FEMA's web site for more information about the [Eagle Horizon 2010 Exercise](#).

To obtain additional individual preparedness materials please visit www.ready.gov.

Photos courtesy of [REDACTED]

CHAIRMAN APPOINTS [REDACTED] AS NEW ADMINISTRATIVE LAW JUDGE

Federal Energy Regulatory Commission Chairman Jon Wellinghoff has announced the appointment of Judge [REDACTED] as a FERC Administrative Law Judge.



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Since 2005, [REDACTED] has been an Administrative Law Judge with the Office of Medicare Hearings and Appeals at the Department of Health and Human Services. Prior to that, [REDACTED] was in private practice for nearly 23 years, developing extensive experience in criminal and civil litigation.

[REDACTED] also served in a number of administrative and analytical positions at Howard University from 1973 to 1982. A Vietnam veteran, [REDACTED] attained the rank of Captain in the U.S. Air Force and was awarded the Bronze Star.

Above: Deputy Chief Administrative Law Judge [REDACTED] (left) and newly appointed Administrative Law Judge [REDACTED] (right)

[REDACTED] brings to FERC broad experience in government, academics and the private sector, and will be a welcome addition to the FERC Administrative Law Judge corps," FERC Chairman Jon Wellinghoff said.

Chief FERC Administrative Law Judge [REDACTED] stated, "I am delighted to have [REDACTED] as a member of our team. I feel that his extensive trial experience will be a real asset in meeting our mission accomplishments."

[REDACTED] is a 1980 graduate of Virginia's George Mason Law School and graduated with distinction in the upper 10 percent of his class. He earned his Bachelor's and Master's degrees in political science from Howard University in Washington, D.C. [REDACTED] belongs to the District of Columbia Bar, Federal Bar Association and Washington Bar Association.

[REDACTED] resides in Washington, D.C.

OAL's

FERC's Office of Administrative Litigation (OAL) recently relocated to 1100 First Street, NE.

NEW

The new office space is 26,000 square feet and includes a mix of private offices and open work stations that house 115 employees on the third floor of the new 12-story building.

"I think it's great that an office space can be functional, attractive and environmentally friendly

all at the same time," commented OAL Director Rick Miles. "I want to send a special thank you to my staff for their patience during our recent move," Rick added. "Now that we are all here, I know this will be a great place to work."

OFFICE

To help reduce the office's overall energy consumption, the new space features high-efficiency

SPACE

lighting and HVAC systems, modern ceiling-mounted occupancy sensors and Energy Star equipment. The space was constructed using occupant-friendly and sustainable building materials, including GREENGUARD certified furnishings.

Many of these materials include a high recycled material content and little or no Volatile Organic Compounds (VOCs, which can contribute to the "new car scent" that often irritates many building occupants).

Reflecting a commitment to energy efficiency, FERC hopes to achieve a LEED Silver certification under the LEED 2009 rating system for Commercial Interiors.

This distinctive building, with its all-glass exterior, is located just two blocks North of FERC headquarters and features an outdoor park-like plaza, on-site fitness facility and many floor-to-ceiling windows that maximize daylight.

In keeping with the sleek, modern style of the new building, the new OAL office features modern furniture and finishes that complement the building's contemporary aesthetic. Also, rather than dispose of existing furniture, FERC redesigned and reupholstered a group of chairs and sofas for use in the reception area.



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Arrivals & Departures

May 2010

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WHAT'S MY LINE?

HEALTHY LIFESTYLES

HOT TOPICS

Comings

OGC
[Redacted]

OER
[Redacted] ck

ALJ
[Redacted]

OEMR
[Redacted]

OED
[Redacted]

OE
[Redacted]

OAI
[Redacted]

OSEC
[Redacted]

OEPI
[Redacted]

Goings

OGC
[Redacted]

OEA
[Redacted]

OEP
[Redacted]

OED
[Redacted]

OAI
[Redacted]

OE
[Redacted]

OEMR
[Redacted]

OSEC
[Redacted]

[Redacted] a former FERC employee, died on May 13. [Redacted] retired from FERC in 2004.

Former colleague [Redacted] said, "When I think of [Redacted], I immediately remember her huge smile - a smile she shared with everyone she met. Her zest for life, her ready hugs, and her dedication to performing any job well, inspired all who knew her."

[Redacted] leaves behind her husband, [Redacted] and her two children, [Redacted] and [Redacted]. She was a member of the First Baptist Church of Glenarden where she was a member of the choir.



Tip of the Month

Carpool, walk or bike to work when possible, especially on Ozone action days.

This will help improve air quality, and also help reduce acid rain.

June 2010 FERC Insider
Tell us what you think here.



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SENATE CONFIRMS FERC NOMINEES MOELLER, LAFLEUR

The U.S. Senate confirmed Philip Moeller and Cheryl LaFleur to the Federal Energy Regulatory Commission on June 22.

This marks the reconfirmation of Commissioner Moeller to a second term, which expires in 2015. This is Cheryl LaFleur's first confirmation, and her term ends in 2014.

"We are grateful for these Senate confirmations. Commissioner Moeller will be able to continue his important work here at FERC for a new full term, and we will be joined by Cheryl LaFleur, who brings to the Commission experience in energy policy and operations," FERC Chairman Jon Wellinghoff said.

NOMINEES continued on page 7



More this issue: [Transmission NOPR ...](#) [Ethics Program ...](#) [OBITS](#)

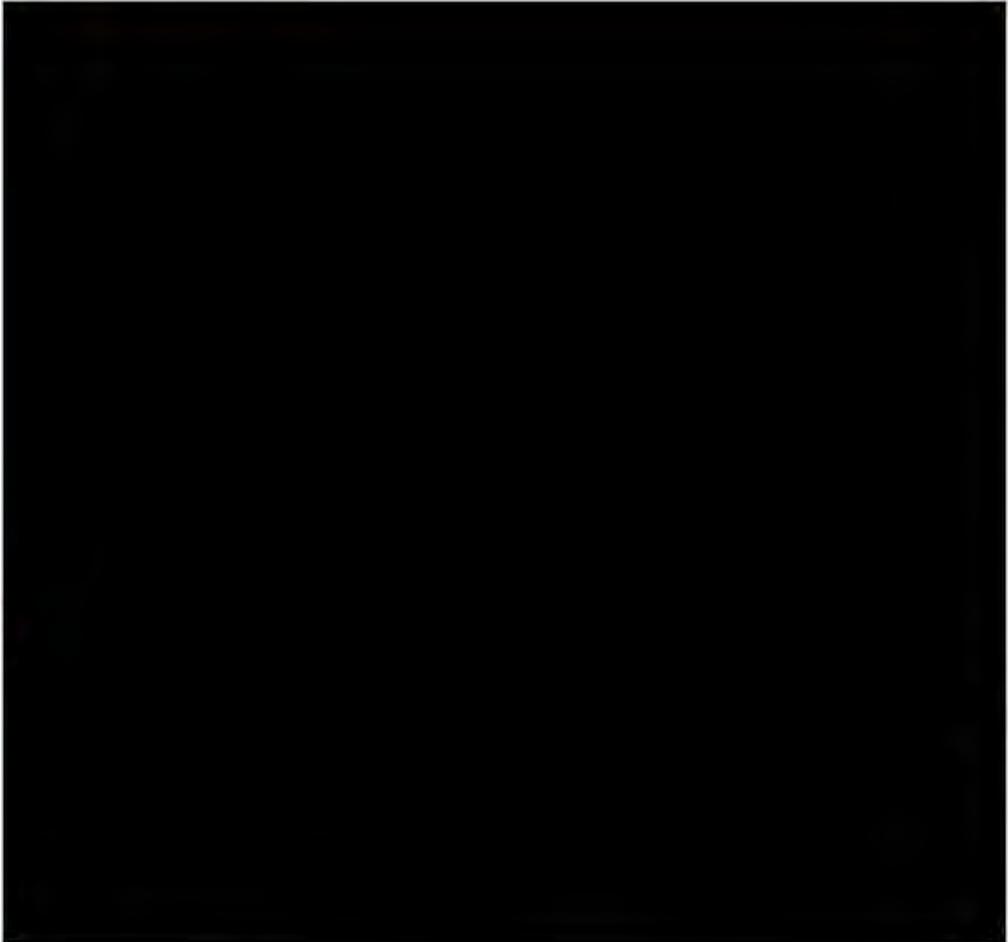
PRINT

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Summer Interns

FERC's summer internship program kicked off on May 24 with a group of 39 interns representing more than 24 colleges and universities. Fifteen of this year's interns are law students.

The summer intern program functions as a feeder program for FERC's college recruiting program, providing viable entry-level candidates. The summer program provides additional tangible and intangible benefits by building relationships on college campuses and spreading the word among students about the opportunities at FERC and the advantages of moving to Washington, D.C., for their first real-world work experience.

[REDACTED], one of the FERC STARS Students, is this summer's Intern Coordinator. The Intern Coordinator serves as the direct point of contact for all interns, providing them with advice and answering their questions.

Welcome, summer interns!

EDITORIAL
WEB DESIGN
PHOTOGRAPHY

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FERC proposes, seeks comment on transmission planning, cost allocation principles



A regular review of important, interesting actions by the Federal Energy Regulatory Commission

"Our nation needs a transmission grid that can accommodate rising consumer demand for a more diverse mix of power generators and the sophisticated technology of the smart grid," FERC Chairman Jon Wellinghoff said. "To do that, we must make sure FERC transmission policies are open and fair to all."

On June 17, FERC proposed to build on its Order No. 890 open access transmission reforms by establishing a closer link between regional electric transmission planning and cost allocation to help ensure that needed transmission facilities actually are built.

[The Notice of Proposed Rulemaking](#) (NOPR) is based on an extensive record: three years of monitoring implementation of Order No. 890, three regional technical conferences and examination of more than 150 sets of comments filed in response to an October 2009 request for comment on transmission planning and cost allocation. It proposes and seeks comment on requiring:

- Transmission providers to establish a closer link between cost allocation and regional transmission planning by identifying and establishing cost allocation methods for beneficiaries of new transmission facilities;
- Transmission planning to take into account needs driven by public policy requirements established by state or federal laws or regulations;
- Neighboring transmission planning regions to improve their coordination with respect to facilities that are proposed to be constructed in two adjacent regions and could address transmission needs more efficiently than separate intraregional facilities; and
- The removal from Commission-approved tariffs or agreements provisions that provide an undue advantage to an incumbent developer so that sponsors of transmission projects have the right, consistent with state or local laws or regulations, to build and own facilities selected for inclusion in regional transmission plans.

A significant aspect of the proposal is the requirement that transmission planning take into account public policy requirements, such as state-mandated renewable portfolio standards. Doing so during the transmission planning process will help ensure these legal requirements are met in a way that is fair and efficient to transmission customers.

The proposal also ties cost allocation to the regional transmission planning processes to facilitate the transition from planning to implementation. This ensures that only those consumers benefiting from transmission facilities are charged for associated costs, and gives each region the first opportunity to develop cost allocation mechanisms and identify how the benefits of transmission facilities will be determined. Comments are due 60 days after publication in the *Federal Register*.

[The Notice of Proposed Rulemaking](#)

HEALTHY LIFESTYLES

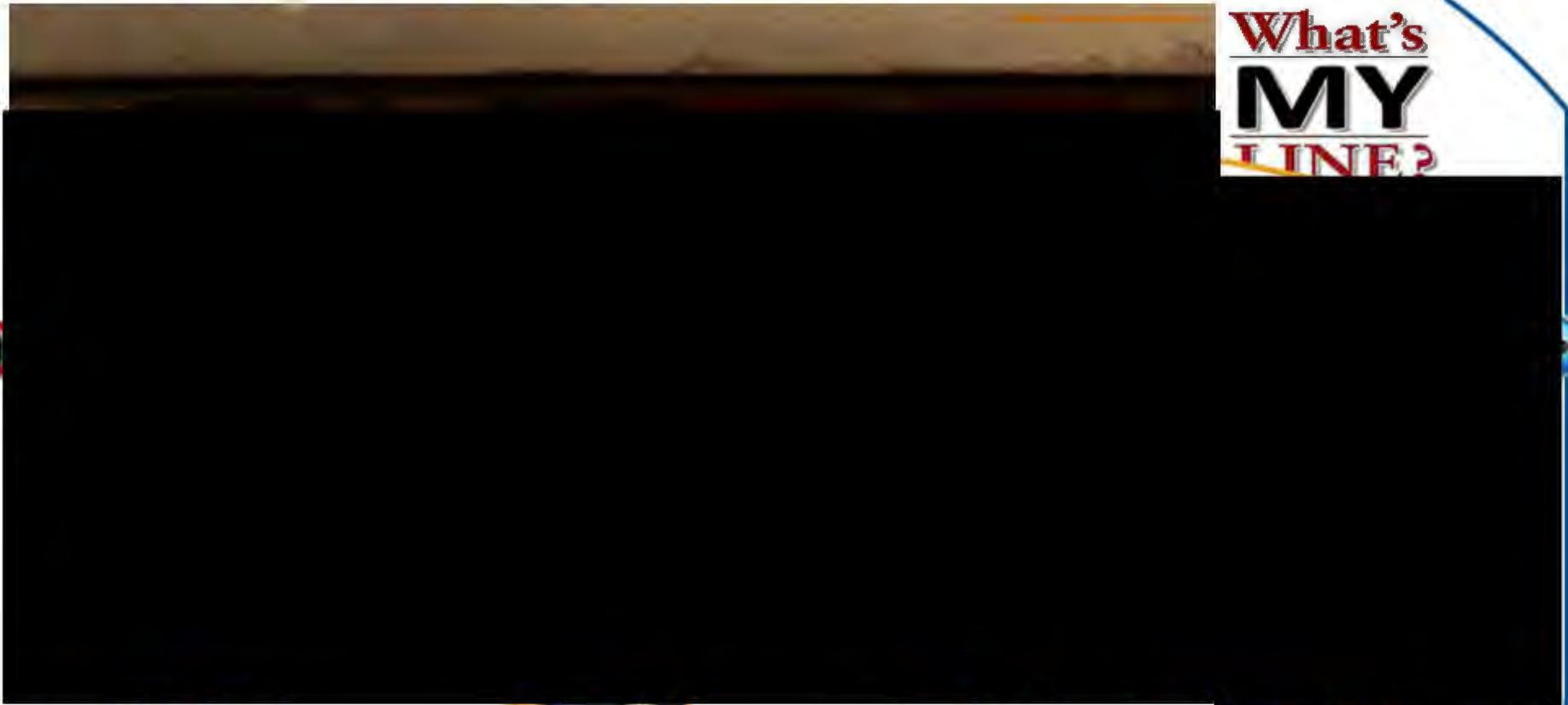
ARRIVALS & DEPARTURES

WHAT'S MY LINE?

HOT TOPICS

what movie would you most like to see this summer ?

What's
MY
LINE?



" the a team"

oe "babies"

oe "toy story 3"

oe " karate kid and sex in the city 2"

oe

FERC has been recognized by the Office of Government Ethics (OGE) for its outstanding Ethics Program. The ethics team has won two awards: a 2010 Education and Communication Award and a 2010 Ethics Program Award. FERC is among only 12 of nearly 140 federal agencies recognized by OGE for their ethics programs.

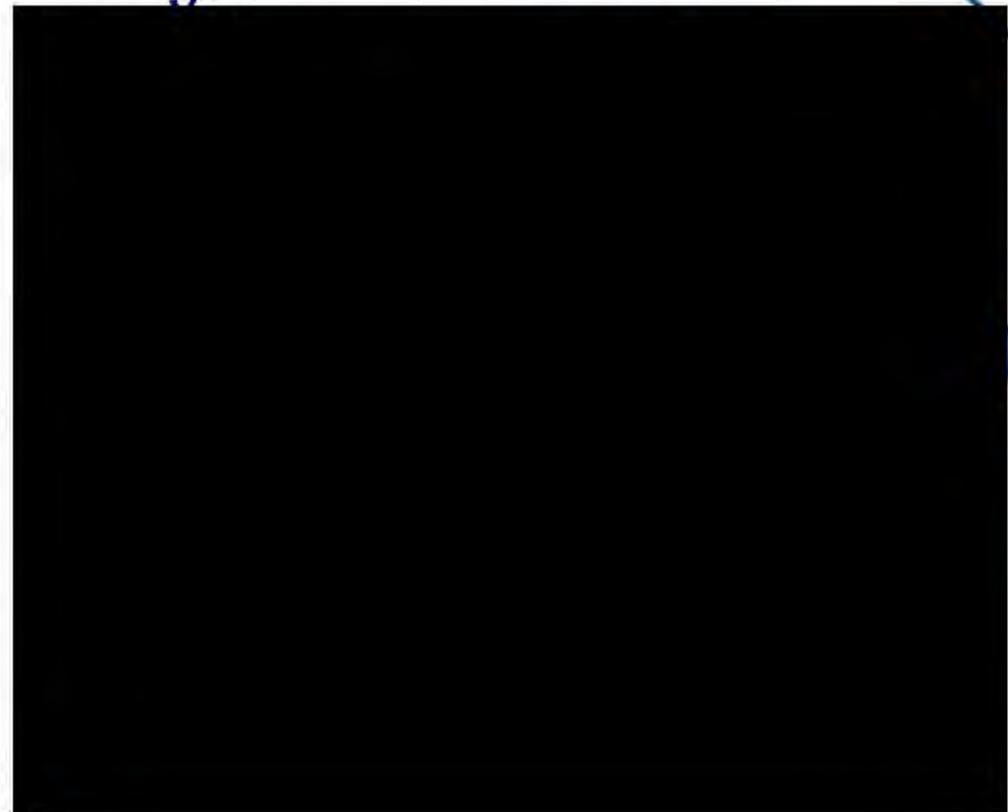
The **Education and Communication Award** recognized the Commission's ethics team for last year's innovative "Meet Your Ethics Team" campaign to raise employee awareness of the ethics office and to emphasize the importance of ethics in Government work. The "Meet Your Ethics Team" campaign included a dessert buffet "meet and greet" where free tokens containing the ethics team contact information were distributed. The event allowed the ethics team to meet with employees and to answer a variety of questions.

FERC also earned the **2010 Ethics Program Award** for implementing the following model practices: (1) including ethics duties in the position descriptions of all those who assist in administering the ethics program; (2) providing contractor employees the opportunity to attend Initial Ethics Orientation; (3) conducting self-assessments of the internal controls in place for administering the ethics program; and, (4) demonstrating leadership's support for the ethics program by including statements from the Chairman and the Designated Agency Ethics Official in annual training.

Ethics officials [REDACTED] and [REDACTED] accepted the Education and Communication Award at the 17th National Government Ethics Conference in Chicago in May, and accepted the Ethics Program Award from OGE Director [REDACTED] at an award ceremony at OGE in June.

Editor's Note. Due to other professional commitments, Designated Agency Ethics Official [REDACTED] was unavailable to attend the award ceremonies.

FERC's Ethics Program Recognized for Excellence



FERC and CFTC Host Joint Meeting on Energy Clearing

Commissioner Philip D. Moeller and CFTC Commissioner Scott D. O'Malia hosted a joint meeting on June 22 to consider issues related to clearing and inter-ISO/RTO netting in the energy markets.



"Many questions and issues have been raised about improving the netting and clearing functions in wholesale electric markets. We're spearheading this roundtable to discuss these issues in an effort to better protect electric consumers in these markets," Commissioner Moeller said.

HEALTHY LIFESTYLES

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Chairman Wellinghoff presented [REDACTED] with the Career Service Award upon her departure from FERC. "I'll tell you that when I first met [REDACTED] I recognized immediately that she was a critical and valuable asset to myself and the Commission. And that is Government-speak for: [REDACTED] is a force to reckon with and a person of great knowledge and value," the Chairman said.

FERC Insider

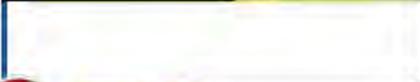
NOMINEES *continued from page 1*

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COMMISSIONER MOELLER

"I am grateful to the members of the U.S. Senate and to the President for their support to serve another term on the Federal Energy Regulatory Commission," Commissioner Moeller said. "I am honored to serve on FERC at a time when implementing energy policy is of such critical importance to our nation's future."

Photos of Commissioner Moeller taken by [redacted]

COMMISSIONER LAFLEUR

"I am honored and excited to be joining the Commission at a time when our nation is facing critical energy challenges and opportunities," LaFleur said.

"I would like to thank President Obama for nominating me, and Senator Reid, Chairman Bingaman, Senator Murkowski, and all the members of the Senate Committee on Energy and Natural Resources for their support. I look forward to working with them, with my new FERC colleagues and with other federal and state officials from all regions of the country."



HEALTHY LIFESTYLES

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Arthritis & Osteoarthritis

Arthritis is a number of chronic conditions causing inflammation of joints that makes them stiff and painful. Two of the more common types are rheumatoid arthritis (RA) and Osteoarthritis (OA). Rheumatoid Arthritis is a progressive, chronic autoimmune disease in which the body attacks itself. Its cause is unknown. One to two percent of the population has this form, the majority of them women. The hands, knees and feet are the most frequently affected. It is diagnosed with joint x-rays and blood tests. There is no cure for rheumatoid arthritis. It is treated with NSAIDs (aspirin, ibuprofen, naproxen) and other drugs, physical therapy, exercise, weight control and surgery as a "last resort."

Osteoarthritis is a chronic condition caused by "wear and tear" on joints, causing deterioration of the joint cartilage. Before 55 years old, it is found equally in both men and women;



after 55 years old it has a slightly higher incidence in women. It may be found in almost any joint in the body. The main causes are previous trauma or injury to joints, overuse or obesity. It is also diagnosed with x-rays and blood work to rule out rheumatoid arthritis. Osteoarthritis usually responds better to acetaminophen than NSAIDs. The treatments also include physical therapy, exercise, weight control and surgery as a "last resort."

Many people are self treating Osteoarthritis with Glucosamine with or without Chondroitin. Glucosamine is made from the shells of shellfish and should never be used by anyone allergic to shellfish or iodine. Because of its possible interactions with other medications, it should never be used without first discussing it with your physician AND your pharmacist.

Healthy
LifeStyles

HEALTHY LIFESTYLES

ARRIVALS & DEPARTURES

WHAT'S MY LINE?

HOT TOPICS

[REDACTED] a former member of the staff of the Office

[REDACTED] an attorney-advisor within OGC's OEP branch, died June 20.

[REDACTED] held the position of Personnel Staffing and Employee Relations Specialist in the ED's office in the 1980s she was later promoted to Position Classification Specialist before she left FERC in May 1990 to join the FDIC, where she later retired from federal service.

[REDACTED] began his career here at FERC in 1987, where he served as an attorney-advisor within OGC's Hydroelectric Licensing branch. In 2000, he was reassigned to OGC's Energy Projects branch.

A native of Washington, D.C., [REDACTED] began her federal career immediately following graduation from high school. She attended American University in addition to completing numerous classes, workshops and conferences to develop knowledge and skills in the area of human resources.

[REDACTED] began federal service in 1972, working as a legal assistant within the Interstate Commerce Commission. He was promoted to the position of attorney-advisor there in 1973.

A native of Washington, D.C., [REDACTED] earned his B.A. in psychology from the University of Maryland in 1969. He received his J.D. degree with honors from George Washington University in 1972. [REDACTED] was in some ways many people's picture of a government worker," said [REDACTED] Deputy Associate General Counsel, Energy Projects. "He rode into the office with his carpool, worked in what could be considered an obscure area of the law at an alphabet soup agency, and left at 5 o'clock on the dot most days. But at the same time he was the picture of an exemplary government worker. He developed a rare mastery of the complex statutes and regulations with which he worked, gave the taxpayers an honest day's effort and often more, including working on the weekend when necessary, and had a deep, personal commitment to ensuring that the Commission's actions promoted the public interest. We will miss him very much."

[REDACTED] OEA's administrative officer and a life time friend of [REDACTED] said, "I grew up with [REDACTED] family [REDACTED] We called her [REDACTED] She was a wonderful person—kind, generous, full of life. What I'll always remember is the professional advice and assistance she offered me which eventually led to my career her at FERC. [REDACTED] was highly regarded as an expert in staffing and classification. She took her responsibilities very seriously. It was definitely a loss to many when she left FERC."

[REDACTED] leaves behind a wife, son, and a brother. Memorial contributions may be made to The Maryland Foundation of Dentistry for the Handicapped, 6410 Dobbin Road, Suite F, Columbia, MD 21045.

[REDACTED] leaves behind her husband, [REDACTED] and four children, [REDACTED]

[REDACTED] friends and former co-workers wish to convey their deepest sympathy to her family. She will be missed.

The FERC Family offers its deepest condolences to [REDACTED] loved ones and friends.

HEALTHY LIFESTYLES

ARRIVALS & DEPARTURES

WHAT'S MY LINE?

HOT TOPICS

Arrivals & Departures

J u n e 2 0 1 0

Comings

OEA

[Redacted]

OGC

[Redacted]

OEP

[Redacted]

OED

[Redacted]

OAL

[Redacted]

OE

[Redacted]

OER

[Redacted]

OEMR

[Redacted]

OEPI

[Redacted]

Goings

OGC

[Redacted]

OEP

[Redacted]

OED

[Redacted]

OE

[Redacted]

OEMR

[Redacted]

Green Tip of the Month



This summer and throughout the year when you're drinking your canned beverages, keep this in mind: manufacturing using recycled materials often takes less energy than it would take to manufacture using the original raw materials. For example, aluminum from recycled materials saves 95 percent of the energy. One year of aluminum production from recycled aluminum saves enough energy to power 18 million households for a year.

[\(Source\)](#)

July-August 2010 FERC Insider

Tell us what you think here.

FERC Insider

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SAFETY & SECURITY

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WHAT'S MY LINE?

HOT TOPICS

Busy August at FERC

August in Washington, D.C., is a time when many residents flee the heat of the city to enjoy some rest and relaxation elsewhere. But at FERC, August is anything but quiet.

For example, this year FERC or the Commissioners acted on 1,608 documents during the month of August. This included 104 ALJ issuances, 221 notices, 555 delegated orders, 106 notational orders and 622 miscellaneous items such as extensions of time, reports and news releases.

– More on page 6



Secretary of the Commission; Agenda Group in OSEC; and Deputy Secretary.

More this issue: [World series ... Fundraiser ... OBIT](#)

PRINT



The FERC Child Development Center will hold a fundraiser on Wednesday, September 22, from 10 a.m. until 2 p.m. in the lobby of 888. Items on sale will include fair trade coffee and tea, entertainment books and FERC mugs and t-shirts. Orders for Sally Foster giftwrap and cookie dough will also be taken. Hope to see you there!

SAFETY & SECURITY

ARRIVALS & DEPARTURES

WHAT'S MY LINE?

HOT TOPICS



Green Tip of the Month

Did you know that it takes 40% less energy to recycle paper than it does to create new paper? Taking that simple step to recycle your paper saves energy, lessens pollution and helps conserve more resources. Think about purchasing recycled paper products for your children's back to school supplies this fall and be sure to continue recycling throughout the year. It's a simple way to have a big impact on the planet.

Source



Greener FERC Recycled Notepads are now available in the 3rd floor supply store! These notepads are made from reclaimed coversheets from FERC printers. Available in two sizes. Pick yours up today and help reduce our paper use!

EDITORIAL
WEB DESIGN
PHOTOGRAPHY

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SAFETY & SECURITY

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HOT TOPICS

FERC, COLORADO SIGN AGREEMENT ON SMALL HYDROPOWER DEVELOPMENT

FERC and the State of Colorado have signed a Memorandum of Understanding (MOU) to simplify procedures authorizing the development of small-scale hydropower projects in Colorado.

The Commission has seen rising interest among entities seeking to develop small, low-impact hydropower projects, and federal surveys have identified several hundred potential small hydropower projects of smaller than 5 megawatts (MW) in Colorado with a combined capacity of more than 1,400 MW. These projects have the potential to make a significant contribution to Colorado's renewable energy mix, to help meet Colorado's new Renewable Energy Standard and to create related business opportunities while reducing greenhouse gas emissions that contribute to climate change.

"I want to thank [redacted] his staff and FERC staff for their tireless efforts in making this agreement a reality," FERC Chairman Jon Wellinghoff said. "Small hydropower has an important role to play in the future of renewable energy in this country and I am pleased that Colorado is committed to this cause."

"I commend Colorado's leadership for recognizing the great potential for hydrokinetic resources in their state," Commissioner Philip Moeller said. "This clean and renewable source of electricity can provide a valuable contribution to powering the state's future."

"Colorado's leadership in spearheading the pilot program is an important step to encourage the development of small hydro facilities," Commissioner Cheryl LaFleur said. "There are opportunities in many regions of the country to develop small hydro facilities that help meet renewable energy goals and contribute to economic development."

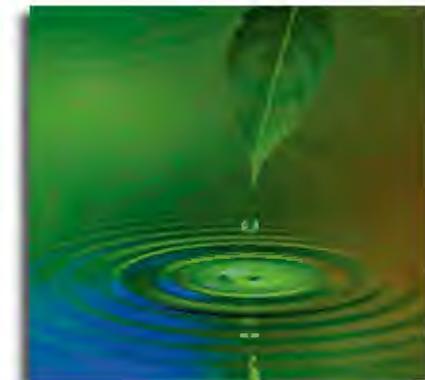
Under the MOU, FERC and Colorado agree to the following:

- ▶ Colorado will develop a pilot program to test options for simplifying and streamlining procedures for authorizing conduit exemptions and small 5MW or less exemption projects while ensuring environmental safeguards;
- ▶ Colorado and FERC will identify a single point of contact for implementation of the pilot program;
- ▶ Both parties will hold quarterly teleconferences to discuss the development and implementation of the pilot program;
- ▶ Both parties will share and make publicly available all relevant economic, environmental, and technical data.
- ▶ FERC will waive certain consultation requirements when all relevant resources agencies agree to do so.

FERC has signed MOUs with four other states recently on the development of hydrokinetic projects: California, Washington, Maine, and Oregon. Related to this latest announcement, the Commission unveiled on August 31 a new web page devoted to small hydropower licensing. You can find it online at FERC.gov.



A regular review of important, interesting actions by the Federal Energy Regulatory Commission



SAFETY & SECURITY

ARRIVALS & DEPARTURES

WHAT'S MY LINE?

HOT TOPICS

Which baseball team are you rooting for to win the World Series?



What's
MY
LINE?



"Seattle Mariners."— [REDACTED] DE

"St. Louis Cardinals."— [REDACTED] OEMR

[REDACTED] Office of
Commissioner Moeller

"The Nats."— [REDACTED] DEPI

September is National Preparedness Month

September 2010 will mark the seventh year for the DHS/FEMA Ready Campaign and Citizen Corps to sponsor National Preparedness Month. National Preparedness Month is designed to encourage Americans to work together to take concrete actions toward emergency preparedness across the country in homes, schools, businesses and communities to highlight the importance of individual and community public emergency preparedness.

Some of the things you can do to prepare for the unexpected, such as making an emergency supply kit and developing a family communication plan, are the same for both natural and man-made emergencies. However, there are important differences among potential emergencies that will affect the decisions you make and the actions you take. Learn more about the potential emergencies that could happen where you live and the appropriate way to respond to them. In addition, learn about the emergency plans that have been established in your area by your state and local governments.

Emergency preparedness is no longer the sole concern of earthquake prone Californians and those who live in the part of the country known as "Tornado Alley." For Americans, preparedness must account for man-made disasters as well as natural ones. Knowing what to do during an emergency is an important part of being prepared and may make all the difference when seconds count.

The National Preparedness Month Road Show will come to FERC from 9 a.m. to 1 p.m. Wednesday, September 29, 2010, in the West Lobby. Please plan to attend.

In an effort to promote Federal workplace preparedness, the Federal Emergency Management Agency, Office of the National Capital Region Coordination is sponsoring its third annual National Preparedness Month Road Show. The goal of this road show is to raise awareness about local community preparedness by providing emergency readiness information from DC and localities in Virginia and Maryland. The road show complements the goals and objectives of the Ready Campaign by encouraging the people to do three key things:

- get an emergency supply kit,
- make a family emergency plan, and
- be informed in preparation for different types of emergencies that could occur.

Safety & SECURITY

FERC Insider

... We're Busy! continued from page 1

In addition, Commission staff convened seven public scoping meetings around the country to receive public comments on a natural gas pipeline and hydroelectric projects.



OSEC's [redacted] (center), [redacted] (top) and [redacted] work on issuing Commission Orders.

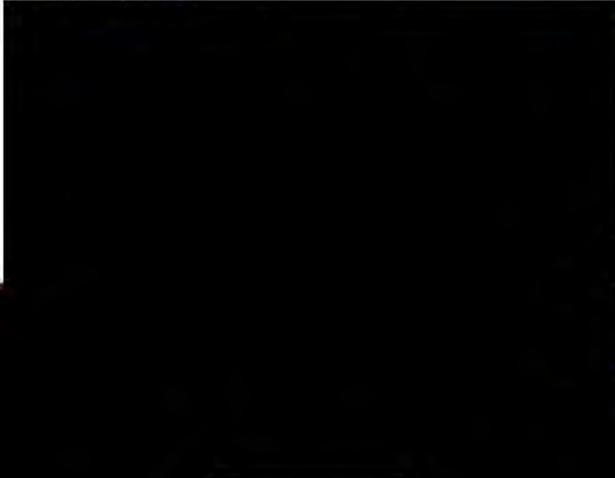
There also were three technical conferences at 888 during August, and staff held a public seminar in Pittsburgh on the FERC environmental review and compliance process for natural gas facilities.

"Some may believe that since there is no Commission meeting in August the Commission and the Office of Energy Projects take a break, but that's not the case," OEP Director [redacted] said. "The OEP staff works hard all 12 months, including August. Their year-round dedication ensures that the country has and maintains the hydro and natural gas infrastructure necessary to meet energy demands, and they deserve credit for their commitment and devotion to their valuable work."



FERC also launched a new website on August 31 to assist developers of small/low impact hydropower facilities, and FERC sent its 10th Report to Congress on progress made in licensing and constructing the Alaska Natural Gas Pipeline.

OSEC's [redacted] and [redacted] on work on delegated orders.



[redacted] (left), [redacted] (center) and [redacted] with OSEC's document review group.

Of course, this is only a sampling of the amazing work that was done at FERC in August. A special thank you goes to all of the staff at 888 and in the regional offices for their commitment to public service every day of the year.

HEALTHY LIFESTYLES

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[redacted] and [redacted] from OSEC's Notice and Federal Registry Group.

Arrivals & Departures

July 2010

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HOT TOPICS

Comings

Goings

OE

[Redacted]

OAI

[Redacted]

OED

[Redacted]

OER

[Redacted]

OEMR

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OE

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OGC

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OEP

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OED

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OAL

[Redacted]

OE

[Redacted]

OEMR

[Redacted]

OSEC

[Redacted]

OER

[Redacted]

September 2010 FERC Insider

Tell us what you think here.

[Redacted]

a former attorney-advisor within OGC, died on August 10.

[Redacted] began his career at FERC in October 1978 analyzing the rates proposed by electric utilities and interstate natural gas pipeline companies. He also played a role in the development of Order No. 636, the pipeline industry restructuring rule.

After retiring from FERC in February 1987, [Redacted] entered private law practice with the Utility Law Practice Group of the Dewey & LeBoeuf law firm, representing energy companies.

[Redacted] earned his J.D., cum laude, from the University of Pittsburgh Law School in 1978 after receiving his M.A., cum laude, from Columbia University and his B.A., cum laude, from The College of Wooster in 1970.

He is survived by his wife, [Redacted] and daughter, [Redacted].

The FERC Family wishes to convey its condolences to [Redacted] family and friends.

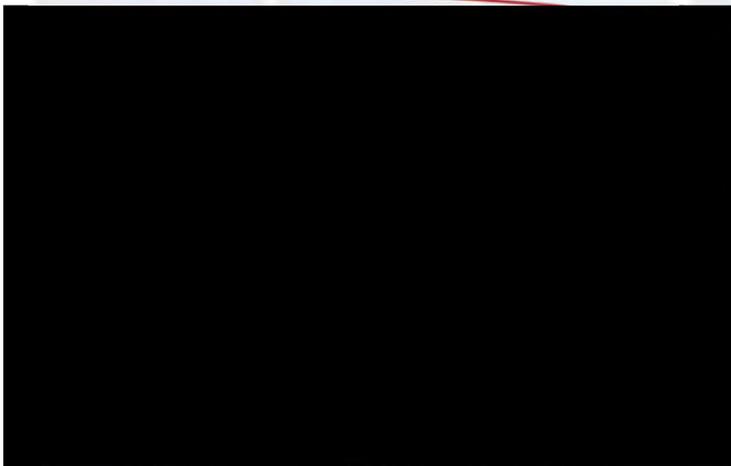
Those wishing to honor his memory may send contributions to the Georgetown Lombardi Comprehensive Cancer Center, 3300 Whitehaven Street, NW; Suite 4000; Washington, DC 20007.



FERC Insider

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FERC's Office of Administrative Law Judges has been recruiting law school graduates from around the country for many decades to serve as law clerks to the Administrative Law Judges (ALJs). These positions are highly competitive; more than 300 graduates submitted applications for a few coveted positions in the past year.

LAW CLERKS SERVE IN COVETED POSITIONS

Chief Judge [REDACTED] oversees the selection of the clerks, their assignments and their workloads. Each clerk is assigned to two ALJs for two years and works on a variety of issues that may require drafting initial decisions and orders as well as attending trials, oral arguments and mediation sessions. Outstanding critical analysis and writing skills are essential to the job.

The ALJs' current law clerks include, in the front row from left to right:

left to right, are:

In the back row from
nd

[continued to page 5](#)



More this issue: [Softball ...](#) [CFCNCA ...](#) [Groundbreaking](#)

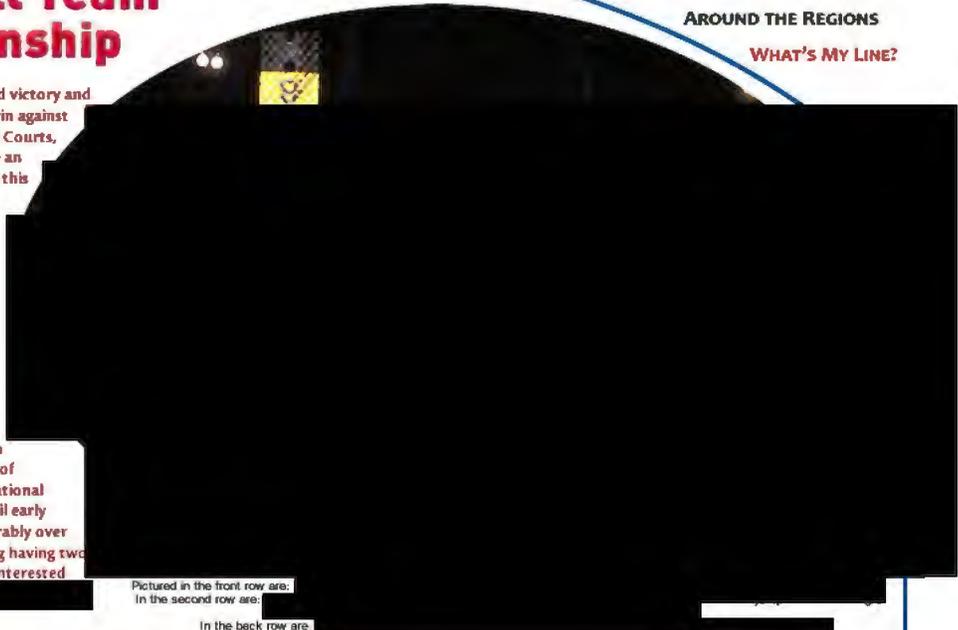
PRINT

FERC's Softball Team Wins Championship

FERC's mighty softball team, FERCULES, claimed victory and the Championship in their league with a 19-6 win against the undefeated Administrative Office of the US Courts, or the "13th Street Streetwalkers." This is quite an accomplishment for the FERC team, which just this year joined the DC Think Tank Softball League.

At the Commission's monthly open meeting the morning after the victory, FERC Chairman Jan Wellinghoff commented, "I'm glad to hear that we have good camaraderie here at 888 First Street and on the softball field. So thanks to the team captains, [redacted] and [redacted] for keeping the FERC softball team inspired. I want to congratulate the team."

The team's regular season record was 8-2, and FERCULES went on to win four playoff games to be crowned champion. The team played a mix of league and non-league games, mostly on the National Mall, approximately once a week from May until early September. Since the team has grown considerably over the past several years, members are considering having two teams next year, so new players are welcome. Interested parties may contact [redacted] or [redacted] for more information.



Pictured in the front row are:

In the second row are:

In the back row are:

EDITORIAL
WEB DESIGN
PHOTOGRAPHY

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2010 COMBINED FEDERAL CAMPAIGN KICKOFF OCTOBER 22

2010 CFC RUNS THROUGH DECEMBER 15, 2010

It is that time of year again:
FERC Launches its Combined Federal Campaign (CFC)

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.

The Combined Federal Campaign for the National Capital Area (CFCNCA) is the largest of 300 independently run geographic campaigns around the United States and abroad. During the 2009 CFC, federal employees raised \$66.5 million in the National Capital Area. Nearly 150,000 federal employees made a gift to the 2009 CFCNCA.

If the CFCNCA is the largest CFC nationwide, FERC's achievements historically are among the brightest jewels in the CFCNCA crown. For example, this year our own [redacted] of the Office of External Affairs is featured on one of the CFCNCA posters. [redacted] life-changing and uplifting association with CFC cause "Fidos for Freedom" is recounted on the official www.CFCNCA.org website. Click on the link "Inspiring Stories."

Year after year, FERC employees consistently exhibit high levels of generosity. Last year 809 FERC staff members contributed a record \$425,233.71. This staggering sum was \$95,233 over our campaign dollar goal of \$330,000. The Commission enjoyed a 61 percent level of participation, nearly twice the national average.

At President Obama's personal request, Chairman Jon Wellinghoff will again serve as Honorary Chair of the Commission's 2010 drive. FERC

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FERC CFC Campaign Manager [redacted] is joined by FERC's [redacted] and [redacted] Chair, Local Federal Coordinating Committee, CFC National Capital Area.

[redacted] Photography, LLC

[See related story on FERC's Loaned Executive](#)

Groundbreaking of Smithland Hydroelectric Project

Story and Photography By [Redacted]



The "Long Stick" backhoe used to excavate first 80 feet of the soil-cement-bentonite slurry wall. The superstructure of the Smithland Dam is visible to the right.

[Redacted] Chicago Regional Engineer addressing the crowd.

American Municipal Power, Inc. (AMP), held a Sept. 1, 2010, groundbreaking ceremony for the Smithland Hydroelectric Project on the south bank of the Ohio River just downstream of the U.S. Army Corps of Engineers' (USACE) Smithland Lock and Dam near Paducah, Ky.

Under blue skies and with construction equipment operating in the background, AMP CEO Marc Gerken, Rep. Ed Whitfield (R-Ky.) Col. [Redacted] commander of the Louisville District, USACE, and several local officials addressed the crowd [Redacted] Regional Engineer of the Chicago Regional Office of the Division of Dam Safety and Inspections, Office of Energy Projects, also spoke at the event and stressed the need for communication among all parties involved with making the project operational.

The Smithland powerhouse will have a capacity of 76 megawatts from its three bulb turbines and a normal head of about 22 feet. Building on the success of the Bellville Project (P-6939) completed in 1999, AMP is constructing the Smithland (P-5641), Meldahl (P-12667), and Cannelton (P-10228) hydroelectric projects on the Ohio River at existing USACE lock and dams. The total cost of these three projects is estimated to be \$1.5 billion, with a total capacity of 255 MW. Three more projects are planned: Willow Island, RC Byrd, and [Redacted].



Federal, State, and Licensee officials breaking ground for the construction of the Smithland Powerhouse. The Smithland Lock and Dam is visible in the background. [Redacted] Chicago Regional Engineer is second from the left.

Around the Regions

... continued from page 1

LAW CLERKS SERVE IN COVETED POSITIONS

Recent Howard University Law School Graduate [redacted] who is clerking for [redacted] and [redacted] commented, "Energy is a cutting-edge issue and I am excited about the opportunity to learn at the helm of where the critical decisions involving the industry are made."

"The program requires a thorough understanding of settlement and hearing procedures before the Administrative Law Judges and procedures before the Commission, and develops our knowledge of the electric utility, natural gas pipeline, and oil pipeline industries," said [redacted] who has been a law clerk for one year and earned his law degree at the University of Tennessee College of Law. [redacted] clerks for [redacted] and [redacted]

[redacted] who clerks for Judges [redacted] and [redacted] and who earned his Juris Doctor from Chicago-Kent and a Master of Laws from New York University, says he could not be happier to be at FERC. "This is a great opportunity to make a career in energy law and to learn from judges that are extremely experienced and knowledgeable in this area," he said.

Recent Boston University School of Law graduate [redacted] commented, "As part of the program you get unparalleled access to the minds of the FERC judges. These are people who make decisions in cases that can involve billions of dollars and important national interests. It's amazing that we get to be a part of that." [redacted] is a law clerk for Judges [redacted]

FERC's ALJs are, in effect, the trial judiciary for those aspects of the energy industry the Commission regulates. They are similar to Federal District Court Judges presiding over complex civil, non-jury cases. They typically preside over all cases set for hearing at FERC, issue initial decisions and, in many cases, serve as mediators.

SAFETY & SECURITY

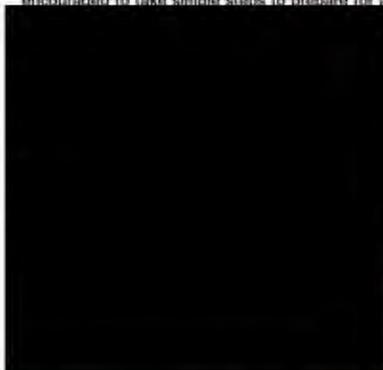
ARRIVALS & DEPARTURES

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WHAT'S MY LINE?

National Preparedness Month Road Show

September is designated as National Preparedness Month when all Americans are encouraged to take simple steps to prepare for all emergencies in their homes and at work.



TAKE the ENERGY to PREPARE!



In an effort by FERC's Security and Safety (SAS) staff to promote Federal workforce preparedness, the Federal Emergency Management Agency (FEMA) Office of the National Capital Region Coordination (NCRC) held a National Preparedness Day event in the lobby of 888 First Street on September 29 to provide information to employees. The event featured handouts on family preparedness, and the SAS staff was on hand to provide information on the FERC Occupant Emergency Plan (OEP) and other initiatives.

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Chairman Wellinghoff met on Sept. 15 with members of the National Energy Administration of China to discuss a formal relationship between FERC and the NEA, which is the equivalent of DOE in that country. Members of the delegation included: Mr. [REDACTED] Vice Administrator of NEA; Mr. Hao Weiping, Deputy Director General, Department of Electricity; Mr. [REDACTED] Director, Dept. of Electricity;

[REDACTED] Program Officer, Department of Electricity; [REDACTED] Program Officer, Dept. of International Cooperation; [REDACTED] Chief Engineer, China Power Engineering Consulting Group Corporation (CPECC); [REDACTED] Division Manager, CPECC; and [REDACTED] translator, CPECC.



Redacted Pursuant to FOIA Exemption 6.

FERC Insider

SAFETY & SECURITY

ARRIVALS & DEPARTURES

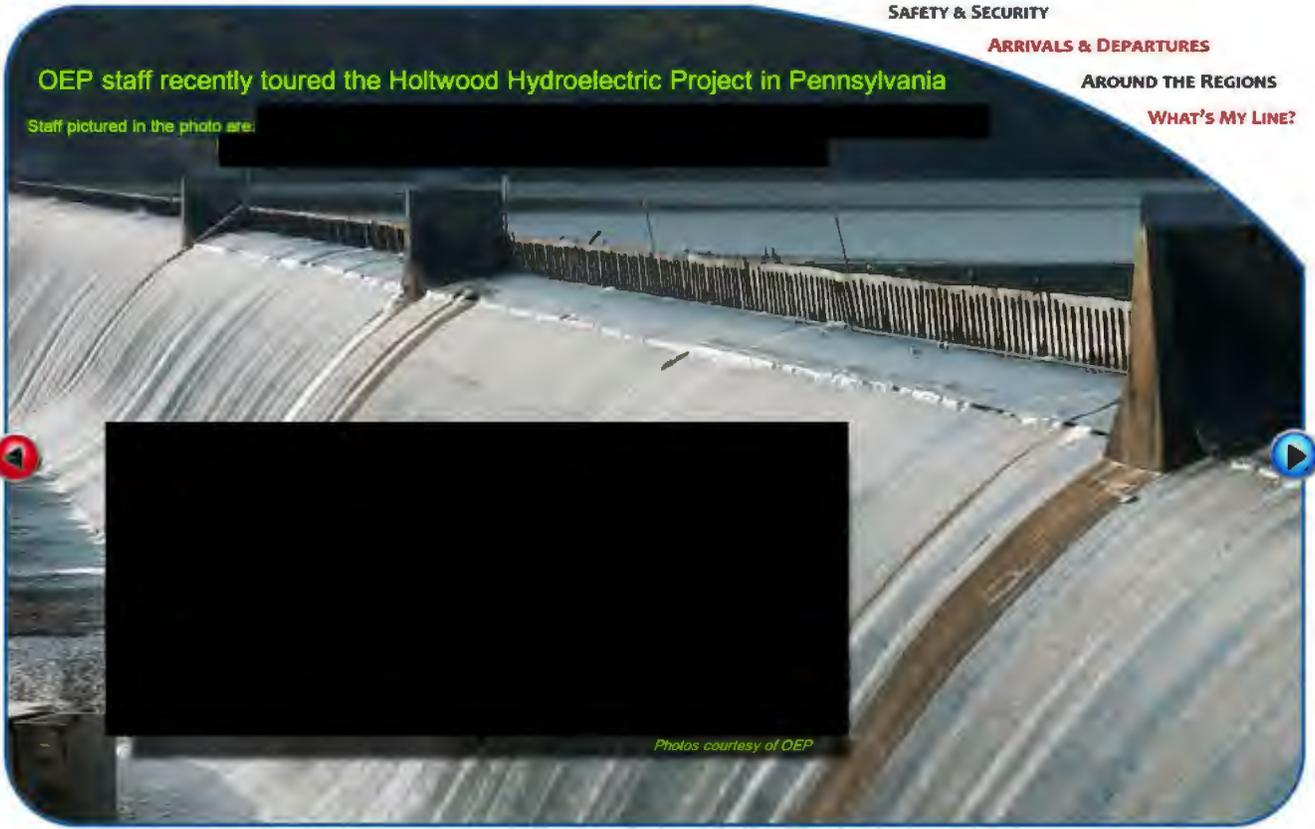
AROUND THE REGIONS

WHAT'S MY LINE?

OEP staff recently toured the Holtwood Hydroelectric Project in Pennsylvania

Staff pictured in the photo are:

[Redacted names]



Photos courtesy of OEP

Redacted Pursuant to FOIA Exemption 6.

FERC Insider

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AROUND THE REGIONS

[REDACTED] (OE):
"My current job as
FERC auditor."

[REDACTED] (OED):
"NBA All-star."



[REDACTED] (OE): "Financial planning because
I really enjoy it and it's a way to help others."

[REDACTED] (OEP):
"Brewmaster?
Does that count?"

What is your dream job?

What's
MY
LINE?



FERC Insider

INTRODUCING



██████████'s FERC's Combined Federal Campaign (CFC) Loaned Executive for the 2010 CFC. ██████████ is from the US Department of Energy (DOE) in Germantown, Md., where she has worked for the last five years. Prior to joining DOE, Mrs. Parker spent 20 years at the US State Department.

At DOE, ██████████ serves as a principal liaison and coordinator with the Department of Nuclear Energy, Office of International Atomic Energy Agency (IAEA), managing activities, commitments, support and responsibilities documented in letters, long-term framework agreements and/or memoranda of understanding. She coordinates technical information exchanges between the Department of Nuclear Energy and Office of International Atomic Energy Agency on fuel cycle engagement with the International Project on Innovative Nuclear Reactors and Fuel Cycles (INPRO).

Chairman Wellinghoff and CFC Campaign Manager ██████████ welcomed ██████████ Associate Director of the Combined Federal Campaign for the National Capital Area, and ██████████ FERC's Loaned Executive for this year's CFC.

When ██████████ detail with CFC ends, she will return to DOE to work as a Special Assistant to the Assistant Secretary for Nuclear Energy, the Principal Deputy Assistant Secretary for Nuclear Energy and the Chief Operating Officer for Nuclear Energy.

██████████ is a native Washingtonian and is currently working on her MBA at the University of Maryland University College.

Mrs. Parker has been a dedicated supporter of the CFC and is excited about this experience in working with FERC on its upcoming CFC Campaign.

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AROUND THE REGIONS

WHAT'S MY LINE?



... Campaign continued from page 3

veterans may recall that then-newly appointed Commissioner Wellinghoff spearheaded the FERC's phenomenally successful 2006 CFC. The Commission's 2006 CFC exceeded its campaign dollar goal by \$100,000. This phenomenal achievement still stands in CFCNCA history books.

Executive Director ██████████ will serve as Honorary Vice-Chair of our 2010 CFC. OGC's ██████████ will serve as Campaign Manager for an unprecedented seventh year in a row. Last year ██████████ was honored with CFC's prestigious "Star of the Year" Award. ██████████ was selected as the best Combined Federal Campaign Manager in the National Capital Area.

For 2010, Chairman Wellinghoff has set an ambitious campaign dollar goal of \$345,000, with a hoped-for 60 percent rate of participation agency-wide. Our campaign dollar goal represents a \$15,000 increase over 2009's campaign.

Campaign Manager ██████████ said special thanks should go to those 2009 committee members who have agreed to serve again in 2010 ██████████

In addition, many veteran office captains and key workers have expressed a willingness to help out again. This dedication reflects credit on everyone at FERC.

Be on the look for announcements of the campaign kickoff. As has been our custom, we are planning to host weekly events spotlighting a diverse and representative selection of worthy CFC beneficiaries. Last year, 19 different charities presented at the FERC. This year we hope to wind up with a finale charity fair.

Director, Deputy Director Named in OEA

Chairman Wellinghoff recently named [REDACTED] as Director of the Office of External Affairs (OEA) and [REDACTED] as Deputy of the office.



Previously, [REDACTED] served as the Acting Deputy Director of OEA. [REDACTED] also has served as Senior Legal Advisor in the Office of General Counsel and Legal Advisor to Chairman Joseph T. Kelliher. Before joining FERC in January 2001, [REDACTED] held attorney positions in the Office of Counsel to the President at the White House, and the Office of Hearings and Appeals at the U.S. Department of Energy (DOE). [REDACTED] also served as an Administrative Hearing Officer at DOE. [REDACTED] is a graduate of the College of Commerce and Business Administration at the University of Illinois and the National Law Center at George Washington University.

[REDACTED] who also is Director of Government Affairs in OEA, was Energy Counsel for U.S. Senator Evan Bayh (D-Ind.) before coming to FERC. He is an attorney with a legislative, public relations, community organizing and electoral background who specializes in energy and environmental issues. He previously was an independent consultant providing a full range of strategic services to help nonprofits, businesses and foundations manage their energy and environmental portfolios. [REDACTED] earned his J.D. at the University of California-Davis and holds a Bachelor of Philosophy from Miami University in Ohio.

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WHAT'S MY LINE?

Announcement



Chairman Wellinghoff announced [REDACTED] with the Commission. [REDACTED] has been a great asset to the Commission during his tenure. We will miss him greatly," the Chairman said. "He leaves behind a great legacy in the numerous people here at FERC that he has trained in dispute resolution techniques." [REDACTED] recently retired from FERC where he served as Director of the Office of Administrative Litigation.



Redacted Pursuant to FOIA Exemption 6.

GRIDWISE GLOBAL FORUM

Chairman Wellinghoff spoke at the GridWise Global Forum held at the Ronald Reagan Building and International Trade Center in Washington DC on Sept. 21-23. The forum included policy and corporate leaders, technology innovators, legislators, regulators, consumer and environmental advocates.



SAFETY & SECURITY

ARRIVALS & DEPARTURES

AROUND THE REGIONS

WHAT'S MY LINE?

Former Administrative Law [REDACTED] died September 12

[REDACTED] served as a trial attorney in 1959 with FERC's predecessor agency, the Federal Power Commission (FPC) and was promoted to assistant general counsel in 1970. Later, he was later appointed administrative law judge 1976 and retired from FERC in 1996.

During his tenure at the FPC, he was nominated twice, in 1973 and 1974, for the Justice [REDACTED] Award for outstanding achievements as a government attorney.

Prior to coming to the Commission, [REDACTED] served as a Special Investigator in Athens, Greece, for the U.S. Department of State from 1955 to 1956 and as an attorney-advisor for the State Department's Passport Office, Fraud & Litigation branch from 1956 to 1959.

[REDACTED] joined the U.S. Army in 1942 and participated in the European Campaign with the 3rd Cavalry Reconnaissance Squadron under General George Patton. He was honorably discharged in 1945.

He received a law degree in 1955 from the University of New York Law School after majoring in civil engineering and accounting at Massachusetts Institute of Technology, Brooklyn College and Cornell University.

Chief Administrative Law Judge [REDACTED] Jr. said, "[REDACTED] was a great guy and a great judge. While he was always full of fun with a good joke, he was down to business in presiding over hearings and issuing initial decisions in some of the most difficult cases that have come before the Commission. [REDACTED] was loved by all who came in contact with him."

[REDACTED] is survived by his wife of 55 years, [REDACTED], two sons, [REDACTED] and one daughter, [REDACTED].

[REDACTED] friends and former co-workers wish to convey their deepest sympathy to his family. He will be missed.

Redacted Pursuant to FOIA Exemption 6.

Arrivals & Departures

DEPARTURES August / September 2010

SAFETY & SECURITY

ARRIVALS & DEPARTURES

AROUND THE REGIONS

WHAT'S MY LINE?

Comings

OGC



OED



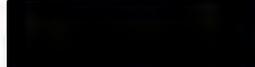
OE



ALJ



DER



OEP



Goings

ALJ



OED



OEP



OE



OAL



DER



October 2010 FERC Insider
Tell us what you think here.

FERC Insider

NOVEMBER 2010 VOLUME 17, No 10

FERC Kicks Off 2010 CFC Campaign

FERC kicked off its annual CFC campaign on October 22 with high expectations and a target dollar goal of \$345,000. The dollar goal represents a \$15,000 increase over 2009's campaign.

[REDACTED] CFC Campaign Manager for FERC, served as emcee for the event.

Chairman Jon Wellinghoff thanked FERC employees for always being extraordinarily generous and added, "Let's show our willingness to extend a helping hand to those in need."



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WHAT'S MY LINE?

Special guests at the event included FERC Commissioners Cheryl LaFleur and Marc Spitzer; Linda Washington, Chair of the local Federal Coordinating Committee of the CFC for the National Capital Area (CFCNCA); [REDACTED] Associate Director of the CFCNCA; and [REDACTED] Vice President of Gonzaga.

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

[REDACTED] presented Chairman Wellinghoff with the Summit Award for the Commission's 2009 campaign, which achieved a 5 percent increase over giving in 2008.

... continued to page 5



More this issue: marathon FERC fitness Greener FERC

PRINT

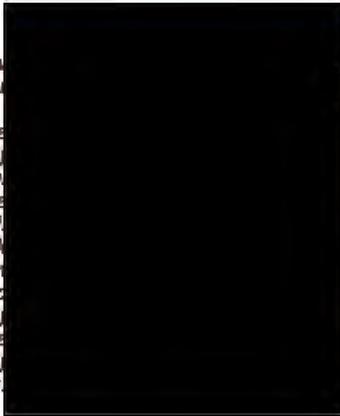
SAFETY & SECURITY

ARRIVALS & DEPARTURES

AROUND THE REGIONS

WHAT'S MY LINE?

██████████ Regional Engineer for the New York Office, will retire January 3, 2011, after more than 33 years of service with FERC. Before that, he had been employed in private industry and the US Army Corps of Engineers-New York District. He was a local "NYC boy done good," working his way up the ranks of FERC. He has a bachelor's in civil engineering from The City College of New York and a master's in civil engineering from Stevens Institute in Hoboken, NJ. He is a registered professional engineer in the State of New York, a member of the Association of State Dam Safety Officials (ASDSO) and a member of many other technical societies.



He is married to his wife, ██████████ and has two adult children, ██████████

His quiet management style and sense of fair play made him a decent human being and true professional amongst his peers, FERC licensees and his staff. His persona (and his donuts) will be missed in the staff conferences and day-to-day regulatory compliance oversight battles.

Around the Regions

Photos courtesy of NYRO



Commissioner Cheryl LaFleur stopped by FERC's New York Regional Office (NYRO) recently and visited with members of the staff. She talked about the role of the Commission in implementing regulations for the new emerging technologies in the energy field, among other things.

EDITORIAL
WEB DESIGN
PHOTOGRAPHY

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FERCers complete Marine Corps Marathon

The Marine Corps Marathon (MCM) began in 1976 and is the 4th largest marathon in the United States and the 8th largest in the world with 30,000 participants each year. This edition of the FERC Insider highlights three FERC staffers who participated in this year's event, which was held on Oct. 31.

SAFETY & SECURITY

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WHAT'S MY LINE?

At left, OER's [redacted] lead runner pictured here, finished the marathon in 47th place overall for men and in 48th place overall for men and women. This is very impressive considering this was [redacted] first marathon. [redacted] ran competitively while at Dartmouth College and says his favorite event was the 10K. He still runs daily and noted that the MCM was an opportunity to "get my feet wet and see what happened." Dave added, "it was great for 23 miles but the last three miles were a little difficult."

At right, OEP's [redacted] ran the MCM for the eighth straight year in a row and finished. "This time the weather and temperature were just about ideal. I hooked up with a group of people about my speed, and the chatter among the group made the miles pass easily. But at mile 22, I hit the wall and couldn't keep up, so it became mostly a mental challenge to keep going. That's the part where one really wants to quit. I just kept thinking that this was a great weight control activity."

OED's [redacted] far right, completed the MCM with her roommate [redacted] left, and friend [redacted] only began running in January, so this was quite an accomplishment. [redacted] and [redacted] set a goal to compete together in the marathon as a way of keeping in touch while [redacted] was in Afghanistan from January until September. "Running a marathon was something I never thought I would be able to do," comments [redacted]

FERC's Fitness Center: Worth Trying Out

Story by [REDACTED]

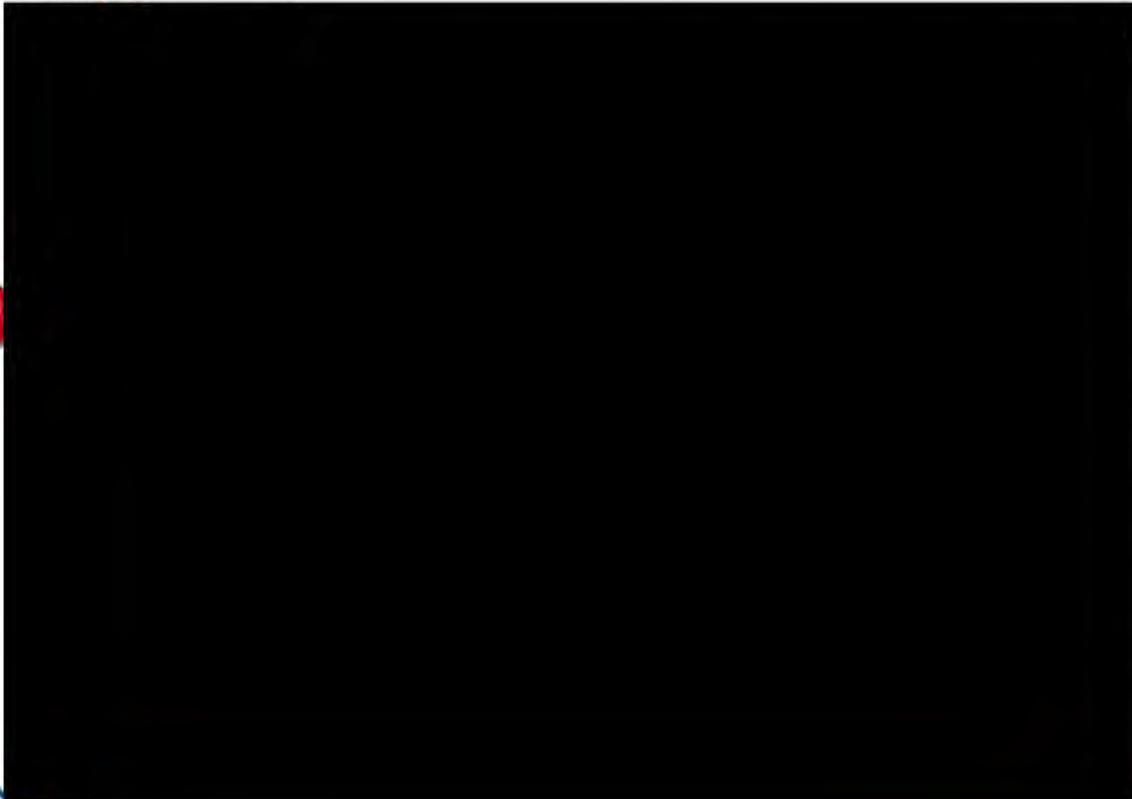
SAFETY & SECURITY

ARRIVALS & DEPARTURES

AROUND THE REGIONS

WHAT'S MY LINE?

With the holiday season fast approaching, there's no better time to check out the recent changes at the FERC Fitness Center. Manager [REDACTED] joined FERC in June and recently welcomed two new fitness specialists, [REDACTED] and [REDACTED] to the Fitness Center team. (Pictured below right to left) Together, they are working to provide a diverse slate of high and low-impact classes that will foster an environment welcoming to Tri-athletes and novices alike.



[REDACTED] joined FERC in June, having spent more than a decade providing sports performance management for athletes ranging from Olympians to NRC staffers. His expertise is in improving functional performance, and he hopes to mine that background for new classes targeting functional fitness. [REDACTED] a track and field and cross-country coach, will be teaching yoga and Pilates, among other offerings. [REDACTED] will draw on group-exercise experience to lead classes in Zumba and core fitness.

These group classes are just one perk of a Fitness Center membership. In the battle against stuffing and eggnog, the Fitness Center team is standing by to help.

"We'd love to help people form a specific game plan," [REDACTED] said. He noted that small steps can make a big difference. A healthy snack before a party will make a return to the buffet line less appealing. In the end, however, it's about not letting the holidays be an excuse to abandon normal exercise and nutrition. "Stick to your routine as hard as it may be," he said.

In the event that holiday cheer overrides a jog or two, Josh said that the Fitness Center will be offering an incentive program to promote healthy living in the New Year. He also advised that the best approach for any resolution is to set realistic goals that can you can achieve through steady work.

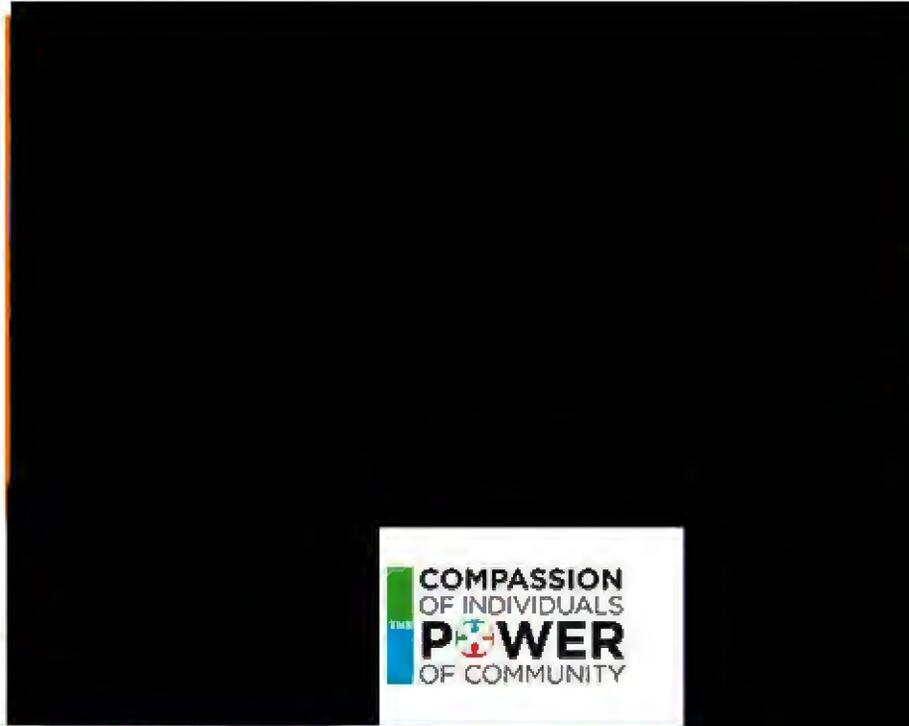
But why wait until January? The Fitness Center has an accommodating atmosphere and experts who are eager to assist any and all newcomers in tackling the basics and crafting a routine. There are even Fitness 101 classes. "We'd love to see more people down here taking advantage of the Fitness Center," [REDACTED] said.

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WHAT'S MY LINE?



... **Campaign** continued from page 1

"FERC is a world-class Agency," said [REDACTED]. "Thank you on behalf of all the charities you help."

The Gonzaga Chamber Choir, under the direction of [REDACTED], performed musical selections. [REDACTED] spoke briefly and noted that contributions to the school help with financial aid for one-third of the school's 950 students.

FERC's CFC events this year will feature other charities, including: FERC Child Development Center, Virginia Raptor Conservancy Fidos For Freedom, Alliance to Save Energy and the U.S. Green Building Council.

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.

Coming Mid-December

FERC CHILD DEVELOPMENT CENTER'S HOLIDAY SALE



- * 2010 White House Ornaments*
- * See's Candies *
- * Fair-trade Organic Coffee/Tea/Chocolate *
- * Entertainment Coupon Books *
- * Handcrafted Jewelry *
- * Imported Polish Pottery *
- * Meet the Author of a New Teen Adventure eBook (NEW!) *
- * LunchSkins reusable sandwich bags (NEW!) *
- * FERC T-shirts and mugs *

Occupant Emergency Plan Established For 1100 First Street Building

FERC's Safety and Security (SAS) division recently completed an **Occupant Emergency Plan (OEP)** for the 1100 First Street, NE, building. This particular OEP applies to all FERC employees in the Office of Administrative Litigation, support contractors and visitors.

The best way to protect against the potentially harmful effects of manmade incidents, natural disasters and occupational and public health emergencies is to ensure that all building occupants know how to respond in an emergency. This level of protection involves pre-planning, training and rehearsal. This OEP provides guidance to employees for this purpose.

In addition to the OEP for 1100 First Street, NE, FERC has an established OEP for 888 First Street. SAS is currently making modifications to the OEP for 888 First Street to maintain efforts underway with National Emergency Programs. Access the Guides on [FERCNet](#).

TAKE the ENERGY to PREPARE!



Safety & SECURITY

SAFETY & SECURITY

ARRIVALS & DEPARTURES

AROUND THE REGIONS

WHAT'S MY LINE?

How do you give back to your Community?

"I'm a captain for the CFC campaign and I'm helping an unemployed family with two children by paying their utility bills."

OE

What's MY LINE?

"Around here, I volunteer with the Greener FERC initiative with the intention of promoting sustainable workplace practices and having fun in an environmentally friendly fashion."

OEP

"I'm a CFC key worker, volunteer at Fairfax Hospital and will participate in a run for cancer awareness next spring."

OE

"I volunteer to help senior citizens, at homeless shelters and at the election polls."

OED

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WHAT'S MY LINE?



Photo courtesy of [redacted]

Chairman Wellinghoff was the featured luncheon speaker at the Detroit Economic Club on October 19, where he spoke about the future of electric vehicles and the electric grid. The Detroit Economic Club provides a platform for the debate and discussion of the great business, government and social issues of the day.



Photo courtesy of [redacted]

Commissioner Cheryl LaFleur participated in the Platt's Energy Podium in Washington, D.C., where she discussed issues ranging from the demand response and transmission planning and cost allocation NOPRs to her thoughts on the impact of shale gas on natural gas markets.

Arrivals & Departures

September - October 2010

SAFETY & SECURITY

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AROUND THE REGIONS

WHAT'S MY LINE?



Green Tip of the Month

Thinking about weatherizing your home or making it more energy efficient before winter? Be sure to read below to learn how to save money!

[Federal Residential Energy Efficiency Tax Credit](#) is available for purchases made between 1/1/2009 and 12/31/2010 for high-efficiency heating, cooling, and water-heating equipment. Maximum credit is \$1,500.

[DC offers a rebate](#) for buying energy efficient appliances and residential weatherization and efficiency products, such as eligible washers and residential gas furnaces.

Montgomery County and the State of Maryland also provide [tax credits](#) for energy efficiency and renewable energy projects.

The State of Virginia offers [income tax credits](#) up to \$500 for purchasing eligible energy efficient products.

Virginia also offers [property tax credit](#) for purchases of eligible solar energy equipment or recycling equipment.



Comings

OGC

[Redacted]

OEP

[Redacted]

OED

[Redacted]

OE

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OER

[Redacted]

OEPI

[Redacted]

Goings

OGC

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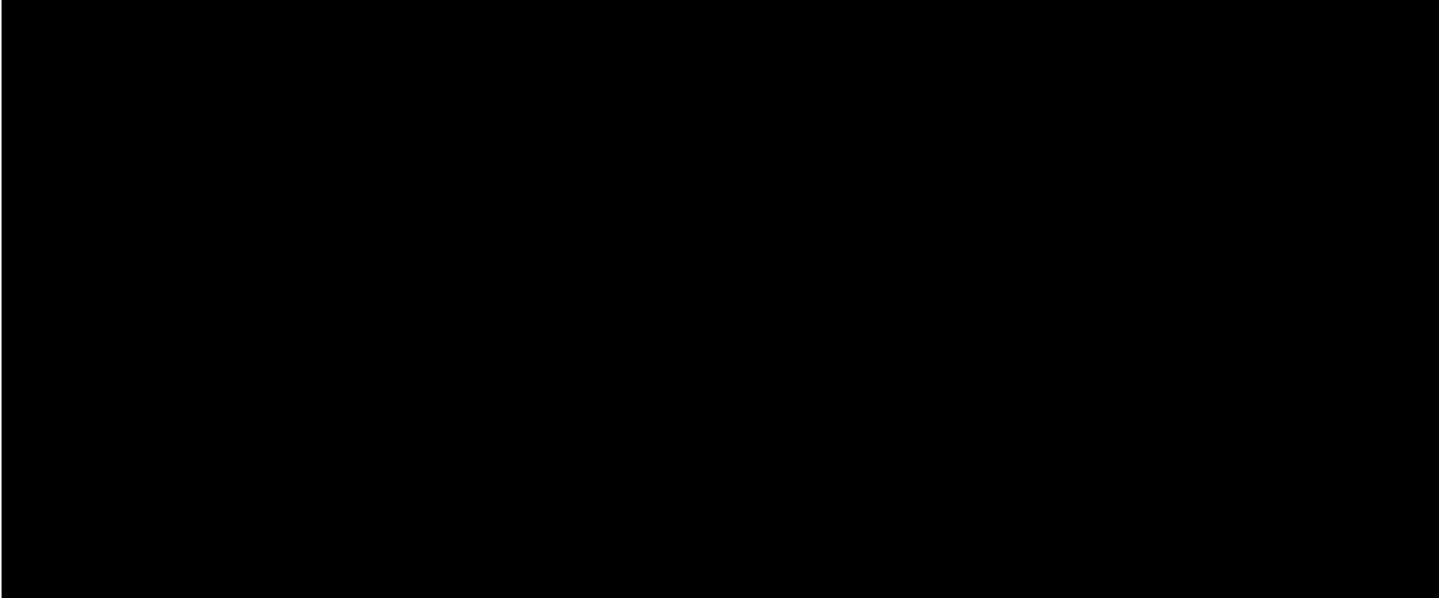
November 2010 FERC Insider

Tell us what you think here.

FERC Insider

January 2011

Volume 18, No 1



Welcome to the January edition of the FERC Insider. This issue will feature articles on FERC's new HR Director, Judge [REDACTED] journey to Egypt, FERC's EEO Counselors and FERC's new presence in social media.

Lead Story Above: [REDACTED] came on as FERC's Director of Human Resources in September. He is pictured here with Deputy Director [REDACTED].



Navigation Tips: Select a thumbnail picture above and open the yellow i-button on right to navigate to the page, or, select from the regular feature links below.

EDITORIAL

[REDACTED]

WEB DESIGN

[REDACTED]

PHOTOGRAPHY

[REDACTED]

The Insider at FERC (a.k.a FERC Insider) is the online newsletter by and for FERC's employees. It is written and published monthly except in August and December under the auspices of the Office of External Affairs, [REDACTED], Director.

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REGULAR FEATURES

- Healthy Lifestyles
- Hot Topics
- What's My Line?
- Arrivals And Departures

Redacted Pursuant to FOIA Exemption 6.

If you have story ideas please email the editor [REDACTED] of the Media Relations Division, OEA.

[Feedback to FERC Insider](#)

[REDACTED] rnal Affairs, [REDACTED] Director. All photographs, unless otherwise noted, are by [REDACTED]. All photos are the property of FERC and may not be reproduced without permission.

[Gallery Photos](#)

[Archives](#)

[FERCNet home](#)



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"We want to be No. 1."

That was HR Director [REDACTED] approach when he came to FERC in September and heard that FERC's leadership wanted to improve their Employee Viewpoint Survey scores. [REDACTED] is keen to the challenge as the Commission works to recruit and retain a talented, satisfied workforce. "I couldn't be more excited to hear that top level commitment," he says.

[REDACTED] comes to FERC with deep roots in the federal government and the DC region. He grew up in Rockville and attended St. John's College High School where he competed in sports against our North Capitol St. neighbors, Gonzaga. After graduating from the University of Maryland in 1989 with a bachelor's degree in psychology, [REDACTED] began his career in the federal government as a GS-5 at the Department of Agriculture. Fittingly, it was within the Rural Electrification Administration (or what is now the Rural Utilities Service).

From there, [REDACTED] rose through the ranks while covering a wide swath of bureaucratic terrain. Stints at the National Institutes of Health and the Office of Personnel Management (OPM) led him to National Oceanic and Atmospheric Administration where he spent six years as the Director of Human Resources. When an opening appeared at FERC, Ribas jumped at it. "I always heard that it was a nice place to work," he says.

Major initiatives are already underway. Changes to the Commission's application process began November 1 as part of a Presidential dictate to reform the hiring process. The aim is to better align hiring practices with those of the private sector. Investments in the early stages of the process will help generate and retain excitement in the future.

Some of the reforms under way or under discussion include placing eighty-day targets for the span between the identification of a need and when it is filled and incorporating management earlier in the process. For candidates, the goal is to make it easier to apply and offer programs like rotational training that will bring a fuller perspective.

[REDACTED] will also be formulating a Human Capital Accountability Plan. With approximately 500 employees eligible for early and optional retirement and given FERC's modest size (roughly 1,500), there is potential for a generous overhaul of the FERC workforce. In developing a plan, [REDACTED] wants to engage management upfront and identify potential holes to fill, all while striving to retain invaluable knowledge. While daunting, he sees this challenge as an opportunity to distinguish FERC from other agencies. "It gives us an opportunity to really be a model," he says.

Unsurprisingly, [REDACTED] describes himself as a "Mr Fix-It" away from the office as well saying there's "always a project." His passion outside FERC, however, is his family, including his wife [REDACTED], and three young sons, [REDACTED]. With three boys it is interesting that he and [REDACTED] have coached a 7th and 8th grade girls basketball team for the past twenty-one years. He proudly notes the team's capturing the Archdiocese of Washington city championship and seems determined to bring the same success to FERC.



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Chairman Announces Appointments in OGC

Chairman Wellinghoff recently appointed [REDACTED] as General Counsel and [REDACTED] as Deputy General Counsel at FERC.

[REDACTED] began working at the Commission in 1990 as an attorney-advisor in OGC. He has held a range of other positions in OGC and elsewhere in the Commission. Before joining the Commission, [REDACTED] worked on utility issues at the Pennsylvania Office of Consumer Advocate and also litigated environmental enforcement cases at the U.S. Department of Justice. [REDACTED] holds a B.A. in Journalism from Oklahoma University and a J.D. from New York University Law School.

[REDACTED] previously served for one year as special counsel in OGC and for three years as senior legal and policy advisor to Chairman Wellinghoff. Before coming to FERC in 2006, [REDACTED] worked on electric industry matters for five years as an associate in the Washington, D.C., office of Troutman Sanders, LLP. [REDACTED] also served for three years as a legislative assistant on energy and other issues to U.S. Sen. Jack Reed (D-RI). [REDACTED] 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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Pack the Nikon and passport: Chief Judge travels the Nile

FERC Chief Judge Curtis [REDACTED] has accumulated a number of stamps in his passport in recent years.

[REDACTED] An experienced jurist, he has been part of the federal government for 56 years, and FERC's Chief Judge for the past 31, but has also developed a passion for exotic travels and photography.

For the past two decades in addition to his supervisory duties overseeing cases on electric markets and pipeline rates at FERC, Wagner has found time to travel extensively and beautifully photograph iconic scenes in natural and man-made settings on five continents – from Costa Rica to China, Italy, Greece and Kenya and most recently Egypt. You might even find him in the South Pacific – his trip last year was by clipper ship to Tahiti.

Wagner's office walls are lined with framed photographs from his various travels including the Acropolis in Greece, the stone soldiers of China and travels around Nairobi.

[REDACTED] returned from his latest trip to Egypt in November – his first excursion to North Africa.

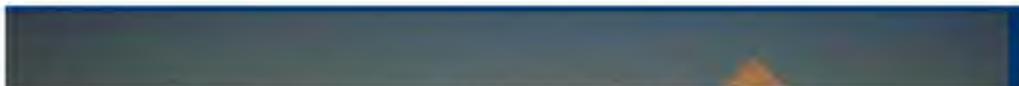
[REDACTED] reflected on the contrasts between the teeming crowds wandering the crowded bazaars and stalls in Cairo, the city where most of the Egyptian population resides, and spending a night at an oasis, eating cross-legged on the ground.

The daytime heat was intense and the cloudless sky offered no respite, he said, "but I did learn to haggle with the various vendors." Although the desert at night cooled quickly, "our accommodations in the desert were very rustic." [REDACTED] conceded however, that it all was an engaging experience.

"One of the more relaxing parts of the trip was traveling by riverboat on the Nile," [REDACTED] said. However, "at various points armed guards would board ... for the group's protection." From the riverboat, Wagner was able to photograph life along the Nile where over the centuries life has changed very little.

[REDACTED] nine-day Egyptian excursion took him to the giant Aswan Dam, the tomb of King Tutankhamen – the boy king, the Great Sphinx and the Valley of the Kings, the burial ground of Ancient Egypt. He photographed the tomb of Ramesses II in Luxor, other tombs of the royalty and the intricacies of ancient Egyptian architecture and culture.

Many of [REDACTED]'s trips are organized by magazines such as Popular Photography, Travel and Shutterbug. A professional photographer accompanies the group and each day photos would be reviewed and critiqued, and tips on color, scenery and arrangement would be exchanged.



Wagner has also traveled

Redacted Pursuant to FOIA Exemption 6.

across the U.S. from Alaska, to New Orleans, the badlands of South Dakota and Yellowstone Park, capturing the distinctive splendor of the various seasons and locales. widely

travels with his Nikon D-300 and Nikon D-700. He has switched from film photography to exclusively digital and has taken a number of classes to become more proficient. He has been certificated by the New York Institute of Photography, qualifying him as a professional photographer.

hasn't planned his next trip but his journeys have yet to take him to two continents.

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On left: Chairman Wellinghoff presents [REDACTED], FERC's General Counsel, with a FERC flag as he prepares to retire. [REDACTED] is a great friend, and a great friend that has been a tremendous General Counsel in this agency," the Chairman said.

On right: Chairman Wellinghoff talks with, from left, [REDACTED] and [REDACTED], both of Lawrence Berkeley Laboratory, after addressing the 30th Anniversary Policy and Analysis Conference for the American Council for an Energy Efficient Economy (ACEEE) December 8.



GREENER FERC: Winter Energy Saving Tips:

During the cold winter months, there are a number of things you can do to cut down your energy usage and lower your bills.

- During the day when you're not home keep blinds and curtains open to take advantage of the sun's natural warmth. Close the blinds and curtains at night to cut down on chill from windows.
- Keep your thermostat between 68-72 degrees. For each degree you lower your thermostat, you can save up to five percent on the heating portion of your energy bill.
- Have your home heating system serviced to make sure it's operating as efficiently as possible and change your filter monthly.
- Keep your fire damper shut unless you have a fire going so that warm air doesn't funnel up and out of your chimney.
- Upgrade your home and holiday lights to energy-efficient LED lights that use about 80% less energy.
- Lower the temperature on your water heater to 120 degrees.

Recycling Your Christmas Tree - "Treecycling"

Treecycling is an easy way to repurpose your Christmas tree instead of disposing it in a landfill. DC, Montgomery County, Arlington County, and Fairfax County all provide curbside Christmas tree pickup during the first two weeks of January.

[More info](#)

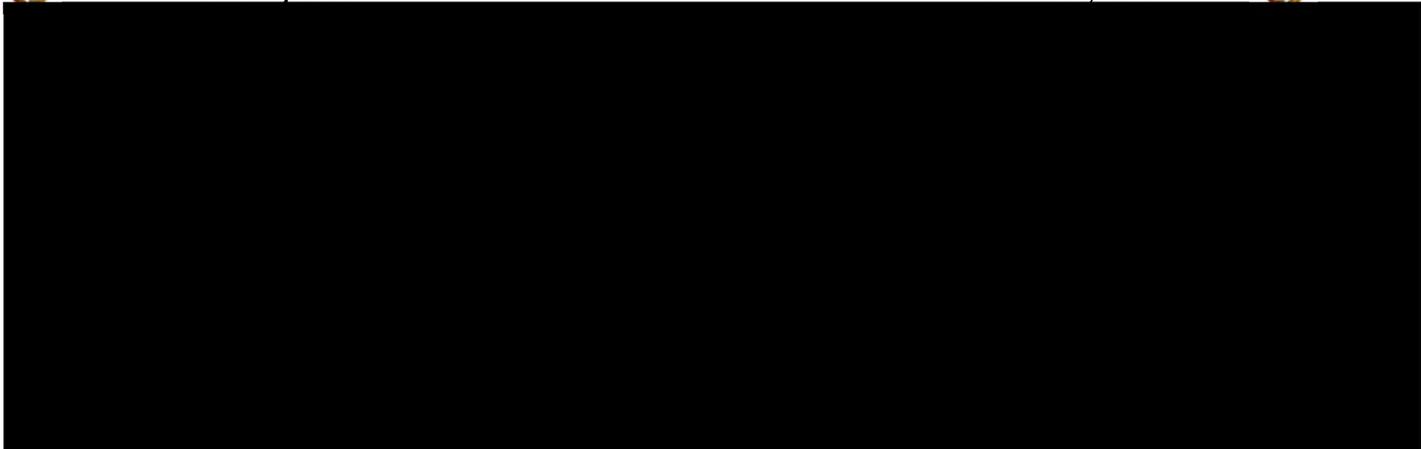
[Resource](#)

[Resource](#)

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Name a valuable website you enjoy that others may not know about.



Freecycle.org
(give away or
acquire
goods)
[Redacted]
OEMR

Foodtruckfiesta.com
(provides the location
of local food trucks)
[Redacted], OEMR

Curbsidecupcakes.com
(keep track of this local
cupcake truck)
[Redacted], OEMR

Retailmenot.com
(coupons) and
lancasterfarmfresh.com
(non-profit organic
farmers cooperative)
[Redacted]
OER



January 2011

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EEO Counselors: Bringing people together

FERC's Equal Employment Opportunity (EEO) Counselors serve an important role: They work to bring employees together when differences arise.

According to [REDACTED], FERC's EEO Advisor, "Counselors are fundamental to the EEO informal process. They help bring employees and supervisors together in an effort to resolve the issues."

The role of an EEO Counselor in the informal stage of the complaint process is as follows:

The process begins when an employee contacts a Counselor and alleges that some form of discrimination or harassment has taken place. All employees have the right to anonymity during the informal process.

The EEO then begins a fact-finding effort to gain a better understanding of the situation. Once the fact-finding is complete, the Counselor may suggest that both manager and employee attempt to resolve their issues through mediation. If mediation is unwelcomed and the employee chooses to file a formal complaint, the informal process has ended. The EEO Counselor is no longer involved as the matter moves to the formal process.

That begins once an employee files a formal complaint. The agency reviews the complaint and decides whether the case should be accepted or dismissed. If the agency does not dismiss the complaint, it will conduct an investigation. The agency has 180 days from the day an employee files his or her complaint to finish the investigation. When the investigation is complete, the agency will issue a notice giving the employee two choices: either request a hearing before an EEOC Administrative Judge, or ask the agency to issue a decision as to whether the discrimination occurred.

The primary goal of the EEO Counselors during the informal stage is to attempt to resolve issues by gathering information to obtain a clear understanding of allegations presented to them. The Counselors are unbiased and neutral parties.

The EEO Counselors receive eight hours of annual training. Each Counselor completes 32 hours of in-depth training during his or her first year in the position.

FERC currently has six EEO Counselors: [REDACTED]

It is the policy of the Federal Government and FERC to prohibit discrimination in employment with regard to race, color, religion, sex, national origin, disability, age or reprisal and to promote a positive program to ensure equal employment opportunity for all persons. FERC's EEO Counselors are available to help

Redacted Pursuant to FOIA Exemption 6.

any employee with concerns associated with any of these types of issues.

For More information on the EEO process

The logo for "FERC Insider" features the word "FERC" in a smaller, red, sans-serif font above the word "Insider" in a larger, bold, black, serif font. A small green circle with a white "V" is positioned to the right of "FERC".

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No 1

FERC Removes Transmission Barriers

At its final meeting of the year on Dec. 16, the Commission approved a proposal to remove barriers to the development of much-needed transmission in the Midwest Region. The proposal will help maintain the reliability of the transmission grid and deliver cleaner and cheaper energy to consumers across the region.

Chairman Wellinghoff stressed that the approval of this proposal in the Midwest was not to be confused with the Commission's NOPR on Transmission Planning and Cost Allocation Principles issued in June. That particular proposal is currently under review.

"Cost allocation reform is one of the most difficult issues facing transmission service providers and regional market operators," Chairman Wellinghoff said. "This bottom-up proposal was developed to help support the region's electricity needs, and it came to FERC through a 19-month stakeholder process

Redacted Pursuant to FOIA Exemption 6.

within the Midwest ISO. I commend the hard work of all the stakeholders, and in particular all the state commissioners, in the region.”

The proposal, offered by the Midwest Independent Transmission System Operator Inc. (Midwest ISO) and its stakeholders, is intended to enable the region to comply with energy policy mandates and to address reliability and economic issues affecting multiple transmission zones within the region. This proposal improves Midwest ISO’s ability to ensure that the costs of transmission projects with regional benefits are properly assigned to those who benefit.



Also at the Dec. 16 meeting, the Commission accepted the California Independent System Operator Corporation’s (CAISO) revised transmission planning process designed to support development of new transmission facilities so the state can meet its renewable energy targets and other public policy goals.

The CAISO tariff revisions create a new category of policy-driven transmission facilities considered necessary to meet state and federal policy requirements and directives. The

Redacted Pursuant to FOIA Exemption 6.

planning process also will encourage statewide participation in transmission planning; feature a competitive solicitation that allows all transmission developers to compete to build policy- and economics-driven projects; and comply with the openness, transparency and other transmission planning principles that FERC established in Order No. 890.



The Importance of Vitamin D

An estimated 1 billion people worldwide, across all ethnicities and age groups, have a Vitamin D deficiency. This may be attributable to people getting less sun exposure because of climate, lifestyle and concerns about skin cancer or consuming less Vitamin D through their diets.

The body makes Vitamin D from cholesterol through a process triggered by the action of the sun's ultraviolet B rays on the skin. Factors such as skin color, dietary intake, age and amount of time of sun exposure affect how much Vitamin D the body makes. Vitamin D influences the bones, intestines, immune and cardiovascular systems, pancreas, muscles, brain and control of the cell cycles. Its primary functions are to maintain normal blood concentrations of calcium and phosphorus and to support bone health. Low Vitamin D levels may be associated with increased risk for various cancers, cardiovascular diseases, and auto-immune disease such as multiple sclerosis, dementia and diabetes.

There are only a few foods that are a good source for Vitamin D. These include fortified dairy products and breakfast cereals, cod liver oil, fatty fish, beef liver and egg yolks. Besides increasing sun exposure, the best way to get additional Vitamin D is through supplementation.

The best test to assess your Vitamin D status is known as the 25-OH-Vitamin D level blood test. Vitamin D levels may vary significantly throughout the year. Having a low normal level at the end of the summer puts one at high risk for deficiency in the winter and spring.

If you are lactose intolerant or do not eat enough foods



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high in Vitamin D, you can take a Vitamin D supplement. Since Vitamin D deficiency is so common, it is strongly recommended that you get tested.

FERC Does it Again: 2010 CFC Pledges Exceed 2009 Record

FERC's 2010 Combined Federal Campaign concluded on a high note. FERC took in the staggering sum of \$438,163. This sum represents a new FERC record for CFC giving. FERC had a dollar goal to raise \$345,000. Thus, FERC is \$93,000 over it's dollar goal. FERC stands in the front ranks of U.S. Government.

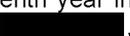
The numbers get even more impressive: 805 members of the FERC community participated in this year's successful CFC. That 60 percent participation rate is 2.5 times the participation rate of our peers in the National Capital Area. Elsewhere, FERC staff made 131 Eagle and 19 Double Eagle donations; nearly one in five of all FERC donations were at the Eagle level, nearly three times the U.S. government average nationwide.

All this good work was done in little more than six weeks. As in years past, the FERC Community demonstrated an enviable level of concern for the less fortunate. This means a lot in these troubling economic times where there are so many people in need.

CFC Team pictured above: 

This year the Commission invited a record number of diverse charities from the 4,000 entries in the 2010 Catalogue of Caring to present at our weekly, uniformly well-attended, events. Some invitees are old favorites. Many charities were first timers. Without exception, all our guests are eager to come back again to FERC.

FERC sponsored weekly events to showcase a diverse selection of CFC beneficiaries. Twelve causes were presented: Gonzaga College High School, FERC's Childhood Development Center, Fidos for Freedom, Raptor Conservancy of Virginia, Art for Humanity, KIPP DC, Oxford House, Alliance to Save Energy, U.S. Green Building Council, Mentoring to Manhood, Potomac Riverkeeper and the Shakespeare Theater.

OGC's  a 32-year Commission veteran, managed the campaign for an unprecedented seventh year in a row.  was assisted by Loaned Executive , on loan from DOE. Retiring Executive Director  ably served as Honorary Vice Chair of this year's CFC. FERC Chairman Jon Wellinghoff served as Honorary Chair of the Commission's 2010 Campaign.

Redacted Pursuant to FOIA Exemption 6.

 poster

██████████ began each week by thanking everyone for attending. He included all office captains and key workers, as well as those who had already pledged so far. Then, ██████████ thanked individually by name the members of his committee, and members of the FERC Community who helped to make the event the success it was. They are: ██████████
Cunningham, ██████████
██████████
██████████

The Commission's campaign ended with a charity fair finale that featured a dozen causes suggested by members of the FERC Community. They were: Barker Foundation, College Bound, FERC Childcare Development Center, House of Ruth, and Institute for Multi-Track Diplomacy, Mount Vernon Ladies Association, Nurse Family Partnership, Ronald McDonald House Charities of Greater Washington, Washington Area Bicyclist Association and WETA.

Continuity characterizes FERC's CFC. An extraordinarily high number of dedicated, true volunteers serve year after year on the Commission's CFC annual effort, and 2010 was no exception. The entire 2009 CFC campaign committee agreed to serve in 2010. Edward's committee is already in place for the 2011 CFC.

Another fun feature of our CFC was the chance to win fabulous door prizes for those who attended the weekly events. CFC Headquarters provided a generous supply of official CFC water jugs, pocket calculators (for big pockets) and CFC mugs certain to figure in the Antiques Road Show in 2040. The Fitness Center chipped in T-shirts while the FERC Day Care Center offered T-shirts, coffee mugs and a cookbook. This year there were also official FERC baseball caps.

FERC staff also had five chances to win an all-you-can-eat lunch at the Sunrise Café; Commissioner Moeller and Chairman Wellinghoff offered two of those opportunities. Innovation was key to the Commission's successful 2010 CFC. For the first time, each Commissioner recommended a favorite cause and agreed to host one of the weekly events. This innovation is likely to continue in future campaigns. ██████████ sends out a final big "Thank you!" to all those who helped make the 2010 campaign the success it was, and looks forward to managing the 2011 effort. 2011 will be the 50th anniversary of the CFC. You must be present to win!

CFC Photo Gallery

The logo for "FERC Insider" features the word "FERC" in a red, sans-serif font above the word "Insider" in a larger, bold, black, serif font. A small green circle with a white checkmark is positioned above the letter "I" in "Insider".

January 2011

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 awards

On left: Chairman Wellinghoff presents [REDACTED] with the Exemplar of Public Service Award for 32 ½ years of devoted public service. "In the Office of External Affairs, [REDACTED] is the first to recognize the importance of an issue, the first to offer assistance to anyone who needs help understanding an issue or a policy," the Chairman commented. "And she is the last one anyone at FERC ever wanted to see walk out the door. We will miss [REDACTED]"

On right: Chairman Wellinghoff presents FERC Executive Director [REDACTED] with the Chairman's Medal. "I have nothing but the utmost respect for [REDACTED] and deep admiration for the exemplary service that Tom has given to this Commission. He will be sorely missed by me and his colleagues and the Commission," Chairman Wellinghoff commented.



Did you know you can follow FERC on [Twitter](#) and [Facebook](#)?



January 2011

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Arrivals & DEPARTURES

OCTOBER – DECEMBER: ARRIVALS

ALJ OAL OE OEA OED OEMR OEP OEPI OER OGC OSEC



OCTOBER – DECEMBER: DEPARTURES

ALJ OAL OE OEA OED OEMR OEP OEPI OER OGC OSEC



FERC Insider

February 2011

Volume 18, No 2



Welcome to the February edition of the FERC Insider. FERC's new Executive Director, the new Dispute Resolution Service Director, and suggestions of places to visit in Chicago from FERC's regional office.

Lead Story Above: [REDACTED] has been named FERC new Executive Director.



Navigation Tips: Select a thumbnail picture above and open the yellow i-button on right to navigate to the page, or, select from the regular feature links below.

EDITORIAL

[REDACTED]

WEB DESIGN

[REDACTED]

PHOTOGRAPHY

[REDACTED]

The Insider at FERC (a.k.a FERC Insider) is the online newsletter by and for FERC's employees. It is written and published monthly except in August and December under the auspices of the Office of External Affairs, [REDACTED], Director.

The FERC Insider is an internal publication by and for the employees of the Federal Energy Regulatory Commission and is not intended for external sale or distribution. It is written and published under the auspices of the Office of

REGULAR FEATURES

- Healthy Lifestyles**
- Hot Topics**
- What's My Line?**
- Arrivals And Departures**

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If you have story ideas please email the editor [REDACTED] of the Media Relations Division, OEA.

[Feedback to FERC Insider](#)

External Affairs, Leonard [REDACTED]. All photographs, unless otherwise noted, are by [REDACTED]. All photos are the property of FERC and may not be reproduced without permission.

[Archives](#)

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Meet FERC's New Executive Director

██████████ was recently appointed Executive Director at FERC. Chuck, comes to FERC after serving for five years as the Executive Director and Chief Operating Officer of the Federal Trade Commission (FTC), where he had central responsibility for the managerial and administrative operations for the FTC headquarters and eight regional offices. Prior to joining the FTC, C██████ served for 10 years as Deputy Administrator for the National Gallery of Art, where he was responsible for the day-to-day operations of all administrative functions.

██████ is a retired and highly decorated Naval Officer, having served for more than 22 years in the Navy's Civil Engineer Corps. He earned a Bachelor of Science in Mechanical Engineering from Lehigh University, and a Master of Science in Civil Engineering from Purdue University.

DRS Names New Director

██████████ is the new Director of the Dispute Resolution Service. As Director, Deborah serves as the point of contact and Commission expert for matters involving the use of alternative dispute resolution (ADR) techniques to resolve energy disputes. In this capacity, she provides ADR advice and consultation, and promotes and implements ADR initiatives within the Commission and by the public it serves. An anthropologist, ██████████, formerly served as the Commission's Federal Preservation Officer and cultural resources specialist in the Office of Energy Projects.

██████████ was recruited to help set up the DRS unit in 1999, serving as a Dispute Resolution Specialist and later as the DRS Group Manager. An experienced neutral, ██████████ has mediated more than 100 cases, many involving multi-party and high-dollar value disputes on a range of complex regulatory, commercial, environmental and Native American interests, with an outstanding record of success. With her predecessor, ██████████, successfully co-mediated the highly politicized and controversial pipeline siting dispute in a densely populated urban community along the Millennium Pipeline.

██████████ is working to move beyond conflict resolution to conflict prevention. She co-leads two cutting-edge ADR initiatives, one with the Harvard Negotiation and Mediation Clinical Program at Harvard Law School and another with Native American mediation practitioners, on entry points for and application of ADR tools to prevent and resolve energy business-related and environmental conflicts early at low cost and high value to stakeholders.

██████████ has thoroughly enjoyed her tenure with FERC, considering it a wonderful work environment with talented people. She is embracing this next challenge, believing that there is a niche for ADR and the services of the DRS in every corner of the Commission. She and the DRS staff look forward to fostering more internal and external partnerships to fulfill FERC's vision by lending a helping hand through the use of ADR tools.

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Healthy LifeStyles

Breast Cancer Awareness

Breast cancer is a national health concern. It is the most common cancer among women, and is second only to lung cancer as the leading cause of cancer death in women. This year, it is estimated that about 211,300 women in the United States will be diagnosed with breast cancer and about 40,000 will die. In fact, breast cancer is the leading cause of death in women ages 35 to 54. Men are also at risk. This year, it is estimated that 1,600 men will be diagnosed and 400 will lose their lives to breast cancer.

Too often, there is a lack of clarity about breast self-examinations, and apprehension about the mammogram. In addition, mixed or sensationalized research results that are reported by the media can lead to confusion and make it difficult for many to decide the best manner in which to incorporate cancer detection into everyday health practices. However, experts agree that early detection and diagnosis of breast cancer is key to successful treatment. When breast cancer is found early, the survival rate at five years is 96 percent. In fact, because of early detection, more than 2 million breast cancer survivors are alive in America today.

The American Cancer Society has published revised guidelines for key prevention techniques including mammography, breast exam conducted by health care providers, and breast self-examination. These recommendations are as follows:

- Clinical breast examinations every three years from ages 20-39, then every year thereafter.
- Monthly breast self-examinations beginning at age 20. Look for any changes in your breasts.
- Baseline mammogram by the age of 40.
- Mammogram every one to two years for women 40-49, depending on previous findings.
- Mammogram every year for women 50 and older.
- A personal calendar to record your self-exams, mammograms, and doctor appointments.
- A low-fat diet, regular exercise, and no smoking or drinking.

FERC Insider

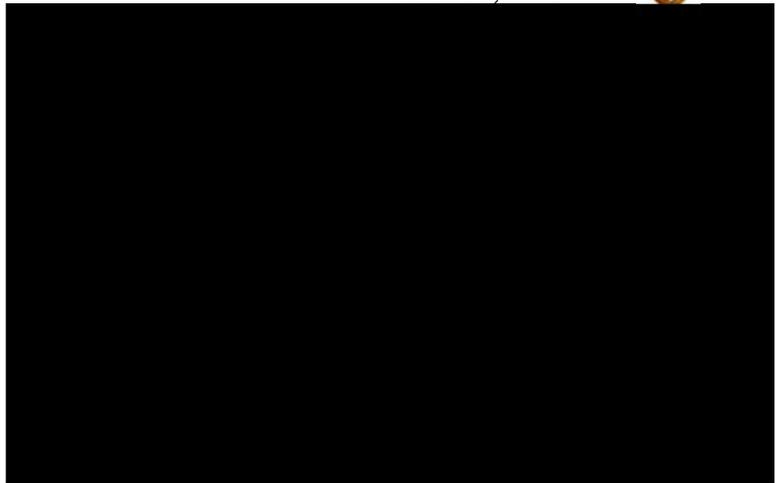


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The Commission's 2010 Combined Federal Campaign once again broke new records. 813 members of the FERC community pledged a record \$440,374. Pledges were \$95,374 over our campaign dollar goal of \$345,000. FERC participation reached 61%, nearly twice the participation rate of the rest of our peers in the National Capital Area. Of particular note was the record number of Eagle and Double Eagle pledges, 131 Eagle and 19 Double Eagle donations amounted to 18.45% of all donations, or 2.5 times the rate of the entire US Government. Finally, the Commission earned the prestigious Summit Award for exceeding the prior year's amount by more than 3%.



██████████ has joined FERC's Media Relations Division within the Office of External Affairs. Craig is handling media requests involving electricity regulatory issues. He joined FERC in January after 26 years of covering FERC for Platts publications.



Greener FERC Tip: During these cold winter months when warming up your car, allow the car to warm up without idling. Every moment you spend idling your car's engine means needlessly wasting gas, as well as rougher wear on your vehicle. Idling for more than 10 seconds wastes more gas than is needed for startup. Overall, Americans idle away 2.9 billion gallons of gas a year, worth around \$78.2 billion. **For More Info**

FERC Insider



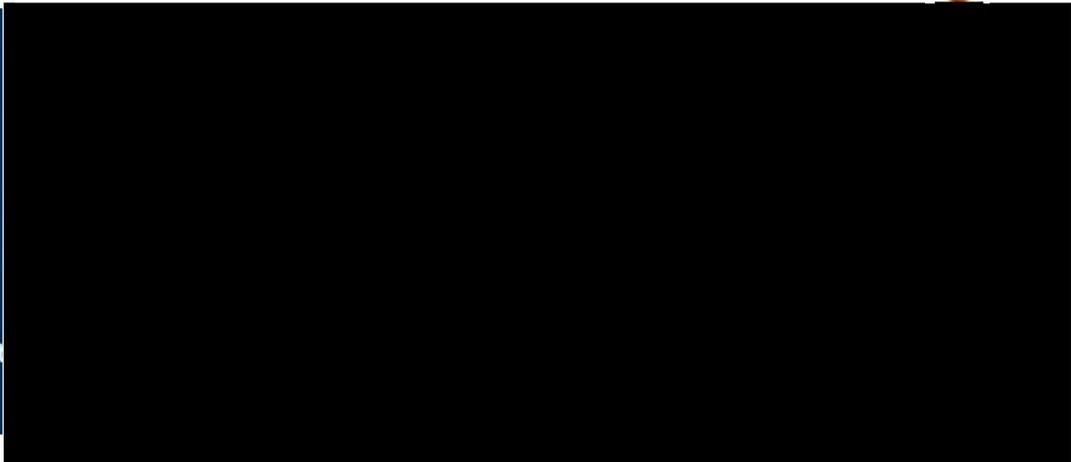
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What's MY LINE?

The FERC Insider asked staff in the Chicago Regional Office to give us their favorite places to visit in the windy city. Here's what they had to say:



Pictured in front row (l-r):



Take any tour from the Chicago Architecture Foundation (full disclosure- I am a docent with the CAF) and end at Millennium Park to watch the sights and sounds of the people and the Windy City.

Ice skating on the world's highest ice skating rink, located on the 94th floor of the John Hancock Building.

Visit the historic Noble Horse Theatre at 1410 Orleans Street in Chicago's Old Town district. Go to their website, noblehorsechicago.com for details.

Go see the Blue Man Group and also check out the Vienna Beef Factory.



Grab a good bottle of wine, some takeout, a blanket, and head to the Pritzker Pavilion for a free symphony concert on the amphitheater lawn.

Architectural Boat Tour on the Chicago River.

Take a kayak tour along the Lakefront or along the Chicago River. Go to www.kayakchicago.com.

Experience the magnificent architecture through a cruise or walk along the Chicago River or views along the lakefront path.

FERC Insider



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FERC Staff Report Survey shows rise in demand response, advanced metering use

The use of demand response and advanced metering programs has risen significantly since 2008 to cover more consumers around the country, says a new staff report issued today by the Federal Energy Regulatory Commission (FERC).



FERC's 2010 Demand Response and Advanced Metering Survey, which covers calendar year 2009, shows that more than 500 entities reported offering demand response programs in the United States, with the potential demand response contribution from those programs estimated at more than 58,000 megawatts (MW), or 7.6 percent of U.S. peak demand. This is an increase of about 17,000 MW from the 2008 FERC survey. The regions with the largest estimated demand response resources are the Midwest-to-Mid-Atlantic region, and also the Upper

Redacted Pursuant to FOIA Exemption 6.

Midwest and the Southeast.

The survey also indicates that advanced metering use has reached 8.7 percent of the U.S. market, up from 4.7 percent levels outlined in the 2008 report. Advanced meters reach more than 13 percent of the market in the upper Midwest, West and Texas. As in previous surveys, electric cooperatives have the largest penetration of advanced metering use, nearly 25 percent, among categories of organizations.

The staff report, like the 2008 and 2006 staff reports, is based on a survey sent to more than 3,400 companies in the U.S., including investor-owned and municipal utilities, rural electric cooperatives, power marketers and others. More than 1,750 companies that serve 78 percent of retail customers responded to the 2010 survey.

The report and survey can be found by clicking on the following links: [Report](#) | [Survey Data](#)



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Arrivals & DEPARTURES

DECEMBER 29-JANUARY 20: ARRIVALS

ALJ OAL OE OEA OED OEMR OEP OEPI OER OGC OSEC



DECEMBER 29-JANUARY 20: DEPARTURES

ALJ OAL OE OEA OED OEMR OEP OEPI OER OGC OSEC



FERC Insider

March 2011

Volume 18, No 3



Welcome to the March edition of the FERC Insider. FERC's new supply store, the Smart Hire Program, Black History Month.

Lead Story Above: FERC gets new supply store in April (Above photo shows another store opened by Paperclips, Inc.)



Navigation Tips: Select a thumbnail picture above and open the yellow i-button on right to navigate to the page, or, select from the regular feature links below.

To Print: To print the Insider, go to the print function on your computer. You must print each page individually since the Insider is a web-based publication.

To View: Maximize your screen for the best web page display.

EDITORIAL

The Insider at FERC (a.k.a FERC Insider)

The FERC Insider is an internal publication by and

REGULAR FEATURES

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[WEB DESIGN](#)

[PHOTOGRAPHY](#)

is the online newsletter by and for FERC's employees. It is written and published monthly except in August and December under the auspices of the Office of External Affairs, [REDACTED] Director.

If you have story ideas please email the editor [REDACTED] of the Media Relations Division, OEA.

Feedback to FERC Insider

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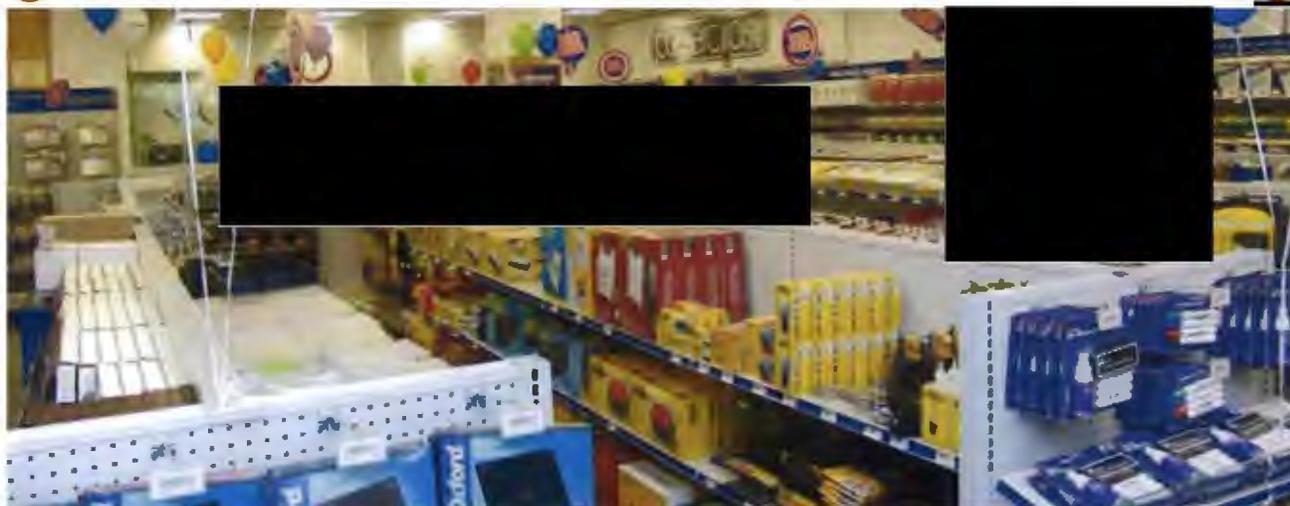
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March 2011

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FERC Gets New Supply Store in April

A new supply store, called Paperclips, Etc., will be opening its doors at FERC headquarters in April. The new supply store will be similar to the one pictured above.

The new supply store will offer FERC a modernized facility that is highly cost-effective for the Commission. We can expect to see such new features as: automated checkout procedures using employee badges, Desktop Delivery Service, On-Line Ordering capabilities for the Regional Offices with shipping included, extended business hours and many new, more contemporary, products.

The new store will be managed by the Winston-Salem Industries for the Blind (WSIFB), a non-profit organization, as part of the AbilityOne program created by Congress in 1938.

AbilityOne was originally created to allow individuals who were blind to sell products to the Federal Government. Congress expanded the program in 1971 to include individuals with other significant disabilities.

Today, AbilityOne assists 40,000 Americans who are blind or severely disabled find employment. The purchase of products and services by Federal customers from AbilityOne helps battle the 70 percent unemployment rate faced by people who are visually impaired and/or severely disabled. The program coordinates its activities with nonprofit organizations across the country to employ these individuals and provide goods and services to the federal government at a fair price.

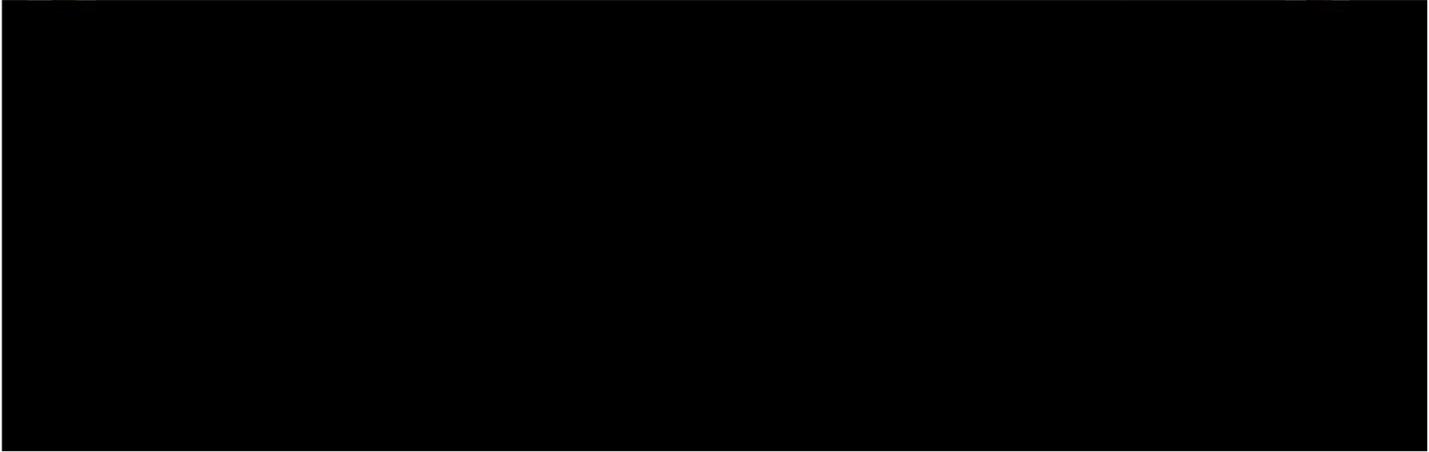
Read more about the AbilityOne program on their website: [AbilityOne](http://AbilityOne.org)

The new Supply Store is expected to open in April—stay tuned for more information on this great new store!



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From left to right:

Smart Hire Program

In support of President Obama's Hiring Reform and in an effort to streamline the job application process, FERC's Human Resources Division (HRD) is working with Monster Government Solutions to implement Monster Hiring Management. Monster Hiring Management is a web-based applicant tracking system that enables FERC employees and outside job applicants to easily apply for job opportunities at FERC. The new system is expected to be available in early April.

With Monster Hiring Management, job applicants receive a fully integrated online application experience through USAJOBS - the Federal government's job board.

Here at FERC, the HRD had a "name the system" contest, with the winning submission, Smart Hire, provided by Seetal Patel. The implementation of Smart Hire provides direct benefits to job applicants by:

- Easily creating and storing multiple resumes on USAJOBS and seamlessly passing the desired resume from USAJOBS to FERC's Smart Hire system;
- Receiving auto-generated notification of status of applications submitted; and
- Minimizing the use of essay-based responses and paper-based applications.

"We are very excited to partner with Monster in implementing this new system," said Alyssa Asonye, Deputy Director of HRD. "The Smart Hire system will allow job applicants to apply directly on USAJOBS, and receive updates directly to their USAJOBS account. There will no longer be a need for e-mailed or paper-based applications, which will speed up the time to hire the right candidate."

FERC's Human Resources Division is currently in the process of implementing Smart Hire. As the implementation moves forward, the division will offer job applicant seminars on how to navigate and use USAJOBS in preparation for the launch of a fully integrated application experience with Smart Hire.


Named Director of OAL

Chairman Jon Wellinghoff has named  as Director of the Office of Administrative Litigation (OAL).

“I’m very excited about joining OAL,”  said. “Representing the public interest in contested hearings and settlement cases is important and challenging work, and I’m looking forward to working with OAL’s dedicated and talented staff.”



“I have already found that OAL’s technical and legal staff has extensive and varied expertise, and I look forward to finding more ways for OAL to support the Commission’s work and mission.” Ted commented.

Finally,  has this to say about the office: “OAL has an excellent reputation both within the Commission and with the regulated companies and counsel that appear before the Commission’s Administrative Law Judges. I will continue our fair-minded and vigorous efforts in all cases in which OAL participates.”

 joins OAL from the Commission’s Office of Enforcement, where he was instrumental in developing the Commission’s enforcement policies and in investigating violations of the Commission’s rules and requirements.  resolved more than 30 cases in which companies paid more than \$60 million in civil penalties and more than \$12 million in disgorgement of unjust profits.

Prior to joining the Commission in 2003,  was the Director of the Office of the Consumer Advocate at the Postal Rate Commission, where he represented the public in postal rate and service classification cases before that agency.  has more than 30 years’ experience in energy regulation, both in government and private practice.

Previously  clerked for a United States district judge, was a prosecutor and appellate attorney, and worked for the Federal Energy Administration and the Department of Energy in their formative years. He is a native of Connecticut and a graduate of Georgetown University and the Georgetown University Law Center.

FERC Celebrates Black History Month

FERC celebrated its 25th Annual Black History Month event with featured speaker [REDACTED], a certified life coach, speaker and accomplished author.

[REDACTED], FERC's Deputy Chief Human Capital Officer, welcomed employees to the special event with Executive Director Charles Schneider introducing the keynote speaker.

[REDACTED] energized the audience with a meaningful discussion of how resilience, legacy and purpose in our everyday lives create change.

"Over time our story of coming here wasn't a happy story. When I think about where we are today, I think of resilience. That is our legacy," [REDACTED] said.

She went on to emphasize that we are all here to accomplish a mission: Each of us must know our strengths and what we can contribute to society. Together, all of our efforts will help bring change, [REDACTED] said.

The Office of the Executive Director sponsored this year's event. At the event, employees were treated to a delicious food sampling of sweet potato pie, peach cobbler and apple cobbler.

For more pictures of this event, check out the March Gallery

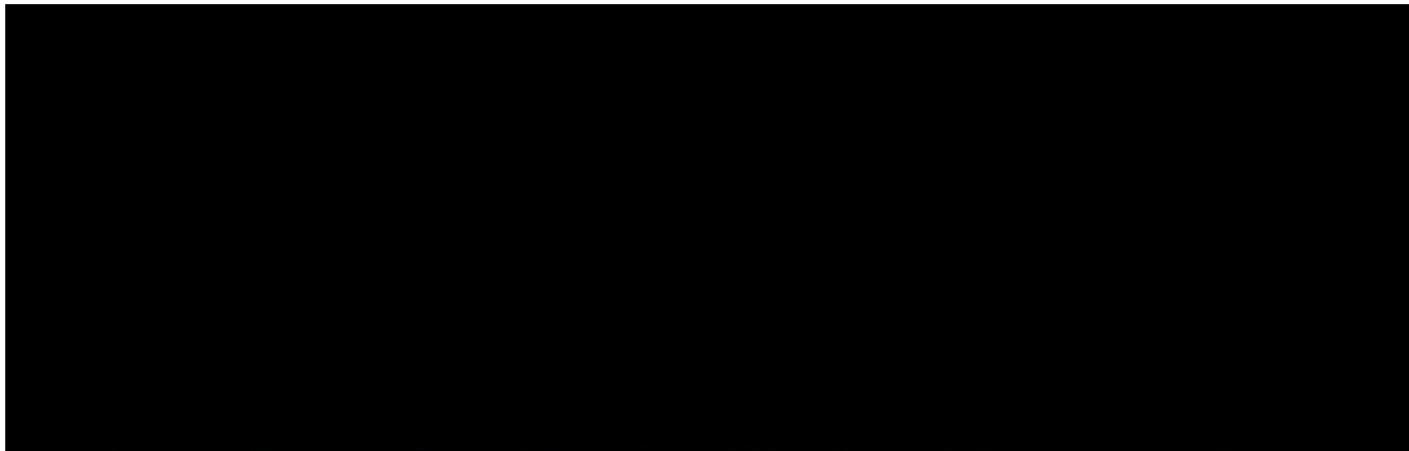


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What is the best thing that has happened to you over the past year?



"During the past year I bought my first car."
— [redacted] OE

"I survived another year."
— [redacted] OE

"I got my MBA this year."
— [redacted] OE

"A big event for my wife and me was escaping the winter so we could enjoy a warm vacation on a sunny beach in Mexico."
— [redacted] OE

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Colorectal Cancer

Colorectal Cancer is a disease of the colon or rectum. The colon is the longest part of the large intestine. Colon cancer is common in both genders. It can be detected early with recommended screening, and can be prevented by the removal of polyps before they ever become cancerous, at which point it can be more easily and successfully treated.

In 2010, the United States saw 102,900 new cases of colorectal cancer 39,670 new cases of rectal cancer. Deaths resulting from both cancers that year were 51,370.

Who is At Risk?

- Anyone 50 and older;
- Anyone who uses tobacco, is obese or inactive or who leads a sedentary lifestyle;
- Anyone with a personal or family history of colorectal cancer or benign (not cancerous) colorectal polyps;
- Anyone with a personal or family history of inflammatory bowel disease, such as long standing ulcerative colitis or Crohn's disease;
- Anyone with a family history of inherited colorectal cancer.

Risk Reduction

- Be physically active and exercise regularly;
- Maintain a healthy weight;
- Eat a high-fiber diet featuring plenty of fruits, vegetables, nuts, beans and whole grains;
- Consume calcium-rich foods such as low fat or skim milk;
- Limit the consumption of red meat and avoid processed meats;
- Avoid smoking;
- Avoid excessive alcohol consumption.

If you are at average risk for colorectal cancer, start having regular screenings at age 50. If you are at a greater risk, you may need to begin regular screenings at an earlier age. The best time to get screened is before any symptoms appear. Use this guide to help you discuss screening options with your health care professional.

Tests that find pre-cancer and cancer: Screening intervals:

| | |
|------------------------------|----------------|
| Colonoscopy | Every 10 years |
| Virtual colonoscopy | Every 5 years |
| Flexible sigmoidoscopy | Every 5 years |
| Double-contrast barium enema | Every 5 years |

Early-stage colorectal cancers do not usually have symptoms. Advanced disease may cause:

- Rectal bleeding or blood in the stool;
- Change in bowel

Redacted Pursuant to FOIA Exemption 6.

- habits or stools that are narrower than usual;
- Stomach discomfort (bloating, fullness or cramps);
 - Diarrhea, constipation or feeling that the bowel does not empty completely;
 - Weight loss for no apparent reason;
 - Constant fatigue;
 - Vomiting.

If you need further information on colorectal cancer please visit the Health Unit Rm 3F.



FERC Launches Staff Inquiry into Southwestern Outages

FERC has initiated a staff inquiry into the recent outages and restrictions of natural gas and electricity service in Texas and other Western states.

The inquiry will seek to identify the causes of the disruptions and to identify any appropriate actions for preventing their recurrence. This is not an enforcement investigation. Any decisions on whether to initiate enforcement investigations will be made at a later time.

The Commission directed staff to report back on its findings and recommendations as soon as practicable.

Office of Electric Reliability Director Joseph McClelland, accompanied by Office of Energy Projects Director Jeff Wright, testified at a February 21 Albuquerque field hearing of the Senate Energy and Natural Resources Committee. The field hearing focused on natural gas service disruptions in New Mexico and the large-scale disruptions of both electric and natural gas services in the broader southwest region of the United States.

To view Joseph McClelland's complete testimony: [Testimony](#)



FERC Recycles! Here's what you can and can't recycle:

"CAN"

- All plastics (between nos. 1-7) not contaminated with food (including wide-mouth plastics)
- All plastic bags (bounded together)
- Glass food and beverage containers (clean and empty)
- Clean aluminum and steel food and beverage cans (including pie plates, foil, and aerosol cans)
- Paper (including drink containers, mixed papers – even if it has staples, glue, or a plastic window – newspapers, cardboard boxes, and brown bags)
- Chip and energy bar wrappers (in the appropriate boxes in the galleys)

"CANNOT"

- Glass cookware
- Light bulbs
- Styrofoam
- Carry-out containers (including salad bar containers)
- Pizza boxes
- Cookware or utensils
- Hardbound books



So please recycle and help FERC reduce waste.

FERC Insider

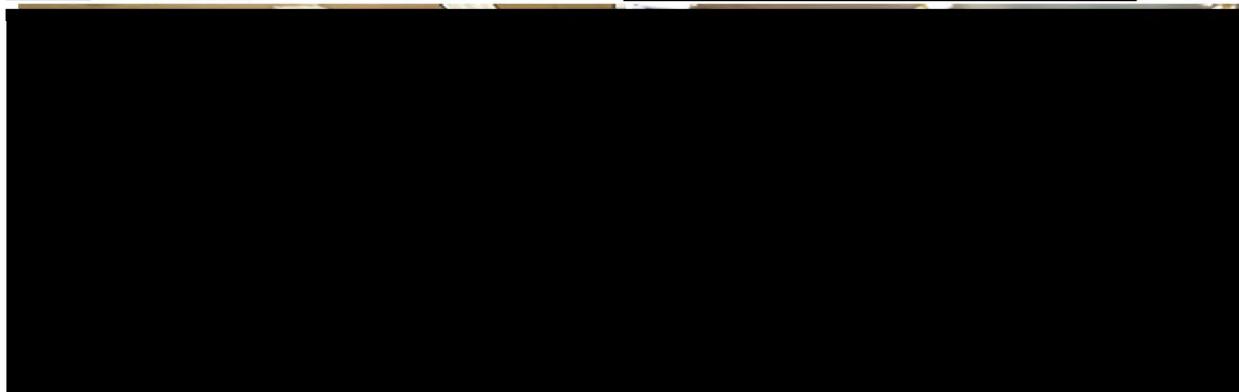
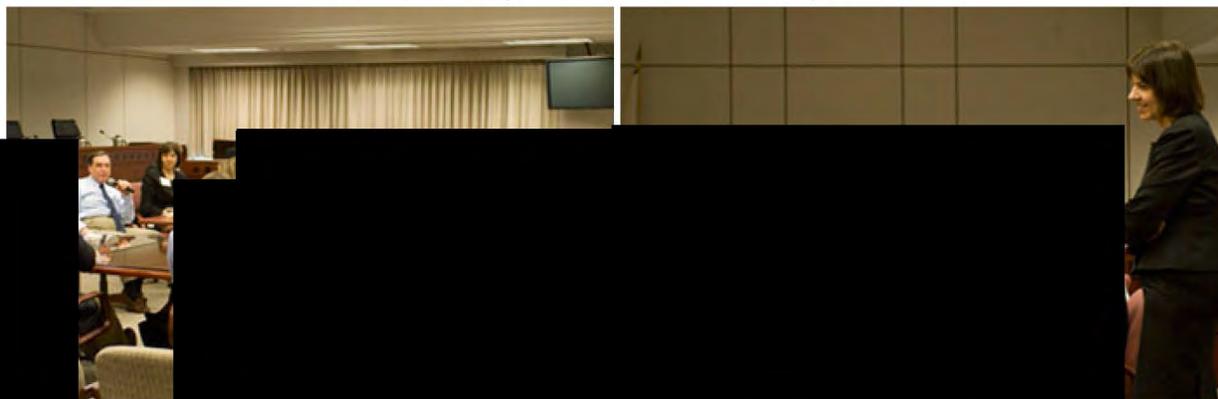


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Chairman Wellinghoff, Commissioner Moeller, Commissioner Norris and Commissioner LaFleur (Commissioner Spitzer was on previously scheduled business travel) welcomed more than 30 Congressional staffers to FERC headquarters on Feb. 24. The purpose of this event was to provide staffers from the U.S. House of Representatives and Senate with an overview of FERC's many responsibilities and activities. FERC's senior staff briefed participants on a variety of issues including demand response, energy storage, smart grid and reliability. Tours were provided of the Commission's Market Monitoring Center and Electric Reliability Center.



Photos by [redacted]

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March 2011

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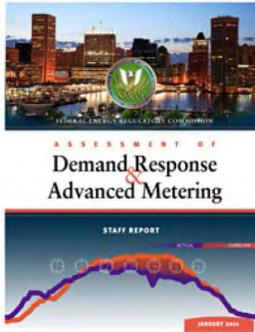
Congratulations to the 2011 Leadership Development Class!

In February, Commission leaders and past participants attended an induction ceremony, welcoming 16 participants into the Leadership Development Program (LDP). The event was emceed by the Deputy Chief Human Capital Officer, [REDACTED]. Chairman Wellinghoff was on hand to congratulate the inductees and commended them on their acceptance into the program. Keynote speaker, Commissioner Moeller, challenged them to step out of their comfort zone. [REDACTED], LDP Class of 2008 graduate, shared her experiences and offered a few words of advice.

The Leadership Development Program (LDP) is designed for professional, two-grade interval positions at the GS 13-15 level. Selection for the program takes place through a competitive application process. This year brought a record number of qualified applicants and made the task of selecting participants for the program extremely challenging for the rating panel.

The program presents an integrated view of the fundamentals of management, preparing participants for roles of increasing responsibility through a combination of classroom training, e-learning, job shadowing and group discussion. Program participants also will have the opportunity to interact with senior Commission leaders to gain a deeper understanding of core agency functions.

For more pictures of this event, check out the March Gallery



FERC Staff Survey shows rise in demand response, advanced metering use

The use of demand response and advanced metering programs has risen significantly since 2008 to cover more consumers around the country, says a report by FERC staff issued on February 3.

FERC's 2010 Demand Response and Advanced Metering Survey, which covers calendar year 2009, shows that more than 500 entities reported offering demand response programs in the United States, with the potential demand response contribution from those programs estimated at more than 58,000 megawatts (MW), or 7.6 percent of U.S. peak demand. This is an increase of about 17,000 MW from the 2008 FERC survey. The regions with the largest estimated demand response resources are the Midwest-to-Mid-Atlantic region, and also the Upper Midwest and the Southeast.

The survey also indicates that advanced metering use has reached 8.7 percent of the U.S. market, up from 4.7 percent levels outlined in the 2008 report. Advanced meters reach more than 13 percent of the market in the upper Midwest, West and Texas. As in previous surveys, electric cooperatives have the largest penetration of advanced metering use, nearly 25 percent, among categories of organizations.

To view the report and associated data, go to: [Report](#)  [Survey Data](#) 

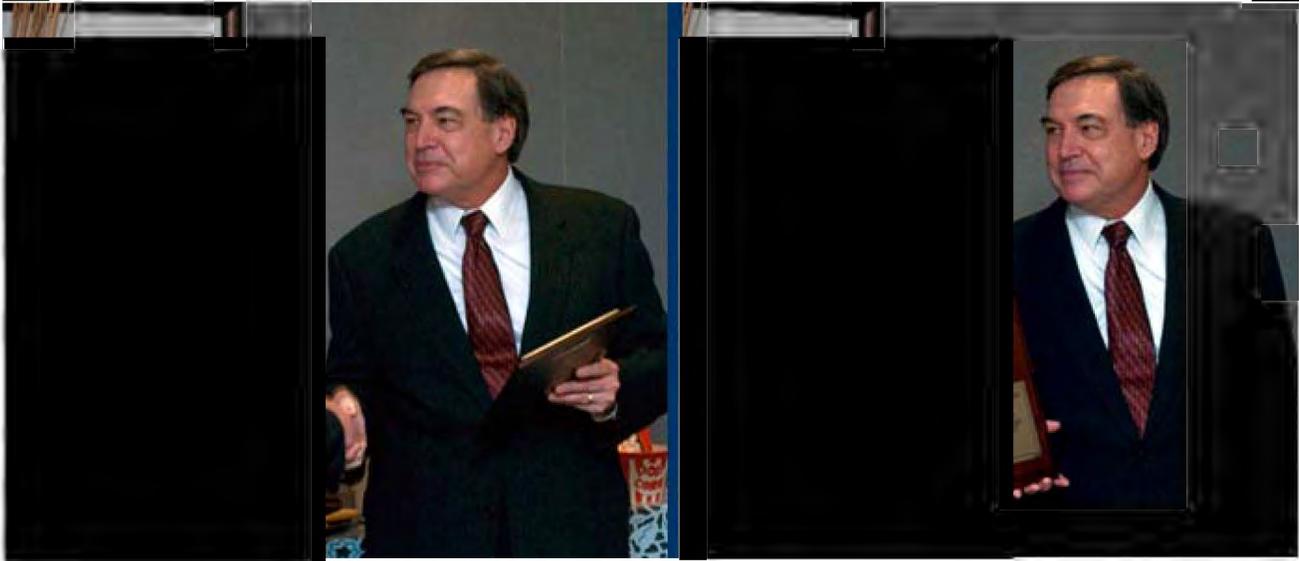
OEA's [redacted] has been named FERC's official photographer. [redacted] replaces [redacted] who is now in OEP as a compliance specialist. [redacted] who came to FERC seven years ago, has more than 30 years of expertise in graphic design, including web design and photography. Please contact [redacted] if you have any official photography needs.



FERC Insider

January 2011

Volume 18, No 1



OAL's [redacted] receives a Career Service Award from Chairman Wellinghoff. [redacted] who began his career at the Federal Power Commission in 1974, is retiring from FERC after more than 38 years of Government service.

Photos taken [redacted]



March 2011

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Arrivals & DEPARTURES

JANUARY 20 - FEBRUARY 22: ARRIVALS

ALJ OAL OE OEA OED OEMR OEP OEPI OER OGC OSEC



JANUARY 20 - FEBRUARY 22: DEPARTURES

ALJ OAL OE OEA OED OEMR OEP OEPI OER OGC OSEC



FERC Insider

April 2011

Volume 18, No 4



Welcome to the April edition of the FERC Insider.

In this Issue: FERC, US Corps sign MOU on hydropower • Women's History Month • FERC, FWS sign MOU on migratory birds • CFC Awards presented • [REDACTED] testifies on Capitol Hill • New ALJ appointed • DRS offers training • Supply store update • New provider of HQ support services announced • FERC staff visits energy facility • Child Development Center spring sale • Information on potential government furlough

Navigation Tips: Select a thumbnail picture above and open the yellow i-button on right to navigate to the page, or, select from the regular feature links below.

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Redacted Pursuant to FOIA Exemption 6.

EDITORIAL
[REDACTED]

WEB DESIGN
[REDACTED]

PHOTOGRAPHY
[REDACTED]

The Insider at FERC (a.k.a FERC Insider) is the online newsletter by and for FERC's employees and is not intended for external sale or distribution. It is written and published monthly except in August and December under the auspices of the Office of External Affairs, [REDACTED] Director. All photos are the property of FERC and may not be reproduced without permission.

If you have story ideas please email the editor, [REDACTED] of the Media Relations Division, OEA.

Feedback to FERC Insider

REGULAR FEATURES

**Healthy Lifestyles
Hot Topics
What's My Line?
Arrivals And
Departures**

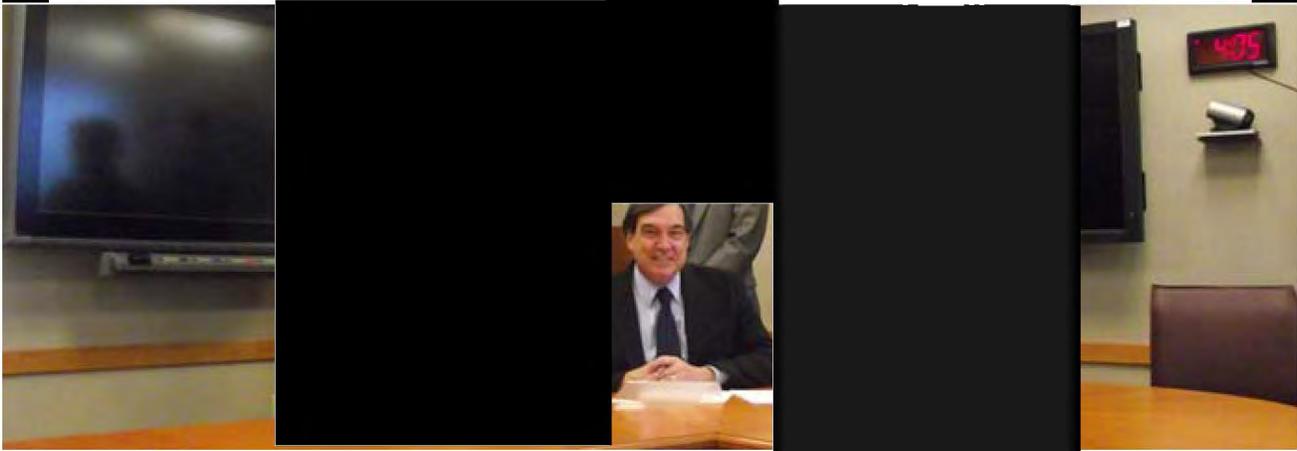
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Chairman Wellinghoff signs an MOU on hydropower between FERC and the U.S. Army Corps of Engineers. FERC's [REDACTED] are pictured with the Chairman.

Photo taken by [REDACTED]

FERC and U.S. Army Corps of Engineers Sign Agreement on Hydropower

FERC and the U.S. Army Corps of Engineers (USACE) signed an updated agreement on March 30 to coordinate their efforts associated with evaluating proposals to construct and operate non-federal hydropower projects at USACE-owned facilities.

The Memorandum of Understanding (MOU) establishes a framework for early coordination and participation between FERC and USACE to ensure timely review of proposed non-federal hydropower development applications.

FERC staff from OEP and OGC worked diligently with USACE to complete the MOU.

"The intensified interest in developing renewable energy in this country has made hydropower an increasingly important player in the game," FERC Chairman Jon Wellinghoff said. "Small hydropower development has become a highly desirable option, and today's MOU goes a long way to moving these resources forward. I thank the Corps for its commitment to this effort."

"The Corps of Engineers is committed to early coordination with the Federal Energy Regulatory Commission when carrying out our regulatory responsibilities with regard to the National Environmental Policy Act and the Clean Water Act. This MOU provides a roadmap for identifying issues and resolving them, and integrates our efforts on these important hydropower projects. We look forward to working with the Commission and a new era of cooperation," said [REDACTED] Assistant Secretary of the Army for Civil Works.

The revised MOU provides for:

- Early involvement of FERC and USACE staff during the pre-filing stage of licensing and the environmental review process so issues are identified early and sufficient information is gathered to inform both agencies' decisions;
- Establishing a schedule between FERC and USACE early in the process so all applicable review and approval activities occur concurrently to avoid unnecessary delays and redundancies;
- Sharing of administrative and technical data as necessary between FERC and USACE; and
- Establishing FERC as the lead federal agency for preparation of the environmental document, with USACE participating as a cooperating agency as needed.

Redacted Pursuant to FOIA Exemption 6.

Under the Federal Power Act, FERC issues preliminary permits and licenses for the development of non-federal hydropower projects, including proposals for construction of hydropower projects on or near federal dams or facilities operated by the USACE in waters of the U.S. USACE evaluates these proposals to ensure they comply with the Clean Water Act and the Rivers and Harbors Act of 1899.

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Lilly Ledbetter Featured Speaker at Women's History Program

FERC celebrated Women's History Month on March 22 with an inspiring keynote address by [REDACTED].

[REDACTED] is known for her courageous efforts in pursuing a discrimination case against her former employer, Goodyear Tire & Rubber Company, for paying her less than her male counterparts. Ultimately her case was heard by the U.S. Supreme Court, which rejected her appeal because she waited beyond the 180-day statutory charging period to sue.

Ultimately, [REDACTED] case led to the passage of the [REDACTED] Fair Pay Act in 2009, which amends the Civil Rights Act of 1964 by requiring a reset of the 180-day statute of limitations for filing an equal-pay lawsuit regarding pay discrimination for each new discriminatory paycheck.

"It was never about the money," [REDACTED] said her lawsuit against Goodyear. "It was about what was right."

"If you pay people fairly, they are more productive and will give you 120 percent," [REDACTED] commented.

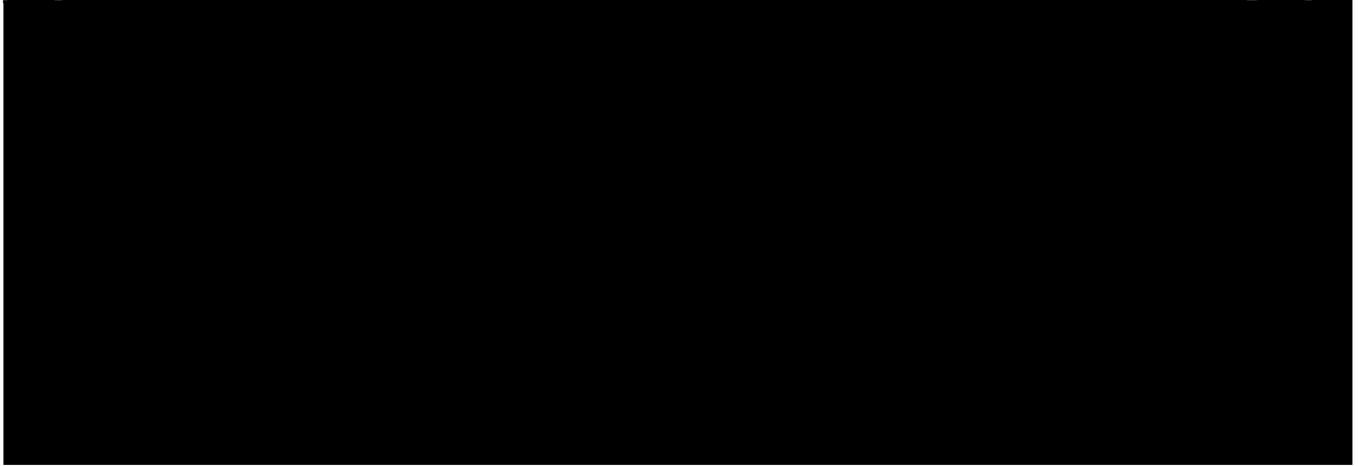
This year's program was

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sponsored by the Office of Energy
Market Regulation. Office Director [REDACTED] welcomed FERC staff to the event and [REDACTED],
Director of the Division of Electric Regulation-East in OEMR, introduced [REDACTED]

Pictured on right:
OEMR Director [REDACTED] with a certificate of appreciation for her participation
in the program.

Bottom right: [REDACTED] is pictured with, from left to right, [REDACTED]
[REDACTED]



OEP Director [REDACTED] signs the MOU with, from left to right, [REDACTED].

Photo taken by [REDACTED]

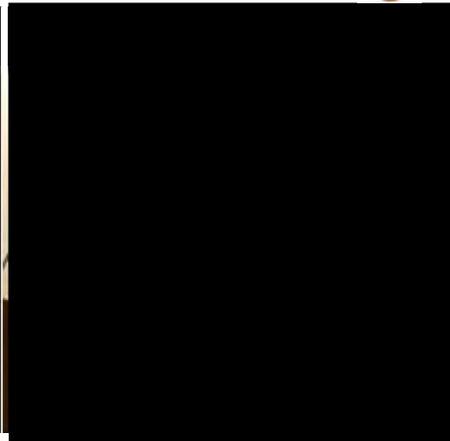
FERC, FWS Sign Agreement on Conservation of Migratory Birds

The FERC and the U.S. Fish and Wildlife Service (FWS) have signed an agreement today to strengthen and promote migratory bird conservation.

The Memorandum of Understanding identifies specific activities where cooperation between FERC and FWS will contribute to the conservation of migratory birds and their habitat, and outlines a collaborative approach to promoting the conservation of migratory bird populations and furthering implementation of the migratory bird conventions, the Migratory Bird Treaty Act and the Bald and Golden Eagle Protection Act.

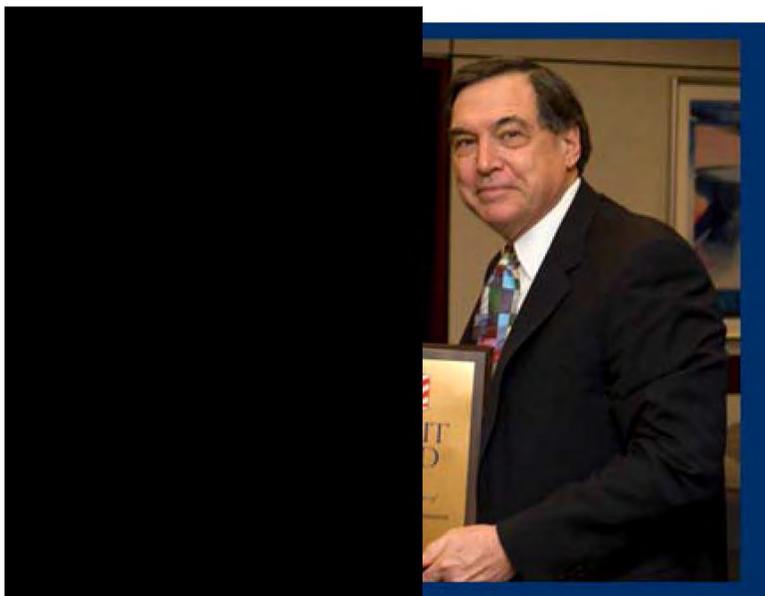
Both agencies must ensure that the nation's development of energy infrastructure is conducted in an environmentally sensitive manner. FERC issues certificates for the siting of interstate natural gas projects, licenses for non-federal hydroelectric projects and construction permits for certain electric transmission projects. The FWS works to conserve, protect, manage and enhance fish, wildlife, plants and their habitats for the benefit of the American people.

The implementation of the MOU will be coordinated through continuing communication between the FERC Office of Energy Projects and the FWS Division of Migratory Bird Management.



FERC Receives Coveted Summit Award For CFC Campaign

Dignitaries from the Combined Federal Campaign (CFC) National Capital Area (NCA) were at FERC on March 22 to honor the Commission and its employees for their generous donations to the 2010 campaign.



FERC's own Campaign Manager [redacted] ran the show and was honored for his tireless efforts throughout each year's campaign. Chairman Wellinghoff and Commissioner Moeller were on hand to thank employees for their generosity. Commissioners Spitzer, Norris and LaFleur were unable to attend due to previously scheduled business travel.

[redacted], Chair of the Local Federal Coordinating Committee for the NCA, presented Chairman Wellinghoff with the Summit Award. This particular award is presented to agencies that achieve a 3 percent increase in giving over the previous year's campaign.

During the 2010 campaign, FERC raised \$440,374, or 127 percent over its goal of \$345,000. Participation was

60.9 percent and 813 employees contributed to the campaign. There were 131 eagle donations (1 percent of salary) and 19 double eagle donations (2 percent of salary), two and a half times the national average.

Also in attendance at the event were [redacted], Executive Director of the CFC NCA and [redacted], Associate Director of the CFC NCA.

Each FERC office received plaques for employees' generous contributions to the campaign. The event also honored key workers and captains with certificates for their time and efforts.

It was noted at the event that that the 2011 campaign will mark the 50th anniversary of the CFC program. [redacted] has generously agreed to serve as FERC's campaign manager.

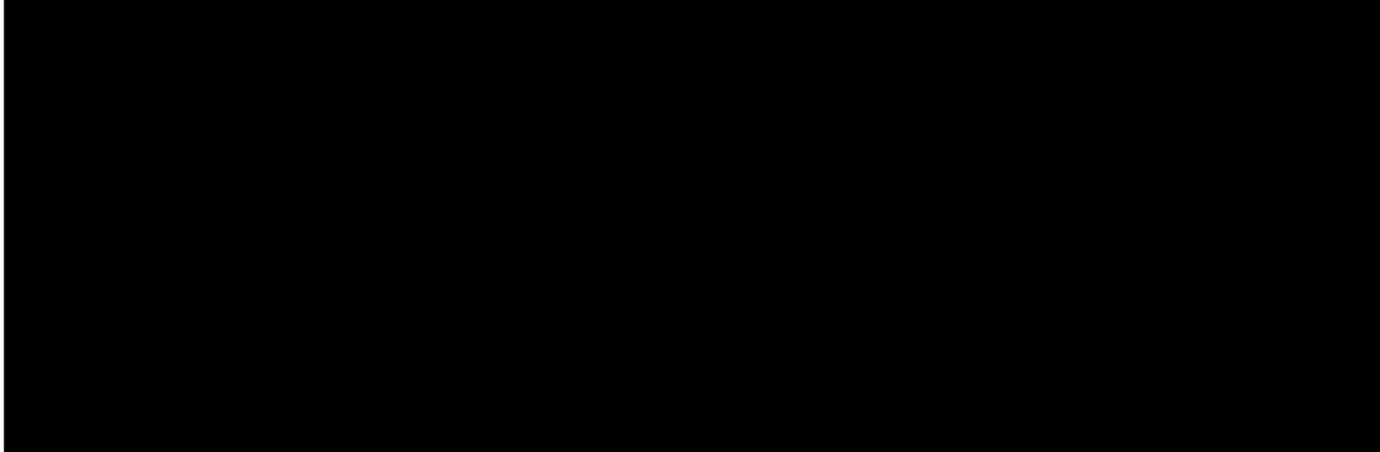


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What book have you recently read that you would recommend?



"A reprint of Washington's Farewell Address."
— [redacted] OEPI

"Eat, Pray, Love."
— [redacted] OEPI

"The Passages of Joshua Slocum by Geoffrey Wolff"
— [redacted], OEP

"A 12-month Guide to Better Prayer."
— [redacted] OEP

The Potential Impact of a Lapse in Appropriations on Federal Employees

Go to <http://www.opm.gov/furlough2011/> for information from OPM on the impact a government furlough may have on federal employees.



Jeff Wright Testifies on Capitol Hill

OEP Director [REDACTED] testified before the Senate Energy and Natural Resources Committee on March 31 to discuss proposed legislation that could affect the Commission's hydropower program.

[REDACTED] highlighted the steps FERC is taking to help developers of small hydro move forward with projects. "There is a great deal of potential for the development of additional hydropower projects throughout the country, including small projects and marine and hydrokinetic projects," Jeff said. "Working within the authority given it by Congress, the Commission continues to adapt its existing, flexible procedures to facilitate the review and, where appropriate, the approval of such projects."

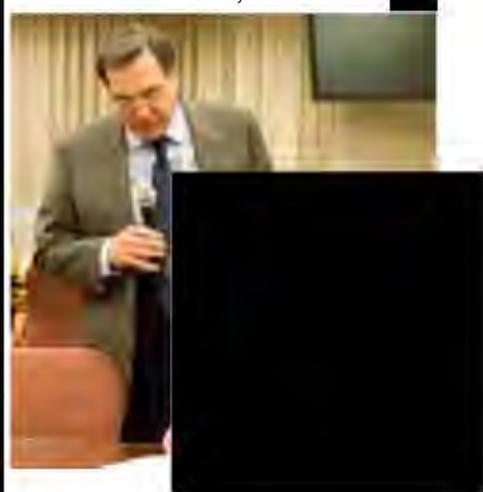
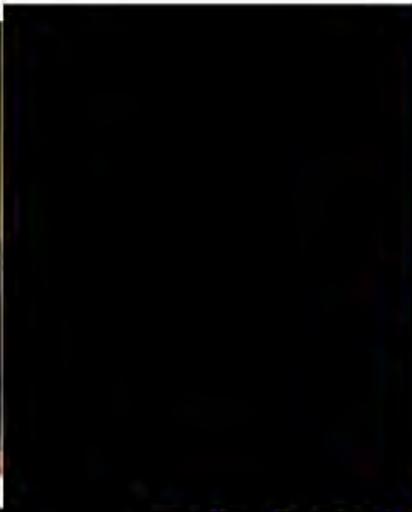
The hearing addressed S. 629, a bill to improve hydropower; S. 630, a bill to promote marine and hydrokinetic renewable energy research and development; and Title I, subtitle D of the American Clean Energy Leadership Act of 2009 (S. 1462 from 111th Congress).

Read [REDACTED] testimony

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Chairman Appoints [REDACTED] as New Administrative Law Judge

FERC Chairman Jon Wellinghoff has announced the appointment of Judge [REDACTED] as a FERC Administrative Law Judge.



Since 2005, Judge [REDACTED] has been an Administrative Law Judge with the Office of Medicare Hearings and Appeals at the Department of Health and Human Services. Prior to that, Judge [REDACTED] was a Hearing Officer at the Industrial Commission of Ohio, where he conducted administrative hearings concerning worker's compensation matters.

Judge [REDACTED] also served as an Assistant Attorney General for the State of Ohio, where he was a trial attorney in the Worker's Compensation and the Consumer Protection Divisions and argued before the Ohio Supreme Court. Before that he was an Assistant Director of Law for the City of Cleveland and was in private law practice.

"The Commission is fortunate to gain the diverse experience of Judge [REDACTED]. I know his experience will benefit the Commission and consumers," Chairman

Wellinghoff said.

Chief FERC Administrative Law Judge [REDACTED] stated, "I am delighted that Judge [REDACTED] is joining the FERC ALJ team. His strong litigation and ADR experience will be an invaluable asset to the office."

Judge [REDACTED] is a 1984 graduate of Cleveland State University's Cleveland-Marshall College of Law, where he was named to the Dean's List. He earned his Bachelor's degree in Political Science from Washington & Jefferson College. Judge [REDACTED] is a member of the Ohio State Bar.

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FERC Approves Market-based Demand Response Compensation Rule

On March 15, FERC established a new rule intended to benefit customers and help improve the operation and competitiveness of organized wholesale energy markets by establishing the approach to compensation for demand response resources in those markets.



The new rule will help ensure the competitiveness of organized wholesale energy markets and remove barriers to the participation of demand response resources in those markets. The rule requires organized wholesale energy market operators to pay demand response resources the market price for energy, known as the locational marginal price (LMP), when those resources have the capability to balance supply and demand as an alternative to a generation resource and when dispatch of those resources is cost-effective. The order finds that it will be cost-effective to pay that market price for energy to demand response resources when a net benefits test shows that the benefits to load from the reduced LMP that result from dispatching demand response

resources exceed the costs of paying LMP to those resources. The rule requires RTOs and ISOs to meet specific requirements for the establishment of the net benefits test to determine when demand response resources are cost-effective.

“Today’s final rule is about bringing benefits to consumers,” FERC Chairman Jon Wellinghoff said. “The approach to compensating demand response resources as we require here will help to provide more resource options for efficient and reliable system operation, encourage new entry and innovation in energy markets, and spur the deployment of new technologies. All of this contributes to just and reasonable rates.”

The final rule recognizes that in the Energy Policy Act of 2005, Congress established a national policy to eliminate unnecessary barriers to demand response participation in organized wholesale energy markets. In approving the new rule today, FERC continues to recognize that markets function most effectively when both supply and demand resources have appropriate opportunities to participate.

Organized wholesale market operators will be required to make compliance filings by July 22, 2011, that include conforming tariff provisions and identify price thresholds to estimate where customer net benefits would occur, and thus above which it would be cost-effective to dispatch and pay demand response resources the market price for energy. By September 21, 2012, each market operator must undertake a study examining the requirements for and effects of directly determining the cost-effective dispatch of demand response resources in both the day-ahead and real-time energy markets, and to file the results of the study with FERC.

Order 745 



Redacted Pursuant to FOIA Exemption 6.

The Demand Response Final Rule team in the front row: [redacted] OEPI. In the back row are: [redacted]; Chairman Wellinghoff; [redacted] OEPI; [redacted] OEMR; and [redacted]; OGC. Not pictured are [redacted] OGC and [redacted] OEMR.



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Seasonal Allergies

This is that time of the year when you may feel like something isn't quite right with you. Do you have watery eyes? Are you sneezing? Do you have the sniffles? Do you feel stuffy? Do you feel lethargic? You probably feel all of these symptoms and more. If you do, you're not alone. More people than you can ever imagine go through this every year. And, thanks to global warming—this could be your stuffiest year yet—it's getting worse. Here is how you can get some relief.

- **Check the forecast daily** – Check your area's pollen, mold spore and ozone levels at the sites of the American Academy of Allergy, Asthma and Immunology (Aaaaai.org/nab/index.cfm), or the public-service organization Air Now (Airmow.gov). On days when the Air Quality Index is above 150 (100 if you know you suffer from seasonal allergies and/or asthma), stay inside and behind closed doors as much as you can.
- **Shut your windows on bad air-quality days** – If things get stuffy, consider running your air conditioner with a good filter, which traps allergens from outside air. Change your filter often and avoid devices that emit ozone, such as ion-generating air purifiers.
- **Change clothes when you enter your home** – This helps you avoid bringing allergens such as pollen and dust into your house, especially after activities such as gardening or hiking.
- **Don some shades** – Sunglasses can protect your eyelashes and eyelids by keeping pollen out.
- **Scrub gently when bathing** – A study published in Trends in Immunology found that scrubbing with harsh, abrasive soaps and other products can actually strip away a layer of protective cells on your skin and allow allergens to penetrate.
- **Prevention is better—pop a pill** – Take an antihistamine before bedtime or at the first sign of a sniffle if you're prone to allergies. Some examples are Allegra, Claritin (Loratadine), and Zyrtec. Though they initially were prescription drugs, these drugs are now available over-the-counter. See your physician for allergy testing if oral antihistamine drugs are not effective. You may be a candidate for allergy shots which over time could build your immunity or desensitize you.

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April 2011

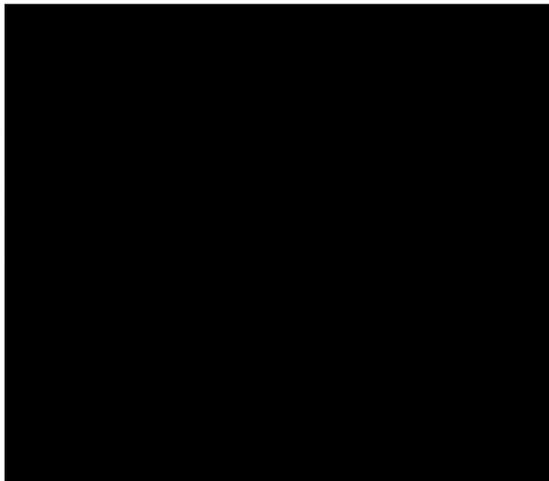
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Dispute Resolution Training

[REDACTED] (standing in photo on right) from the Dispute Resolution Service provided temperament assessment training on March 10, 2010 to FERC's Leadership Development Group. The "Understanding and Relating to Different Temperament Styles" class focused on self-awareness as fundamental to leadership, using self-awareness as a tool to make the most of one's personal assets, and using this insight to communicate more effectively with persons of other temperaments.

One participant commented: "A great class and lots of fun. I don't often say this but the class could have been a whole day instead of a half."

You can learn more about FERC's DRS training on FERCNet.



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FERC Child Development Center Spring Sale on April 12-13

11:00 am – 1:00 pm FERC lobby

Just in time for Easter, Mother's Day, Administrative Professionals' Day

See's Candies Handcrafted Semi-precious Jewelry Organic, Fair Trade Coffee/Tea FERC T-shirts & mugs

Questions? Contact [REDACTED] at 502-8143. Proceeds support the FERC Child Development Center.

Coming late April, FERC Child Development Center Earth Day parade and art exhibit in the West lobby.

New Operations Support Contractor on Board at FERC!

As of April 1, ServiceSource, Inc. is providing Operation Support Services such as mail delivery, warehouse/inventory management, paper distribution, publishing services, furniture movement/repairs, DLM Help Line support, secure document destruction (burn bags), fleet management

and dispatch services to FERC. Transition of these logistical support services from the exiting contractor to the Program Offices will be seamless, with the DLM Help Line continuing as the primary method for acquiring such services.

ServiceSource, Inc. is managed by the National Institute for the Severely Handicapped (NISH), a non-profit organization that creates employment opportunities for people with significant disabilities through federal contracts for services, as part of the AbilityOne program created by Congress in 1938. The core criterion for Non-Profit Agencies like ServiceSource, Inc. is that 75 percent of their total direct-labor hours must be performed by people with significant disabilities.

AbilityOne originally was created to allow individuals who were blind to sell products to the federal government, was expanded by Congress in

Redacted Pursuant to FOIA Exemption 6.

1971 to include individuals with other significant disabilities. Today, the AbilityOne Program helps 40,000 Americans who are blind or severely disabled find employment. The purchase of products and/or services by Federal customers from AbilityOne helps battle the 70 percent unemployment rate for people who are visually impaired and/or severely disabled.

Read more about the AbilityOne Program

By supporting the AbilityOne Program through FERC's new Operations Support Services and Supply Store, we can be proud of our commitment to help provide employment and training opportunities to people with severe disabilities.

Photo supplied by AbilityOne

FERC Staff Tours Energy Facility

The assistants to the FERC Commissioners recently toured a FirstEnergy substation in Point of Rocks, MD. Pictured from left to right are: [REDACTED], Technical Advisor to Commissioner Norris; [REDACTED], Policy Advisor to Commissioner Moeller; [REDACTED], Legal Advisor to Commissioner Norris; [REDACTED], Legal and Policy Advisor to Chairman Wellinghoff; [REDACTED], Policy Advisor to Commissioner Moeller; [REDACTED], Legal Advisor to Commissioner Norris; [REDACTED], Office of Electric Reliability; [REDACTED], Technical Advisor to Commissioner Laflour; [REDACTED], Legal Advisor to Commissioner Laflour; [REDACTED], Legal Advisor to Commissioner Laflour; [REDACTED], Policy Advisor to Commissioner Moeller.

Photo taken by [REDACTED] FirstEnergy

FERC Insider



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4

FERC's Supply Store Transition Continues

As described in the March edition of the *FERC Insider* - FERC is in the process of making a roughly month-long transition to the new supply store operator, Paperclips, Etc.

To ensure a seamless transition in supply availability, the Supply Store was closed on Thursday, March 17th and supplies relocated to room 3M-1 for distribution. Supply store hours will remain the same during the transition period, 9 a.m. - 11 a.m. and 2:30 p.m. - 4:30 p.m.

Supply quantities are limited because of space limitations; however, you can place orders to accommodate program needs.

During this period, the Supply Store location will undergo a "facelift" consisting of aesthetic improvements, expanded capacity, automation implementation and inventory/supply management. Upon re-opening, users can expect expanded product lines and product availability, a broader selection of green products and automated procedures at check-out.

Paperclips, Etc. should be open in late April. Please monitor galley postings and lobby announcements. There are more details to come!



Greener FERC Tip: What better place to be "green" than in the garden? Do away with pesticides and do things the natural way instead. Hang some nesting boxes, put out some bird seeds and allow the birds to nest in an area near your garden. Birds can eat pests like snails and slugs.

Interested in composting but don't think you have room for a big compost container? Try a small wormer instead. You add peelings to the wormer just as you would a composter. The worms will appear and break down your peelings into small amounts of garden compost. You can then use this compost as top dressings for your container plants.

[More tips](#) on being "green" in the garden.

[Bike Commuting Events](#) in March and April at FERC.



April 2011

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Arrivals & DEPARTURES

FEBRUARY 22 – March 24: ARRIVALS

ALJ OAL OE OEA OED OEMR OEP OEPI OER OGC OSEC



FEBRUARY 22 – March 24: DEPARTURES

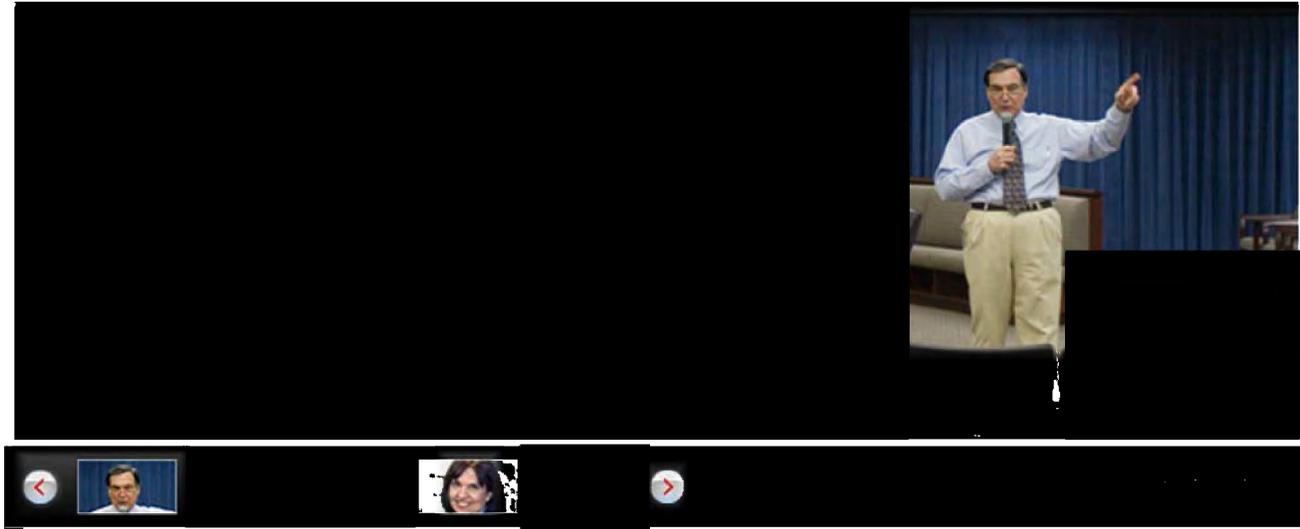
ALJ OAL OE OEA OED OEMR OEP OEPI OER OGC OSEC



FERC Insider

May 2011

Volume 18, No 5



Welcome to the May edition of the FERC Insider.

In this Issue: FERC celebrates Earth Week • Take Our Daughters and Sons to Work Day • FERC Leadership Program visits Capitol Hill • Commissioner LaFleur attends meetings in China • Chairman Wellinghoff hosts media roundtable • Remembering FERC staff • FERC's [redacted] testifies on Capitol Hill • Commissioner Norris honored • FERC team runs ACLI Capital Challenge • Take a look at the Gallery for all the Earth Week Events

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EDITORIAL
[REDACTED]

WEB DESIGN
[REDACTED]

PHOTOGRAPHY
[REDACTED]

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If you have story ideas please email the editor, [REDACTED] of the Media Relations Division, OEA.

Feedback to FERC Insider

REGULAR FEATURES

**Healthy Lifestyles
Hot Topics
What's My Line?
Arrivals And
Departures**

Photo Gallery

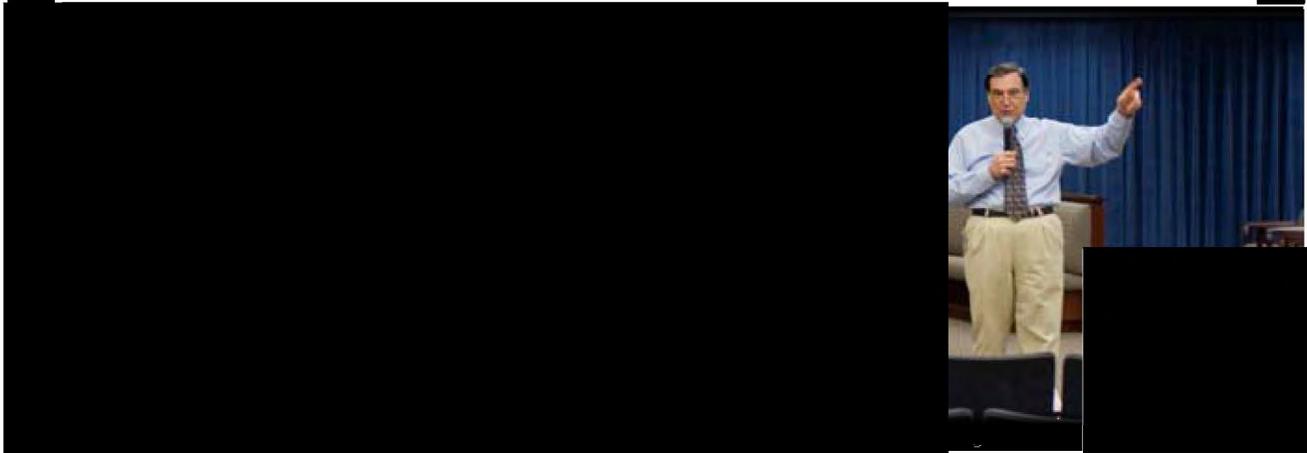
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FERCNet home

FERC Insider

May 2011

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Chairman Wellinghoff participated in the Greening Your Home panel.

FERC Celebrates Earth Week

FERC employees celebrated the 40th Annual Earth Day with a week of festivities ranging from sustainable food trucks to a panel discussion on ways to green your home. There was something for everyone and the week's events proved to be both entertaining and informative.

Building on last year's inaugural Earth Day celebration at FERC, which focused on "greening" the federal government, this year's looked at actions employees can take outside of work, particularly in our home lives.

Those FERC employees instrumental in the organizing of this year's events included [REDACTED]

[REDACTED] A special thank you to Chairman Wellinghoff for his support of the events and his participation throughout the week.

The festivities, organized by A Greener FERC, kicked off with a parade in the lobby featuring FERC's child development center students. The children wore recycled costumes and clothing. In addition, artwork created out of recycled materials by the children was on display throughout the week in the lobby area.

A Green Gourmet Panel featured prominent national chefs Nora Pouillon of Restaurant Nora and Todd and Ellen Gray of Equinox and Watershed. They discussed their environmentally friendly cooking and sourcing practices and how you can bring these practices into your home.

Chef Pouillon noted that in 1999, her restaurant became the nation's first certified organic restaurant. A certified organic restaurant must guarantee at least 95 percent of all food served originates from certified organic sources. She encourages everyone to buy locally and support farmers in their area.

"Organic farming is all about rich soil so that everything that comes from it is healthy with no pesticides needed," Chef Pouillon said.

She went on to say, "If you think in terms of what can I do to give something back, then you realize you can do a lot to preserve our planet."

Todd and Ellen Gray discussed their commitment to serving food with the seasons in a sustainable manner. Both of their restaurants are committed to this philosophy, they said.

They also noted that the word "sustainable" is not a buzzword, but a lifestyle. It is up to us how we want to live sustainably.

Redacted Pursuant to FOIA Exemption 6.

"You need to speak as the consumer and make a decision based on sustainability and understand that you are the stewards, then you can make a difference," [REDACTED] commented.

The second panel event of the week focused on greening your home. Chairman Wellinghoff, [REDACTED] (OER), [REDACTED] (OAL) and [REDACTED] (OGC) discussed topics ranging from installing solar panels to growing a garden. Greg O'Keefe, co-founder and chief scientist of Earth Aid, moderated the panel.

Chairman Wellinghoff opened the panel discussion with a demonstration of how he tracks his home energy use using the website www.greenet.com. He showed the audience several on-line displays including real-time data on his home energy use.

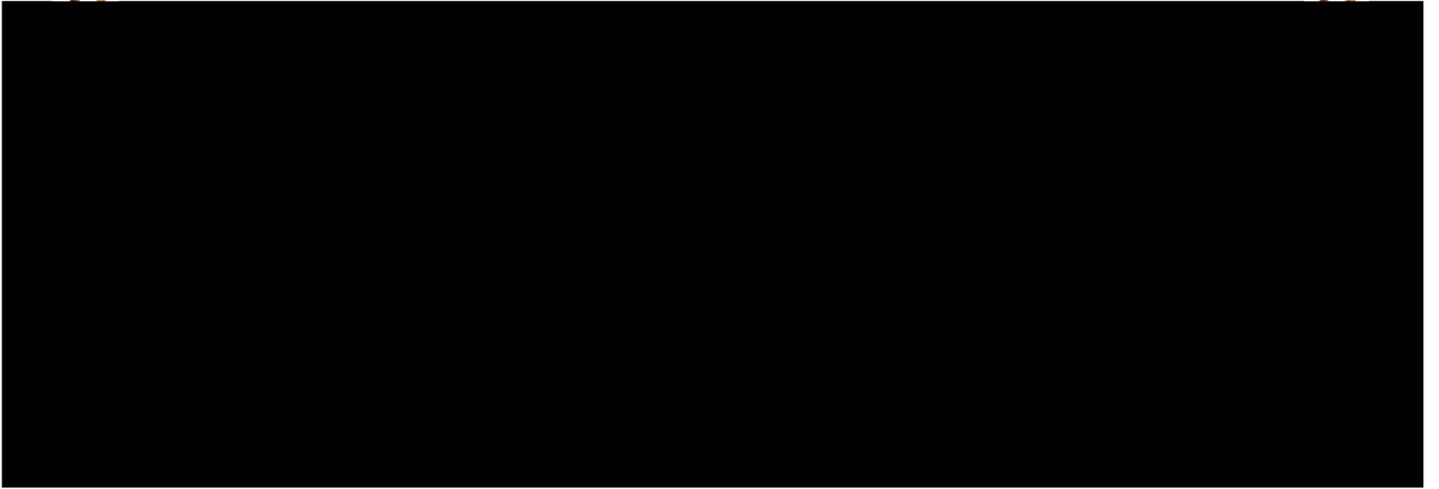
[REDACTED] discussed the many changes her family has made to their home ranging from attic ventilation systems to the installation of solar panels on the roof. She said in a recent week for several days the solar panels produced more power than they consumed. The excess power goes back into the grid, she said.

[REDACTED] presented his approach to holistic design principles and how to think about building sustainable structures. He emphasized the importance of mapping out priorities before deciding on a definitive plan. Everyone will have different priorities, he said, such as whether you want to be independent of the electricity grid. A website Jason recommended for holistic design is www.leedforhomes.org.

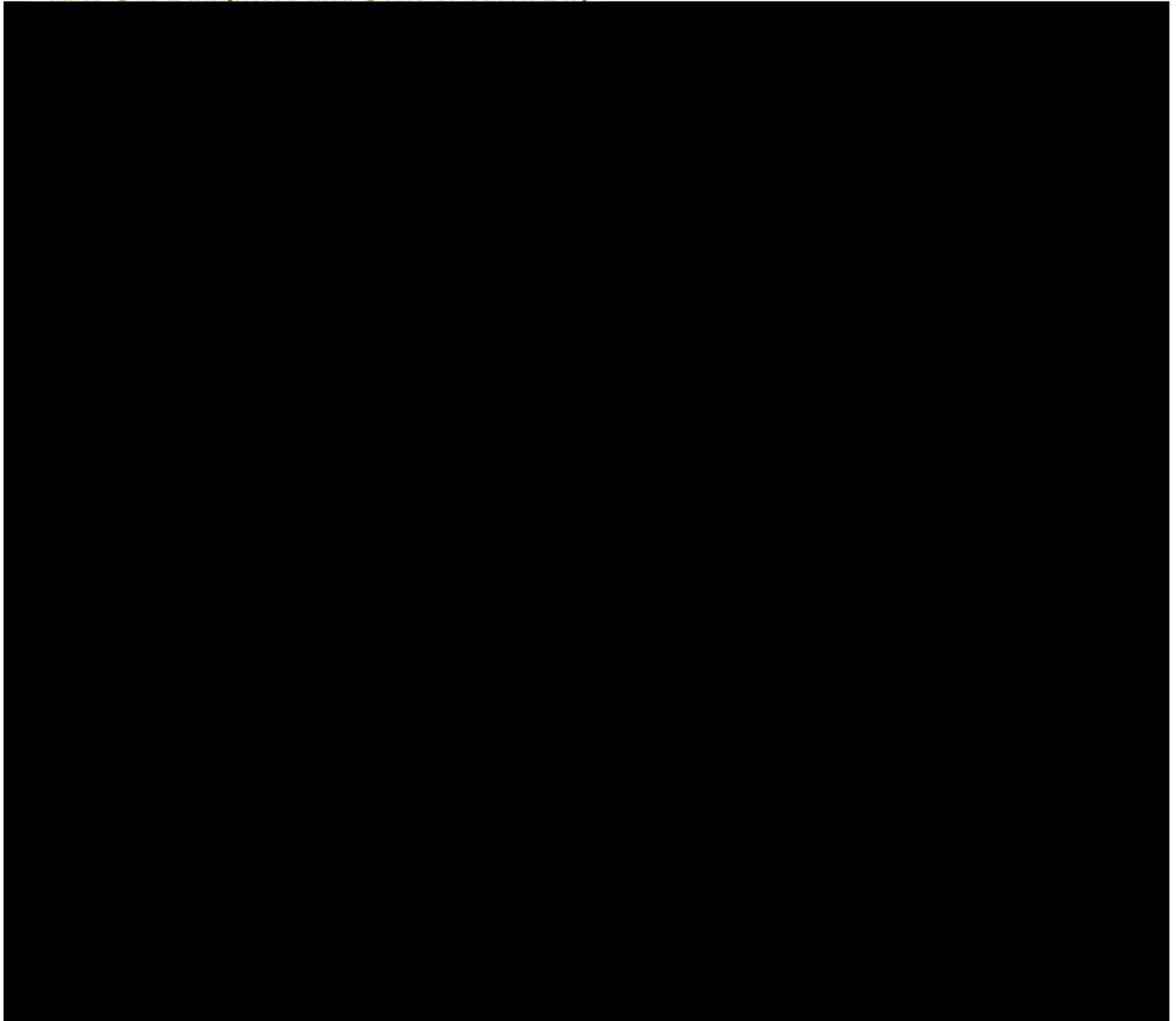
[REDACTED] focused his presentation on efficient, low-cost landscaping and how the use of native plants is an environmentally sound practice. Not only do native plants need less water, Aaron said, but they are more pest-resistant and provide proper habitat for insects and animals. Aaron recommended the Virginia Department on Conservation and Recreation as a source of information on native plants in this area.

Other events throughout the week included an electric vehicle demonstration, a visit from three food trucks that use sustainable equipment and food sourcing practices, a recycling collection area, an environmentally friendly food tips table, an organic market and a screening of Ken Burns' *The National Parks: This is America*.

[Check out the gallery for photos of the full week's events.](#)



Take Our Daughters and Sons to Work Day



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place,"

Chairman Wellinghoff told the more than 60 daughters and sons of FERC employees who accompanied their parents to work on April 28. He encouraged the children to consider two things when searching for a career: make sure you are having fun, and do good things.

OEPI's [REDACTED] provided opening remarks and an overview of what FERC does. Charles Schneider, FERC's Executive Director, introduced the Chairman and OEPI's Arnie Quinn outlined the variety of activities planned for the day.

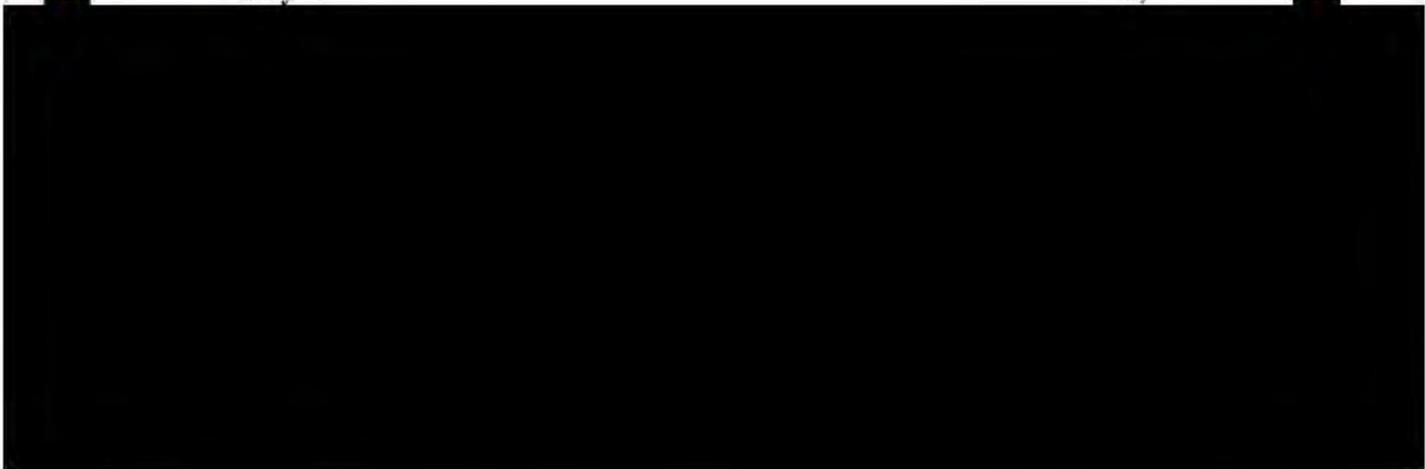
The theme of this year's program was "Invent the Future."

The event, sponsored by OEPI and the Special Emphasis Committee, gave the children an opportunity to tour the computer training rooms, Publishing Services and the Market Monitoring Center, and to participate in a mock trial in one of the hearing rooms.

Leadership Development Program Goes to the Hill

On April 30, participants in FERC's Leadership Development Program (LDP) spent the day learning about Congressional operations and the legislative process with a presentation by [REDACTED], FERC's Director of Congressional Affairs, and [REDACTED], FERC's liaison for the House of Representatives. Following their presentation, members of the LDP met with staff of the Senate Energy and Natural Resources in the Dirksen Senate Office Building where [REDACTED], a FERC staffer currently on detail to the Committee, and [REDACTED], a professional staff member of the Committee, briefed the group on the role and function of committee staff and the committee hearing process. Overall the participants gained valuable insight and perspective regarding Congressional politics and leaderships.





FERC's [redacted] (OEA), third from left; [redacted] (OGC), fifth from left; Commissioner LaFleur, fifth from right; and [redacted] (OEA), third from right; are pictured with other attendees at the Ten Year Framework talks.

Commissioner LaFleur and FERC Staff Attend Conference in Beijing, China

Commissioner Cheryl LaFleur recently visited China, where she represented FERC at the Ten Year Framework for Cooperation on Energy and Environment meetings in Beijing. The Ten Year Framework is a federal initiative started by President Bush and continued by President Obama. This was the third annual meeting, the second one that has taken place in China, under the auspices of the U.S. State Department. Accompanying Commissioner LaFleur on the trip were OEA Director [redacted], Director of the OEA's Division of State, International and Public Affairs; and OGC's [redacted] who is fluent in Mandarin Chinese.



"It was a very, very educational trip," Commissioner LaFleur said during remarks at the April 21 Commission meeting. "I was really struck by the common issues that we face on integrating renewables. China has a huge amount of wind, hydro, up north in the north part of the country, some of which isn't even connected to the grid yet. Obviously, building transmission and how you're going to organize the transmission grid becomes a big factor."



lot of work going on with Smart Grid and electric vehicles," Commissioner LaFleur added. "So we have a great foundation for working together in the future on those topics. I appreciate the Chairman giving me the opportunity to go on this trip."

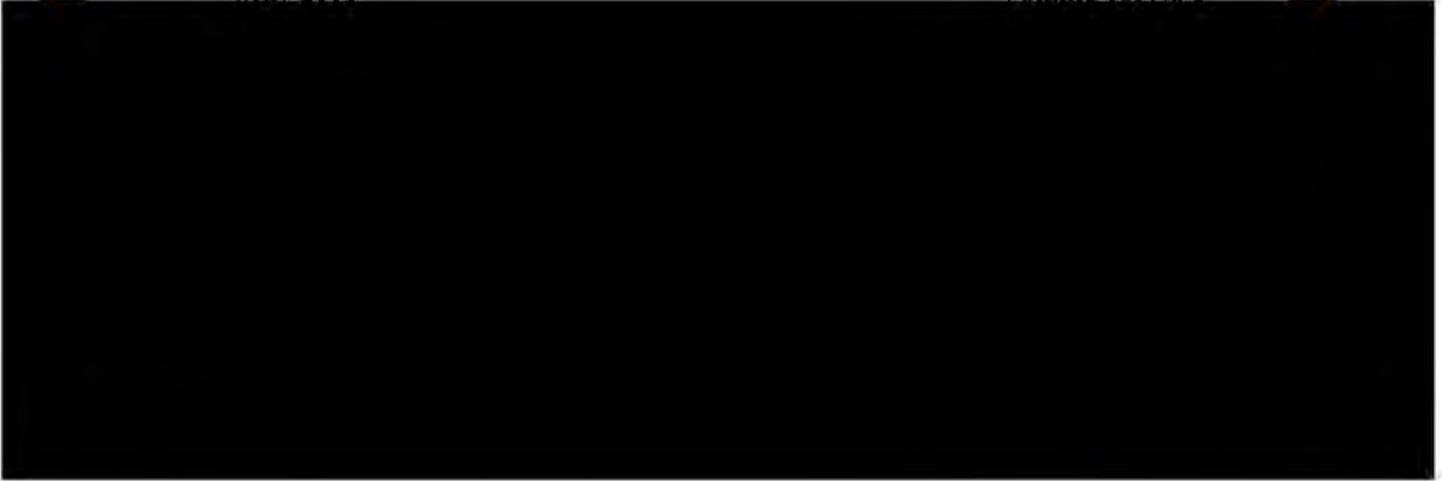
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Photos provided by Commissioner LaFleur

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Presenting the *State of the Markets Report* from left are Chris Ellsworth, Tim Shear, Lance Hinrichs and Steve Michals

FERC Staff Present The State of the Markets Report

At the Commission's April 21 open meeting, staff presented the Office of Enforcement's 2010 State of the Markets report. The report is staff's annual opportunity to share observations about natural gas, electric and other energy markets. **State of the Markets Report**



Chairman Wellinghoff Speaks at Ocean Renewable Energy Coalition

Chairman Wellinghoff was the keynote speaker at the Ocean Renewable Energy Coalition's 4th Annual Global Marine Renewable Energy Conference on April 28 in Washington, DC. Other participants included [REDACTED], Director of Shore Energy, Office of Deputy Assistant Secretary of the Navy/Energy; [REDACTED], Deputy Assistant Secretary for Land & Minerals Management at the U.S. Interior Department; and [REDACTED], Director of Energy and Low Carbon, Highlands and Islands Enterprise, Scotland.

Photo taken by [REDACTED]



Do you have a spring gardening tip to share?



"Patience and a lot of work and love for **your plants.**"

— [Redacted], OGC

"New plantings deserve protection from slug damage. Options include barriers, physical removal, trappings with beer or use bait. Always be sure to **protect** pets from **baits!**"

— [Redacted], OEMR

"Listen to the plants. They will tell you, generally, what **they need.**"

— [Redacted], OGC

"Thoroughly clear debris from the previous year and spread Preen for weeds."

— [Redacted], OEMR



Orchids can be easy to grow and can live as long as a human! Orchids need a continuous supply of fresh air, an occasional drenching with water, and plenty of light. Orchid preferences include humidity, light and air, watering, feeding, temperature, and potting.

Read more on orchid care

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FERC's supply store is nearing completion!

Paperclips Etc. will provide a vast selection of products, including SkillCraft and AbilityOne products, for FERC headquarters and regional offices. The grand opening of Paperclips Etc. will take place in June. There will be a ceremony that includes featured speakers, a ribbon cutting ceremony, and light refreshments...stay tuned for more information!



Exercise & Stress

Being physically fit not only promotes feelings of strength and well-being but can help reduce the risk of some chronic diseases such as coronary heart disease. Regular cardiovascular exercise can also improve how well you manage daily stress. Exercising consistently can release muscular tension that causes headaches, backaches, and general discomfort.

Here are some additional reasons why fitness can reduce stress:

- Exercise produces endorphins, naturally occurring euphoric chemicals that produce an overall sense of well-being and have a calming effect on the body.
- Exercise creates inner confidence: the "strength" to deal with the stressors of everyday life.
- Exercise allows the mind to wander and the creative thoughts of the brain to flow.
- Exercise helps put unsolved problems into clearer perspective

Most of us sit for long periods of time. Prolonged sitting can provide an opportunity for doing some exercise. These exercises will not produce the benefits of cardiovascular or aerobic activities, but they can relieve stress and promote relaxing. While sitting, try to do the following exercises two to three times during the day in addition to your regular exercise routine.

Shoulder Shrugs: Lift both shoulders as if trying to touch ears. Hold as if squeezing out tension. Relax and repeat 5 times.

Redacted Pursuant to FOIA Exemption 6.

Leg Circles: Raise legs straight out in front with feet together. Move feet in circle. Lower legs. Repeat 5 times.

Head Presses: Place right hand against head, above ear. Bend head to right, offering slight resistance. Repeat with left hand. Repeat 5 times.

Slow Risers: Move to front edge of chair. Holding your back straight, very slowly rise from a sitting position without help of hands. Slowly sit down. Repeat 5 times.

Self-Massage: Hold one shoulder and knead it for 30 seconds. Repeat on other shoulder.

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Iowa Honors Commissioner Norris During New Building Dedication

Commissioner John Norris was honored during an April 28 dedication of a new energy-efficient headquarters for the Iowa Utilities Board in Des Moines. As the former IUB Chairman whose idea it was to build the new office building, the hearing room in the new building is named for Commissioner Norris. It is the only room in the building that is named for anyone.



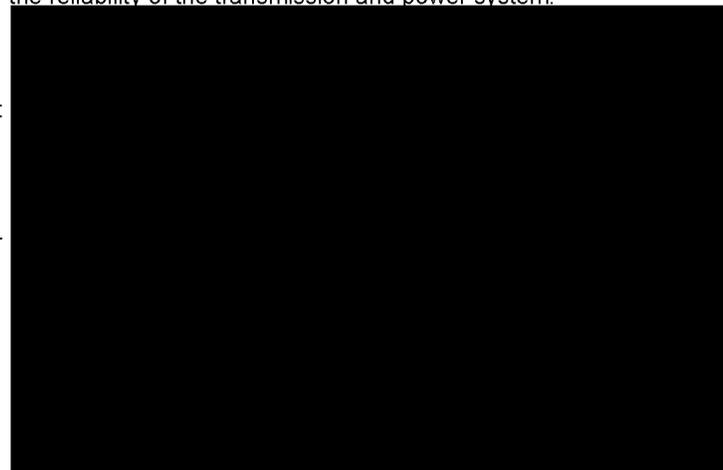
During his first month as Chairman of the IUB in 2005, Commissioner Norris came up with the idea of moving the Board and the Office of Consumer Advocate out of an old warehouse-

style building into a new office building that would be a model of energy efficiency and modern energy-saving construction and design. The 44,460 square-foot building will use about 74 percent less energy than the average office building in the Midwest, saving the state about \$36,000 a year. It offers geothermal heating and cooling technology, super-efficient pre-cast concrete wall panels with integrated edge-to-edge rigid insulation, daylight harvesting solar screens and a V-shaped design to make maximum use of daylight, lighting and occupancy sensors, special plug outlet controls and operable windows for use on temperate days. Roof-mounted solar energy panels will provide about 12.5 percent of the total energy used. The building is expected to receive a LEED Platinum rating.

Photo by [REDACTED]

[REDACTED] testifies on Cyber Security

At a May 5 hearing, OER Director [REDACTED] told members of the Senate Energy and Natural Resources Committee that the Commission's current authority is not adequate to address cyber or other national security threats to the reliability of the transmission and power system.



"Any new authority should allow the Commission to quickly order mandatory measures that are focused and confidential to address fast-moving, sophisticated and targeted cyber and physical attacks and natural events while providing cost recovery to the affected entities," [REDACTED] said. "These types of threats pose an increasing risk to our Nation's electric grid, which undergirds our government and economy and helps ensure the health and welfare of our citizens."

The purpose of the hearing was to receive testimony on a committee staff discussion draft cyber security bill that Joe said "would go a long way to resolving this issue."

Read [REDACTED] testimony.

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Chairman Wellinghoff hosted a roundtable discussion for 22 reporters at FERC Headquarters April 6 to discuss managing the transition to a smart energy future by integrating all resources on the grid. The Chairman highlighted a number of initiatives at FERC including: the proposed rule on Transmission Planning and Cost Allocation, the Demand Response Cost Allocation rule, the proposed Variable Energy Resources rule, the Frequency Response Study, energy storage, smart grid and distributed generation.



Greener FERC Events in May:

Brown Bag Lunch: Bike Commuting Wednesday, May 11 from 12:00-1:00pm Room 7L-02

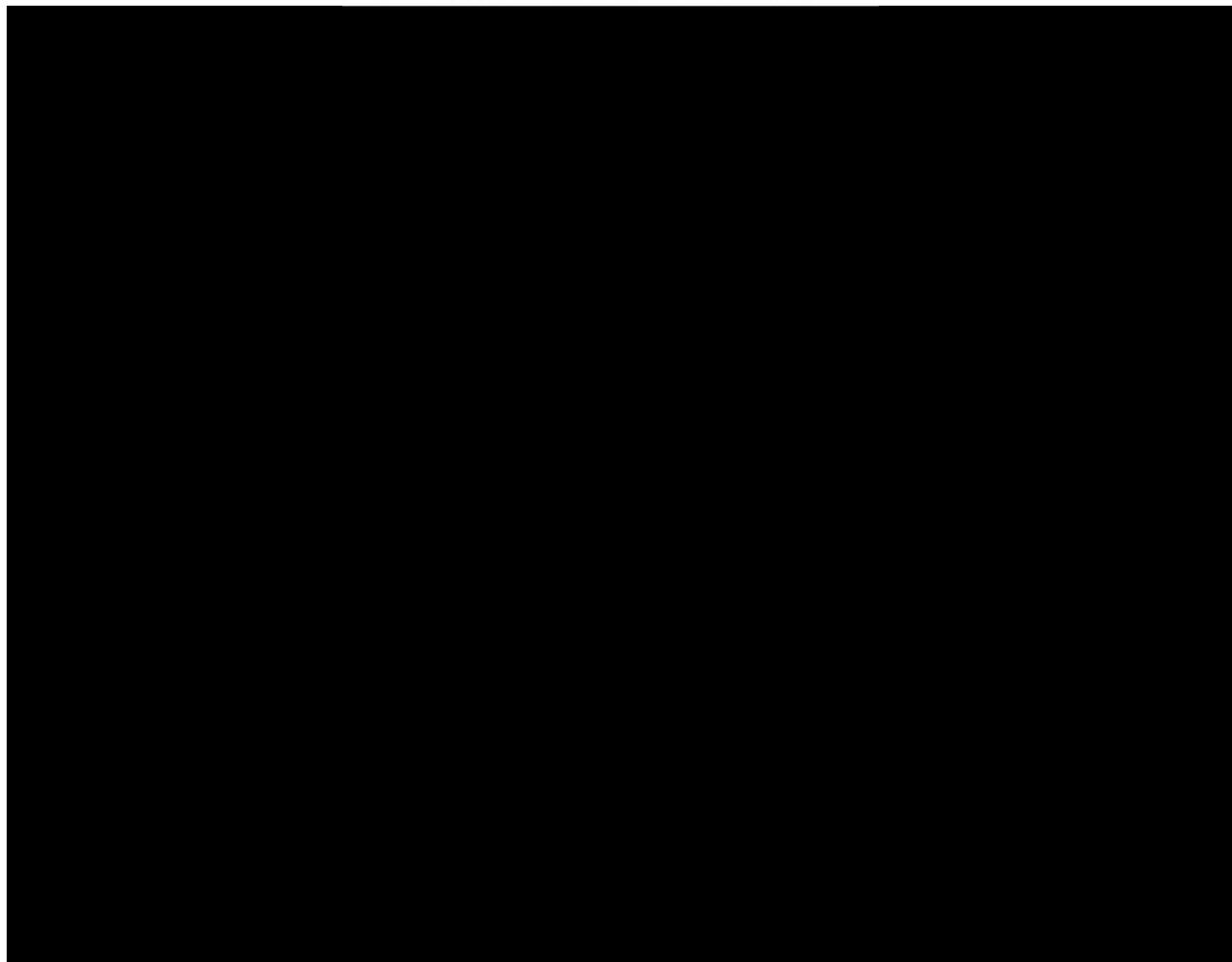
In advance of Bike to Work Day, get all the information you'd like (and if you're an experienced biker, come share your knowledge with newbies) about getting around town by bike. Bring your lunch; cookies provided.

Bike to Work Day: Friday May 20

The region's biggest bicycling event! Join thousands of cyclists from around the area in a healthy, non-polluting, and fun commute to work. Meet up with your neighbors at one of 49 regional pit stops, ride to work with an experienced commuter convoy and wear your free Bike to Work Day t-shirt at work. FREE event and open to all area commuters.



Congratulations to FERC's Runners!



FERC's own [REDACTED] won the 30th Annual ACLI Capital Challenge on May 4, leading the FERC team "Runnin' out of our FERC'n Minds." From left are team members [REDACTED] (office of Commissioner Norris), Commissioner John Norris, [REDACTED] (OEP), [REDACTED] (OEP), and [REDACTED] (OE). The FERC team came in second place out of 79 executive branch teams (losing to the Navy team), and placed third out of 86 overall. The team also won second place for "Worst Team Name."

Photo courtesy of Commissioner Norris' office

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In Memory of:

Two former members of FERC's staff, [REDACTED] and [REDACTED], passed away in April.

[REDACTED], a former senior environmental protection specialist within the Office of Energy Projects, (DHAC) passed away on April 11 after a long illness.

[REDACTED] retired from FERC in September 2010 after nearly 30 years of service. He joined the Commission in 1983 after a stint with the Heritage Conservation and Recreation Service within the U.S. Department of Interior. As a senior environmental protection specialist here at FERC, [REDACTED] analyzed applications for hydroelectric licenses and ensured that licensed projects complied with Commission orders and regulations.

[REDACTED]'s former supervisor, said, "[REDACTED] was passionate about shoreline management issues around hydropower project reservoirs and loved to share his knowledge and experience with other staff, hydropower licensees, and the general public. Outside

[REDACTED], a former supervisory accountant within the Office of the Chief Accountant, died April 24.

[REDACTED] retired from FERC in September 1997 after 20 years of service here either as an auditor or as an accountant.

[REDACTED] friend and former co-worker, [REDACTED], said, "One thing that I could say about [REDACTED] is that he really knew his accounting and he was always willing to teach others about the Uniform System of Accounts (18 C.F.R., Part 101). I learned a lot from him when he supervised the audits that I worked on."

[REDACTED] survived by his wife, [REDACTED], children [REDACTED] and [REDACTED] and a number of other relatives and friends.

In his memory, his family asks that contributions be made to the [American Diabetes Association](#) or Temple Beth Ami, 14330

Redacted Pursuant to FOIA Exemption 6.

of FERC, [REDACTED] was very passionate about his family, the Washington Redskins, and spending time over on the Chesapeake Bay, either fishing or playing on the beach."

Travilah Road, Rockville, MD
28850.

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

Donations in [REDACTED] memory may be submitted to Georgetown University Hospital, CCC 4th Floor, Main Bldg, Hospital Administration, 3800 Reservoir Road, NW; Washington, DC 20007.

The FERC Family extends its deepest condolences to the family and friends of [REDACTED] and [REDACTED]



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Arrivals & DEPARTURES

March 25-April 26: ARRIVALS

Office of Commissioner
Norris

OE

OED

OER

OGC



March 25-April 26: DEPARTURES

Office of Commissioner
Norris

OE

OED

OER

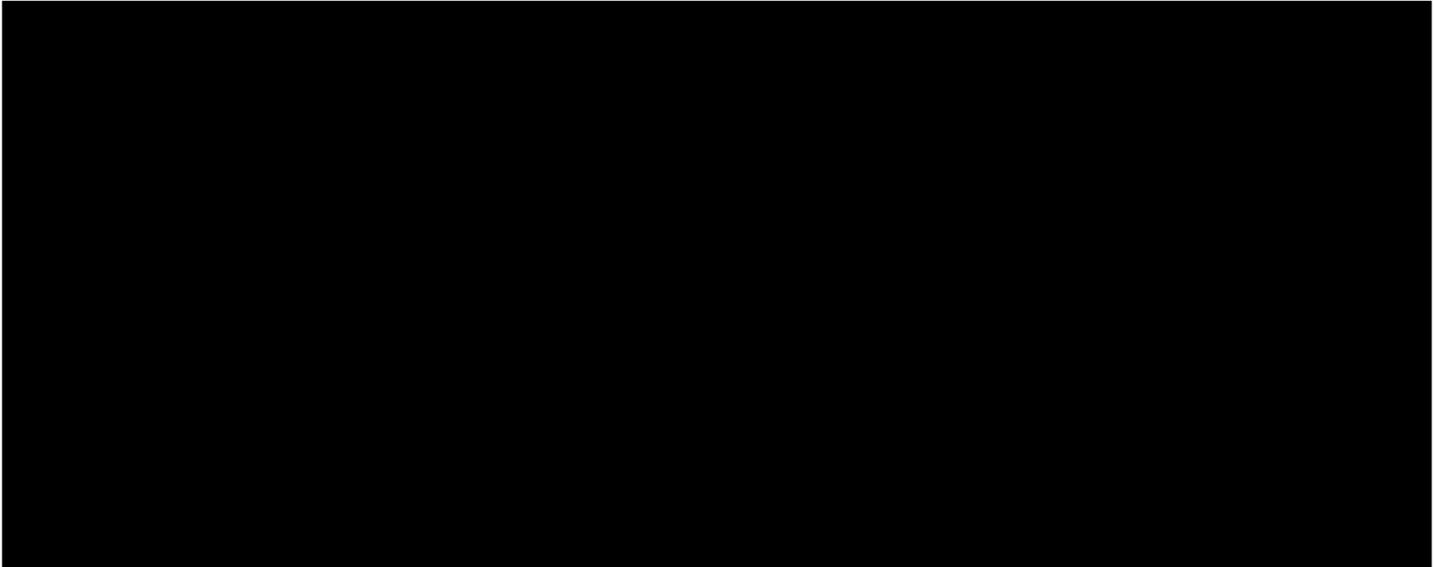
OGC





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Welcome to the June edition of the FERC Insider.

In this Issue: FERC celebrates Asian Pacific American Heritage Month • FERC holds energy briefing for Governors' offices • Bike to work day at FERC • New Alert System • Power outage triggers FERC emergency operations • Staff tours Conowingo hydroelectric project



Navigation Tips: Select a thumbnail picture above and open the yellow i-button on right to navigate to the page, or, select from the regular feature links below.

To Print: To print the Insider, go to the print function on your computer. You must print each page individually since the Insider is a web-based publication.

To View: Maximize your screen and eliminate the sidebar if you use one to ensure best web page display.

EDITORIAL

The Insider at FERC (a.k.a FERC

If you have story ideas

REGULAR FEATURES

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[REDACTED]

WEB DESIGN

[REDACTED]

PHOTOGRAPHY

[REDACTED]

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please email the editor, [REDACTED] of the Media Relations Division, OEA.

Feedback to FERC Insider

**Healthy Lifestyles
Hot Topics
What's My Line?
Arrivals And Departures
Safety & Security**

Archives

FERCNet home

FERC Celebrates Asian Pacific American Heritage Month

FERC celebrated Asian Pacific American Heritage Month with a compelling story by Keynote Speaker [REDACTED], Executive Director of Asian American Leadership Empowerment and Development (AALEAD). AALEAD is a non-profit organization providing services, such as mentoring and leadership training, to Vietnamese and other Asian families and youth in the Washington, D.C., area.

OEP Director [REDACTED] welcomed guests and introduced Chairman Wellinghoff.

OEP's [REDACTED] highlighted the amazing life of [REDACTED] and introduced her to those in attendance.

[REDACTED] shared her personal story of how she immigrated to the United States in 1981 at the age of 13. Her family began their journey to the U.S. by leaving China on a fishing boat in the middle of the night. Eventually, after living in Hong Kong in six refugee camps for three years, she arrived in Salt Lake City, Utah.

[REDACTED] earned a scholarship to Duke University and went on to receive a Master's degree in social work from Catholic University.

In 1995, [REDACTED] realized that Vietnamese families in the D.C. area lacked important community services so she began her work as Director for the Youth Leadership Project at the Indochinese Community Center. There she developed a full-service youth program for the community. In 1998, [REDACTED] founded the AALEAD



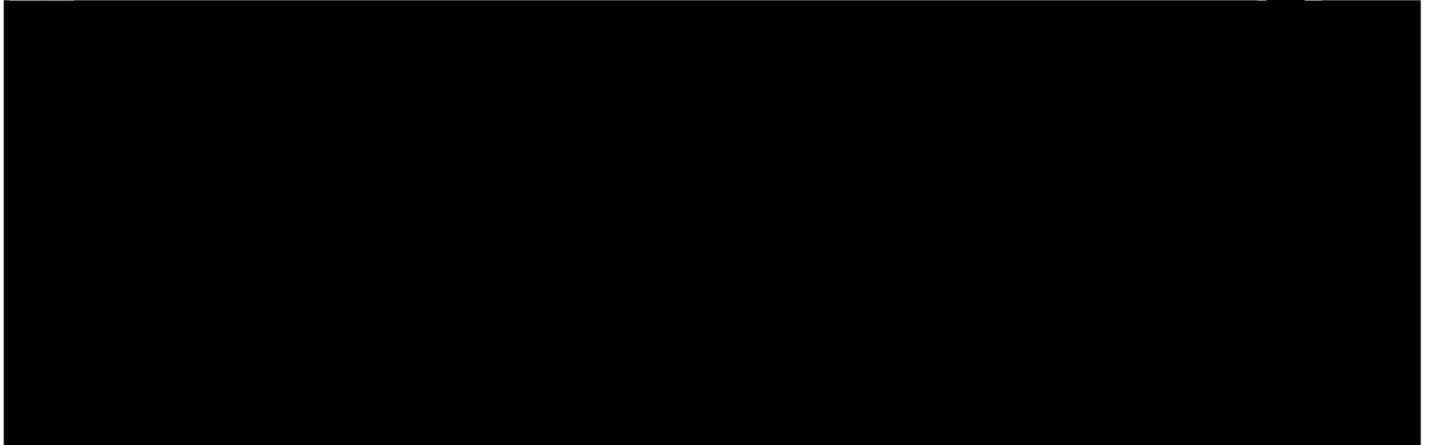
Pictured above are [REDACTED], Chairman Wellinghoff, [REDACTED] and [REDACTED].

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“We need leaders who have diverse perspectives,” [REDACTED] told the audience. “In order for the U.S. to become stronger, we must create innovative ways to provide opportunities for children,” [REDACTED] said.

She closed by saying organizations can promote diversity by providing opportunities for Asian Pacific Americans to lead, providing mentors and coaching and developing peer groups.

OEP’s Yulia Kalikhman presented [REDACTED] with a certificate of appreciation at the closing of the event. OEP and the Special Emphasis Committee sponsored this year’s event.



Energy Briefing for Governors' Offices

On May 19, FERC hosted a half-day energy briefing for the DC offices of state governors, representatives from the National Governors Association (NGA) and the New England Committee on Electricity (NESCOE). The approximately 25 participants had an opportunity to meet with Chairman Wellinghoff, and Commissioners Norris, LaFleur and Moeller.



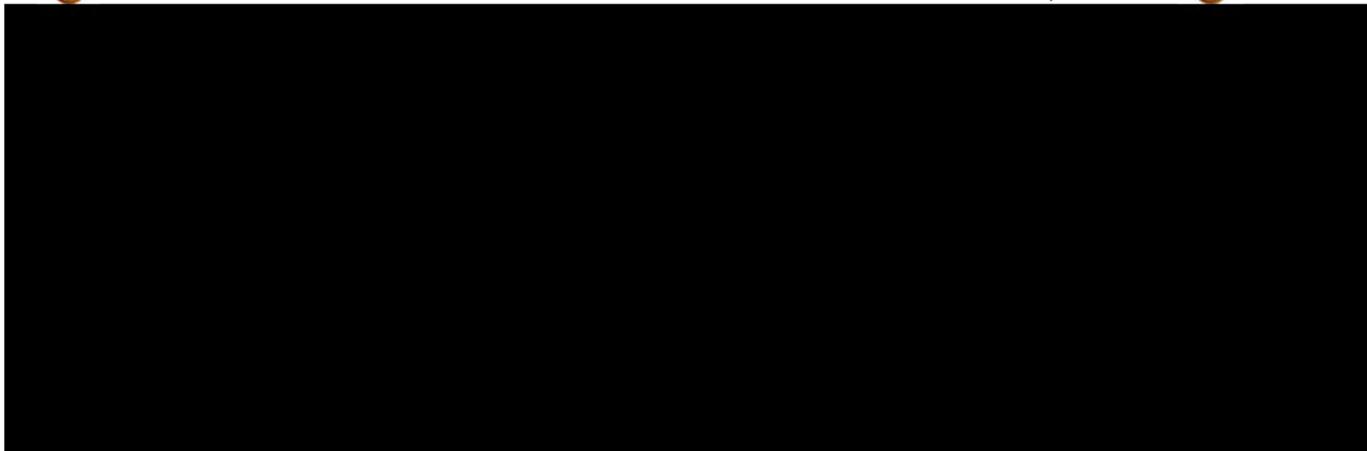


Photo taken by [REDACTED]

A Celebration of Biking to Work

The Washington, D.C., area celebrated its annual Bike To Work Day on Friday, May 20, and FERC employees were among the 10,000 participants. The event is held each year to encourage commuters to ride their bikes to work in an effort to promote a clean, healthy and fun alternative to driving.

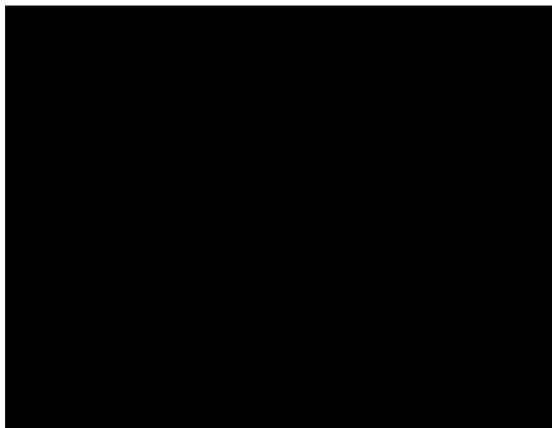
OEP's [REDACTED] kicked-off FERC's celebration by welcoming employees to the event.

[REDACTED], FERC's Executive Director, was on hand to stress the benefits of individuals who choose to commute by bike.

"Active employees are more productive," [REDACTED] said.

[REDACTED] also highlighted FERC's bike subsidy program, one of the first in the federal government, which reimburses riders for bike-related expenses.

This year's event at FERC was a huge success with a 25 percent increase over the number of participants last year. Employees in FERC's regional offices in Portland, Atlanta and Chicago also participated in the event.



Pictured above are [REDACTED] from OGC, [REDACTED] from OEPI, and [REDACTED] from OEMR.

Photo supplied by Ray Palmer



OEPT's [REDACTED], OEPT's [REDACTED] and OGC's [REDACTED] presented an overview of the NOI to the Commission.

FERC Seeks Comment on Transmission Incentives Program

The Energy Policy Act of 2005 directed FERC to provide incentive rates to encourage development of transmission infrastructure. In July 2006, the Commission issued Order No. 679, which identified specific incentives available to qualifying applicants, including return on equity adders, recovery of 100 percent of prudently incurred abandoned plant costs, inclusion in rate base of 100 percent of prudently incurred construction work in progress, recovery of pre-commercial operations costs, hypothetical capital structures and accelerated depreciation.



Since then, FERC has received more than 75 applications for transmission incentives associated with more than an estimated \$50 billion in proposed investments from a variety of transmission developers. Given the significant changes in the electric industry and FERC's experience in applying Order No. 679, FERC now seeks comment regarding the scope and implementation of its incentives program.

The **Notice of Inquiry** focuses on several topics related to FERC's implementation of its transmission incentives program, such as:

- What factors should the Commission consider in evaluating an application for incentives?
- What obstacles are faced by transmission developers and what incentives are best suited to addressing those obstacles?
- How should the Commission consider changes in cost estimates?
- What other factors should the Commission consider in implementing the law?

FERC Staff Presents 2011 Summer Assessment



FERC staff presented the 2011 Summer Energy Market and Reliability Assessment at the Commission's May 19 open meeting.

Pictured are OE's [REDACTED] and [REDACTED], OER's [REDACTED] and OER's [REDACTED]. The group was accompanied by OE's [REDACTED].

The assessment found that demand forecasts are essentially unchanged when compared to last year, that generation reserve margins are projected to be adequate for the summer, and that drought conditions are expected in Texas and the Southwest but are not projected to affect power generation. Furthermore, while the movements in forward electric prices differed by region, forward gas price movements were more

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uniform and an abundance of hydro production will lower electric prices in the West. Finally, the report found that new infrastructure will add gas and electric deliverability.

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Healthy LifeStyles



Balancing Home and Work

People today are struggling with demanding schedules that can make their personal and professional lives more stressful and overwhelming than ever before. Many of us are struggling to balance full-time jobs with full-time responsibilities at home, and these often competing demands of work and family are not easy.

If your laundry basket is as full as your "in" basket, then you are not alone. In the challenge to meet the demands of an increasingly complex world, we all need to develop strategies for maintaining balance in our lives.

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Here are some practical tips for balancing home and work.

Prioritize

Determine what tasks you need to accomplish, and then rank them according to importance. Consider your own needs, as well as those of loved ones. For example, if you must work on a Saturday, you might plan a recreational activity with your family or friends for Sunday.

Establish Realistic Goals

Be flexible and realistic in planning your schedule. Focus on things you know you can accomplish. At the same time, learn to expect the unexpected. Have a plan for dealing with those surprise visits from relatives and unannounced meetings at work. By taking steps like these, you'll be better

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prepared to
handle life's
challenges.

Be Efficient

Develop ways
to work
smarter at
home and at
work, and
encourage
others in your
household to
save time as
well.
Combining or
consolidating
tasks may be
more effective
than trying to
squeeze as
many tasks as
possible into
the least
amount of
time.

Think Positively

Look on the
bright side and
maintain a
sense of
humor. While
everyone feels
sad, angry or
frustrated
sometimes,
laughing can
help ease
difficult
situations.

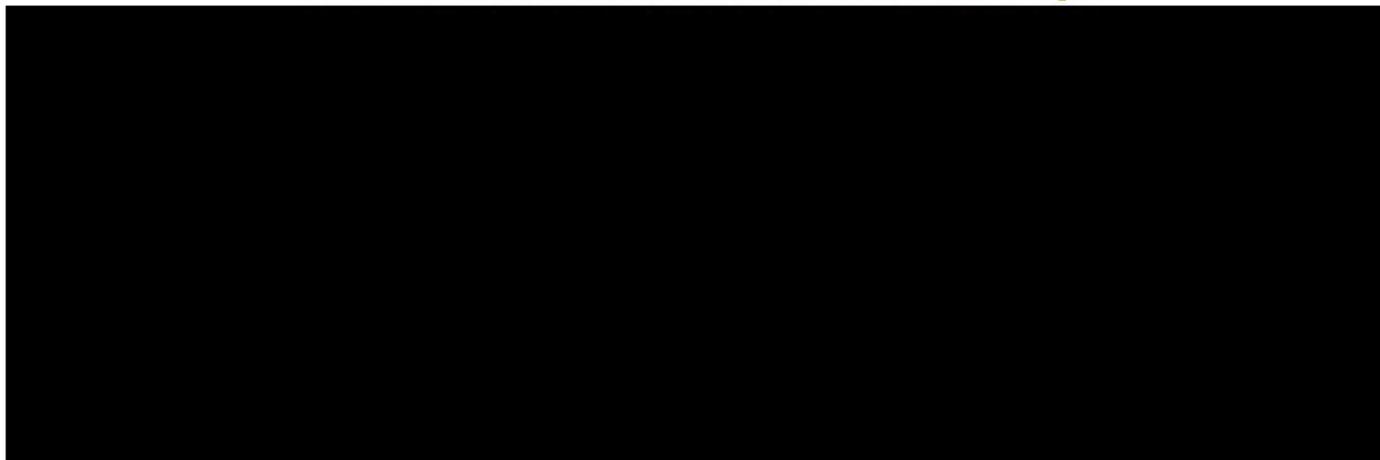


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What's Your Best Vacation Memory?



"Spring break 2011 when I took my son and his friends to the Choctaw Reservation in Philadelphia, Mississippi."

— [REDACTED], OED

"Backpacking in the Rocky Mountains."

— [REDACTED], student in FERC's STARS program

"Snorkeling with turtles in Kauai, Hawaii."

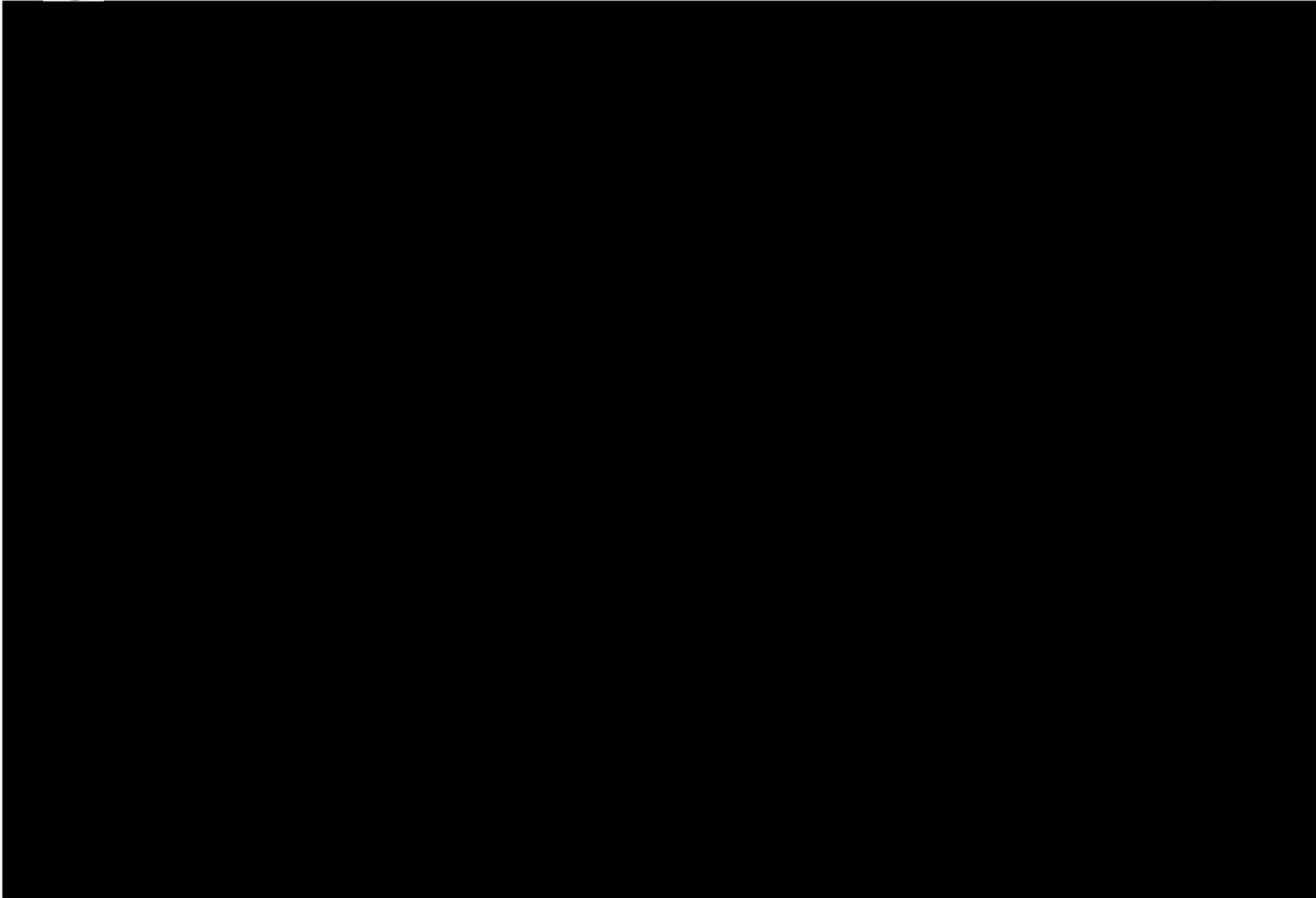
— [REDACTED], OED

"A two week camping trip in the redwood forests in Northern California."

— [REDACTED], OED

The new supply store, Paperclips, Etc. is here!!!

Paperclips, Etc. will open on June 9 and store hours will be 8 a.m. - noon and 1:30 p.m. - 4 p.m. Monday- Friday. New procedures on acquiring items from Paperclips will be forthcoming. An official Ribbon Cutting Ceremony will take place at 11a.m on June 28. Please stay tuned for more details.



Pictured in the front row are: [redacted], Office of Commissioner Norris. In the second row are: [redacted], Office of Commissioner Moeller; [redacted], Office of Commissioner Norris; and [redacted], OEP. In the back row are [redacted], Office of Commissioner Moeller.

FERC Staffers Take Conowingo Field Trip

On May 25, FERC staff toured the Conowingo Hydroelectric Generating Station and the Muddy Run Pumped Storage Facility on the Susquehanna River in northern Maryland. The projects are licensed to Exelon Hydro, a division of Exelon Power. Conowingo generates 572 MW of power while Muddy Run produces 1000 MW of power by pumping water into a reservoir during off-peak periods and using that water to generate electricity when demand is high. The tour included viewing the fish lift at the Conowingo facility, which is vital to returning American shad to the upper Susquehanna River.

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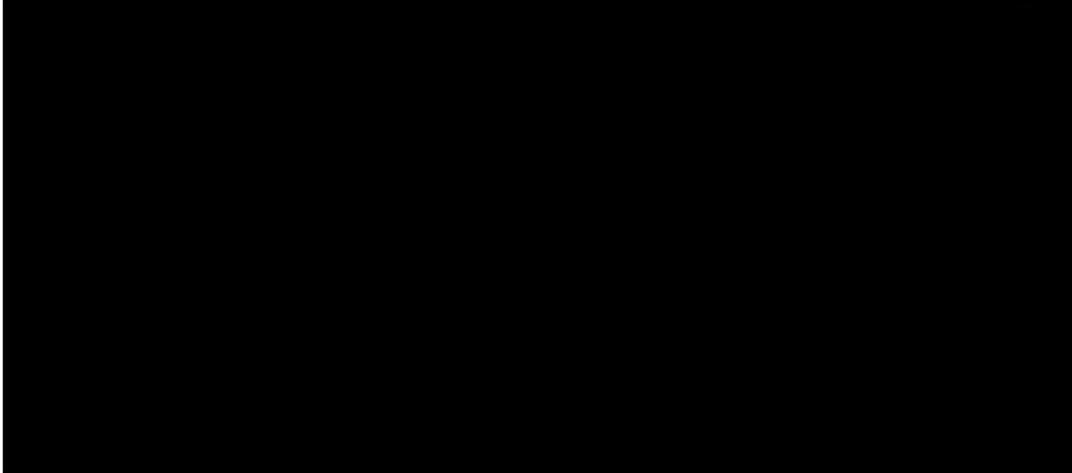
Photos by [REDACTED]

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site during the May 31-June 2 shutdown of FERC headquarters to assess the situation, help inform staff of what was going on, and to work on how to restart FERC operations after the emergency passed. Pictured at the table are, clockwise from lower left corner, OED's Gerald Mcateer, DCIO's [REDACTED], OER's [REDACTED], OED's [REDACTED] and OEA's [REDACTED].

Photo taken by [REDACTED]



FERC Alert Notification System Coming Soon

FERC soon will implement a new high-technology program for alerting employees and contractor staff of impending dangers, emergencies or outside events that might affect us at Headquarters and Regional Offices. Our current system, ePop desktop alert, will be removed and replaced with the Roam Secure Alert Network (RSAN), which we will call "FERC Alert."

RSAN is employed at many federal government agencies, and within numerous local, state and county governments. FERC Alert is a "state of the art" system that will allow us to reach out to you by sending short and quick messages to your e-mail, cell phone and other electronic devices during an incident or emergency that may affect you or your workplace.

Our next steps will be the following:

Redacted Pursuant to FOIA Exemption 6.

- Complete all testing of the system and integrate FERC Alert on all PCs and laptops.
- Transmit instructions to all personnel for registering on the network.
- Full use during the next Continuity of Operations test in June 2011.

Finally, while we strongly encourage employees to register and participate, doing so is voluntary, with the exception of employees who are involved in emergency planning and response through the Commission's Continuity of Operations Plan (COOP).

Additional information will be made available on FERCnet soon.

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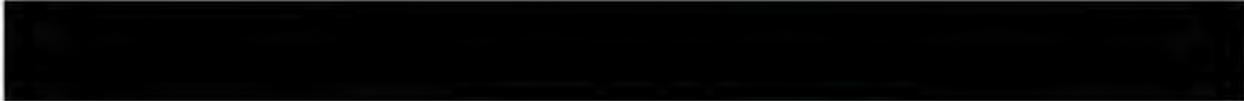
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Arrivals & DEPARTURES

April 22 to May 23: ARRIVALS

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April 22 to May 23: DEPARTURES

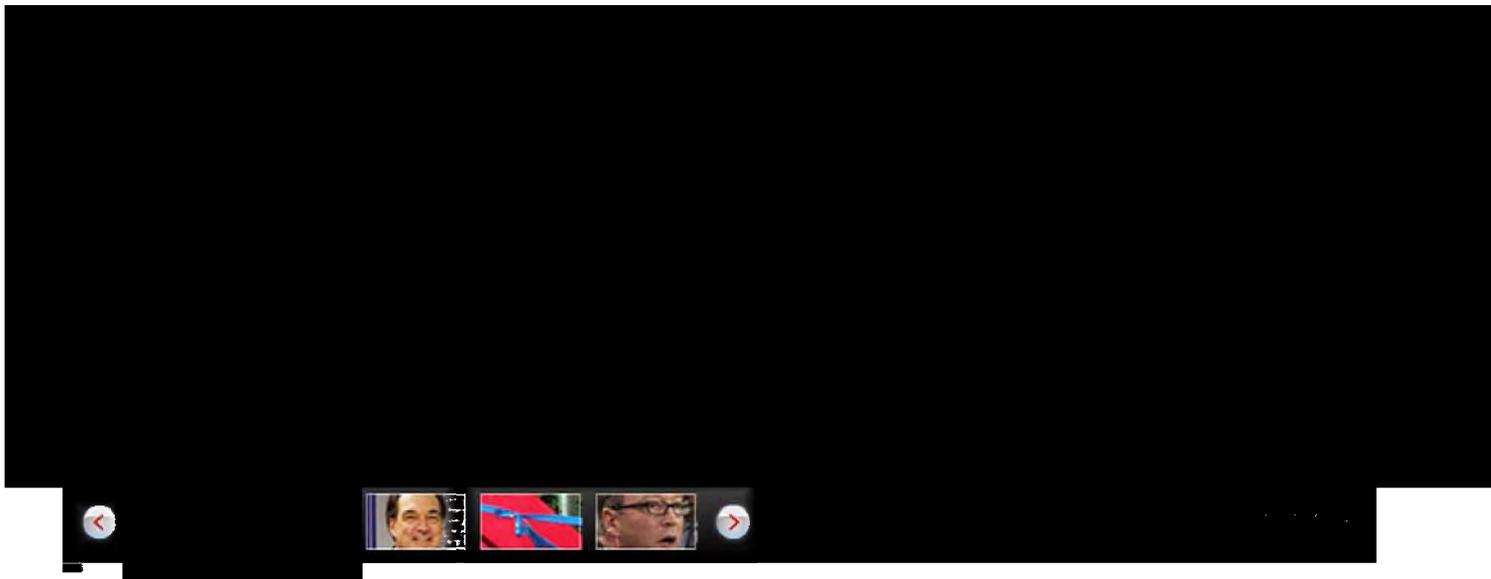
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FERC Insider

July-August 2011

Volume 18, No 7



Welcome to the July-August edition of the FERC Insider.

In this Issue: FERC welcomes summer interns • FERC issues final rule on transmission planning and cost allocation • Grand opening of supply store • IT corner • Sculpture dedication • Child Development Center's July 4th parade • FERC staff visits tidal project • FERC joins Federal government's 'plain language' efforts • Smart Hire update • Chairman Wellinghoff and Commissioner Moeller testify on the Hill

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Redacted Pursuant to FOIA Exemption 6.

EDITORIAL
[REDACTED]

WEB DESIGN
[REDACTED]

PHOTOGRAPHY
[REDACTED]

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FERC Interns

FERC's 2011 summer internship program began in full force May 23 with 50 participants. This year's interns represent 30 colleges and universities around the country, with five of the interns currently in the STARS program and six working in the regional offices.

The summer intern program functions as a feeder program for FERC's college recruiting program, providing viable entry-level candidates for the agency. The summer program provides additional tangible and intangible benefits by building relationships on college campuses and spreading the word among students about opportunities at FERC and the viability of moving to Washington, D.C., for a first real-world work experience.

This year's intern coordinator is [REDACTED] an upcoming senior at Johns Hopkins University majoring in International Studies and Spanish.

Welcome, summer interns!



Find out what's happening in our neighborhood by going to **NOMA**.



OGC's [REDACTED], left, and OEPI's [REDACTED] discuss the Commission's transmission planning and cost allocation rule.

FERC Transmission Planning, Cost Allocation Reforms to Benefit Consumers



At the July 21 Open Meeting, the Commission voted to reform its transmission planning and cost allocation requirements to benefit consumers by enhancing the grid's ability to support wholesale power markets and ensuring transmission services are provided at just and reasonable rates.

Order No. 1000 requires public utility transmission providers to improve transmission planning processes and allocate costs for new transmission facilities to beneficiaries of those facilities. It also requires public utility transmission providers to align transmission planning and cost allocation. These changes will remove barriers to development of transmission facilities. Approved after considering more than 200 sets of public comments, Order No. 1000 builds on FERC's open access reforms of Order No. 888 (1996) and the planning reforms of Order No. 890 (2007).

"This rule is an important step forward, building on FERC's successful market reforms over the past 15 years," Chairman Jon Wellinghoff said. "Our action today promotes efficient and cost-effective transmission planning and the fair allocation of costs for new transmission facilities. These changes will provide consumers with greater access to efficient, low-cost electricity."

The transmission planning requirements established in the rule include development of regional transmission plans, consideration of transmission needs driven by public policy requirements established by state or federal laws or regulations, and coordination between pairs of neighboring transmission planning regions.

The cost allocation requirements established in the rule include development of regional and interregional cost allocation methods that satisfy certain principles. Under the rule, participant-funding of new transmission facilities is permitted but cannot be used as the regional or interregional cost allocation method.

The rule also promotes competition in regional transmission planning processes by removing from FERC-approved tariffs and agreements a federal right of first refusal for transmission facilities selected in a regional transmission plan for purposes of cost allocation, subject to certain limitations.

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Order No. 1000 takes effect within 60 days of publication in the Federal Register. Transmission providers must make compliance filings on most issues within one year of the effective date. Interregional transmission coordination and cost allocation compliance filings are required within 18 months of the effective date. Public utility transmission providers must consult with stakeholders in the region in developing and implementing their compliance filings.

For additional information on Order No. 1000



Chairman Wellinghoff, center, is joined by, from left to right: [redacted], Director of Base Supply Centers, Winston Salem Industries For the Blind (WSIFB); [redacted], Board Member, WSIFB; [redacted] Executive Director; WSIFB; [redacted] Executive Chair, WSIFB; [redacted] Director of Sales, WSIFB; and [redacted] Board Chair, WSIFB.

Grand Opening of New Supply Store

A ribbon cutting ceremony kicked-off the grand opening of FERC’s new supply store, Paperclips, etc. on June 28. The store is managed by the Winston-Salem Industries for the Blind (WSIFB), a non-profit organization, as part of the AbilityOne program created by Congress in 1938. Chairman Jon Wellinghoff, FERC Executive Director Chuck Schneider, Director of Logistics Glenda Patrick and representatives from Winston Salem Industries attended the event.

“Our intention is to wow you,” [redacted] director of Base Supply Centers with Winston Salem Industries, told FERC employees.

“We are here to provide job opportunities for the blind but to serve you. That is our number one priority,” commented Dan Boucher, executive director of Winston Salem Industries.

Shirley Shouse, Board chair of Winston Salem Industries, noted that her organization is the No. 1 employer of blind individuals in this country.

“Every purchase creates a job,” said Kevin Lynch, president & CEO of National Industries for the Blind.

The new supply store offers FERC a modernized facility that is highly cost-effective for the Commission.



Redacted Pursuant to FOIA Exemption 6.



Left to right: FERC's [redacted]; FERC's [redacted] Director [redacted] FERC's Executive Director [redacted] and DLM's [redacted]
of Merchandising, WSIFB; [redacted] Paperclips, etc.; [redacted] Store
Manager; [redacted] Paperclips, etc.; FERC's [redacted] and [redacted]

AbilityOne was originally created to allow individuals who were blind to sell products to the Federal Government. Congress expanded the program in 1971 to include individuals with other significant disabilities.

Today, AbilityOne assists 40,000 Americans who are blind or severely disabled find employment. The purchase of products and services by Federal customers from AbilityOne helps battle the 70 percent unemployment rate faced by people who are visually impaired and/or severely disabled. The program coordinates its activities with nonprofit organizations across the country to employ these individuals and provide goods and services to the federal government at a fair price.

Read more about the AbilityOne program: [AbilityOne](#)

Read more about Industries for the Blind

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The IT Corner: Brought to you by DCIO and General Dynamics IT Support

Tips for Cleaning Your Cell Phone



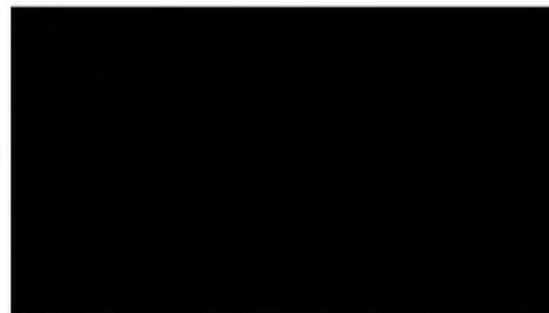
Cleaning your cell phone is always a good idea considering we hold our

smartphones up to our mouths, noses, and ears on a daily basis. And despite it not being flu season, keeping it clean is practical any time of year.

Here are some tips/tricks:

1. What to use: household supplies like: Lint free microfiber cloth (you can get these at eyeglass stores or pharmacies), cotton swabs, and rubbing (isopropyl) alcohol (This is for cleaning your keypad and hard plastic).
2. What Not to use: Household chemicals and disinfectants like window cleaners, aerosol sprays, solvents, ammonia or any abrasive cleaning solutions.
3. Turn off your phone when cleaning.
4. Remove any protective case or covering. You wouldn't believe the dust and grime that gathers there!
5. If you have the ability, remove the back cover and battery.
6. Use the cotton swabs or microfiber cloth and some of the rubbing alcohol to clean the buttons first then the screen. Be careful not to put too much rubbing alcohol on your swab or cloth.
7. Next, clean the rest of the phone plastics. For the battery cover it is fine to use rubbing alcohol. Use light pressure when cleaning plastic so you don't remove any rubber coating or clear finish.
8. Once the outside is clean, use a dry cotton swab to clean out any dust under the battery cover. If you have any stubborn areas under the battery cover, use a very

██████████ FERC's new IT Trainer



General Dynamics IT would like to introduce the newest member of the IT Training Staff—██████████. ██████████ is an instructional system designer with more than eight years of experience designing computer-based training (CBT) as well as web-based, video-based, instructor-led, and blended learning courses. He has designed courses for executives, regional managers, technical IT personnel, human resources professionals, and regulatory professionals. In his last position with a tribal government federal contractor, he designed managerial training and instructional videos for the FAA. Chris has experience interviewing executives for training, and once had the opportunity to work with Carly Fiorina, the former CEO of HP. In addition to his many technical training talents, ██████████ speaks Japanese fluently and spent more than five years living and working in Tokyo, Japan. Among his many

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- small amount of distilled water to clean it.
9. Immediately dry any parts you clean so nothing gets inside the phone. 10. Lastly, give the phone a few minutes to dry, then re-assemble (if you have taken out the battery and back cover) and turn it back on.

hobbies, [REDACTED] enjoys softball and going to Nationals baseball games.

You should now have a clean phone without those nasty germs.

Text of this article taken from howtogeek.com

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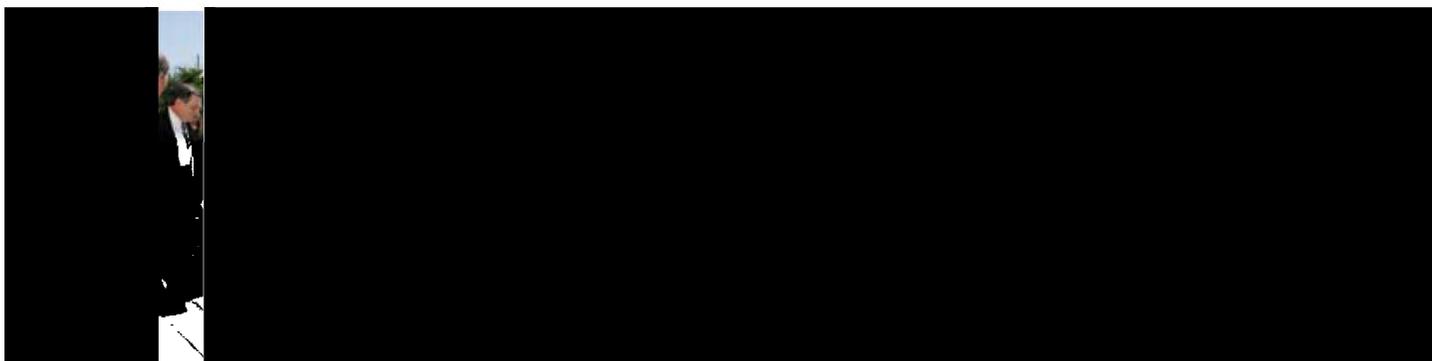


Art Dedication

A June 14 ribbon-cutting ceremony highlighted a new sculpture on display in front of the FERC's Washington, D.C., headquarters.

Exemplar of Public Service award

Chairman Wellinghoff presents [REDACTED] with the Exemplar of Public Service award for 26 years of service at FERC.



FERC Chairman Jon Wellinghoff attended the event and commented, "Art gives your mind something to contemplate and appreciate. It is very important."

The artwork is a sculpture by artist Chas. Colburn and is called Threshold #1, part of Colburn's "One Sided" series. It is a Mobius Strip constructed from six flat plates of metal. The sculpture is made from three-quarter inch steel plate and is 12 feet tall, 15 feet wide and weighs about 5,000 pounds.

Sculpture photo's taken by [REDACTED]

[REDACTED], who retired as a Senior Attorney in the Energy Markets section of OGC, began his career at FERC's predecessor agency, the FPC, as a Public Utilities Specialist in the Office of Pipeline and Producer Regulation.

[REDACTED] was the "go to" person in OGC on electric transmission open access issues, including issues involving the difference between transmission and local distribution, and other transmission tariff issues.



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Which monument, museum or DC-area tourist attraction did you last visit?



"The Washington Monument."

— [Redacted] OEP

"Watching the lion cubs grow this spring and summer at the National Zoo."

— [Redacted] OEP

"A visit to the National Geographic Exhibit called 'Simply Beautiful, Photographs from the National Geographic Image Collection.'"

— [Redacted] OEP

"The Anne Arundel County Fair to watch the pig races."

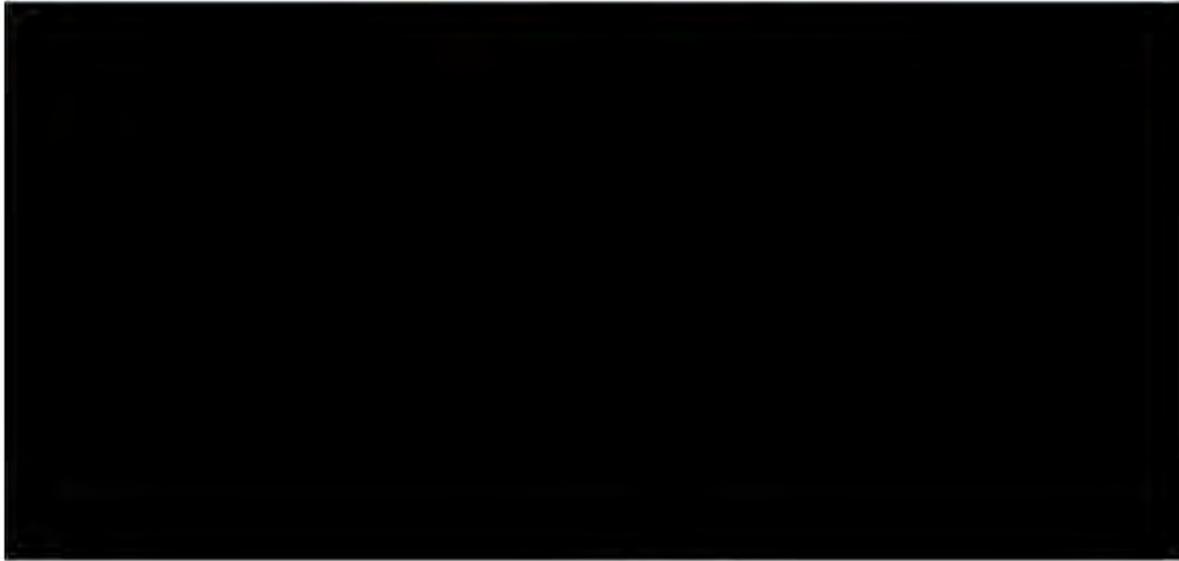
— OEPI pig



GREENER FERC TIP

When cutting your lawn this season, leave the cuttings on it. This will reduce moisture loss and return nutrients to the soil--making next year's lawn greener without chemicals. (If your lawn is really overgrown, compost the first cut.) If grass clippings are allowed to stay on the lawn (called "grasscycling") that contributes about a half pound of necessary nitrogen per year. Your lawn requires 2 pounds of nitrogen per 1,000 square feet every year.

Online Source: [5 Tips for low-energy lawn care](#)



Photos taken [redacted]

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Healthy LifeStyles

Summer Safety

Summer is here! Hikers and campers should consider the following while enjoying the outdoors:

- **Sunscreens**

These products are designed to block UVA, and UVB rays. When purchasing these products consider what Sun Protection Factor, SPF, would be appropriate. SPF indicates how long an individual can be in the sun before being burned when using sunscreen as opposed

to not.

- **Insect Repellent**
Ticks and Mosquitoes may represent two of the biggest threats to people who enjoy spending time outdoors. DEET (n,n-diethyl-m-toluamide) can be applied to exposed skin. Permethrin can be applied to clothing. Both are proven effective against repelling ticks and mosquitoes.

Swimming

- Never swim alone
- Be aware that lakes, rivers and even community pools may be contaminated, so avoid swallowing water.
- Consider updating your skills by taking a swim course at your local YMCA or American Red Cross.

Boating Safety

- When loading your vessel, keep the load low and evenly distributed. Do not exceed the U.S. Coast Guard maximum capacities label. If no label exists use the following formula:
of people = $\frac{\text{Length of Boat} \times \text{Width}}{15}$
This formula is applicable only to monohull boats less than 20 feet in length.
- Fill portable tanks off the vessel. Close all hatched and other openings before fueling. Extinguish smoking materials. Turn off engine and other electrical equipment. Wipe up any spilled fuel immediately. Open all hatches to air out the vessel. Never start engine until all traces of fuel vapors are eliminated.
- Check weather warnings and forecasts before leaving shore and while at sea. Remain watchful for signs of bad weather and listen to National Oceanic and Atmospheric

Redacted Pursuant to FOIA Exemption 6.

Administration (NOAA) Weather Radio.

- When going on a boating trip, tell a friend or relative where you are going and when you plan to return. Make sure they have a description of your vessel and other pertinent information.

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New Visitor Security Tool Coming Soon

Increasing security requirements make visitor management more challenging than ever. The Security and Safety (SAS) team must carefully verify, screen and badge visitors while maintaining a steady flow of visitor traffic.

Therefore, the SAS team would like to let you know about an exciting new tool that will be coming your way soon. The SAS team has installed a completely new visitor management system that will help streamline headquarters visitors are processed. The system is created by a company called STOPware and it is used by many other Federal agencies around the Washington, D.C., area.

The process will remove the current paper and pen system and instead employ an electronic verification system that will allow employees and contractors to log in and pre-register visitors to the headquarters. Once an employee or contractor enters the required visitor information using the web pre-registration portal, the security guard staff will sign in the visitor and provide him or her with a picture identification badge.

This comprehensive lobby security solution will allow us to:

- Eliminate the need for paper forms and storage
- Minimize visitor wait time
- Create a front line of defense for building and staff
- Enhance real-time reporting capabilities for accountability purposes
- Employ a Look-out/Watch List to help stop unwanted visitors
- Produce picture identification badges for better access control

The SAS team will conduct information sessions on the new visitor management system and pre-registration portal for all headquarters staff in the coming months. Please also be on the lookout for informational brochures and how-to instructions regarding the new system before it is put to use.

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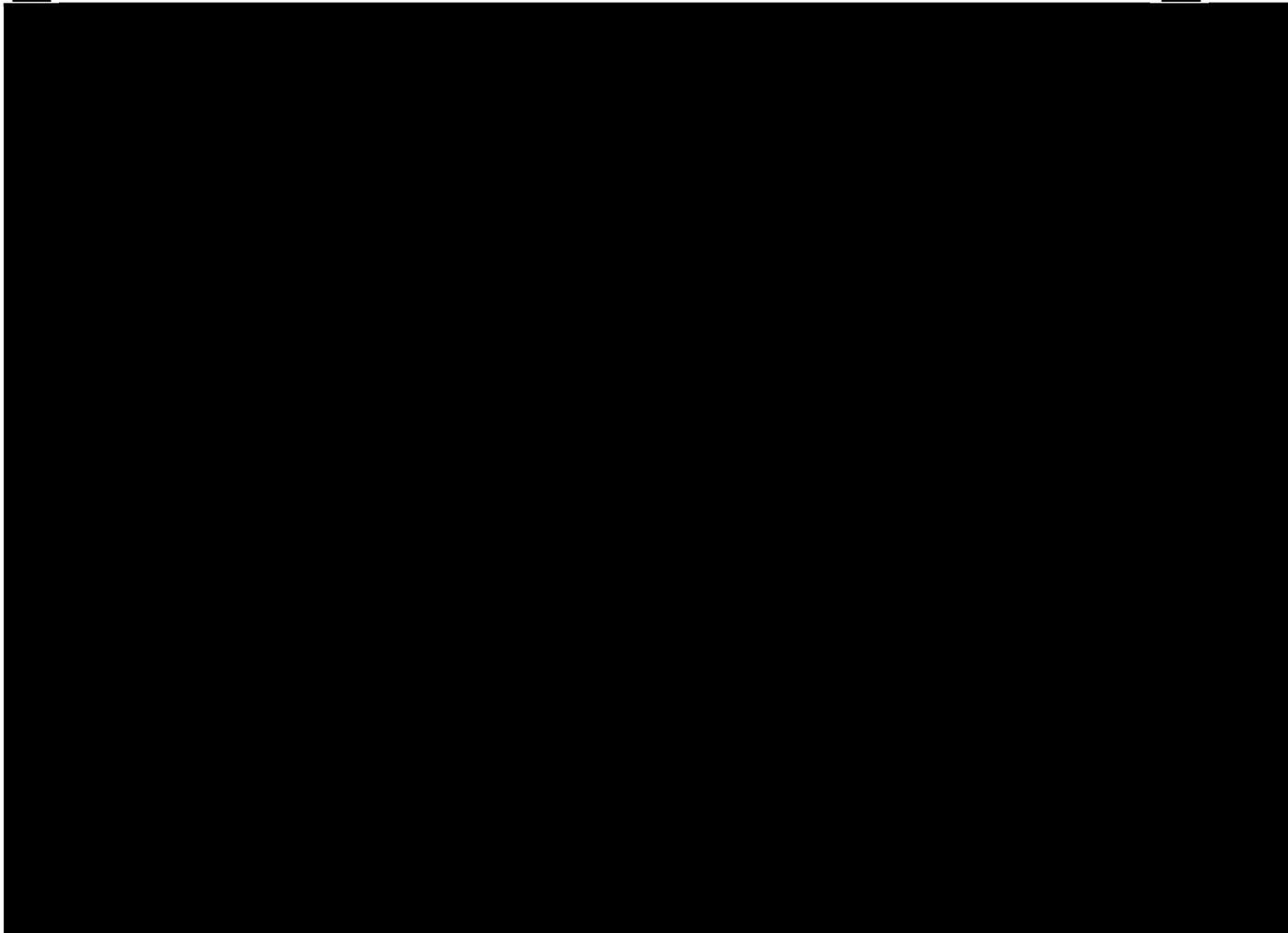
This badge will be a temporary ID and must be returned to a guard at the end of the visit.

NOTE: The 3rd Annual National Preparedness Day event is coming!



It is scheduled for 9 a.m. to 2 p.m. September 29, 2011, in the lobby. It will

include important information from FEMA on personal safety and disaster recovery efforts. Also, those who attend will get free goodies.



FERC Staffers Visit ORPC

FERC's [REDACTED] and Woohee Choi recently visited Ocean Renewable Power Company's (ORPC) Beta TidGen™ Power System, pictured in photo. This system is the largest ocean energy device ever deployed in the United States. The non-grid-connected, barge-mounted device was deployed from August to mid-December 2010 off of the coast of Eastport and Lubec, Maine for testing and monitoring purposes. The data gathered from this deployment is being used to inform the current licensing proceeding for ORPC's proposed Cobscook Bay Tidal Energy Pilot Project, which would be located in Cobscook Bay off of the coast of Eastport, Maine. The proposed Cobscook Bay Tidal Energy Pilot Project would consist of five turbine generator units, each similar to the Beta TidGen™ Power System pictured here, that would be mounted to the seafloor with a total rated capacity of 300 kilowatts.

Photo provided by [REDACTED]

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FERC Joins Federal Government's 'Plain Language' Efforts



FERC has joined the rest of the federal government in trying to present materials in plain, clear language understandable to all Americans, a requirement of the Plain Writing Act of 2010.

The Plain Writing Act requires federal agencies to write "clear Government communication that the public can understand and use." President Obama also emphasized the importance of establishing "a system of transparency, public participation, and collaboration" in his January 21, 2009, Memorandum on Transparency and Open Government.

The Act exempts FERC rules and orders from the requirement; the FERC efforts to employ plain language will focus mostly on materials set for posting on FERC.gov.

FERC filed an initial report on July 13, outlining efforts the Commission is taking to fully comply with the new law by the October 2011 deadline. Among those actions are:

- Briefings for all senior staff members on the law and its requirements;
- Training for employees; and
- Reviews of all materials on the FERC.gov website to ensure they are easily understandable by the public.

You can find out more about FERC's Plain Writing Act efforts [here](#).

If you have any questions, contact Mary O'Driscoll or Diane Bernier in OEA.

Smart Hire Update

FERC took a major step toward streamlining the job application process when it successfully launched its Smart Hire system in March 2011. The new system makes it faster and easier for employees and external applicants to apply for positions at FERC.

Under the new system, all FERC positions, including SES and SL positions, are posted on USAjobs.gov and all applicants (including current FERC employees) must submit online applications to be considered for each position. Hardcopy, email and fax applications no longer will be considered. Applicants must apply and attach all required supporting documentation, for instance, form SF-50 showing tenure, DD-214 and transcripts

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prior to the closing of each job announcement.

The improved hiring process supports the President's Hiring Reform directive. Under the new system, applicants must submit online resumes, which either are uploaded documents or are created using the online resume builder tool, and answer several structured self-assessment questions. GS and SL applicants no longer need to complete the time-consuming narrative essay questions as part of the initial application. Instead, all relevant knowledge and experience should be incorporated into the resume. The new online application process will greatly reduce the time it takes to apply for GS and SL positions at FERC while also providing automatic email updates about application status.

The Human Resources Division (HRD) will conduct additional information sessions in the future. Please see the HRD Frequently Asked Questions (FAQs) intranet page to

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learn more or
email
AskHR@ferc.gov .



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Testimony



Chairman Wellinghoff and Commissioner Moeller testified before the House Energy and Commerce Oversight Subcommittee on July 7 to discuss how independent agencies within the Committee's jurisdiction have responded to Executive Order 13563, "Improving Regulation and Regulatory Review," issued by President Barack Obama on January 18, 2011. In addition to FERC, the Consumer Product Safety Commission (CPSC), the Federal Communications Commission (FCC) and the Federal Trade Commission (FTC) participated in the hearing.

Town Hall



Chairman Wellinghoff participated in a panel discussion on developments in demand response practices and trends over the past year on July 13 at the 2011 National Town Meeting on Demand Response and Smart Grid in Washington, D.C. Commissioner Lafleur also spoke at the meeting.

Photo taken by [REDACTED]



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Arrivals

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DEPARTURES

May 24 –July 13: ARRIVALS

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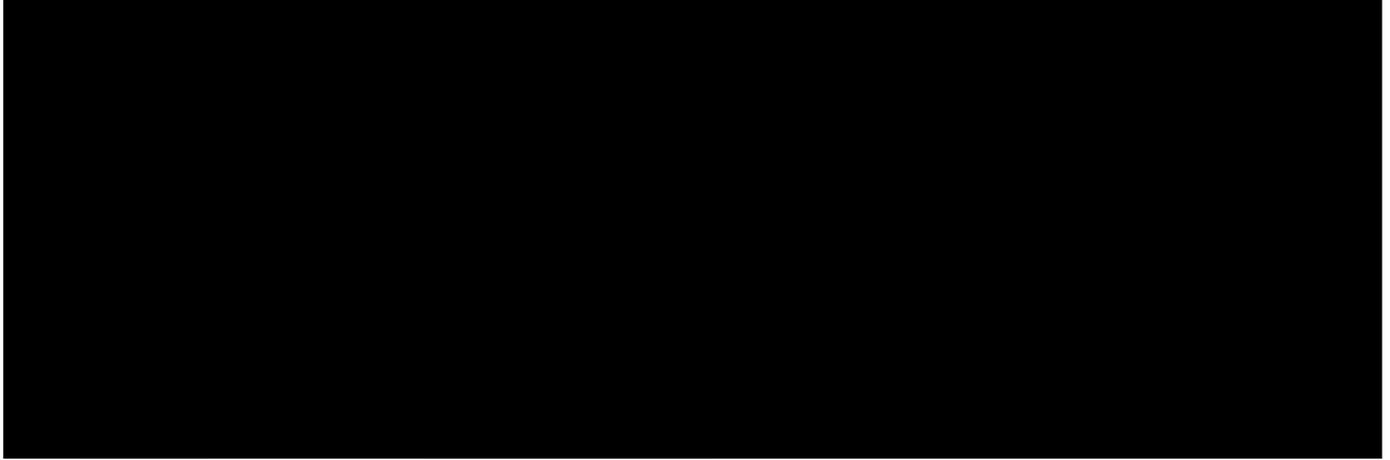
May 24 –July 13: DEPARTURES



FERC Insider

September 2011

Volume 18, No 8



Welcome to the September edition of the FERC Insider.

In this Issue: News from the 1100 building, FERC North • FERC and NERC issue Task Force Report • The Combined Federal Campaign 2011 • Chairman Wellinghoff rings closing bell at NYSE • Discover features on FERCNet • Commissioner Moeller welcomes delegation • Smart Board training



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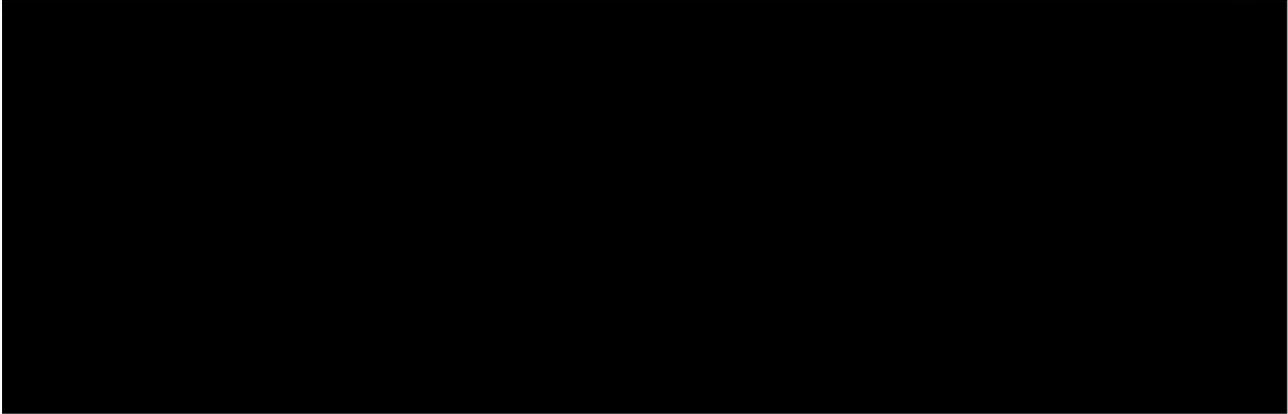
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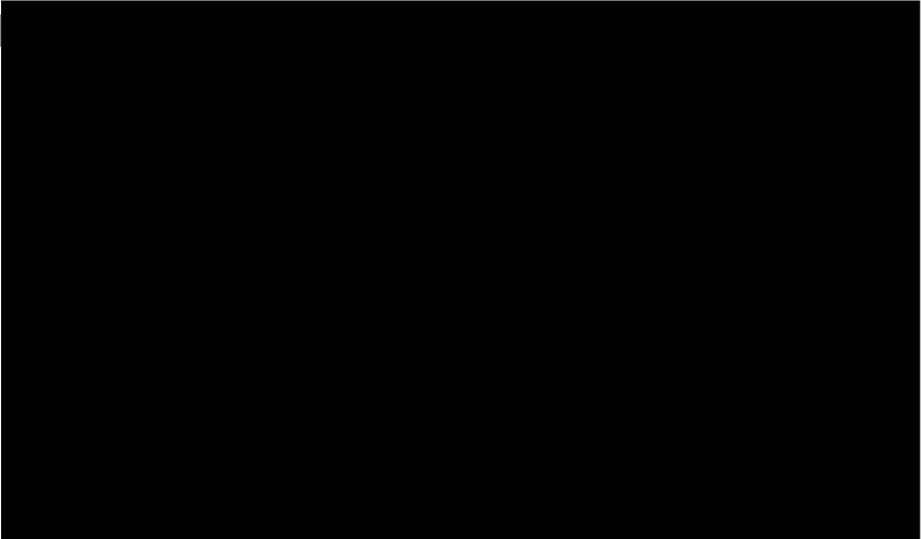
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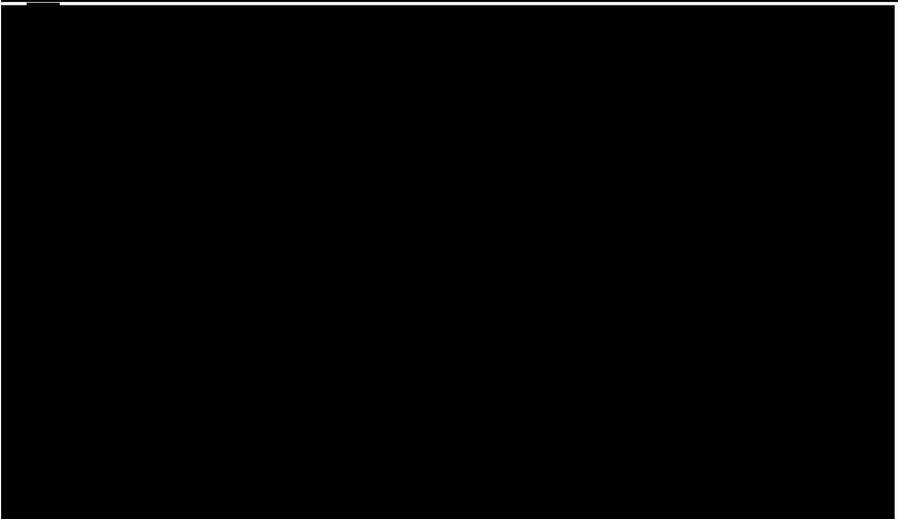
News from 'FERC North'

Story written by [redacted]

After being the sole tenant at 1100 First St. NE for more than a year, FERC Staff working there appreciate the recent boom in development of the surrounding community. There are now numerous cafés and restaurants in the fast-growing NOMA neighborhood just up First Street, such as Potbelly's, Roti, and Five Guys, as well as the Harris Teeter grocery store and CVS pharmacy. Staff in the Office of Administrative Litigation offer these friendly tips for visiting the area north of FERC headquarters. If the lunch shops or Harris Teeter deli offerings don't appeal, legal intern Colin Hughes recommends the nearby hot dog stand. For only \$4, you can get two hot dogs, chips, and a drink! According to Colin, hot dogs are best topped with relish, onions, and jalapeños.



If you would rather exercise during lunch, the grassy lot next to the 1100 building makes a convenient bocce court. [redacted] OAL Director, offers a lunch time "bocce break" once a week, weather permitting. Bocce is an easy and fun game that everybody can play. If you see a game going on, come over and throw a few balls! For more information about bocce ball,



At the end of the day, [redacted], a financial analyst in OAL, advises catching the metro at

Members of OAL pictured above include:

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visit www.bocce.com. Bocce could be the next Olympic sport, so start training now!

the New York Avenue stop. It is less crowded than Union Station, and there is a better chance of getting a seat on the train. Over the past year, there have been many developments in and near the new OAL building. Other tenants will be moving in with us late this year, including several floors of Veterans Administration employees. The Archstone apartment building is well along and our landlord plans to build a second office building to match 1100. We hope this growth will bring a café to our building soon! So stay tuned for the next edition of News from the New Building!



FERC and NERC Release Task Force Report on Southwest Outages

FERC and North American Electric Reliability Corporation (NERC) released a staff report on August 16 making recommendations to help prevent a recurrence of rolling blackouts and natural gas curtailments experienced by customers in the Southwest during extreme cold weather the first week of February 2011.



Top Photo: OE's [redacted] thanked FERC staff for their efforts in preparing the report. "This was a team effort. My deepest gratitude to everyone."

Report on FERC.gov 

Concluding a six-month inquiry, the task force found a majority of the electric outages and gas shortages were due to weather-related causes. Although generators and gas producers reported having winterization procedures and practices in place, responses were generally reactive in their approach to winterization and preparedness.

"The task force has identified several proactive steps that can be taken by state regulators, electric generators and natural gas suppliers in the Southwest to improve the reliability of energy supply for customers during extreme cold weather," FERC Chairman Jon Wellinghoff said. "We urge them to carefully consider those recommendations and to work together to implement them before another cold weather event hits the region."

"This joint report demonstrates the high priority both NERC and FERC place on reliability," said Gerry Cauley, president and chief



In other recommendations, the report said:

- Generation owners and operators should ensure adequate construction, maintenance and inspection of freeze protection elements such as insulation, heat tracing and wind breaks.
- Reliability coordinators and balancing authorities should require generators to provide accurate data about the temperature limits of units so they know whether they can rely on those units during extreme weather.

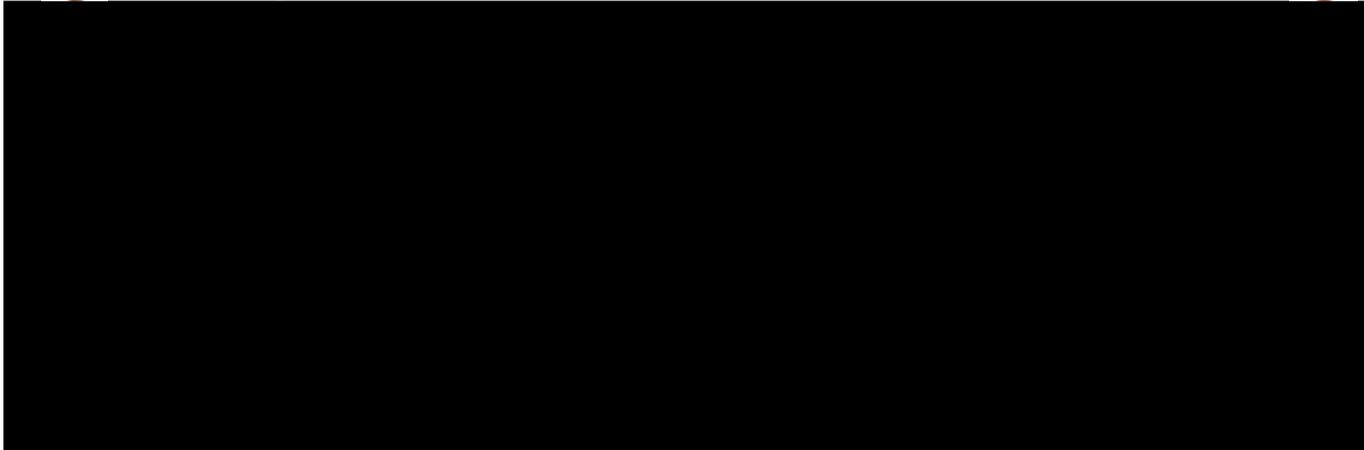
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executive officer at NERC. “By combining technical resources and partnering, this report provides a comprehensive analysis and identifies a strong set of recommendations for the industry to use to better prepare in the future.”

Despite the importance of winterizing plants, the task force found that no state, regional or NERC standards required generators to do so. The report recommends that states in the Southwest examine whether to require winterization plans, and NERC plans to work with industry to develop changes to NERC Reliability Standards to properly address winterization needs.

The task force attributed most of the natural gas shortages and outages to prolonged freezing weather that resulted in dramatically reduced supply and unprecedented high demand. Interstate and intrastate pipelines showed flexibility in meeting demand and compensating for supply shortfalls, it said, but additional storage capacity in Arizona and New Mexico might have prevented many of the outages. Most electric outages were caused by weather-related mechanical problems such as frozen sensing lines, equipment, water lines and valves.

- Balancing authorities should review the distribution of reserves to ensure that they are useable and deliverable during contingencies.
- State lawmakers and regulators in Texas and New Mexico, working with industry, should determine if weather-related production shortages can be mitigated through the adoption of minimum winterization standards for natural gas production and processing facilities.



FERC's CFC team:

Not pictured are

Golden Jubilee of Combined Federal Campaign 50 Years of Caring: 1961- 2011

2011 Campaign Timeframe:
September 1st through December 15th

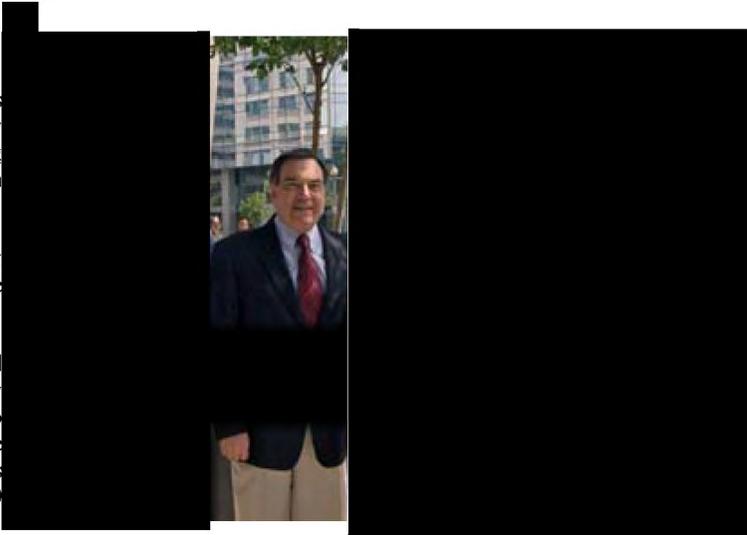
This fall the Combined Federal Campaign (CFC) celebrates its Golden Jubilee Year (1961-2011). Over the last half century CFC has evolved into the world's largest workplace giving program. Nearly \$7 billion has been raised since President John F. Kennedy initiated the CFC in 1961.

FERC will celebrate its 2011 campaign kickoff event on October 13 at 10:30 a.m. in the Commission Meeting Room with the Gonzaga Boys Choir as the featured entertainment.

CFC National Capital Area (CFCNCA) is the recognized campaign vehicle for Federal employees with an official duty station in the greater Washington, D.C. Metropolitan Area, also known as National Capital Area. CFCNCA is the largest in scope and raises more money than any of the other 200 CFC campaigns nationwide. Since 2002 CFCNCA has raised a staggering \$480 million.

CFCNCA is the only sanctioned giving program for the National Capital Area's 350,000 military, civilian, and postal employees. In 2010, nearly 133,000 military, civilian, and postal employees pledged more than \$67 million. This fabulous sum benefited more than 4,000 charities.

Members of the FERC Community can feel justly proud of the dollars we raise and of our levels of participation. Every year the Commission increases and exceeds its campaign dollar goal over the year before. Our participation levels are the envy of our peers. Our performance places the FERC in the front ranks of all government agencies and departments in the National Capital Area.



Pictured above: CFC Campaign Manager [redacted], Chairman Jon Wellinghoff, CFC Loaned Executive [redacted], and Executive Director [redacted].

INTRODUCING LEIGH TROCINE

[redacted] is FERC's Combined Federal Campaign (CFC) Loaned Executive for the 2011 CFC campaign. She was a Loaned Executive during the 2010 CFC campaign, vetted local charity applications for the 2011 CFC campaign's Catalog of Caring, and is excited about this experience in working with FERC on its upcoming CFC campaign.

[redacted] comes to us from the U.S. Nuclear Regulatory Commission (NRC) in Rockville, Maryland. She started her 27-year career with the NRC in the Region II Office in Atlanta, Georgia, where she worked as an Enforcement Specialist on the Enforcement and Investigation Coordination Staff and then as a Regional Inspector/Project Engineer in the Division of Reactor Projects. [redacted] is

Redacted Pursuant to FOIA Exemption 6.

FERC 2010 donations exceeded 2009 donations by an impressive 4 percent. Thus, FERC was one of the few government agencies to earn the prestigious Summit Award for surpassing its prior year's campaign receipts by at least 2 percent. In these difficult economic times, our achievement is something of which we here at the FERC can be justifiably proud.

In fact, the Commission's 2010 CFC raised the most money in our agency's history. Members of the FERC Community contributed a staggering \$442,688, or 128 percent over our dollar goal of \$345,000. Among FERC staff, 814 contributed, giving us a 60.9 percent rate of participation -- nearly twice the U.S. Government average. Commission Eagle and Double Eagle level donations regularly run at two and half to three times the average nationwide. Eagle level donors pledge 1 percent of one's annual salary. Double Eagle level donations are 2 percent of one's annual salary. This year's dollar goal is \$355,000, \$10,000 over last year's goal.

Chairman Jon Wellinghoff served as Honorary Chair of the successful 2010 CFC. At President Obama's personal request, Chairman Wellinghoff will reprise this important role for the 2011 campaign. In addition, the Commission's new Executive Director Chuck Schneider has graciously agreed to serve as Vice Chair of the 2011 drive. We all welcome Chuck to the CFC Team.

OGC attorney [REDACTED], a 33 year Commission veteran, will serve as Campaign Manager for an unprecedented eighth consecutive year. This record will likely stand for years to come. Some Commission veterans may recall that in 2008 Edward was selected as the Star of Year, an honor given to the single best Campaign Manager in the entire National Capital Area.

currently an Executive Technical Assistant in the Technical Corporate and Correspondence Management portion of the Office of the Executive Director for Operations (OEDO).

The 2011 Campaign Committee welcomes back the participation of virtually the entire team roster of 2010 CFC Committee. Edward would like to personally thank the following returning committee members: [REDACTED]

In addition, many veteran office captains and key workers have expressed a willingness to help out again. A particular hallmark of the Commission's annual CFC is the high number of dedicated repeat volunteers. Every single Commission office plays an important role in the success of our effort. The entire team succeeds together.

We plan to host a stellar kickoff, followed by weekly events, culminating in a charity fair finale. Last year 23 diverse and representative CFC causes presented at our weekly CFC events. Chairman Wellinghoff and our other Commissioners will once again take turns hosting a weekly event.

All Commission staffers are invited to recommend causes from the Catalogue of Caring. This year's Catalogue of Caring holds more than 4,000 worthy causes. As in past years we hope to welcome back all-time favorite causes and to meet new ones.

Once again we intend to offer fun door prizes for attendees who must be present to win. Door prizes have been donated by our Childcare Development Center (coffee mugs, cookbooks, T-shirts), FERC Fitness Center (T-shirts), CFC Headquarters (campaign water jugs and pocket calculators for those with deep pockets), and Sunrise Café all you can eat free lunches (up to a maximum of \$7). Some of our invited guest causes have also generously donated fun door prizes. Finally, Chairman Wellinghoff and Commissioner Moeller have once again generously agreed to donate to a lucky winner one free lunch with no \$7 price cap.

The 2011 Combined Federal Campaign will begin soon. Be on the lookout for announcements of the kickoff and of the weekly events. We at the Commission follow in the footsteps of our impressive past successes. Let us all try to make the 2011 Golden Jubilee CFC the best ever!

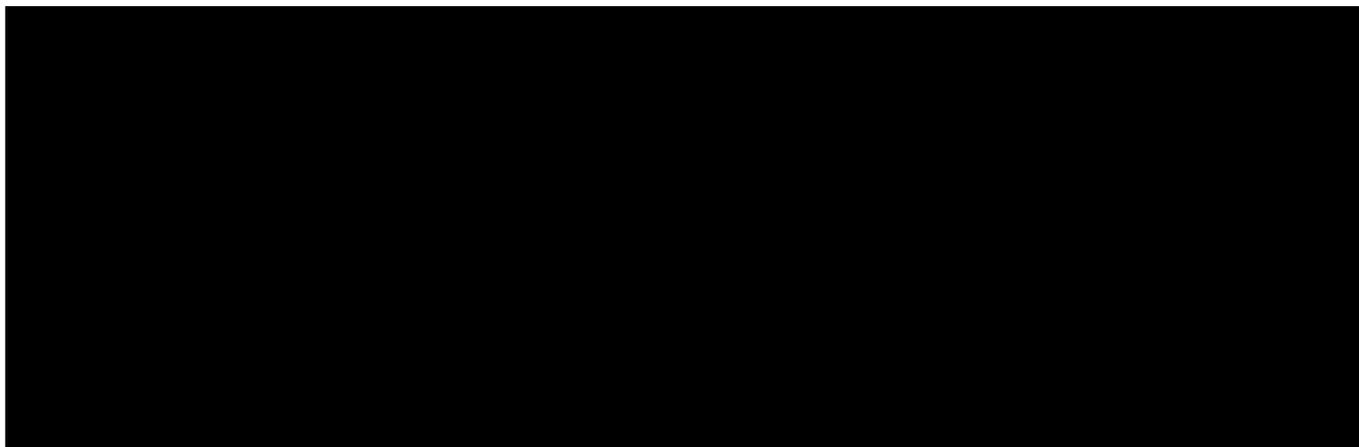


September 2011

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Which feature on FERCNet do use the most?



““The Employee Express page.””

— [redacted], OED

“The dam safety area on OEP’s site.”

— [redacted], OEP

“The Leave Forms.”

— [redacted], OED

“eLibrary.”

— [redacted], OEP

FERCNet: Give it a try!

FERCNet is an important tool for employees at FERC headquarters and the regional offices. As we all know, everyone has links they often go to on FERCNet. Here are some highlights of what you will find on FERCNet: daily news clips; individual sites for all FERC offices; virtual agenda; FERC electronic phonebook; FERC’s strategic plan; online energy publications and databases; online legal resources; IT training information; HR forms and information; Employee Express Page; Emergency phone numbers; and lots more.



Chairman Jon Wellinghoff rang the closing bell at the New York Stock Exchange (NYSE) on July 26.

Chairman Wellinghoff was in New York City to meet with business and media groups, including The New York Times, to discuss Order No. 1000, the Commission's new rule on transmission planning and cost allocation.

Photo provided by NYSE staff photographer.

FERC Insider



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Healthy LifeStyles

Overcoming Your Fears and Anxiety

Increased anxiety levels occur during various times in our life, but there are ways to reduce the stress and retain normalcy.

Anxiety can be a feeling of apprehension, dread or fear over a real or imagined threat to your well-being. Some amount of anxiety at times is normal and helpful. For example, mild anxiety prompts many people to complete assigned tasks or practice speeches. Feelings of anxiety can also alert you when danger is present. However, when anxiety is brought on by a traumatic event or constant fear of an unknown event, it can become overwhelming and may get in the way of your daily life. Below are some helpful tips to assist you in overcoming anxious feelings.



Redacted Pursuant to FOIA Exemption 6.

- Maintain control over those things that you can. For example, if you walk for exercise, continue to walk.
- Limit your television news viewing. Tragic things feed news coverage, but you don't have to subject yourself or your family to repeated doses of it. Tune in for occasional updates, but limit your exposure if it adds to your anxiety or that of your family members.
- If it makes you feel better to keep family members close by, then do so. Being cautious about personal safety is good. But try not to overreact.
- and doing something nice for someone else can improve our own frame of mind.

Redacted Pursuant to FOIA Exemption 6.

- Volunteer. Contact area schools, hospitals or volunteer groups to ask how you can help. Taking action to be part of something positive is a very constructive way to reduce your anxiety.
- Talk to someone. If you start to feel overwhelmed by your emotions, talk with a friend, family member, doctor, religious advisor or mental health professional.
- Resources are available. For further information and support you may wish to contact your Employee Assistance Program at ext. 8118.

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A Time to Remember...

It is difficult to believe that so much time has passed. It seems like yesterday since we heard those first unbelievable reports that a plane at 8:46 A.M. crashed into one of the two World Trade Center Towers in New York City, followed by another plane into the other tower, another plane into the Pentagon and a fourth and final plane at 10:03 A.M. into a field in Shanksville, PA. Even if only subconsciously, for the last decade, the end of summer has meant one thing to not only New Yorkers, but to the rest of the nation: the anniversary of September 11, 2001 was around the corner.

Hard to believe, but this year marks the 10th anniversary of the terrorist attacks, and the nation has not forgotten. The National September 11 Memorial in New York City is a tribute of remembrance and honor to the nearly 3,000 people killed in the terrorist attacks of September 11, 2001 at the World Trade Center site, the Pentagon and near



Shanksville, PA. The memorials are made up of two reflecting pools featuring the largest manmade waterfalls in the continent that sit within the footprints of where the Twin Towers once stood. Furthermore, the names of every person who died are inscribed into bronze panels edging the pools. The memorial itself captures a sense of loss and renewal and perhaps a sad, powerful reminder of the largest loss of life resulting in foreign attack on American soil and the greatest single loss of rescue personnel in American history. These memorials as well as others are about not only individual losses, but also a communal loss as a whole that we experienced as a Nation. This is, A TIME TO REMEMBER...

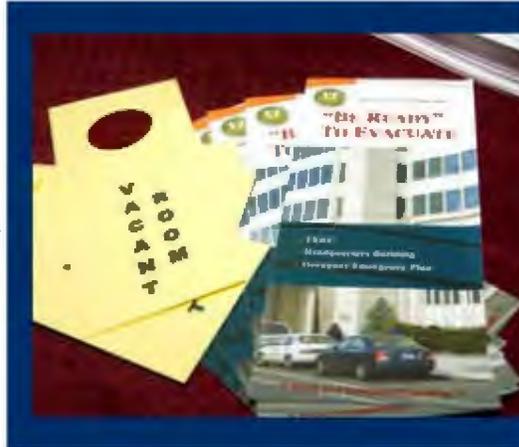
A Time to Prepare...

September is National Preparedness Month. September 2011 will mark the eighth year for the DHS/FEMA Ready Campaign and Citizen Corps to sponsor National Preparedness Month. National Preparedness Month is designed to encourage Americans to work together to take concrete actions toward emergency preparedness across the country in homes, schools, businesses, and communities to highlight the importance of individual and community public emergency preparedness throughout September.

Redacted Pursuant to FOIA Exemption 6.

Some of the things you can do to prepare for the unexpected, such as making an emergency supply kit and developing a family communication plan, are the same for both natural and man-made emergencies. However, there are important differences among potential emergencies that will impact the decisions you make and the actions you take. Learn more about the potential emergencies that could happen where you live and the appropriate way to respond to them. In addition, learn about the emergency plans that have been established in your area by your state and local governments.

In an effort to promote Federal workplace preparedness in the National Capital Region (NCR), the Federal Emergency Management Agency (FEMA) Office of the National Capital Region Coordination (NCRC) is sponsoring its fourth annual National Preparedness Month Road Show. The goal of this road show is to raise awareness about local community preparedness by providing emergency readiness information from DC and localities in Virginia and Maryland.

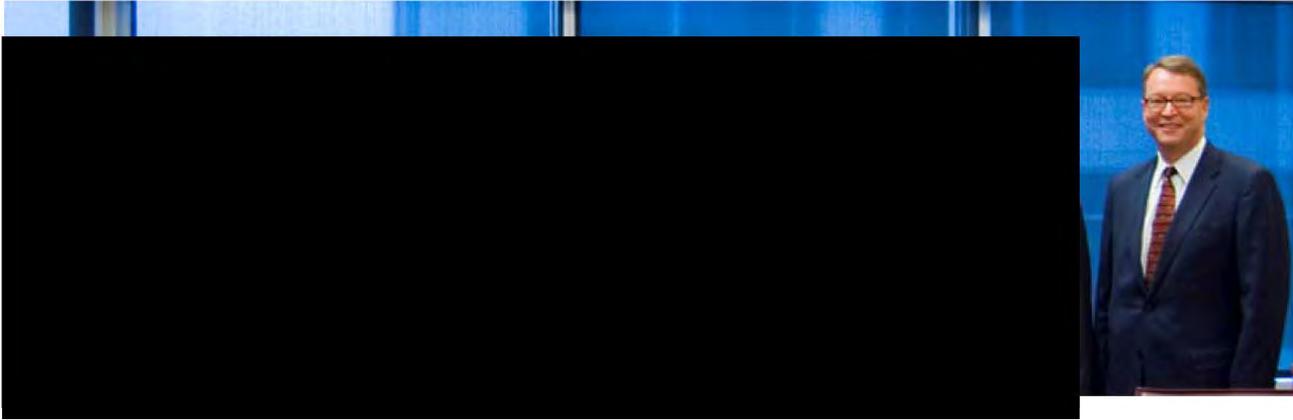


The National Preparedness Month Road Show will be set up at the FERC on Thursday, September 29, 2010 from 9AM – 1PM in the West Lobby. Please plan to attend.



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Commissioner Moeller met with the Central Electricity Regulatory Commission (CERC) of India on August 29 at FERC headquarters. Members of the CERC delegation included: [REDACTED], Chairperson; [REDACTED], Member; [REDACTED], Joint Chief; Shri [REDACTED], Deputy Chief; [REDACTED], Senior Advisor; Soonee, Chief Executive Officer, Power System Operation Corporation Ltd.; and [REDACTED] Chief Manager, National Load Despatch Center.



GREENER FERC TIP

Plastic water bottles continue to be a huge environmental problem. Nearly 90 percent of water bottles are not recycled and wind up in landfills where it takes thousands of years for the plastic to decompose. Additionally, bottles end up in lakes, rivers and oceans harming sea life. In 2008, Americans were consuming the equivalent of 115 liters of water each, from single serving bottles, and spent approximately \$10 billion to do so. Those numbers have only increased. Approximately 1.5 million barrels of oil—enough to run 100,000 cars for a whole year—are used to make plastic water bottles, while transporting these bottles burns even more oil. Studies show that bottled water is not safer or better to consume. It is only more convenient. So choose to refill a reusable aluminum bottle to save money, reduce carbon emissions and minimize the waste ending up in our landfills and bodies of water.

Online Sources: [AboutMyPlanet](#) and [Treehugger](#)

FERC Insider



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SMART Boards™ are now available to everyone at the FERC!

SMART training for business and government

Make every meeting count. SMART products make collaboration a visual and interactive experience. IT Training is now offering “Open House” opportunities for you to learn how to:

- Create digital ink on top of an existing presentation, news article or simply notes you have captured that you wish to share with others.
- Save, close, reopen and print the digital ink mark ups/edits you have applied while using the SMART Board.
- Input data directly into an application during your presentation. SMART Boards are perfect for enhancing your meetings by writing notes in digital ink, saving them into your files and sharing them instantly via e-mail.

For more information or to schedule SMART Board training, please contact: IT Support @ x8183.

Did you know?

You have an application on your computer called Activity Tracking Management System (ATMS) that will let you.....

- Look up Dockets by content information
- View team members working on a case and see the progress of a case
- Bookmark searches resulting in one click the next time your run a search Interface with eLibrary and Virtual Agenda via ATMS

For more information or to schedule ATMS training, Contact: [REDACTED] @ ext. 8411



July 2011

Volume 18, No 7

Arrivals & DEPARTURES

July 14 – September 6: ARRIVALS

Commissioner
Norris's Office

OED OER OEMR OEP OGC OEPI OALJ

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July 14 – September 6: DEPARTURES

Chairman
Wellinghoff's
Office

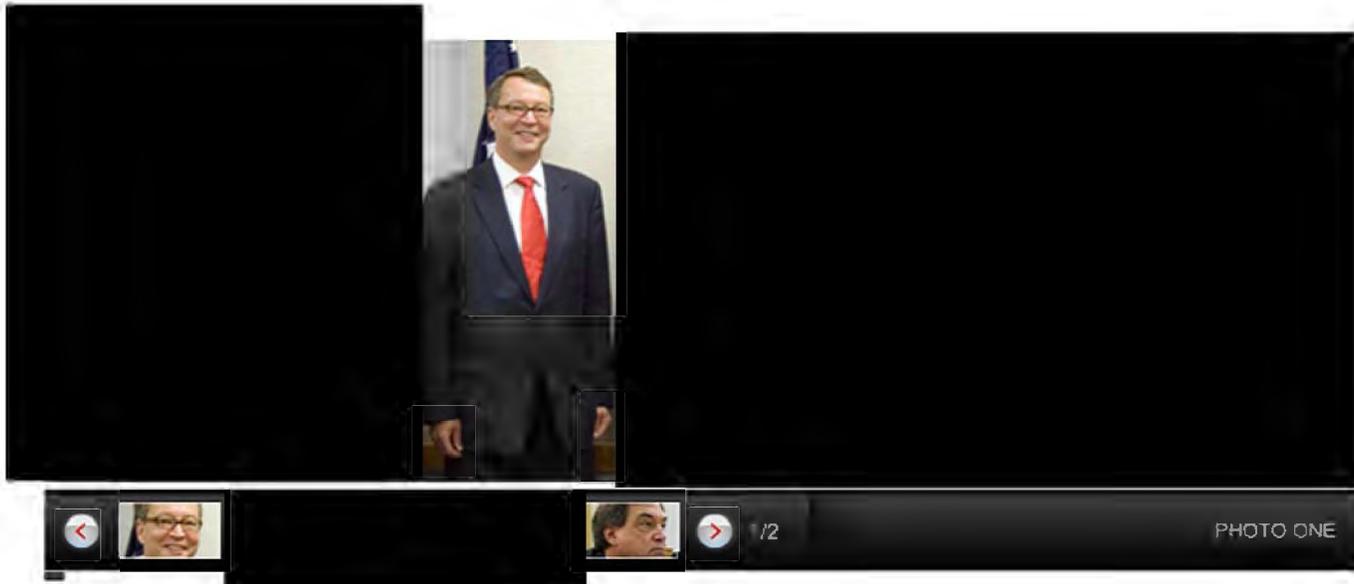
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FERC Insider

October 2011

Volume 18, No 9



Welcome to the October edition of the FERC Insider.

In this Issue: FERC signs MOU with India • Commissioner Spitzer attends Ruby Pipeline event • FERC approves first hydro project since signing MOU with Colorado • Commission testifies on the Hill • Hispanic Heritage Month celebrated • FERC softball team has winning season

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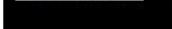
To Print: To print the Insider, go to the print function on your computer. You must print each page individually since the Insider is a web-based publication.

To View: Maximize your screen and eliminate the sidebar if you use one to ensure best web page display.



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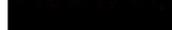
EDITORIAL



WEB DESIGN



PHOTOGRAPHY



The Insider at FERC (a.k.a FERC Insider) is the online newsletter by and for FERC's employees and is not intended for external sale or distribution. It is written and published monthly except in August and December under the auspices of the Office of External Affairs, [REDACTED] Director. All photos are the property of FERC and may not be reproduced without permission.

If you have story ideas please email the editor, [REDACTED] of the Media Relations Division, OEA.

Feedback to FERC Insider

REGULAR FEATURES

- Healthy Lifestyles**
- Hot Topics**
- What's My Line?**
- Arrivals And Departures**
- Safety & Security**
- IT Corner**

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Commissioner Moeller and [redacted], center, are pictured with FERC staffers [redacted] with PNGRB.

FERC Signs MOU with India

Commissioner Philip Moeller and Shri L. Mansingh, Chairperson of the Petroleum & Natural Gas Regulatory Board (PNGRB) in India, signed a Memorandum of Understanding (MOU) on September 20 to promote the mutual exchange of information in the oil and natural gas areas.

“It is critical that we engage in dialogue and the sharing of best practices with our fellow regulators in the world’s largest democracy,” Commissioner Moeller commented.

The MOU recognizes that the development of effective domestic legal and regulatory structures is essential to market integrity, consumer protection and investment



Redacted Pursuant to FOIA Exemption 6.

promotion.

Memorandum of
Understanding
(MOU).



, OEP's  haney and OGC's  played key roles in the issuance of the Meeker Hydro Project order.

FERC Approves First Hydroelectric Project in Colorado under Small Hydro Agreement

On September 14, FERC approved the construction of a hydroelectric project in Colorado, the first issued since FERC and the state of Colorado signed an agreement last year to simplify procedures for the development of small-scale hydropower projects. As a result of the streamlined procedures, the approval of this project was completed in two months.

The Meeker Wenschhof hydroelectric project, to be located on an existing irrigation pipeline near the town of Meeker in Rio Blanco County, would consist of a powerhouse containing one generating unit with an installed capacity of 23 kilowatts and an average annual generation of 100,000 kilowatt hours.

In signing the memorandum of understanding (MOU) with Colorado in August 2010, FERC said it had seen rising interest among entities seeking to develop small, low-impact hydropower projects. Federal surveys have identified several hundred potential small hydropower projects of smaller than 5 megawatts (MW) in Colorado with a combined capacity of more than 1,400 MW. These projects have the potential to make a significant contribution to meeting Colorado's energy needs while helping to satisfy Colorado's new Renewable Energy Standard and create related business opportunities.

"Small hydro is a renewable resource that has tremendous potential," FERC Chairman Jon Wellinghoff said. "FERC and Colorado have shown their commitment to moving these projects forward knowing that, ultimately, it will benefit consumers and help create jobs. It's a win-win for



The MOU signed by FERC and Colorado agreed to the following:

- Colorado will develop a pilot program to test options for simplifying and streamlining procedures for authorizing conduit exemptions and small 5MW or less exemption projects while ensuring environmental safeguards;
- Colorado and FERC will identify a single point of contact for implementation of the pilot program;
- Both parties will hold quarterly teleconferences to discuss the development and implementation of the pilot program;
- Both parties will share and make

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everyone.”

“Staff is to be commended for their tremendous efforts in finalizing this order in record time,” OEP Director Jeff Wright added. “This is an example of how true teamwork can pay off both inside the FERC and with outside parties. I would like to thank staff for its hard work and dedication.”

News Release | Order

publicly available all relevant economic, environmental, and technical data;

- FERC will waive certain consultation requirements when all relevant resources agencies agree to do so.





CFC 2011

Commissioner Spitzer Speaks



FERC CFC campaign manager [redacted] meets with Chairman Wellinghoff and Executive Director [redacted] to discuss this year's campaign. The campaign kicks off at FERC on Oct. 13 in the Commission Meeting Room with a performance by the Gonzaga Boys Choir.



FERC Commissioner Marc Spitzer delivers remarks at the Ruby Pipeline Project ribbon-cutting, held September 2 in the historic Malin, Ore., city park, prior to a facility tour at the nearby Tule Lake Meter Station. Interconnections at that facility mark the terminus of the 682.7-mile, 42-inch diameter, natural gas transmission pipeline. From the meter station, gas moves to consumption markets via interconnecting lateral pipelines.

Photo courtesy El Paso Corporation/Douglas Barnes Photography, Salt Lake City

Save the Date: FERC's Child Development Center will host its Annual Harvest Parade on Thursday, Oct. 27 at 10:00. The parade is part of this year's CFC events.



Hispanic Heritage Month: "Many Backgrounds, Many Stories, One American Spirit"



FERC celebrated Hispanic Heritage Month with a standing room-only event featuring guest speaker Isaac Hernandez, Director of IT Operations at the Commission.

A special guest at the event was Commissioner LaFleur, who commented on the tremendous diversity and contributions the Hispanic American community has given to American culture.

The Office of Reliability (OER) hosted this year's event, with [REDACTED], Deputy Director of OER, serving as Master of Ceremonies. [REDACTED], a Deputy Division Director in OER, introduced [REDACTED].



[REDACTED] kept the crowd entertained as he highlighted the tremendous contributions of many famous Hispanic Americans, including Supreme Court Justice [REDACTED] actor [REDACTED].

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musician [REDACTED] and
baseball player [REDACTED]
[REDACTED], to name just a few.

[REDACTED] also spoke of his family
and, in particular, his father,
[REDACTED]. He talked
about his father's passion for
life and how he was liked by
everyone.

“Enjoy your life and live your
life,” Isaac said in closing,
noting that his father lived this
way and had a wonderful and
fulfilling life.

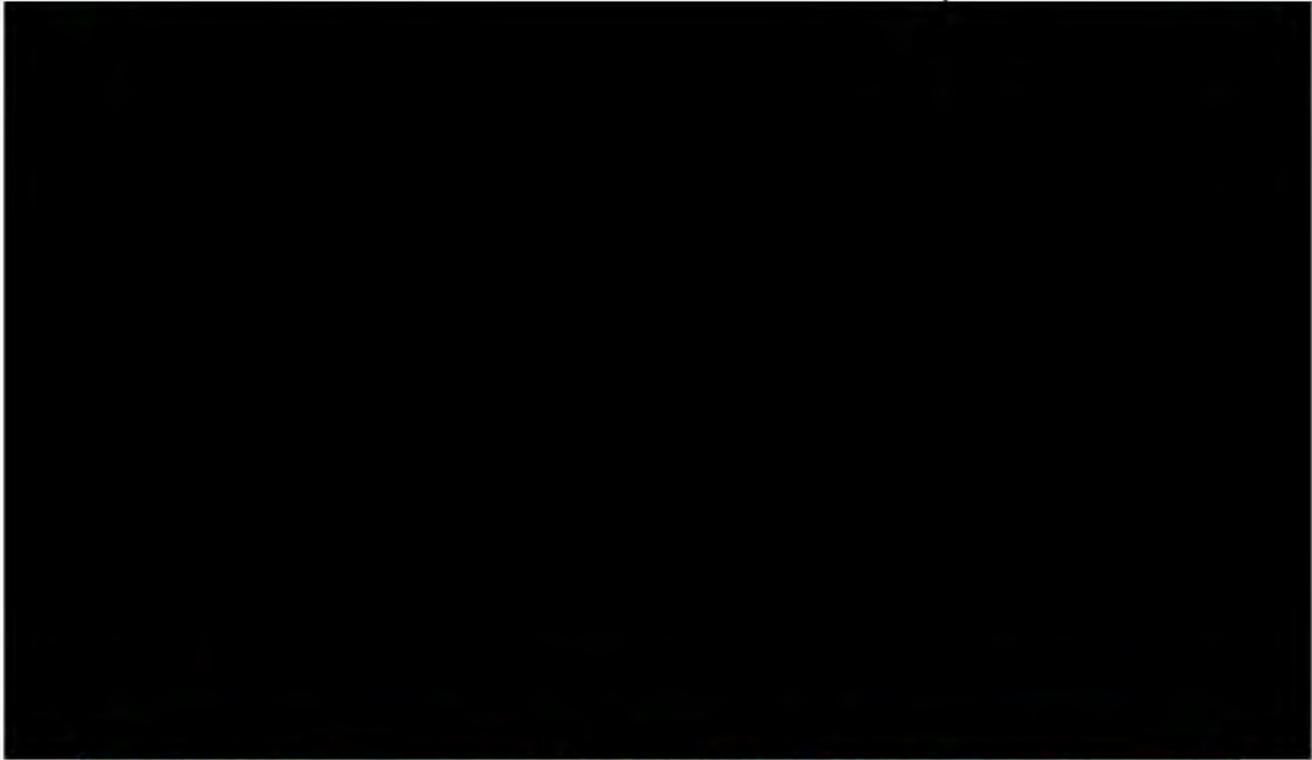
FERC Insider



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FERCULES S O F T B A L L

First Row (L-R): [Redacted]

Middle Row (L-R): [Redacted] and [Redacted]

Back Row (L-R): [Redacted]

Not pictured: [Redacted]

FERCULES, FERC's softball team, recently had its season and quest to repeat as D.C. Think Tank Softball League Champions end prematurely.

FERCULES cruised to an 8-1 regular season record and added a win in the first round of the playoffs. Unfortunately, the team suffered a 16-8 loss to the American Enterprise Institute in the second round.

This year was the second season that FERCULES participated in the co-ed softball league, which includes 38 teams comprised from think tanks, non-profit organizations, private firms and

Redacted Pursuant to FOIA Exemption 6.

government agencies. FERCULES played a mixed schedule of league and non-league games, approximately once a week, from late April through early September.

Anyone interested in playing next season may contact team captains





What is your favorite weekend activity?



“Going to Greenville, North Carolina to see my grandkids.”

— [Redacted] OALJ

“Basketball.”

— [Redacted] OALJ

““Spending time with my family.””

— [Redacted]

“Cycling and yoga.”

— [Redacted] OALJ



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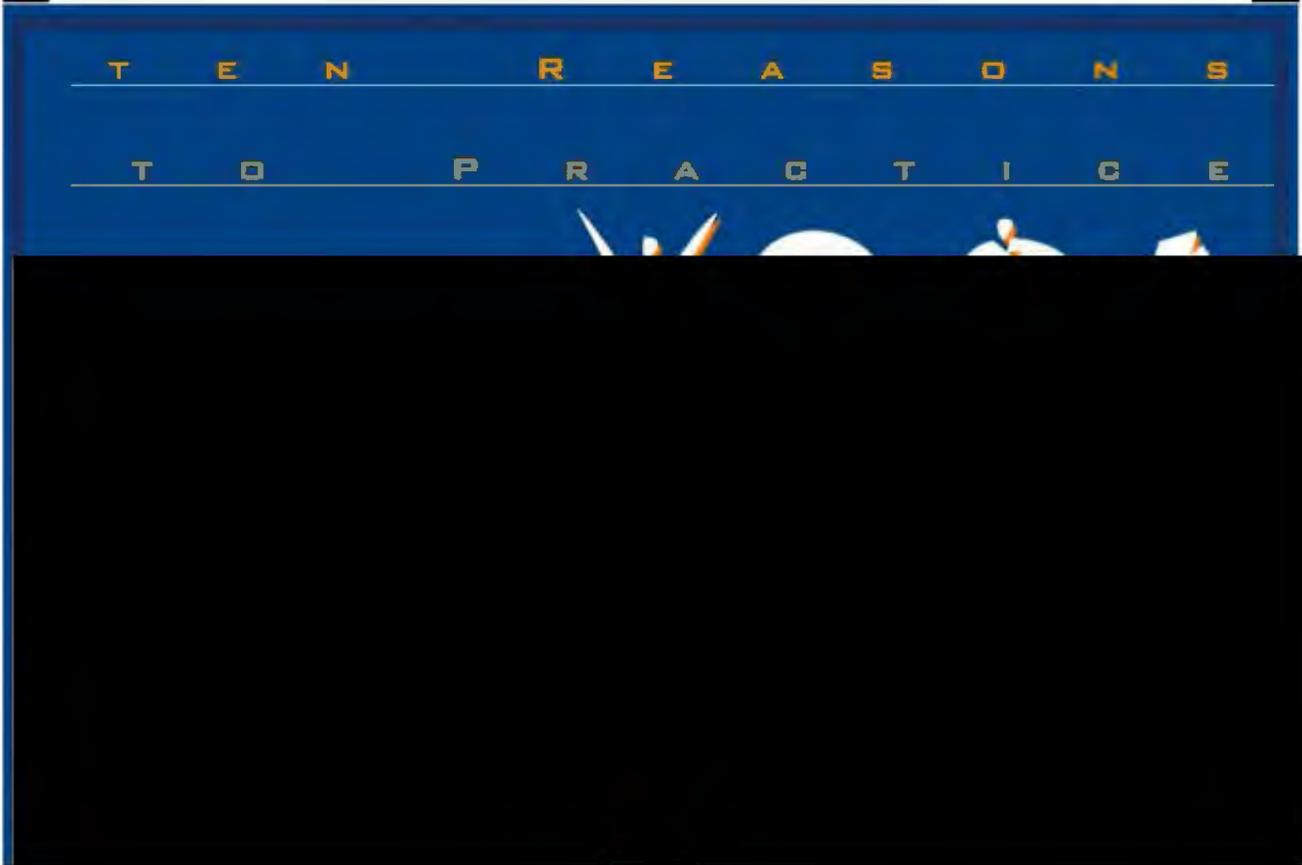
Chairman Wellinghoff and Commissioners Moeller, Spitzer, Norris and LaFleur testified on Sept. 14 before the House Subcommittee on Energy and Power of the Committee on Energy and Commerce to discuss the impacts of the Environmental Protection Agency's new and proposed power sector regulations on electric reliability.

View testimony presented at the hearing by the Chairman and Commissioners on FERC.gov.

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1. STRESS RELIEF: Yoga reduces the physical effects of stress on the body. By encouraging relaxation, yoga helps to lower the levels of the stress hormone cortisol. Related benefits include lowering blood pressure and heart rate, improving digestion and boosting the immune system as well as easing symptoms of conditions such as anxiety, depression, fatigue, asthma and insomnia.

2. PAIN RELIEF: Yoga can ease pain. Studies have demonstrated that practicing yoga asanas (postures), meditation or a combination of the two, reduced pain for people with conditions such as cancer, multiple sclerosis, auto-immune diseases and hypertension as well as arthritis, back and neck pain, and other chronic conditions. Some practitioners report that even emotional pain can be eased through the practice of yoga.

3. BETTER BREATHING: Yoga teaches people to take slower, deeper breaths. This helps to improve lung function, trigger the body's relaxation response and increase the amount of oxygen available to the body.

4. FLEXIBILITY: Yoga helps to improve

6. WEIGHT MANAGEMENT: Yoga (even less vigorous styles) can aid weight control efforts by reducing the cortisol levels as well as by burning excess calories and reducing stress. Yoga also encourages healthy eating habits and provides a heightened sense of well-being and self-esteem.

7. IMPROVED CIRCULATION: Yoga helps to improve circulation and, as a result of various poses, more efficiently moves oxygenated blood to the body's cells.

8. CARDIOVASCULAR CONDITIONING: Even gentle yoga practice can provide cardiovascular benefits by lowering resting heart rate, increasing endurance and improving oxygen uptake during exercise.

9. FOCUS ON THE PRESENT: Yoga helps us to focus on the present, to become more aware and to help create mind-body health. It opens the way to improved concentration, coordination, reaction time and memory.

10. INNER PEACE: The meditative aspects of yoga help many to reach a deeper, more

Redacted Pursuant to FOIA Exemption 6.

flexibility and mobility, increasing range of movement and reducing aches and pains. Many people can't touch their toes during their first yoga class. Gradually they begin to use the correct muscles. Over time, the ligaments, tendons and muscles lengthen, increasing elasticity, making more poses possible. Yoga also helps to improve body alignment resulting in better posture and helping to relieve back, neck, joint and muscle problems.

5. INCREASED STRENGTH: Yoga asanas (postures) use every muscle in the body, helping to increase strength literally from head to toe. And, while these postures strengthen the body, they also provide an additional benefit of helping to relieve muscular tension.

spiritual and more satisfying place in their lives. Many who begin to practice for other reasons have reported this to be a key reason that yoga has become an essential part of their daily lives.



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This year marked the fifth year that FERC has actively participated in the National Emergency Preparedness Day as part of National Preparedness Month sponsored by the Department of Homeland Security and the "Ready" Campaign. We had a great turnout and we were able to give away a lot of our handouts. There are more of the handouts available and will be stored in Room 1D, the Badge and ID Office for future dissemination. In addition, we were successful in signing up an additional 30 employees on the FERC Alert Network, which is FERC's all-purpose communication tool on emergencies, OPM closings, etc.

As it stands now, we have approximately 400 FERC employees who have not registered in the FERC Alert system. If you are one of the 400 please contact SAS at x6829 or the IT Support Center at x8163.

Thanks again, and here's to your Safety. Remember "Take the Energy

Redacted Pursuant to FOIA Exemption 6.

to Prepare.”

FERC Insider



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Hey “Do It Yourself-ers!”

No matter what model personal printer you use, changing the toner cartridge is actually very quick and easy. By following these easy steps, you can replace you own toner cartridge:

1. Get a new printer cartridge from the FERC Paperclips, Etc. Store.
2. . Remove the toner cartridge from its packagin
3. Gently pull the old cartridge out of the printer and dispose of it or recycle it.
4. Place the new cartridge into the printer. Follow the diagram and instructions on the information posted on the lid of the printer for more detailed directions.
5. Print a test page to make sure the cartridge has been installed properly.

Congratulations! You are now an expert when it comes to replacing a FERC Toner Cartridge.

Of course, IT Support is always available for any assistance you may need. But these simple steps will give you the freedom to make this repair quickly and easily on your own.

For a personal demonstration on the replacement toner, please contact: IT Support @ x8163.



Is FERC open due to snow? Is there an emergency at FERC that I should know about? You can have the answers to these questions and more by following FERC on [Twitter](#) and [Facebook](#).



Most people don't think about what's in school supplies when they are making their annual back to school purchases. We obtain the school's list and go on our way to get the children ready.

According to [REDACTED], co-founder and president of the EcoMall, “Petroleum oil, a non-renewable resource, is used in the manufacture of chemicals and plastic commonly found in most

Redacted Pursuant to FOIA Exemption 6.

school supplies. This is a perfect time to read packaging and make some eco-friendly decisions, whether it's purchasing recycled paper products, refillable versus disposable pens, vegetable based paints, etc.

[Get more great earth-friendly back-to-school ideas here.](#)



October 2011

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Arrivals & DEPARTURES

September 7 – October 4: ARRIVALS

OEA OED OE OEMR OEP OGC OEPI OALJ



September 7 – October 4: DEPARTURES

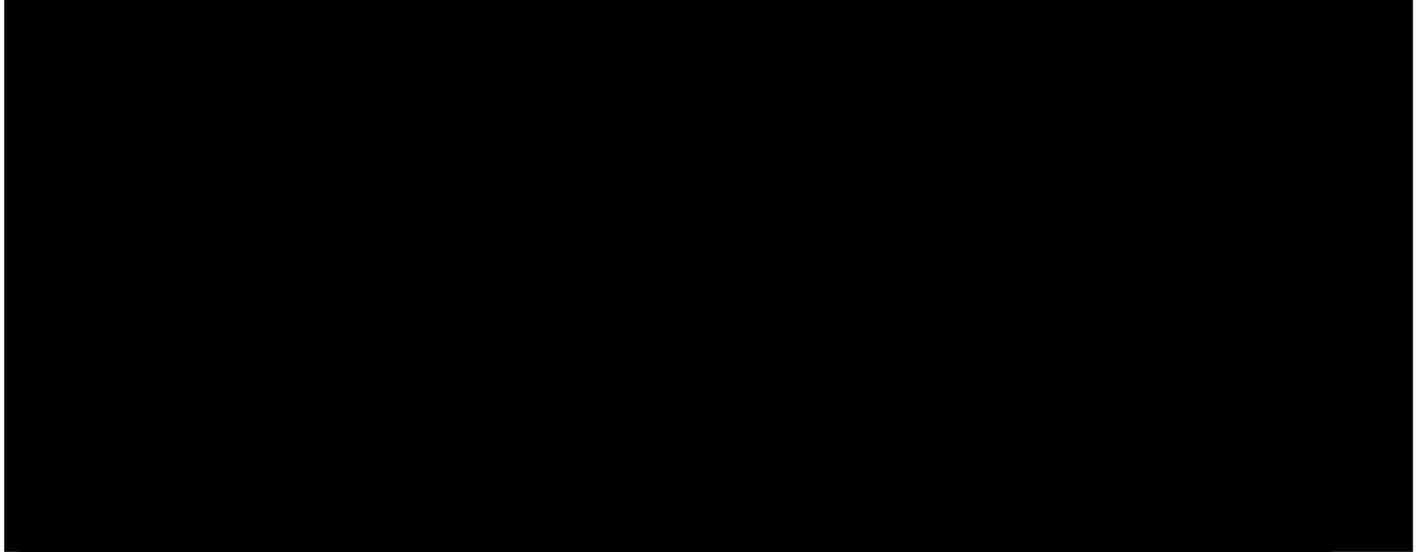
OEA OED OE OEMR OEP OGC OEPI OALJ





November-December
2011

Volume 18, No 10



Welcome to the November-December edition of the FERC Insider.

In this Issue: FERC kicks off 2011 CFC Campaign; Meet Advisors to the Commissioners; Chairman Wellinghoff testifies on the Hill; FERC hosts two events on Disability Awareness Month; OEP's Jeff Wright testifies before the Senate on LNG matters; Chairman Wellinghoff signs MOU with National Energy Administration of the People's Republic of China.



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display.

EDITORIAL

WEB DESIGN

PHOTOGRAPHY

The Insider at FERC (a.k.a FERC Insider) is the online newsletter by and for FERC's employees and is not intended for external sale or distribution. It is written and published monthly except in August and December under the auspices of the Office of External Affairs, Leonard [REDACTED]. All photos are the property of FERC and may not be reproduced without permission.

If you have story ideas please email the editor, [REDACTED] of the Media Relations Division, OEA.

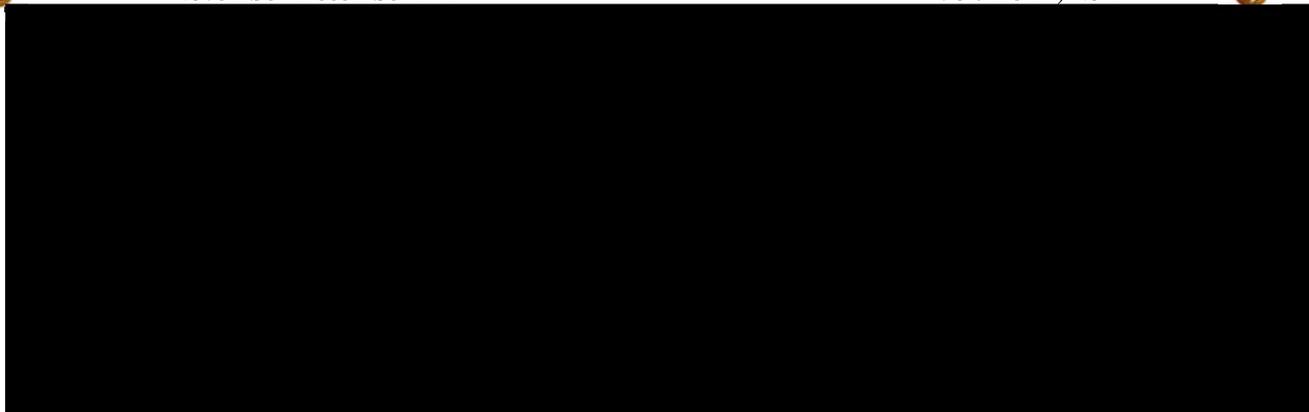
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REGULAR FEATURES

- Healthy Lifestyles**
- Hot Topics**
- Arrivals And Departures**
- IT Corner**
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Archives

FERCNet home



Pictured in the front row: [REDACTED] a, Associate Director, CFC National Capital Area; [REDACTED] FERC's CFC Loaned Executive; Commissioner Spitzer; and [REDACTED] Associate Director of the CFCNCA. In the back row are: [REDACTED] FERC's Executive Director; the [REDACTED] Planning, President of Gonzaga College High School; and [REDACTED] FERC's Campaign Manager.

Photo taken by [REDACTED]

FERC Kicks Off 2011 CFC Campaign: 50 Years of Giving

FERC kicked off its annual CFC campaign October 13 with high expectations and a target dollar goal of \$355,000. This year marks the Golden Jubilee for the CFC, which began in 1961.

[REDACTED], CFC Campaign Manager for FERC, served as emcee for the event.

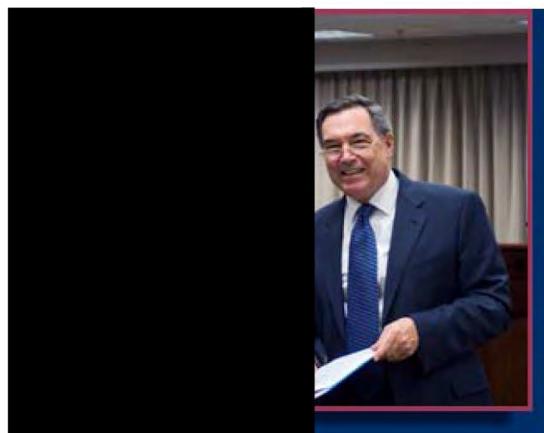
Commissioner Marc Spitzer welcomed employees and thanked them for their amazing generosity over the years.

[REDACTED] Associate Director, CFC for the National Capital Area, complimented FERC for its constant support and participation in the campaign. "You should feel so proud of yourselves," Mr. Francavilla said. "You are doing everything right." [REDACTED] presented the Commission with the e-giving award for leadership in successfully implementing electronic payroll deductions as part of the campaign.

Special guests at the event included FERC Commissioners Cheryl LaFleur, Philip Moeller and John Norris; Henry Rubin, Associate Director of the CFCNCA; [REDACTED] FERC's CFC Loaned Executive; and the Reverend Stephen Planning, President of Gonzaga College High School. Edward thanked the FERC key workers and captains as well as everyone involved in the campaign for their hard work and dedication.

The Gonzaga Chamber Choir, under the direction of [REDACTED] performed musical selections for the standing-room-only crowd.

FERC's CFC events this year will feature many charities including: FERC Child Development Center, Alliance to Save Energy, KIPP DC, Art for Humanity and the U.S. Green Building Council. The final CFC event will feature a charity fair with organizations suggested by FERC employees.



The Commission's 2010 CFC raised the most money in our agency's history. Members of the FERC Community contributed a staggering \$442,688, or 128 percent over our dollar goal of \$345,000. Among FERC staff, 814 contributed, giving us a 60.9 percent rate of participation – a number that is nearly twice the U.S. Government average. Commission Eagle and Double Eagle level donations regularly run at two and half to three times the average nationwide. Eagle level donors pledge 1 percent of one's annual salary. Double Eagle level donations are 2 percent of one's annual salary.

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.

Look through the CFC Gallery of Photos.

Redacted Pursuant to FOIA Exemption 6.

COMPASSION
OF INDIVIDUALS
POWER
OF COMMUNITY

**Tuesday
October 18
11:00 AM**
Hearing Room 1

Alliance to Save Energy
&
U.S.
Green Building Council

Hope is the Greatest Gift of All.



COMPASSION
OF INDIVIDUALS
POWER
OF COMMUNITY

**FERC Childcare
Development Center
Harvest Parade**
CFC# 44780

Thursday, January 21 11:00 AM Hearing Room 1

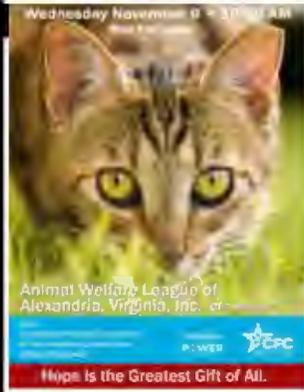
Hope is the Greatest Gift of All.



Wednesday November 10 11:00 AM
Hearing Room 1

Animal Welfare League of
Alexandria, Virginia, Inc. et

Hope is the Greatest Gift of All.



FERC Insider



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[Redacted], Secretary of FERC; [Redacted], Deputy Secretary of FERC; [Redacted], Branch Chief of the Disability Employment Program at the USDA Forest Service; Chairman Wellinghuiff; [Redacted] member of FERC's Special Emphasis Committee and [Redacted], FERC's EEO Counselor.

FERC Disability Month Programs

FERC held two special events in October focusing on National Disability Employment Awareness Month. The first featured a presentation by [Redacted] with the Disability Employment Program at USDA Forest Service. The second event featured Christopher J. Kuczynski, Assistant Legal Counsel and Director at ADA/GINA Policy Division at the U.S. Equal Employment Opportunity Commission (EEOC). The Office of the Secretary sponsored both events. The theme of this year's program was "Profit by Investing in Workers with Disabilities."



[Redacted] presents [Redacted] with a



[Redacted] engaged employees in his presentation asking them to think about what having a disability means to your everyday life.

Redacted Pursuant to FOIA Exemption 6.

certificate of appreciation for his participation in this year's program. [REDACTED] said, "A disability is something to be valued. The best person for a job may be a person with a disability."



FERC Insider



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Advisors to the Commissioners

Have you ever wondered how the Chairman and Commissioners keep on top of the many issues at FERC? The answer is simple: Advisors.

Select a Q&A below to meet an Advisor from each of the Commissioners' offices and learn a little bit about each of them.



Q&A: [redacted] with Chairman Wellinghoff

Q&A: [redacted] with Commissioner Moeller

Q&A: [redacted] with Commissioner LaFleur

Q&A: [redacted] with Commissioner Spitzer

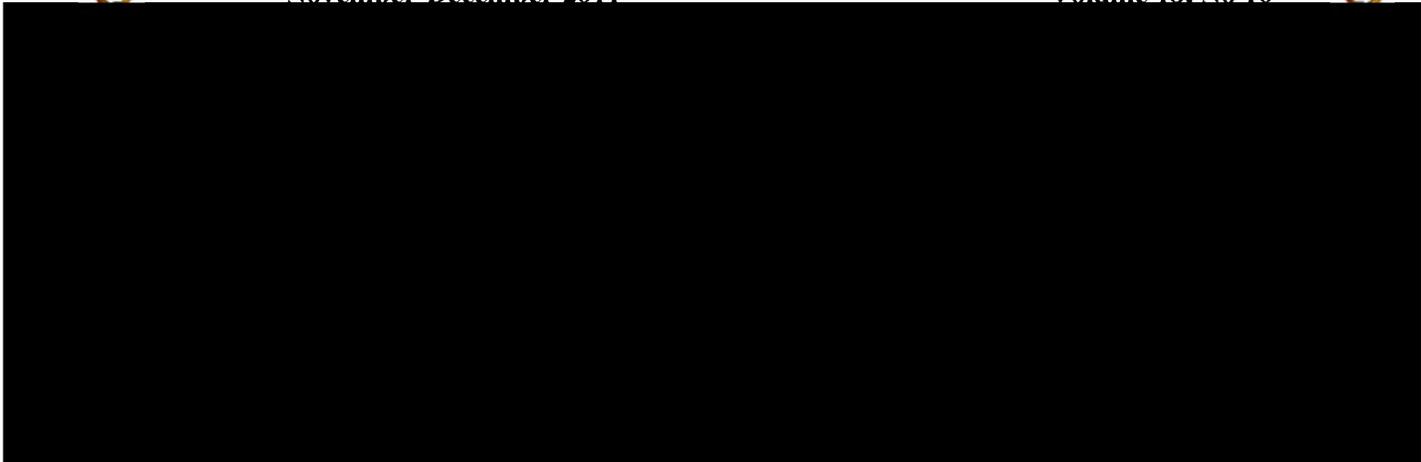
Q&A: [redacted] with Commissioner Norris





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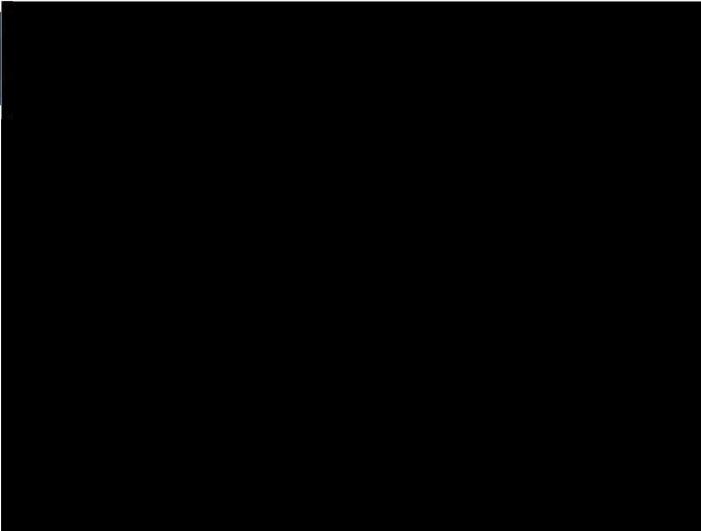


██████████ and ██████████ presenting in the Commission Open Meeting.

Staff Presents Winter Assessment

At the Commission's October 20 open meeting, staff presented the Winter Energy Assessment and shared observations about natural gas, electricity and other energy markets as we enter the winter.

According to the report, market conditions going into the winter are generally positive. Despite a 2.6% increase in natural gas demand this year, prices remain among the lowest in the past decade, due to continued production growth and new pipelines transporting gas from the producing areas to consumers. Gas-fired electric generation is benefiting from the lower gas prices, raising expectations for continued demand growth from this sector in the upcoming winter. As has been the case in past years, we can expect localized pipeline constraints in the Northeast during extreme cold weather periods, as growing gas power generation adds to peak gas demand for space heating.



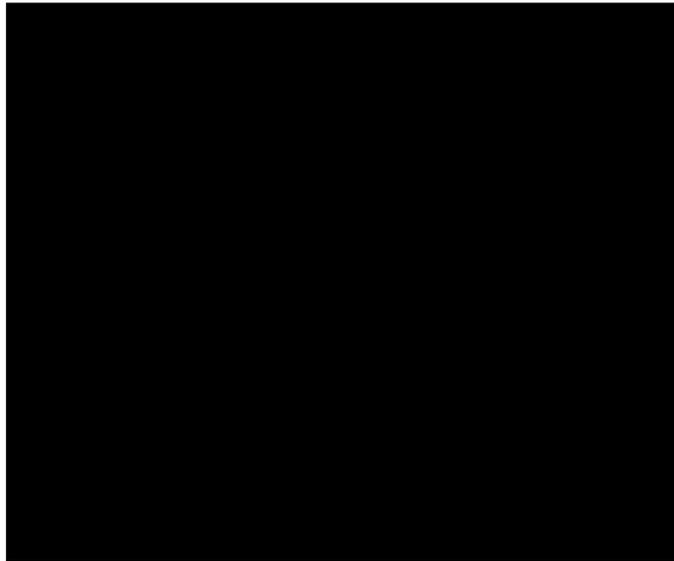
Winter 2011-12 Energy Market Assessment



Redacted Pursuant to FOIA Exemption 6.

Middle photo: Bob [REDACTED], OEPI, and [REDACTED], OGC, discuss the Commission's Final Rule on Frequency Regulation Compensation in the Organized Wholesale Power Market.

Bottom photo: OGC's [REDACTED], OEMR's [REDACTED], OEMR's [REDACTED], OGC's [REDACTED], OEMR's [REDACTED], and OER's [REDACTED] discuss the Midwest ISO's Multi-Value Project planning and cost allocation proposal and the Southwest Power Pool's Highway/Byway transmission cost allocation methodology.



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HOLIDAY SALE:
planned for mid-December, with White House ornaments, See's candies, jewelry, imported Polish pottery, and more.

Proceeds support the FERC Child Development Center (CFC# 44760). Thanks!

The 2011 ornament shown here honors Theodore Roosevelt. The front face of the ornament is a color illustration derived from a political cartoon published in 1901. We will be selling the ornaments for \$22 each.

Greener FERC Tip

As we enter into the fall/winter season, we should be thinking about what we can do to make our



Find more information
at
www.energystar.gov

home more energy efficient and lower our utility costs.

A few tips include:

1. Changing your air filter regularly (roughly every 3 months) A dirty filter will slow down air flow and make the system work harder to keep you warm or cool — wasting energy and adding to your utility costs.
2. Seal your heating and cooling ducts. You may not realize it, but a good amount of air is lost as it passes through the duct work. Seal the seams of your ducts with foil tape or mastic and you could make your unit run at least 20% more efficiently.
3. If you don't already have a programmable thermostat you may want to consider installing one. This will allow you to program when your heater (ac) should turn on, rather than automatically turning on and off throughout the day like it would do with an old non-programmable one. This could save you roughly \$180 annually.

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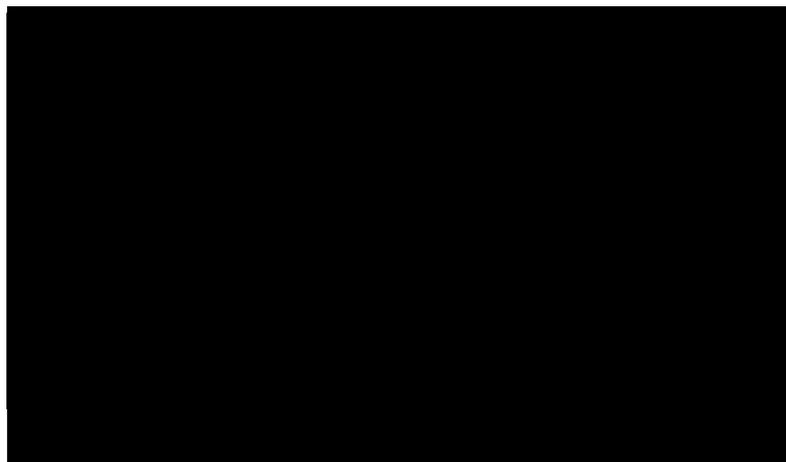


Chronic Obstructive

Pulmonary Disease

COPD is the fourth leading cause of death in the United States. The disease, which you may have heard by other names such as emphysema or chronic bronchitis, kills more than 120,000 Americans each year—that is one death every four minutes—and causes serious, long-term disability. COPD is a serious lung disease that over time makes it hard to breathe, and the number of people who suffer from it is rising. More than 12 million people are diagnosed with COPD, and another 12 million likely have the disease and don't even know it.

In people who have COPD, the airways—tubes that carry air in and out of your lungs—are partly blocked, making it



hard to get air in and out. Many people with COPD avoid activities that they used to enjoy because they become short of breath more easily.

Symptoms of COPD include:

- Constant coughing, sometimes called “smoker’s cough”
- Shortness of breath while doing activities you used to be able to do easily
- Excess sputum production
- Feeling like you can’t breathe
- Not being able to take a deep breath
- Wheezing

COPD develops slowly, and can worsen over time, so be sure to report any symptoms you might have to your doctor as soon as possible, no matter how mild they may seem. Most people who are at risk for getting COPD have never even heard of it and, in many cases, don’t even realize that the condition has a name. Some of the things that put you at risk for COPD include:

Smoking COPD most often occurs in people age 40 and over with a history of smoking (either current or former smokers), although as many as one out of six

There are many things people at risk for COPD can do:

Quit Smoking If you smoke, the best thing you can do to prevent more damage to your lungs is to quit. To help you quit, there are many online resources and several new aids available from your doctor. Visit www.smokefree.gov; www.lungusa.org; or call 1-800-QUIT NOW for more information.

Avoid Exposure to Pollutants Try to stay away from other things that could irritate your lungs, like dust and strong fumes. Stay indoors when the outside air quality is poor. You could also stay away from places where there might be cigarette smoke.

Visit Your Doctor on a Regular Basis See your doctor regularly even if you are feeling fine. Make a list of your breathing symptoms and think about any activities that you can no longer do because of shortness of breath. Be sure to bring a list of all the medicines you are taking to each doctor’s visit. Do your best to avoid crowds during flu season. It is also a good idea to get a flu shot every year, since flu can cause serious problems for people with COPD. You should also ask your doctor about the pneumonia vaccine.

Learn more, breathe better If you think you might be at risk for COPD, get a simple breathing test. Talk with your doctor about treatment options. You can take steps to make breathing easier and live a longer and more active life.



people with COPD never smoked. Smoking is the most common cause of COPD—it accounts for as many as nine out of 10 COPD-related deaths.

Environmental Exposure

COPD also can occur in people who have had long-term exposure to things that can irritate the lungs, such as certain chemicals, dust or fumes in the workplace. Heavy or long-term exposure to secondhand smoke or other air pollutants also may contribute to COPD.

Genetic Factors

In some people, COPD is caused by a genetic condition known as alpha-1 antitrypsin, or AAT, deficiency. While very few people know they have AAT deficiency, it is estimated that as many as 100,000 Americans have it. People with AAT deficiency can get COPD even if they have never smoked or had long-term exposure to harmful pollutants. Everyone at risk for COPD who has a cough, sputum production or shortness of breath, should be tested for the disease. The test for COPD is called spirometry.

Redacted Pursuant to FOIA Exemption 6.

Spirometry

Spirometry can detect COPD before symptoms become severe. It is a simple, non-invasive breathing test that measures the amount of air a person can blow out of the lungs (volume) and how fast he or she can blow it out (flow). Based on this test, your doctor can tell if you have COPD, and if so, how severe it is. The spirometry reading can help your doctor determine the best course of treatment.

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Above: Chairman Wellinghoff presents [REDACTED], Director of FERC's Dam Safety and Inspections Division in OEP, with an Exemplar of Public Service Award for his commitment to public service during his 37-year career in the federal government. Pictured, from left to right, are: [REDACTED], Acting Director of the Division of Dam Safety; OEP Director [REDACTED], Chairman Wellinghoff; and [REDACTED] Branch Chief in OEP's Division of Dam Safety and Inspections.

Chairman Visits China ...

Chairman Wellinghoff was in China in late October to sign a Memorandum of Understanding (MOU) with the National Energy Administration (NEA) of the People's Republic of China. This MOU identifies topics that the FERC and the NEA intend to focus on in their initial exchange of information.



Chairman Testifies ...

Chairman Wellinghoff testified before the House Energy and Commerce Committee Subcommittee on Energy and Power on October 13 to discuss the development of our Nation's electric transmission grid.

Testimony of the Chairman [PDF](#)



Topics may include: comparative features and applications of the extra high voltage transmission lines and lower voltage regional grids in both countries; integration of renewable energy sources into the electric grid and development of distributed energy sources, inclusive of renewable energy sources and the related policies and laws; smart grid development and grid regulation; efficient environmental dispatch and economic dispatch of electric power; regulatory process for the approval of electric power projects; electricity-related energy pricing, electricity markets and market monitoring; and electric power planning processes and procedures.

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Redefining the Meeting:

Video Teleconferencing, Voice Conferencing, and Web Collaboration

Video Teleconferencing

High-definition video teleconferencing allows for clear face-to-face meeting and the ability to share documents. FERC has the ability to add up to 40 participants using our Tandberg video system backbone. Tandberg Video teleconferencing is set up in the 3M conference rooms, all regional offices, 1100 1st St. In addition, three mobile carts are available at 888 1st St. To schedule a video teleconference call IT Support at 8163.



Smart Boards

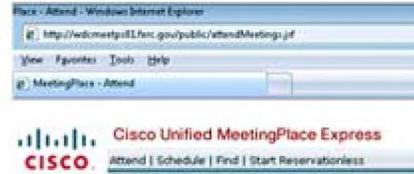
The Smartboard is built to deliver a precise and intuitive touch experience, stunning image quality and the flexibility to suit your collaboration needs. You can write with a pen or your finger and erase with your fist. You can touch the screen to open documents, launch applications and navigate the Internet. Two people can write, erase and manipulate objects simultaneously. All of our 3M Training rooms have been outfitted with



Smartboards, as well as 10 other conference rooms throughout the 888 1st St. building. Look for Smart Board training coming soon.

Cisco Meeting Place Express

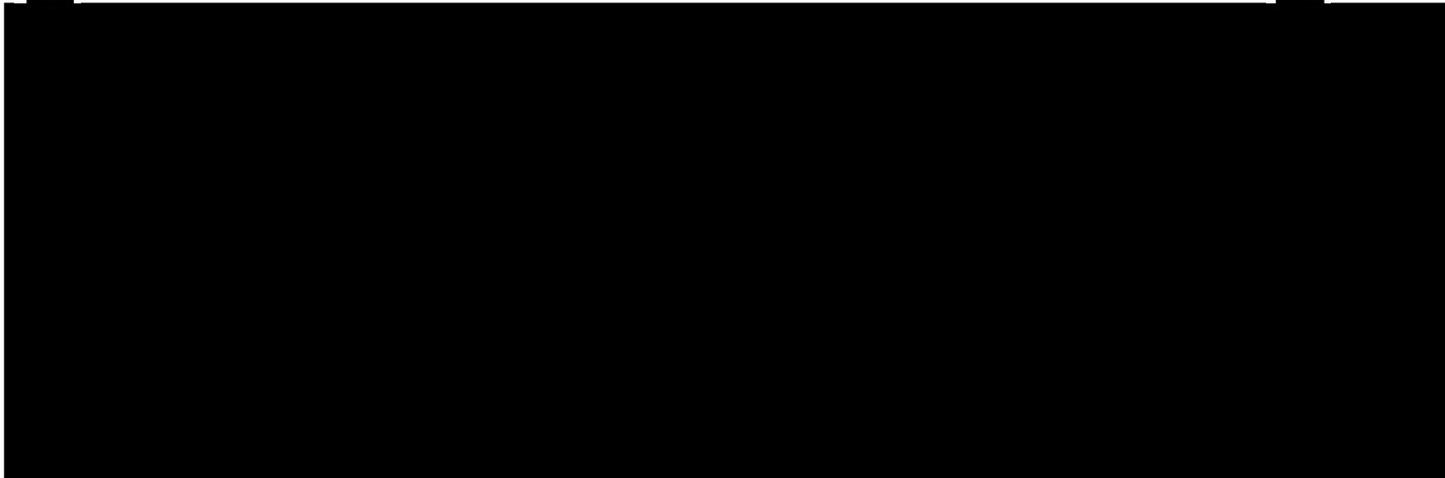
Sometimes a “meeting of the minds” requires only a voice call. FERC staff can now create their own voice conferences using Meeting Place Express. Voice calls can be set up for up to 120 participants and can be done from the comfort of your PC or Laptop. No need to call IT support for set up. Click [here](#) to take the Web course and learn how to create your own, or simply call IT support at 8163 for assistance.



Small voice conference “on the fly”

And let’s not forget, every Cisco desk phone is also a conferencing tool! You can create a conference call for up to six people at any time by using the conferencing feature on your phone. For more information, click [here](#) to view the tutorial or call IT Support at 8163 for assistance.





Jeff Wright Testifies ...

OEP Director [redacted] testified before the Senate Committee on Energy and Natural Resources on Nov. 8 to discuss market developments and the approval process for liquefied natural gas exports from the U.S.

Testimony [PDF](#)

Above photo: OEP Director [redacted] and [redacted], Deputy Assistant Secretary for Oil & Natural Gas, Office of Fossil Energy at DOE testify before the Senate Energy and Natural Resources Committee.



[redacted], formerly a personnel management specialist in the ED's Division of Human Resources, passed away on October 26.

[redacted] served in the Federal government for 34 years. She joined FERC in 1983, serving as a secretary to the HR director for two years, then as HR's administrative officer for four years before rising to the position of personnel management specialist in 1989. She served in that position until her retirement from FERC in December 2006.

As a personnel management specialist, [redacted] was involved in recruiting, staffing, benefits and retirement. When she was featured in the February

[redacted] some of whom still work here today. [redacted] was full of life and one of the best friends a person could have. She mentored so many people inside and outside of FERC. I am so fortunate that she helped bring me to FERC."

Prior to joining FERC, [redacted] served as a secretary in the budget office of the U.S. Army Corp of Engineers, from 1981 to 1983, and at DOE, from 1976 to 1981. She earlier worked for the Naval Ship Engineering Center.

[redacted] received a Bachelor of Arts degree from the University of Maryland in 1973 in elementary education and taught in the Baltimore public schools for a year after graduation.

Redacted Pursuant to FOIA Exemption 6.

2002 edition of the FERC Insider, [REDACTED] reminisced, "When I was the admin officer, I was in charge of a typing pool that brought in people who had passed the civil service test. They had six-month temporary appointments during which they had the opportunity to become permanent. In most cases, they became permanent employees. Many are still here and have careers in the administrative and IT areas."

[REDACTED], now the director of Administration and Operations staff within the ED's office, testifies to that latter statement. She said, [REDACTED] worked in Recruitment and Staffing for many years. As for the student program, she hired so many great people,

[REDACTED]

[REDACTED] is survived by her husband, Lawrence; children [REDACTED]; her mother, [REDACTED] and other family members and friends.

Contributions in [REDACTED] honor may be submitted to Hospice of the Chesapeake, 445 Defense Hwy; Annapolis, MD 21401.

The FERC Family extends its deepest condolences to [REDACTED] family and friends.



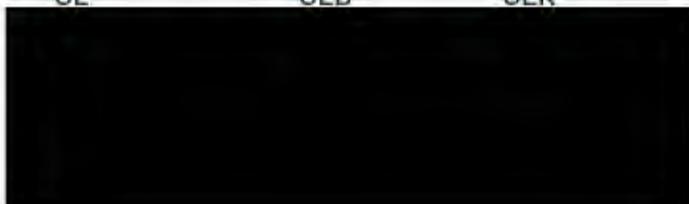
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Arrivals & DEPARTURES

October 5– November 14: ARRIVALS

OE OED OER



October 5– November 14: DEPARTURES

OE OED OER OGC OEP OEMR





January 2012

Volume 19, No 1



Welcome to the January 2012 edition of the FERC Insider.

In this Issue: New Year, New Digs for Print/Mail Services • Commission's 2011 CFC campaign best ever • FERC hosts Reliability Technical Conference • Wireless network comes to 888 • 2011 Holiday Photos



Navigation Tips: Select a thumbnail picture above and open the yellow i-button on right to navigate to the page, or, select from the regular feature links below.

To Print: To print the Insider, go to the print function on your computer. You must print each page individually since the Insider is a web-based publication.

To View: Maximize your screen and eliminate the sidebar if you use one to ensure best web page display.

EDITORIAL

The Insider at FERC (a.k.a FERC Insider) is the online

If you have story ideas please email the editor,

REGULAR FEATURES

Redacted Pursuant to FOIA Exemption 6.

WEB DESIGN
[REDACTED]

PHOTOGRAPHY
[REDACTED]

newsletter by and for FERC's employees and is not intended for external sale or distribution. It is written and published monthly except in August and December under the auspices of the Office of External Affairs, Leonard Tao, Director.

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[REDACTED] of the Media Relations Division, OEA.

Feedback to FERC Insider

Healthy Lifestyles
Hot Topics
Healthy Lifestyles
IT Corner
Safety & Security
Arrivals And Departures

Archives

FERCNet home

FERC Insider

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New Year, New Digs for Print/Mail Services

This New Year brings new efficiency and savings to FERC with the recent upgrade of its printing, publishing and mail service areas on the third floor of 888.

The remodel, in the works for two years, upgrades outdated printing and mail equipment to state-of-the-art, Energy Star-rated pieces. The upgrade will result in a significant cost savings to FERC and more timely and efficient services.

The entire space is now a secure area—a critical feature for keeping non-public FERC documents and mail items secure. A customer service reception area located near the east elevator bank on the third floor provides one-stop pickup for jobs.

"I can say with great certainty that FERC employees will get their jobs on time and likely earlier than anticipated," says [REDACTED] Publishing and Logistics Operations Manager. "That is a good feeling."

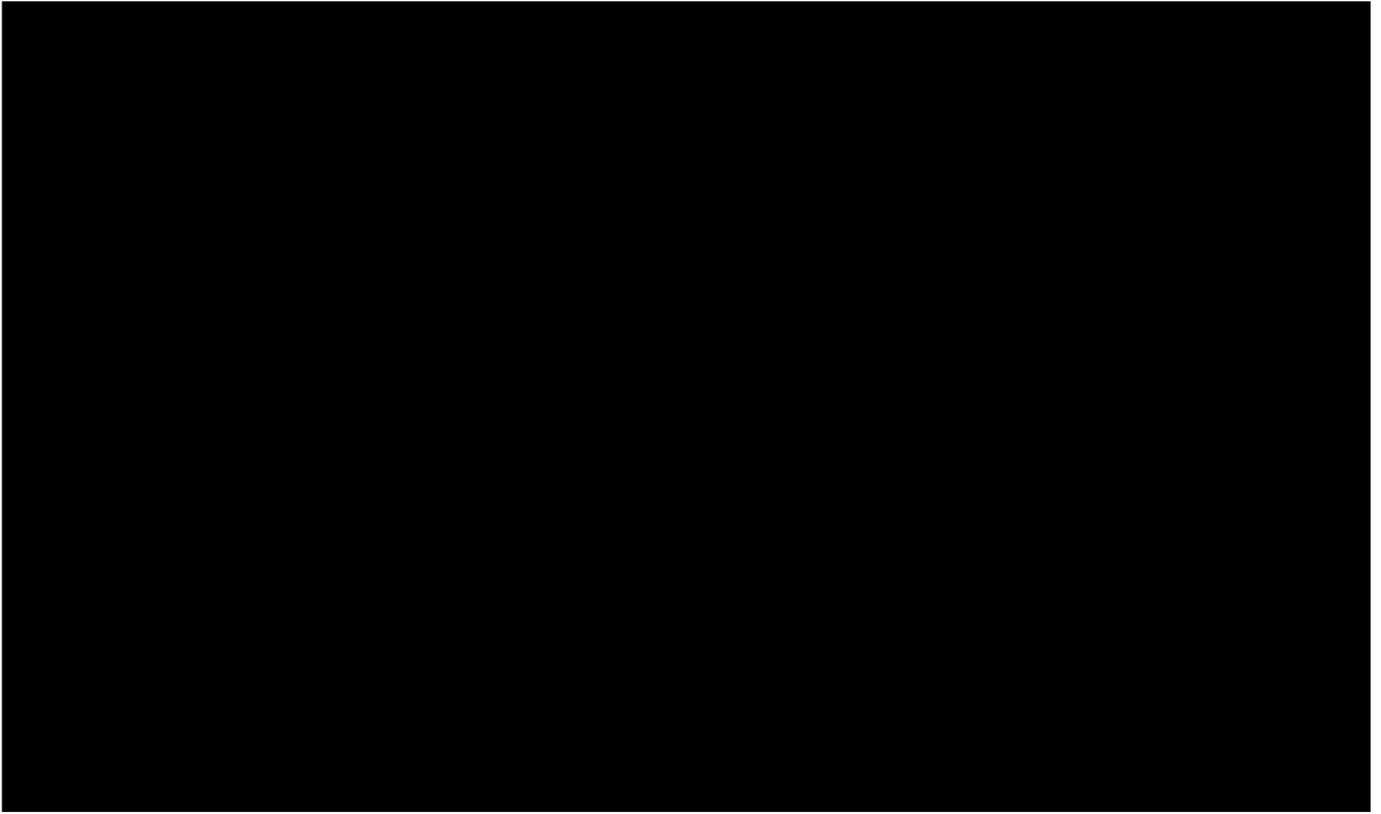
For example, it is expected that FERC will realize annual savings in postage due to the capabilities of the new copy equipment, which results in smaller documents being produced and, ultimately, mailed to the public. The smaller documents will require less postage. Another example of increased efficiency is in the area of metering mail. The old equipment could meter 500 pieces of mail in 10 minutes, while the new equipment meters 500 pieces of mail in one minute.

The new equipment will allow more documents to be printed in-house instead of being contracted out, again resulting in a cost savings to the agency.

Also included in this space are areas for the dispatch operators and the Department of Logistics Management (DLM) helpline. The consolidation of publishing services with logistics is new and will provide more efficient services to employees.

An open house is expected for all employees in the next few months.

Redacted Pursuant to FOIA Exemption 6.





COMMISSION'S 2011 CFC BEST EVER

FIRST AGENCY IN NATIONAL CAPITAL AREA TO SURPASS CAMPAIGN DOLLAR GOAL

COMMISSION'S PARTICIPATION RATE TWICE THAT OF OUR PEERS

FERC EARNED PRESTIGIOUS SUMMIT AWARD

The 2011 CFC proved the best in FERC history. Members of the FERC Community pledged more than \$459,504. The Commission 2011 CFC witnessed a record number of Eagle (137) and Double Eagle (26) pledges. In these particularly difficult economic times we all can take pride in our spirit of generosity to help others in need.

The Commission's 2011 campaign dollar goal sought to raise \$355,000. This sum was a 3% increase over the 2010 goal. This year Commission pledges totaled \$104,500 over our dollar goal or 129.4% over our dollar goal. The Commission was the first federal agency or government department to surpass its dollar goal.

At FERC, 812 members of our community participated in this year's fabulously successful drive. The Commission's 61% participation rate is more than double the participation rate of our peers in the National Capital Area. Officials at CFC Headquarters unequivocally consider the FERC as among their best



Following FERC tradition, each Commissioner sponsored a weekly event. In addition this year several office directors also lent a hand hosting a weekly event. Chief Judge [REDACTED], General Counsel [REDACTED], Secretary [REDACTED] and Executive Director [REDACTED] each sponsored a weekly event. This fun innovation proved so successful that office directors hosting weekly events will likely become a new FERC tradition.

Continuity and loyalty characterize the Commission's annual CFC. An extraordinarily high number of dedicated true volunteers serve

Redacted Pursuant to FOIA Exemption 6.

accounts.

The Eye Street Boys of Gonzaga College High School kicked off the campaign with a well-attended musical presentation. The campaign kickoff was followed by six weeks of events. Each weekly event showcased diverse and representative selections of worthy CFC causes from the 2011 Catalogue of Caring. The selection of causes was culled from recommendations made by members of the FERC Community.

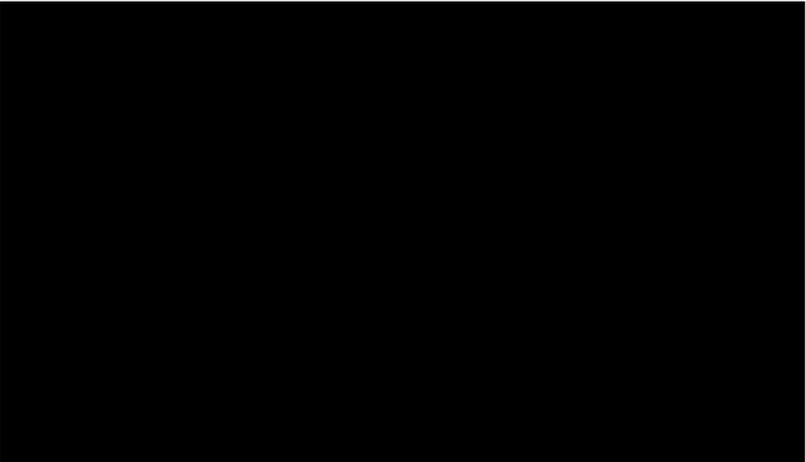
Twelve different causes (some new ones, many old favorites) presented at our uniformly well-attended weekly events: Gonzaga High School, FERC Childcare, Alliance to Save Energy, US Green Building Council, Art for Humanity, KIPPDC, Animal Welfare Shelter of Alexandria, Potomac Riverkeeper, Raptor Conservancy of Virginia, Oxford House, Women's Micro Finance Initiative and Shakespeare Theatre.

A charity fair finale crowned the campaign effort with 11 worthy causes presenting. Each cause was recommended by the FERC community: Barker Foundation, FERC Childcare, College Bound, George Washington's Mt. Vernon, Mentoring to Manhood, Nurse-Family Partnership, Prince George's County Child Resource Center, Ronald McDonald House of Charities of Greater Washington, DC, the Siamese Cat Rescue Center of Virginia, Washington Area Bicyclist Association and WETA.

OGC's [REDACTED], a 33-year Commission veteran, managed the campaign for an unprecedented eighth year in a row. [REDACTED] was assisted by Loaned Executive Leigh Trocine, on loan to us from the Nuclear Regulatory Commission. Chuck Schneider, the Commission's new Executive Director, ably served as Honorary Vice Chair of this year's campaign. FERC Chairman Jon Wellinghoff served as Honorary Chair of the Commission's 2011 CFC.

[REDACTED] began each week's event by thanking everyone for attending. Edward included in his expression of gratitude all office captains, key workers and members of his campaign committee, as well as those who provided special help in making the campaign a success. Those frequently

year after year helping making the annual drive a success. The 2011 Campaign Committee has already signed up for the 2012 CFC.

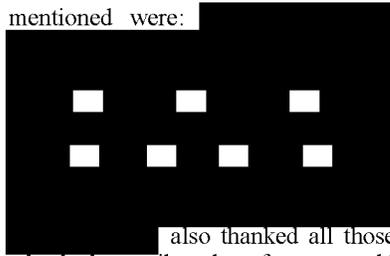


Another fun feature of our CFC was the chance to win fabulous door prizes for those who attended weekly events. CFC Headquarters provided Edward with a generous supply of CFC water jugs, thermos bottles and pocket calculators (for big pockets). Edward assures winners – who must be present to win – that these items will figure on the Antiques Road Show in 30 or 40 years. The Commission's fitness center contributed T-shirts. The Commission's Day Care Center chipped in T-shirts, coffee mugs and a cookbook. This year there were also official FERC mugs and baseball caps.

CFC loyalist Ray Regal contributed five free all-you-can-eat lunches at the Sunrise Café (up to a maximum of \$7). Commissioners Moeller and LaFleur each chipped in a free lunch for a winner and a guest of the winner's choice (no \$7 price cap). One super lucky winner won lunch with Chairman Wellinghoff.

Redacted Pursuant to FOIA Exemption 6.

mentioned were:



also thanked all those who had contributed so far, or would yet contribute.

As the 2011 CFC (50th Jubilee Year) concludes [REDACTED] would like one last time to thank all the people who made the 2011 campaign the extraordinary success it was. [REDACTED] already looks forward to managing the 2012 effort.



On December 7 the Commission responded to a petition filed by a group of wind resource providers alleging that Bonneville Power Administration (BPA) is using its transmission market power to curtail wind generators in an unduly discriminatory manner. Petitioners asked the Commission to invoke its authority under section 211A of the Federal Power Act (FPA) to direct BPA to revise its curtailment practices and to file a revised open access transmission tariff (OATT) with the Commission.

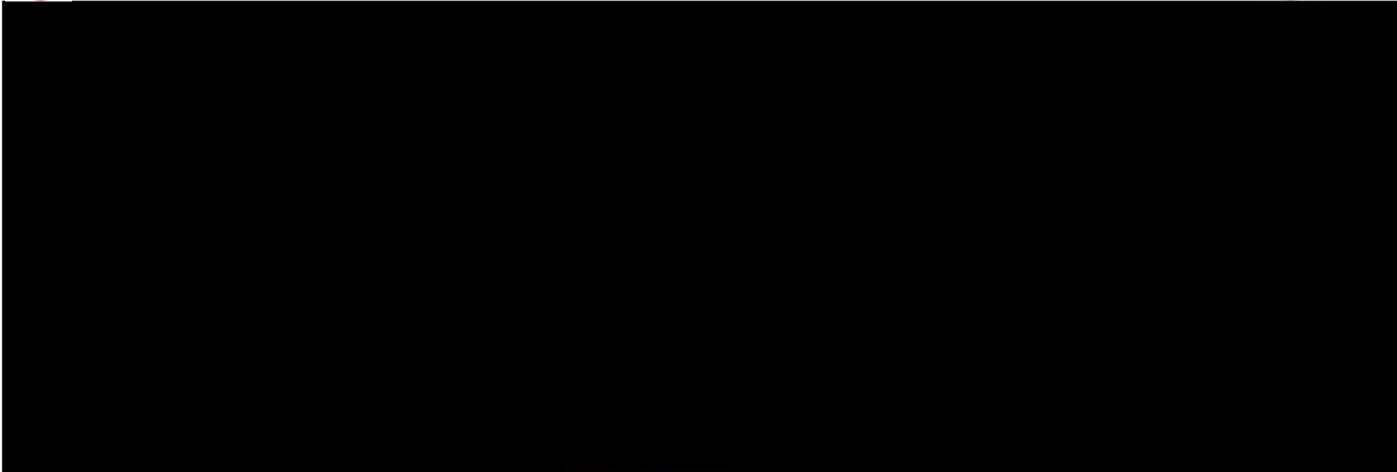
In granting the petition, the Commission made the following determinations:

- The Commission has broad authority under section 211A of the FPA to require a nonjurisdictional transmission provider, such as BPA, to file a tariff providing for transmission service on terms and conditions that are comparable to those under which BPA provides transmission to itself and that are not unduly discriminatory or preferential
- BPA's Environmental Redispatch Policy results in noncomparable transmission service that unfairly treats non-federal generating resources connected to BPA's transmission system.
- Under section 211A, the Commission directed BPA to file within 90 days tariff revisions that address the comparability concerns raised in this proceeding in a manner that provides for transmission service under terms and conditions that are comparable to those under which Bonneville provides transmission services to itself and that are not unduly discriminatory or preferential
- The Commission also directed Bonneville to revise its tariff to remedy noncomparable transmission service resulting from its Environmental Redispatch Policy.



January 2012

Volume 19, No 1



What do you like most about your new space in Publishing Services?

"The furniture and new look. It's a nice facelift with a more professional feel."

[Redacted],
OED

"I like that we are all together in a controlled environment."

[Redacted],
OED

"I like the machines. They are more user friendly and quieter."

[Redacted],
Print/Copy Services

"I like the openess. You can see what everyone is doing."

[Redacted],
Dispatch Service





Radon is a cancer-causing radioactive gas. It comes from the natural decay of uranium that is found in nearly all soils. It typically moves up through the ground to the air above and into your home through cracks and other holes in the foundation. Your home traps radon inside, where it can build up. Any home may have a radon problem. This means new and old homes, well-sealed and drafty homes, and homes with or without basements. You can't see radon. And you can't smell it or taste it. But it may be a problem in your home. Radon is estimated to cause many thousands of deaths each year. That's because when you breathe air containing radon, you can get lung cancer. In fact, the Surgeon General has warned that radon is the second leading cause of lung cancer in the United States today. Only smoking causes more lung cancer deaths. If you smoke and your home has high radon levels, your risk of lung cancer is especially high.

Radon can be found all over the U.S.

Radon comes from the natural (radioactive) breakdown of uranium in soil, rock and water and gets into the air you breathe. It can get into any type of building—homes, offices, and schools—and result in a high indoor radon level. But you and your family are most likely to get your greatest exposure at home, where you spend most of your time.

You should test for radon.

Testing is the only way to know if you and your family are at risk from radon. EPA and the Surgeon General recommend testing all homes below the third floor for radon. EPA also recommends testing in schools. Testing is inexpensive and easy—it should only take a few minutes of your time. Millions of Americans have already tested their homes for radon.

You can fix a radon problem.

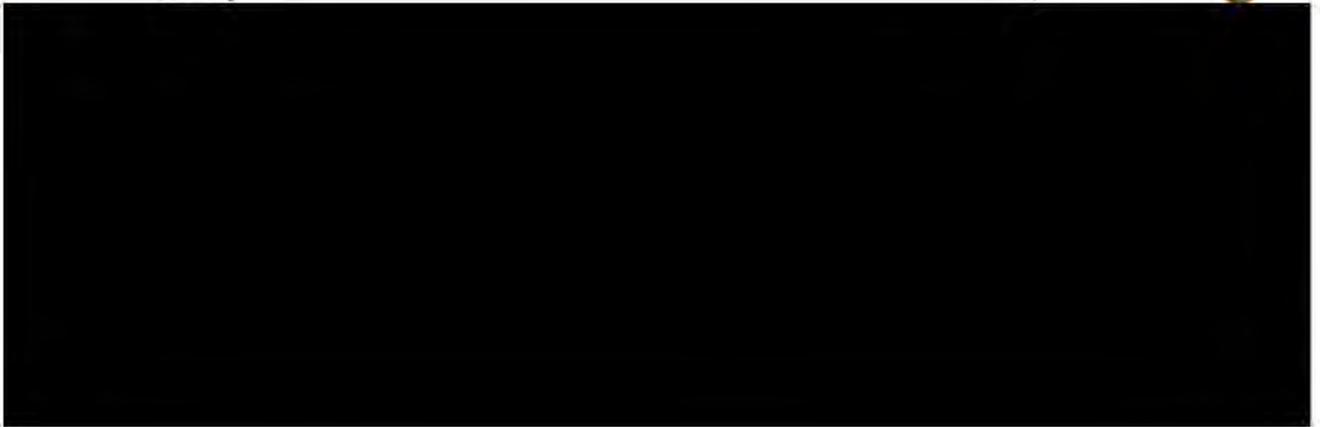
Radon reduction systems work and they are not too costly. Some radon reduction systems can reduce radon levels in your home by up to 99%. Even very high levels can be reduced to acceptable levels.

New homes can be built with radon-resistant features.

Radon-resistant construction techniques can be effective in preventing radon entry. When installed properly and completely, these simple and inexpensive techniques can help reduce indoor radon levels in homes. In addition, installing them at the time of construction makes it easier and less expensive to reduce radon levels further if these passive techniques don't reduce radon levels to below 4 pCi/L. **Every new home should be tested after occupancy, even if it was built radon-resistant.** If radon levels are still in excess of 4 pCi/L, the passive system should be activated by having a qualified mitigator install a vent fan. For more explanation of radon resistant construction techniques, refer to EPA publication, *Building Radon Out: A Step-by-Step Guide on How to Build Radon-Resistant Homes*.

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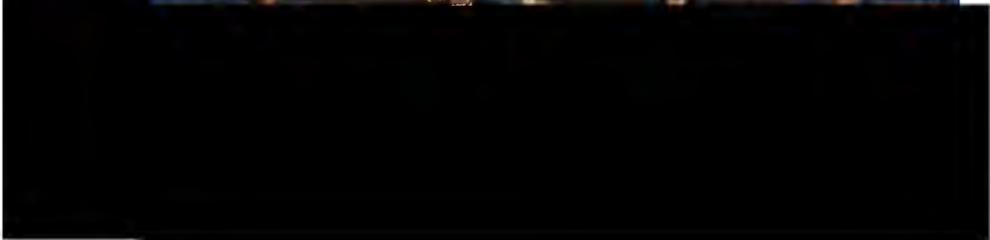
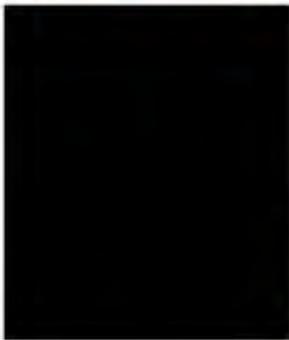
Reliability Technical Conference



A Commissioner-led technical conference was held on Nov. 29 and 30 to discuss policy issues related to reliability of the Bulk-Power System. The conference explored the progress made on the priorities for addressing risks to reliability that were identified in earlier Commission technical conferences. The conference also discussed emerging issues, including processes used by planning authorities and other entities to identify reliability concerns that may arise in the course of compliance with Environmental Protection Agency regulations, and the tools and processes (including tariffs and market rules) available to address any identified reliability concerns.



Read more about the conference on FERC.gov.



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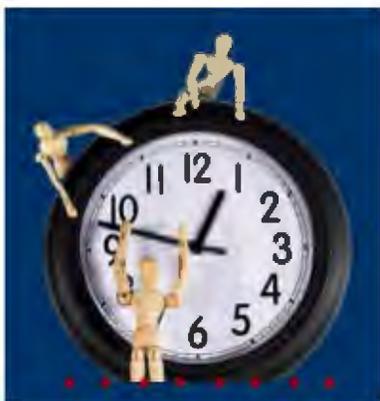
Smart Board Training Give outstanding presentations using Smart Board Technology

Coming soon! Look for it soon on FERCNET!

A new look for the IT Training Website.

- Find what you need faster
- Sign up for training with ease
- Take Microsoft on-line courses

Beginning in December, Smart Board classes and classes on customized products are available in 3M-5. Signup is easy: simply click on the calendar month desired below and then select Smart Board training or other available classes. You will get a confirmation email for the date and time of your class.



For more information about IT training, call IT support at x8163.



Did You Know?

Data designation is a federal mandate that requires FERC employees and contractors to designate/classify their data accordingly. FERC classifies data as Privileged Information, Protected Information, CEII, Controlled Unclassified Information, Investigative, PII, and Public.

For more information and a full explanation of each data classification



PASSAGEPOINT

Did you know..... You can “pre-register” your visitors to FERC HQ (888 and 1100) by simply filling out the visitor registration page in the Passage Point System, found on the FERCNet homepage under the same heading.



The Security Officers at the First Street and Pavilion entrances will still accept any visitor pre-registered by the “current” method of sending an email with your visitor’s information to “Security DL”. Many of you have already noticed the new visitor badges with pictures of the visitors and dates of visits printed on the badge. The Passage Point System helps ensure that visitors have valid government-issued IDs, and also helps Security and Safety staff ensure their safety in the event of an emergency inside the building.

A note of caution: Any pre-registration emailed to Security DL will be entered into the system by a security officer the preceding evening. It could contain errors if not completed by the FERC employee being visited. Please note that when entering information in the special instruction section of the pre-registration portal, you cannot enter anything but numerals and alphabetical characters. You cannot enter special characters.

There are many distinct advantages to using the Passage Point portal:

- It’s easy to log in: Go to the FERCNet homepage and click on the Passage Point icon. (same user name and password that you use to log into your computer each day);
- It’s quick and easy to input the visitor’s information. And, once it’s in, the information is always in. All you will have to do is update the visit dates. Once your visitor registers at one of the main entrances, you get an immediate email letting you know your visitor is here and at which entrance you can find him;
- You have the option to send your visitor an email with pre-registration information, which he can take along to expedite entry into FERC; and

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Please use this system for pre-registration. It is fast and easy. We will, however, continue to accept emails to Security DL for pre-registration.

- This system is especially helpful for groups of people visiting the Commission.





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WIRELESS Q&A

On Dec. 20, FERC announced its production wireless network throughout the 888 1st St. building. This new wireless network will provide enhanced capabilities enabling employees to:

- Connect, using FERC issued laptops, to the FERC network wirelessly from anywhere in the building to access the internet, your applications, and your files.
- Provide guest internet access to your visitors.
- Connect your personal wireless devices to our guest network.
- Rely on the same security provisions as our wired network.

Frequently Asked Questions:

- Q:** If I have a FERC issued laptop, will it automatically connect to the FERC wireless network?
- A:** Yes, all laptops at the FERC have been connected to the wireless network. Please contact IT Support if you encounter any connection issues.
- Q:** If I have a FERC issued Laptop what do I have to do to get connected?
- A:** All FERC laptops were enabled to utilize the FERC wireless network in the beginning of the fiscal year. No action is required by the user.
- Q:** Will I be able to take my laptop from my desk to my conference room and work there?
- A:** Yes. The FERC laptops will automatically switch to our wireless network and enable you to work anywhere in the covered areas.
- Q:** Will I really be able to receive a wireless signal anywhere in the 888 1st St. building?
- A:** Yes. The wireless system has been tested throughout the building. While all areas appear to be well covered, there will be some exceptions. For example, the elevators will not support a usable wireless signal.
- Q:** Will FERC replace all desktop computers with laptops?
- A:** Eventually most PCs will be replaced with laptops. Replacements will fall under the regularly scheduled equipment refresh plan and be based on budgetary restrictions.
- Q:** Can I add my personal device to the wireless network?
- A:** All employees and sponsored guests will be allowed to access the "guest" wireless network with the approval of your office director (or his/her delegate). Guest access must be requested through the ITSC.
- Q:** Do the same Rules of Behavior apply to the FERC wireless network as they do to the wired network?
- A:** Yes, the wireless network usage will fall under the same Federal Mandates and security provisions as the wired network. Any user found to be misusing the wireless network will face the same disciplinary actions as those using the wired network.
- Q:** I have a guest coming to FERC. How can they connect to our wireless network?
- A:** First, obtain your Office Director's (or his/her delegate's) approval. Second, send the request with the approval to the ITSC along with the following information: guest's name, company name, e-mail address, contact number, and required length of access. The

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ITSC will take care of the rest.

Q: Will users not at HQ be able to use the FERC wireless network?

A: As long as you have a FERC Laptop, anyone (regardless of where their office is) will be able to connect to the FERC wireless network when physically at the 888 First St. building. IT is planning to roll out this same functionality to all our other FERC offices in FY 2012.



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Happy Holidays at FERC -Saying Goodbye to 2011



Images of OE taken by [REDACTED]

FERC Insider



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Arrivals & DEPARTURES

November 15– January 4: ARRIVALS

| OE | OER | OEMR | OEP |
|------------|------------|------------|------------|
| [REDACTED] | [REDACTED] | [REDACTED] | [REDACTED] |
| [REDACTED] | [REDACTED] | [REDACTED] | [REDACTED] |
| [REDACTED] | [REDACTED] | [REDACTED] | [REDACTED] |
| [REDACTED] | [REDACTED] | [REDACTED] | [REDACTED] |
| [REDACTED] | [REDACTED] | [REDACTED] | [REDACTED] |
| [REDACTED] | [REDACTED] | [REDACTED] | [REDACTED] |
| [REDACTED] | [REDACTED] | [REDACTED] | [REDACTED] |
| [REDACTED] | [REDACTED] | [REDACTED] | [REDACTED] |
| [REDACTED] | [REDACTED] | [REDACTED] | [REDACTED] |

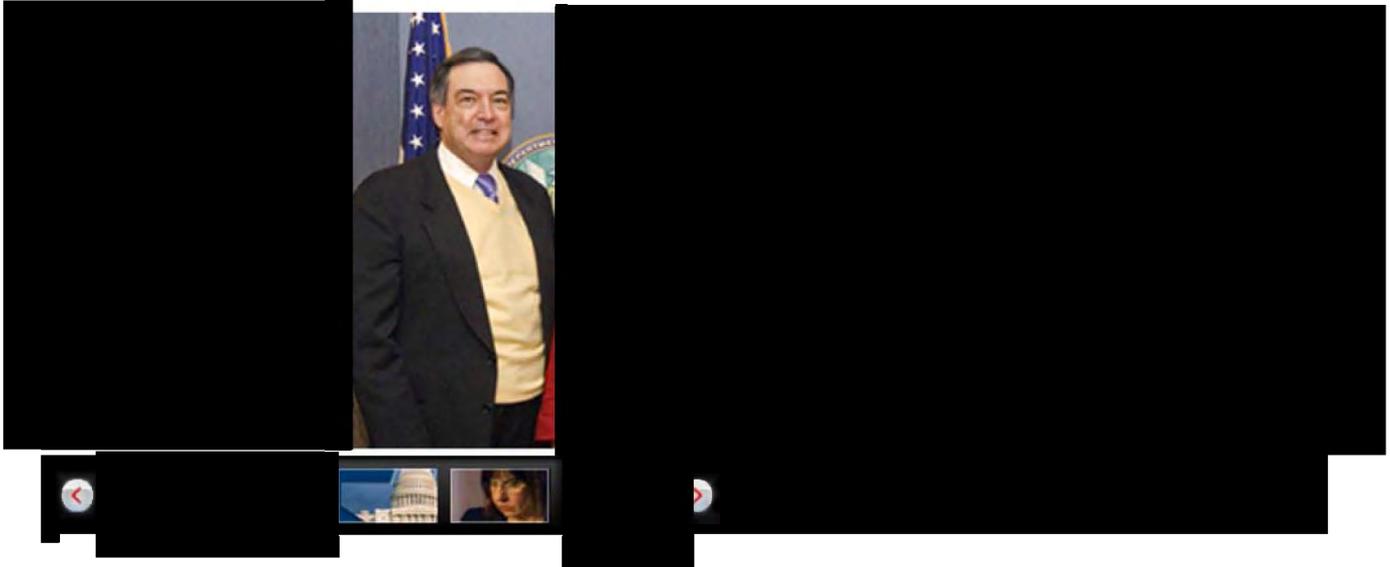
November 15– January 4: DEPARTURES

| OE | OER | OEMR | OEP | OAL | OED | OEPI | OSEC | OGC |
|------------|-----|------|-----|-----|-----|------|------|-----|
| [REDACTED] | | | | | | | | |

FERC Insider

February-March 2012

Volume 19, No 2



Welcome to the February-March 2012 edition of the FERC Insider.

In this Issue: Black History Month at FERC, Capitol Hill Watch, Commissioners attend NARUC Meetings, Tulane alumni at FERC, Chairman and staff visit Navy Yard, Plain Language training is here, Ethics training, Ann Miles appointed Deputy Director of OEP



Navigation Tips: Select a thumbnail picture above and open the yellow i-button on right to navigate to the page, or, select from the regular feature links below.

To Print: To print the Insider, go to the print function on your computer. You must print each page individually since the Insider is a web-based publication.

To View: Maximize your screen and eliminate the sidebar if you use one to ensure best web page display.

EDITORIAL

The Insider at FERC (a.k.a FERC Insider) is the online

If you have story ideas please email the editor,

REGULAR FEATURES

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WEB DESIGN
[REDACTED]

PHOTOGRAPHY
[REDACTED]

newsletter by and for FERC's employees and is not intended for external sale or distribution. It is written and published monthly except in August and December under the auspices of the Office of External Affairs, [REDACTED], Director.

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[REDACTED] of the Media Relations Division, OEA.

Feedback to FERC Insider

Hot Topics
Capitol Watch
Healthy Lifestyles
IT Corner
Arrivals And Departures

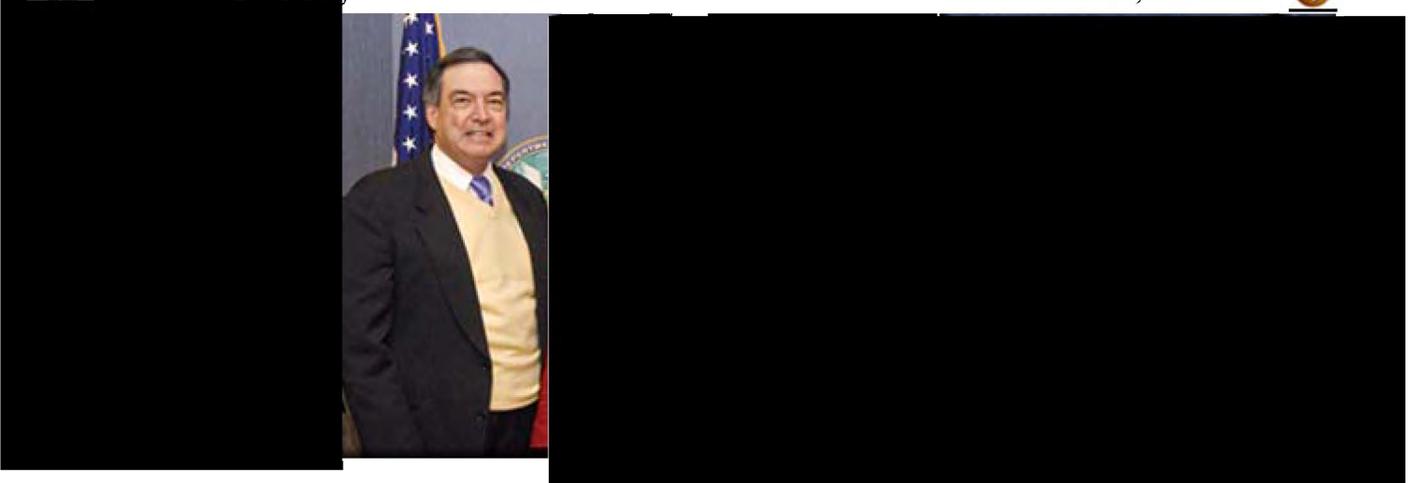
Archives

FERCNet home

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FERC Celebrates its 26th Annual Observance of Black History Month

Event 1: Black Women in American History and Culture

Commission employees were treated to a double-header Black History Month program this year as FERC marked more than a quarter-century of celebrating the observance.

The theme of this year's program was "Black Women in American History and Culture" and the kickoff event featured [redacted], the great-great granddaughter of Madam C.J. Walker, who became the first black millionaire in the U.S. as a pioneer of the modern hair care and cosmetics industry.

Chairman Wellinghoff welcomed employees and [redacted] to the celebration by telling the audience how impressed he was by the strong, dedicated female professors he encountered while earning a degree at Howard University in Washington, D.C.

[redacted], from the Office of



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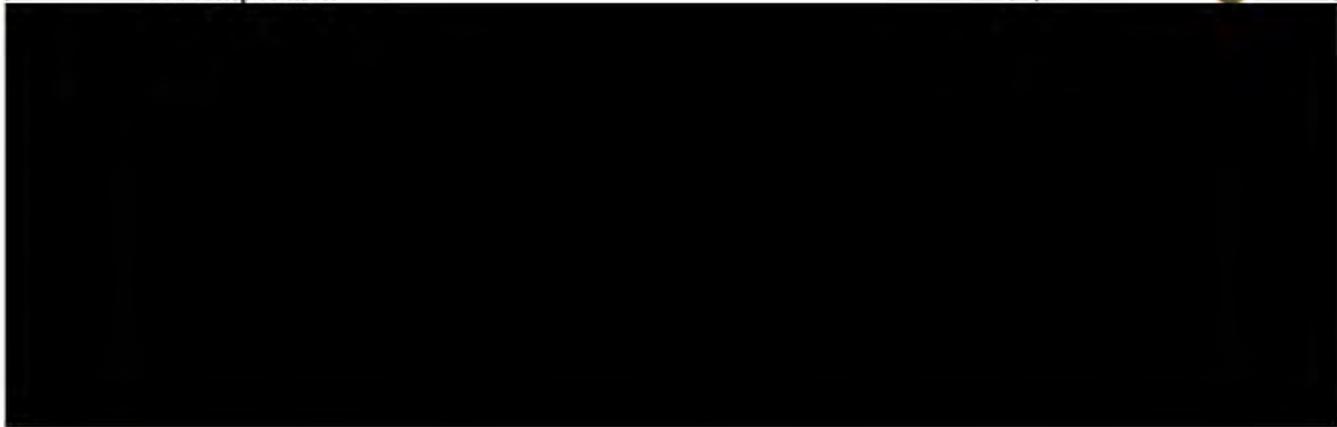
Executive Director, introduced [REDACTED]. [REDACTED], the keynote speaker for the Feb. 7 event.

In addition to her inspiring story of her great-great grandmother, [REDACTED], [REDACTED] talked about the great contributions many African American women have made to our country in so many areas, including energy, law, science and journalism. In particular, [REDACTED] mentioned [REDACTED], a former FERC Commissioner and her personal friend.

A second event on Feb. 15 featured [REDACTED] Founder and CEO of the Negro League Legends Hall of Fame, and [REDACTED] a baseball legend with the Indianapolis Clowns.

[Read More on this event](#)





FERC Celebrates its 26th Annual Observance of Black History Month [cont]

Event 2: Negro League Legends Hall of Fame

A second event on Feb. 15 featured [redacted], Founder and CEO of the Negro League Legends Hall of Fame, and [redacted] a baseball legend with the Indianapolis Clowns.

[redacted] was introduced by FERC's own [redacted] who shared the story of his grandfather's and great uncle's association with the National Baseball Hall of Fame and the Negro League.

[redacted]'s grandfather was [redacted] a left-handed pitcher in the Negro Leagues in the 1920s and 1930s. He was elected to the Baseball Hall of Fame in 1996. Doug's Great Uncle, Rube Foster, was also a baseball player and founder of the Negro National League, the first long-lasting professional league for African American ballplayers, which operated from 1920 to 1931. He was elected to the National Baseball Hall of Fame in 1981.

[redacted] told the audience that the Negro League was one of Diversity in America. "Everyone played together," he said.

[redacted] was a first baseman and outfielder for the Clowns. He said his experience with the Clowns was a good one but it required hard work and separation from his family.

"You have to take the low road to get to the high road," [redacted] commented.

[redacted] signed autographs for employees after the event concluded.

This year's event was sponsored by the Office of the Executive Director with assistance from the Special Emphasis Committee.



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FERC Issues First Pilot License for Tidal Power Project

On January 23, FERC issued its first pilot project license for a tidal energy project located in New York City's East River.

The project, owned by Verdant Power and known as the Roosevelt Island Tidal Energy (RITE) Project, is 1,050-kilowatts and uses the East River's natural tidal currents to generate electricity. Turbine generator units are mounted on the riverbed and capture energy from the tidal flow. The pilot license issued to Verdant Power is for 10 years.

"Issuing a pilot license for an innovative technology is a major step in the effort to help our country meet our renewable energy goals." Chairman Jon Wellinghoff said. "FERC's pilot process is doing what it should: allow for exploration of new renewable technologies while protecting the environment."

FERC staff developed the pilot license process in 2008 to allow developers to test new hydrokinetic technologies, to determine

Chairman Wellinghoff Visits NAVFAC

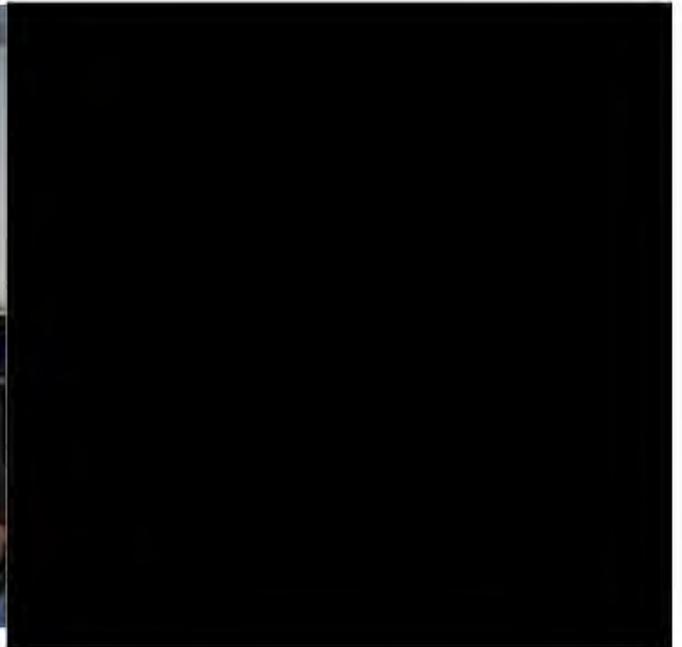


Photo taken by [redacted]

Chairman Wellinghoff visited the Washington Navy Yard February 17 for a presentation on a Smart Grid pilot program by Rear Adm. [redacted] (at center), Deputy Chief of Naval Operations (Fleet Readiness and Logistics) and Captain [redacted]. The Navy's objective is "to bring the kilowatts of consumption down and bring the renewable generation up in a smart way in terms of business engineering and other principles," explained Branch, who is commanding officer of Naval Facilities Engineering Command Washington. Others at the briefing included Senior Technical and Policy Advisor to the Chairman, Mary Beth Tighe, OEPI Director [redacted], General Counsel [redacted], OEMR Director [redacted], OEMR Deputy Director [redacted], OER Director [redacted] and OEA [redacted].

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appropriate sites for these technologies and to confirm the technologies' environmental effects without compromising FERC's oversight.

Projects eligible for a pilot license must be (1) small; (2) short term; (3) located in an environmentally non-sensitive area; (4) removable and able to be shut down on short notice; (5) removed, with the site restored, before the end of the license term unless the licensee obtains a new license; and (6) initiated by a draft application with appropriate environmental analysis.

Read More 

Decision 

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From left to right are: [REDACTED] House Liaison; [REDACTED], Deputy Director of OEA and Acting Director of OEA's Division of Government Affairs; and [REDACTED] Senate Liaison.

This issue marks the introduction of Capitol Watch, a new, regular feature in the FERC Insider that will provide information to employees on happenings on the Hill that may be of interest to them.

On February 13, FERC submitted its FY 2013 Budget Request to Congress and Updated Strategic Plan. The FY2013 budget request is for \$304.6 million. The Commission recovers the full cost of its operations through annual charges and filing fees assessed on the industries it regulates as authorized by the Federal Power Act (FPA) and the Omnibus Budget Reconciliation Act of 1986. The Commission deposits this revenue into the Treasury as a direct offset to its appropriation, resulting in no net appropriation.

Nominations

On Jan. 23, President Obama announced his intent to nominate Tony Clark to be a Commissioner at FERC. Mr. Clark has served as the senior member of the North Dakota Public Service Commission since 2000. White House Press Release

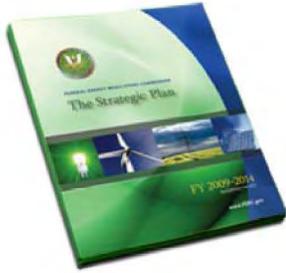
On February 3, President Obama announced his intent to re-nominate John Norris as Commissioner at FERC. Commissioner Norris's current term expires in June. White House Press Release Commissioner Norris's Statement

Testimony

On Jan. 25, OEP Director [REDACTED] testified before the House Energy & Commerce Subcommittee on Energy & Power H.R. 3548, the North American Energy Access Act, addresses the Keystone XL Pipeline Project. Testimony | Event Details

Access the latest news from the Hill here.

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FERC Commissioners participated in NARUC's winter meetings in Washington, D.C. Feb. 5-8. Chairman Wellinghoff was the moderator at the Smart Response Collaborative, Commissioner Norris moderated the Emerging Issues Collaborative and Commissioners LaFleur and Moeller co-chaired the forum on Reliability.



Above 2 photos taken by [redacted]

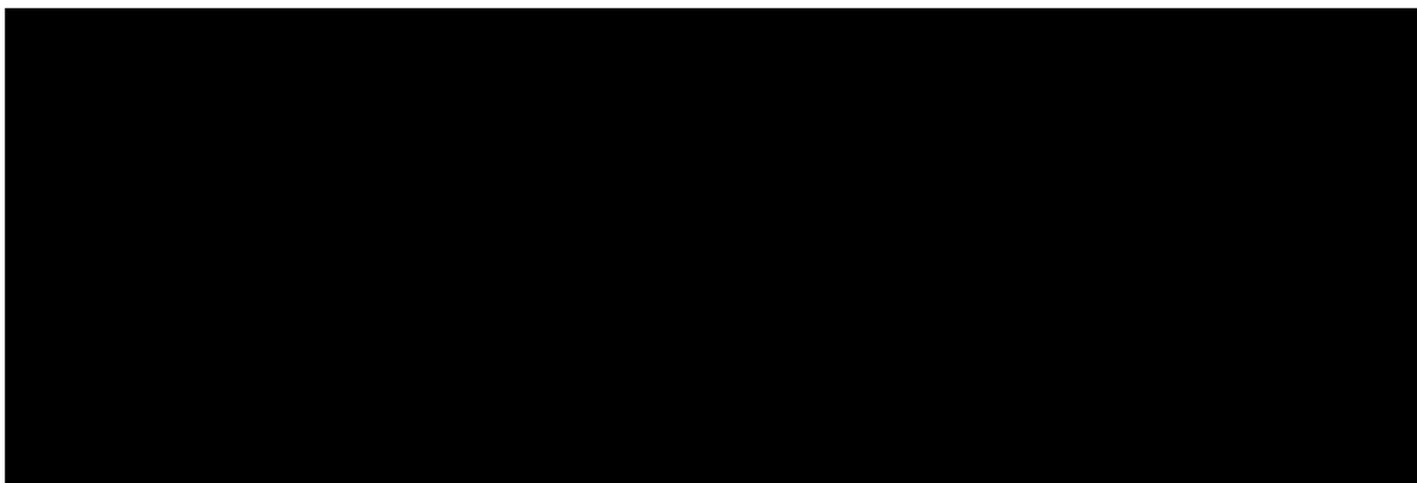


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OEP: What TV series do you watch regularly?



"**Justified** (FX)—Get the DVD and start with the first season; **Person of Interest** on CBS-- It's Excellent; and **Grimm** on NBC— It's a great detective story."

"**Psych** on USA network. It's a normal detective show but light-hearted."

"**A Gifted Man** on CBS. It has a unique storyline."

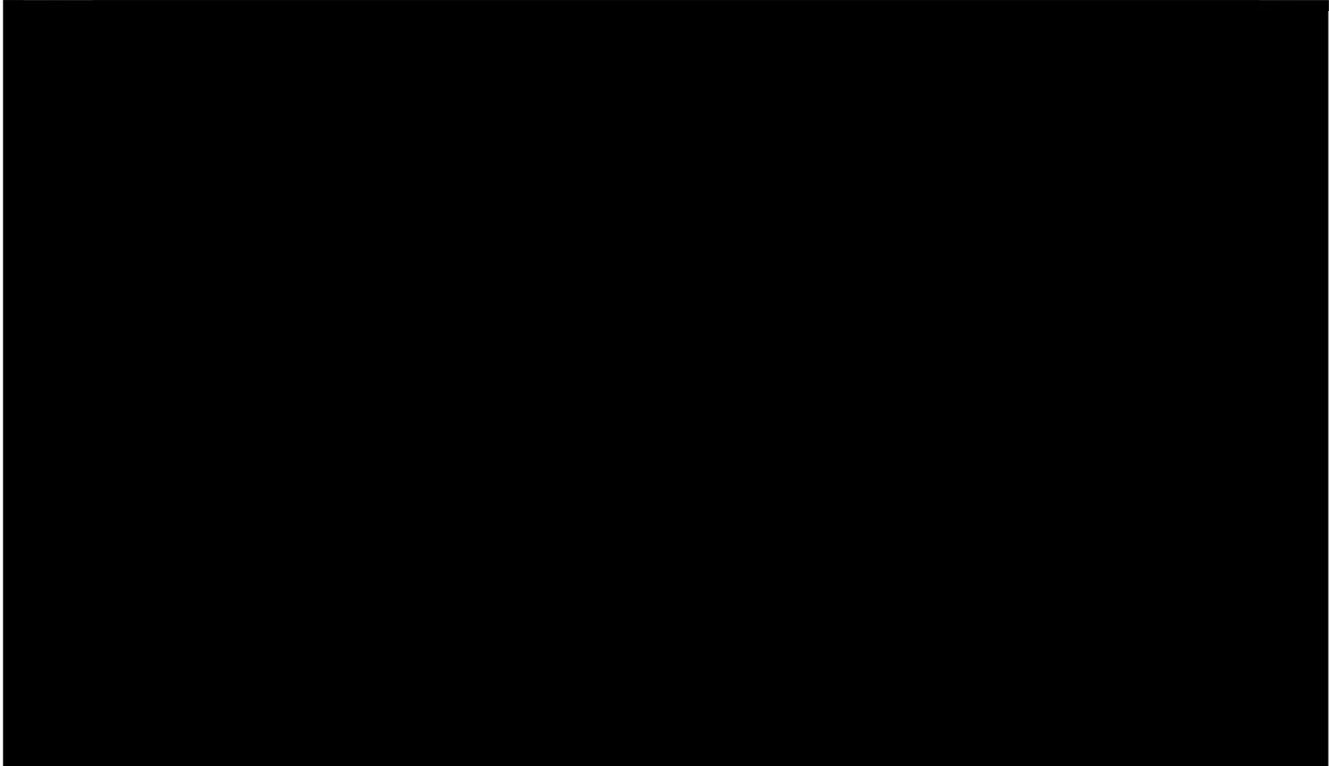
"**The River** (ABC) because it's scary. Don't watch it if you're home alone!"

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██████████ (left), Associate Vice President for Development/Individual Giving for Tulane University, recently stopped by FERC headquarters to meet with Tulane alumni and FERC employees ██████████
██████████ FERC employees Sabrina Green and ██████████ also graduated from Tulane but were unable to attend the meeting.

██████████ Office of
Energy
Projects
Director ██████████
██████████ has
named ██████████
██████████ to the
position of
Deputy
Director of
OEP. ██████████
who has been
with FERC
since 1985,
replaces
██████████
who retired
March 1. ██████████

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**takes over
the job March
11.**

Before rising to the Deputy Director position, [REDACTED] was Director of the Division of Hydropower Licensing in OEP. The Division is responsible for reviewing applications to construct and operate or relicense non-federal hydropower projects, including marine and hydrokinetic projects. This includes preparing environmental documents and making recommendations to the Commission for the best use of a waterway. [REDACTED] has an M.A. from the University of Maryland in Resource Management.



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FERC Child Development Center's Spring Bulb Sale Feb. 1 through April 20

Does our "Winter" weather have you thinking about Spring? Now is the time to order bulbs for Spring planting. Order online (see details below) and your orders will be delivered to your home. 50% of the sale price supports the FERC Child Development Center.



Shop online and place your order at the FERC CDC Spring Bulb Drive

Questions: Please contact [REDACTED] at [REDACTED] via email or phone at [REDACTED]

Green Tip of the Month

When packing lunch for yourself and/or your children, you may not be thinking about the impact of your lunch on the planet. Your mind may be more focused solely on the nutritional value of the meal itself. But what you're leaving behind for the plants is just as important as what you're putting into your body. Here are a few helpful tips on packing an environmentally friendly lunch.



1. Use a reusable lunch bag, not paper or plastic bags. You can purchase such a bag at almost any major retailer these days for less than \$10. 600,000 tons of aluminum foil is produced every year in America. A large amount of electricity is used in manufacturing foil
2. Rather than putting your sandwich in a plastic bag or your soup on a Styrofoam container, try a reusable container (make sure to check that your containers are BPA-free). Styrofoam is very difficult to recycle. The best way to protect the environment is to stop using it
3. Something most people don't think about: Pack a cloth napkin rather than a non-recyclable paper napkin or towel. It is estimated that 17 trees are cut down for every ton of non-recycled paper
4. If your beverage is fizz-free, be sure to use a Thermos. More than half of the 100 billion cans sold in the U.S. last year were landfilled or

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incinerated

5. Finally, use silverware or bamboo utensils, not plastic utensils. We recommend bamboo or reusable plastic options for children (again, make sure to check that the plastic option is BPA-free). Every year, Americans throw away enough paper and plastic cups, forks, and spoons to circle the equator 300 times. By implementing these simple tips, you have taken a major step toward reducing waste. For more information: [Read more here](#).

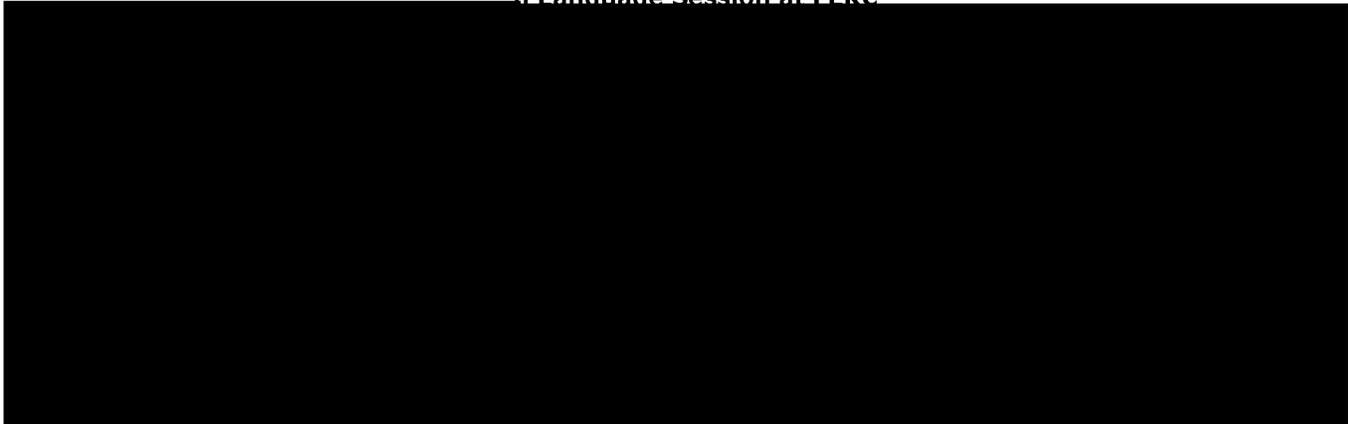


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Plain Language Session at FERC



██████████ FERC's Plain Language Coordinator, welcomed employees to the first training session.

The first in a series of training sessions on Plain Language was held on Feb. 29 in the Commission Meeting Room. The purpose of the training session was to educate employees on the Plain Writing Act of 2010, which requires federal agencies to write "clear Government communication that the public can understand and use." Additional training sessions will be held in March and May.

Read more about this initiative on FERCNet.

██████████ an expert in Plain Language, provided employees with basic tools for communicating information to others in a simple and effective way.



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Good for you...and GOOD FOR LIFE!

March is National Nutrition Month

You may know to eat five servings of fruits and vegetables each day, but did you know that the more colorful variety you eat, the more you can **SUPERCHARGE your health?**



Your body needs many critical nutrients that only come from eating a variety of natural foods. Through a diet that includes a colorful array of fruits and vegetables, your body gets a

HEART DISEASE

About every 25 seconds, an American will have a coronary event. Heart Disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack.

The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Additionally, knowing the signs and symptoms of heart attack are crucial to surviving a heart attack. People who have survived a heart attack can also work to reduce their risk of another heart attack or a stroke.

Diseases and Conditions That Put Your Heart at Risk

Other conditions that affect your heart or increase your risk of death or disability include arrhythmia, heart failure and peripheral artery disease (PAD). High cholesterol, high blood pressure, obesity, diabetes, tobacco use, unhealthy diet, physical inactivity and secondhand smoke are also risk factors associated with heart disease.

Know Your Signs and Symptoms

Some heart attacks are sudden and intense; however, most heart attacks start slowly, with mild pain

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wider assortment of vitamins and minerals essential to keeping you strong, healthy, and energized. So choose colorful, nutrient-rich foods like juicy red grapes, succulent orange mango, or crunchy purple cabbage, and remember: it's good for you and good for life!

or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath. May occur with or without chest discomfort.
- Other signs. These may include breaking out in a cold sweat, nausea, or lightheadedness.

Healthy Lifestyle: Diet and Nutrition, Exercise and Fitness

A healthy diet and lifestyle are your best weapons in the fight against heart disease. Yet, many people make it harder than it should be. It is important to remember that it is the overall pattern of the choices you make that counts. As you make daily food choices, read nutrition labels and base your eating patterns on these recommendations:

- Choose lean meats and poultry without skin and prepare them without added saturated and trans fat.
- Select fat-free, 1 percent fat or low-fat dairy products.
- Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fats in your diet.
- Cut back on foods high in

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dietary cholesterol. Aim to eat less than 300 mg of cholesterol each day.

- Cut back on beverages and foods with added sugars.
- Select and purchase foods lower in salt/sodium.
- If you drink alcohol, drink in moderation. That means no more than one drink per day if you're a woman and two drinks per day if you're a man.
- Keep an eye on your portion sizes.

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ETHICS Training

"FERC launched another year of successful Ethics training following on the heels of two award winning years." All staff are encouraged to contact FERC ethics officers with any questions at ext-6457, or by e-mailing to "Ethics" or "GAL."

Password Security

"HELP. My password was stolen. Someone hacked into my computer account and deleted all of my files.... If I had only known."



You can avoid this by following these simple tips.

- Do Not share your password with anyone, not even family or friends.
- Do Not leave your password lying around
- Do Create strong passwords with at least 12 characters, including letters, numbers and symbols.

Smart Board Tips

- A list of Do's and Don'ts are located next to every Smart Board located in the designated conference rooms.
- Remember training classes on the Smart Board are available each month and viewable on the IT Training calendar.

The new Citrix is coming soon!!

- Posters will be up soon with more information.



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January 4 - February 14: **ARRIVALS**

OEP OED OEMR



January 4 - February 14: **DEPARTURES**

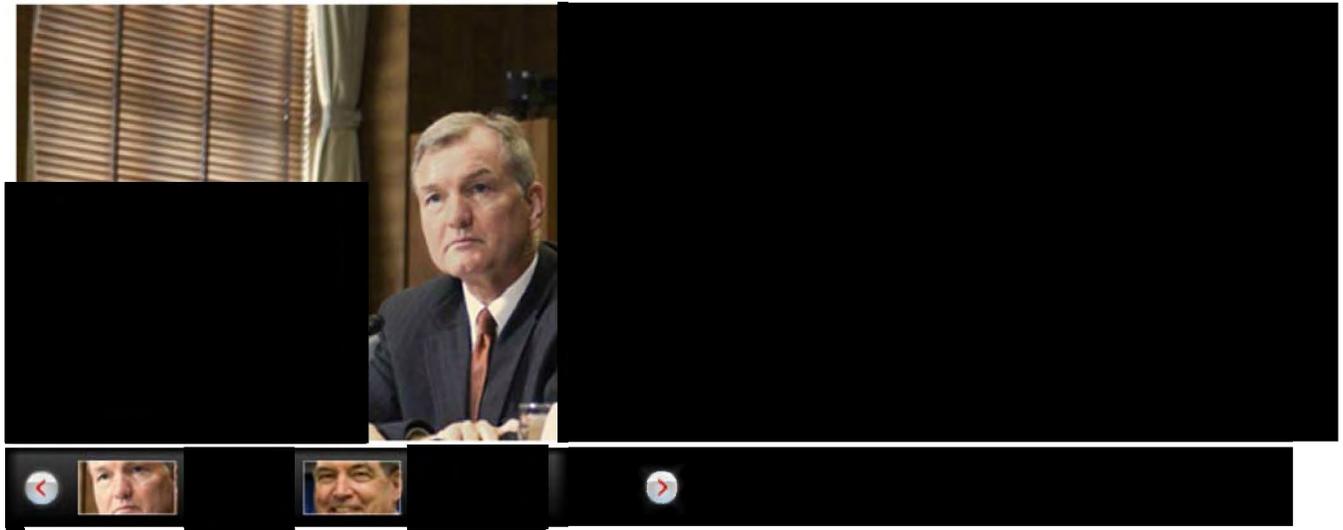
OEP OED OEMR OER



FERC Insider

April 2012

Volume 19, No 3



Welcome to the April 2012 edition of the FERC Insider.

In this Issue: FERC nominees testify on the Hill, FERC receives top honors for CFC efforts, [REDACTED] receives highest CFC civilian award, Dam Safety program has new Director and Deputy, FERC's FOIA program receives A+.



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EDITORIAL

The Insider at FERC (a.k.a FERC Insider) is the online

If you have story ideas please email the editor,

REGULAR FEATURES

Redacted Pursuant to FOIA Exemption 6.

WEB DESIGN
[REDACTED]

PHOTOGRAPHY
[REDACTED]

newsletter by and for FERC's employees and is not intended for external sale or distribution. It is written and published monthly except in August and December under the auspices of the Office of External Affairs, [REDACTED] Director.

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[REDACTED] of the Media Relations Division, OEA.

Feedback to FERC Insider

Hot Topics
Capitol Watch
Healthy Lifestyles
IT Corner
Ethics Essentials
Arrivals And Departures

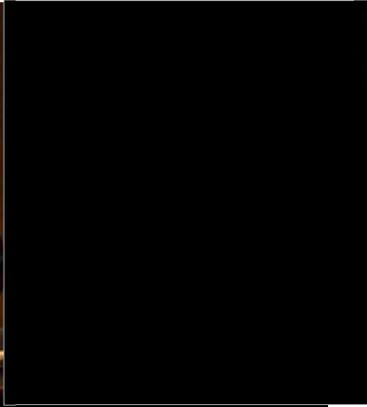
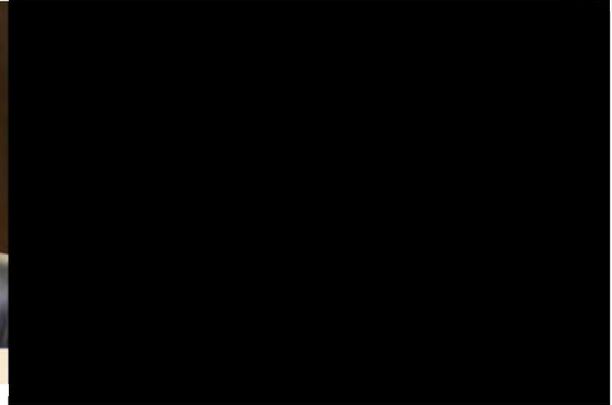
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FERC Nominees Testify on Hill

On March 20, the U.S. Senate Energy and Natural Resources Committee held a confirmation hearing on the re-nomination of FERC Commissioner John R. Norris and nomination of Anthony T. Clark to be a member of FERC.

Testimony of the nominees

On Jan. 23, President Obama announced his intent to nominate Tony Clark to be a Commissioner at FERC. Mr. Clark has served as the senior member of the North Dakota Public Service Commission since 2000.

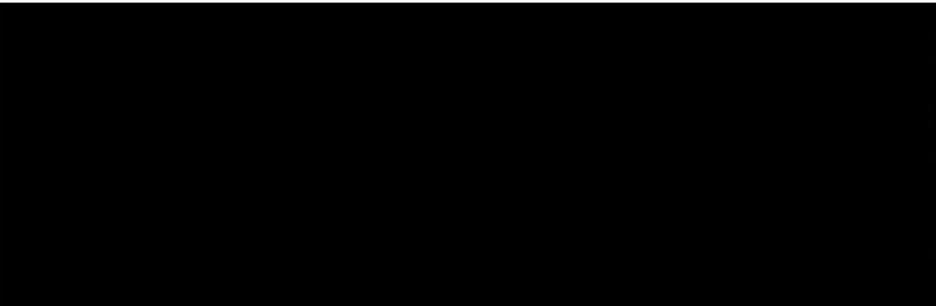
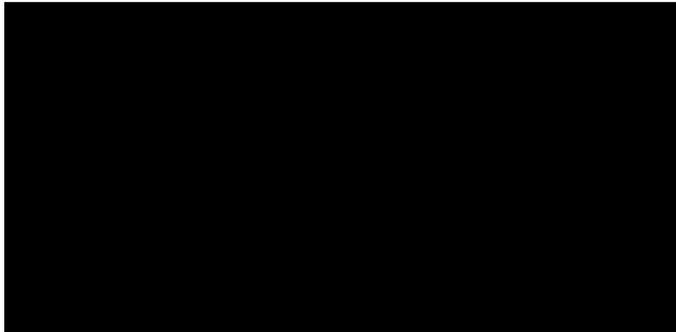
White House Press Release

On February 3, President Obama announced his intent to re-nominate John Norris as Commissioner at FERC. Commissioner Norris's current term expires in June.

White House Press Release

Commissioner Norris's Statement

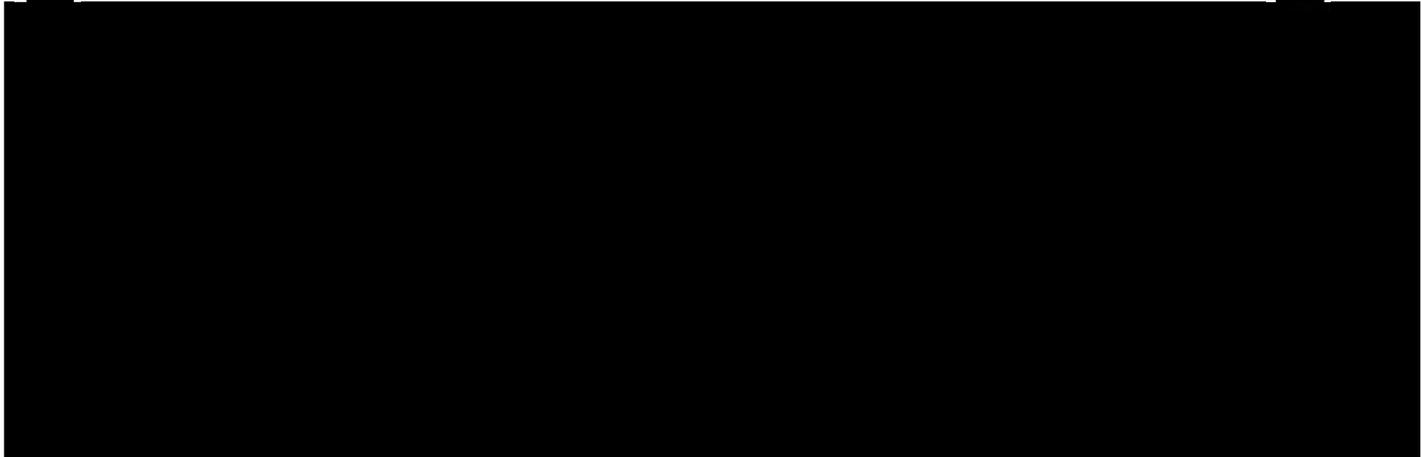
For more information about activity on Capitol Hill [PDF](#)





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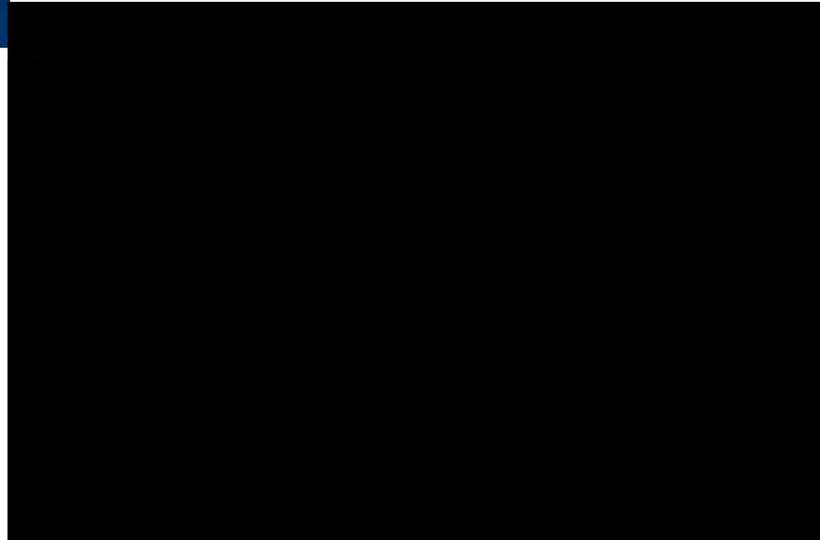


FERC's 2011 CFC Team

FERC's Edward Gingold Receives Top Honors in 2011 CFC Campaign

FERC's Combined
 Federal Campaign
 (CFC Campaign)
 Manager Edward
 Gingold was presented
 with the Hero of the
 Year award for civilians
 by the CFC of the
 National Capital Area
 for organizing FERC's
 participation in the
 annual federal
 employee workplace
 charity fundraising
 drive.

"I have been an
 attorney with the
 Federal Energy
 Regulatory Commission
 for nearly 34 years. I
 consider managing the
 Commission's annual
 Combined Federal
 Campaign as the crown
 jewel of my entire
 career," Edward
 commented. "Year after
 year I am grateful for
 the renewed
 opportunity to be able
 to work with so many
 dedicated co-workers
 throughout our agency.
 Any honor I earn is



Above: [redacted] accepts his award accompanied by Commissioner Norris.

Redacted Pursuant to FOIA Exemption 6.

shared by everyone who works with me on the campaign or makes a contribution to a worthy cause. I look forward to the 2012 CFC."

█ the sole recipient of this particular award, was cited for his work in expanding FERC's participation in the CFC Campaign and for the work he has done in his community.

The 2011 CFC proved the best in FERC history. Members of the FERC Community pledged more than \$459,504. The Commission's 2011 CFC saw a record number of Eagle (137) and Double Eagle (26) pledges. In these particularly difficult economic times we all can take pride in our spirit of generosity to help others in need.

The Commission's 2011 campaign dollar goal sought to raise \$355,000. This sum was a 3 percent increase over the 2010 goal. This year's Commission pledges totaled \$104,500, or 29.4 percent, more than our dollar goal. The Commission was the first federal agency or government department to surpass its dollar goal.

█



█ center, is accompanied by FERC's Executive Director, █ OGC's █ FERC's Loaned Executive █ and Commissioner Norris.

Above two photos courtesy of █

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[Redacted], Deputy Director of the CFCNCA and [Redacted], Executive Director of the CFCNCA present OER's [Redacted] Servedio and OER's [Redacted], accompanied by Chairman Wellinghoff, with an award for OER's outstanding participation in this year's campaign.

FERC Receives Highest CFC Award; Collects Highest Dollar Amount in History



"Year after year I am impressed by the extraordinary spirit of generosity shown here."

FERC employees were recognized for their hard work and commitment during the 2011 CFC campaign at a March 15th awards ceremony.

Chairman Wellinghoff, who was on hand for the event, said, "Year after year I am impressed by the extraordinary spirit of generosity shown here."

[Redacted]
Executive



Above [Redacted], FERC's e-giving coordinator, accepts an award for increasing e-giving at FERC by 46 percent. [Redacted] and Chairman Wellinghoff are also pictured.

Redacted Pursuant to FOIA Exemption 6.



Commissioner LaFleur and [redacted] congratulate [redacted] for his outstanding CFC work.

Director of the CFC, National Capital Region (CFCNCA), presented FERC with the prestigious Summit Award for raising CFC contributions by 3.9 percent over last year. Commission employees raised \$459,892.70 this year for a record-breaking campaign. FERC also earned the E-Giving Award for increasing electronic giving by at least 10 percent over last year.

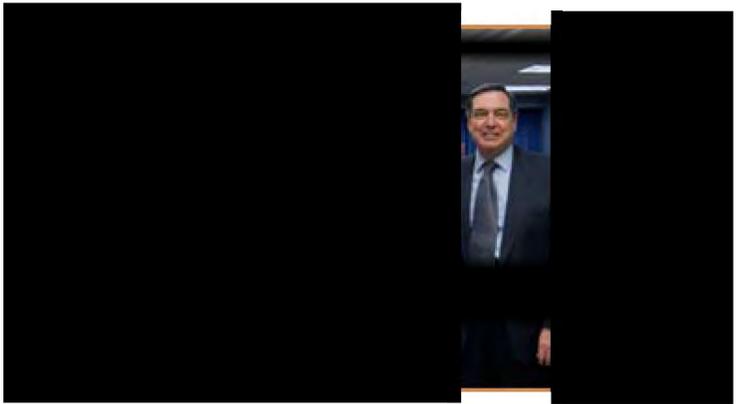
"Year after year, FERC continues to establish new records," commented [redacted]. "Participation at FERC is phenomenal."

[redacted] was accompanied by James Francavilla, Deputy Director of the CFCNCA and Leigh Trocine, FERC's Loaned Executive for the 2011 campaign.

All of the Commission's



Above: [redacted] presents Chairman Wellinghoff with the prestigious Summit Award for raising CFC contributions by 3.9 percent over last year.



[redacted] accompanied by Chairman Wellinghoff, present ED's [redacted], Deputy Chief Human Capital Officer, with an award for the office's outstanding contributions to the campaign.

Redacted Pursuant to FOIA Exemption 6.

15 offices
achieved their
dollar goals
by pledging
102 to 321
percent of
those goals.
Each office
was
presented
with an award
for
outstanding
participation
in the
campaign.





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New Director, Deputy named for FERC's Dam Safety Division



██████████ has been named Director of FERC's Division of Dam Safety and Inspections in OEP. ██████████ has been named Deputy Director.

The Division is responsible for implementing the Commission's Dam Safety, Public Safety and Security Programs for Licensed and Exempted non-federal hydropower projects.

Prior to his appointment, ██████████ was Deputy Director of the Division of Dam Safety, a position he held since 2007. Bill earned a Bachelor's degree in Civil Engineering from New Jersey Institute of Technology and is a licensed Professional Engineer in Virginia.

██████████ and ██████████

██████████ has worked for six years in the Dam Safety Division, most recently as the Branch Chief here at 888. He holds a Bachelor's degree in Civil Engineering from Virginia Tech and Master's degree in Civil Engineering from the University of Maryland. ██████████ is a licensed Professional Engineer in Maryland.

Green Tip of the Month

The unseasonably mild winter we have had means we likely will experience an early spring. That means time to prepare your lawn and garden. When doing so, think about composting to create an organic fertilizer vs. using store-bought chemical options. Composting organic materials rather than disposing of them reduces methane emissions.

Planting native foliage is another great idea to help keep your local ecosystem balanced. And as rain season looms, consider a rain barrel to collect rain water as it falls for use in watering your lawn and plants.

Check here for information about native gardening

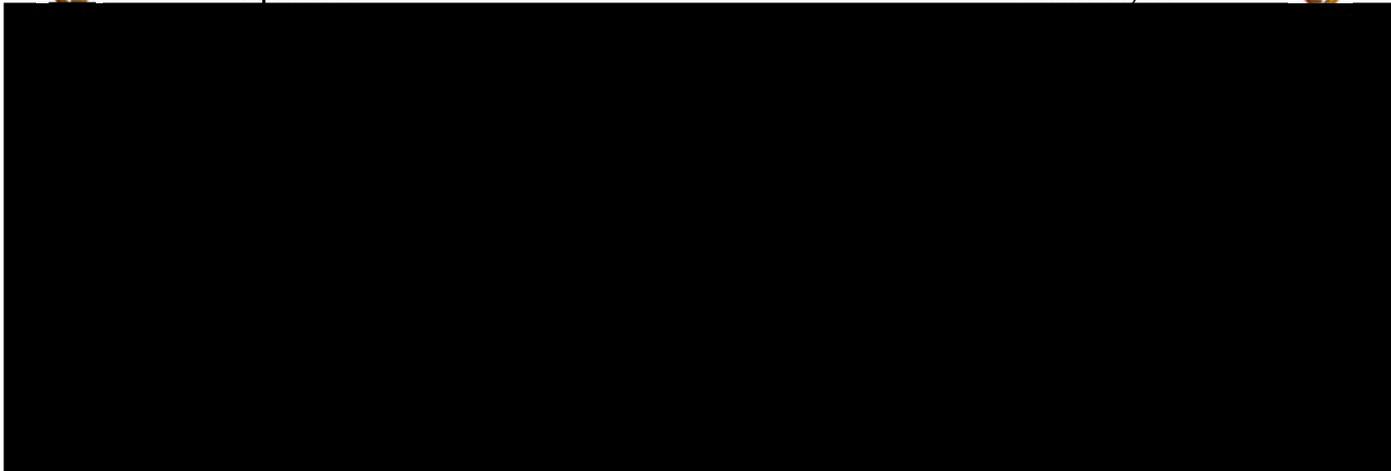


Find more gardening tips Here



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FERC's FOIA team: [redacted], FERC's FOIA Officer ; [redacted]

Other staff members who contribute to the success of the FOIA program include: [redacted]; [redacted]

FERC's FOIA program gets an A+

The Commission's Freedom of Information Act (FOIA) program received an A+ from Congress recently for its outstanding commitment to fulfilling the requirements of the program. FERC provided Congress with the requested information plus additional information that went beyond what was expected. [redacted]



The government's overall grade is a C-. The U.S. House Committee on Oversight and Government Reform released its staff report on March 15 outlining the findings associated with its review of all FOIA programs in the government.

View the report here.

Remember to Save the Date: April 23-27, Earth Week at FERC [More]

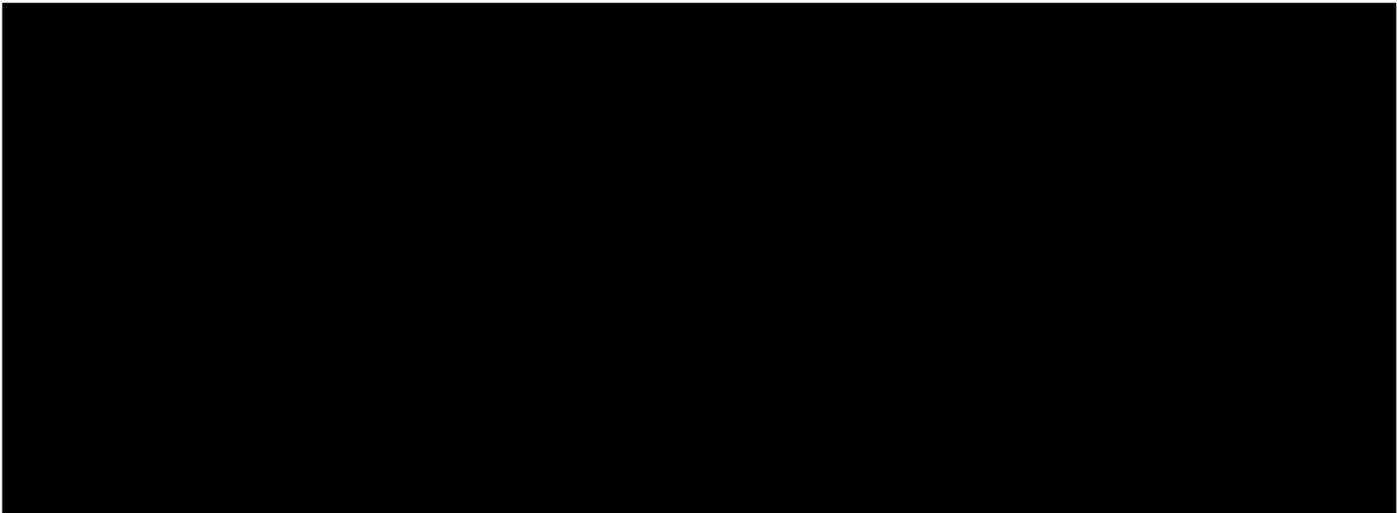


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OE: What is your Favorite Spring Holiday Tradition?



"The Memorial Day Cookout is the thing my family looks forward to every Spring. About 200 to 300 family members attend this cookout and I am usually working at least four grills and the turkey fryer.

"We dye Easter eggs the traditional way as well as hollow others out and decorate them with paint (Russian eggs)."

"An Easter egg hunt at a farm near our house."

"Our kids are on Spring Break so we can spend more time together as a family. We also celebrate the Easter holiday at church.

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Healthy LifeStyles

Alcohol is the most commonly used addictive substance in the United States: 17.6 million people, or one in every 12 adults, suffer from alcohol abuse or dependence while several million more engage in risky, binge drinking patterns that could lead to alcohol problems. More than half of all adults have a family history of alcoholism or problem drinking, and more than 7 million children live in a household where at least one parent is dependent on or has abused alcohol.



Yet, for many people, the facts about Alcohol and Alcoholism are not clear.

Facts About Alcohol:

Alcohol abuse and alcoholism can affect all aspects of your life. Long-term alcohol use can cause serious health complications

affecting virtually every organ in your body, including your brain. It can also damage your emotional stability, finances and career, and could affect your family, friends and the people you work with. To get a better understanding of how devastating alcoholism is in our country, here are a few figures from the Centers for Disease Control and Prevention (CDC).

- 79,000 deaths are annually attributed to excessive alcohol use
- Alcoholism is the third leading lifestyle-related cause of death in the nation

Alcoholism has little to do with what kind of alcohol one drinks, how long one has been drinking or even exactly how much alcohol one consumes. But it has a great deal to do with a person's

Over time, excessive alcohol use, both in the form of heavy drinking or binge drinking, can lead to numerous health problems, chronic diseases, neurological impairments and social problems, including but not limited to:

- Dementia, stroke and neuropathy
- Cardiovascular problems, including myocardial infarction, cardiomyopathy, atrial fibrillation and hypertension
- Psychiatric problems, including depression, anxiety, and suicide
- Social problems, including unemployment, lost productivity, family problems, violence including child maltreatment, fights and homicide
- Unintentional injuries, such as motor-vehicle traffic crashes, falls, drowning, burns and firearm injuries
- Increased risk for many kinds of cancers, including liver, mouth, throat, larynx (voice box) and esophagus
- Liver diseases, including fatty liver, alcoholic hepatitis, cirrhosis
- Gastrointestinal problems, including pancreatitis and gastritis
- Alcohol abuse or dependence – alcoholism

Please do not hesitate to visit the Health Unit, Room 3F for more information.

Redacted Pursuant to FOIA Exemption 6.

uncontrollable
need for
alcohol. Most
alcoholics
can't just "use
a little
willpower" to
stop drinking.
The alcoholic
is frequently
in the grip of a
powerful
craving for
alcohol, a
need that can
feel as strong
as the need
for food or
water. While
some people
are able to
recover
without help,
the majority of
alcoholics
need outside
assistance to
recover from
their disease.
Yet, with
support and
treatment,
many are able
to stop
drinking and
reclaim their
lives.

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Do I Log off, Shut down or Lock my computer?

In the Paul Simon tune, there may be “50 ways to leave your ...”, but there are only a few ways that you should leave your computer. Here are some computer departure scenarios.



Log off – You should log off at night when you leave for the day. Enter **CTR-ALT-DEL** and Select **Log off** from the computer menu.

Lock – When you leave your desk during the day, you should lock your computer by entering **CTR-ALT-DEL** and Select lock this computer from the menu. This prevents anyone from accessing your computer while you are away.



Ethics Essentials Regarding Foreign Gifts

Did you know that many FERC employees work with officials from foreign governments?

Employees who work with foreign officials often receive gifts as tokens of appreciation. In recent years, FERC employees have received silk scrolls, books, electronic devices, and a wide variety of other items.

What should you do if you receive a gift from a foreign government?

If an employee receives a foreign gift, that employee should notify the Ethics Staff in General and Administrative Law (GAL) right away. The Foreign Gifts and Decorations Act, 5 U.S.C. §

Redacted Pursuant to FOIA Exemption 6.

Shut down – Select Shut down from the Start menu when you leave for the weekend, unless you receive an email instructing you to leave the computer on due to a weekend patch deployment.



Coming: Windows 7 and Microsoft Office 10

Coming in the Spring, your in-house FERC computer will be converted over from Vista to Windows 7 and from Microsoft Office 2003 to Microsoft Office 2010. Informational Town Hall sessions will be provided to give you the details you need to continue to work productively.

7342, governs invitations and gifts that are extended to government employees by a foreign government. This statute provides that an employee may accept a gift from a foreign government that is tendered as a mark of courtesy, if that gift does not exceed a value of \$350.

Even if you believe a gift is under this limit, you should contact GAL. GAL staff will make a determination of the value of the gift and maintain a record of its disposition. If the gift is valued at over \$350, it may be accepted on behalf of the Commission. Gifts accepted on behalf of the Commission are on display in the Office of External Affairs.

Contact GAL at Extension 6457, or via email to the Ethics mailbox.



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February 15-March 28: **ARRIVALS**

OE OED OEMR



February 15-March 28: **DEPARTURES**

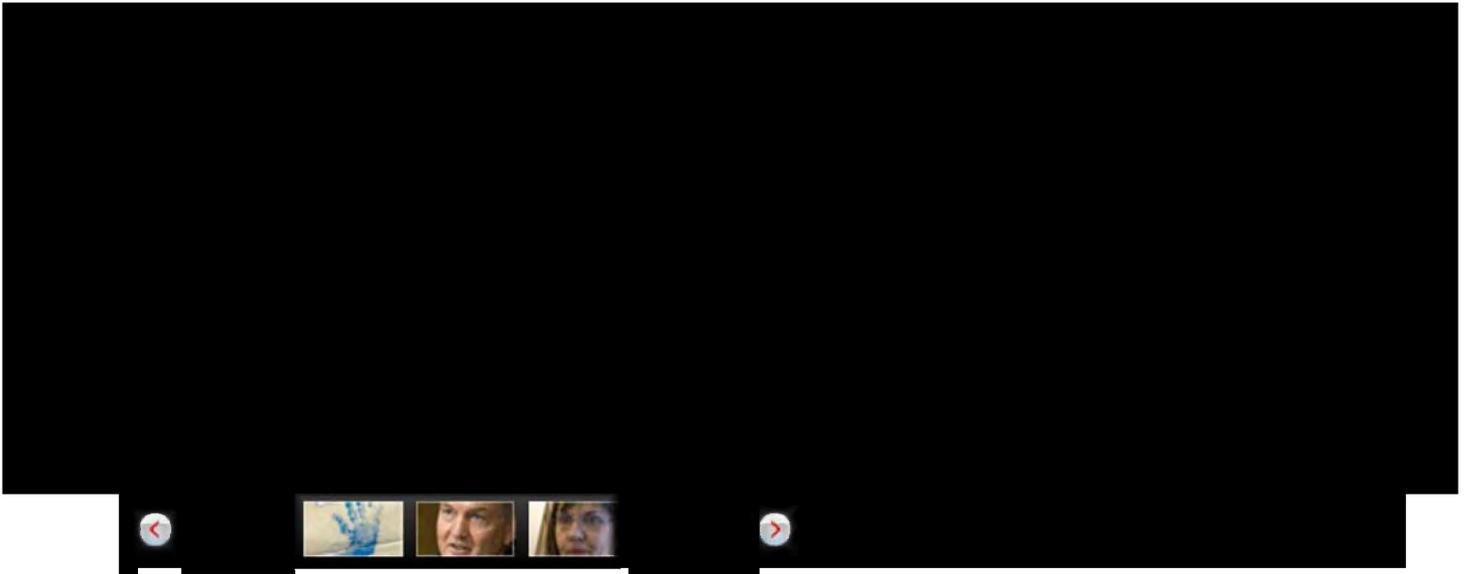
OEP OED OEMR OGC OER OAL



FERC Insider

May 2012

Volume 19, No 4



Welcome to the May 2012 edition of the FERC Insider.

In this Issue: FERC Celebrates Take Our Daughters and Sons to Work Day • Earth Week Highlighted at 888 • Commissioner LaFleur Speaks at Natural Gas Roundtable Event • Commissioner Moeller, OEP's ██████████ and OE's ██████████ testifying before Congress • Senate Energy Committee approves nominations of John Norris and Anthony Clark to be members of FERC • Remembering Two Former FERC Employees

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EDITORIAL
[REDACTED]

WEB DESIGN
[REDACTED]

PHOTOGRAPHY
[REDACTED]

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If you have story ideas please email the editor, [REDACTED] of the Media Relations Division, OEA.

Feedback to FERC Insider

REGULAR FEATURES

- Hot Topics**
- Capitol Watch**
- Healthy Lifestyles**
- IT Corner**
- Arrivals And Departures**

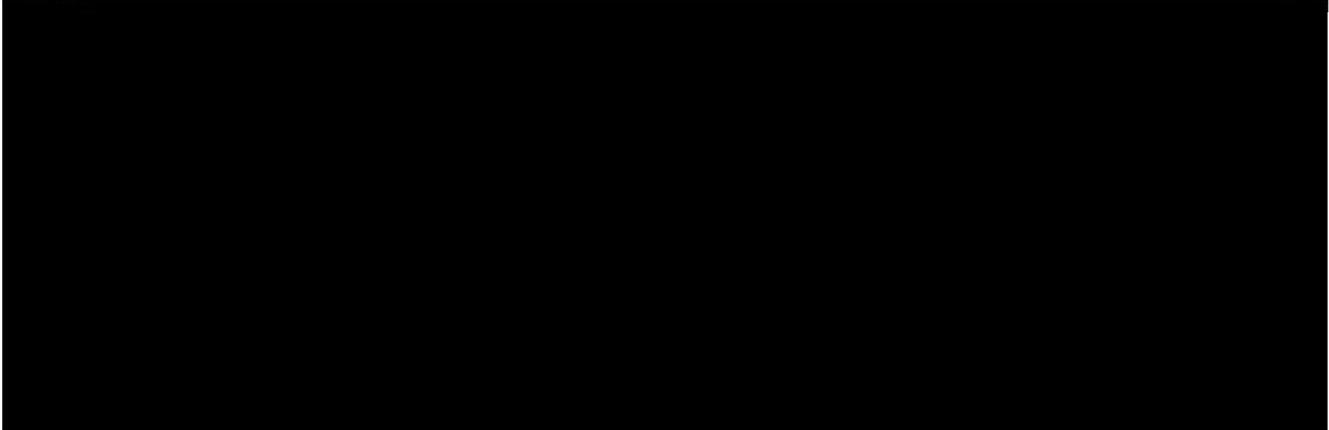
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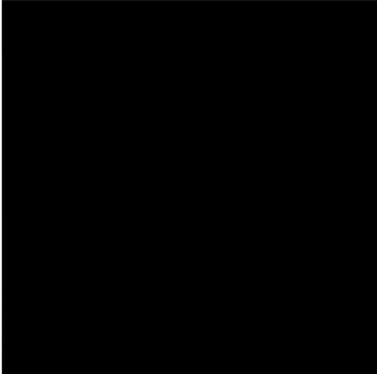
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It's hard to believe 20 years have passed since this country celebrated its first Take Our Daughters and Sons to Work Day! FERC's annual observance of the event on April 26 was a huge success with 72 children of FERC employees participating.



"It's the hard things in life that pay off"

FERC's Office of Electric Reliability (OER) sponsored this year's program.

The theme of this year's program was "Build Opportunity: 20 Years of Education, Empowerment, Experience."

Director of OER, welcomed everyone to the program and stressed the importance of staying in school and working hard.

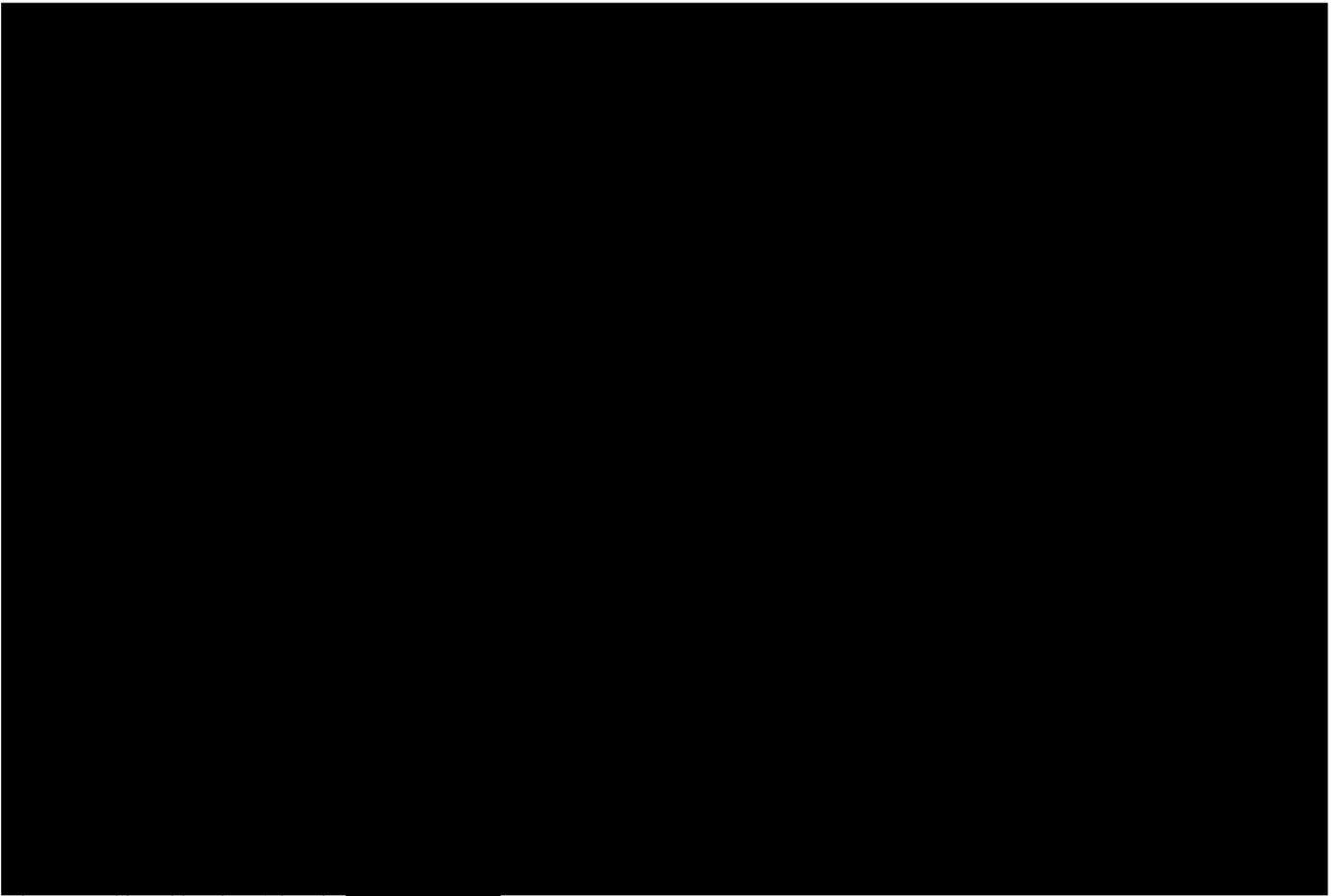
Participants in this year's program were treated to a mock trial in one of the Commission's hearing rooms. In addition, tours of the Market Monitoring Room, Publishing Services, IT area, Office of Energy Projects and the Office of Energy Market Regulation were part of the program.

"It's the hard things in life that pay off," said.

FERC Executive Director encouraged participants to "have a plan for your life."



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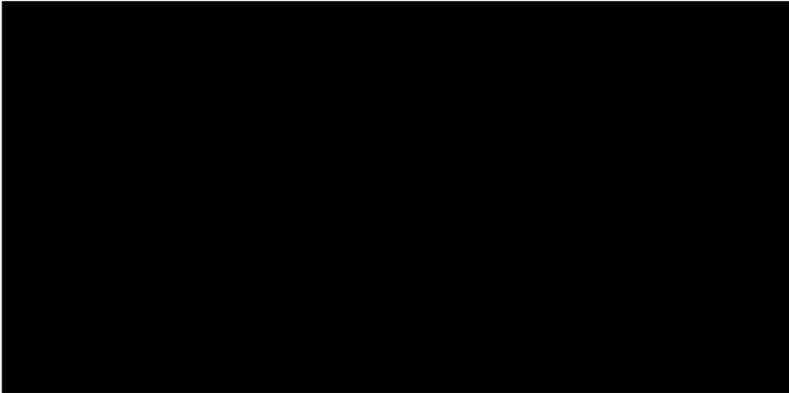


Images with red borders taken by



Earth Week at FERC

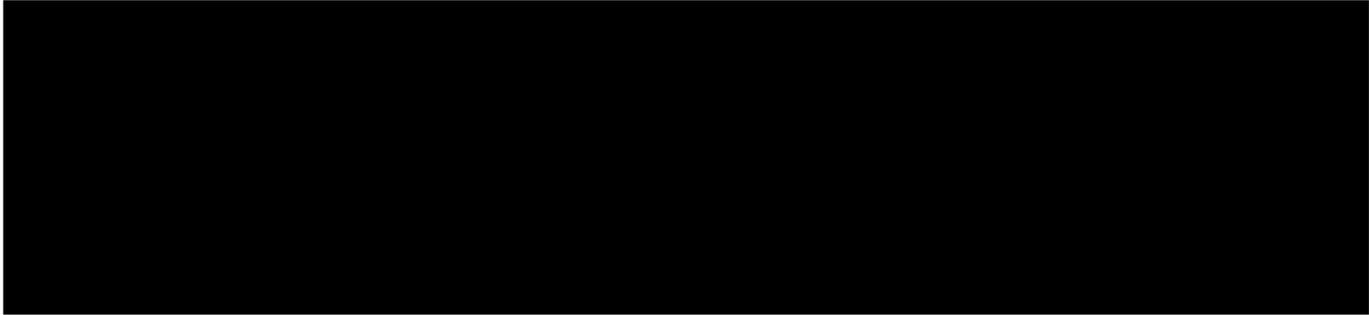
FERC employees celebrated the 42nd Annual Earth Day with a week of festivities ranging from a book swap to a panel discussion with representatives from the 888 neighborhood, NOMA, who discussed green initiatives and community events. There was something for everyone and the week's events proved to be both entertaining and informative.



The festivities kicked off with a parade in the lobby featuring FERC's child development center students. The children wore costumes and clothing made out of recycled materials. In addition, the children created artwork out of recycled materials, which was on display throughout the week in the lobby area. Other events included an Organic Market and a panel discussion featuring EPA grant winners from the University of Delaware and Colorado State University, who presented research on innovative, eco-friendly fabrics and apparel.

At the NOMA event, representatives from the NOMA Business Improvement District (NOMABid) discussed the massive development that has occurred since 2004 in the neighborhood, due predominately to the opening of the New York Avenue Metro stop. NOMA is the fastest-growing neighborhood in Washington, D.C., according to NOMABid. To find out more about what is going on in NOMA, go to www.NOMABID.ORG.

Events were organized by Greener FERC and the FERC Child 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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On April 26, the Senate Energy Committee approved the nominations of John Norris and Anthony Clark to be members of the Federal Energy Regulatory Commission. With the committee's approval of these Executive Branch appointments, the nominees are now eligible for consideration by the full Senate.



In other Hill news, [REDACTED], Director of FERC's Office of Enforcement, testified on before the Senate Energy and Natural Resources Committee on April 26 to discuss FERC's inquiry into the effects of the October 29-30, 2011 snowstorm in the Northeastern United States on transmission and Bulk Power System (BPS) facilities.

[REDACTED] [Testimony PDF](#)

Redacted Pursuant to FOIA Exemption 6.

Commissioner Philip D. Moeller and OEP Director [REDACTED] testified before the House Energy & Commerce Subcommittee on Energy and Power on May 9 to discuss the "Resolving Environmental and Grid Reliability Conflicts Act of 2012" and the "Hydropower Regulatory Efficiency Act of 2012."

Testimony: Commissioner Moeller  |  

FERC Insider



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FERC-NERC Staff Report on September 2011 Blackout Calls for Improved Planning

FERC Staff and the North American Electric Reliability Corporation (NERC) on May 1 said the September 2011 blackout that left 2.7 million customers in Southern California, Arizona and Baja California without power stemmed from operating in an unsecured state due to inadequate planning and a lack of observability and awareness of system operating conditions on the day of the event.

A joint FERC-NERC staff report on the Sept. 8 blackout, issued after a nearly eight-month inquiry, recommends that transmission operators and balancing authorities improve how they plan for operations to account for the status of facilities outside their individual systems, the effect of external operations on their own systems and how operation of transmission facilities under 100 kiloVolts (kV) can affect the reliability of the bulk power system.

“This report highlights the growing need for more coordination of grid operations in the West,” FERC Chairman Jon Wellinohoff said. “Implementing the recommendations in this report will assist in enhancing the planning and system awareness measures that are necessary to operate an efficiently integrated bulk power

That line loss itself did not cause the blackout, but it did initiate a sequence of events that led to the blackout, exposing grid operators’ lack of adequate real-time situational awareness of conditions throughout the Western Interconnection. More effective review and use of information would have helped operators avoid the cascading blackout. For example, had operators reviewed and heeded their Real Time Contingency Analysis results prior to the loss of the APS line, they could have taken corrective actions, such as dispatching additional generation or shedding load, to prevent a cascading outage.

The report recommends that bulk power system operators improve their situational awareness through improved communication, data sharing and the use of real-time tools. It also recommends that:

- System planners and operators recognize, study and incorporate the effects of sub-100 kV systems on bulk power system reliability into their planning and operations;
- The Western Electricity Coordinating Council

Redacted Pursuant to FOIA Exemption 6.

system, and reduce costs to consumers from these types of outages that could continue if operational efficiencies are not improved.”

“Today's report provides a series of lessons learned from the September 2011 event that is available to industry for use as a tool to improve their operations and planning of the grid,” FERC Commissioner John Norris said. “My hope is that the findings and recommendations in this report will be utilized to the broadest extent possible in order to enhance the reliability and efficiency of the Bulk Power System.”

The inquiry was initiated to determine how the blackout occurred and to make recommendations to avoid similar situations in the future. FERC and NERC staff used on-site interviews, sophisticated computer modeling, event simulations and system analysis to make the determination that entities responsible for planning, operating and monitoring the bulk power system were not prepared to ensure reliable operation or prevent cascading outages in the event of a single contingency: the loss of Arizona Public Service's (APS) Hassayampa-North Gila 500 kV transmission line.

- (WECC) recognize and study Interconnection reliability operating limits;
- Transmission Owners and Operators review overload protection relay settings to give them more time to mitigate overloads;
 - Transmission Operators and WECC study the effects of special protection systems, remedial action schemes and safety nets, such as the one that disconnected San Diego from the high voltage lines south of the San Onofre Nuclear Generating Station, to understand how they affect reliability and to ensure that they do not have unintended or undesirable effects; and
 - System operators plan and account for phase angle differences in order to be able to re-energize transmission lines following outages.

For more information on FERC.gov in  format:

Report | FERC Staff Statement

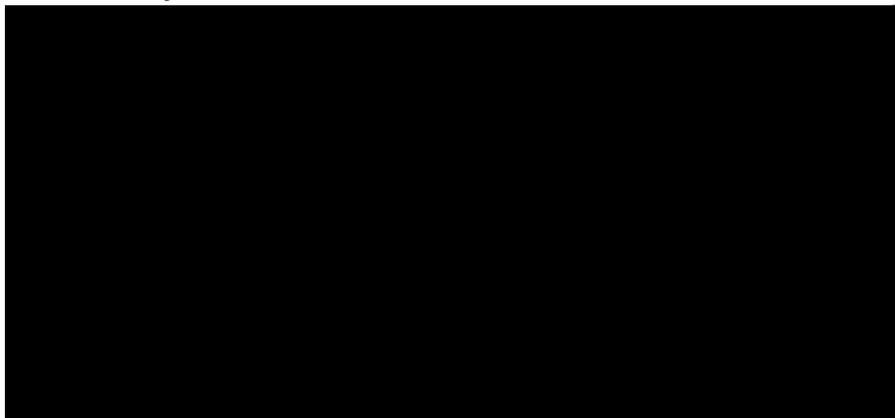
**Fact Sheets:
Sequence of Events | Findings
& Recommendations**

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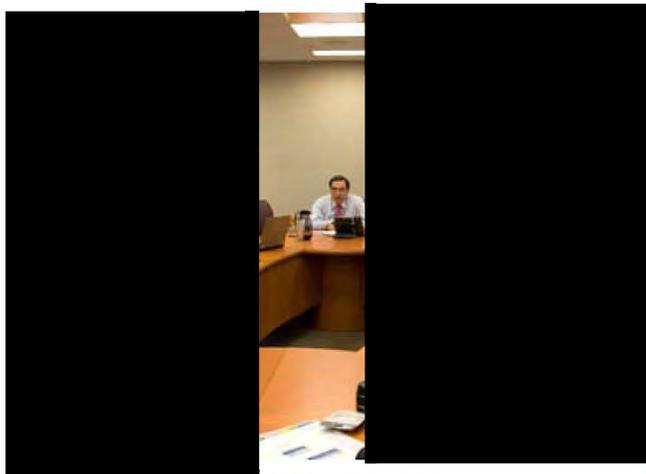


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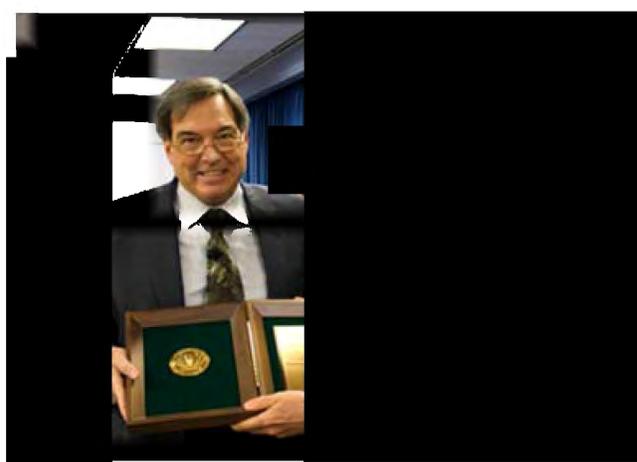


Commissioner LaFleur Speaks at the Natural Gas Roundtable



Annual Roundtable

Chairman Wellinghoff invited reporters to his annual roundtable discussion on April 26 at FERC Headquarters to discuss concrete steps the Commission has taken to fulfill its mission of ensuring consumers have reliable, efficient and sustainable energy. The Chairman highlighted a number of initiatives at FERC including: Transmission Planning and Cost Allocation Final Rule; Transmission Pricing Reform Notice Of Inquiry; Frequency Regulation; Electric Market Transparency and Surveillance; Coordination between Natural Gas and Electricity; and Natural Gas Market Regulation.



Mike Henry Award

Chairman Wellinghoff presents [redacted] with the Chairman's Medal award for his federal service. [redacted] is leaving FERC after serving for 10 years, most recently as an Advisor to the Chairman. "Mike has served with great distinction. We wish him well in his new endeavors," Chairman Wellinghoff commented.

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May 2012

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Women's Screening Chart



SCREENING TESTS FOR WOMEN

Check the guidelines listed here to find out about important screening tests for women. These guidelines are recommended by the U.S. Preventive Services Task Force. Keep in mind that these are guidelines only. Your doctor or nurse will personalize the timing of the screening tests you need based on many factors. Ask your doctor or nurse if you don't understand why a certain test is recommended for you. Check with your insurance plan to find out which tests are covered.

| Screening tests | 18-39 | 40-49 | 50-64 | 65 and older |
|---|--|--|--|--|
| Blood pressure test | Get tested at least every 2 years if you have normal blood pressure (lower than 120/80). Get tested once a year if you have blood pressure between 120/80 and 139/89. Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher. | Get tested at least every 2 years if you have normal blood pressure (lower than 120/80). Get tested once a year if you have blood pressure between 120/80 and 139/89. Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher. | Get tested at least every 2 years if you have normal blood pressure (lower than 120/80). Get tested once a year if you have blood pressure between 120/80 and 139/89. Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher. | Get tested at least every 2 years if you have normal blood pressure (lower than 120/80). Get tested once a year if you have blood pressure between 120/80 and 139/89. Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher. |
| Bone mineral density test (osteoporosis screening) | | | Discuss with your doctor or nurse if you are at risk of osteoporosis. | Get this test at least once at age 65 or older. Talk to your doctor or nurse about repeat testing. |
| Breast cancer screening (mammogram) | | Discuss with your doctor or nurse. | Starting at age 50, get screened every 2 years. | Get screened every 2 years through age 74. Age 75 and older, ask your doctor or nurse if you need to be screened. |
| Cervical cancer screening (Pap test)* | Get a Pap test every 3 years if you are 21 or older, have had vaginal sex, and have a cervix. | Get a Pap test every 3 years if you have had vaginal sex, and have a cervix. | Get a Pap test every 3 years if you have had vaginal sex, and have a cervix. | Ask your doctor or nurse if you need to get a Pap test. |
| Chlamydia test | Get tested for chlamydia yearly through age 24 if you are sexually active or pregnant. Age 25 and older, get tested for chlamydia if you are at increased risk, pregnant or not pregnant. | Get tested for chlamydia if you are sexually active and at increased risk, pregnant or not pregnant. | Get tested for chlamydia if you are sexually active and at increased risk. | Get tested for chlamydia if you are sexually active and at increased risk. |

* Final U.S. Preventive Services Task Force guidelines on cervical cancer screening can be found at www.uspreventiveservicestaskforce.org/uspstf/uspscerv.htm

| Screening tests | 18-39 | 40-49 | 50-64 | 65 and older |
|-------------------------|--|--|--|--|
| Cholesterol test | Starting at age 20, get a cholesterol test regularly if you are at increased risk for heart disease. | Get a cholesterol test regularly if you are at increased risk for heart disease. | Get a cholesterol test regularly if you are at increased risk for heart disease. | Get a cholesterol test regularly if you are at increased risk for heart disease. |

Redacted Pursuant to FOIA Exemption 6.





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From the Office of Enforcement, left to right, are [REDACTED] and [REDACTED].

2011 State of the Markets Report

At the Commission's April 19 Open Meeting, staff from the Office of Enforcement presented its 2011 State of the Markets Report. The report is OE's assessment on the natural gas, electric and other energy markets.

The staff said that natural gas production reached a record in 2011, surpassing levels last seen in the 1970s. Plentiful natural gas supply and low natural gas prices led to talk of a need to develop new markets for natural gas, and in 2011 seven LNG export projects with almost 14 Bcf a day of capacity were proposed in the U.S.

[REDACTED] Electric markets also experienced low prices as fuel costs fell and demand remained stable. Changes in the pricing relationship between natural gas and coal-fired generators caused a fundamental shift in the utilization of these plants, with natural gas plant production increasing and coal plant output falling.

Staff presents the 2011 State of the Markets [PDF](#)

FERC ^V Insider



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Internet Tips
**Accessing an Internet
 website may be easier
 than you think.**



Did You Know?

- **You don't need the http:// portion of a web page**
 When typing an Internet address you do not need to type http:// or even www. in the address. For example, if you wanted to visit CNN, you could just type cnn.com and press Enter. To make things even quicker, if you're visiting a .com address you can type cnn and then press Ctrl + Enter to type out the full http://www.cnn.com address.
- **There is an easy way to quickly move between the fields of a web page**
 If you're filling out an online form, e-mail, or other text field you can quickly move between each of the fields by pressing the Tab key or Shift + Tab to move back a

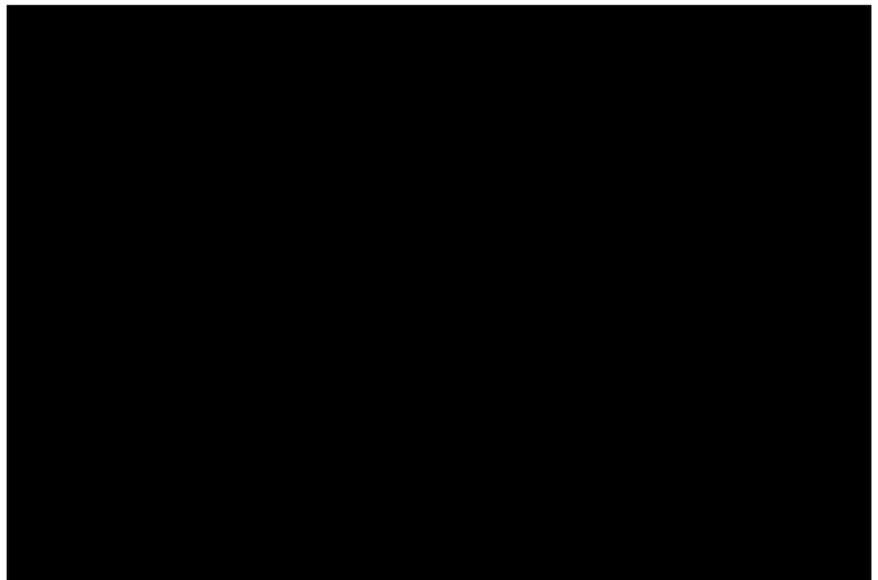
In Memory Of

Two former members of the FERC community. [REDACTED] and [REDACTED] passed away recently.

[REDACTED], formerly a Paralegal Specialist on the staff of the Solicitor's office, passed away on April 17. She began her federal career in September 1966, and transferred to the Department of Energy/Federal Power Commission in June 1973. She retired in 2000 after 34 years of public service.

[REDACTED], formerly a Staff Accountant in the OED, died in February. She retired from FERC in September 2005. Her organization was realigned into OED from the Office of Finance, Accounting and Operations in September 2001. Leola held the position of Supervisory Operating Accountant when she began her career at FERC in April 1986.

.....



In an effort to provide employees with ways to live healthier lives, FERC has launched the Fitter FERC initiative. The program, which kicked off at an event on April 11 at FERC headquarters, will be ongoing and feature a variety of events which promote employee wellness. Dr. Sangeeta Iyer, a physician with Kaiser Permanente, attended the kickoff event and discussed ways to move more in our daily lives.

Redacted Pursuant to FOIA Exemption 6.

field. For example, if you're filling out your name and the next field is your e-mail address you can press the Tab key to switch to the e-mail field.



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Office Migration Schedule

FERC will migrate to Microsoft Windows 7 and Microsoft Office 2010! This is an important Commission-wide project that will help you and your office continue to achieve the mission of the FERC.

The Windows 7 / Microsoft Office 2010 migrations will be conducted between mid May 2012 and end of August 2012. This will impact all employees at Headquarters, Regional Offices and Field Offices. The migration approach is as follows:

- **There will be approximately 40 migrations a night by office to minimize any impact to day-to-day operations. IT is working with the Administrative Officers (AOs) with the details.**
- **There will be three types of training:**

Web-based Training

1. Purpose: To provide you self-paced and specific task training. You learn on your own.
2. Format: Online and can be accessed at any time.

Familiarization Training

1. Purpose: This is to give you a "What's new?" look into Microsoft 2010 vs. Microsoft 2003
2. Format: 1 hour sessions held 2 times a week throughout the migrations

Classroom (Specialized) training

1. Purpose: This is specific task training. For example, one class will be on how to

When?

3 weeks prior to your scheduled migration

2 weeks prior to your scheduled migration

1 week prior to your scheduled migration

Day before your migration

Day after your migration

Action

You will receive email regarding your migration schedule and training.

You will receive a calendar invite to schedule your migration.

You will receive a reminder email regarding your upcoming migration.

You will receive a calendar reminder of your upcoming migration.

Contact IT Support Center for any issues.

Redacted Pursuant to FOIA Exemption 6.

create tables,
footers/headers. etc. using
Microsoft Word 2010
2. Format: 1 hour sessions
held 3 times a week
throughout the migrations

Training is not mandatory but
strongly encouraged. Please
visit the IT Training page
(Training Calendar and
Available On-Site Courses –
Click on the month...example
May) to see the updated
schedules so you can start
planning. For more in-depth
training, links to web based
training can be found here as
well.

- In conjunction with the
migrations, hardware
upgrades will be conducted
where applicable. If you are
due for a PC refresh, you will
be upgraded to a
Government Furnished
Equipment (GFE) laptop /
docking station set up at that
time.

- Communications on the
your migration will be
coordinated by IT . You will
receive a series of emails
which will provide the
details to include reminders
of available training being
presented at that time.
Please review the table
above.

If you have any questions, please
look at the Windows 7 Page on
FERCNet for updated information,
contact your Administrative
Officer, or contact the ITSC. On
the Windows 7 Page, there are
Frequently Asked Questions
(FAQ) for your convenience.



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March 29-May 1: **ARRIVALS**



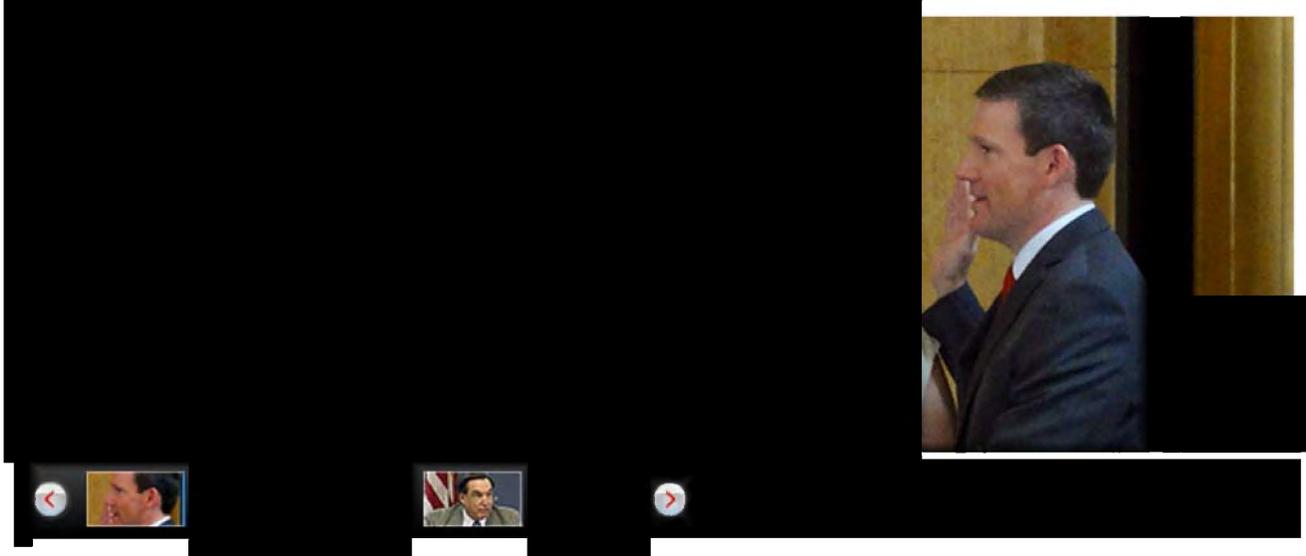
March 29-May 1: **DEPARTURES**



FERC Insider

June 2012

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Welcome to the June 2012 edition of the FERC Insider.

In this Issue: FERC's Chris Cook Opens Distillery, Commissioners Sworn In, Asian Pacific Month Celebrated, FERC Welcomes Summer Interns, ACLI Capital Challenge Race, Publishing Services Holds Open House, Leadership Program Participants Honored, FERC Signs MOU, FERCers Bike to Work, FERC's Softball Team Kickoff Season, NRC and FERC Hold Joint Meeting



- Navigation Tips:** Select a thumbnail picture above and open the yellow i-button on right to navigate to the page, or, select from the regular feature links below.
- To Print:** To print the Insider, go to the print function on your computer. You must print each page individually since the Insider is a web-based publication.
- To View:** Maximize your screen and eliminate the sidebar if you use one to ensure best web page display.

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EDITORIAL

[REDACTED]

WEB DESIGN

[REDACTED]

PHOTOGRAPHY

[REDACTED]

The Insider at FERC (a.k.a FERC Insider) is the online newsletter by and for FERC's employees and is not intended for external sale or distribution. It is written and published monthly except in August and December under the auspices of the Office of External Affairs, [REDACTED] Director.

All photos are the property of FERC and may not be reproduced without permission.

If you have story ideas please email the editor, [REDACTED] of the Media Relations Division, OEA.

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Arrivals And Departures

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FERCNet home

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Tony Clark is sworn in as a FERC Commissioner by U.S. Senator [REDACTED] (R-ND) on June 15 at the State Capitol Building in Bismarck, North Dakota. He is accompanied by his wife [REDACTED]. Commissioner Clark's term expires on June 30, 2016.

Image provided by Scott Sheldon

The Commission once again has its full five-member complement with the swearing-in on June 15 of Commissioner Tony Clark, and the June 18 swearing-in of Commissioner John R. Norris for a second term. The June 21 Commission meeting marked the first one that all five commissioners attended.

President Obama announced the nomination of Commissioner Clark to FERC on January 23, 2012, and the re-nomination of Commissioner Norris on February 3, 2012. The Senate confirmed both their nominations on May 25.

"It's good to be here," Commissioner Clark said at the Commission meeting, after thanking President Obama for the nomination and Senate Minority Leader [REDACTED] (R-Ky.) and Sen. [REDACTED] (R-N.D.) for their assistance.



Above: Commissioner John Norris is sworn in for a second term by FERC Chief Administrative Law Judge [REDACTED]. Commissioner Norris, who formerly was Chairman of the Iowa Utilities Board, joined FERC in 2010. His term expires in 2017.

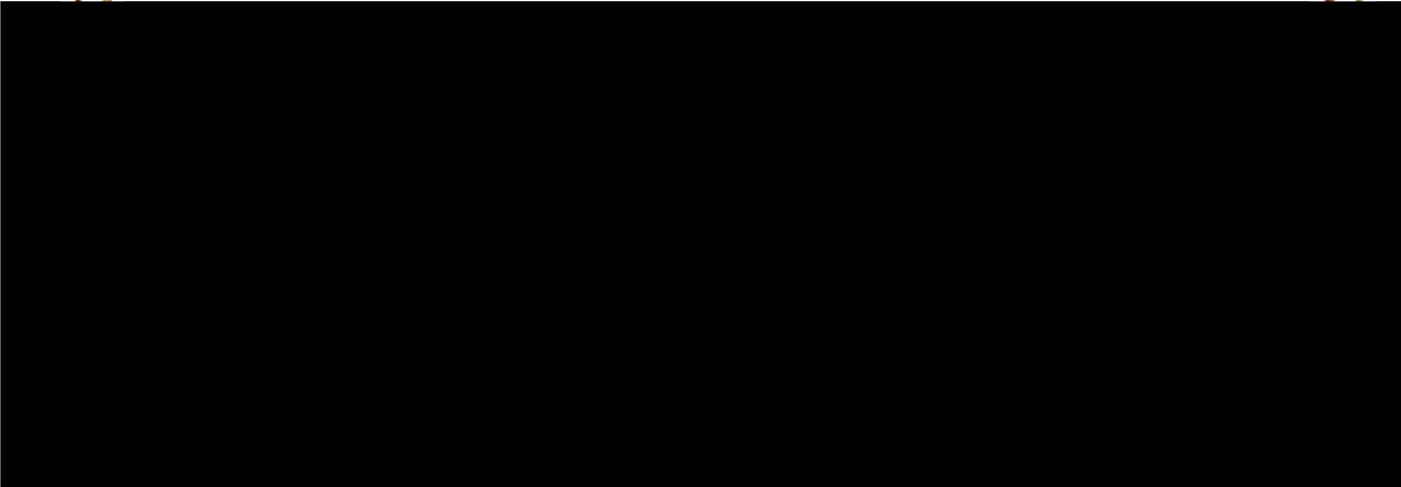
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"I've worked with all of you in the past, in my role both at NARUC and at the state commission, and I'm looking very much forward to digging in," Clark added. "When I walked into my office on Tuesday morning, outside of the furniture there were three items that were in there. One was, of course, the American flag, one was the FERC flag, and one was the flag of my home state, North Dakota. I think that's probably the first time there's been a North Dakota flag in the corner of one of these FERC offices."

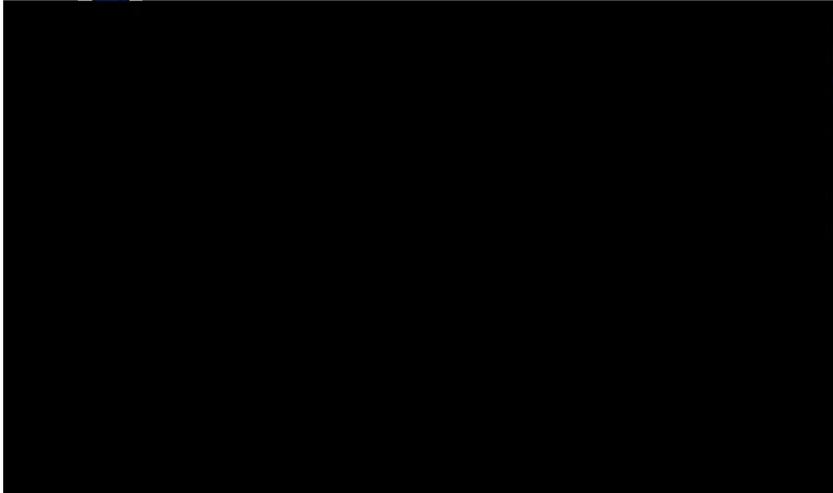


"I am honored to be confirmed for a full term as a Commissioner at FERC and thank President Obama and the U.S. Senate for the opportunity to continue serving the American people," Commissioner Norris said when the Senate confirmed his re-nomination. "The energy issues we work on at FERC are critical to our nation's economy and to the safety and well-being of our citizens. I look forward to continuing to form partnerships that strive to ensure consumers have access to reliable and efficient energy services."

Commissioner Clark is the former Chairman of the North Dakota Public Service Commission. The state PSC is a statewide elective office, and he was first elected to the PSC in 2000. Commissioner Clark also served as president of the National Association of Regulatory Utility Commissioners. His term at FERC expires in 2016.



Sloop Betty: FERC's Cook and History in the Making

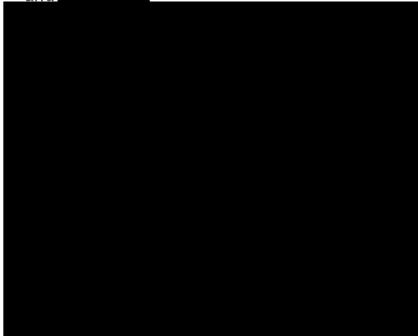


OED's [redacted] is always on the hunt for his next adventure, all while living by his motto: "Success has to do with getting out of your comfort zone."

At left: [redacted] and Jon with Maryland Governor [redacted] as he signs legislation that will allow Blackwater Distillery to host tours of the facility and offer samples of their products.

From left to right in the back row: Delegate [redacted], unidentified, Delegate Wood (St. Mary's County), Middle row (in front of [redacted] Delegate [redacted] (Queen Anne's County), unknown, Delegate [redacted] (Anne Arundel County) Front row: Senator [redacted] (President of the Senate), Governor O'Malley, [redacted] (Speaker of the House of Delegates)

Photos courtesy of [redacted] and [redacted]



Well, that's exactly what [redacted] did seven years ago. He and his brother, [redacted], set out on a search to find a business to invest in and make their own. After a deal to buy a restaurant in Annapolis fell through, the brothers stumbled upon an interesting yet unusual business idea—a liquor distillery.

[redacted] idea came from an unlikely place—the Maryland state archives. While there one day his brother [redacted] came across a photo of pre-prohibition whiskey bottles. A light went off for them both.

Redacted Pursuant to FOIA Exemption 6.

Being a history buff, [REDACTED] was intrigued and the wheels started turning.

“An epiphany moment. This sounded interesting and the bottles looked cool,” [REDACTED] said of his discovery.

After much research, including an inspiring visit with a woman who traded in her lawyer-by-day job to become a blacksmith, [REDACTED] moved forward with his dream to open the first distillery in Maryland in more than 35 years.

“When I worked in systems engineering, it struck me that everything was virtual. There is little that is tangible,” says [REDACTED] of his day job in IT. “A hand crafted product gives you a sense of satisfaction because you can touch it and see it.” [REDACTED] goes on to say.



his new business, primarily because, unlike whiskey, it did not require any time to age. After traveling across the U.S. visiting distilleries and talking to experts in the field, as well as learning about distilling at Michigan State University, the brothers opened Blackwater Distilling in Stephenville, MD, in 2007 .

But it took four more years for Blackwater to produce its first product. In March 2011, [REDACTED] dream became a reality when Blackwater publicly released its first product, a Vodka called Sloop Betty. The vodka is all organic and produced from 80 percent wheat and 20 percent sugar cane.

So where did the idea for the name of their signature vodka come from? The Sloop Betty was an 18th century ship that sailed the Chesapeake Bay. It was a natural name considering [REDACTED] keen interest in history. The image pays homage to the 1940s pinup and ‘bomber art’ seen on the fuselage on many of the aircraft of WWII. Chris’ grandfather flew a C-47 in the European theater.

[REDACTED] isn’t stopping with Sloop Betty. Blackwater is planning a limited seasonal release of a flavored vodka this winter with a Rum, Gin and Rye Whiskey to follow.

Away from the Distillery and FERC, Chris spends his time with his wife Marika, who works in FERC’s Office of Reliability, and their two children, Ansleigh, 10, and Samuel, 6.

[REDACTED] came to FERC in November, 1994, and truly enjoys his work here. “I enjoy the people and relationships I’ve made over the years,” [REDACTED] comments.

Redacted Pursuant to FOIA Exemption 6.

For more information go to SloopBetty.com



2012 Leadership Development Program

On May 8th the Commission held a graduation and induction ceremony for the Leadership Development Program (LDP) participants. The graduating LDP consisted of 15 FERC employees, while the upcoming class will have 17 participants.

Chief Human Capital Officer [redacted] kicked off the event. Chairman Wellinghoff was on hand to congratulate the graduates and welcome the inductees into the prestigious program. Commissioner LaFleur and Commissioner Moeller distributed awards to both graduates and inductees. [redacted], an LDP graduate, shared his experiences and offered words of wisdom to the incoming class. Executive Director [redacted] closed the ceremony, congratulating all the participants and sharing one his favorite baseball/leadership analogies, "You can't steal second with your foot still on first."

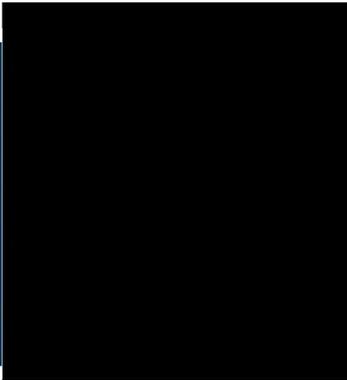


The LDP graduates participated in offsite training, online learning, group discussions, a visit to Capitol Hill to meet with Senate staffers and a temperament assessment. They were also treated to lunch with a Commissioner.

Based on the best practices and feedback from the graduating class, a number of programmatic changes are being implemented for LDP IV. One of the changes to the program includes a customized leadership fundamentals course for one week at the Federal Executive Institute in Charlottesville, Va., which took place May 21st through May 25th.

The program will continue to present an integrated view of the fundamentals of management, preparing participants for roles of increasing responsibility through a combination of classroom training, e-

Redacted Pursuant to FOIA Exemption 6.



learning, job shadowing and group discussion. Program participants also will have the opportunity to interact with senior Commission leaders to gain a deeper understanding of core agency functions.

The Leadership Development Program (LDP) is designed for professional, two-grade interval positions at the GS 13-15 level. Selection for the program takes place through a competitive application process. This year, as in previous years, brought a number of qualified applicants and made the task of selecting participants for the program extremely challenging for the rating panel.

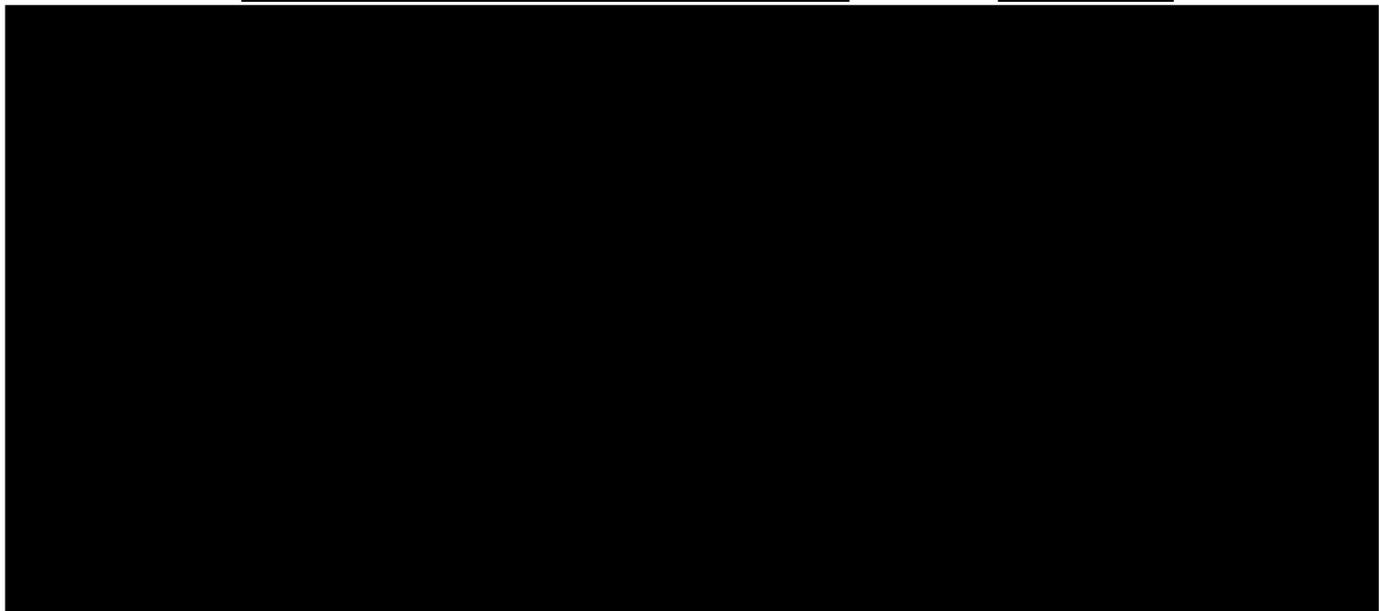
Congratulations to all the LDP graduates and inductees!

Back row (L to R)



Front row

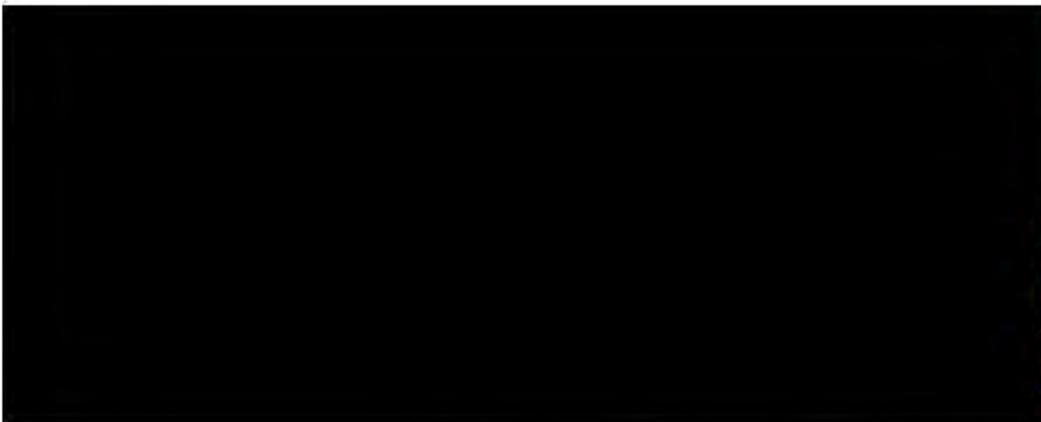
(not pictured:



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**FERC-NERC Staff
Report on
Northeast
Transmission
Outage Stresses
Vegetation
Management**

Pictured from left to right above are OE's [redacted], OE's [redacted], OER's [redacted] and PER's [redacted]

On May 31, staff of both FERC and NERC issued a joint report on the transmission outages caused by the October 2011 snowstorm in the Northeastern U.S. The joint inquiry focused on determining the causes of the transmission facility outages and the steps utilities could take to improve their performance in maintaining grid reliability during the next large snowstorm or similar weather event. The purpose of the inquiry was not to investigate whether particular companies violated FERC-approved reliability standards or other applicable statutes and regulations.

Damaged electric distribution lines were the major cause of the widespread Northeastern customer outages during the October 2011 snowstorm, but utilities can apply lessons learned from the storm to improve performance and enhance reliability of their transmission lines in advance of the next storm, staff of the FERC and NERC said.

The report finds 74 transmission lines and 44 transmission substations experienced outages. These problems along the transmission system caused less than 5 percent of customer outages at the peak of the October 29-30 storm, which left more than 3.2 million homes and businesses without power. Most of these transmission-caused customer outages lasted fewer than two days and none lasted more than five days.

Nearly three-quarters of the transmission line outages occurred when healthy trees, most located outside of utility rights-of-way, fell onto the lines uprooted by the weight of the snow compounded by the soft, wet ground. The report offers several recommendations to help reduce the adverse impacts of future weather events on the transmission system, including:

Redacted Pursuant to FOIA Exemption 6.

- Where appropriate, take targeted steps to address off-right-of-way danger trees;
- Employ best practices in managing vegetation on full rights-of-way;
- Lay the foundation for effective vegetation management when establishing new rights-of-way;
- Enhance storm preparedness and response plans as needed.

The joint report also recommends increasing the reporting of vegetation-caused outages and improving the content of required disturbance reports.

Arizona-Southern California Outages on Sept. 8, 2011

Staff of the FERC and NERC issued a joint report on May 17, 2011 on the September 8, 2011 blackout that left 2.7 million customers in Southern California, Arizona and Baja California without power. The report was presented and discussed at the May 17 Commission Meeting.

The report concluded that the blackout stemmed from transmission facilities operating in an unsecured state due to inadequate planning and a lack of observability and awareness of system operating conditions on the day of the event.

The report recommends that transmission operators and balancing authorities improve how they plan for operations to account for the status of facilities outside their individual systems, the effect of external operations on their own systems and how operation of transmission facilities under 100 kiloVolts (kV) can affect the reliability of the bulk power system.

Pictured from left to right are OE's [REDACTED], OER's [REDACTED], OER's [REDACTED] and OE's S [REDACTED]

For More Information on FERC.gov [PDF format]: **News Release** | **Report** | **FERC Staff Statement** | Fact Sheets: **Sequence of Events** | **Findings & Recommendations**

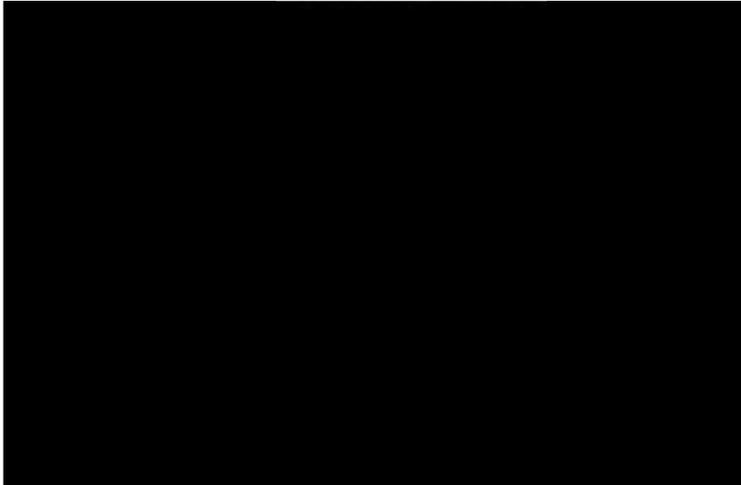
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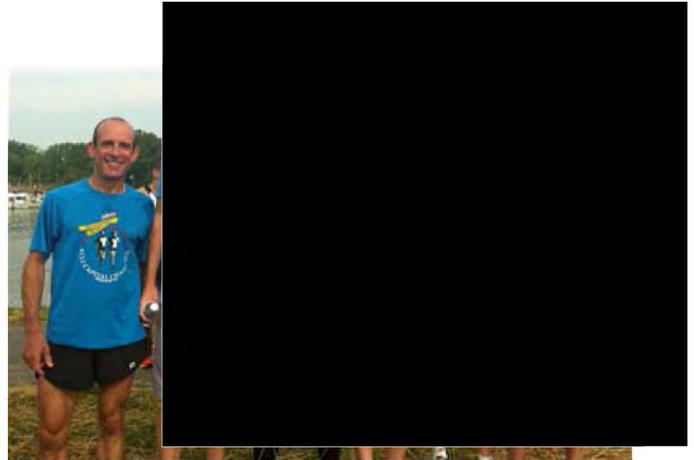
Bike to Work Day



From left to right are [redacted] h-

On May 18, more than two dozen FERC employees rode their bikes to work for the Annual Bike to Work Day event. FERC provides bicycle racks in the parking areas of 888 for bikers. In addition, in the Spring of 2010, FERC began offering a bicycle subsidy to commuters. Find out more about this subsidy on [FERCNet](#).

2nd Place in ACLI Capital Challenge



FERC finished in 2nd place (behind Navy) out of 91 teams in the ACLI Capital Challenge on May 16. Commissioner Norris, second from right, led FERC's team. Other team members included: [redacted] rista [redacted] ictured in the center is [redacted], the silver medalist in the 2004 Olympic Marathon. Commissioner Norris ran his best time for this race, [redacted] was in the top ten women finishers and [redacted] finished first overall.

[More on the Capital Challenge History](#)

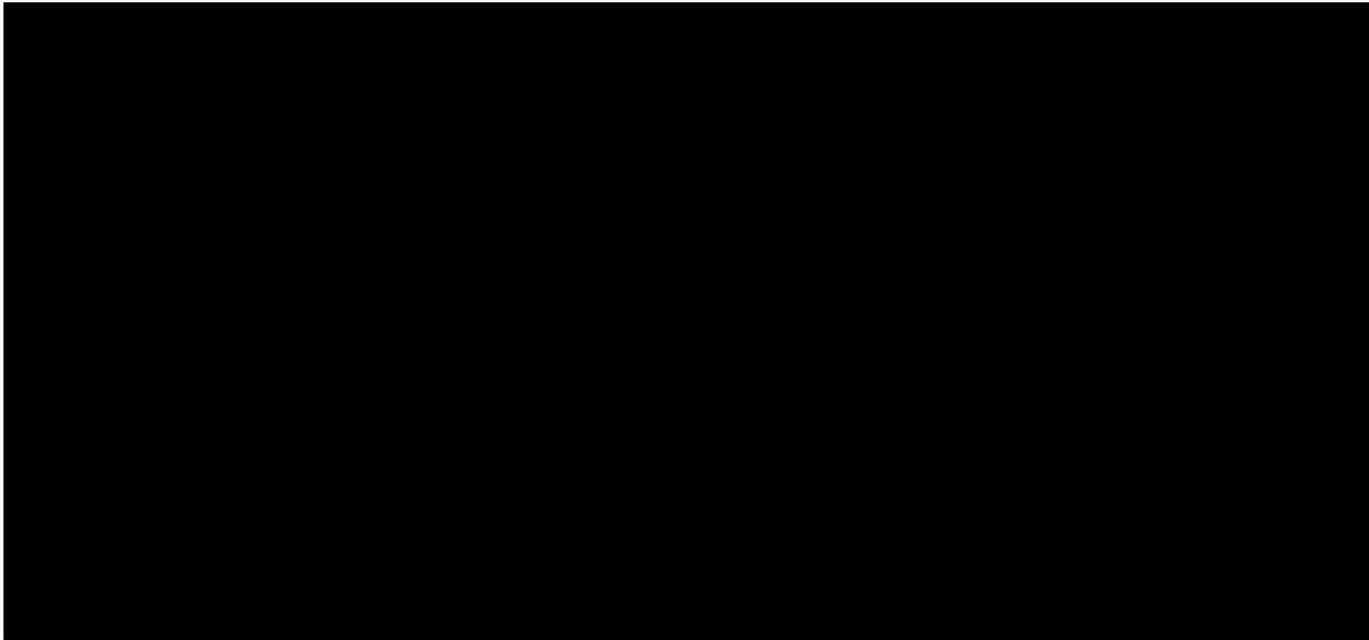
Fercules Softball Team

(From L to R: Back)



Not pictured (regulars): [redacted]

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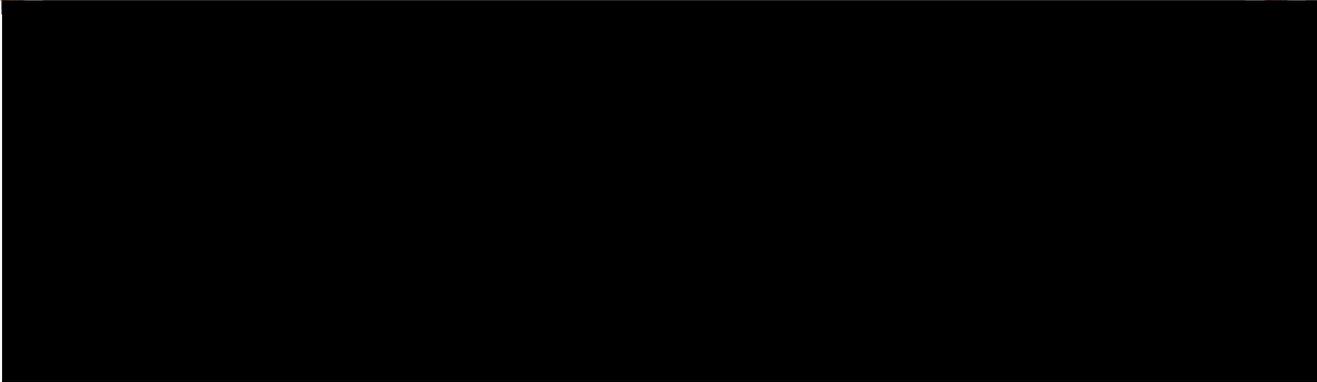


The FERC softball team, Fercules, allows employees to get out of the office and have fun together. The experience contributes to creating a healthier and happier workplace. Playing softball together helps to form and strengthen friendships. Co-workers who don't cross paths often get a chance to interact, while at the same time employees in the same division can enjoy seeing different sides to the people they work with every day. FERC participates in the D.C. Think Tank Softball League along with Dept. of Commerce, Brookings Institute, Cato Institute, and others. Games takes place about once per week starting in May with playoffs beginning in August. Games are played in DC, often on the National Mall. Whether you want to play or just come cheer on the team, you can find out more information by contacting [REDACTED]



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2012 Summer Intern Program

Once again this year, FERC is hosting more than 54 interns as part of its summer intern program. This year's program will allow participants to learn valuable professional skills while participating in Social Networking Events, Day Excursions, and Lunches with the Commissioners as well as the Chairman. The summer interns will participate in FERC's annual Mentoring Program.



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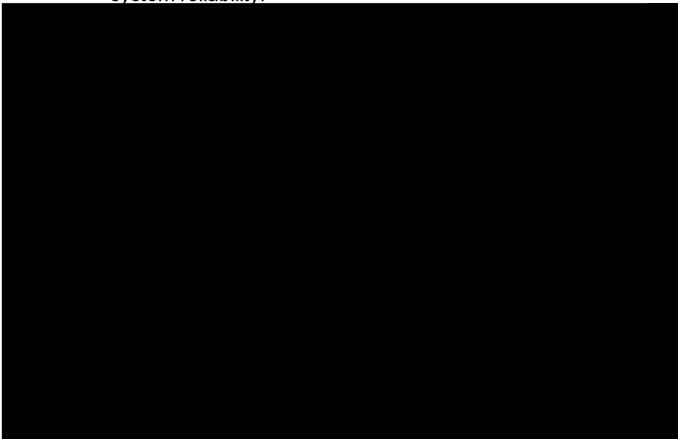
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FERC and NRC Meet

The FERC and NRC held a joint meeting on Friday, June 15, to continue the ongoing discussions to address grid reliability and the roles of the respective agencies in addressing this issue. The FERC and NRC signed a Memorandum of Agreement (MOA) in September 2010 to facilitate interactions between the two agencies on matters of mutual interest pertaining to the nation's bulk power system reliability.



Photos taken by [redacted]

MOU Signed

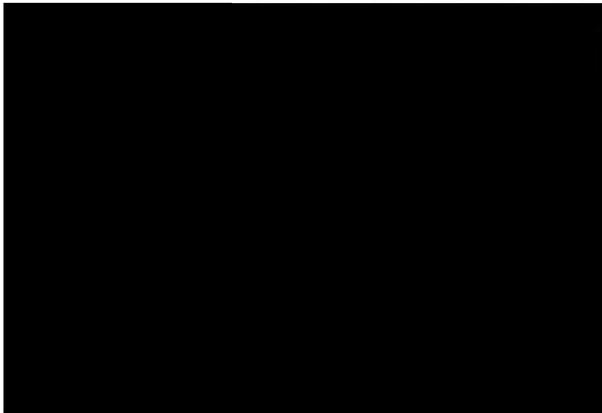


Commissioner Cheryl LaFleur attended the Third Annual Electric Infrastructure Security Summit on London recently. It was a meeting of 21 countries, most of the NATO Nations, on various security threats to the transmission grid, including geomagnetic disturbances and other electromagnetic threats. At the event, Commissioner LaFleur signed a Memorandum of Understanding, with the Department of Energy and Climate Control in the UK. Simon Virley, pictured above, is the Director General for Energy Markets and Infrastructure Group in the Department of Energy and Climate Change in the UK. [redacted], Director of FERC's Office of Reliability, attended the event and was instrumental in negotiating the MOU.

Photo courtesy of the Department of Energy and Climate Change, UK.



Publishing and Logistics Services Holds Open House



Publishing and Logistics Services held an open house for FERC employees on June 14 to showcase the new space and services they are offering to employees.

The remodel, in the works for two years, upgrades outdated printing and mail equipment to state-of-the-art, Energy Star-rated pieces. The upgrade will result in a significant cost savings to FERC and more timely and efficient services.

The entire space is now a secure area—a critical feature for keeping non-public FERC documents and mail items secure. A customer service reception area located near the east elevator bank on the third floor provides one-stop pickup for jobs.

In addition, the new equipment will allow more documents to be printed in-house instead of being contracted out, again resulting in a cost savings to the agency.



Photos courtesy of [redacted]

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Quick Commands Make For Easy Computer Maneuvers

Did you know about the Windows® Logo Key on your PC keyboard? You can perform some very useful steps by simply pressing two keys.

The two Windows Logo keys are at the bottom right and left of the main keyboard, between the CTRL and ALT keys, the ones with the Windows Logo flag. Some useful keys combinations are:

- Windows Logo:** Open Start Menu
- Windows Logo + R:** Open the Run dialog box
- Windows Logo + E:** Open Windows file explorer
- Windows Logo + L:** Lock the computer
- Windows Logo + M:** Minimize all open windows
- Shift + Windows Logo + M:** Undo recent minimize all open windows
- Windows Logo + F:** Open the Find dialog
- Windows Logo + P:** Open screen dialog for connecting to a projector (Windows 7 only)

Learn more about helpful **keyboard shortcuts here.**

Upcoming Window 7, Microsoft Office 2010, Google Mail And

Asian Pacific American Heritage Month

FERC celebrated Asian Pacific American Heritage Month by featuring [REDACTED] as the keynote speaker for the special event. OGC's [REDACTED] served as Mistress of Ceremonies and OGC's [REDACTED] introduced [REDACTED]

[REDACTED] has extensive experience as an author, teacher and attorney. He has served as a teacher of law, history and public policy at Yale University, New York University, the University of Maryland, City University of New York Law School and Georgetown University Law Center.

"We are living in an economy that is local lives, global ties," [REDACTED] told the audience.

He emphasized that FERC will be a better place if we can bring our heads and hearts to work each day.

"The more we learn about other people, the better we can serve our community," [REDACTED] said.

Whenever lines have been drawn to keep some of us out, we have a responsibility to draw a circle to bring people in," [REDACTED] advised.

Redacted Pursuant to FOIA Exemption 6.

At the conclusion of the event, OGC's Helen Dyson presented Mr. Nash with a Certificate of Appreciation for participating in the event.

The Office of the General Counsel, in coordination with the Special Emphasis Committee, organized this year's event.

Telework Rollouts

There is excitement in the air!! By now you have seen the emails and training sessions for the upcoming Google Mail, Windows 7, Office 2010 and Telework rollouts.

For more information on a specific migration, click on the FERCNet links below.

- **Windows 7/Microsoft Office 10**
- **Google Mail**
- **Telework**

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June 2012

Volume 19, No 5





Did you know?

NSC estimates almost 25% of crashes involve cell phone use while driving. (NSC Attributable Risk Estimate)

Research has shown that children are more likely to wear safety belts or use child safety seats when the parent (adult driver) buckles up.

Drivers and front seat passengers who buckle up are 45% more likely to survive motor vehicle crashes and 50% more likely to avoid serious injuries. (NHTSA)

In 2009, 32% of all fatalities in motor vehicle crashes involved a driver under the influence of alcohol. (NHTSA)

**NATIONAL
SAFETY
MONTH** 2012

National Safety Council
1121 SPRING LAKE DRIVE
ITASCA, IL 60143-3201
(800) 621-7619
NSC.ORG

Driving Safety

Driving is one of the most dangerous activities you will do each day. As traffic on the roads increases during the summer months, keep in mind the safety tips below to stay safe when driving for work or pleasure.

Cell Phone Distracted Driving

Cell phone use while driving isn't just a visual and manual distraction, but a cognitive distraction – taking your mind off the primary task of driving. That is why hands-free devices offer no safety benefit as your brain is distracted by the conversation. When driving:

- Refrain from using your cell phone
- Put your cell phone on silent or in the glove box to avoid temptation
- Safely pull over and put the vehicle in Park to take or make a call
- Change your voicemail message to say you are unavailable when driving

Safety Belt Use

Safety belts are one of the most effective safety devices in your vehicle. Safety belts can determine who will walk away from a crash and who will not.

- Always wear a safety belt – every trip, every time
- Make sure every passenger is wearing his or her safety belt before you begin your drive
- Children should sit in the back and use the proper child safety seat or booster seat

Impaired Driving

Impaired driving simply means a person's ability to safely operate a motor vehicle is compromised by alcohol and other drugs that change the function of the brain and body.

- If you plan on drinking, designate a non-drinking driver for the evening
- Never get in the car with an intoxicated driver – take keys away from someone who has been drinking
- If you have been drinking and need to get home, call a friend or taxi or take public transportation

Aggressive Driving

Aggressive driving behaviors can include speeding, frequent and unnecessary lane changes, tailgating and running red or yellow lights. These behaviors create unsafe situations and can lead to road rage. To avoid aggressive driving:

- Keep your emotions in check and don't take frustrations out on other drivers
- Plan ahead and allow enough time for delays
- Focus on your own driving
- Don't tailgate or flash your lights at another driver
- Use your horn sparingly

Remember, we all share the roads so take the necessary steps to keep yourself and others safe.

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FERC Insider

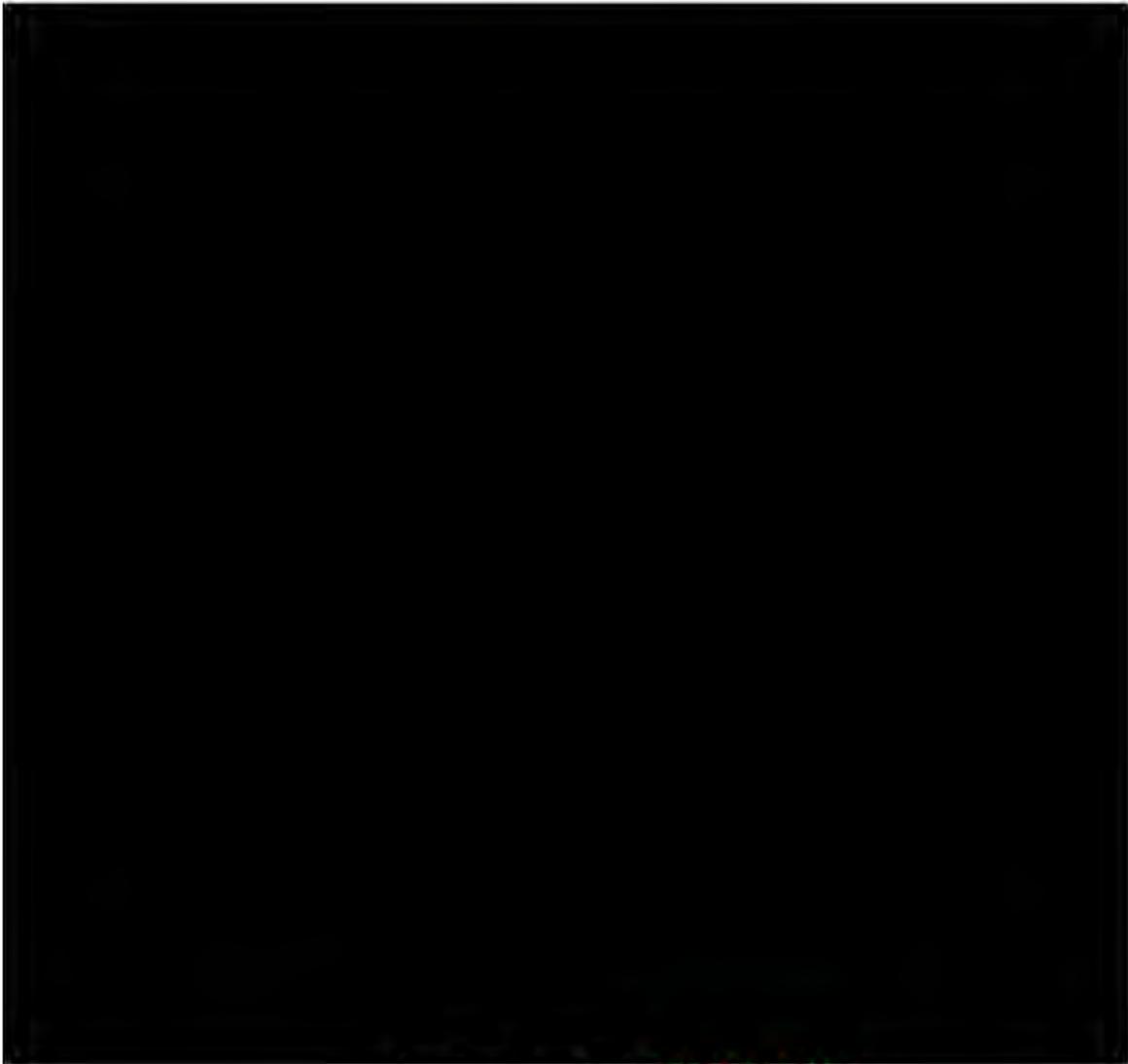


June 2012

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May 2 – June 18: **ARRIVALS**

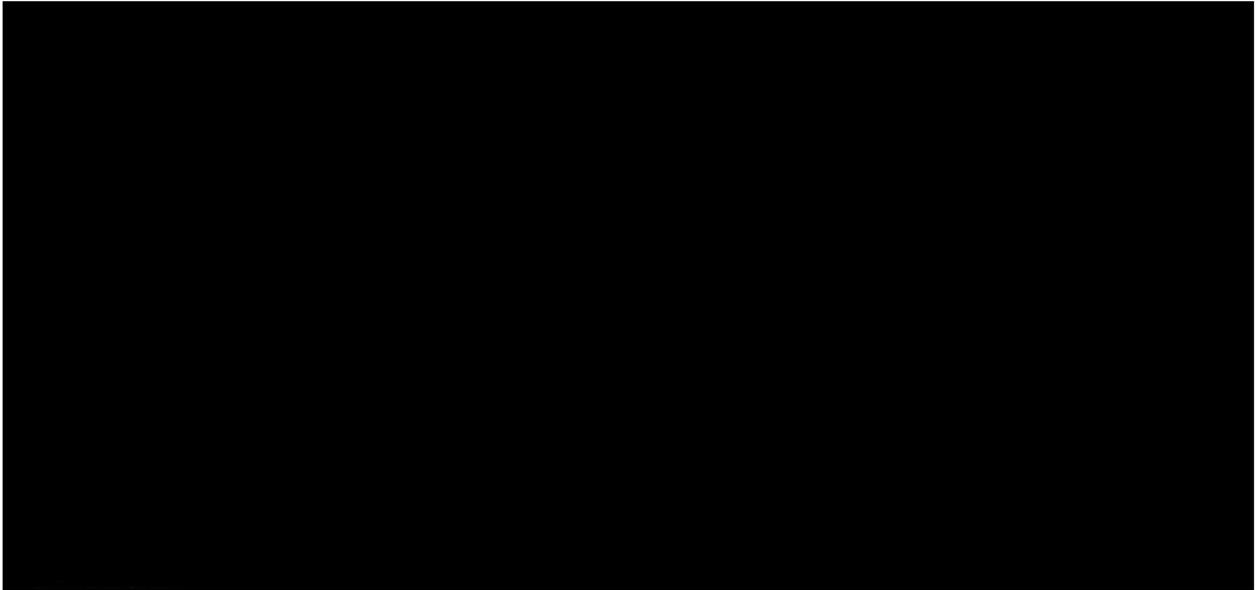


May 2 – June 18: **DEPARTURES**

OE OED OEMR ALJ OEP OGC OER OEPI



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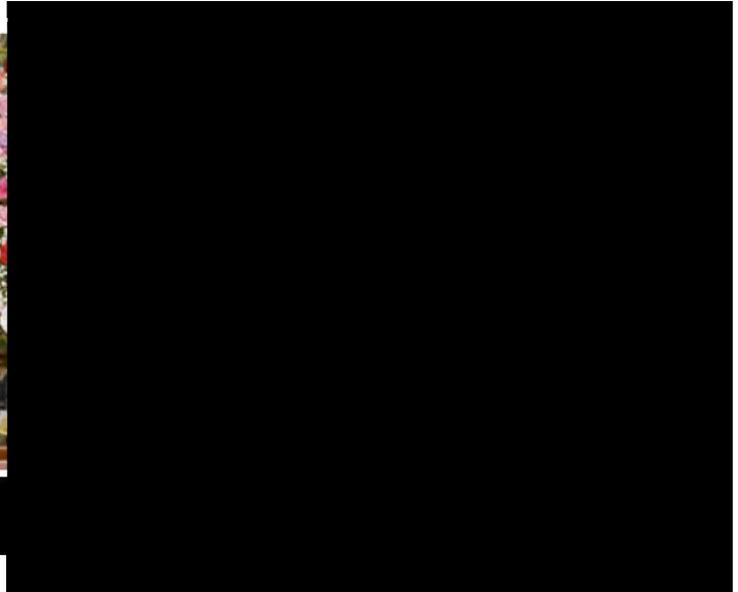
Office of the
Chairman



FERC Insider

July-August 2012

Volume 19, No 6



Welcome to the July-August 2012 edition of the FERC Insider.

In this Issue: Chairman attends Smart Grid Dialogue in China, [redacted] testifies on the Hill, FERC remembers former Commissioner and staff, Summer interns visit hydro dam, Child Development Center's annual Fourth of July parade



Navigation Tips: Select a thumbnail picture above and open the yellow i-button on right to navigate to the page, or, select from the regular feature links below.

To Print: To print the Insider, go to the print function on your computer. You must print each page individually since the Insider is a web-based publication.

To View: Maximize your screen and eliminate the sidebar if you use one to ensure best web page display.

EDITORIAL
[redacted]

The Insider at FERC (a.k.a FERC Insider) is the online

If you have story ideas please email the editor,

REGULAR FEATURES

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WEB DESIGN
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PHOTOGRAPHY
[REDACTED]

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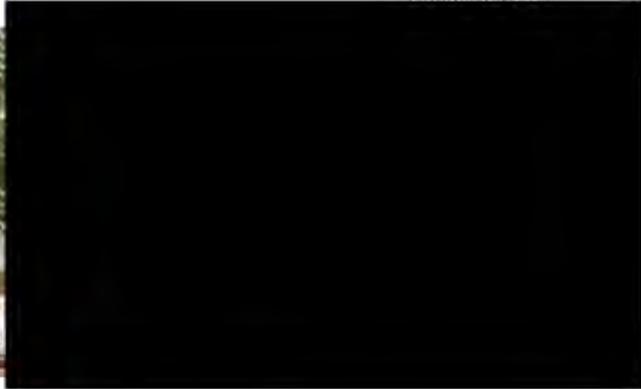
[REDACTED] of the Media Relations Division, OEA.

Feedback to FERC Insider

Capitol Watch
Hot Topics
Healthy Lifestyles
IT Corner
Ethics Essentials
Arrivals And Departures

Archives

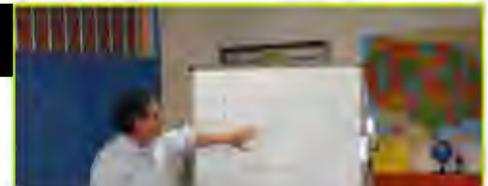
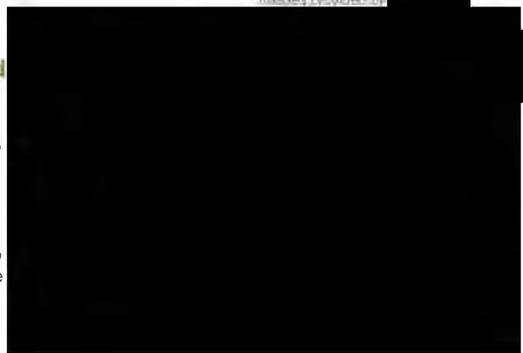
FERCNet home



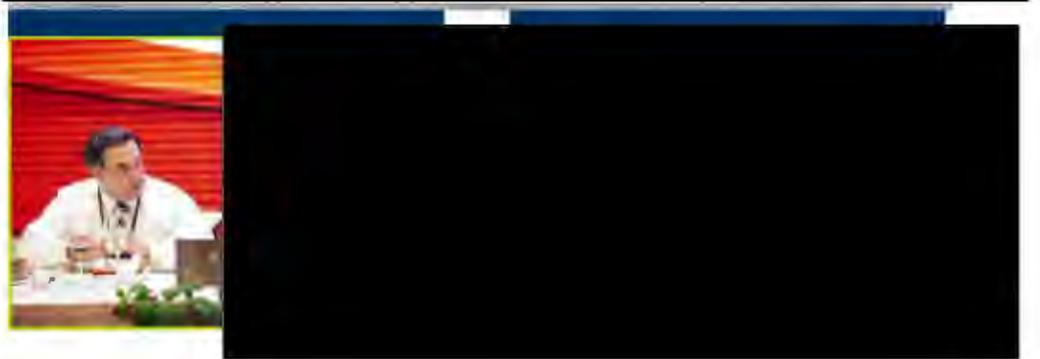
Chairman Wellinghoff (left) and [redacted] Director of China's National Energy Administration.

Chairman Wellinghoff Participates in Smart Grid Dialogue

Chairman Wellinghoff traveled to Shenzhen, China, recently to participate in the U.S.-China Smart Grid Dialogue. The Dialogue – co-hosted by the National Energy Administration of China, FERC and the U.S. Trade and Development Agency – allowed the U.S. companies at the forefront in smart grid technologies to showcase their equipment, services, software, and know-how to a high level of Chinese Smart Grid stakeholders and decision makers with a focus on smart grid technologies. Chairman Wellinghoff was accompanied on the trip by FERC's [redacted] and [redacted]



Chairman Wellinghoff talks to students at Yucai High School about energy efficiency issues.



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On July 17, [REDACTED], Director of FERC's Office of Electric Reliability, testified before the Senate Committee on Energy and Natural Resources to discuss the security of the electric grid.

Joe McClelland

"The Commission is committed to protecting the reliability of the nation's bulk electric system; nevertheless, the Commission's current authority is not adequate to address cyber or other national security threats to the reliability of our transmission and power system," [REDACTED] said in his opening statement.

View [REDACTED] testimony in its entirety here: [Testimony PDF](#)
To find out more about what's happening on The Hill, take a look at OEA's This Week in Congress on FERCNet.

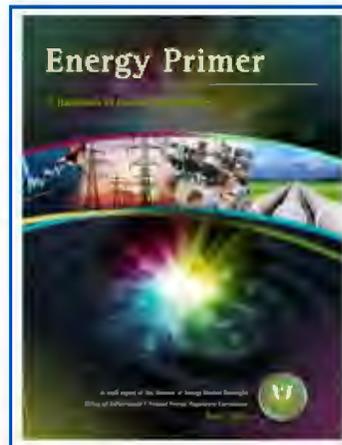


Chairman Wellinghoff presents [REDACTED] with the Exemplar of Public Service Award, which is the Commission's highest award for career service employees. "As FERC has changed over the years in its responsibilities and priorities, [REDACTED] has responded with great skill," Chairman Wellinghoff said. "He performed groundbreaking work on a range of technically complex issues, and participated in the development and implementation of numerous landmark rules, policies, and procedures having significant impact on the industry and the Commission itself. More importantly, he is well known for showing unflinching respect and humor to all members of the staff."



The staff of the Office of Enforcement recently prepared a document called *Energy Primer, A Handbook Of Energy Market Basics* on the workings of the wholesale energy markets for natural gas and electricity and the energy-related financial markets.

You can view the entire document on [FERCNet](#).



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BOEM, FERC Revise Guidelines for Wave Energy, Ocean Current Technology Development in U.S. Waters

On July 19, the Bureau of Ocean Energy Management (BOEM) and FERC announced the availability of revised guidelines for potential marine hydrokinetic energy developers interested in pursuing technology testing and commercial development activities on the nation's Outer Continental Shelf (OCS).

The revisions promote further clarity for the regulatory process and facilitate a more efficient process in authorizing marine hydrokinetic (e.g., energy developed from waves and ocean currents) research and testing activities.

"These revised guidelines strengthen opportunities for testing wave energy and ocean current energy technologies on the OCS and reflect our ongoing collaboration with FERC to enhance efficiencies under our respective authorities," said BOEM Director Tommy Beaudreau. "We will continue to work closely with FERC to provide a clearly defined path forward for the marine hydrokinetic industry in support of the Administration's 'All-of-the-Above' energy strategy."

"FERC is committed to improving the tools and information we provide to those interested in developing hydrokinetic technologies in the U.S. as we gain valuable experience. These revised guidelines represent such progress and provide a streamlined process that will accelerate the development of these technologies on the OCS," said Jeff Wright, Director of FERC's Office of Energy Projects. "These guidelines were developed in a spirit of full partnership that we look forward to continuing into the future."

The revised guidelines released today replace existing guidelines that were issued in 2009 by BOEM's predecessor, the Minerals Management Service (MMS), and FERC. These guidelines provide information about respective responsibilities of each agency and how best to navigate the process of obtaining a marine hydrokinetic lease and license on the OCS. They cover topics such as: provisions for obtaining leases and licenses, fee structures, and hybrid (e.g., wind and marine hydrokinetic) project considerations. The guidelines were developed as part of a Memorandum of Understanding between the Department of the Interior and FERC.

On April 9, 2009, Interior Secretary [REDACTED] and FERC Chairman Jon

Redacted Pursuant to FOIA Exemption 6.

Wellinghoff signed a Memorandum of Understanding to clarify jurisdictional understandings regarding renewable energy development on the OCS in order to develop a coherent, streamlined process that would help accelerate the development of offshore marine hydrokinetic energy projects. The agreement established a cohesive, streamlined process to lease, license and regulate all renewable energy development activities on the OCS, including marine hydrokinetic sources (wave and ocean current).

Under the Memorandum, BOEM and FERC will coordinate to ensure that marine hydrokinetic projects meet the public interest, including the adequate protection, mitigation, and enhancement of fish, wildlife, and marine resources and other beneficial public uses. Both agencies may inspect authorized marine hydrokinetic projects on the Outer Continental Shelf to ensure compliance with the terms of leases, easements, rights-of-way, licenses or exemptions.

The **revised guidelines** and **Memorandum of Understanding** are available on FERC.gov.



FERC Insider



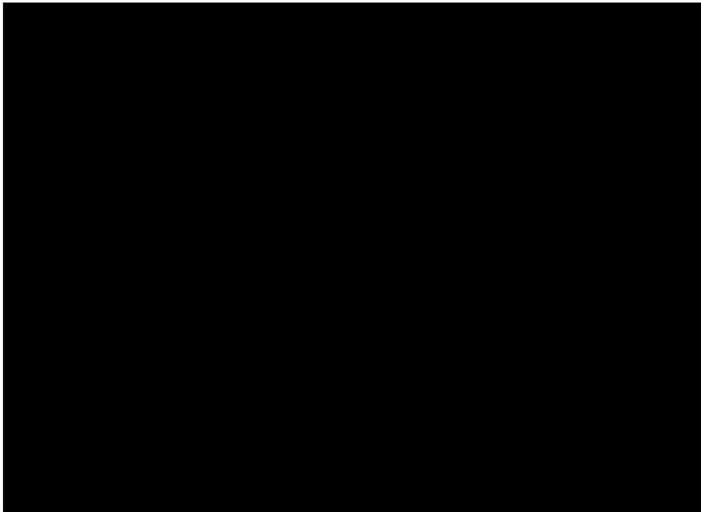
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Commissioner Sheldon Fondly Remembered

Former FERC Commissioner [REDACTED] passed away on July 17. She was born in Lawrenceville, Pa., on Dec. 2, 1923, and served as a Commissioner from Aug. 11, 1977 until July 19, 1985.



From 1976-77 [REDACTED] was Acting Chairman and Vice Chairman of the U.S. Civil Service Commission. [REDACTED] was Director, Office of Foreign Disaster Relief, and Deputy Coordinator for International Disaster Assistance, Agency for International Development in 1975-76. In 1969-75 she was Deputy Director, Defense Civil Preparedness Agency. Ms. Sheldon was a special recruiter for the Peace Corps in 1969. She served as executive secretary and personal assistant to Representative [REDACTED] in 1963-69. Previously she was executive secretary to the Foundation for Specialized Group Housing in 1961-62; vice president of Sorin-Hall, Inc, in 1961; assistant to the special assistant to the chairman of the Republican National Committee in 1956-61; and registrar and director of admissions, Stetson University College of Law in 1954-56.

[REDACTED] graduated from Keuka College, Keuka Park, N.Y. (B.A., 1945) and Cornell University (M.S., 1949).

FERC's [REDACTED] remembers fondly:

[REDACTED] was the first woman ever to serve as an FERC Commissioner. She had a reputation for showing consideration to everyone. I fondly remember [REDACTED] from my first days at the Commission 34 years ago. The Commissioner generously mentored me, a veritable font of practical information for an entry level staffer.

It is a small world. A neighbor from my condominium community was a close social acquaintance of the Commissioner. The two women vacationed together. They were both active in civic activities together.

One time my neighbor had planned a dinner party for four people at a local restaurant. One gentleman had a death in his family. So at the last

Redacted Pursuant to FOIA Exemption 6.

minutes he had to cancel.

My neighbor called me up on a Saturday afternoon to tell me of her dilemma. My neighbor asked me if I would be willing to join the dinner party. I would be Ms. Sheldon's escort since I knew her from work. Believe me, this was heady stuff for an entry level attorney having a real live Commissioner as a tablemate.

All during the dinner Commissioner [REDACTED] regaled us with a fascinating series of enchanting anecdotes. Ms. Sheldon seemed to know every maker and shaker worth knowing. This included cabinet members, senators, congressmen, as well as state governors). [REDACTED]. [REDACTED] rightly considered many powerful people her friends. I remember details of that evening like it was yesterday

One particular anecdote I shall remember as long as I live. Ms. Sheldon told our dinner group how she was able to help a neighbor in need. A friend in need is a friend in deed.

Prior to entering

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government service,
[REDACTED] taught
junior high school
on the Eastern
Shore of Maryland.
The future
Commissioner also
did volunteer work
for her political
party. When a
woman in a high
profile position was
rare, Ms Sheldon
was trailblazer.
Before coming to
the FERC, she
served on the US
Civil Service
Commission.

One of her longtime
Maryland neighbors
was Frank Perdue
the future chicken
magnate. Frank
Perdue wanted to
grow his then little
poultry business.

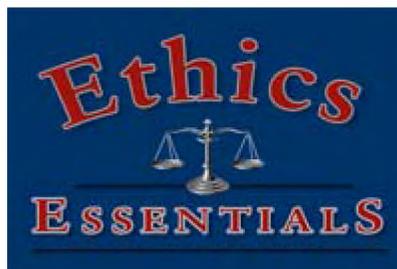
[REDACTED]
advised [REDACTED]
that he would have
to advertise to
expand. She sent
[REDACTED] to
another friend of
hers who was in the
advertising business
in New York.

At the ad firm on
Madison Avenue,
the account
executive quoted a
price for a
professional actor to
act in the proposed
commercials and
print
advertisements. As
any successful
businessman, Mr.
Perdue was cost-
conscious. He
thought the price
was too high to pay
for an actor to play
himself. [REDACTED]
called [REDACTED]
from the ad firm on

Redacted Pursuant to FOIA Exemption 6.

Madison Avenue in New York and complained that the ad firm wanted too much money. Ms Sheldon then advised her friend to offer to act in the TV commercials himself. He could save money by not having to pay an actor to play the *tough man who makes a tender chicken*. As they say, the rest is history.

Years later after I had read Frank Perdue's obituary in the New York Times, I cut out the piece and mailed it to Commissioner [REDACTED]. The very day Commissioner [REDACTED] received the envelope she telephoned to thank me. She said, "Edward, you are a very kind person to remember an old lady like me. You made my day. Thank you."



Your Computer and the Hatch Act

Did you know that **posting a comment to a blog or a social media site that advocates for or against a partisan political party, candidate for partisan political office, or partisan political group** while on duty (or using government resources) is a violation of the Hatch Act?

Did you know that **using any e-mail account or social media to distribute, send, or forward content that advocates for or against a partisan political party, candidate for partisan political office, or partisan political group** while on duty (or using government resources) is a violation of the Hatch Act?

The Hatch Act is a United States federal law whose main provision is to prohibit federal employees in the executive branch, except for the President and the Vice-President, from engaging in partisan political activity. Under the Hatch Act, FERC employees may not engage in any political activity while on duty, in any federal room or building, or while using any federally owned or leased vehicle. Political activities include:

- Displaying campaign materials or items.
- Wearing or displaying partisan political buttons, T-shirts, signs, or other items.
- Making political contributions to a partisan political party, candidate for partisan political office, or partisan political group.

In addition, FERC employees:

- May not host or invite others to a political fundraiser.
- May not invite subordinate employees to political events or otherwise suggest to subordinates that they attend political events or undertake any partisan political activity.
- May not solicit, accept, or receive donations or contributions for a partisan political party, candidate for partisan political office, or partisan political group.
- May not collect contributions or sell tickets to political fundraising functions.
- May not serve as candidates for public office in partisan political elections.

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There are political activities most FERC employees CAN engage in. For instance, you can put a bumper sticker on your car, or put a political sign in your yard. However, certain employees, including those in the Senior Executive Service (SES) and Administrative Law Judges, are subject to further restrictions. Those employees may find this link helpful.

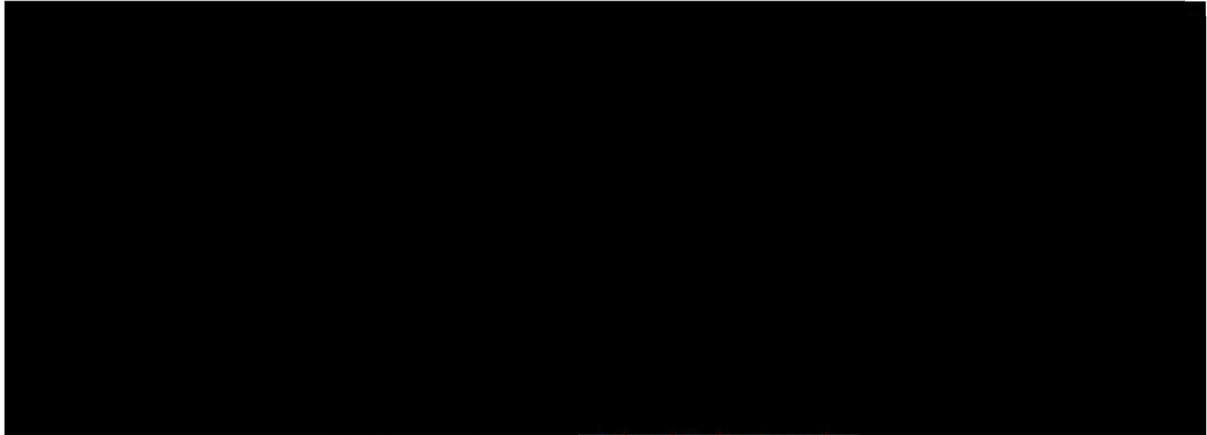
Frequently Asked Questions about the Hatch Act on the OSC website.

And you can always contact GAL with any questions at Extension 6457, or via email to the Ethics mailbox.

FERC Insider

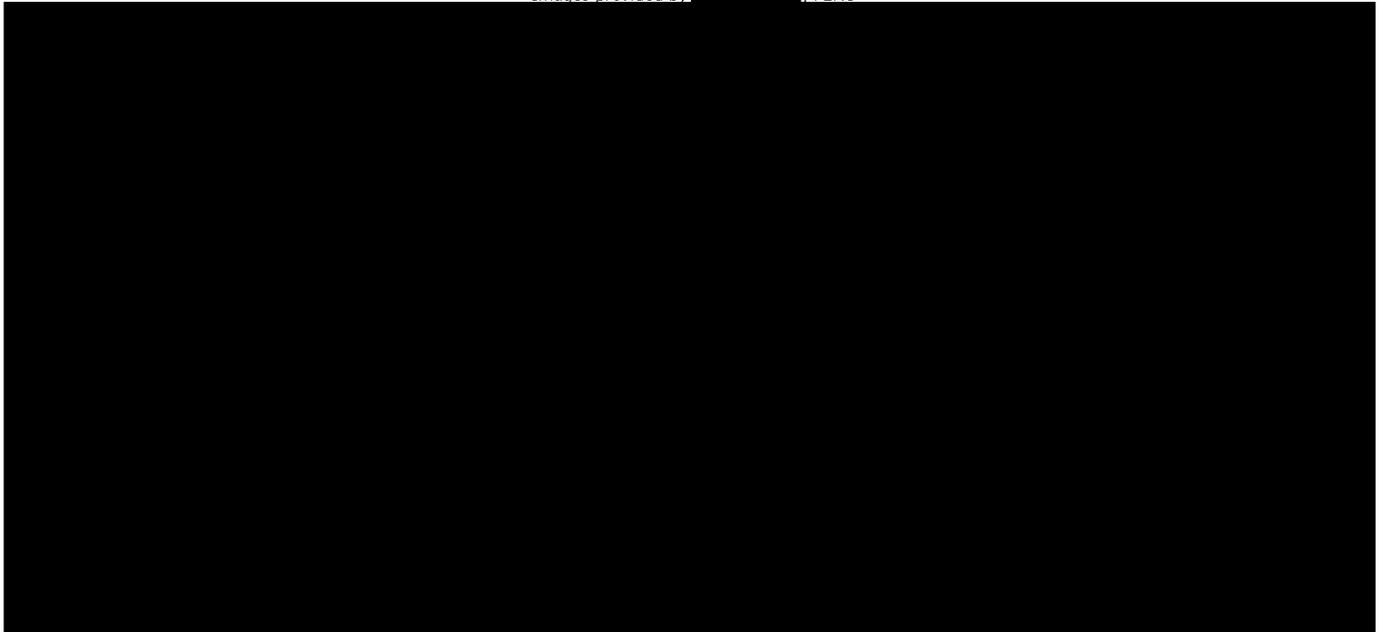
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Child Development 4th of July Parade

Images provided by [redacted], FERC



FERC Insider



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Google Tip of the Day

To set your address book to open with the default as the Global Address List, open the address book in Outlook and click on Tools in the menu bar and then Options. Both items should be set to show the Global Address List first.

Also, don't forget you can get information and training on every aspect of Google on **FERCNet**.

Saving Data to a CD? Choose Wisely.

Saving (also known as "burning") data to CD-R/CD-RW or DVD-R/DVD-RW disks is useful way to back up data. However, some disks will only let you write the data to a CD once, and you can never add extra data if needed. This type of disk is known as the CD- R/DVD-R format and is useful for data that needs protection from erasing.

The more flexible CD-RW/DVD-RW is a "rewritable" format that allows you to write and erase multiple times to the same disk. CDs and DVDs are generally better than floppy disks at holding data. Why? They have a long lifespan (a DVD could easily last 50 years or more!), more capacity, and are not vulnerable



The ABCDEs of Skin Cancer

Any diagnosis of cancer can be frightening—including skin cancer, the most commonly diagnosed cancer in the United States. However, skin cancer accounts for less than 1 percent of all cancer deaths; 85 percent to 95 percent of all cases are cured. Prevention and early detection are the most important weapons in the battle against skin cancer. Continuing research is making them even more effective.

Skin cancer is strongly associated with exposure to ultraviolet (UV) radiation, part of the energy that comes from the sun (it also can come from artificial sources like sun lamps and tanning booths). UV radiation is made up of two types of rays, UVA and UVB. UVB rays are more likely than UVA rays to cause sunburn, but UVA rays pass more deeply into the skin. Scientists have long thought that UVB radiation causes the skin damage that can lead to skin cancer and premature aging. They now think that UVA radiation may have these consequences, too.

According to NIH's National Cancer Institute, the cure rate for skin cancers could be nearly 100 percent if they were all brought to a doctor's attention before they had a chance to spread. There are three different types of skin cancer—melanoma, basal cell carcinoma and squamous cell carcinoma. It is particularly important to diagnose and treat melanoma early. Melanoma is the deadliest form of skin cancer, with 55,100 new cases and

to magnets. But, even your backups need protection. Always store your CDs and DVDs in a place safe from scratches and excessive heat.

7,910 deaths expected this year in the U.S. alone. Melanoma usually begins as a mole. Twenty years ago, dermatologists noted that the typical warning signs of early melanoma follow an easy-to-remember formula:

- Asymmetry—the mole is not a circle, but lopsided
- Borders—the mole has uneven or ragged edges
- Color—the mole is not a uniform brown, but a mix of brown, black, red, blue, and white
- Diameter—the mole is wider than a pencil eraser

The dermatologists who devised that list now suggest adding “E,” for “Evolving.”

“An evolving lesion is one that changes size, shape or symptoms, such as itching or tenderness,” Dr. David Polsky of New York University’s Department of Dermatology explained. The “E” captures a particular type of melanoma, called nodular, which often does not follow the original ABCs, Polsky said. Nodular melanoma is the most aggressive type of melanoma and accounts for 10 percent to 15 percent of all melanomas. Polsky led a group suggesting the alphabetical expansion in a recent review published in the Journal of the American Medical Association. They cited a study of 125 patients with nodular melanoma in which 78 percent had noticed a significant change in their mole’s appearance. Other studies support the idea that moles that change shape, color, or size are more likely to be melanoma.

While melanoma may be the deadliest type of skin cancer, both basal cell carcinoma and squamous cell carcinoma are far more common. Researchers estimate that 40 percent to 50 percent of people who live to age 65 will be diagnosed with one of these skin cancers. They can occur anywhere but are typically on the head, face, neck, hands, and arms. They grow more slowly than melanoma and rarely spread to other areas, but need to be treated as well.

Carcinomas can appear as small, smooth, shiny, pale or waxy lumps, or sometimes as a firm red lump. Some people develop a precancerous

Redacted Pursuant to FOIA Exemption 6.

condition called actinic keratosis, a rough, red or brown scaly patch on the skin that may develop into squamous cell carcinoma. It usually occurs in areas that have been exposed to the sun, such as the face, the back of the hands and the lower lip.

Your overall chance of developing a skin cancer is related to your lifetime exposure to UV radiation. While most skin cancers appear after age 50, the sun's damaging effects begin at an early age. It's important to start sun protection in childhood to prevent skin cancer later in life. Check yourself regularly for new growths or other changes in your skin, and report any unusual growths to a doctor.

Wise Choices Preventing Skin Cancer

- Avoid exposure to the midday sun, when your shadow is shortest (from 10 a.m. to 2 p.m. standard time or 11 a.m. to 3 p.m. daylight savings time).
- Wear protective clothing, such as sun hats and long sleeves, to block out the sun's harmful rays.
- Use sunscreen with a sun protection factor (SPF) of at least 30, reapplying frequently. But be careful not to let sunscreen encourage you to spend even more time in the sun.
- Do a simple skin self-exam regularly for anything unusual, like a change in the size, texture, or color of a mole, or a sore that does not heal.

Access the **National Cancer Institute** website for guidelines.



FERC Insider

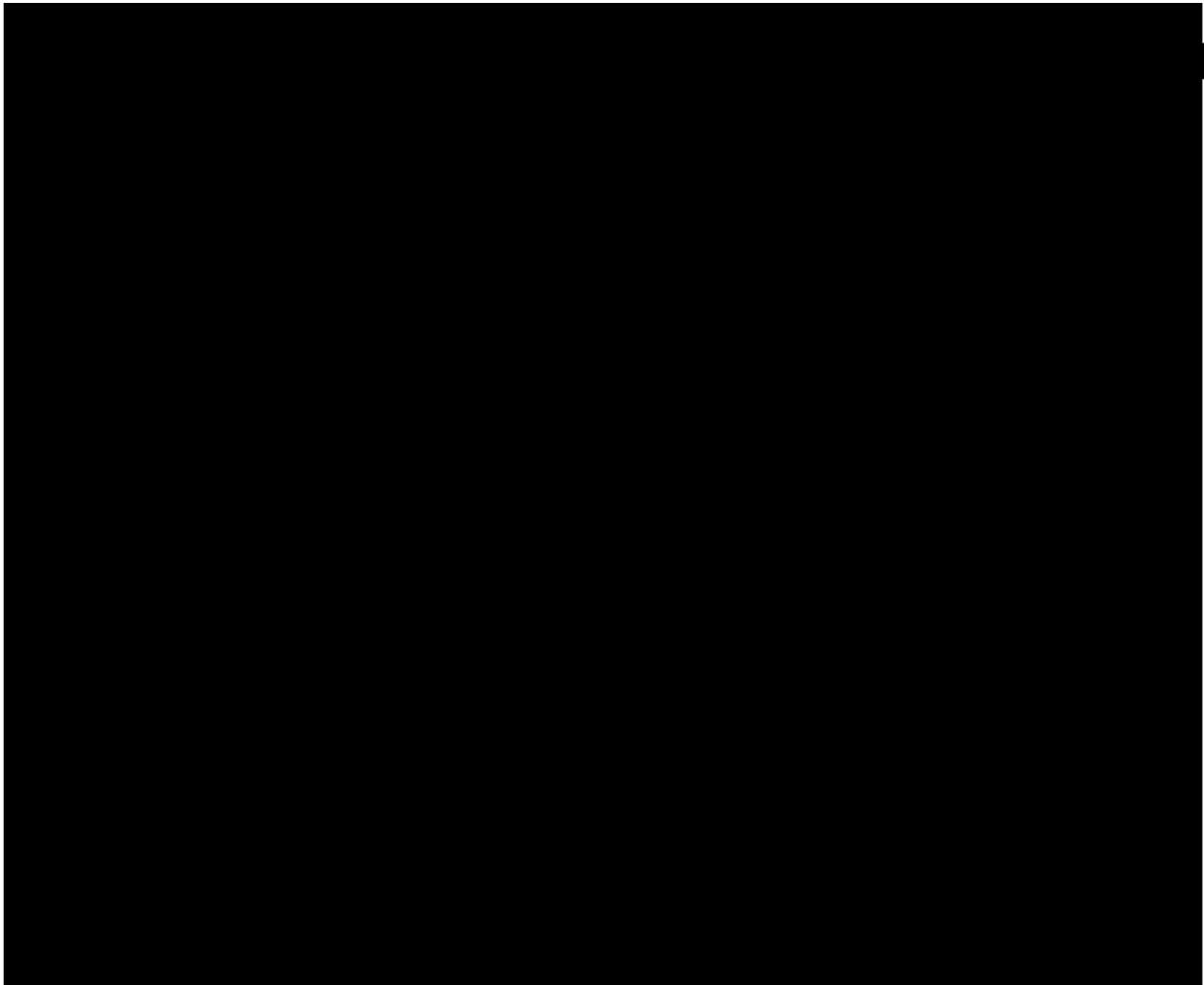


July-August 2012

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FERC interns tour Conowingo Hydroelectric Generating Station and lunch with the Chairman.



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Chairman Wellinghoff hosted a lunch for this year's summer interns. "We are proud to have such an accomplished and diverse group of interns working and learning at the Commission this summer," Chairman Wellinghoff said. "Such enthusiasm and talent will lead us all into the future and continue to carry out the Commission's responsibilities for years to come."



July-August 2012

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FERC Staff Remembered

Matthew Sweet, director of FERC's Revenue and Receivables Branch within OED passed away on July 27.

██████ began his FERC career in 1985.

For more than 20 years, ██████ served in the U.S. Marine Corps reserves and was called to active duty for the Gulf War in 1991. Because of his background in military intelligence, he received Presidential recall orders to report again for active duty in 2004 in support of Operation Iraqi Freedom. He served for more than a year before returning to his civilian duties at FERC where he resumed his position at that time as director of OED's Division of Financial Policy.

██████ supervisor and colleague, Anton Porter, FERC Chief Financial Officer

Judy Gantt, formerly with the Dockets Branch of the Office of the Secretary, passed away on July 18.

██████ held the position of agenda/document analyst when she retired from FERC in March 1998.

Throughout her career at FERC, ██████ held several positions within the Office of the Secretary. In November 1979, she served as a legal clerk and was promoted through the ranks to legal technician, supervisory legal tech, lead legal tech, and finally, supervisory agenda/document analyst in 1995.

Many in the FERC community remember ██████ sunny disposition and professionalism. She received many commendations for her

Saida Shaalan, an energy industry analyst within OE's Division of Energy Market Oversight, passed away on July 18.

██████ began her federal career at FERC as a regulatory policy analyst within the Division of Analysis and Policy Development in January 1981. Prior to her FERC career, ██████ worked in the private sector as an energy research analyst at NERA, an economic consulting firm based in Washington, DC.

Born in Frederick, MD, ██████ and her family moved to Lebanon where she earned an Associate of Arts degree from Beirut College for Women and where she taught English while in Tripoli. After she returned to the US, ██████ studied at American University and



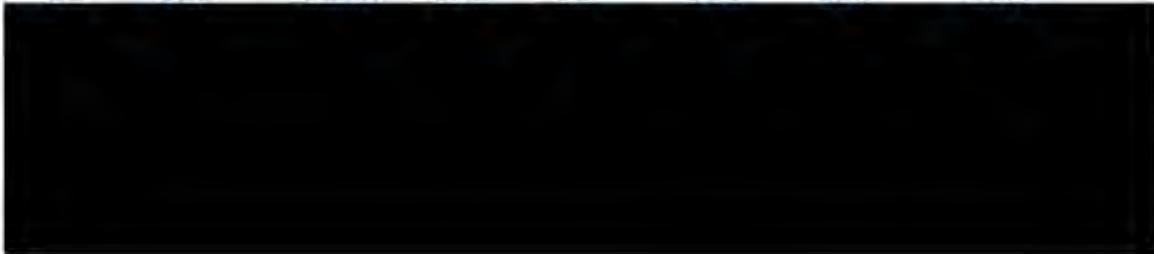
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June 17-July 18: **ARRIVALS**

OE OED OEMR OAL OEP OGC OER OEPI



June 17-July 18: **DEPARTURES**

OE OED OEMR OEP OGC OER OEPI



FERC Insider

September 2012

Volume 19, No 7



Welcome to the September 2012 edition of the FERC Insider.

In this Issue: FERC hosts APER Forum; CFC Preview; FERC, Thailand sign MOU; National Preparedness Month event held at 888



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EDITORIAL

The Insider at FERC (a.k.a FERC Insider) is the online newsletter by and for FERC's

If you have story ideas please email the editor, [redacted] of the Media

REGULAR FEATURES

Hot Topics

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PHOTOGRAPHY
[REDACTED]

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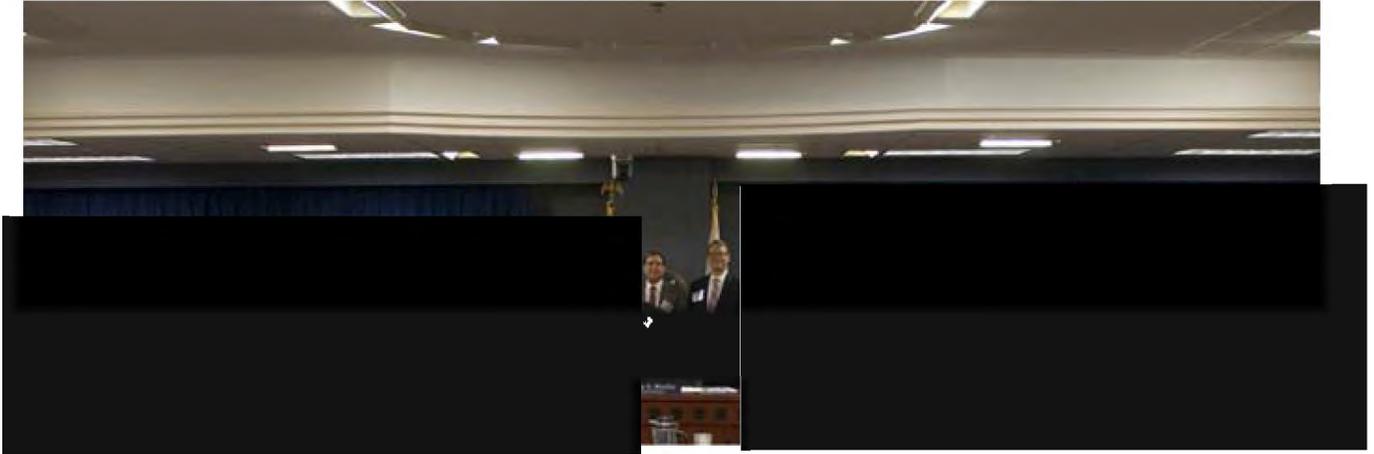
Relations Division, OEA.

Feedback to FERC Insider

What's My Line?
Healthy Lifestyles
IT Corner
Arrivals And Departures

Archives

FERCNet home



The APER Forum

On Aug. 1 and 2, FERC hosted the Asia Pacific Energy Regulatory Forum at its headquarters in Washington, D.C.

This unprecedented event featured participants from the United States, Australia, Canada, China, India, New Zealand, Singapore and Thailand. Chairman Wellinghoff and Commissioners Moeller, LaFleur and Norris participated in the event. The two days of meetings featured discussions on smart grid technologies, grid reliability, renewables in the new markets, the impact of competition on reliability of supply, and oil and gas developments. Each discussion featured a moderator and a panel of participants.

The Asia Pacific Energy Regulatory Forum is a voluntary body created following the wind-up of the Energy Regulatory and Market Development (ERMD) Forum that existed under the Asia Pacific Partnership on Clean Development and Climate (APP). The APP formally ceased in April 2011.

Building on the achievements of the ERMD Forum, the APER Forum's main objective is to foster and facilitate the exchange and sharing of information and experience on regulatory policy and practice relating to the operation of energy industries and markets in participating Forum member countries within the Asia Pacific region.

[Read more](#) about the event on FERC.gov.

[Photo Gallery](#) of the APER Events on FERC.gov.

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Chairman Wellinghoff and Commissioners Moeller, LaFleur and Norris are joined by the Delegates attending the APER Forum.

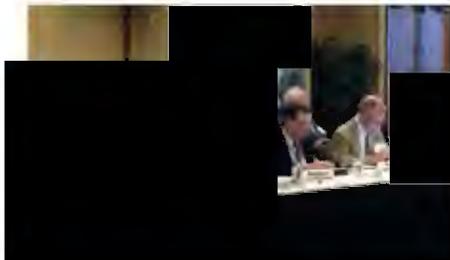
Photo by [redacted]

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Gas-Electric Coordination

FERC staff held five regional technical conferences in August to discuss the various aspects of the gas-electric interdependence and coordination, as well as ways to improve communication and coordination between the two industries. Each conference consisted of a roundtable discussion on topics such as scheduling, markets structure and rules and reliability concerns. The conferences were held in St. Louis, Boston, Washington, DC and Portland, OR.

The Commission issued a notice February 15 requesting comments regarding gas-electric interdependence. The commenters raised a variety of issues regarding gas-electric interdependence. Each conference included a roundtable discussion of the following topics: (1) communications/coordination/information sharing; (2) scheduling; (3) market structures and rules; and (4) reliability concerns.

On left: Chairman Wellinghoff and Commissioner Norris attended the Portland conference on Aug. 28.

Photo at left taken by [REDACTED]

Eating Sustainable Foods

One way to help the planet, local economy and your body is to eat sustainable foods. What are sustainable foods? Well, let's address sustainable agriculture in general, which is a way of raising food that is healthy for consumers and animals, does not harm the environment, is humane for workers, respects animals,

Redacted Pursuant to FOIA Exemption 6.



provides a fair wage to the farmer and supports and enhances rural communities.

The U.S. government defines it as “an integrated system of plant and animal production practices having a site-specific application that will, over the long term, satisfy human food and fiber needs; enhance environmental quality and the natural resource base upon which the agricultural economy depends; make the most efficient use of nonrenewable resources and on-farm resources and integrate, where appropriate, natural biological cycles and controls; sustain the economic viability of farm operations; and enhance the quality of life for farmers and society as a whole.”

Learn more about [eating sustainable foods on FERCNet.](#)

Read this month's [Healthy Lifestyles](#) to learn more about healthy eating.



2012 COMBINED FEDERAL CAMPAIGN

A proud tradition we build on 'Hope is the greatest gift of all'

Above Photo: [REDACTED], FERC's Campaign Manager; [REDACTED], FERC's CFC Loaned Executive; [REDACTED], Associated Director of CFCNCA; and Chuck Schneider, honorary campaign Vice Chair.

The 2012 Combined Federal Campaign (CFC) is set to kickoff at FERC at 10 a.m. Oct. 11 in the Commission Meeting Room. The Eye Street Boys from Gonzaga College High School will perform at the event. We have a big job ahead of us.

President John F. Kennedy organized the CFC in its present form in 1961. CFC in 2011 celebrated its Golden Jubilee Year (1961-2011). Over the last 50 years federal employees have contributed nearly **\$7 billion**. Last year alone federal employees in the Washington, D.C., metropolitan area pledged the staggering sum of \$64.5 million for the benefit of more than 4,000 local, national and international charities contained in the "Catalogue of Caring."

Each year the results of the annual CFC are a genuine source of pride to us at FERC. Year after year the Commission community shows an extraordinary level of concern for those in need. The dollars we raise and our participation levels place FERC in the front ranks of all federal agencies and departments in the National Capital Area. The top brass at CFC Headquarters for the National Capital Area has long considered FERC a core account, a very special place.

FERC 2011 CFC EARNED MULTIPLE HONORS

Last year the Commission earned multiple CFC honors. FERC was the first government agency or department to surpass its dollar goal. FERC earned the prestigious Sumner Award by surpassing 2010 pledges by more than 3 percent. FERC earned the E-giving award by increasing electronic pledges by at least 10 percent. FERC actually increased electronic pledges by a staggering **46 percent** over the prior year.

And last but not least, FERC Campaign Manager [REDACTED], an attorney in the Energy Projects Branch of Office of the General Counsel, was named Hero of the Year. [REDACTED] was selected as the best civilian campaign manager in the National Capital Area. [REDACTED] has served as the Commission's campaign manager for eight years in a row. This must be an Olympic record! [REDACTED], a 34 year Commission veteran, looks forward to an unprecedented ninth year as CFC campaign manager.

Last year we hosted a record 23 different CFC beneficiaries at our weekly events. Each cause was recommended by a member of the FERC Community. Some were old favorites. Some were CFC beneficiaries making their first appearance at a FERC event. Suffice it to say, all of last year's causes are eager to

COMMISSION'S 2011 CFC BEST IN AGENCY'S HISTORY

The Commission's 2011 CFC proved to be the best in our agency's history. Our dollar goal was to raise \$355,000. FERC staff pledged a record \$459,504, roughly 130 percent over our dollar goal with a 61 percent rate of participation. Every Commission office exceeded its campaign dollar goal. One large office exceeded its dollar goal by more than 321 percent!

In 2011 the FERC Community pledged \$17,000 more than we did in our prior record-setting 2010 campaign. Our participation rate also increased over 2010 results. We were one of the relatively few agencies and departments to increase participation over the prior year. In these difficult economic times we did great! Our generosity reflects credit on us all at the FERC.

A particular source of pride at the FERC is the extremely high number of Eagle and Double Eagle donors. Eagle donors pledge 1 percent of their salaries. Double Eagle donors pledge 2 percent of their salaries. FERC Eagle level pledges regularly run close to three times the national average. In one Commission office, the Eagle donor rate approached 35 percent – five times the national average, better than one in three donations are at the Eagle level!

return to present again this year.

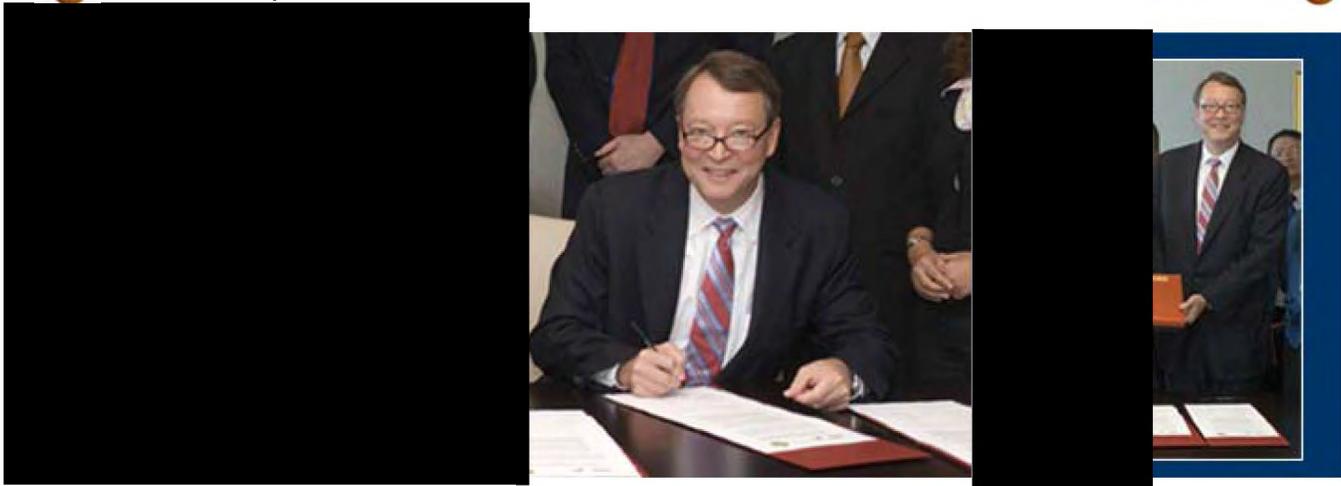
WINNING TEAM IS BACK

Once again FERC Chairman Jon Wellinghoff will serve as honorary campaign chair for the 2012 CFC. No other Chairman has led more successful campaigns in agency history. Executive Director [REDACTED] will serve as honorary **campaign Vice Chair**. This will be Chuck's second successful campaign with us.

We welcome back dedicated members of the Commission's 2011 CFC **Campaign Committee serving again** for 2012: [REDACTED]

As in prior years, we plan to host weekly events spotlighting a diverse and representative selection from the 4,400 charities contained in this year's "Catalogue of Caring." Be on the lookout for the campaign kickoff and coming attractions. New suggestions are always warmly welcomed.

Commissioners and Office Directors will be offered an opportunity to take a turn at hosting a weekly event. They will introduce the guests and also select the winners of the fabulous door prizes. As Edward has been assuring us all for years, these prizes will surely be highly sought-after collectors' items for the Antiques Road Show in 30 or 40 years. Remember **you must be present to win**.



FERC and Thailand sign MOU



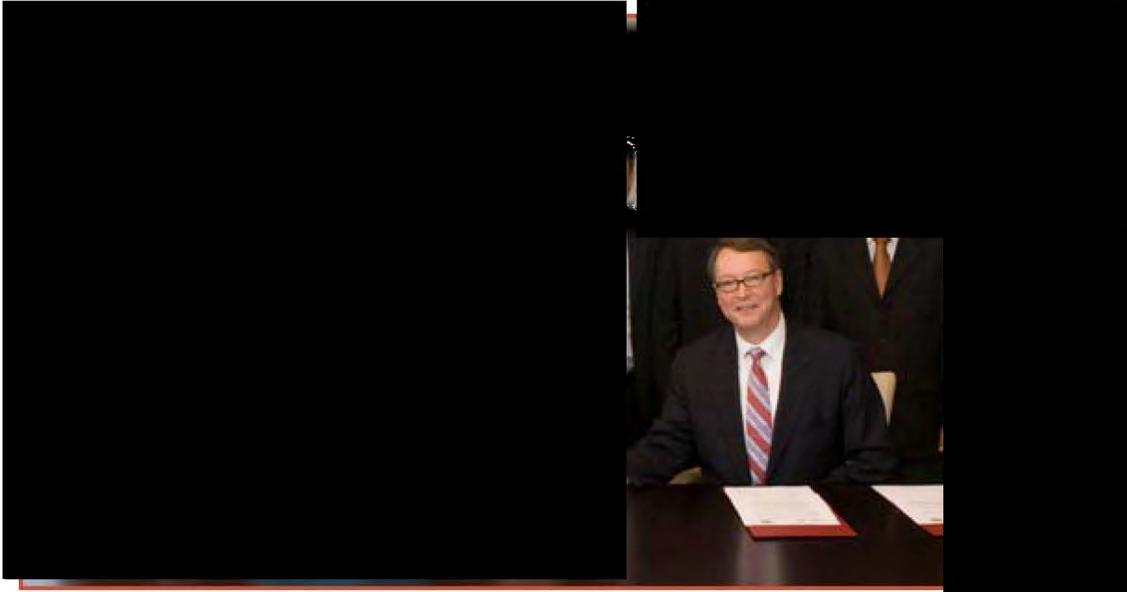
The FERC and the Energy Regulatory Commission (ERC) of Thailand reached an understanding during the course of the August APER conference, and memorialized this agreement in an MOU signed by FERC Commissioner Philip Moeller and ERC Chairman Direk Lavansiri on August 2, 2012.

“The United States and the Kingdom of Thailand share a longstanding friendship, and our countries have cooperated on a wide range of issues, including education and culture, public health, business and trade, and democracy,” commented Commissioner Moeller. “I am happy that we are signing an MOU to continue this tradition of consultation and information exchange regarding best regulatory practices between the power and natural gas sectors of our two countries.”

The MOU recognizes that both agencies share the common goal of building and maintaining open, fair, and efficient power and natural gas industries, and embodies the joint belief that international cooperation can facilitate the development of best regulatory practices. The terms of the MOU provide for consultation between the agencies on areas of mutual interest, as well as information exchange between the staffs of the two commissions.

The MOU also allows for either agency to make a direct request for technical assistance of the other to seek particular guidance with a view to improving their agency’s technical capabilities on regulatory issues. Finally, the MOU envisions the opportunity for the commissions to provide staff training and exchange at either ERC headquarters in Bangkok or FERC’s headquarters in Washington, D.C. The MOU expires on January 30, 2015.

Redacted Pursuant to FOIA Exemption 6.





What's MY LINE?

What do you do away from the office to relax?



Jon Wellinghoff

"I like to spend time with my wife and sons, tour art galleries, read non-fiction, go to the movies. Pretty mundane stuff."



Philip D. Moeller

"Spending quality time with my family watching my children grow up and going to an occasional Washington Capitals game when I often run into [redacted] and [redacted]."



Cheryl A. LaFleur

"I am an avid sports fan, and enjoy attending Boston Red Sox and New England Patriots games when I can. This is a photo of my daughter [redacted] and me at a very cold Patriots playoff game last January."



John R. Norris

"When I'm away from the office, I enjoy spending time with my wife and three boys. I also like gardening and running with my dog in Rock Creek Park."



Tony Clark

"I like to spend my free time with my family, which includes my wife [redacted] and our three young boys. After relocating from North Dakota, we are all enjoying the chance to experience Washington, DC, and see the sights in and around the nation's Capital."

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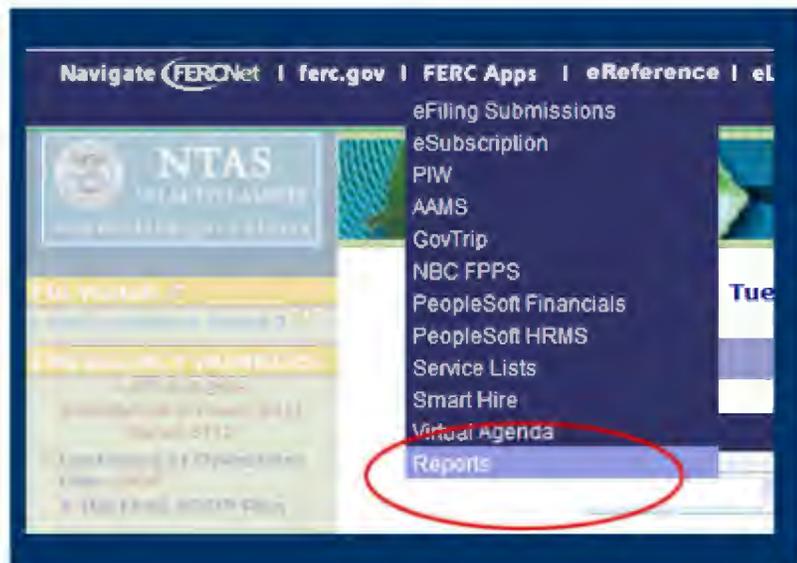
Some Wi-Fi Facts

Wi-Fi is a widely used technology today, but here are some basic facts that you may not know about Wi-Fi.

- Wireless-Fidelity (Wi-Fi) is high speed access to your computer network and the internet without the use of wires.
- Radio signals are transmitted from antennas and routers and are picked up by Wi-Fi receivers such as computers and cell phones that are equipped

New Reports Link on FERCnet

The InfoView Reports site provides information on a variety of data specific to your office. You may now view reports directly from FERCNet under the FERC Apps >Reports menu. You may also register for Infoview classes available on the **IT training calendar**.



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- with Wi-Fi cards.
- Many new laptops come with a Wi-Fi card built in and in many cases you do not have to do anything to start Wi-Fi.
- To access the FERC Wi-Fi network with your personal device you must first have approval from your office delegate and then contact IT Support to receive a guest username and password.

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Eat more fruits and veggies

You probably already know that a healthy diet includes a variety of fruits and vegetables. A good source of vitamins and minerals, many fruits and vegetables are lower in calories and higher in fiber than other foods. As part of a healthy diet,* eating fruits and vegetables instead of high-fat or high-calorie foods may make it easier to control your weight.

Too busy? See how you can save time, money, or both as you strive to eat more fruits and vegetables as part of a healthy diet.



Save Time

- Pick fruits or veggies that require little peeling or chopping, such as baby carrots, cherry tomatoes or grapes.
- Prepare extra vegetables and freeze leftovers for quick sides. Simply heat to 165°F and serve.
- Choose ready-packed salad greens from the produce shelf for a quick salad any time.
- Visit the salad bar for pre-cut veggies to top salads, sandwiches, or pasta.

Save Money

- Take advantage of in-store promotions and buy fresh fruits and vegetables in season, when they are generally less expensive.
- Prevent food waste by properly storing produce and selecting the type and amount you will consume.
- Buy in bulk. Freeze any excess, or purchase frozen, canned or dried varieties that keep longer.
- Shop the local farmer's market or visit nearby farms and pick your own fresh produce while in season.

Save Time + Money

- Plan meals ahead and create a shopping list to help minimize impulse purchases.
- Buy in bulk and prepare extra or larger amounts. Freeze individual or family-size portions for later use.
- Make vegetable-based one-pot meals using beans or soy or other beans instead of higher cost protein sources, such as meat, fish, or poultry. One-pot meals also reduce the number of pans and other utensils that must be washed, saving you time.
- Keep it simple. Choose quick and easy recipes with few ingredients that use in-season, canned, frozen, or dried fruits and vegetables.

* In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs and nuts, and is low in saturated fats, trans fats, cholesterol, salt, and added sugars. A healthy diet also means staying within your daily calorie needs.



Recipes

Vegetarian Stuffed Peppers

Prepared in less than 30 minutes, this colorful dish packed with vitamin C makes a great addition to any meal. Substitute low-sodium canned diced tomatoes to save time and money.

- 4 red or green bell peppers
- 2 cups grape tomatoes
- 1 medium onion
- 1 cup fresh basil leaves
- 3 garlic cloves
- 2 tsp olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper

1. Preheat oven to 425°F. Lightly oil a large shallow baking pan.
2. Cut peppers in half (lengthwise) and remove seeds. Arrange peppers cut side up in baking pan and lightly oil cut edges of stems.
3. Halve tomatoes and chop onion and basil. Finely chop garlic.
4. In a bowl, toss tomatoes, onion, basil, garlic, olive oil, salt, and pepper.
5. Spoon equal portions of mixture into peppers and roast in upper third of oven until peppers are tender.

(Makes 8 servings.)

*Nutrition info per serving: Calories: 40kcal; Fat 2g; Sodium 80mg; Carb 7g; Fiber 2g; Protein 1g; Vit A 80%; Vit C 120%; Calcium 2%; Iron 4%



Green Bean Potato Salad

An alternative to the traditional potato salad, this tasty dish can be prepared in 20 minutes. Save time by using frozen green beans.

- 1 lb (3 1/2 cups) fresh green beans
- 2 lbs (2 1/2 cups) red potatoes
- 3 cloves garlic, minced
- 3 Tbsp fresh dill
- 4 Tbsp balsamic vinegar
- 3 Tbsp olive oil
- 1 Tbsp Dijon mustard
- 1 cup diced red bell pepper
- 1/2 cup chopped red onion

1. Steam green beans for 5 to 8 minutes.
2. Dice potatoes into bite-size pieces. Cook in boiling water until tender.
3. Prepare dressing by mixing dill, vinegar, oil, and mustard.
4. Add onion and pepper to cooled beans and potatoes; top with dressing.

(Makes 8 servings.)

*Nutrition info per serving: Calories: 160kcal; Fat 5g; Sodium 35mg; Carb 26g; Fiber 4g; Protein 4g; Vit A 20%; Vit C 110%; Calcium 4%; Iron 8%

Lentil One Dish

Ready in 30 minutes, this low-cost dish is a great non-meat alternative.

- 1 cup uncooked rinsed lentils
- 1/2 cup uncooked brown rice
- 3 cups sliced carrots
- 1 lb (2 1/2 cups) swiss chard, chopped
- 1 lb kale, (3 1/2 cups) chopped
- 3 cups water
- 1 packet onion soup mix
- 1 tsp basil
- 1 Tbsp olive oil

1. Place all ingredients in large pot and bring to a boil.
2. Reduce heat, cover, and cook until rice is done, about 20 minutes.

(Makes 6 servings.)

*Nutrition info per serving: Calories: 280kcal; Fat 4g; Sodium 540mg; Carb 51g; Fiber 15g; Protein 15g; Vit A 470%; Vit C 200%; Calcium 20%; Iron 35%



* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

Least expensive way to eat fruits and veggies

- Fresh** apples, peaches, pears, plums, blueberries, strawberries, cherries, cabbage, potatoes, broccoli, carrots, cauliflower, kale, sweet potatoes, spinach, squash/zucchini, mangoes, papayas, bananas
- Frozen** raspberries, collard greens, turnip greens, okra
- Canned** green beans, tomatoes, sweet corn, green peas, asparagus
- Dried** grapes (raisins), apricots
- Juice** grapefruit (frozen), orange (frozen), pineapple, prune (plums), tomato

Source: *How Much Do Americans Pay for Fruits and Vegetables?* AIB-790. Economic Research Service/USDA

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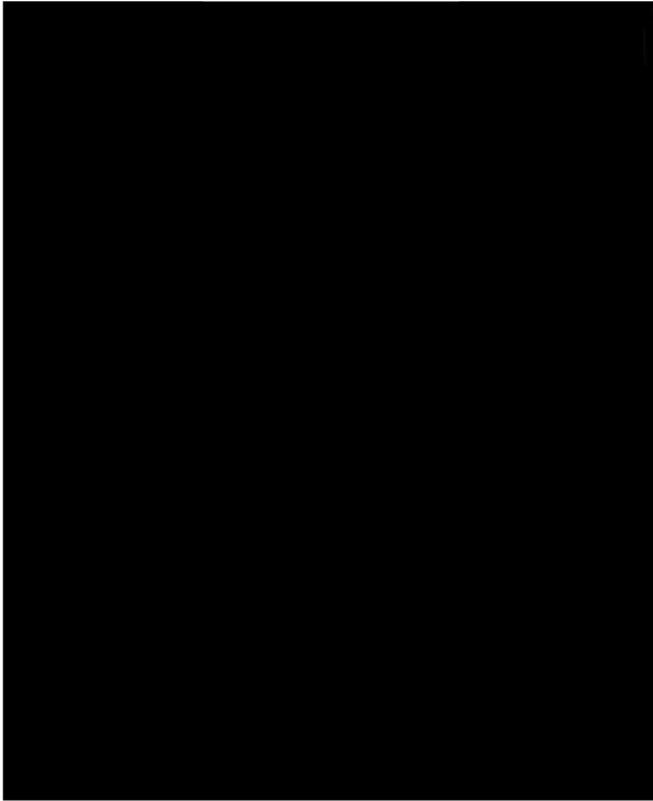


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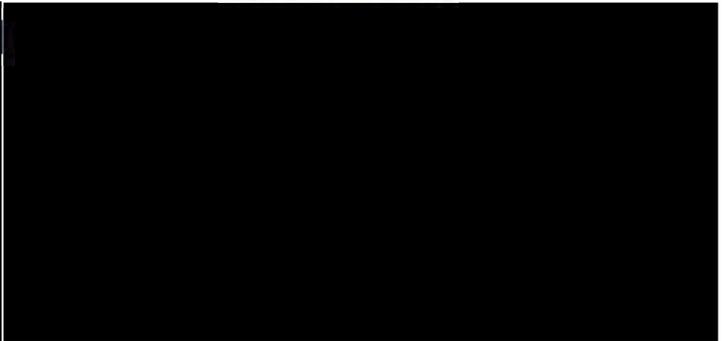


Free Ice Cream!



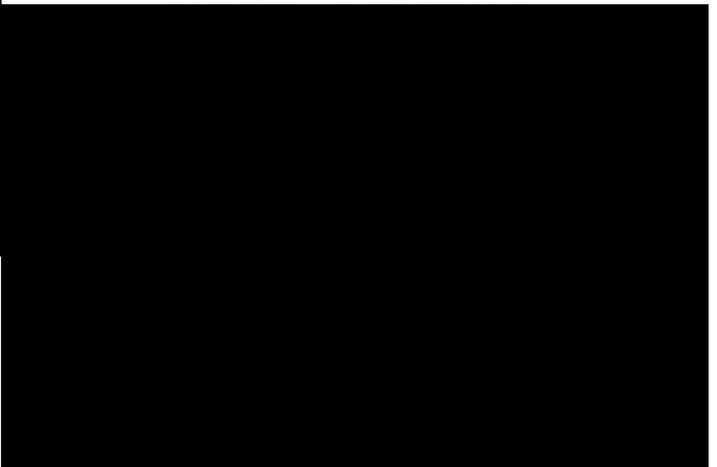
An ice cream social was held on Aug. 21 for FERC employees in the lobby of 888 compliments of Union Center Plaza Management Corp.

DRS Workshop



The Dispute Resolution Service held a brown bag lunch on Aug. 21 to discuss conflict and generational differences in the workplace. DRS presented research on general differences in the workplace and offered ways to make positive connections with colleagues.

National Preparednes Month



FERC held its annual National Preparedness Event in the lobby of 888 on Sept. 4. This year marked the 5th annual visit from the DHS/FEMA and the Ready.Gov campaign. Each year they provide FERC with up to date, and extremely helpful information, in an effort to assist employees with how to prepare and survive emergency situations. Some topics of interest included information on how to prepare an emergency kit, the best way to make an emergency phone list and what are the best emergency evacuation routes in the area. To find out more about the Ready.Gov campaign, go to <http://www.ready.gov/>



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July 18 - August 31: **ARRIVALS**

OE OED OEMR ALJ OGC OER OEPI

Office of
Commissioner
Clark



July 18 - August 31: **DEPARTURES**

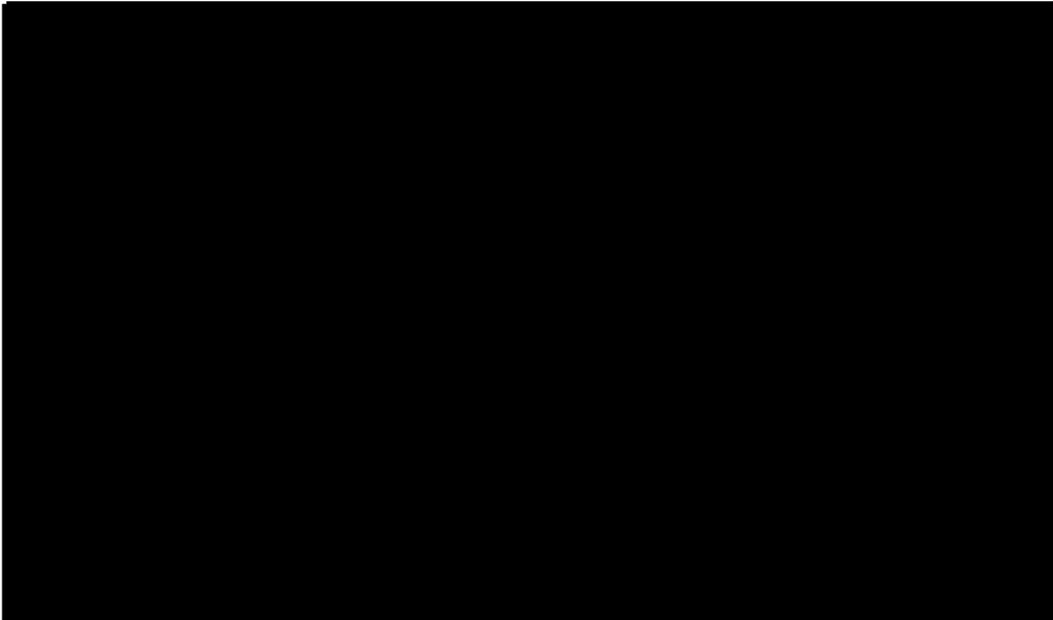
OE OED OEMR ALJ OGC OER OEPI OEP OAL



FERC Insider

October 2012

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Welcome to the October 2012 edition of the FERC Insider.

In this Issue: New FERC office to focus on cybersecurity; FERC's Edward Gingold receives prestigious Hero Award; New ALJ Sworn in; FERC celebrates Hispanic Heritage Month and National Disability Employment Awareness Month.



Navigation Tips: Select a thumbnail picture above and open the yellow i-button on right to navigate to the page, or, select from the regular feature links below.

To Print: To print the Insider, go to the print function on your computer. You must print each page individually since the Insider is a web-based publication.

To View: Maximize your screen and eliminate the sidebar if you use one to ensure best web page display.

EDITORIAL

The Insider at FERC (a.k.a FERC Insider) is the online

If you have story ideas please email the editor,

REGULAR FEATURES

Redacted Pursuant to FOIA Exemption 6.

WEB DESIGN
[REDACTED]

PHOTOGRAPHY
[REDACTED]

newsletter by and for FERC's employees and is not intended for external sale or distribution. It is written and published monthly except in August and December under the auspices of the Office of External Affairs, [REDACTED] Director.

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[REDACTED] of the Media Relations Division, OEA.

Feedback to FERC Insider

Hot Topics
Capitol Watch
Healthy Lifestyles
Arrivals And Departures

Archives

FERCNet home



New FERC Office to Focus on Cyber Security

At the Commission's September 20 public meeting, Chairman Wellinghoff announced the creation of a new FERC office that will help the Commission focus on potential cyber and physical security risks to energy facilities under its jurisdiction.

The new Office of Energy Infrastructure Security (OEIS) will provide leadership, expertise and assistance to the Commission to identify, communicate and seek comprehensive solutions to potential risks to FERC-jurisdictional facilities from cyber attacks and such physical threats as electromagnetic pulses.

"Creating this office allows FERC to leverage its existing resources with those of other government agencies and private industry in a coordinated, focused manner," Wellinghoff said. "Effective mitigation of cyber and other physical attacks requires rapid interactions among regulators, industry and federal and state agencies."

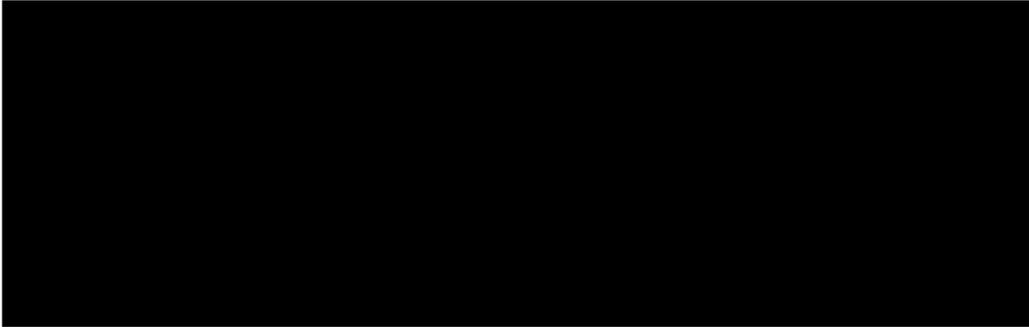
OEIS will focus on:

- Developing recommendations for identifying, communicating and mitigating potential cyber and physical security threats and vulnerabilities to FERC-jurisdictional energy facilities using the Commission's existing statutory authority;
- Providing assistance, expertise and advice to other federal and state agencies, jurisdictional utilities and Congress in identifying, communicating and mitigating potential cyber and physical threats and vulnerabilities to FERC-jurisdictional energy facilities;
- Participating in interagency and intelligence-related coordination and collaboration efforts with appropriate federal and state agencies and industry representatives on cyber and physical security matters related to FERC-jurisdictional energy facilities including, but not limited to, participating in conferences, workshops and classified briefings; and
- Conducting outreach with private sector owners, users and operators of energy delivery systems regarding identification, communication and mitigation of cyber and physical threats to FERC-jurisdictional energy facilities.

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To continue the Commission's oversight of reliability of the nation's bulk power system, FERC will continue to work closely with the North American Electric Reliability Corporation (NERC), the national electric reliability organization certified by FERC, through this reorganization.

OEIS will be led by [REDACTED] who has been Director of the Office of Electric Reliability since its formation in 2006. The Office of Electric Reliability will be led by [REDACTED] who will serve as Acting Director.



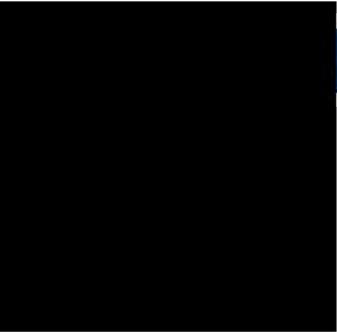
CFC Team: [redacted] (CFCNCA Loaned Executive); [redacted]; and [redacted] Not pictured are: [redacted]

FERC's 2012 CFC Loaned Executive: Laura Dvorak

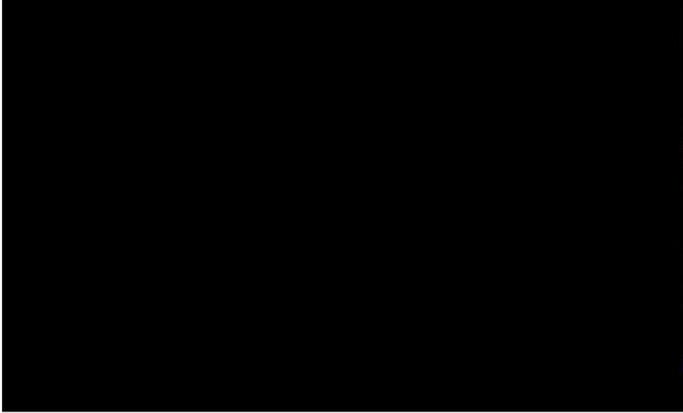
FERC's Loaned Executive for the 2012 CFC is [redacted]. [redacted] is a communications programs specialist with the United States Postal Service, managing public affairs and communications activities throughout D.C. and Northern Virginia. Her 29-year career began in mail processing, continuing into supervision before transitioning into Human Resources and beyond.

[redacted] is a native of Southern California. She graduated from San Diego State University with a BA in English. Also at SDSU she earned a MA in Communications and a MS in Interdisciplinary Studies. Her husband, Stan Dvorak, is a civilian employee with the Veterans Administration. They have traveled and trekked in Bhutan, Argentina, Chile, Peru, China, Scotland, Ireland, Canada, Russia, Italy and many other areas.

[redacted] is excited to work with the committed FERC employees during the 2012 Combined Federal Campaign.



FERC Campaign Manager [redacted] was joined by Loaned Executive [redacted] during the keyworker and captain training program on Oct. 3. The CFC campaign kickoff event will be at 10 a.m. Oct. 11 in the Commission Meeting Room, and features entertainment by the Eye Street Boys from Gonzaga College High School.



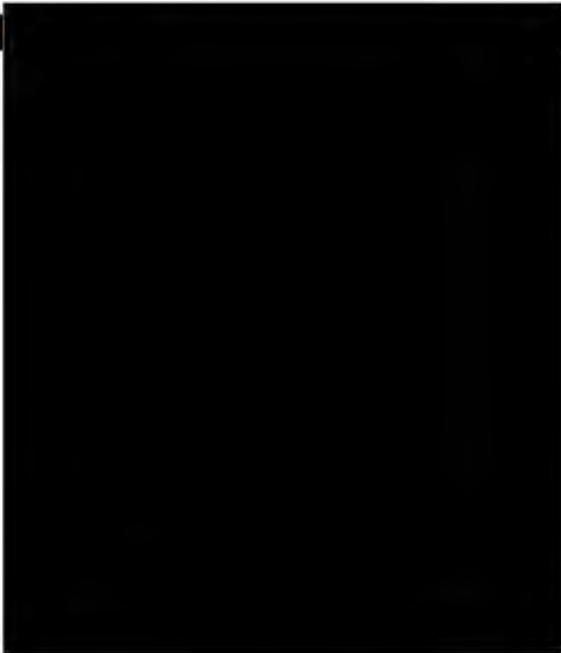


Meet [REDACTED] CFCNCA Keyworker & Hero Award Winner

In a city inhabited by thousands of accomplished lawyers, [REDACTED] is one that truly stands out among his peers.

Though he often works anonymously preparing documents as a ghostwriter for the Federal Energy Regulatory Commission (FERC), he's attracted much attention during the past year.

[REDACTED] was recently named a recipient of the Combined Federal Campaign (CFC) Hero Award for his work on the 2011 Combined Federal Campaign of the National Capital Area (CFCNCA). CFC Hero Awards are presented to selected campaign workers who have demonstrated strong leadership and have helped make a major difference through the



He's seen firsthand how the contributions of his colleagues can impact the lives of others, including one of his own coworkers. During a recent campaign, a hearing-impaired employee at FERC attended a CFC event held at the agency and asked one of the charity representatives if she could benefit from the organization's services. She was in fact accepted as a beneficiary and now has her own service dog.

This article is reprinted from the CFC National Capital Region website.

Photo courtesy of Mike Morgan for CFCNCA

"Her whole life has been enriched and expanded," [REDACTED] said. "The quality of her life has been touched by a CFC cause that she heard (about) in a CFC event."

[REDACTED] has worked

Redacted Pursuant to FOIA Exemption 6.

work they do to get their coworkers involved in the campaign.

During the 2011 campaign, [REDACTED] helped lead FERC in raising \$460,000, 130 percent above the commission's goal. His 33 years of service as a committed campaign worker have motivated thousands of donors to contribute funds through the CFCNCA, and led to a 61 percent participation rate among FERC employees during last year's campaign. Speaking about Ed [REDACTED] Honored as 2011 CFC Hero of the Year, "Unsung heroes (such as Edward [REDACTED]) are the real success stories of our campaign and deserve to be recognized with this prestigious Hero Award," said Dr. Brandon Haller, Chair of the Local Federal Coordinating Committee.

[REDACTED] says his inspiration is the sense of meaningful purpose he derives from his work on the campaign. "The reason I keep coming back is it's fun," [REDACTED] said. "It gives meaning to my life, it's a chance to help real people. The campaign has given me a sense of fulfillment that I never experienced before."

tirelessly over the years to increase the amount of CFC funds contributed by FERC employees. As his workplace's campaign manager, he aims to hold weekly CFC events at the commission. "We had eight weeks of events every week (last year), multiple charities," he said. "I just want to raise a ton of money for worthy causes."

[REDACTED] says he is always open to his colleagues' suggestions of charities to invite as participants of the CFC events he holds at FERC. Last year, the events he planned featured representatives and speakers from a wide variety of organizations, including those that tackle poverty, hunger, substance abuse, educational disparity and environmental issues.

When asked what he has to say to federal employees who are considering becoming involved in the campaign, he answered, "Respond to the dictates of your own conscience. This is something worthwhile. The commitment of time and resources is relatively small for the average employee in this case, and it's making our society, making our country, making our world a better place."

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OEP staff in front of the unique turbine for the Cobscook Project. The photo was taken during the dedication event in Eastport, Maine. Pictured from left to right: [REDACTED], Deputy Director, OEP; [REDACTED], Hydropower Compliance, OEP; [REDACTED], Hydropower Licensing, OEP.

Photo taken by Rachel Price



In 2007, OEP staff developed a pilot licensing process tailored to meet the needs of entities interested in testing new marine and hydrokinetic technologies, including connection with the interstate grid, while minimizing the risk of adverse environmental impacts.

On September 1, 2011, Ocean Renewable Power Company filed with the Commission a license application for the Cobscook Bay Tidal Energy Project in Maine using the hydrokinetic pilot license process. OEP staff issued the license less than six months later, on February 27, 2012.

On September 13, 2012, Ocean Renewable Power connected the project to the grid. This marked the first time in the United States that power from any ocean energy project, including offshore wind, wave and tidal, was delivered to an electric utility grid. By developing an innovative licensing process and working closely with the licensee and environmental resource agencies, OEP enabled the project to go from application to the grid in just over a year.

Read more on hydrokinetic projects on FERC.gov.

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Place your order here: [FERC CDC 2012 Bulb Sale](#)

FERC Insider



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September was a busy month for FERC on The Hill.



On September 12, OER Director [redacted] testified before the House Committee on Homeland Security Subcommittee on Emerging Threats, Cybersecurity, and Science and Technology on physical security and other threats to reliability.

View [redacted] testimony, on FERC.gov.



Photo taken by [redacted]

Commissioner

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And, on September 19, OGC's [REDACTED] testified before the Senate Energy and Natural Resources Committee's Subcommittee on Water and Power on S. 3265, a bill to amend the Federal Power Act to remove the authority of the Federal Energy Regulatory Commission to collect land use fees for land that has been sold, exchanged or otherwise transferred from Federal ownership but that is subject to a power site reservation.

View [REDACTED] **testimony** on FERC.gov

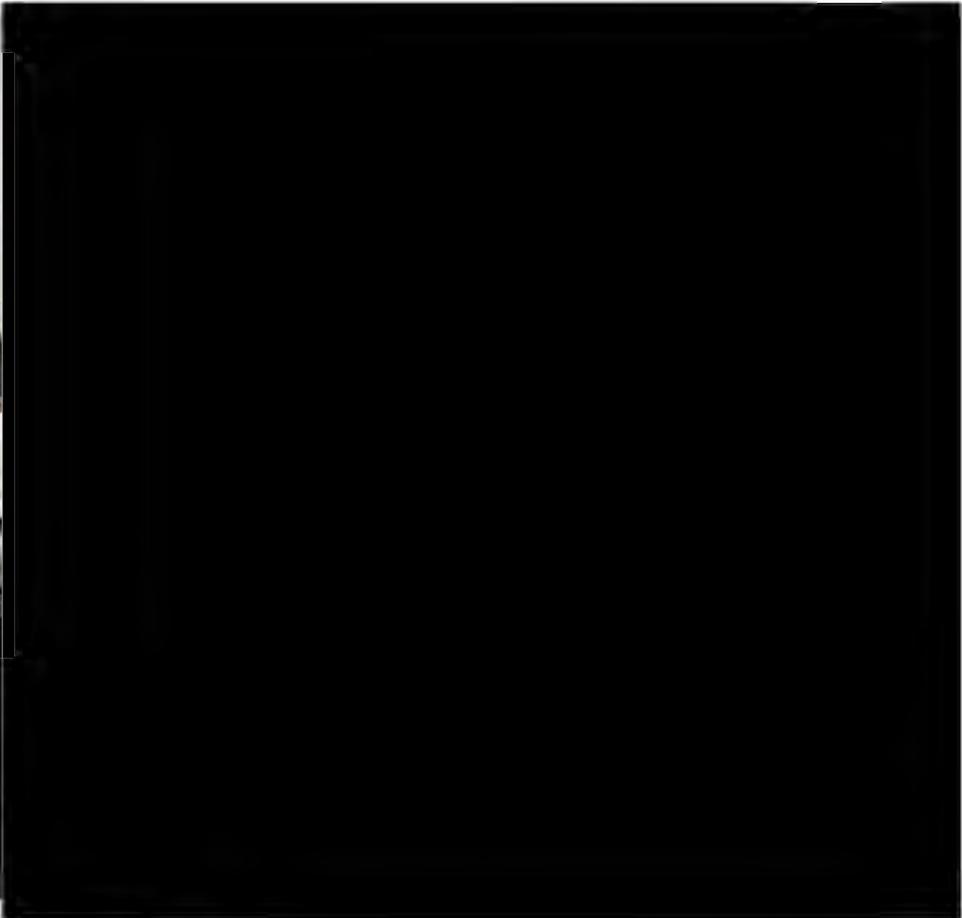
Philip Moeller was the speaker at the September 18 Platts Energy Podium where he discussed a variety of topics, including the Commission's recent series of technical conferences on coordination of the natural gas and electricity industries, Order No. 1000 rehearing and compliance, and the potential impact of Environmental Protection Agency's air rules on electric reliability. The newsmaker event was attended by 10 reporters from Platts, Energy Daily, Restructuring Today, E&E and Bloomberg BNA.

FERC Insider



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Chairman Appoints [REDACTED] as New Administrative Law Judge

[REDACTED] FERC Chairman Jon Wellinghoff has announced the appointment of Judge [REDACTED] as a FERC Administrative Law Judge. She was sworn in September 24.

Since July 2011, Judge [REDACTED] has been a

Redacted Pursuant to FOIA Exemption 6.



Administrative Law Judge with the Office of Disability Adjudication and Review at the Social Security Administration. Prior to that, she was an Attorney-Advisor in the Office of Administrative Law Judges at the United States International Trade Commission.

Judge [REDACTED] also served in the U.S. Department of Justice's Tax Division, where she was a trial attorney in the Civil Trial Section. Before that she was a Tax Consultant and Tax Compliance Specialist in the Seattle, Washington, offices of Ernst & Young.

"I am delighted and looking forward to having Judge Whang as part of my team," Chief FERC Administrative Law Judge [REDACTED] said. "Her background and experience, especially her experience as a CPA, will be extremely helpful in dealing with our complex cases."

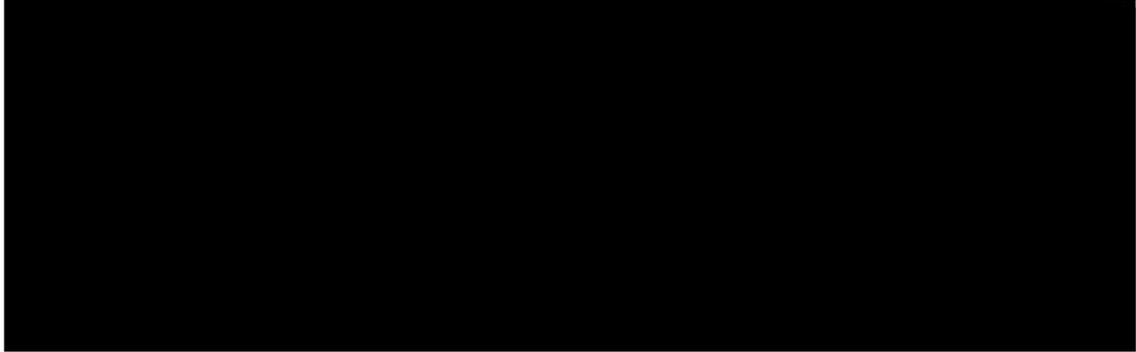
Chairman

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Wellinghoff stated, "Judge Whang's diverse experience will benefit the Commission and consumers."

Judge [REDACTED] is a 1997 graduate of the University of Arizona College of Law. She earned a Bachelor's degree in Economics from the Wharton School of the University of Pennsylvania, with a concentration in Accounting and Multinational Management.

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Pictured from left to right are: OEP's [redacted]; Commissioner Norris; Keynote Speaker [redacted].

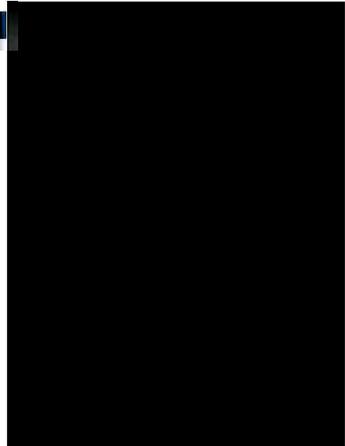
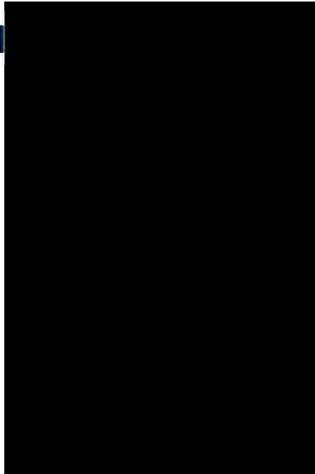
Hispanic Heritage Month

[redacted] Chief Operations Officer of CapitalWirePR, was the keynote speaker at the Commission's annual observance of Hispanic Heritage Month on Sept. 26. [redacted] has overseen the development and engagement of Hispanic serving media and leadership networks reaching almost 12,000 organizations throughout the U.S.

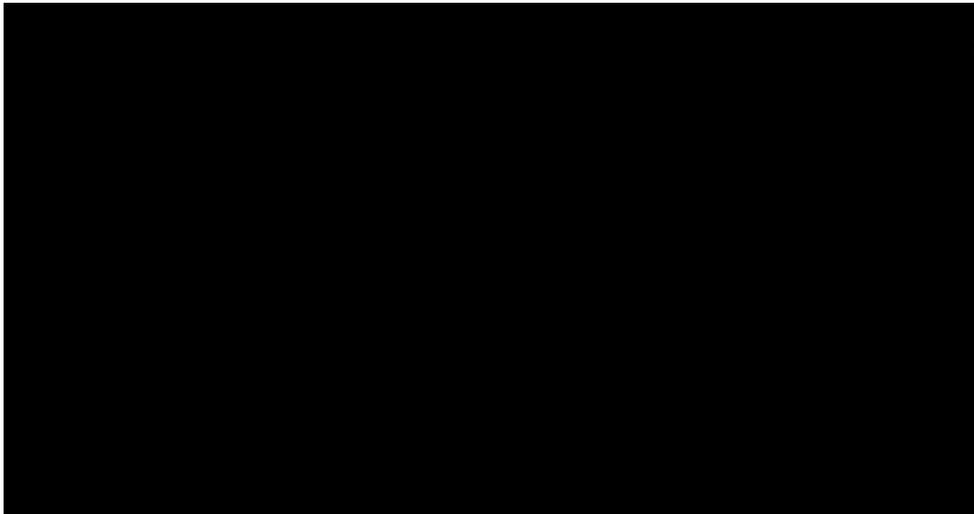
Commissioner Norris welcomed employees to the event and [redacted] Director of OEP, served as Mistress of Ceremonies.

Also participating in the event from OEP were [redacted] and [redacted].

The OEP sponsored this year's event along with the EEO Advisor's Special Emphasis Committee.



National Disability Employment Awareness Month



FERC observed National Disability Employment Awareness Month (NDEAM) on Oct. 3 featuring keynote speaker Nelson Lauver.

At the age of 29, [redacted] was diagnosed with dyslexia. Today [redacted] is an acclaimed broadcaster, speaker, humorist, author and advocate for literacy and disabilities awareness.

[redacted] told the audience his compelling story of growing up with dyslexia and how he overcame the many obstacles associated with his disability. "When you get knocked down, get back up," [redacted] told the audience. He lives by this motto every day he said.

OEP Director Jeff Wright welcomed participants to the event and OEP's Emily Carter introduced [redacted]. Finally, OEP's Alisa Lykens presented [redacted] with a Certificate of Appreciation.

Pictured from left to right are: OEP's [redacted] EEO Manager [redacted]

Redacted Pursuant to FOIA Exemption 6.

Keynote Speaker [REDACTED] OEP Director [REDACTED]

Held each October, NDEAM is a national campaign that raises awareness about disability employment issues and celebrates the many and varied contributions of America's workers with disabilities. This year's theme is "A Strong Workforce is an Inclusive Workforce: What Can YOU Do?"



What Is West Nile Virus?

West Nile Virus (WNV) is a potentially serious illness. Experts believe WNV is established as a seasonal epidemic in North America that flares up in the summer and continues into the fall. This fact sheet contains important information that can help you recognize and prevent West Nile virus.

What Can I Do to Prevent WNV?

Prevention measures consist of community-based mosquito control programs that are able to reduce vector populations, personal protection measures to reduce the likelihood of being bitten by infected mosquitoes, and the underlying surveillance programs that characterize spatial/temporal patterns in risk that allow health and vector control agencies to target their interventions and resources. The easiest and best way to avoid WNV is to prevent mosquito bites.

- When you are outdoors, use insect repellent containing an **EPA-registered active ingredient**. Follow the directions on the package.
- Many mosquitoes are most active at dusk and dawn. Be sure to use insect repellent and wear long sleeves and pants at these times or consider staying indoors during these hours.

How Does West Nile Virus Spread?

- **Infected Mosquitoes.** Most often, WNV is spread by the bite of an infected mosquito. Mosquitoes become infected when they feed on infected birds. Infected mosquitoes can then spread WNV to humans and other animals when they bite.
- **Transfusions, Transplants, and Mother-to-Child.** In a very small number of cases, WNV also has been spread through blood transfusions, organ transplants, breastfeeding and even during pregnancy from mother to baby.
- **Not through touching.** WNV is not spread through casual contact such as touching or kissing a person with the virus.

How Soon Do Infected People Get Sick?

People typically develop symptoms between three and 14 days after they are bitten by the infected mosquito.

How Is WNV Infection Treated?

There is no specific treatment for WNV infection. In cases with milder symptoms, people experience symptoms such as fever and aches

- Make sure you have good screens on your windows and doors to keep mosquitoes out.
- Get rid of mosquito breeding sites by emptying standing water from flower pots, buckets and barrels. Change the water in pet dishes and replace the water in bird baths weekly. Drill holes in tire swings so water drains out. Keep children's wading pools empty and on their sides when they aren't being used.

What Are the Symptoms of WNV?

- **Serious Symptoms in a Few People.** About one in 150 people infected with WNV will develop severe illness. The severe symptoms can include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis. These symptoms may last several weeks, and neurological effects may be permanent.
- **Milder Symptoms in Some People.** Up to 20 percent of the people who become infected have symptoms such as fever, headache, and body aches, nausea, vomiting, and sometimes swollen lymph glands or a skin rash on the chest, stomach and back. Symptoms can last for as short as a few days, though even healthy people have become sick for several weeks.
- **No Symptoms in Most People.** Approximately 80 percent of people (about four out of five) who are infected with WNV will not show any symptoms at all.

that pass on their own, although even healthy people have become sick for several weeks. In more severe cases, people usually need to go to the hospital where they can receive supportive treatment including intravenous fluids, help with breathing and nursing care.

What Should I Do if I Think I Have WNV?

Milder WNV illness improves on its own, and people do not necessarily need to seek medical attention for this infection though they may choose to do so. If you develop symptoms of severe WNV illness, such as unusually severe headaches or confusion, seek medical attention immediately. Severe WNV illness usually requires hospitalization. Pregnant women and nursing mothers are encouraged to talk to their doctors if they develop symptoms that could be WNV.

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September 1-26: **ARRIVALS**

OE OED OEMR ALJ OGC OER OAL



September 1-26: **DEPARTURES**

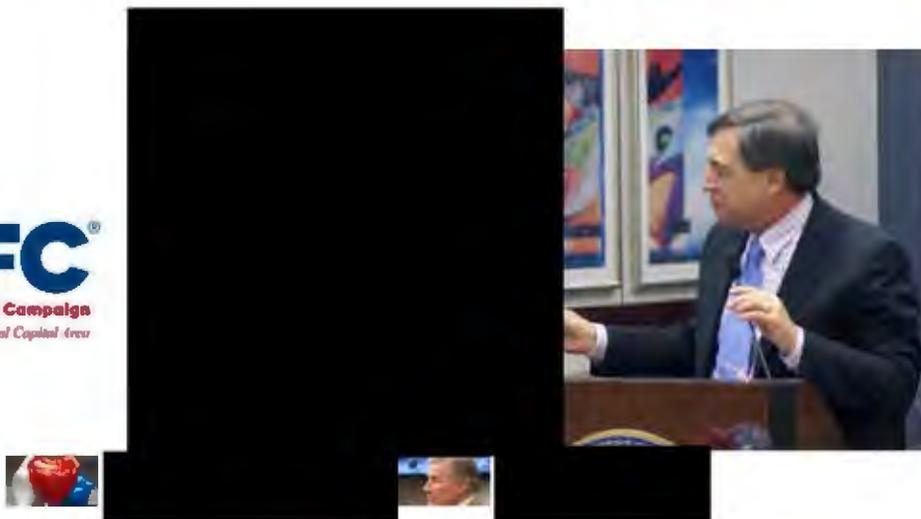
OE OED OEMR ALJ OGC OER OEP OAL



FERC Insider

November-December
2012

Volume 19, No 9



Welcome to the November-December 2012 edition of the FERC Insider.

In this Issue: FERC Kicks Off 2012 CFC Campaign, Chairman Wellinghoff Presents Years of Service Awards, FERC Remembers Veterans, [REDACTED] Named Head of Office of Electric Reliability, FERC and Hawaii Sign MOU and [REDACTED] Named Executive Director

Navigation Tips: Select a thumbnail picture above to navigate to the page, or, select from the regular feature links below.

To Print: To print the Insider, go to the print function on your computer. You must print each page individually since the Insider is a web-based publication.

To View: Maximize your screen and eliminate the sidebar if you use one to ensure best web page display.

Important: To view the Insider, please make sure you are doing so through Internet Explorer. Cut and paste the link into the browser or, alternatively, go to FERCnet and click on the Insider link on the homepage.

EDITORIAL

WEB DESIGN

PHOTOGRAPHY

The Insider at FERC (a.k.a FERC Insider) is the online newsletter by and for FERC's employees and is not intended for external sale or distribution. It is written and published monthly except in August and December under the auspices of the Office of External Affairs, [REDACTED], Director.

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If you have story ideas please email the editor, [REDACTED] of the Media Relations Division, OEA.

Feedback to FERC Insider

REGULAR FEATURES

- Hot Topics
- Safety & Security
- Healthy Lifestyles
- IT Corner
- What's My Line?
- Arrivals And Departures
- [Photo Gallery](#)

Archives

[FERCNet home](#)



FERC Kicks Off 2012 CFC Campaign; Sets Record Dollar Goal

HOPE IS THE GREATEST GIFT OF ALL



Jon Wellinghoff

FERC kicked off its annual CFC campaign October 11 with high expectations, a packed house and a target dollar goal of \$370,000.

(right), CFC Campaign Manager for FERC for the ninth consecutive year, served as emcee for the event.

Chairman Jon Wellinghoff (left) welcomed employees and noted their "true dedication" to the cause.

Chairman Wellinghoff also paid tribute to (redacted). "Without Edward we would not be at the astronomical levels that we are," he said.

(right), Associate Director, CFC for the National Capital Area, complimented FERC for its constant support and participation in the campaign.

"Your energy and enthusiasm at FERC is terrific," (redacted) said.

Special guests at the event included FERC Commissioners Cheryl LaFleur (right) and John Norris (left); Laura Dvorak, FERC's CFC Loaned Executive; and (redacted) Planning (left), President of Gonzaga College High School. Edward thanked the FERC key workers and captains as well as everyone involved in the campaign for their hard work and dedication.

The Gonzaga Chamber Choir (left), under the direction of (redacted) (right), performed musical selections for the standing-room-only crowd.

FERC's CFC events this year featured many charities, including: FERC Child Development Center; Alliance to Save Energy; Habitat for Humanity; Women's Microfinance Initiative; Art for Humanity; Shakespeare Theater; and Raptor Conservancy of Virginia. The final CFC event will feature a charity fair with organizations suggested by FERC employees.

The Commission's 2011 CFC proved to be the best in our agency's history. Our dollar goal was to raise \$355,000. FERC staff pledged a record \$459,504,

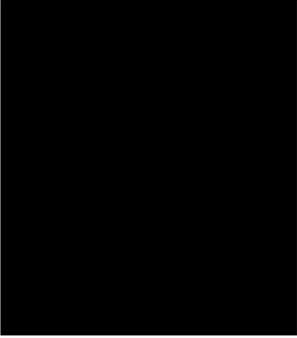


Cheryl LaFleur



John Norris

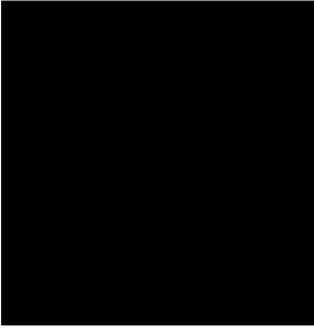
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roughly 130 percent over our dollar goal with a 61 percent rate of participation. Every Commission office exceeded its campaign dollar goal. One large office exceeded its dollar goal by more than 321 percent!

A particular source of pride at the FERC is the extremely high number of Eagle and Double Eagle donors. Eagle donors pledge 1 percent of their salaries.

Double Eagle donors pledge 2 percent of their salaries. FERC Eagle level pledges regularly run close to three times the national average. In one Commission office the Eagle donor rate approached 35 percent, or five times the national average. More than one in three donations are at the Eagle level!



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.

Visit the CFC [Photo Gallery of Events](#)



30 years of service: [redacted] Chairman Wellinghoff, [redacted] and [redacted].
Not pictured are [redacted].

Service Awards Presented to FERC Employees



45 Years of Service: [redacted], Chairman Wellinghoff, [redacted] and [redacted]. Not pictured is [redacted].



25 Years of Service: [redacted]

[redacted] can vividly recount the various locations that once housed the Federal Power Commission and now FERC during her 45 years of Federal Service. A lot has changed over the past few decades. She remembers supporting engineers in what was called the drafting section and when everything was done manually – no computers to be found in 1967 when [redacted] began her federal career.

[redacted] also recalls early in his career with the FPC when a group of employees would often plan summer picnics, skiing trips, and holiday parties with a band!

[redacted] were among the more than 45 employees honored at an October 23 Length of Service Recognition Ceremony. The recent ceremony was the first of three that will be held each year to recognize service milestones in excess of 25 years, in five-year increments. [redacted] and [redacted] received special recognition for achieving more than 45 years of federal service.

Chairman Wellinghoff welcomed honorees and guests at the ceremony. "FERC is really about all the people," he said. During his time at FERC the Chairman said he has been lucky to work with "the best in the Federal Service."

The next ceremony is set to take place in February for those reaching milestone service anniversaries of 25, 30, 35, 40, and 45 years.

Written by [redacted]

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35 Years of Service:

[Redacted]



Years of Service:

[Redacted]

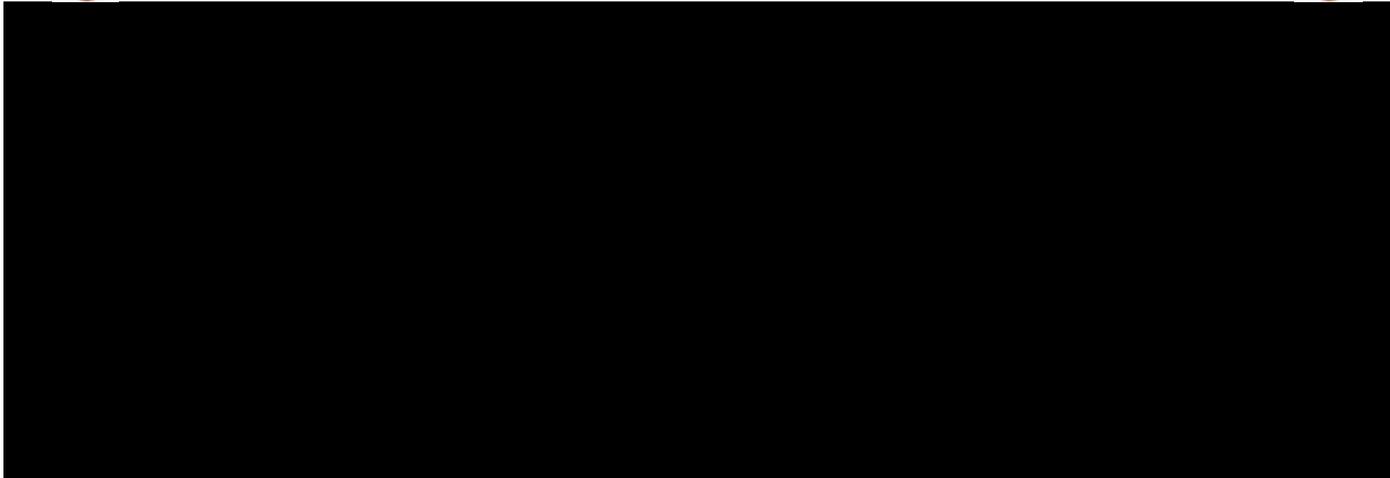
Below: Executive Director [Redacted] presents Chairman Wellinghoff with an award for 10 years of federal service.





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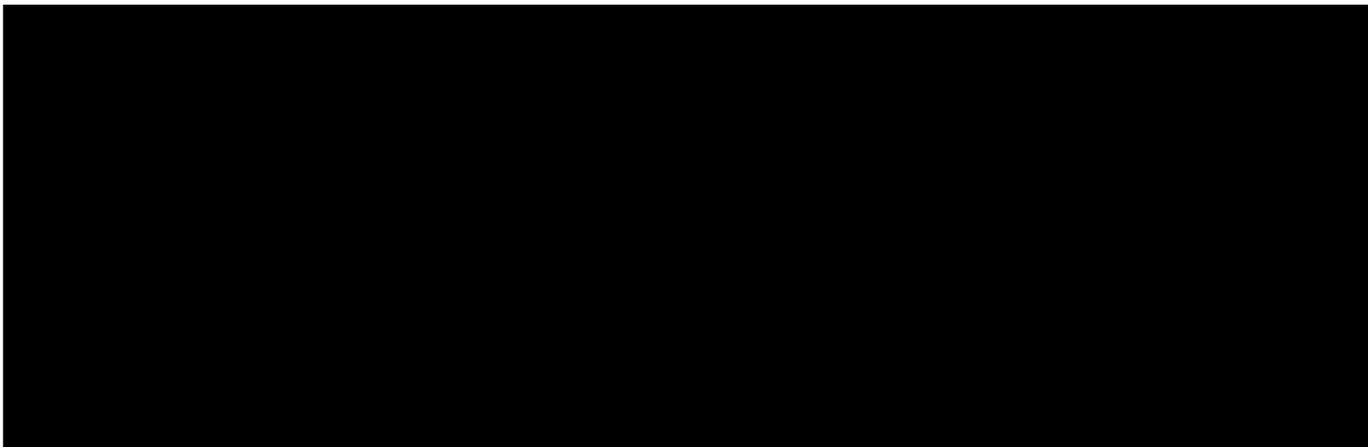


Pictured left to right are presenters of the Winter Assessment: [redacted]

November Commission Meeting Highlights Winter Assessment, Enforcement Report



The Office of Enforcement presented its Winter 2012-2013 Energy Market Assessment to the Commission at the November Open Meeting. The Winter Assessment is staff's opportunity to look ahead to the coming season and share their thoughts and expectations.



The Enforcement Report was presented to the Commission by OE's [redacted] and [redacted]

FERC's Office of Enforcement is continuing to focus on matters involving fraud and market manipulation, serious

Some highlights of Enforcement report:

- Enforcement received 89 self-reports of potential violations of FERC rules in fiscal 2012. Staff closed 49 after initial reviews and without opening investigations. At the end of the fiscal year, staff reviews were pending on 46

Redacted Pursuant to FOIA Exemption 6.

violations of mandatory reliability standards, anticompetitive conduct and conduct that threatens the transparency of regulated markets.

That is the assessment of the Office of Enforcement's annual Report on Enforcement that recaps for the public and the regulated community the work done by the Office of Enforcement's four divisions – Investigations, Audits, Energy Market Oversight and Analytics and Surveillance – in fiscal 2012. The report is available at www.ferc.gov.

OE's 

 presented the report to the Commission at the Nov. 15 Commission Meeting.

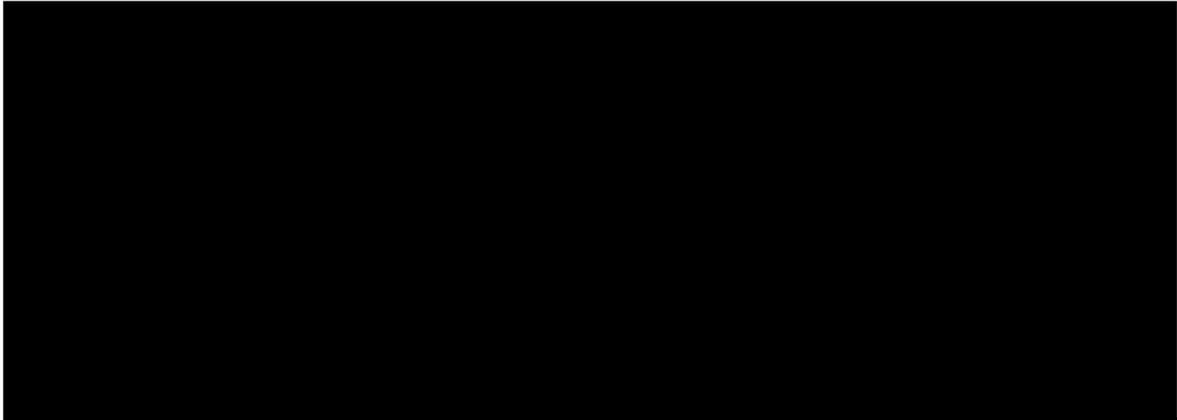
self-reports, including those from prior years. Staff received self-reports from a variety of market participants, including power marketers, electric utilities, natural gas companies, and RTO/ISOs.

- Fiscal 2012 also saw the implementation of the North American Electric Reliability Corporation's Find, Fix, and Track Report (FFT) enforcement mechanism. FERC received 12 FFTs reporting 707 possible violations.
- In fiscal 2012 Enforcement created a new division, the Division of Analytics and Surveillance, to conduct surveillance and analyze transactional and market data to detect potential manipulation, anticompetitive behavior and other anomalous activities in energy markets.
- Enforcement completed 44 financial, compliance and performance audits of public utilities, natural gas pipelines, and storage companies covering a variety of topics. The audits resulted in 399 recommendations for corrective action and directed \$5.8 million in refunds, as well as accounting adjustments of \$3.5 million that will preclude their recovery through future rate proceedings.
- In fiscal 2012, FERC approved nine settlement agreements entered into by Enforcement for total civil penalty payments of more than \$148 million and disgorgement of more than \$119 million plus interest.
- Enforcement worked with NERC and the regional reliability entities to address 45 Notices of Penalty (NOPs) that NERC filed with the Commission in fiscal 2012, in which the regional entities proposed penalties totaling nearly \$6.5 million for alleged violations of the Reliability Standards.
- In fiscal 2012 Enforcement issued its Energy Primer, a comprehensive overview of natural gas and electric markets with detail on specific market segments.



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Montgomery County Police Department Visit FERC

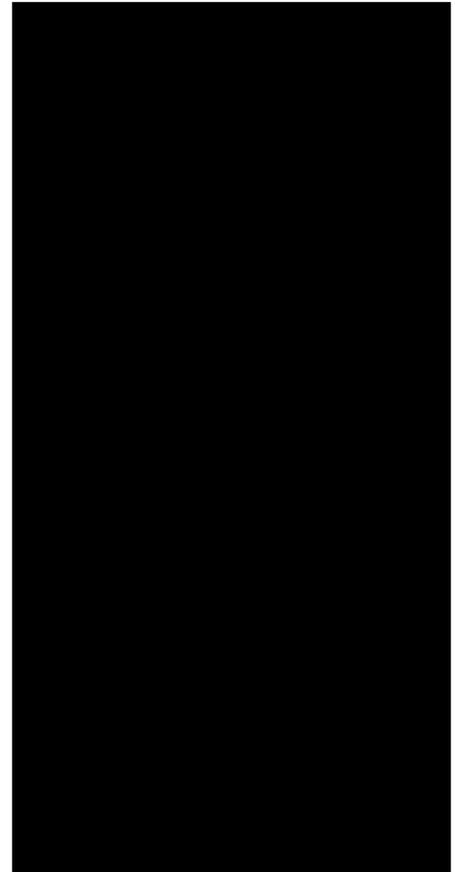


The Security and Safety Division at FERC had a unique opportunity to have Officers from Montgomery County Police Department join FERC on October 23 to provide employees with an overview of the Discovery building hostage situation that occurred on September 1, 2010 in Silver Spring, Maryland.

Captain [REDACTED], Director of the Montgomery County Police Special Operations Division, and Officer [REDACTED], a member of the SWAT team, presented a compelling account of exactly what happened that day at the Discovery building.

Montgomery County Police has taken this serious, life-threatening situation on the road in an effort to provide insight, awareness and training to Government Agencies, Corporations, Schools and Communities throughout the Metropolitan Area.

FERC employees received an in-depth look at what really occurred that day and what are some best practices for individual preparedness at work and in our communities.

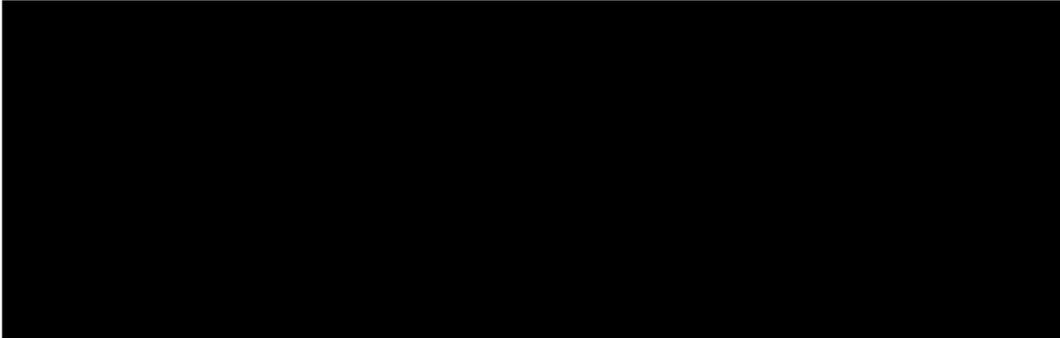


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The FERC Child Development Center will hold their annual Holiday Sale December 12-13, 10-2 in the lobby.

*Items for sale include:
the 2012 White House ornament (see below), handcrafted jewelry, Sees
candies, imported Polish pottery, 2013 Entertainment Books, and more.*





FERC Remembers Our Veterans

FERC this year held a first-time Veteran's Day event featuring Paul "Buddy" Bucha, an American Vietnam War veteran and recipient of the Medal of Honor.

FERC's own Ray Palmer of OEPI, a member of Mr. Bucha's infantry company in Vietnam, introduced his good friend "Buddy" and shared photos and memories of their experience with Delta Company and the Vietnam War.

Mr. Bucha talked fondly about his time with Delta Company and the lifelong friendships he made and the heroic individuals he served with.

"It wasn't the records that made them special, it was what they did," Mr. Bucha said. "You challenge destiny and that's what they did."

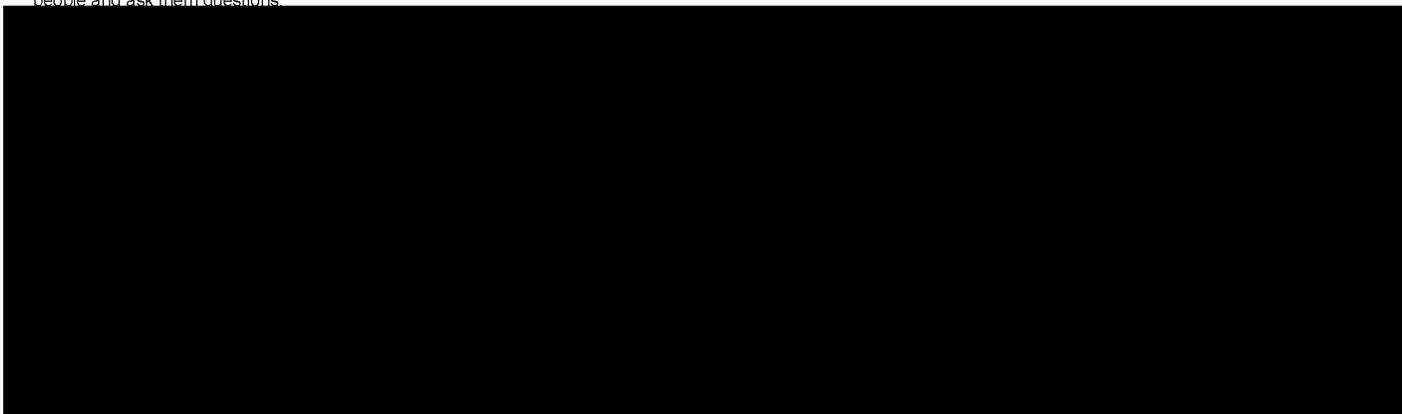
Mr. Bucha focused on the importance of helping veterans deal with the stresses of serving in the military. He encouraged everyone to not just thank our service men and women for their service, but to really get to know these people and ask them questions.

"Never be so quick to judge the people you meet," he said.

Veterans Day has been designated by the President and is observed on November 11 each year. This year's theme was "Upholding Our Commitment to Support Those Who Served Our Country."

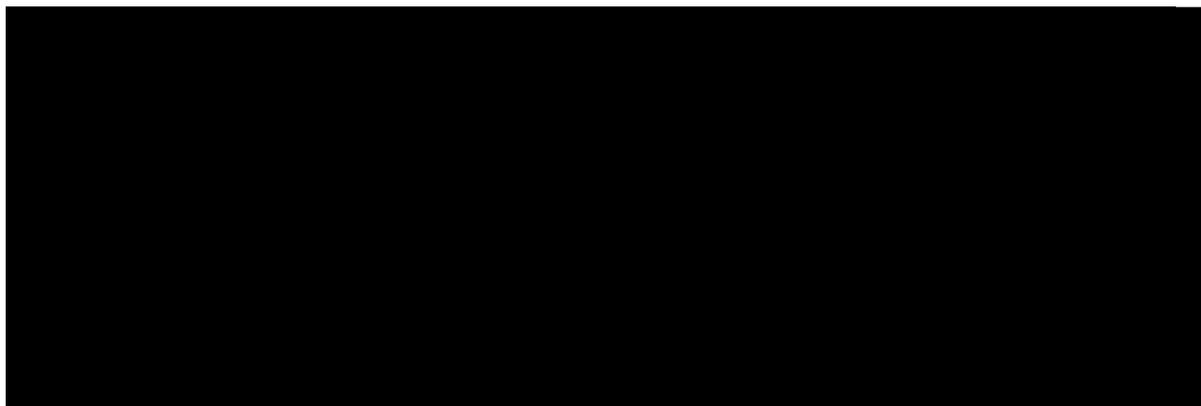
Veterans Day is the time to remember those who have sacrificed so much to protect our country and our freedoms. It commemorates the declaration of an armistice, or temporary cessation of hostilities, on the 11th hour of the 11th day of the 11th month of 1918, between the Allied nations and Germany in the First World War, then known as "the Great War." Commemorated as Armistice Day beginning the following year, the United States declared November 11 a legal federal holiday in 1938. In the aftermath of World War II and the Korean War, Armistice Day became Veterans Day, a holiday dedicated to American veterans of all wars.

The Veterans Day 2012 Proclamation can be viewed on the White House website.



Above: FERC's [redacted], who served in Vietnam with Delta Company, 3/187th Infantry, 101st Airborne Division, and [redacted] who was the keynote speaker for the event.

Members of Delta Company, 3/187th Infantry, 101st Airborne Division: [redacted]



Named Director of OER

Chairman Wellinghoff has named [REDACTED] as Director of the Office of Electric Reliability.

[REDACTED] integrity, vast experience with the industry, and his ability to craft creative solutions will serve us again in this new role," the Chairman said. [REDACTED] previously served at General Counsel at the Commission.

"I'm enjoying the challenges of my new responsibilities, and learning a lot every day," commented [REDACTED]. "I hope that I can help OER's talented and dedicated staff in continuing their efforts to maintain and enhance the reliability of our electric power grid."

[REDACTED] began working at the Commission in 1990, as an attorney-advisor in the Office of General Counsel. In addition to serving as an attorney-advisor [REDACTED] has held a range of other positions in the Office of General Counsel and elsewhere in the Commission. He also worked briefly in private practice.

Before joining the Commission, he worked on utility issues at the Pennsylvania Office of Consumer Advocate and also litigated environmental enforcement cases at the U.S. Department of Justice.

He holds a B.A. in Journalism from Oklahoma University and a J.D. from New York University Law School. He lives in Fairfax, Va., with his wife, [REDACTED]



What is Cisco Unified Personal Communicator (CUPC)?

Cisco Unified Personal Communicator (CUPC) is a multi-media application located on your desktop that provides instant access to integrated audio calls, instant messaging, visual voicemail, video, your agency directory, and web conferencing. CUPC provides a way to extend consistent voice communications services to employees in their workspaces at FERC Headquarters, Regional Offices or through remote access.

Communicate More Effectively

Cisco Unified Personal Communicator (CUPC) simplifies the communications experience by giving you quick and easy access to a unified set of communication tools. For example, using dynamic presence information and instant messaging capabilities from Cisco Unified Personal Communicator, you can check the availability of colleagues and managers and chat in real time, reducing "phone tag" and improving productivity. You can easily search existing directories to locate important contacts and initiate communications. You can view and listen to voice messages quickly and easily.

Reduce Communication Delays

Knowing whether contacts are available helps reduce communication delays

Redacted Pursuant to FOIA Exemption 6.



between workers, thereby enabling faster decisionmaking and enhanced productivity with colleagues within the agency or while telecommuting. Using CUPC, you can immediately see a person's status, who is offline, available, away, on the phone, or in do-not-disturb state. Customized information, such as "on vacation" or "in a meeting", is also available to let you know why someone is unavailable or busy.

With Cisco Unified Personal Communicator, it is easy to gain access to your communication and collaboration tools from any workspace, anywhere and anytime for smarter, more effective communications.

CUPC can use your computer as a phone or it can control your Cisco Unified IP phone to make and receive phone calls and receive audio through your desk phone.

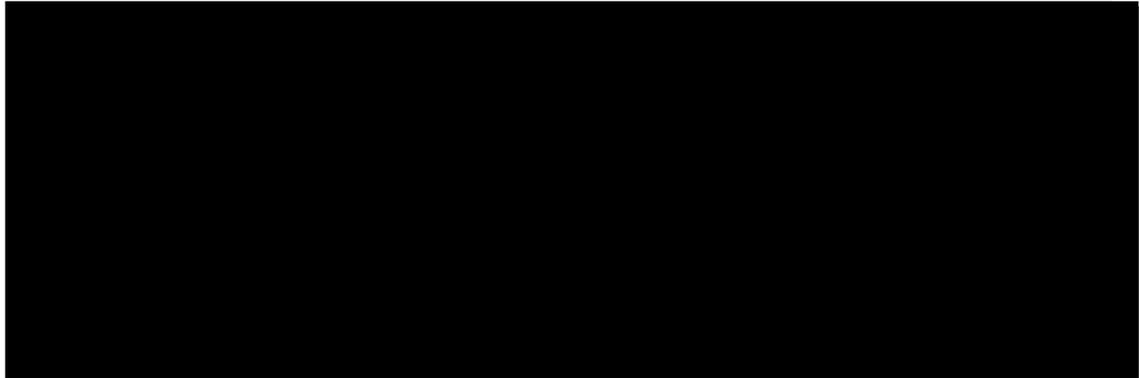
For more detail information on the operation of CUPC, click on the CUPC Icon below to access step-by-step instructions on operating CUPC.





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OED Holds CFC Minigolf Tournament

In November, Eddie Ribas, Chief Human Capital Officer, organized OED's 2nd Annual CFC Mini-Golf Tournament. The event is part of the Commission's CFC campaign. The tournament was a huge success generating more than \$11,000 in CFC contributions.

Creative and challenging golf holes were sponsored by various OED divisions, with the participants selecting a winner for Best Hole. Employees had to show proof of their CFC donation in order to play the 10-hole course throughout the 4th floor. The coveted, "Brown Jacket", was awarded to [REDACTED] for winning the tournament finishing 2-under par.

The logo for "FERC Insider" features the word "FERC" in a smaller, red, sans-serif font above the word "Insider" in a large, bold, black serif font. A small green circle with a white "V" is positioned above the "I" in "Insider".

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9A solid black square graphic.

Staying Sharp: A Few Tips for Maintaining Mental Acuity

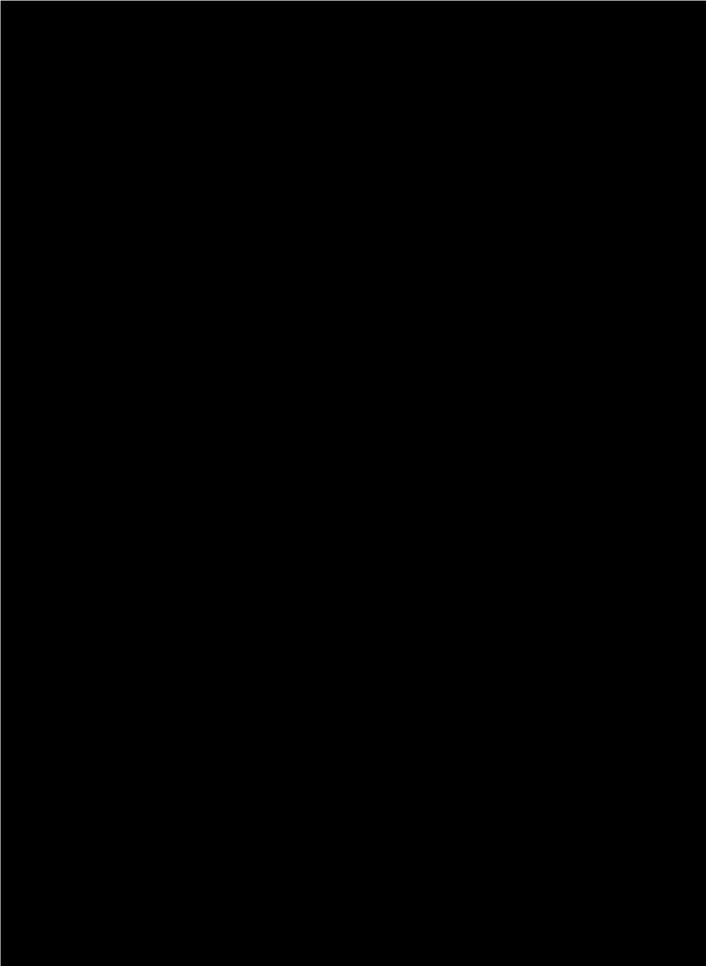
How can we improve our mental acuity—or at least keep our brains functioning as well as possible as we age? Fortunately, medical science has been studying this question and coming up with some useful answers.

As it turns out, many of the activities that keep you physically and emotionally healthy also keep your mind in peak condition.

Get Physical

Neuroscientists have found that the human brain tends to shrink as it gets older. In fact, the hippocampus—a part of the brain important to memory and learning—tends to shrink about one percent each year

Redacted Pursuant to FOIA Exemption 6.



starting in our late 20s. But vigorous physical exercise slows the rate of decline.

Scientists have even found that exercise spurs our brains to create new neurons, which may help cognitive functioning.

Get Some Omega-3s

Maintaining a balanced diet is also helpful. A recent study published in the journal *Neurology* indicates that omega-3 fatty acids—a popular supplement mostly derived from fish oils and some plant seed oils, like flax and chia—may play a special role in reducing the rate of brain aging.

Get Some Good Sleep

Sleep plays a key role in how our memory functions. While some aspects of memory are still not fully understood, it seems that converting short-term memories (what we did today) to long-term memories (what we did a month or a year ago) occurs mostly during our sleep.

Get Social

A growing concern

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is how to help people retain their cognitive functioning as long as possible as they age. The conventional wisdom for years has been that older folks can best keep their smarts by doing mentally demanding tasks like crossword puzzles, Sudoku, or learning a new language. The latest research indicates that while mental gymnastics are good, maintaining an active social life may be more important.

A number of studies have shown the value of social interaction for memory, including a recent study from the Harvard School of Public Health that showed a link between being socially engaged and having a slower rate of memory loss.

An especially good approach may be to combine social activities with a mentally demanding task, like playing bridge or other card games, for example, which requires both a strong memory and the ability to read social cues.

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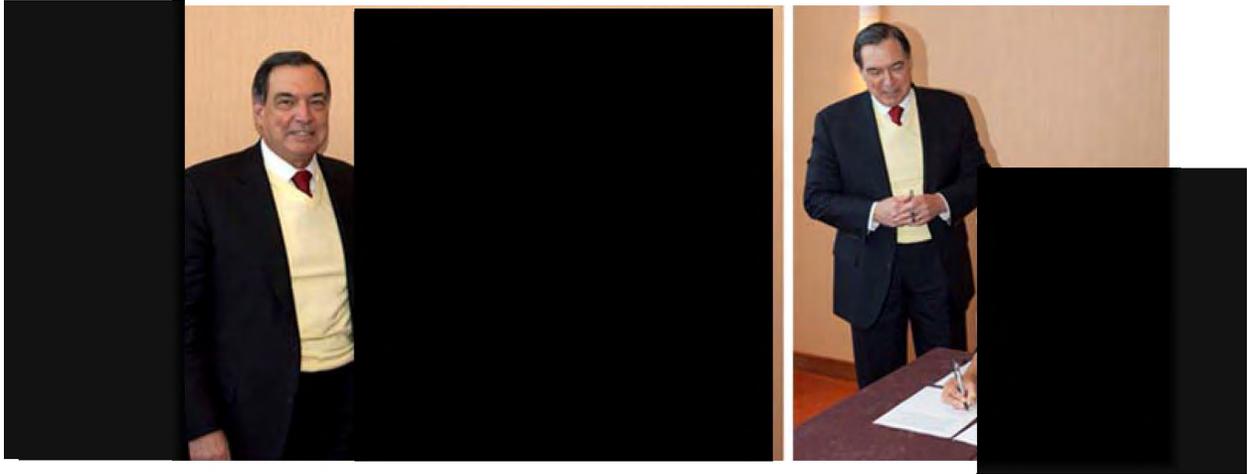
OED: How do you volunteer?

"I was a Boy Scout when I was younger and now volunteer with the **Boys Scouts of America**. I love seeing the boys learn good principles and put them into practice."

"I volunteer with **Stop Child Abuse Now**, and serve as a Court Appointed Special Advocate (CASA) where I represent the interests of children in custody and neglect cases. The work I do is very rewarding, and the CASA program has helped me foster and build lasting relationships with children and families in need in Northern Virginia."

"I volunteer at **Temple Shalom** in Chevy Chase. I recently participated in Mitzvah Day where we assisted persons with disabilities with activities and made gifts for sick children".

"I volunteer by my taking **senior citizens** to the doctor, and to the store or going to pick-up the items for them myself. Also I call and check on them if I have not heard from them in two days."



Chairman Wellinghoff with members of the Hawaii Public Utilities Commission. From left are [redacted], Commissioner [redacted] and Commissioner [redacted].

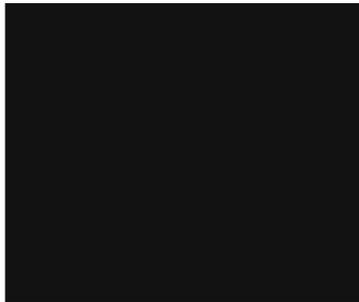
FERC, Hawaii PUC Sign Agreement on Information Sharing

FERC and the Hawaii Public Utilities Commission (HPUC) have formally agreed to share information regarding energy issues and regulatory practices. FERC Chairman Jon Wellinghoff and HPUC Chair Hermina Morita signed a Memorandum of Understanding (MOU) on Nov. 10, 2012, at the annual meeting of the National Association of Regulatory Utility Commissioners.

The MOU identifies topics that FERC and the HPUC will focus on in their initial exchange of information. Cooperation under the agreement may also include joint studies and training activities. Initial topics for discussion include:

- Hawaii's successes and challenges with large-scale integration of renewable energy resources, including experiences with batteries and other storage devices.
- Regulatory issues associated with the development and deployment of demand response.
- The use of microgrids in Hawaii's Department of Defense facilities.
- Transmission regulatory policy related to inter-island cable systems to interconnect remotely sited generation and island electrical grids.
- Establishment and enforcement of mandatory reliability standards for the grid.
- Regulatory issues associated with the import and use of natural gas.

Nothing in the MOU requires FERC or the HPUC to take any action that would be inconsistent with existing or future laws, regulations and policy directives.



Update on WebTA

The implementation schedule for the new WebTA has been finalized.

The new WebTA will be rolled out by groups beginning with the Office of the Executive Director (OED) in pay period 26, while the remainder of the Offices will begin using WebTA in pay periods 3 and 4 of 2013. A phased approach will allow the team to focus more intently on each group we are migrating as well as enable us to offer more sessions for road shows and hands on assistance. The roll out will be in three phases:

Phase 1- OED

[redacted] P.E., passed away in his home

Effective Pay period 26: December 2 – 15, 2012

Redacted Pursuant to FOIA Exemption 6.

in Garden City, Long Island, New York on Saturday morning, November 10, 2012. He was born in Anhui, China on March 25, 1917 and studied Hydraulics Engineering at the National Central University in Nanking, China. He was one of 18 civil engineering students to be in the first graduating class from this prestigious university in 1941. After surveying the upper watershed of the future Three Gorges Dam site, he did post-graduate work at Columbia University in 1946 for his Master's. in Civil Engineering. After engineering analysis and design positions with the engineering consulting firms of Ebasco, Gibbs & Hill, and Harza Engineers, he was employed with TAMS in the design and construction of Tarbela Dam in Pakistan, then one of the largest dams in the world.

He retired as a civil engineer with the FERC – New York Regional Office in 2005 at the age of 90 after a brief stint in the Washington office of the Division of Dam Safety and Inspections (D2SI) under Mr. Ronald Corso in the 1980s. He was one of the oldest, if not the oldest, active FERC employee at the time of his retirement. He was an inspiration to all who knew him. [REDACTED] is survived by his wife, [REDACTED], son [REDACTED], daughter [REDACTED] (Thomas), and granddaughter, Julianna. He will be missed by his friends, co-workers and colleagues in the academic, government and private sectors.

Phase 2 – OEP, OER, OEIS, OEPI, OAL, OEA
Effective Pay period 3: January 13 - 26, 2013

Phase 3 – OEMR, OE, OGC, OSEC, ALJ, and the Chairman and Commissioner's Offices
Effective Pay period 4: January 27- February 9, 2013

More information regarding Road shows, online training and hands on assistance will follow shortly. You can also access more information on FERCNet.

Please feel free to email the WebTA mailbox at WebTA@ferc.gov if you have any questions.

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November-December 2012

Volume 19, No
9**██████████ Named
FERC's Executive
Director**

Chairman Wellinghoff has announced the appointment of ██████████ as FERC's Executive Director. Anton replaces ██████████ who is retiring.

██████████ began his service at FERC as an intern in the "Stay in School" program while attending Gonzaga High School. He remained here while attending college at the University of Maryland and has been at FERC for close to 24 years.

"I believe in the mission," says ██████████ about FERC.

With respect to his new position, ██████████ comments, "I want to be a valued partner in accomplishing the mission. The Office of the Executive Director must continually cultivate its knowledge of the program organizations' strategic and tactical objectives. We must work hand-in-hand with the program organizations to achieve mutually desired outcomes.

██████████ has served FERC as Chief Financial Officer, a position he has held since March 2012. Before that he was the Deputy Chief Financial Officer for six years. ██████████ serves as the Chairman of the Small Agency Council's Finance Committee and is the Small Agency Council Liaison to the Chief Financial Officers Council. In these roles, he works on behalf of sub-cabinet

Redacted Pursuant to FOIA Exemption 6.

level agencies to ensure policies issued by the Department of the Treasury and the Office of Management and Budget take into consideration the unique challenges that small agencies are faced with.

█ currently resides in Maryland with his wife and two sons.

Think about making a “green” choice when it comes time to purchase America’s favorite wardrobe staple...blue jeans.

Although one of the most resilient pieces of clothing in our wardrobes, eventually we are forced to make a “new” purchase. Perhaps when our favorite blues start to look like Swiss cheese, or thanks to all that Halloween candy, followed by the Thanksgiving food frenzy, our old faithfuls no longer seem to fit (it’s really the dryers fault), consider the following tips when looking for your next favorite pair.



- Go vintage. Hold off on hitting up the mall and head to nearby thrift stores, vintage, and consignment shops first. These stores are usually well stocked with donated denim. Plus, here’s the good part, your jeans will cost significantly less than retail and come with a much smaller carbon footprint – no production required! Also keep thrift stores in mind for donations of your gently used but still wearable old clothes and jeans.
- Opt for organic. Cotton is the most pesticide-intensive crop out there. Non-organic cotton production is responsible for 11% of global pesticide usage. Just a single pair of jeans made from conventional cotton, amounts to 2/3 pound of fertilizer and pesticides. Fortunately, a lot of well-known brands are using organic cotton and non-toxic dyes in their denim collections. Check out Levi’s, Patagonia, Edun’s and Eileen Fisher for some eco-chic options.
- Keep it simple. The average woman owns eight pairs of jeans. Now, we love jeans just as much as you do, but do we really need eight pairs in our closets? A good rule of thumb when buying jeans is to search for quality over quantity, and classic styles. High-quality basics will last longer, have more versatility and reduce your overall impact.
- Launder responsibly. Since washing your jeans too often can do a number on the fabric, most manufacturers

Redacted Pursuant to FOIA Exemption 6.

recommend that you only wash them when you absolutely must. Keep your jeans looking sharp by turning them inside out, washing them in cold water, and try a chemical-free detergent. Want to make all of your loads more eco-friendly? Check out our full list of green laundry tips [here](#).

- Hang them out to dry. Line drying saves a lot of energy and helps to preserve fabrics by sparing them the heat of the dryer. Check out these expert [line drying tips](#) from the folks at Planet Green.
- Put old denim to good use. Old, worn out jeans make great materials for crafts and projects. Dust off your sewing machine and try your hand at DIY denim wallets, organizers, bulletin boards, potholders, iPad cases - you name it.
- Let your old denim keep people warm. If you're not the crafty-type but still want a landfill alternative for your old blue jeans, check out the [Cotton From Blue to Green](#) denim drive. Send your well-worn or ill-fitting jeans to the drive's collection for a second life as denim insulation! Insulation made from the drive's donations is provided to communities in need for use in building projects. It's nice to think about your old pair of favorite blues keeping someone else warm, too!

Source: <http://www.earthshare.org/2011/08/how-to-turn-blue-jeans-green.html>



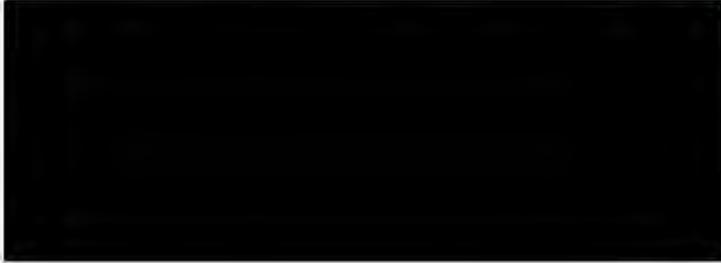
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September 27 - November 27: **ARRIVALS**

OE OED OEMR OEP OGC OER



September 27 - November 27: **DEPARTURES**

OE OED OEMR OEP OGC OER OAL



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- o Yellow Tabs: On the left-hand side of each page for regular features
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You will see higher quality printed pages due to our new design. 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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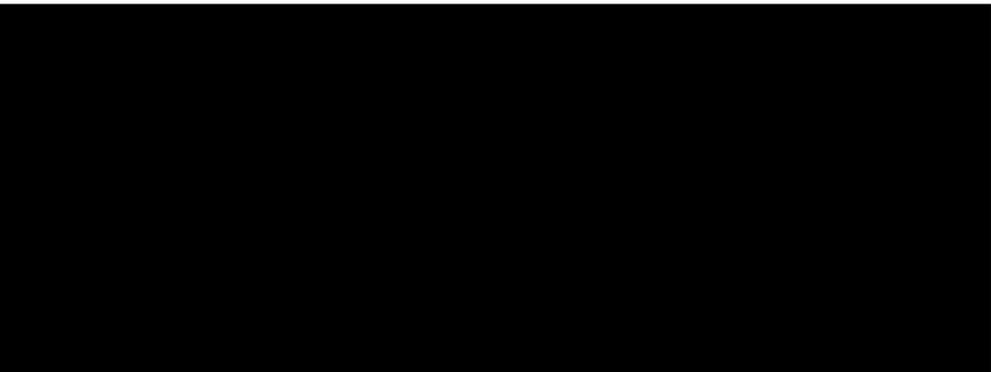
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Presenting the California Cap and Trade Overview are: OE's [REDACTED]; OEMR's [REDACTED]; OE's [REDACTED]; and OE's [REDACTED].

California Cap and Trade Program

At the December Commission Meeting, staff presented an overview of the California Cap and Trade Program, which began January 1. FERC staff has been monitoring the development of this program for its potential implications for Western wholesale power markets. Staff's presentation focuses on describing the program and looks at elements that may affect power markets. [View the staff presentation \(PDF\) on FERC.gov.](#)

Assessment of Demand Response and Advanced Metering

At the December Commission Meeting, staff presented its seventh annual staff report entitled, *Assessment of Demand Response and Advanced Metering*. The Energy Policy Act of 2005 requires the Commission to publish an annual report on the penetration of advanced metering and demand response programs by region in the United States. The report contains the results of a voluntary survey of more than 3,300 companies in the U.S., including investor-owned and municipal utilities, rural electric cooperatives, power marketers and others. More than 1,900 companies responded to the 2012 survey, a survey response rate of 59 percent. [View the report \(PDF\) on FERC.gov.](#)

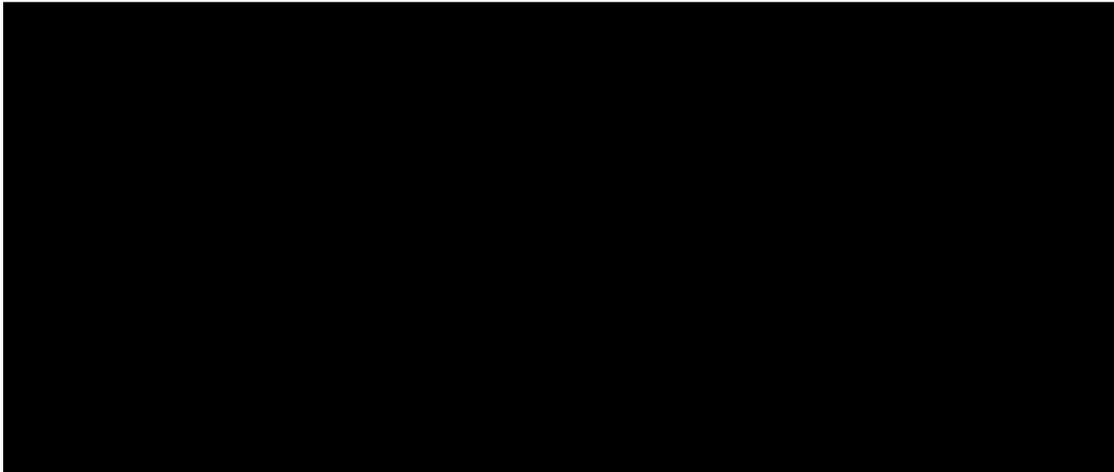


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Bronze Star Medal Awarded to OER's Rex Gallamoza

US Army Reserves' Major [REDACTED] an engineer in OER's Division of Compliance (above, right), was recently awarded the Bronze Star Medal for his work managing an Infrastructure Training and Advisory Group. [REDACTED] has been deployed in Afghanistan since February 2012 helping to rebuild the local power grid and related infrastructure. This is [REDACTED] second deployment to Afghanistan and second Bronze Star Medal. During his first deployment; [REDACTED] received the award for his work as an Area Engineer in charge of engineering and construction for the Army Corps of Engineers. When his current deployment ends, [REDACTED] will return to his work for OER in the Hagerstown Satellite Office.

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2012 CFC Outstanding Success - Multiple Honors Earned

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Once again the Commission's annual Combined Federal Campaign proved an outstanding success. Pledges totaled **\$449,365** or **121.5%** of our campaign dollar goal of \$370,000. The 2012 campaign dollar goal was raised 4% over our prior record breaking 2011 CFC.

There were **865** donors giving the Commission a participation rate of 64%. This rate amounts to nearly 2.5 times better than that of our peers in the National Capital Area. Officials at CFC Headquarters for the National Capital Area consider FERC the gold standard for successful campaigns year after year.

This year the Commission earned the prestigious "Participation Award" exceeding last year's record receipts by **3%**. The Commission also earned the E-Giving Award exceeding last year's prior record by a staggering **13.5%**. This is the third year in a row that the Commission has earned the E-Giving Trophy.

Twelve of Commission's sixteen offices exceeded their campaign dollar goal. Eight of the Commission's sixteen offices secured 100% participation. Every single Commission Office earned some honor!

This year there were 107 Eagle and 21 Double Eagle level pledges. **Nearly** 15% of all pledges were at the Eagle level. This level amounts to better than twice the national average. In these particularly difficult economic times FERC can take pride in our generosity and concern for others in need.

From campaign kickoff to campaign finale, FERC hosted weekly events spotlighting a diverse and representative selection of beneficiaries from the Catalogue of Caring. Chairman Wellinghoff and the other Commissioners took turns hosting these weekly events. A record number of charities presented and a record number of new causes, recommended by staff at the FERC appeared.

Gonzaga College High School, Raptor Conservancy of Virginia, Women's Micro Finance Initiative, Oxford House, FERC Daycare Center, Alliance to Save Energy, Habitat for Humanity, Shakespeare Theater, A Wider Circle, Wilson Parrot Foundation, Potomac Riverkeeper, KIPP, DC, and Shriners' Hospital for Children all presented to well-attended audiences.

Presenters at the Charity Fair Finale included: Alpha Group Animal Rescue, American Red Cross, Barker Foundation, Bright Beginnings, Disabled Veterans Charitable Trust, FERC Daycare Center, Frederick County 4H Therapeutic Riding Program, Hole in the Wall Gang Fund, Mentoring to Manhood, NOVACO, Prince George's County Child Resource Center, Ronald McDonald House of Charities of Greater DC, Siamese Cat Rescue Center of Virginia, and WETA.

OGC's [REDACTED] a 34 year Commission veteran managed the campaign for an unprecedented ninth year in a row. Edward was assisted by Loaned Executive Laura Dvorak on loan from the US Postal Service. [REDACTED] the Commission's Executive Director served as Honorary vice Chair of the Campaign. FERC Chairman Jon Wellinghoff served as Honorary Chair of the Commission's 2012 CFC.

[REDACTED] began each week's event by thanking everyone for attending. [REDACTED] included in his expression of gratitude all CFC office captains, key workers, and members of his campaign committee, as well as those who provided special help in making the campaign a success. Those frequently mentioned were: [REDACTED]

[REDACTED] also thanked all those who had contributed so far, or would yet contribute.

Continuity and loyalty characterize the Commission's annual CFC. An extraordinarily high number of dedicated true volunteers serve year after year helping making the annual drive a success. The 2012 Campaign Committee has already signed up for the 2013 CFC.

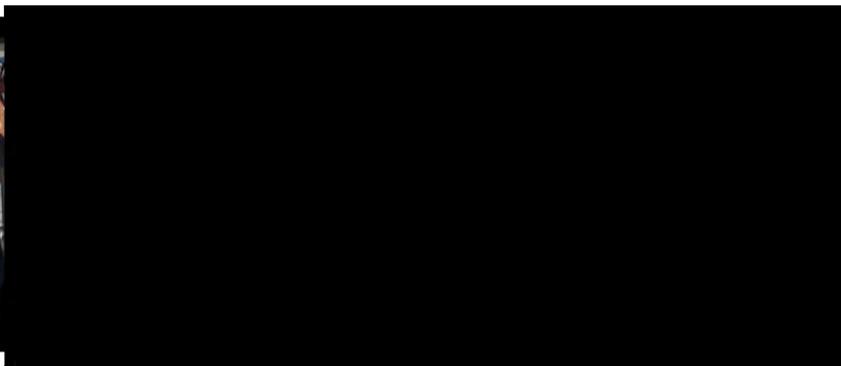
Another feature of our CFC was the chance to win fabulous door prizes. CFC Headquarters provided [REDACTED] with a generous supply of CFC water jugs, thermos bottles, and pocket calculators (for big pockets). Edward assured winners - who must be present to win - that these items will figure on the Antiques Road Show in thirty or forty years. The Commission's fitness center contributed tee shirts. The Commission's Day Care Center chipped in coffee mugs, tote bags, and cookbooks. This year there were also official FERC mugs and baseball caps.

Long time CFC loyalist [REDACTED] contributed five all-you-can-eat (up to a maximum of \$10) free lunches at the Philips Café. Commissioners Moeller, LaFleur, and Clark each chipped in a free lunch for a winner and a guest of the winner's choice (no \$7 price cap). One super lucky winner won lunch with Chairman Wellinghoff.

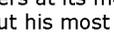
As the 2012 CFC (51st Year) concludes [REDACTED] would like one last time to thank all the people who made the 2012 campaign the extraordinary success it was. [REDACTED] already looks forward to managing the 2013 effort.

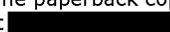
The logo for "FERC Insider" features the word "FERC" in a smaller, red, sans-serif font above the word "Insider" in a larger, bold, black, serif font. A small green leaf icon is positioned to the right of the "C" in "FERC".January 2013 | Volume 20, No. 1 [Prev](#) | [Next](#)

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Speaks About New Book

The Commission continued its tradition of delivering dynamic presenters at its most recent Author Speaker Series featuring .  spoke about his most recent book, *The Quest: Energy, Security, and the Remaking of the Modern World*.  previously won a Pulitzer Prize in 1992 for his book, *The Prize: The Epic Quest for Oil, Money & Power*.

If you were unable to attend the event but wish to view the presentation, contact   to view the recording. In addition, there are some paperback copies of *The Quest* available. If you would like a copy please contact . Available while supplies last.

Greener FERC Tip:

During the holidays, Americans sent nearly 2 billion cards and used more than 38,000 miles of ribbon. Then there's gift wrap. Between Thanksgiving and New Year's, the average American household increases its trash output by 25%, resulting in 5 million extra tons of garbage. According to the Carnegie Mellon Green Practices initiative, "If every American family wrapped just three presents in reused materials, it would save enough paper to cover 45,000 football fields."

Find more information at [thedailygreen](http://thedailygreen.com).



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Healthy LifeStyles

Controlled Breathing - An Antidote for Stress

Many stress management techniques have one thing in common: breathing. We all breathe in either regular and rhythmic or irregular and spasmodic ways, depending on our physical, mental, and emotional state. The way we breathe affects our thinking and feeling, our physical, and our mental behavior. It is well established, for example, that short, irregular, gasping breaths are associated with panic attacks and general anxiety. Also, irregular breathing and frequent sighing have been found to be associated with depression. Breathing may be heavy and shallow, or deeper and more rhythmic and regular. Controlled breathing helps regulate the heart and pulse rate as well as ease stress and tension.

You can practice the controlled breathing technique below by either sitting upright in a chair or lying down, supported by cushions under your neck, back, and legs. Initially, it is recommended that you practice this technique for 5 to 10 minutes, 3 to 4 times a day. As you become more comfortable with this technique it will become more natural and you will find that you can use it with little concentrated effort. It is helpful to record how you felt physically and emotionally before, during, and after practicing the controlled breathing method of stress management. Breathing awareness is an essential first step in attaining balanced breathing.

Step 1 Sit straight in a chair with your feet flat on the floor and your hands in your lap.

Step 2 Relax your muscles, beginning with your feet and progressing to your face. Keep them relaxed.

Step 3 Inhale through your nose and feel your stomach expand. Focus on the feeling of air entering and leaving your nostrils. Rhythmically breathe in and out, slowly and regularly, with each breath lasting about the same length of time (count to four) and depth. Pause briefly between inhaling and exhaling. The pause should be almost unobservable but enough for you to observe it and to notice the moment between the two breaths as the point of perfect balance. Continue this process for at least five minutes.

Step 4 Focus your thoughts on your breathing.

Step 5 When you finish, sit quietly for several minutes. Do not worry whether you are successful in achieving a deep level of relaxation. Maintain a passive attitude and let relaxation happen at its own pace. When distracting thoughts occur, acknowledge the thoughts, then release them, and concentrate on your counting. Decide where, when, and how you will practice this technique. Keep a record of your practice periods and the benefits you experience in practicing controlled breathing. Set regular review periods to check on the effectiveness of this stress management technique and learn how it can be linked to other ways in which you may better manage the stress in your life.

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Google Mail TIPS: Did you know about GMAIL Labs?

GMAIL Labs is located under the Settings menu in Google Mail.



The Labs are a testing ground for experimental features that haven't yet been included into the full GMAIL experience. Some of these include the ability to cancel a recently sent email (undo send), show a preview of a selected email (preview pane) or create a form email for common responses (canned responses). The lab we are going to show below is the Signature Tweak. The Signature Tweak places your signature **above** the previous email message thread.

To access the Labs, open up your Google Mail.

1. Select **Settings** from the Settings Menu.
2. Select Labs from the Settings menu.
3. Scroll down to click on the **Enable** button of the Lab that you would like to utilize. In this case it would be Signature tweaks. You can also use the search dialog box above the Enabled Labs area to find a particular lab.
4. Scroll to the bottom of the page and Click the **Save Changes** button.

For more detailed instructions you can [download this pdf.](#)

Signature Tweak Lab

This Lab ensures that your signature is not placed at the bottom of the email thread.

For example, when responding to an email with previous correspondence you may assume that your signature is not included.

In reality, the signature is placed at the bottom of the email thread.

By enabling the Signature Tweak, your signature is placed at the bottom of your latest message.

For more detailed instructions you can [download this pdf.](#)

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Awards Given to ...

Chairman Wellinghoff presents the Chairman's Medal to [REDACTED] at the Commission's Dec. 20 Open Meeting. [REDACTED] retired from FERC after serving at the Commission since 1994. "For me personally, I have always been very appreciative and admired [REDACTED] depth of institutional history and comprehensive knowledge of energy policy that he commands, enabling him to provide me with informed and measured perspective on any idea or initiative that he and I would discuss," Chairman Wellinghoff said. [REDACTED] has been a truly valued Chairman's advisor to me and all of my predecessors."



Chairman Wellinghoff presents retiring Executive Director [REDACTED] with the Chairman's Flag Award. [REDACTED] has been an excellent financial steward for the Commission," commented Chairman Wellinghoff. "During his tenure at FERC Chuck's accomplishments include an unprecedented 18 consecutive Unqualified Financial Statement audit opinions, successfully directing a Commission-wide Workforce Reshaping Assessment to review the future programmatic administrative and operations workforce needs, and successfully overseeing the modernization of the Commission's IT financial, and human resources processes."

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Chairman Appoints [REDACTED] as New Administrative Law Judge



Administrative Law Judge [REDACTED], center, with Chairman Wellinghoff and Chief Administrative Law Judge [REDACTED]

Chairman Wellinghoff has announced the appointment of Judge [REDACTED] as a FERC Administrative Law Judge. He was sworn in January 14.

Since September 1996 Judge Haubner has been an Administrative Law Judge with the Office of Disability Adjudication and Review at the Social Security Administration. Prior to that he was in private practice in San Diego, CA, and served as a San Diego Superior Court Arbitrator and Settlement Judge *pro tem*.

Judge [REDACTED] served on active duty in the United States Navy Judge Advocate General's Corps from April 1981 to September 1985. During his last two years of active duty he was assigned as a Special Assistant U.S. Attorney for the Southern District of California. Judge [REDACTED] also served as an intelligence officer in the U.S. Naval Reserve, retiring in 2003 as a Navy Captain.

"Judge [REDACTED] experience as an administrative law judge and arbitrator will benefit the Commission and consumers," Chairman Wellinghoff said.

Chief FERC Administrative Law Judge [REDACTED] stated, "Judge [REDACTED] extensive trial experience, along with his work as a court-appointed arbitrator, make him a real fit for FERC's Office of Administrative Law Judges."

Judge [REDACTED] is a 1981 graduate of the John Marshall Law School in Chicago. He earned a Bachelor of Science in Political Science and Business Management from Maryville University in St. Louis. Judge [REDACTED] is a member of the California and Illinois State Bars.

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In Memoriam

██████████ an employee in OEMR's Division of Pipeline Regulation, passed away on December 5 after a long illness. ██████████ worked at FERC for over 30 years. She is survived by two daughters, a son and five grandchildren.

"She was the only person I ever met that never worried about anything – ever," commented Patricia Morris, a colleague at FERC. "I asked her how she managed it and she said if you don't have any control over things or can't do anything about them, then don't worry about them. She never did."

"I remember ██████████ as a warm and happy person who tried very hard and always did her best," commented ██████████ a FERC colleague. "She was diligent and conscientious in her work while being down-to-earth and very easy going. ██████████ had a heart-warming sense of humor. ██████████ was a very patient, strong and admirable person. I miss her."

"I've known ██████████ for most of 33 years that she worked here at FERC," said ██████████ "She was a strong person and funny even when she wasn't trying to be. I could depend on Joyce to be totally honest with me and she didn't worry about my feelings. She kept it real. I appreciated it."

██████████ an employee in the ED's office, passed away on December 15 after long illness. She is survived by her mother and three children. Donna spent her entire Federal career at FERC in the ED's office. She served as the Time Coordinator in the Division of Payroll Application Integration for the last 14 years of her 18 years of Federal Service.

██████████ a former employee of FERC, passed away Tuesday, October 30, 2012. Linda worked at FERC for more than 15 years, which included her work in the Training Branch in the Office of Personnel and in the Office of the General Counsel. After her FERC career, she continued her career at the National Institute of Health. ██████████ will be missed by all of her FERC friends and colleagues.

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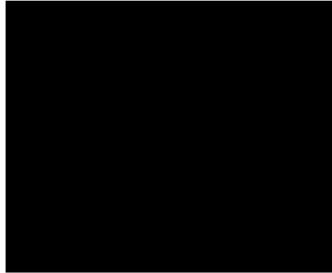
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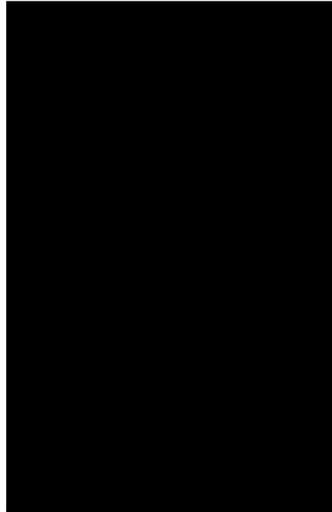
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Welcome to the February 2013 edition of the FERC Insider!



Beltway

Perhaps you've noticed the new piece of art in the west lobby of 888 near the fitness center in recent weeks. It's a paper mache sculpture by artist [REDACTED] and it is entitled "Beltway." The building manager added the piece to the building about a month ago to compliment the other pieces by the same artist located in the building.

A Seattle native, [REDACTED] has been working as a professional artist since 1968. While best known for his work in the unusual medium of paper mache, he also works in wood, bronze, steel, stone and resin, among other materials.

[REDACTED] has had one man shows in commercial galleries and art museums in Chicago, Detroit, Los Angeles, New York, San Francisco, Santa Fe, Washington, DC, Naples, Caracas, and Sri Lanka. His work is included in many corporate, government (including the Smithsonian) and private collections in the US, Europe, South America and Asia.

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[Chairman presents Retiring ALJ with award](#)

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The Riverbreaks,
from left to right:

Lawyer by day, musician by night

FERC's [REDACTED] works as a law clerk by day and musician by night. As a member of The Riverbreaks, an Americana rock band, [REDACTED] can be found playing keyboard at popular venues in the area. Most notably, the group launched the release of its new album, Wildfire, at the Kennedy Center on Feb. 1. The band will play at Black Cat, also in D.C., on Feb. 16.

"I love playing live shows. Nothing beats that," says [REDACTED].

[REDACTED] got his start in music as a kid taking piano lessons. He says he resisted the necessary practice time that goes along with lessons and eventually gave it up due to other activities. While at college at the University of North Carolina at Chapel Hill he joined a college band. The band broke up after college and reformed as his current band in the D.C. area with several of the original members.

[REDACTED] is convinced that having a career at FERC and playing in a band can work well together.

"The more established the band becomes, the less time that needs to be invested," says [REDACTED]. "We've put a lot of the hard work in already, which allows us to do our jobs, and personally I've found that the band serves as a great professional tool in helping to build relationships."

All of the other band members have other careers as well.

After graduating from the University of North Carolina, [REDACTED] earned his law degree from the George Washington University, where he worked on the Energy Law Journal. Prior to his position at FERC clerking for Judges Baten and Glazer, he worked at a law firm and renewable energy trade group. He committed to energy law midway through his law school years and says renewable energy is of particular interest to him.

To read more about The Riverbreaks, go to <http://www.theriverbreaks.com>.

To see The Riverbreaks at the Kennedy Center, go to http://www.kennedy-center.org/explorer/artists/?entity_id=89889&source_type=B

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FERC Approves Market Manipulation Settlement with Deutsche Bank

FERC recently approved a settlement between its Office of Enforcement and Deutsche Bank Energy Trading LLC to resolve an Order to Show Cause proceeding regarding manipulation of California power markets.

Deutsche Bank stipulates to the facts and neither admits nor denies the violations. It agrees to pay a civil penalty of \$1.5 million and disgorge unjust profits of \$172,645, plus interest, resulting from its trading in California Independent System Operator (California ISO) markets at the Silver Peak intertie. In a September 2012 order, the Commission directed Deutsche Bank to show cause why its conduct did not merit a proposed \$1.5 million penalty.

The settlement also requires Deutsche Bank to implement enhanced compliance measures and procedures.

Based on its investigation, Enforcement staff determined that between January 29, 2010, and March 24, 2010, Deutsche Bank violated the Commission's anti-manipulation rule by engaging in a scheme in which Deutsche Bank entered into physical transactions to benefit its financial position, its Congestion Revenue Rights (CRR) position at the Silver Peak intertie. As stipulated by Deutsche Bank, its "physical exports at Silver Peak raised prices at Silver Peak and caused its CRR position to gain value." Enforcement concluded that Deutsche Bank's physical transactions were not consistent with market fundamentals, but instead were undertaken with the intent to change the value of CRRs. Deutsche Bank stipulated that the physical transactions lost money on each day they were traded.

Enforcement concluded that Deutsche Bank's manipulation hindered the proper functioning of the California ISO's CRR and physical markets.

The investigation further determined that Deutsche Bank violated Commission regulations requiring companies with market-based rate authority to provide accurate information. A majority of Deutsche Bank's transactions at the Silver Peak intertie were designated as Wheeling-Through Transactions without meeting California ISO's tariff requirements for such transactions. Enforcement determined that these false designations violated the Commission's regulation requiring the submission of information to ISOs.

Within 10 days, Deutsche Bank must pay the civil penalty to the U.S. Treasury and disgorge the unjust profits to California ISO for distribution to market participants harmed by the company's manipulation. | [Stipulation and Consent Agreement](#) 

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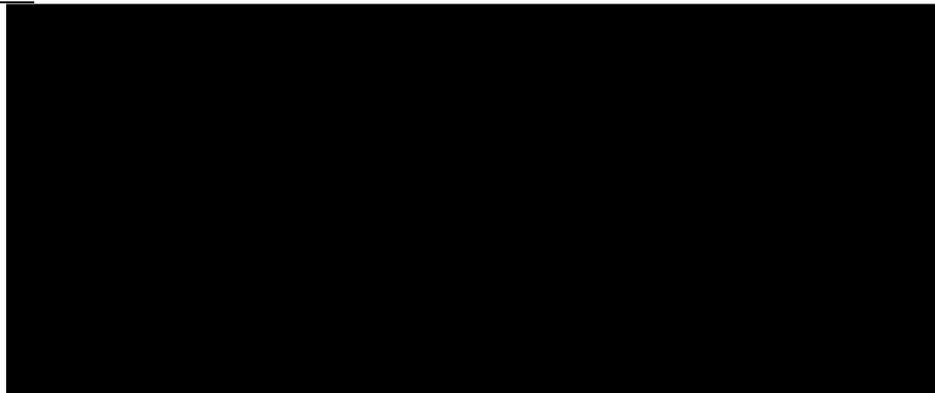
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Pictured in the front row, left to right, are:



Meet the FERC Administrative Law Judges

FERC currently has 14 administrative law judges (ALJs) who resolve contested cases as directed by the Commission effectively, efficiently and expeditiously, either through impartial hearing and decision or through negotiated settlement, ensuring that the rights of all parties are preserved.

ALJs conduct fair and impartial investigations as directed by the Commission and preside over ADR procedures at the request of the parties in cases assigned for hearing.

They also perform various ADR procedures as directed by the Commission, including mediation, arbitration, facilitation, and acting as settlement judge in a neutral, confidential, expeditious and efficient manner, ensuring that all parties are heard to the extent they desire.

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Healthy LifeStyles

Heart Attacks and Women

A Heart Attack occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or stopped. This happens because coronary arteries that supply the heart with blood can slowly become thicker and harder from a buildup of fat, cholesterol and other substances, called plaque.

We've all seen the movie scenes where a man gasps, clutches his chest and falls to the ground. In reality, a heart attack victim could easily be a woman, and the scene may not be that dramatic. Although men and women can experience chest pressure that feels like an elephant sitting across the chest, women can experience a heart attack without chest pressure.

Women may experience the following symptoms:

- o Shortness of breath with or without chest discomfort.
- o Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- o Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
- o Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

If you have any of these signs, don't wait more than five minutes before calling for help. Call 9-1-1 and get to a hospital right away. Even when the signs are subtle, the consequences can be deadly, especially if the victim doesn't get help right away.

Heart disease can be prevented using the following tips:

- o Schedule an appointment with your healthcare provider to learn your personal risk for heart disease.
- o Quit smoking. Do you know that just one year after you quit, you'll cut your risk of coronary heart disease by 50 percent?
- o Start an exercise program. Walking 30 minutes a day can lower your risk for heart attack and stroke.
- o Modify your diet if needed. For example, with poultry, use the leaner light meat (breasts) instead of the fattier dark meat (legs and thighs), and be sure to remove the skin. Try to consume fish such as salmon, mackerel, tuna and trout at least 3 times a week.

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Commissioner Moeller participated in a panel discussion on what needs to be done by Commissions and utilities to ensure a more reliable and efficient market in a fuel switching world.



NARUC Winter Meetings

Commissioner Tony Clark participated in a panel discussion on the state of the electric utility industry from a regulatory and consumer perspective at the NARUC winter meetings in Washington, D.C. Joining Commissioner Clark were: Commissioner [REDACTED] with the Illinois Commerce Commission, who moderated the discussion; Commissioner [REDACTED] with the Florida Public Service Commission; Chairman [REDACTED] with the Missouri Public Service Commission; and [REDACTED], People's Counsel, Maryland Office of People's Counsel.

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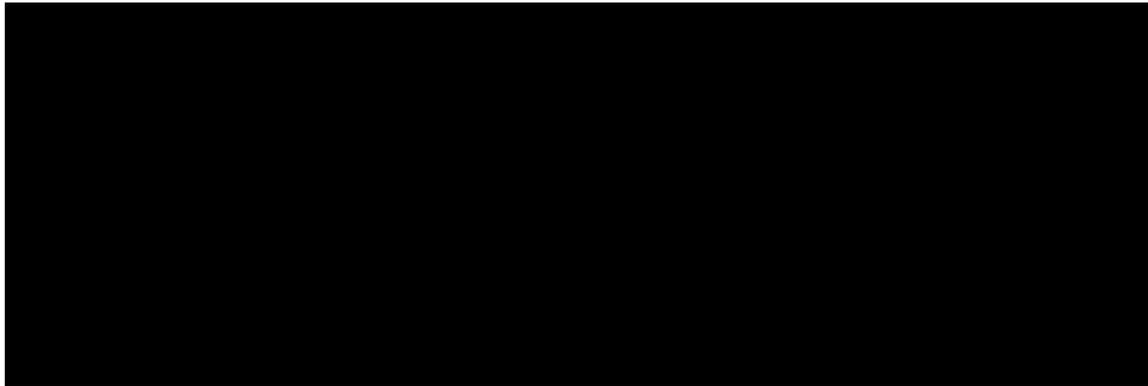
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OED: What do you like most about WebTA?



"I like that you can see your leave balances."

"I like WEBTA because it's easy to keep track of leave requests that you've submitted - no more making copies.

The system is very easy to use and efficient."

"If I'm not in the office I can easily submit my time through Citrix."

"I like the process for submitting leave requests. It is really easy."

TIP: You can easily access WebTA from the fercnet home page.

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What are the changes to the look in Microsoft Office?

In early 2013, the FERC will resume a project to bring Windows 7 and Office 2010 to all FERC employees. While there are a few feature changes in the Windows 7 operating system, the majority of change (in look and feel) will be with the transition from Office 2003 to Office 2010. A great tool to help employees understand where menu items will be in Office 2010 is in the interactive guides from Microsoft found at <http://office.microsoft.com/en-us/support/office-ribbon-find-commands-FX101851541.aspx#1>

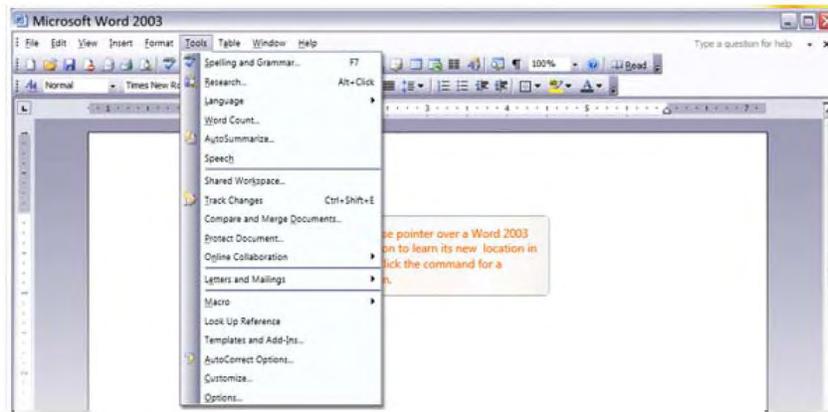
For example, if you are unsure on how to enable track changes in your Word 2010 document, you can use the "Find Commands in Office 2010" interactive guide to Microsoft Word.



Find Commands in Office 2010 | Office 2007



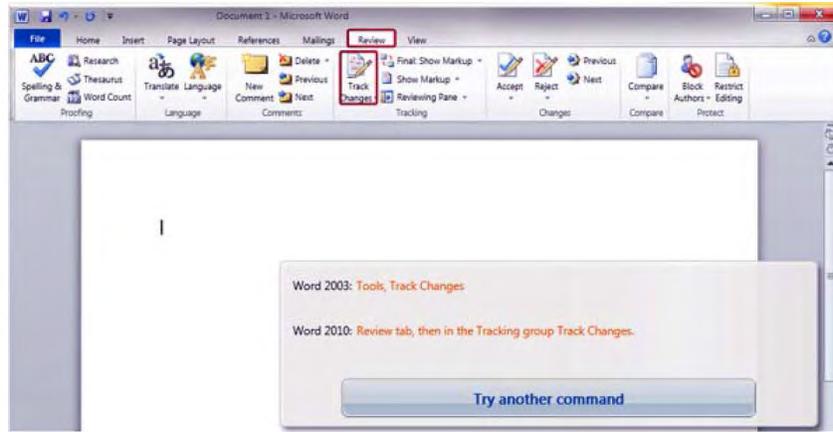
If you select the Word icon, a browser window will open up asking you to click "Start". When you do so, a simulation of a Word 2003 document will appear. At this point, select the menu items that you are trying to find in Word 2010. In this exercise, you would select "Tools" then "Track Changes".



After making your selection, the window changes to a Word 2010 simulation. It would then show the steps necessary to reach the selection in Word 2010. So, to find Track Changes in Word 2010 you would select Review then Track Changes.

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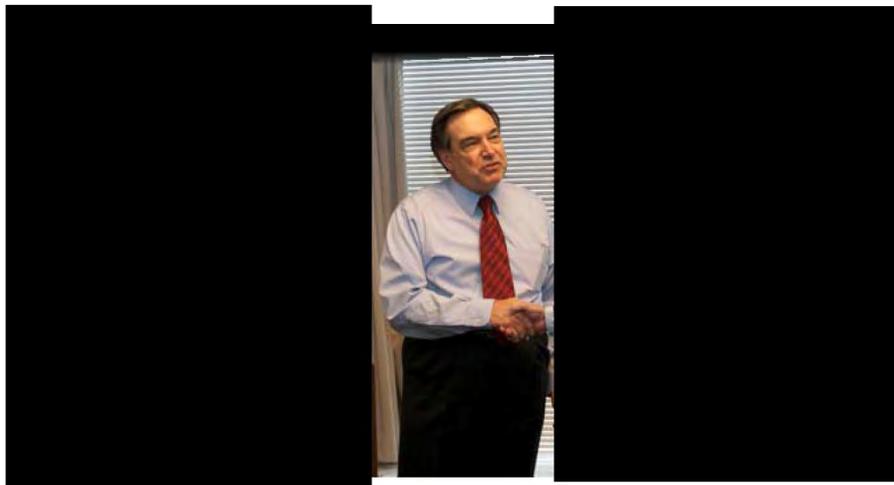
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[Feature: The Riverbreaks](#)[Hot Topics](#)[Healthy Lifestyles](#)[What's My Line?](#)[IT Corner](#)[Arrivals & Departures](#)**Judge [REDACTED] Receives Award Upon Retirement from Federal Service**

Chairman Wellinghoff presents FERC ALJ [REDACTED] with a Career Civil Service Award as he prepares to retire from federal service. Judge [REDACTED] served as an ALJ at FERC since Sept. 2006. He began his legal career prosecuting white-collar crime for the Department of Justice. After a brief stint in private practice, he joined the Federal Energy Regulatory Commission, where he eventually served as Deputy Assistant General Counsel for Enforcement, and later argued appeals for the Solicitor's Office. In May 2005, Judge [REDACTED] was appointed as a Supervisory Administrative Law Judge in the Arlington, Virginia Region of the Office of Medicare Hearings and Appeals, Department of Health & Human Services.

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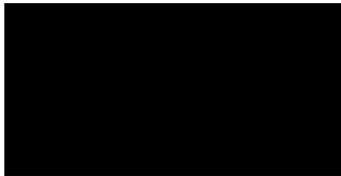
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Comings: January 7 – February 5



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Goings: January 7 – February 5



* Departure date of 1/4/13

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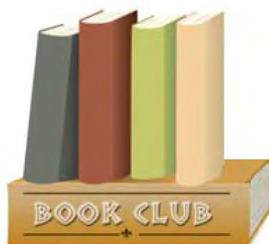
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From left to right: [REDACTED], FERC's Executive Director; keynote speaker [REDACTED], FERC's Acting General Counsel; and [REDACTED], FERC's Associate General Counsel, General and Administrative Law.

FERC Celebrates African American History Month

FERC held its 27th Black History Month program on February 12 with keynote speaker Jim Lucas taking center stage.

[REDACTED] has received acclaim for his dramatic recitations and interpretive readings depicting the life and times of the Reverend Dr. Martin Luther King, Jr. As a student of Dr. King's teachings, [REDACTED] is an advocate of Dr. King's philosophy of nonviolent civil action to affect social change. [REDACTED] participated in local protests and demonstrations to achieve integration in his hometown of Lake Providence, La.

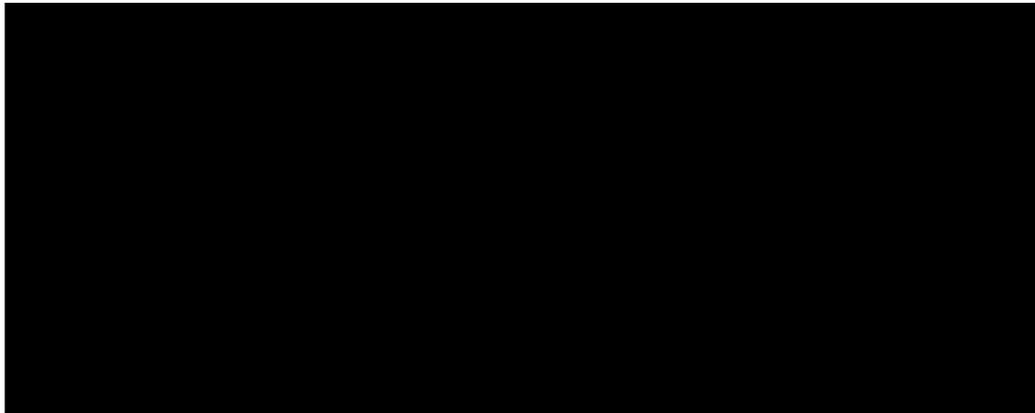
"He did more to change the political and social landscape than anyone in U.S. modern history," [REDACTED] said of Dr. King.

[REDACTED] provided the audience with a riveting account of Dr. King's journey to ensure that equal rights were provided to all Americans. At times, Mr. Lucas recited portions of the "I Have a Dream" speech.

The theme of this year's observance is "At the Crossroads of Freedom and Equality: The Emancipation Proclamation and the March on Washington." This year marks the 150th anniversary of the Emancipation Proclamation ending slavery in this country and the 50th anniversary of the March on Washington, where Dr. King gave his "I have a Dream" speech.

The Office of the General Counsel sponsored this year's event. Charles Beamon, Associated General Counsel for General and Administrative Law in OGC served as Master of Ceremonies and Acting General Counsel David Morenoff welcomed attendees to the event. [REDACTED], an attorney-advisor in OGC, introduced [REDACTED] and closing remarks were provided by [REDACTED] Deputy Associate General Counsel for Energy Projects in OGC.

Each February is designated African American History Month to commemorate the rich and varied contributions of African Americans to U.S. culture and history.



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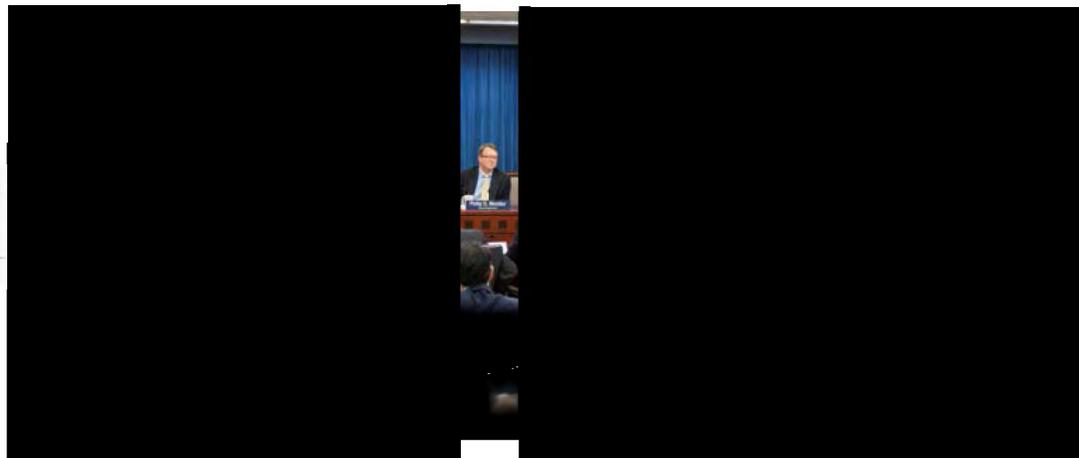
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Technical Conference on Gas-Electric Issues

FERC staff convened a technical conference February 13 to hear from the industry about where the Commission could consider guidance or regulatory change in the area of information sharing and communications issues between the natural gas and electric power industries.

The conference began with stakeholder representatives describing the types of communications that the electric and natural gas industries engage in today under stressed, non-emergency operating conditions. Participants then participated in a series of roundtable discussions exploring potential additional communication needs for day-to-day operations, emergency conditions, and longer-term planning.

FERC staff convened several conferences around the country on this matter last summer. On November 15, 2012, the Commission issued an order directing further conferences and reports. The next conference will take place April 25.

Read more about this [technical conference](#) on FERC.gov.

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Snack Time: Top Priority – Nutrition

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Finding a snack at work can be a nutritional minefield at times. Most vending machines and convenience stores commit much of their space to the sale of high-fat, high-sugar choices.

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Nutrition First

If you've realized that the cards are stacked against you, try a new, healthier tactic—choose nutrition first by bringing your own healthier selections from home.

Fruits and vegetables next

When it comes to high nutrition, you can't beat fruits and vegetables. Snack time is the perfect time to catch up on your fruit and vegetable intake. A half-cup serving of oranges in the morning and a cup of cut raw vegetables—like red bell peppers, broccoli, or carrots—in the afternoon can help you keep your diet healthy and colorful.

Add a little protein and fiber

Another good snack choice would be something that combines a bit of protein with a whole grain, like a half of a peanut butter sandwich on whole grain bread. Hummus also provides protein and fiber from legumes (chickpeas) and seeds (sesame seed butter). You can dip vegetables or whole grain pita in it for a light and nutritious snack. The protein "sticks with you" as your body processes it and the whole grain will give you fiber and bulk—both help you feel satisfied longer.

Portion size awareness

And remember, it's not just what you eat; it's also how much you eat—the size of the portions and the number of servings each day. For example, dry roasted and raw seeds (sunflower, pumpkin seeds, etc.) tree nuts (almonds, walnuts, cashews, etc.), and peanuts are great higher protein snacks. The only thing is, you'll have to keep in mind the serving is surprisingly small and high in calories. A serving for seeds or nuts is about a quarter (1/4) cup—just a small handful and you're done for the day.

Check out your serving size on the package for trail mix, too, since it tends to have a fair share of nuts, seeds, and dried fruits. While a handful of nuts will cost you 170 calories or more, depending on the type, an apple can be a little over 40 calories and a large carrot about 30 calories.

By making nutrition a top priority—along with just a little planning and organization—you can have healthy, well-portioned snacks that can carry you through those low blood sugar slumps during the workday.

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OSEC: What are you reading?

What's MY LINE?



"I have two: *The Loudest Duck* and *Killer Angels*."

"Dan Brown's *The Lost Symbol*."

"*Who is he to you* by Monique Mensah. It's part of a series."

"*Push*, which inspired the movie *Preclous*."

Join us for the FERC Spring Sale
 March 12-13
 Sees candies, handcrafted jewelry, imported Polish pottery,
 organic coffee/tea/chocolate, and FERC
 mugs/tshirts/polos/reusable bags/travel mugs.
 11:00-1:00 in the lobby

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Electronic Filings Report on FERCNet



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Did you know there is a link available to you on FERCNet that allows you to view customer filings, when they come in through the FERC website? You can also export the filings report to Excel and display any comments written within the report. [Return to FERCNet](#)

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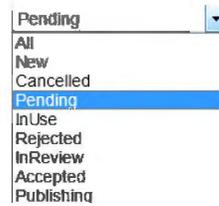
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Mac: 200 Status: Pending From: 2/8/2013 To: 2/16/2013

| ID | Docket | Status | Description | Category/Type | Author | Date |
|--------|--------------|---------|--|-----------------------------------|---|-----------------------|
| 401202 | QP91-37-000 | Pending | Forms 556 of Prairie Power Fabricberg, Inc. under QP91-37-000. | Form 556 | Catherine P. McCarthy Bracovici & Gilliam LLP | 2/15/2013 12:57:49 PM |
| 401204 | P-13694-000 | Pending | Notice of Extension of Time Request for NCE and DLA of Current Connection, LLC under P-13694-000. | Comment | Chrese M Oram Steel River LLP | 2/15/2013 12:47:31 PM |
| 401892 | CP12-342-000 | Pending | Supplement to 2011 Annual Report under Section 137.207 of Southern Natural Gas Company, L.L.C. under CP12-342-000. | Supplemental Information / Report | Patricia R Donaldson Southern Natural Gas Company, L.L.C. | 2/15/2013 12:41:49 PM |
| 401200 | RP13-145-000 | Pending | Motion of NISource | Motion to Intervene | Kenneth W. Christian NISource Corporate Services Co | 2/13/2013 12:37:22 PM |

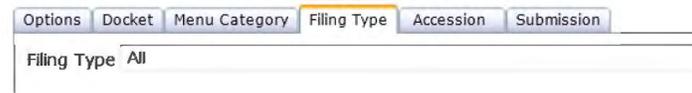
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| 401200 | RP13-145-000 | Pending | Motion of NISource Distribution Companies for Leave to Intervene under RP13-145-000. | Motion to Intervene | Kenneth W. Christian NISource Corporate Services Co | 2/13/2013 12:37:22 PM |
| 401898 | CP08-433-000 | Pending | Report: Form of Fayetteville Engress Pipeline LLC under CP08-433-000. Post Construction Quarterly Environmental Status Report | Report / Form | Robt Allen Energy Transfer Partners, L.P. | 2/15/2013 12:36:16 PM |

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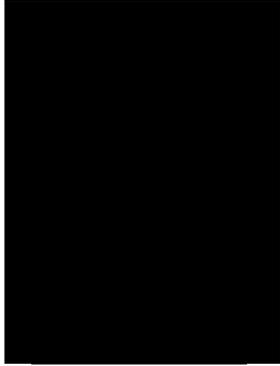
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Years of Service Awards Presented



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Judge [REDACTED] a veteran of World War II, graduated from Saint Louis University School of Law before practicing transportation law in Jefferson City, Missouri. Judge [REDACTED] started his career with the Commission at the end of 1980, where he has often served as a settlement judge, mediator, or ADR neutral in FERC proceedings.

[REDACTED] completed more than 41 years of her 45 years of federal service at the Commission. Through the years [REDACTED] worked in various offices throughout the Commission before taking on the role of legal specialist in the Solicitor's office. [REDACTED] says she enjoys her work and especially the interesting people she comes in contact with.

[REDACTED] were among the 20 employees honored at a Length of Service Recognition Ceremony held February 28, 2013. The recent ceremony was the second of three that will be held each fiscal year to recognize service milestone in excess of 25 years, in five-year increments. [REDACTED], and [REDACTED] received special recognition for achieving more than 45 years of federal service.



45 years of service: Judge [REDACTED] OALJ, and Chairman Wellinghoff.

40 years of service: [REDACTED] OAL; and Chairman Wellinghoff.



45 years of service: [REDACTED] OGC, and Chairman Wellinghoff.

25 years of service: [REDACTED] Chairman Wellinghoff; and [REDACTED] OAL.



35 years of service: [REDACTED] Chairman Wellinghoff;



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Article by Jennifer Meffert

Not pictured: [REDACTED] (45), OEP; [REDACTED] (40), OGC; [REDACTED] (40), OEP; [REDACTED] (40),
OAL; [REDACTED] (40), OAL; [REDACTED] (35), OEMR; [REDACTED] (35), OEP; [REDACTED] (35), OEP;
[REDACTED] (30), OGC; [REDACTED] (30), OED; [REDACTED] (25), OGC; [REDACTED] (25),
OEP; [REDACTED] (25), OED; [REDACTED] (25), OGC; and [REDACTED] (25), OEP.

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Greener FERC Tip

Being "green" can be easy. Here are a few simple steps you can take to save energy, reduce CO2 emissions and save money.



1. Each degree you turn down the heat saves 3 percent of heating costs, while each degree you raise the temperature of your air conditioner saves 3-4 percent of cooling costs. By changing the temperature by 2 degrees all year, you can save about 2,000 pounds of CO2 a year.
2. Cook with a slow cooker or a toaster oven (or even a solar oven!) to reduce electrical use from kitchen appliances. For a meal that requires one hour to cook in an electric oven, and which uses 2.7 pounds of CO2, a crockpot uses 0.9 pounds of CO2 for seven hours, a toaster oven takes 1.3 pounds of CO2 for 50 minutes, and a microwave only 0.5 pounds of CO2 for 15 minutes of cooking. A solar cooker requires NO CO2!
3. Switch to a laptop instead of using a desktop computer and cut three-quarters off your electrical use. Turn off the laptop at the end of the day.
4. Switch to cold water washing and save 80 percent on energy used for laundry and save an estimated \$60 a year. Hang dry your clothes instead of using the dryer and save 700 pounds of CO2 a year.
5. Plug anything that can be powered by a remote control or that has a power cube transformer (little black box) into a power strip, and turn it off, and/or unplug, when not in use. (Power cubes are 60-80 percent inefficient.)
6. Turn off the lights when you aren't using them and reduce your direct lighting energy use by 45 percent. Stop using heat-producing halogen lamps (they can also be fire hazards). Install occupancy or motion sensors on outdoor lights.
7. Switch to compact fluorescent from regular incandescent bulbs and use 60 percent less energy per bulb and save 300 pounds of CO2 a year.
8. Wrap your water heater in an insulation blanket and save 1,000 pounds of CO2 a year. Insulate your hot water pipes.
9. Use public transportation whenever possible, carpool, shop locally, and ideally switch to a hybrid or energy-efficient car (if you haven't already).
10. Keep your tires inflated to improve gas mileage by 3 percent. Every gallon you save also saves 20 pounds of CO2 emissions.

[Read more at care2 make a difference.](#)

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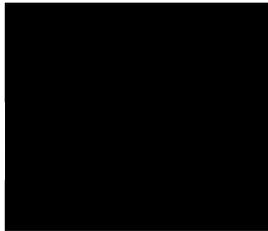
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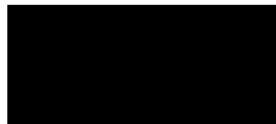
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Welcome to the April 2013 edition of the FERC Insider!

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More Articles in This Issue:

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You will see higher quality printed pages due to our new design. 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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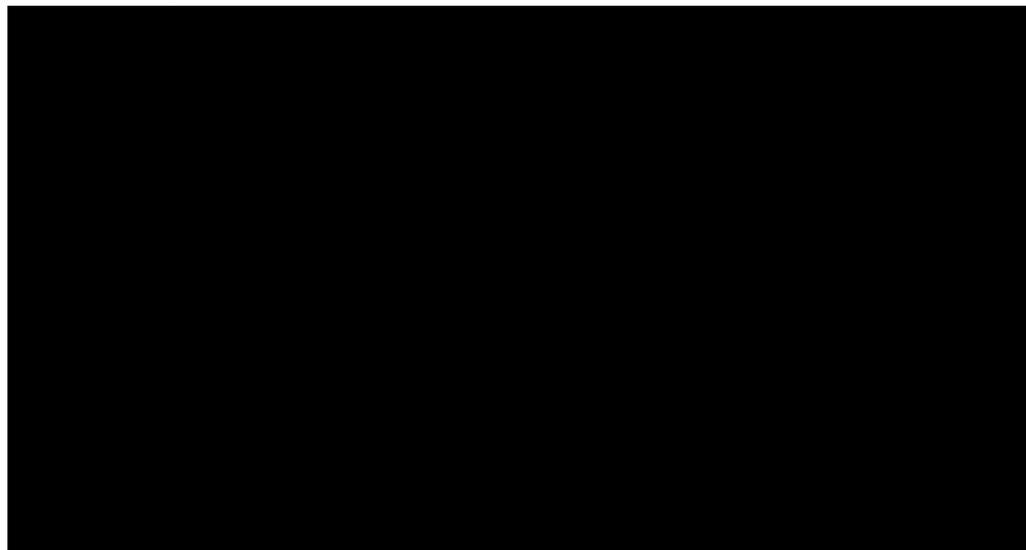
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FERC Engineer Helps Establish U-MD Industrial Safety Course



FERC's [REDACTED] saw a need, and helped to fill it.

An OEP engineer who works on liquefied natural gas projects, Andrew realized that the engineering academic arena needed a course focused on teaching safety protection solutions to industrial facility hazards.

A graduate of the University of Maryland, [REDACTED] worked with two U-MD professors to develop a new course at the senior/graduate level on Energy Infrastructure Safety offered by the Fire Protection Engineering Department. He will be one of the guest lecturers in the course, and his lectures will focus on LNG facility siting and regulatory compliance.

"I felt there was a need out there. No other course out there offers this," [REDACTED] said. "It's important to be able to understand the risks and try and further mitigate them to the extent practical."

[REDACTED] goal is for the course to improve the science in the area of industrial fire protection and help reduce the occurrence and magnitude of incidents while balancing economic impacts.

[REDACTED] who earned two Bachelor of Science degrees from U-MD (Mechanical Engineering and Fire Protection Engineering) and one Master of Science degree from U-MD (Fire Protection Engineering), came to FERC in 2006. He worked full time to put himself through college and then came straight to FERC. While working at FERC full-time, he put himself through graduate school.

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FERC, Coast Guard Sign Agreement to Coordinate Development of Hydrokinetic Projects



FERC and the U.S. Coast Guard within the U.S. Department of Homeland Security have signed a Memorandum of Understanding (MOU) to cooperate with each other on the development of hydrokinetic projects. These projects generate power from waves, tides, ocean currents, and the flow of rivers.

The MOU will advance interagency cooperation in protecting navigation safety, maritime security, and environmental resources when considering license proposals for hydrokinetic energy development.

"Hydrokinetic development is an up and coming resource and this MOU provides valuable coordination between FERC and the Coast Guard to ensure an efficient process while protecting valuable environmental resources," commented Chairman Jon Wellinghoff. "I want to thank the Coast Guard for their willingness to move forward with the important agreement."

Specifically, the MOU will improve the ability of the agencies to:

1. Establish a joint timetable;
2. Identify critical issues early;
3. Acquire and share information efficiently; and
4. Collaborate on analysis.

View the MOU on FERC.gov here: [MOU](#)

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Moeller, LaFleur Testify on The Hill

Commissioners Philip D. Moeller and Cheryl A. LaFleur testified before the Committee on Energy and Commerce, Subcommittee on Energy and Power, on March 19. The hearing focused on the role of regulators and grid operators in meeting natural gas and electric coordination challenges.



View the complete testimony of both Commissioners on FERC.gov: Commissioner [Moeller 703](#) | Commissioner [LaFleur 703](#). In addition, you may view the hearing on FERCNet [here](#).



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Platts Podium



Photo courtesy of Mary O'Driscoll

Commissioner Clark met with trade press reporters at the Platts Podium March 20 to discuss Order No. 1000, FERC market manipulation authority, gas-electric coordination issues, electric market issues, gas pipeline infrastructure and shale gas.

SAVE THE DATES!



Start collecting gently used books, audio books, and magazines for the Book Swap! We'll also be collecting new/like-new books for Books for America.

OEA will be sponsoring this event.



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Healthy
LifeStyles



This is that time of the year when you may feel like something isn't quite right with you. Do you have watery eyes? Are you sneezing? Do you have the sniffles? Do you feel stuffy? Do you feel lethargic? You probably feel all of these symptoms and more. If you do, you're not alone. More people than you can ever imagine go through this every year. And thanks to global warming this could be your stuffiest year yet — and it's getting worse. This is how you can get some relief.

Check the forecast daily – Check your area's pollen, mold spore and ozone levels at the sites of the American Academy of Allergy, Asthma and Immunology (Aaaai.org/nab/index.cfm), or the public-service organization Air Now (Airnow.gov). On days when the Air Quality Index is above 150 (100 if you know you suffer from seasonal allergies and/or asthma), stay behind closed doors as much as you can.

Shut your windows on bad air-quality days – If things get stuffy, consider running your air conditioner with a good filter which traps allergens from outside air. Make sure to change your filter often and avoid devices that emit ozone, such as ion-generating air purifiers.

Change clothes when you enter your home – In so doing you avoid bringing in allergens such as pollen and dust all over your house, especially after activities such as gardening or hiking.

Don some shades – Sunglasses can protect your eye lashes and eye lids by keeping pollen out.

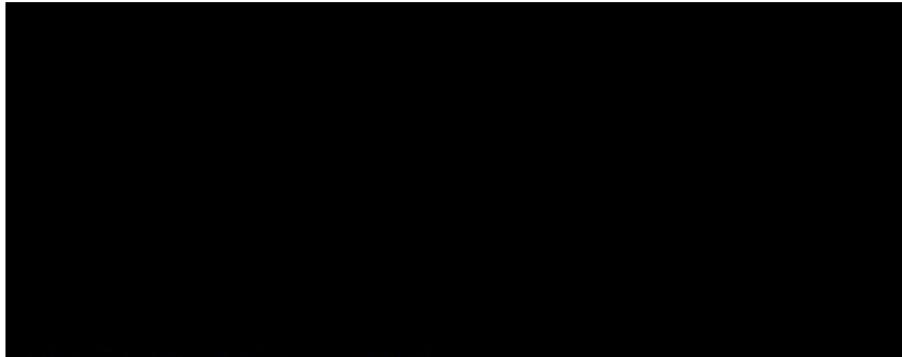
Scrub gently when bathing – A study published in Trends in Immunology found that scrubbing with harsh, abrasive soaps and other products can actually strip away a layer of protective cells on your skin and allow allergens to penetrate.

Prevention is better—pop a Pill – Take an antihistamine before bedtime or at the first sign of a sniffle if you're prone to allergies. Some examples are Allegra, Claritin (Loratadine), and Zyrtec. These drugs initially were prescription-only, but now are available over-the-counter. See your physician for allergy testing if oral antihistamine drugs are not effective. You may be a candidate for allergy shots, which over time could build your immunity or desensitize you.

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CFC 2012 Highlights



Attending the CFC award ceremony from FERC were: [REDACTED]

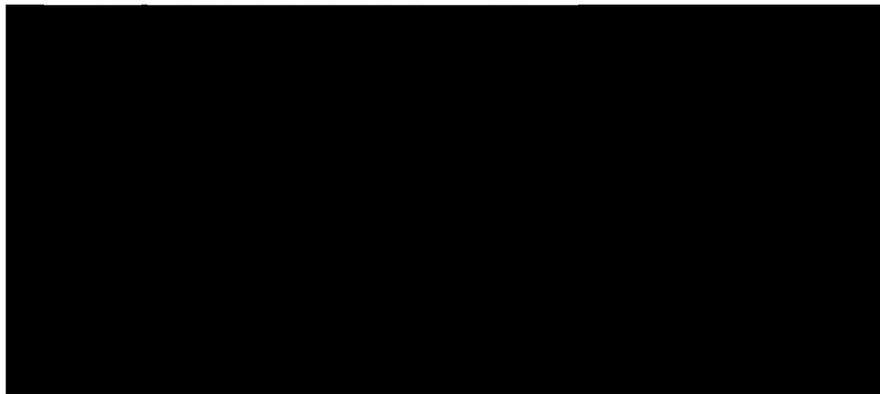
FERC donors pledged a total of \$449,825.34, or 121.60% of goal. This amounts to \$79,825.34 over our dollar goal.

There were 107 Eagle level pledges and 21 Double Eagle level pledges.

Better than 14% of all pledges were at the Eagle or Double Eagle level, *double* the national average.

Our rate of participation agency-wide was 64.6%. FERC donors' rate of participation was double the average of our CFC National Capital Area peers.

FERC 2012 CFC participation rate was the highest in four years.



FERC Executive Director [REDACTED], who served as honorary vice chair of the Commission's Combined Federal Campaign (right), along with FERC CFC Door Prize Coordinator [REDACTED] (second left) and FERC CFC Campaign Manager [REDACTED] (left), present a letter of gratitude to [REDACTED], manager of Au Bon Pain at Union Station. Au Bon Pain has been a generous supporter of the Commission's annual Combined Federal Campaign for many years. We want to recognize their generosity. Thank you, Au Bon Pain at Union Station!

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Chairman's Roundtable



Chairman Wallinghoff held his annual Reporter Roundtable discussion on April 3. The Chairman highlighted the following: how the Commission is working to ensure stronger electricity markets for consumer; how FERC continues to focus on matters involving fraud and market manipulation, serious violations of mandatory reliability standards, anticompetitive conduct and conduct that threatens the transparency of regulated markets; FERC's efforts to explore critical issues related to coordination between the natural gas and electric industries; FERC's efforts to help identify, communicate and seek comprehensive solutions to potential risks to FERC-jurisdictional facilities from cyber attacks; and FERC's work to ensure continued reliable operation of the nation's bulk power system.

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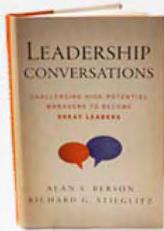
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Alan Berson Talks about Leadership



The Commission held its third Author Speaker Series event featuring [REDACTED]. [REDACTED] spoke about his recently published book, *Leadership Conversations: Challenging High-Potential Managers to Become Great Leaders*. [REDACTED] is an executive coach and professor, and serves as the Learning Director at Wharton Executive Education, where he works with executive students pursuing Masters in Business Administration. Access a free leadership assessment through [REDACTED] website.

The Author Speaker Series was launched in June of 2012 to provide a platform for experts writing high-quality leadership and energy related books to reach an audience of FERC supervisors and managers. If you would like to learn more about the program contact, Jennifer Meffert, ext. 6587.



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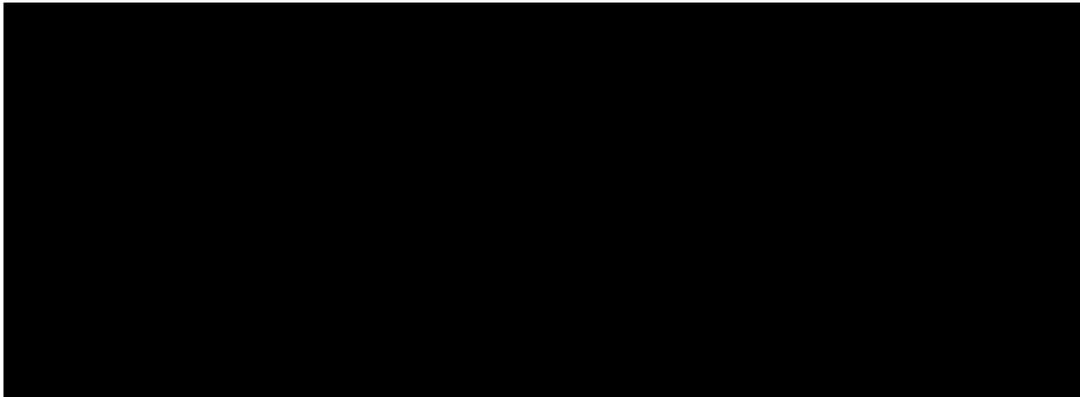
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Greener FERC Committee: April 22 is Earth Day. How do you conserve energy, protect the environment or use sustainable practices in your daily life?



"To conserve at home, I save vegetable scraps and trimmings and make a veggie stock with salt and herbs." ... [REDACTED] OEMR

"I don't print things unless absolutely necessary and I walk to work or take mass transit." ... [REDACTED] OE

"I cut up cover sheets from printing and use them for notes. I also connect with people who can help me with various conservation efforts. For example, I provide materials for a colleague who composts." ... [REDACTED]

"I shop at farmer's markets and, when possible, take alternative forms of transportation such as the bus or Metro. I also use the double-side print function at FERC." ... [REDACTED] OEMR

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FERC Windows 7 / Office 2010 Migration

We now have migrated 850 users to Windows 7/Microsoft Office 2010. The estimated completion date of the entire migration is end of June 2013. The migration converts FERC employees from Office 2003 to Office 2010 and from Vista to Windows 7. **Current training classes offered for this effort are listed below:**



Web-based Training – This training is available on the FERCNet [IT Training page](#).

Windows 7 Migration Project

February 28, 2013 Update

- FERC migration will be between March 18th and May 31st. Includes all employees at HQ, Regional Offices and Satellite Offices.
- IT Support will migrate ~30 computers per night.
 - Hardware Upgrades (as necessary)
 - Data Backup,
 - Windows 7 and Office 2010 installation, and
 - Data Restore
- FERC staff will receive an initial email 3 weeks prior to their scheduled migration date discussing what steps need to be taken in preparation for their migration. This email will contain a training schedule identifying dates & times for FERC staff to attend.

Why Migrate?

- To stay abreast of the current technologies.
- Transition to Laptops unless there is a business reason not to do so.
- For the Commission to meet the Federal Mandates.

Training

- Training will be vital to the success of this migration.
- Training offered will be:
 - Familiarization Overviews
 - Microsoft Web Based Training
 - Limited Classroom Training for advanced topics

Additional Information

[IT Support Center](#)
x8163

Training

- [Calendar](#)
- [Transition to Office 2010 ribbon](#)
- [Windows 7/Office 2010 Online Training](#)
- [Frequently Asked Questions \(FAQ\)](#)
- [FERC Wireless Network](#)



Familiarization Training – These classes will take place in the Commission Meeting Room and will provide general information on the migration detailing what you need to know, and what to do to prepare for the migration.

Classroom Specialized Training – These classes will take place in 3M-5 and registration is recommended. These classes will cover topics such as: Word 2010-Table of Contents, Creation, Excel 2010-Pivot Tables/Pivot Charts, and PowerPoint 2010-Slide Masters. The calendar links are listed at the end of this article.

Redacted Pursuant to FOIA Exemption 6.

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[FERCNet](#)**HSPD-12 PIV-Home Land Security Presidential 12 Directive**

All Federal agencies including FERC have been directed to utilize PIV cards. FERC will begin this transition beginning in April through the middle of August. This will require all FERC users to use their PIV badges to log into their computers.

Microsoft Outlook to Google Migration

Most FERC users have already been converted however; we are currently looking for volunteers who have technical knowledge to pilot the Microsoft Outlook to Google Migration of Archive Files (PST). If you would like to be a part of this effort, please contact the help desk at 202-502-8163.

Things we have accomplished:

Citrix RA to Citrix RA2 – As some of you may know the weekend of March 24th a successful transition was made to the new version of Citrix. <https://ferc-ra.ferc.gov/>

It is now required that all pin passcodes be six digits instead of 4. Upon log-in you will be requested to update your pin code. It may take a few minutes to propagate the change, so please be patient.

Network Drive Migration – Network drives O, J, Y and K were successfully migrated the weekend of March 24th. If you are having difficulty accessing any drives please contact the help desk at 202-502-8163.

P drive will be migrated also during the month of April.

Training Courses Available

Access FERCNet to view all available in-house [training classes](#) including Office 2010, ATMS, eTariff, Virtual Agenda, Publish Issuance Workflow and other topics.

If you have any questions, please contact IT Support Center at 202-502-8163.

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Arrivals: March 5 – April 2

[REDACTED]



Departures: March 5-April 2

[REDACTED]

In Memoriam:

[REDACTED] formerly an intern auditor in OE, died March 21. He was 25 years old.

[REDACTED] began his career at FERC in September 2009 after earning a Bachelor of Science degree in accounting from the University of Maryland in the same year.

After departing FERC in July 2012, he joined the Administrative Office of the United States Courts in September 2012.

[REDACTED] FERC family and friends mourn his loss.

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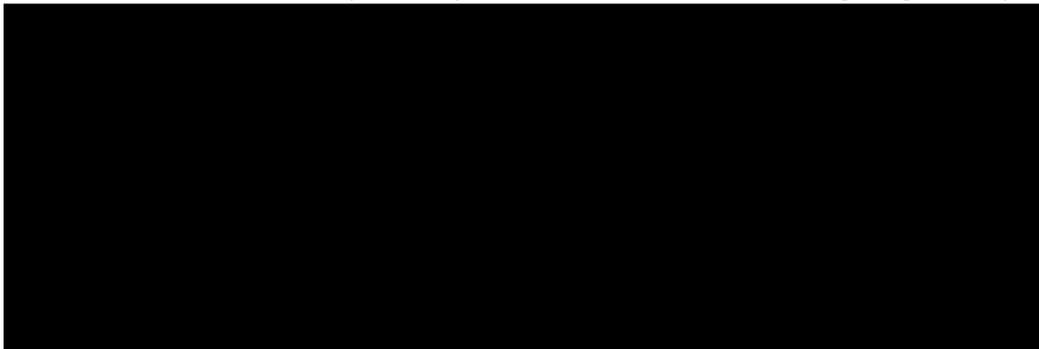
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██████████ Megacommuter

OEP's ██████████ lives in a log cabin at the foot of the Blue Ridge Mountains in Bluemont, Va. Her home sits on 16 acres next to an easement of the Appalachian Trail. Of course, living in this beautiful setting far away from the hustle and bustle of city life has tradeoffs. For ██████████, that tradeoff is her commute time.

██████████ is known as a "megacommuter" because she travels at least 50 miles and 90 minutes to and from a full-time job each day. ██████████ day begins at 3:30 a.m. when she drives from her home to a parking lot 10 minutes away to catch a bus into the city. Her bus arrives on K Street near FERC headquarters around 6 a.m. Her total commute time, one-way, is typically 2 hours and 20 minutes. She repeats this process in reverse in the afternoon beginning at 3:30 p.m.



Recently, the [CBS Morning News](#) program featured ██████████ in a piece on megacommuters in light of the increasing numbers of people choosing to commute longer distances to work. The U.S. Census Bureau has identified 600,000 megacommuters in the U.S.

"I enjoy being near wildlife, it's very peaceful and there isn't any light pollution," ██████████ says of some of the many reasons she loves the place she lives. ██████████, a wildlife biologist, and her husband chose Bluemont not only because of its beautiful setting but because it had good public transportation options, something that was critical for ██████████. In addition, she says, her ability to telework regularly factored into her decision. A native Washingtonian, ██████████ grew up in Loudoun County and earned her undergraduate degree in Biology from George Mason University and two graduate degrees—in natural resource management and urban and regional planning—from Virginia Tech.

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FERC Celebrates Earth Week

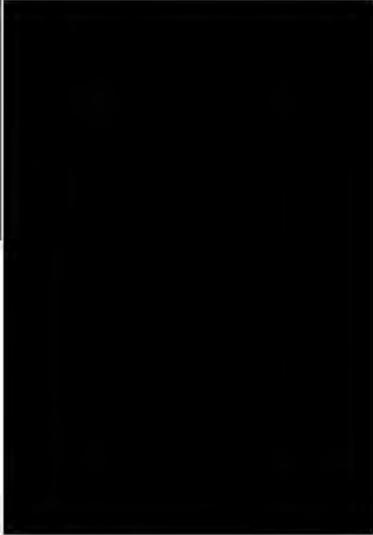
This year's Earth Week celebration proved to be the best ever! With a multitude of activities to choose from, employees at FERC could purchase items from the Organic Market, watch the Children's Parade, attend a sustainability potluck & brownbag, participate in a book swap, and guess the number of cover sheets employees produce in a week at FERC.

In addition, a Transportation Fair was held in the lobby of 888 with representatives from Car2Go, Washington Area Bicyclist Association, the District Department of Transportation, NoMa, BicycleSPACE, and ZipCar.

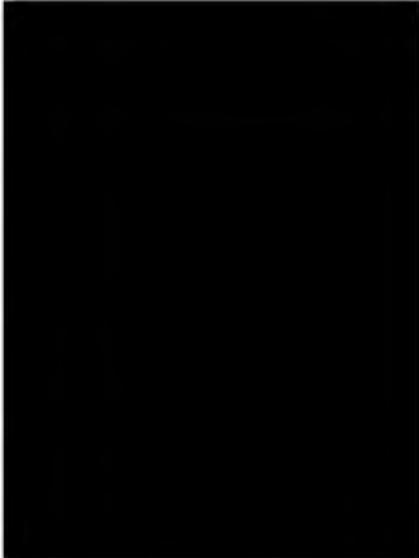
This year's program was made possible through the tremendous efforts of Greener FERC and the FERC Child Development Center. The Office of External Affairs sponsored the events. Greener FERC is made entirely of recycled employees and does not represent the views of FERC or the Commissioners.



The Tesla Model S sedan electric vehicle was on display during Earth Week.



OE's [redacted] was the winner of the cover sheet guessing contest. The number of cover sheets in the stack is 16,908, the number of cover sheet generated at FERC HQ in one week! This is equivalent to about three cases of paper. Over an entire year, this adds up to over 175 cases, or approximately 4.5 tons of paper!



FERC Security Officer [redacted] at the Transportation Fair.

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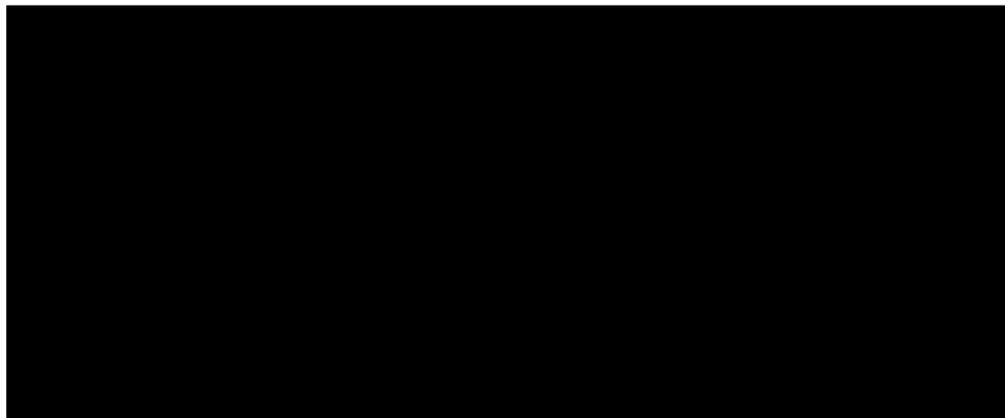
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**FERC Proposes to Adopt New Cyber Security Standards**

Pictured, from left to right, are: OER's [REDACTED], OER's [REDACTED] and OGC's [REDACTED]

At the April 18 Commission Meeting, FERC moved to strengthen the cyber security of the bulk electric system today with a proposed rule that would extend the scope of the systems that are protected by cyber security standards.

The proposal, submitted in January 2013 by the North American Electric Reliability Corporation (NERC), constitutes version 5 of the Critical Infrastructure Protection Reliability Standards, or CIP standards. The proposal is intended to improve the security posture of responsible entities and represents an improvement in the CIP standards.

The proposal includes 12 requirements with new cyber security controls that address Electronic Security Perimeters, Systems Security Management, Incident Reporting and Response Planning, Recovery Plans for BES Cyber Systems, and Configuration Change Management and Vulnerability Assessments. It also would use a new, tiered approach to identifying and classifying bulk electric system cyber assets that is a step toward applying CIP protections more comprehensively to better assure protection of the bulk electric system.

The Commission is seeking comment on certain language in the proposed CIP version 5 Standards to alleviate concerns regarding the potential ambiguity and, ultimately, enforceability of the proposed Standards.

NERC is the FERC-certified Electric Reliability Organization for the bulk electric system. Comments on the proposed rule are due 60 days after publication in the Federal Register.

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Chairman Wellinghoff Presents Awards to Senior Staff

At the Commission Meeting on April 18, Chairman Wellinghoff presented the Chairman's Award to FERC employees for their outstanding contributions to the Commission.



Technical Advisor to Chairman Wellinghoff



Acting General Counsel



Director of OEMR



Chief of Staff



Director of GEP



Secretary of the Commission



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April proved to be a busy month on The Hill for FERC.

On April 16, [REDACTED], FERC's Deputy Associate General Counsel for Energy Projects, testified before the Senate Committee on Energy and Natural Resources, Subcommittee on Water & Power. John testified on legislation that would authorize the Commission to reinstate either or both of the licenses for the Upper and Lower Collinsville Projects, to extend for two years the commencement of construction deadline for the projects, and to transfer the license or licenses to the Town.

FERC's Deputy Associate General Counsel for Energy Projects [REDACTED] testifies before the Senate Committee on Energy & Natural Resources, Subcommittee on Water & Power | [Testimony](#)

On April 23, [REDACTED], Director of OEP, testified before the Senate Committee on Energy & Natural Resources on legislation to advance the development of small hydropower in the U.S.

FERC's OEP Director [REDACTED] to testimony before the Senate Committee on Energy & Natural Resources | [Testimony](#)

Read more about Congress on [FERCNet](#).



Federal Bike-To-Work Challenge

Federal Bike-To-Work Challenge, May 2013

May 2013 is National Bike Month and communities across the country hold events to promote bicycling. The White House Council on Environmental Quality (CEQ) in partnership with the Pacific Northwest regions of the EPA and DOT is launching a national **Federal Bike-to-Work Challenge**.

How it works: Coworkers form teams whose members commit to bike commute during the month of May. Each rider keeps track of his or her miles with an online team profile where bike commuters record trips and see the miles rack up within the team. All tracking is online and free!

If you are interested in joining FERC's team, "Energy Peddlers," contact [REDACTED] at [REDACTED]

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CFC Honors FERC's Generosity

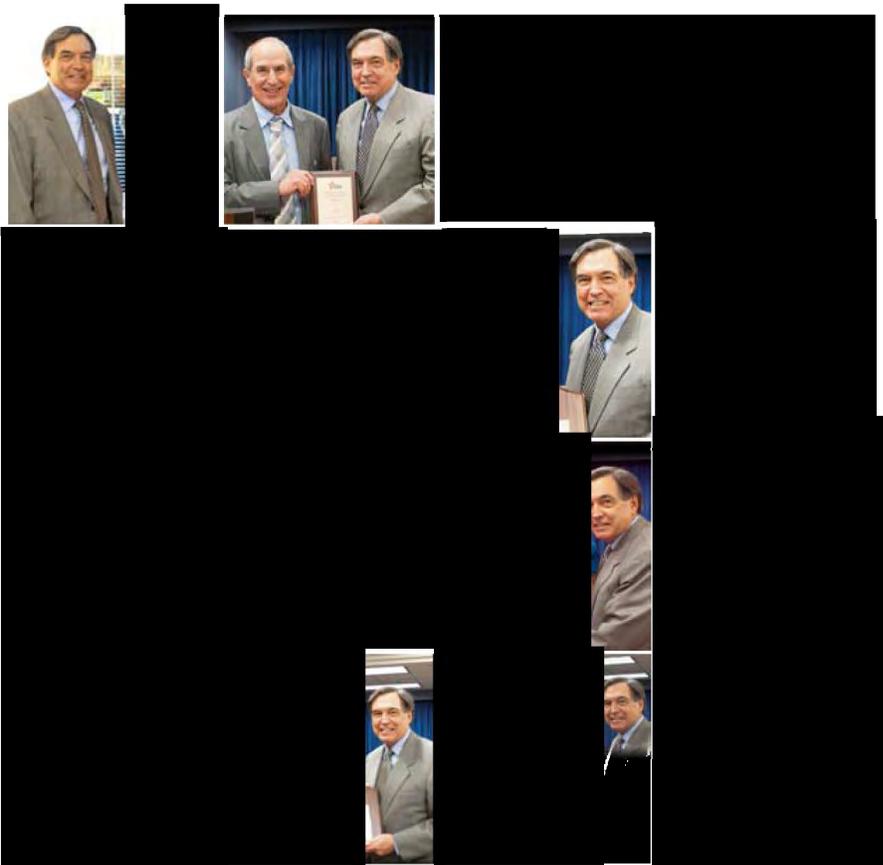
The Commission held the Combined Federal Campaign Awards Ceremony on April 23 to thank all employees for their tremendous generosity during the 2012 campaign. FERC donors pledged a total of \$449,825.34, or 121.60% of goal. This amounts to \$79,825.34 over our dollar goal. There were 107 Eagle level pledges and 21 Double Eagle level pledges.

Chairman Wellinghoff accepted two awards for the Commission from Mr. [REDACTED], Associate Director of the CFC National Capital Area. The awards were the E-giving Award for increasing e-giving donations from last year and the Participation Award for an astounding 64.6% participation during this year's campaign.

FERC CFC Campaign Manager [REDACTED] opened this year's award ceremony and welcomed FERC's 2012 Loaned Executive Laura Dvorak.

Chairman Wellinghoff presented plaques to each office for their outstanding participation in the campaign. This was followed Executive Director Anton Porter's distribution of service awards to key members of FERC's CFC team.

Note: Click on the images below to view the full picture. Roll over the image for the caption.



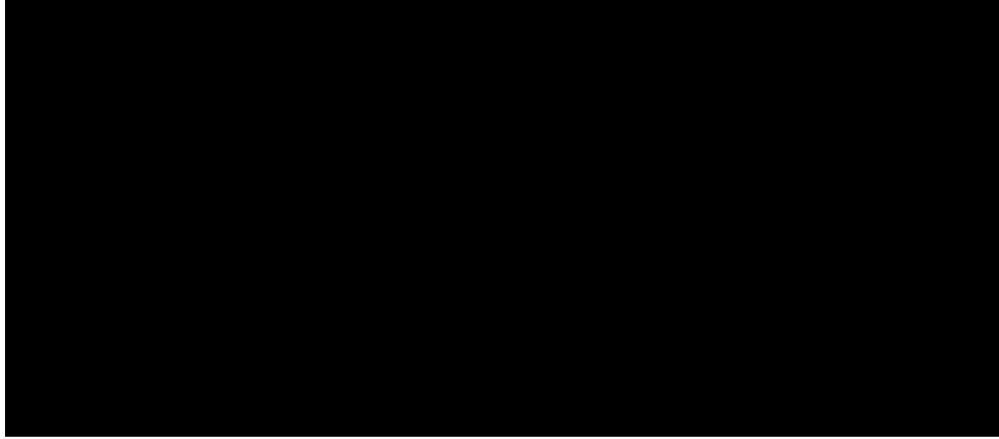
[REDACTED] participation in the 2012 campaign were the Offices of Commissioners Norris, LaFleur and Clark. Representatives from these offices were unable to attend the event.

CFC Special Service Awards Given

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 also received service awards but are not pictured.

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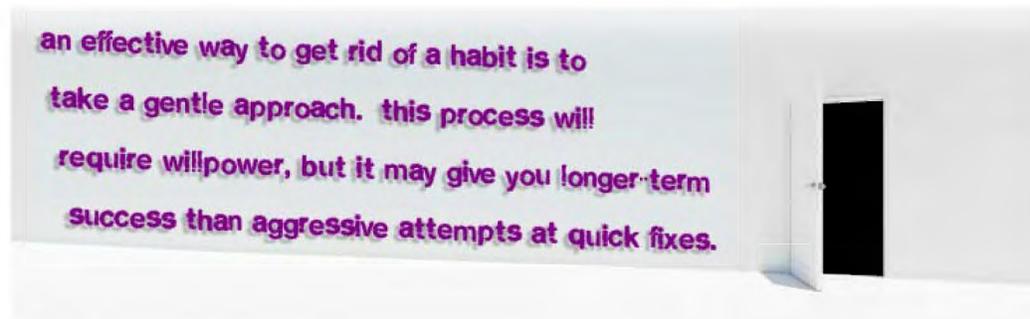
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Tips for Letting Go of a Habit



Letting Go

We often talk about “breaking” a habit, but “letting go” is probably a better way to look at it. You’re releasing the habit so that it’s no longer a part of your life, rather than using all your energy and willpower to “break” it.

Willingness to Change

The first step to letting go of a habit is being willing to change. In fact, that can be your first affirmation in your journey to change. You can remind yourself repeatedly: “I’m willing to change now.”

Recognizing Your Reaction

Sometimes a habit becomes reflexive. Example: “After dinner, I want ice cream.” This response may have become so ingrained that—without your being aware of it—it can override other things that you truly want, like a healthier heart or thinner waistline.

Making Space

When the habit comes up, give yourself space. Do not react immediately. Instead, breathe deeply to calm yourself, become aware of your feelings and consider how you will feel about responding differently. This can give you the clarity to see that you are finished with the habit and it’s time to let it go.

Savor the Moment

On the other hand, there are times when indulging yourself in a habit that’s relatively harmless may also bring clarity that helps you let it go.

Sometimes we can find ourselves doing things reflexively—“out of habit”—and we don’t realize that we are repeating the behavior in search of satisfaction. In such cases, since we’re not completely conscious of what we’re doing, the satisfaction is not fully appreciated. Before you know it, we’re doing it again. For example, you may find yourself heading for the freezer with an empty bowl and not even remember that you already ate ice cream.

But if you’re becoming more aware—making the space to truly savor the moment when you indulge yourself—you may find a deeper, more lasting satisfaction and no longer need to repeat the behavior habitually.

When we’re more conscious of our actions and we take time to experience the satisfaction we are seeking, sometimes that can help us move on. When you find you’re ready to release a habit, you can use the affirmation: “I’m letting go of this habit. I can cope fine without it.”

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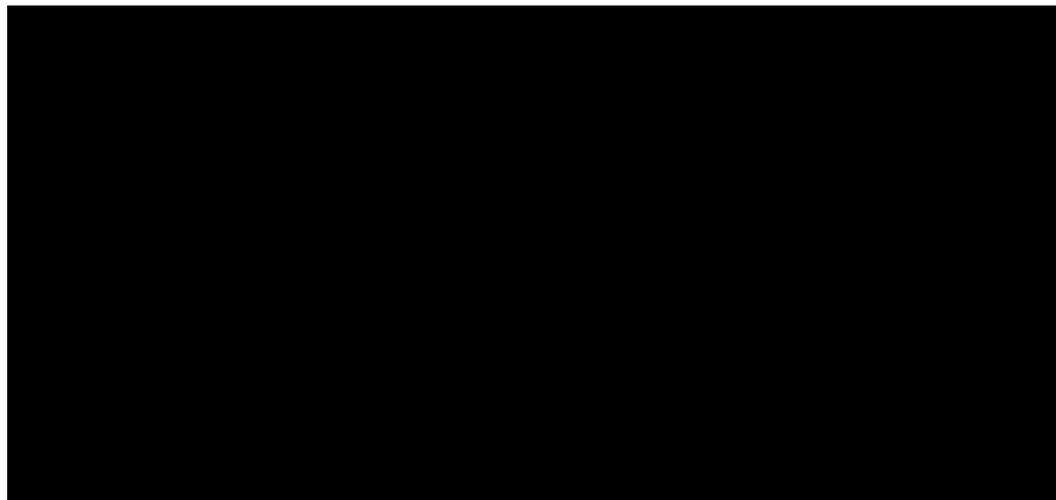
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Love Soccer? Meet FERC's Team.



From left to right: [redacted] FERC employees not pictured: [redacted]

Did you know that FERC has recently formed a soccer team? The team, known as the FERC Football Club, currently consists of 15 members and would love to have more! The team plays in Metro Sports League's Coed League at Bundy Field in NW D.C. The first game of the season was on March 19 and the last regular season game is scheduled for May 14. Contact Angelo Mastrogiacomo at x8689 if you're interested in joining the team.

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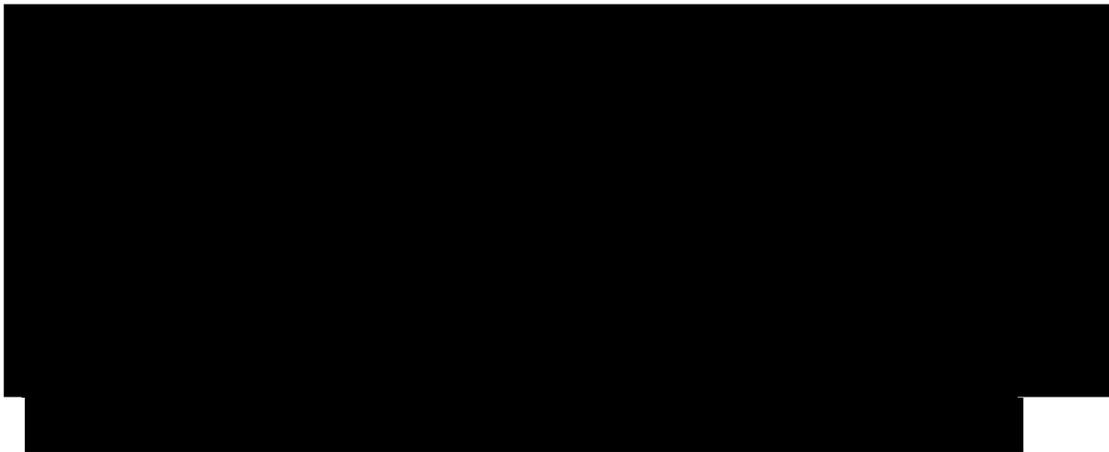
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OEA: Do you prefer Print or E-Reader?



"E-reader, because you can increase the print size, which at my age is at least as important as the story line." — [REDACTED]

"Book, because I like turning the pages and I can jot down notes in the margins." — [REDACTED]

"E-reader, because it's the best thing created. Using an e-reader is like having your own personal library." — [REDACTED]

"Book, because I'm addicted to bringing home stacks of books from local used bookstores." — [REDACTED]

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New Citrix is Now Available

When you log into the new Citrix at <http://ferc-ra.ferc.gov> for the first time you will be forced to change your PIN (Personal Identification Number) from the previous four digits to six digits. For instructions on the new Citrix click the following link to view an instructional video.

[Citrix Instructions](#) (Please click link to access demo)



FERC Windows7/Office 2010 Migration

We have now migrated approximately 1200 users to Windows 2007 / Microsoft Office 2010. The estimated completion date of the migration is the end of June 2013. This migration converts FERC employees from Microsoft Vista to Microsoft Windows 2007 and from MS Office 2003 to MS Office 2010.

*****Please Note***** Macros that you had previously created in Office 2003, will not be copied over during the conversion and you will be responsible for manually copying your own macros over to Office 2010.

Training for the following classes are taking place now and will continue through the end of July.

- o Windows 2007 Familiarization Overview / Microsoft Office 2010
- o Microsoft Word 10
- o Microsoft Excel 10
- o Microsoft PowerPoint 10

HSPD-12 PIV-Homeland Security Presidential Directive 12

All Federal agencies including FERC have been directed to utilize PIV cards. FERC is conducting this transition from May through September. This will require all FERC users to use their PIV badges to log into their computers and access FERC locations.

Training

Currently we offer the following courses listed below. All courses are onsite and require registration through the on-line calendar links below. You will receive a confirmation e-mail confirming your enrollment.

Redacted Pursuant to FOIA Exemption 6.

- o ATMS Read Only and Business Admin
- o ATMS / Virtual Agenda Overview Classes
- o Virtual Agenda Specialized Training (Upon Request)
- o Virtual Agenda Essentials
- o eTariff Overview
- o eTariff for Analyst (Upon Request)
- o Smart Board Overview
- o Publish Issuance Work Flow-PIW-II (Upon Request)
- o eFiling Submission Report Overview (Upon Request)
- o Infoview Reports Overview (Upon Request)
- o eLibrary Overview (Upon Request)
- o Windows 2007 / MS Office 2010 Overview (Ending in July)
- o Microsoft Word 10 (Ending in July)
- o Microsoft Excel 10 (Ending in July)
- o Microsoft PowerPoint 10 (Ending in July)

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If you have any questions, please contact IT Support Center at 202-502-8163.

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Chairman Wellinghoff spoke at the opening of the Mitsubishi Electric Power Products Plant in Memphis on Friday, April 19.

"The opening of this plant and the new high-voltage transformers that it will produce, help provide our nation with the capability to build the infrastructure that will improve the security, reliability and operation of the electric transmission grid," Chairman Wellinghoff said.

2013 Federal Employee Viewpoint Survey

Over the past 10 years, the Office of Personnel Management (OPM) has conducted the annual Federal Employee Viewpoint Survey (FEVS) a "powerful management tool that drives organizational change at both the agency and manager level." (Former OPM Director, [redacted])

Administration of the 2013 survey kicked off on April 30th and is available through June 7th. Last year, FERC employees' response rate was 53%, down from the 68% in 2011. Your feedback is valuable and we would like to see our response rate go back up in 2013.

OPM plans to distribute agency reports by September of this year. FERC will then incorporate employee feedback from the survey as it creates and revises strategies, policies, and services to ensure the organization has the human capital environment needed to help employees complete their job's duties and enable FERC to accomplish its mission.

The Best Places to Work in Federal Government Rankings is a list put together by the Partnership for Public Service based on the results of the FEVS. In 2012, when compared with other mid-sized agencies, FERC ranked 7th out of 22 agencies. If you would like to see the results from last year they are posted on the [FERCnet here](#).

Submitted by [redacted]

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DAILY NEWS CLIPS

Stay up to date on news that affects FERC!

OEA publishes the Daily News Clips each morning as a service to FERC employees, on FERCNet. The Daily News Clips is a collection of news articles from all over about the Commission's actions and about issues that are pertinent to the Commission.



How to: On the FERCNet page, look at the green "FERC in the Headlines" column on the right. There, below the headlines gleaned from the Web, you will find a link to that day's, and the previous days', news clips. With very rare exceptions, you will find the FERC Daily News Clips posted there before 10 a.m. each morning.

OEA also provides access to several news publications for all FERC employees. The Commission has site licenses for several publications so that all FERC employees may read them.

Publications



How to: On the FERCNet home page, scroll down to where it says "Publications" on the left. Click on the drop box where it says "Go to...". Up will come a listing of all publications that are available to everyone at FERC - everything from the California Current to the E&E publications to Platts, SNL, The Energy Daily, TransmissionHub, Electricity Policy and our newest addition, Smart Grid Today.

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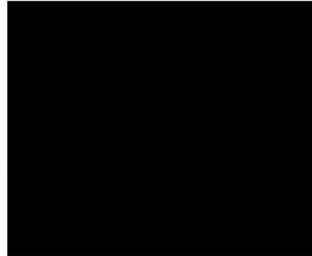
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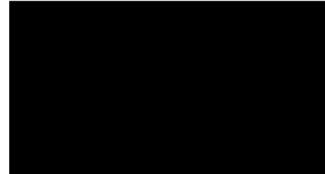
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You have several options to move around the Insider:

- 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.

You will see higher quality printed pages due to our new design. 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

The Insider at FERC (a.k.a FERC Insider) is the online newsletter by and for FERC's employees and is not intended for external sale or distribution. It is written and published monthly except in August and December under the auspices of the Office of External Affairs, [REDACTED] Director. All photos are the property of FERC and may not be reproduced without permission.

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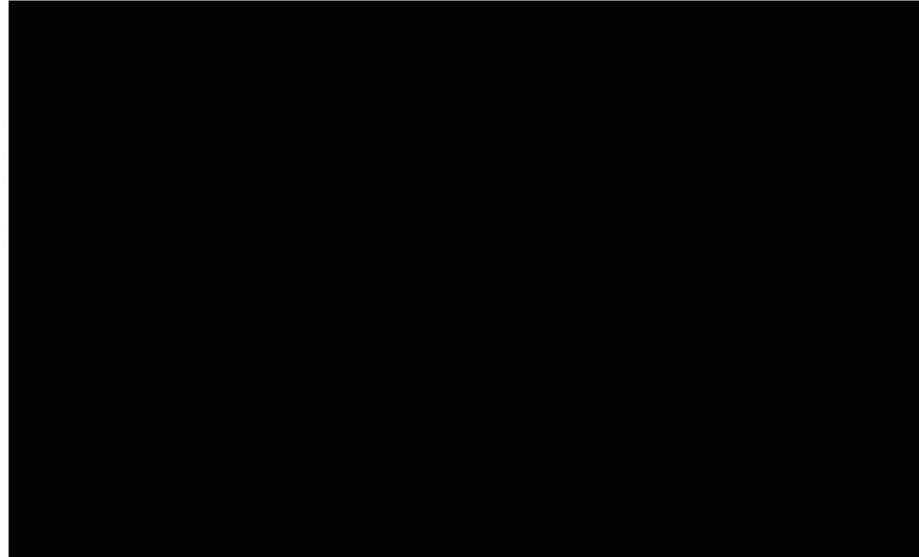
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2013 DC Dragon Boat Festival



██████████ (bottom row, second from left) and ██████████ (bottom row, center) with Team APEX.

For OE's ██████████, OEP's ██████████ and OE's ██████████, the annual Washington, D.C. Dragon Boat Festival is an opportunity to participate for fun in one of the fastest growing international sports — dragon boat racing. The Dragon Boat Race was first established in Hong Kong, the place of Camilla's birth, in 1976 and has become so international that there are many federations globally — not just in Asia, but in Europe and the Americas. Boats typically hold up to 20 paddlers, a pace setter and a steerer.

"I was able to enjoy Washington, D.C. from a different experience," comments ██████████ on her experience. "It was a quintessential D.C. moment."

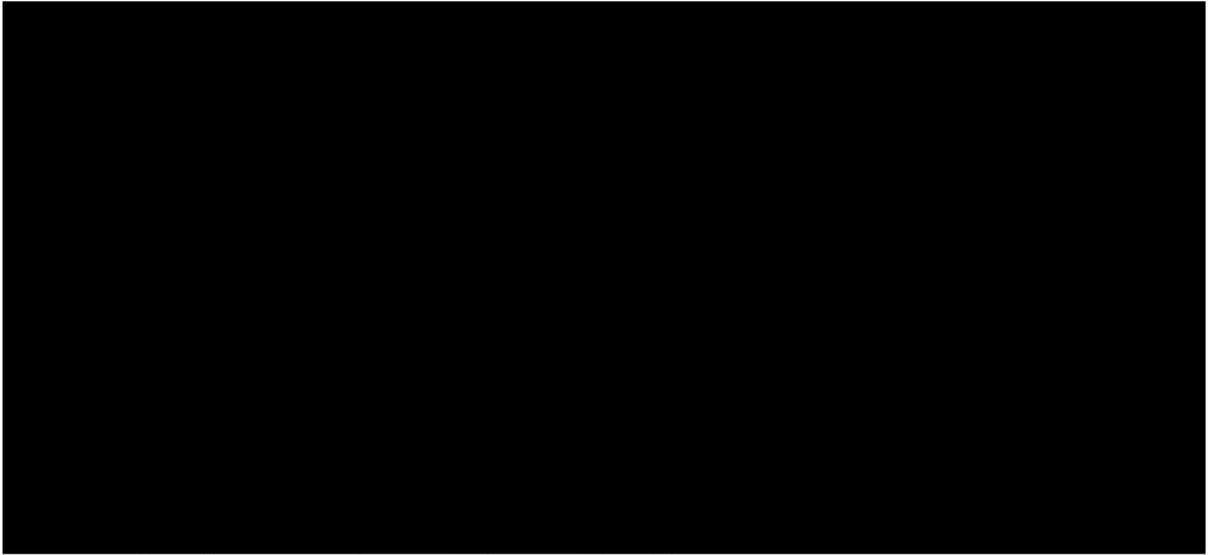
"The saying, 'we are in this together' has a very different meaning when you are physically in a boat together, as one," ██████████ says. "It is a Zen moment when the combined energy and determination of the team comes together, you feel your team's strength make the boat rise above the water and surge forward with each synchronized stroke. It is a heady exhilaration to be competitive with other teams. It is about the individual paddlers with a common goal to conquer the mental or physical challenges."

This year ██████████, who has participated in the event for eight years, served as the stroke of the team, or the pace setter.

The DC Dragon Boat Festival, which has been an annual event for the last 12 years, is sponsored by the Chinese Women's League, which has Taiwanese affiliation. Approximately 60 teams participate in the event each year.

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Redacted Pursuant to FOIA Exemption 6.



Photos this page courtesy of [redacted] and [redacted] pictured above.



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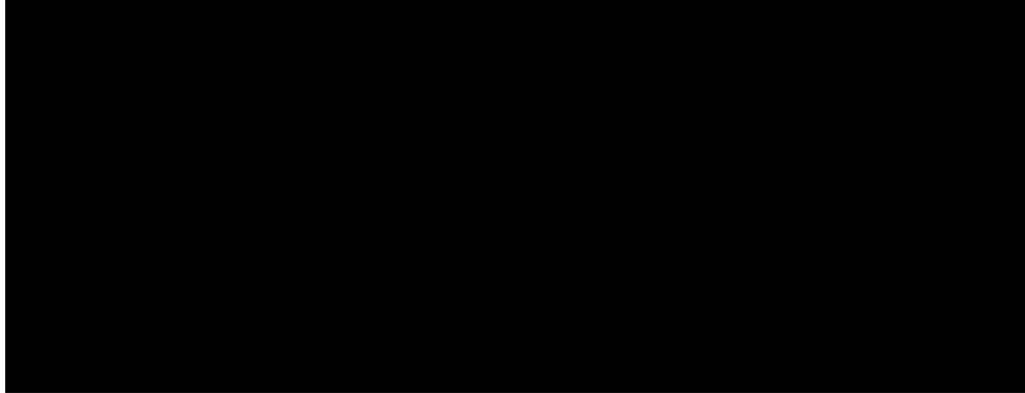
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Staff Presents 2012 State of the Markets Report



Presenters from OE included [redacted], [redacted], and [redacted]

The Office of Enforcement presented its 2012 State of the Markets Report at the Commission's May 16 Open Meeting. The State of the Markets Report is staff's annual opportunity to share its assessment on natural gas, electric, and other energy markets.

Access the report on FERC.gov: [FERC Staff Presents the 2012 State of the Markets PDF](#)



Presenters included OE's [redacted], OER's Eddy Lim, OER's [redacted], OE's [redacted], OE's [redacted] and OE's [redacted].

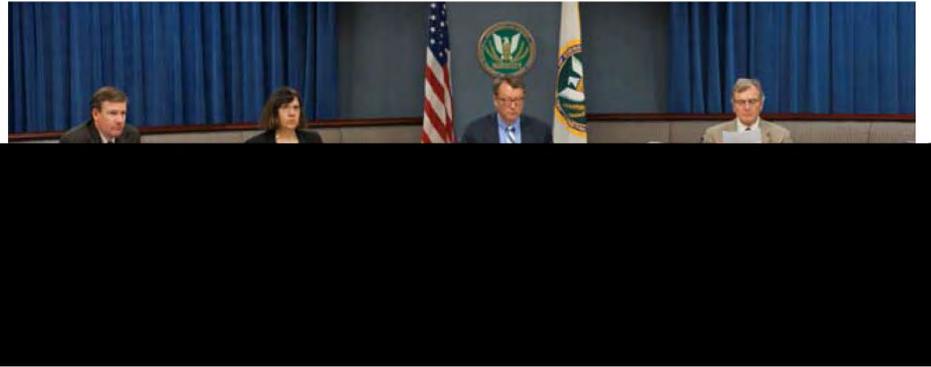
Staff also presented the Summer 2013 Energy Market and Reliability Assessment, a joint effort of the Office of Enforcement and the Office of Electric Reliability, to the Commission. The Summer Assessment is the staff's annual opportunity to share its assessment of the electric, natural gas and other energy markets as we head into the summer months.

Access the report on FERC.gov: [FERC Staff Presents the 2013 Summer Market and Reliability Assessment PDF](#)



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Redacted Pursuant to FOIA Exemption 6.



Pictured above are Commissioners Clark, LaFleur, Moeller and Norris. (Photo courtesy of [REDACTED] OEA)

RTOs and ISOs Discuss Natural Gas and Electric Coordination

Representatives from each regional transmission organization (RTO) and independent system operator (ISO) appeared before FERC at a special open meeting on May 16 to share information related to natural gas and electric coordination.

In a November 15 Order, the Commission directed each RTO and ISO to appear before the Commission on May 16, 2013, to share its experiences from the winter and spring and describe progress in refining existing practices to provide better coordination between the natural gas and electric industries and ensure adequate fuel supplies. The Commission also directed RTOs and ISOs to address any natural gas transportation concerns that emerged during the winter heating season and identify any fuel-related generator outages during the winter and spring.

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Chairman Awards Senior Staff

Chairman Wellinghoff presented awards to senior staff at the Commission's May open meeting to thank them for their outstanding work and dedication to public service.



Director of OEPI, is presented with the Chairman's Executive Leadership Medal



Director of OER, is presented with the Chairman's Executive Leadership Medal



Director of OEIS, is presented with the Chairman's Executive Leadership Medal



Director of OE, is presented with the Chairman's Medal

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From left to right are: [REDACTED]; [REDACTED]

Asian-Pacific American Heritage Month

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. FERC held its annual observance of this important month on May 14 in the Commission Meeting Room.

[REDACTED] was the keynote speaker for the event. [REDACTED] is Director of the Asian American Studies Program at the University of Maryland, College Park.

Diversity is the hallmark of the Asian American community," [REDACTED] told the audience.

"Building Leadership: Embracing Cultural Values and Inclusion" was the theme of this year's Asian-Pacific American Heritage Month. FERC's Executive Director [REDACTED] noted that "with a diverse workplace, we can accomplish our goals here at FERC."

[REDACTED] FERC's Chief Human Capital Officer, welcomed FERC employees to the event and [REDACTED] Chief Information Officer, introduced [REDACTED]

Closing remarks were provided by [REDACTED] Chief Financial Officer in OED.

The ED's office sponsored this year's event with coordination of the event provided by the EEO Advisor's office.

[Read more](#) on the Asian-Pacific American Heritage Month on thier website.

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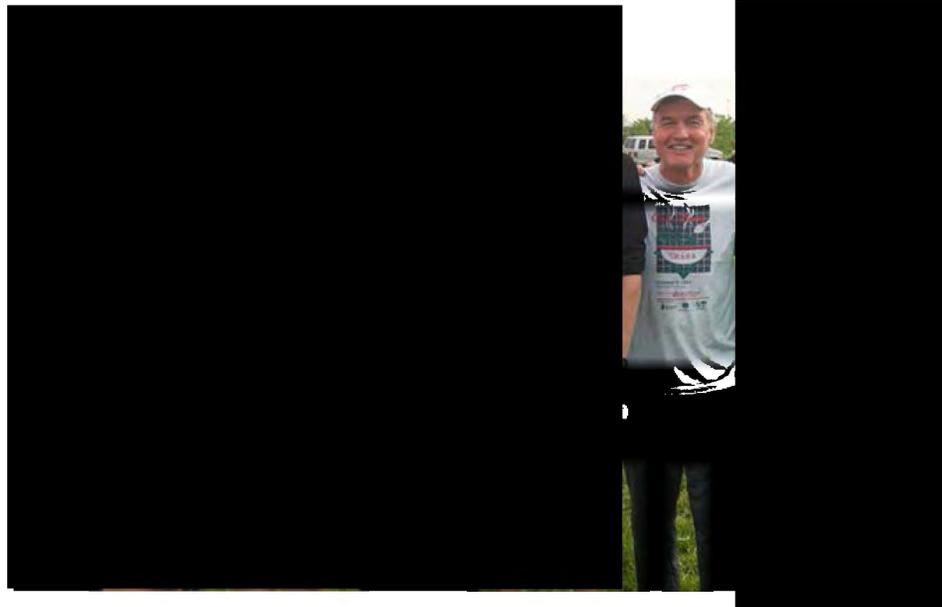
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2013 ACLI Capital Challenge



██████████ (American record holder for the half marathon and special guest), ██████████, Commissioner Norris and ██████████

Regulators on the Run was FERC's team in this year's ACLI Capital Challenge Race. Commissioner Norris, ██████████ were the members of this year's awesome team!

The FERC team finished an impressive 4th place, behind the Navy, the FBI, and the Coast Guard. In addition, three team members, ██████████ finished in the top 10 overall and ██████████ finished in the top 10 for the women. Commissioner Norris ran a great time to round out the group.

[Read more](#) on the ACLI Capital Challenge website.

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The logo for "FERC Insider" features the word "FERC" in a smaller, red, sans-serif font above the word "Insider" in a larger, bold, black, serif font. A small green leaf icon is positioned to the right of the "C" in "FERC".

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Working at Home: 7 Tips to Help You Work Smarter

According to a recent survey by Stanford University, more than 10 percent of U.S. employees now work at home on a regular basis. Here are some tips that can help you work smarter, instead of harder, from home.

(Note: The tips below are general ones and do not necessarily reflect FERC's telework policies.)

The logo for "Healthy LifeStyles" features the word "Healthy" in a red, serif font above the word "LifeStyles" in a larger, bold, black, serif font. A small red apple icon is positioned to the left of the "L" in "LifeStyles".

Set up a comfortable workspace/working environment. This should include everything you need to work efficiently and comfortably: a wellmade (and ergonomic) chair and desk, phone, computer, and adequate lighting (both natural and electric).

Keep a regular schedule. Just because you don't have to be at the office by a certain time doesn't mean you should work whenever you feel like it. Maximize productivity by establishing a routine and keeping a schedule. Try to start work at a set time every day, schedule recurring phone and video chats with your colleagues throughout the week, and allocate time to answer emails. Also, by establishing regular "office hours" and making family members aware of them, they are more likely to understand that you take that time frame seriously and should not be unnecessarily interrupted during those hours.

Take breaks. It's great to immerse yourself in your work. However, it's also important to take regular breaks. Taking breaks is a good way to keep your mind and body sharp, and to prevent burnout. Check your employee guidelines to determine the frequency of your breaks

Set daily goals. Make sure you have clearly defined goals and tasks every day. Make a list of your goals/tasks, prioritize them, and work on the most important ones first. Remember to cross them off your list as you complete them.

Triumph over procrastination. If you just can't seem to get started on a project, set a timer for 15 to 20 minutes and try to work on some aspect of the task for that period of time. You may find that getting started was the biggest issue. If this doesn't work, break the task into smaller components and take on each "mini-project" one at a time, until the entire project is complete.

Take it outside. If your work is portable, take it somewhere else. A coffee shop, library, restaurant, or quiet spot in a park are all good choices. Sometimes a change of scenery and the removal of home distractions are all you need to increase your productivity.

Exercise. Make sure that you find the time for physical activity every day. Walking, running, and riding a bike are all good ways to get outside and get moving. Regular physical activity is good for your health and productivity, and helps to break up your day. Working from home can be highly rewarding. Making some simple adjustments can help you be at your most effective and productive.

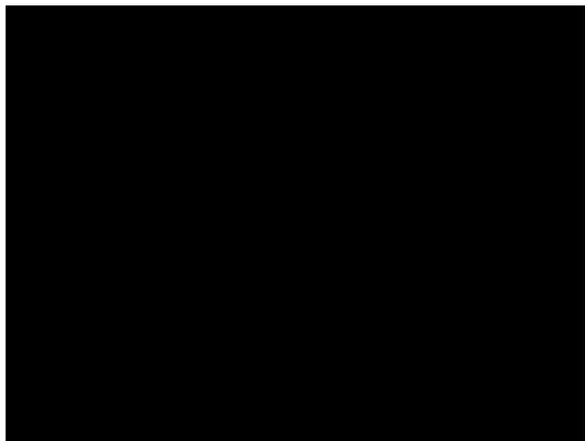
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Monterey Institute of International Studies

In his capacity as Career Services Director of Monterey Institute of International Studies (MIIS) in Monterey, CA, [REDACTED] came to the FERC recently to meet [REDACTED] DC Chapter President of the Middlebury College Alumni Association. MIIS is a Graduate School of Middlebury College. Mr. Hughes was in Washington to visit with MIIS alumni and prospective employers of MIIS graduates. He was pleased to be able to meet with MIIS alumni who work at the Commission.

Pictured in the front row, from left to right, are: [REDACTED], an Energy Industry Analyst in the OEMR and graduate of MIIS; [REDACTED], human resource specialist in OED; and Robert (Robby) Cheriton, an Energy Industry Analyst in OEMR and MIIS graduate.

In the back row, from left to right, are: [REDACTED], Director of Outreach and Employer Relations at Monterey Institute of International Studies, a Graduate School of Middlebury College; [REDACTED] from the OEPI and a graduate of MIIS; and [REDACTED] an attorney in the Energy Projects branch of OGC and President of the DC Chapter of the Middlebury College Alumni Association.



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OGC: What are you looking forward to most this summer?



"Going to Orioles games, if they continue to play well." • [Redacted]

"Hanging out with friends and family and a trip to Seattle." • [Redacted]

"My sister's wedding in Atlanta." • [Redacted]

"Disney cruise to the Mediterranean." • [Redacted]

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New email Application coming this Summer!

This summer will see the introduction of a new email application for FERC staff. The new application is Microsoft Exchange Online based email solution. It will replace the google mail application we have been using for the past year.



This solution will provide FERC a Web-based integrated interface to:

- o Email
- o Calendar
- o Contacts
- o Unlimited Archiving of Email

This will mean a transition from our current platform to the Microsoft platform. The OED staff will work with the program offices to transition mail, contacts, calendar and documents from the Google Apps platform to the Microsoft Exchange Online platform. We will provide support and training on this platform for all of our user base and ensure that everyone in the Commission will have full functionality.

The benefits to moving are that the Microsoft platform enables a look-and-feel that should be very familiar to users of Outlook at the Commission. It will also help FERC continue to get the high-availability value of being on a cloud-based system. In the near future, we expect to take advantage of many of their other applications, such as Office and SharePoint, on the cloud as well.



[Read more tips](#) about using Microsoft Outlook, Citrix, FERC's transition to PIV cards and FERC's migration to Windows7/Office.

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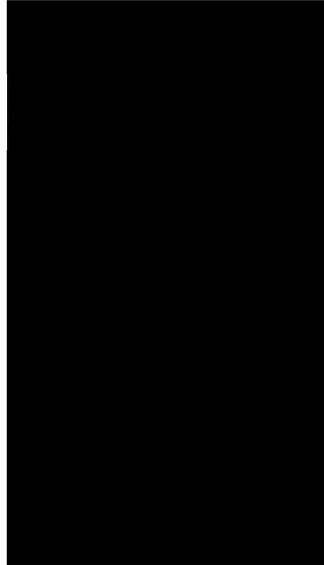
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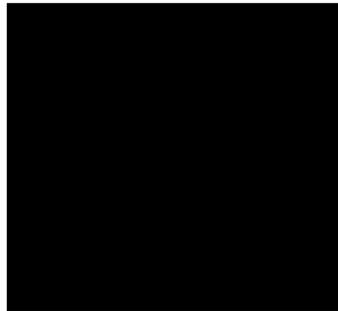
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Arrivals: May 4 – June 10



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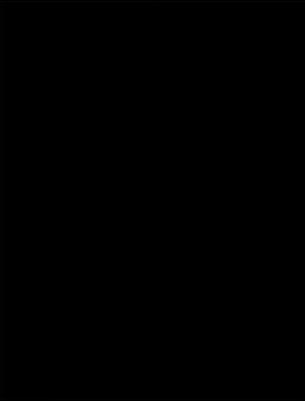
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President Obama nominates [REDACTED] to be FERC Commissioner

On June 27 President Obama announced his intent to nominate [REDACTED] as a Commissioner, Federal Energy Regulatory Commission, and upon appointment to be designated Chair.

[REDACTED] is the Principal for Public Policy Consulting, a position he has held since 2011. He is also a Senior Policy Advisor with the Center for the New Energy Economy. Previously, [REDACTED] served as Chairman of the Colorado Public Utilities Commission from 2007 to 2011. From 1995 to 2006, he was President of Public Policy Consulting, and from 1996 to 2003, he was President and Policy Director of the Competition Policy Institute. [REDACTED] served as the Director of the Colorado Office of Consumer Counsel from 1984 to 1995. He received a B.A. from St. Louis University and an M.A. from the University of Colorado.



[REDACTED]

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Gas-Electric Coordination Quarterly Update



Presenters included: OEP's [redacted] OER's [redacted]; OE's [redacted]; and OEMR's [redacted].

At the Commission's June 20 Open Meeting, FERC staff presented the Gas-Electric Coordination Quarterly Update for March 2012-June 2013. The presentation highlighted national and regional efforts on natural gas and electric coordination and included an overview of recent Commission activities | [Presentation](#)

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Commissioner Moeller Testifies on the Hill



Commissioner Moeller, accompanied by [REDACTED], at a July 9 h

FERC Commissioner Philip Moeller, accompanied by OEP Director [REDACTED], testified on July 9 before the U.S. House of Representatives Committee on Energy and Power, Subcommittee on Energy and Power on the "Natural Gas Pipeline Permitting Reform Act."

View Commissioner Moeller's [testimony](#) on FERC.gov.

In addition, OEP Director [REDACTED] testified before the same subcommittee on June 18 to discuss U.S. Energy Abundance: Regulatory, Market and Legal Barriers to Export. [View Testimony](#)

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Commissioner LaFleur Accepts Award



Representative [REDACTED] Commissioner Cheryl LaFleur and Representative [REDACTED].

Commissioner Cheryl LaFleur was presented with the Bipartisan Congressional Award by U.S. Representatives [REDACTED] (D-NY) and [REDACTED] (R-AZ) on June 20. The award recognized Commissioner LaFleur's outstanding service as a Commissioner of the Federal Energy Regulatory Commission and her leadership in addressing emerging hazards to protect the continuity of a safe, reliable and efficient energy infrastructure.

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Years of Service Awards Presented

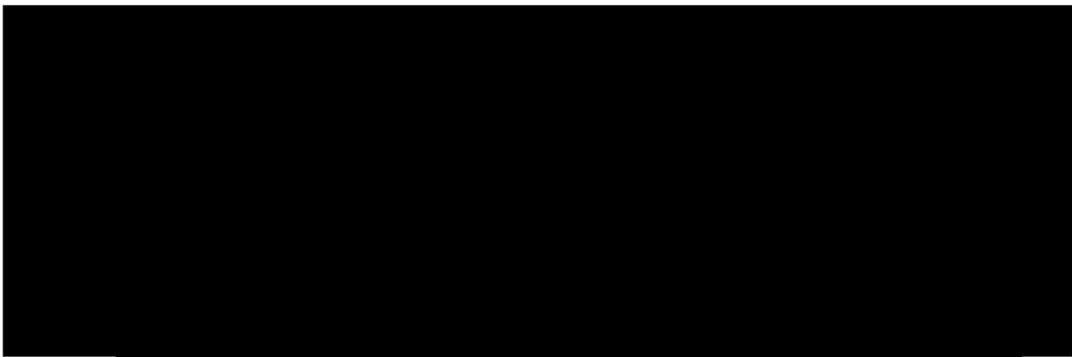
Executive Director [REDACTED] presented Years of Service awards to 35 Commission employees for their dedication to public service.



40 Years of [REDACTED]
(OE). Not pictured is [REDACTED]



35 Years of Service: [REDACTED]
[REDACTED] (OED). Not pictured are: [REDACTED]



30 Years of Service: [REDACTED]
[REDACTED] ot pictured are: [REDACTED].

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25 Years of Service:



Not pictured:



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Atlanta Office Outreach

OEP's [REDACTED] recently visited Cross Keys High School in DeKalb County, Georgia, northeast of Atlanta to assist students with assembling a hydroelectric project for a statewide competition. [REDACTED], an civil engineer in the Commission's Atlanta Regional Office, says this experience is part of his office's effort to reach out to the community.



[REDACTED] with students from Cross Keys High School.

In addition to [REDACTED] visit to Cross Keys High School, he has also visited a local elementary school, Sope Creek Elementary, during career day several times over the past few years to talk about engineering and hydropower.

[REDACTED] worked with students [REDACTED] and [REDACTED] h on a rainwater recycling system. Their plan was to collect rainwater using the house gutters and filling an underground reservoir. The water from the reservoir could be used to supply a landscape pond and the landscape sprinkler system. They also wanted to double-recycle the sprinkler water by capturing it after it passed the plant roots. [REDACTED] gave them a tips on how to simplify the system.

[REDACTED] also advised [REDACTED] l and [REDACTED], who were working on the hydroelectric project. They were focusing on building a hydroelectric generator that will light up a small LED light. He gave them some tips on cleaning up their system to reduce friction and head loss.

[REDACTED] said he enjoyed the experience and plans to follow up with the students.

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Dealing with Grief in the Workplace

When one of your coworkers is coping with the pain of a personal loss, it can be hard to know how to help or what to say.

Healthy
LifeStyles



Someone you work with may be trying to cope with the recent death of a loved one or some other loss, including:

- o Loss of a child through a miscarriage
- o News of a bad diagnosis for themselves or a loved on
- o Loss of a companion pet
- o Loss of a relationship (a break up, separation or divorce)
- o A child moving away from the family home (empty-nest syndrome)

Redacted Pursuant to FOIA Exemption 6.

Such grief can be so emotionally draining that your colleague may not be himself or herself for to
weeks—even months.

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While keeping a professional distance and allowing others to have their privacy may be considered typical “office etiquette,” it can also add to the isolation some people are already experiencing during this time of loss. It’s important to be patient with people in such situations. But there are ways you can constructively approach them during their time of sorrow.

Acknowledge Your Coworker’s Grief

If you choose, you can acknowledge your coworker’s loss in a quiet and considerate way, by taking a moment when the other person is alone and has time to speak. Sometimes all it takes is a sentence or two and a bit of silent recognition.

Connect in a Meaningful Way

Please don’t feel like you have to say “the right thing” or try to make things better. It’s often better to let the other person talk and share his or her feelings, if he would like to.

It can be helpful to express simple and meaningful sentiments like:

“My thoughts are with you (and your family) during this difficult time.”
“I’m so sorry for your loss.”
“I hope you’re okay. How can I help?”

Or, if you’re unable to connect face-to-face, you can deliver a sympathy card to your coworker.

These small gestures can be heartfelt and may bring some comfort.

Give People Time to Recover

Individuals can express their grief in different ways. Some people may be noticeably sad, while others may seem fine outwardly while internalizing their grief. Always give people time and space to deal with their loss as they see best.

Meanwhile, if you ever experience grief that becomes overwhelming, help is available all day, all week, all year. 1-800-222-0364, TTY: 1-888-262-7848. You can also call 202-502-8118 to schedule an appointment with the FERC EAP Consultant.

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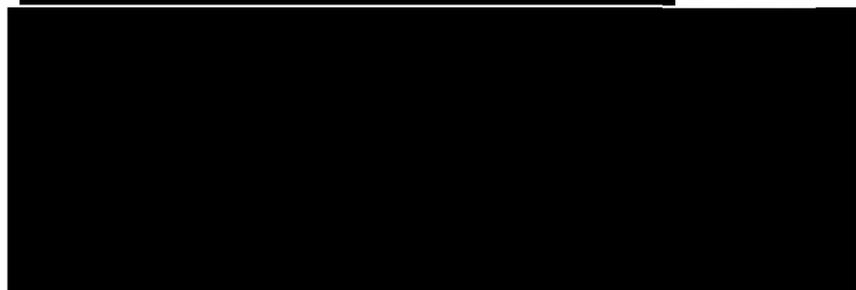
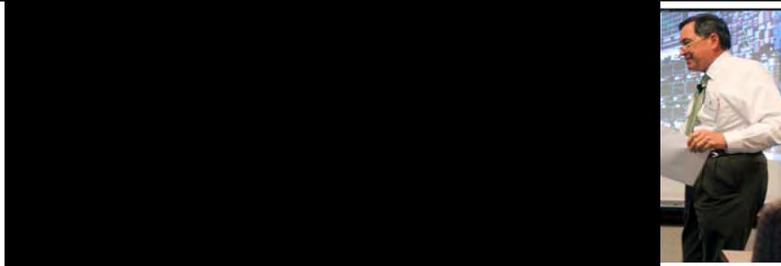
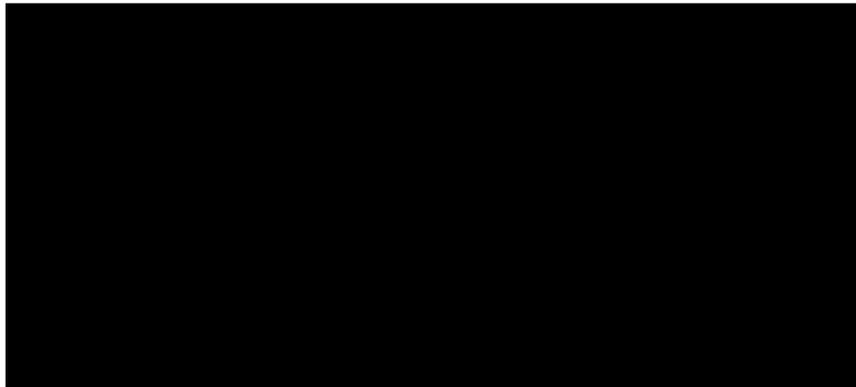
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FERC 101

On June 28, FERC hosted a briefing at its 888 headquarters for congressional staff. The briefing covered topics such as natural gas and hydropower facilities, transmission, electric reliability, cyber security, demand response, and energy storage and market manipulation. Attendees toured the Market Monitoring Center and the Reliability Monitoring Center.



Chairman Wellinghoff and Commissioners Moeller, Norris, LaFleur and Clark met with participants to discuss various areas of FERC jurisdiction. Chairman Wellinghoff provided a presentation on "A Day in the Life of the Grid." Commissioner Norris discussed infrastructure development, Commissioner LaFleur talked about reliability, Commissioner Moeller focused on Gas-Electric coordination issues and Commissioner Clark provided insight on the state/federal regulatory relationship.



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FERC, China's NEA Sign MOU



(L) Chairman Wellinghoff and Vice Administrator [REDACTED] of NEA.
 (R) Chairman Wellinghoff and [REDACTED], Deputy Director, Department of International Cooperation, NEA.

Chairman Wellinghoff attended the U.S./China Strategic and Economic Dialogue in Washington, D.C. The Chairman was a principal at the event, which was presided over by Secretary of State Kerry and Treasury Secretary Lew. The Chairman signed a second MOU with China's National Energy Administration at the event, and discussed possible activities with China over the next year.



Photos by [REDACTED]

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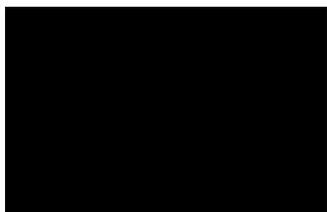
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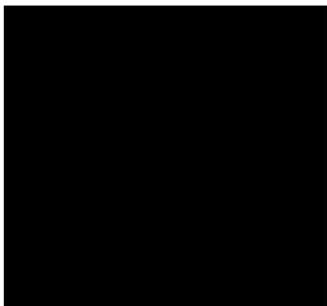
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Arrivals: June 11-July 9



Departures: June 11-July 9



Three members of our FERC community recently passed away –

[REDACTED]

[REDACTED] a former secretary within OGC, passed away May 1, 2013. She began her FERC career in June 1983 as a secretary within OGC after serving 11 years in federal civil service. While at FERC, [REDACTED] was later promoted to serve as an OGC legal clerk for three years until she was promoted again in February 1987 to serve as a secretary within OGC. She resigned from FERC in March 1989 to pursue a career in the private sector.

Survivors include her husband, [REDACTED] and Cooper and three children, [REDACTED] and [REDACTED]

[REDACTED] a former chemical engineer within OEP, died June 13, 2013. Bob retired from FERC in September 2004 after more than 35 years in federal service. As an OEP branch chief, Bob analyzed the environmental impacts of natural gas infrastructure proposals.

Survivors include [REDACTED] wife of 40 years, [REDACTED], and two children, [REDACTED]. In lieu of flowers, memorial contributions may be made to Montgomery Hospice Society, 1355 Piccard Drive, Suite 100, Rockville, MD 20850.

While not technically an FERC employee, beloved snack bar proprietor [REDACTED] known affectionately to FERC headquarters employees as [REDACTED] was considered an integral part of the FERC Family as he served coffee, snacks, free advice and a willing smile to his customers. He retired January 2012 as manager of the Randolph Sheppard Snack Bar, located on the 3rd floor of FERC headquarters. He died on June 6, 2013.

Survivors include three sons, [REDACTED] and [REDACTED] wife, the former [REDACTED] preceded him in death.

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

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Eric Kennedy: A Truly Devoted Fan



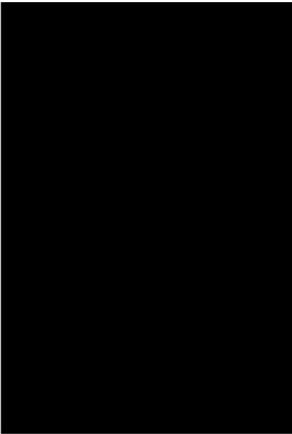
Wembley Stadium (in London) on match day. All Images courtesy of [REDACTED]

For Portland Regional Office's [REDACTED] traveling 5,000 miles to London in 26 hours to see his first live Wigan Athletic football game was worth every minute.

"It was an incredible experience, an adrenaline rush like no other from start to finish, and completely different from seeing an MLS match here in the states," says [REDACTED]

Wigan Athletic Football Club is an English professional football club based in Wigan, Greater Manchester, England, who compete in the Football League Championship, the second tier of English football.

[REDACTED] original plan was to see Wigan play at home (in Wigan) in their final regular season match. But when he realized they were going to the Football Association (FA) Cup Final at Wembley Stadium in London, he changed his schedule so he could see both matches.



[REDACTED] of the D2S1 Portland Regional Office made the Wigan Evening Post for travelling to London to see his favorite Wigan team play football.



[REDACTED] in the Portland Airport traveling in the match day clothes and scarf.

[REDACTED] at the DW Stadium (in Wigan) before the last match of the season, May 19. The jersey in the photo is now retired due to the many players' signatures on it!

[REDACTED] fascination and loyalty to the team came about in an unusual way. He played on a FIFA Playstation game in college at the University of Virginia, and was instantly hooked. That led to watching the team on TV and following them for the past eight seasons. [REDACTED] had planned previous trips to England to see the team but his plans always fell through. This time, he secured tickets to the match by contacting the club directly. As a token of his appreciation to those who helped him get tickets, he brought them scarves from the local Portland soccer team, the Portland Timbers.

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[REDACTED] was lucky enough to secure a media pass for the FA Cup Parade through the Wigan town centre after doing interviews on BBC Radio Manchester, BBC Radio 5 Live and on the main BBC FERCNet sports channel.

Originally from Manassas, VA, Eric began working in the Portland Regional Office as a civil engineer in 2011. He is a graduate of UVA.

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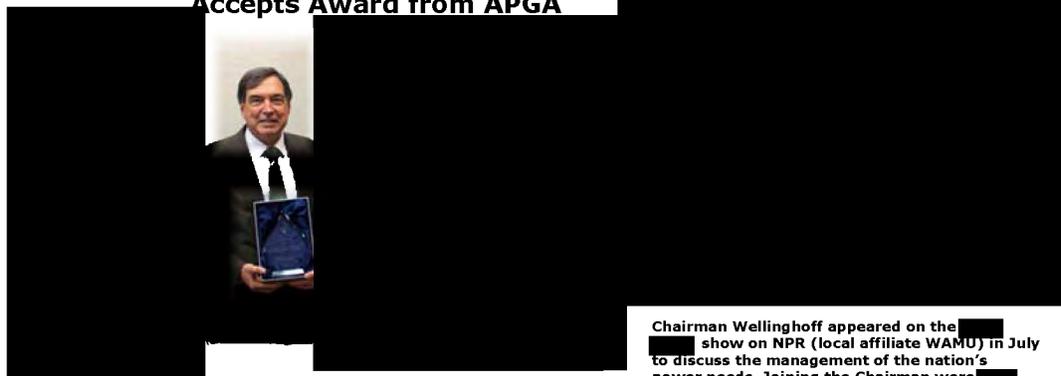
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Accepts Award from APGA



Left to right: [redacted], APGA's President & CEO; Chairman Wellinghoff, [redacted], Director, Utilities for Rocky Mount, NC; and [redacted], Executive Vice President, American Public Gas Association

Chairman Wellinghoff accepted an award from the American Public Gas Association (APGA) for his commendable work on behalf of natural gas consumers. The APGA acknowledged the Chairman's efforts to implement reforms to address pipeline over-collections, improve market transparency, and strengthen the energy infrastructure in the U.S. In particular, APGA thanked the Chairman for his work on Section 5 investigations and his strong support of market protection by addressing market manipulation and other market abuses.

Chairman Wellinghoff appeared on the [redacted] show on NPR (local affiliate WAMU) in July to discuss the management of the nation's power needs. Joining the Chairman were [redacted] of National Journal Magazine and [redacted] President and CEO of the Electric Power Supply Association.

["Managing The Nation's Electricity Needs"](#)
Chairman Wellinghoff on the Diane Rehm Show

 [NPR Transcript](#) PDF

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FERC, JP Morgan Unit Agree to \$410 Million in Penalties, Disgorgement to Ratepayers

The Commission approved a stipulation and consent agreement under which JP Morgan Ventures Energy Corporation (JPMVEC) will pay \$410 million in penalties and disgorgement to ratepayers for allegations of market manipulation stemming from the company's bidding activities in electricity markets in California and the Midwest from September 2010 through November 2012.

Under the agreement, JPMVEC will pay a civil penalty of \$285 million to the U.S. Treasury and disgorge \$125 million in unjust profits. The first \$124 million of the disgorged profits will go to ratepayers in the California Independent System Operator (California ISO), which operates the California electricity market. The other \$1 million will go to ratepayers in the Midcontinent Independent System Operator (MISO).

JPMVEC admits the facts set forth in the agreement, but neither admits nor denies the violations. The company did, however, agree to waive claims for additional payments from the California ISO relating to two of the strategies under investigation. JPMVEC also will conduct a comprehensive assessment by outside counsel of its policies and practices in the power business.

The case stems from multiple referrals to FERC from the California ISO and MISO market monitors in 2011 and 2012 regarding JPMVEC's bidding practices. These practices were the subject of four emergency tariff filings by the California ISO and MISO, each of which was approved by the Commission.

FERC investigators determined that JPMVEC engaged in 12 manipulative bidding strategies designed to make profits from power plants that were usually out of the money in the marketplace. In each of them, the company made bids designed to create artificial conditions that forced the ISOs to pay JPMVEC outside the market at premium rates.

FERC investigators further determined that JPMVEC knew that the California ISO and MISO received no benefit from making inflated payments to the company, thereby defrauding the ISOs by obtaining payments for benefits that the company did not deliver beyond the routine provision of energy. FERC investigators also determined that JPMVEC's bids displaced other generation and altered day ahead and real-time prices from the prices that would have resulted had the company not submitted the bids.

Under the Energy Policy Act of 2005, Congress directed FERC to detect, prevent and appropriately sanction the gaming of energy markets. Consistent with that direction, the Commission approved the settlement as in the public interest.

[Stipulation and Consent Agreement](#) PDF

July 30, 2013 - Chairman Wellinghoff's interview on Bloomberg TV's Street Smart with [REDACTED] and [REDACTED] [Video](#)



July 30, 2013 - Chairman Wellinghoff's interview on CNBC Business News with reporter [REDACTED] [Video](#)



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FERC's Softball Team, Fercules, Has Successful Season



Back Row (L to R):



of Fercules

Photo courtesy

This summer the FERC Softball team, Fercules, incurred a fair bit of shakeups to the lineup. With a hole in our cleanup hitter spot due to a move out West, the team was forced to rely on some new faces and new equipment. A number of rookies turned out to be integral in maintaining Fercules' presence in the post-season.

Fercules fell to the Koch Foundation in the first round of the playoffs on August 27. Fercules is set to scrimmage the Australian Embassy on Tuesday, September 17. For more information about upcoming games or to get in on the action for next year, contact one of the Captains:



You also can add your name to the FERC Softball listserv. E-mail IT Support and request to be added.

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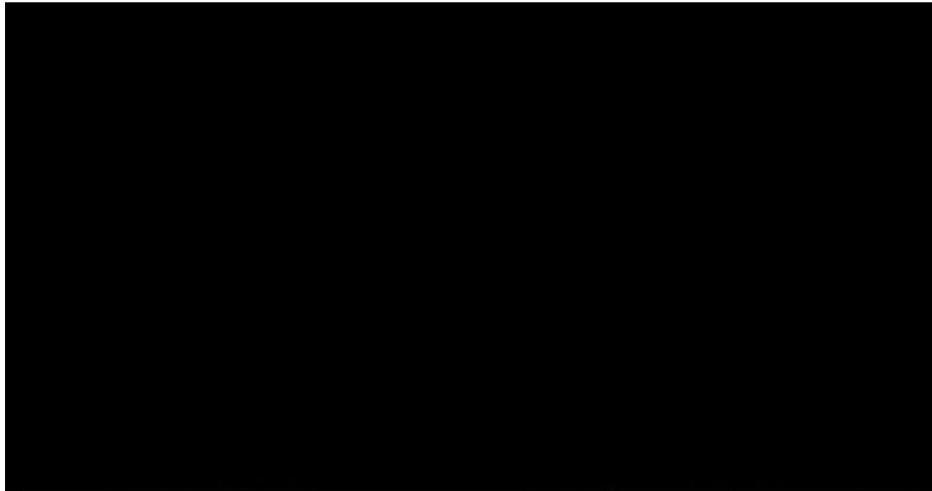
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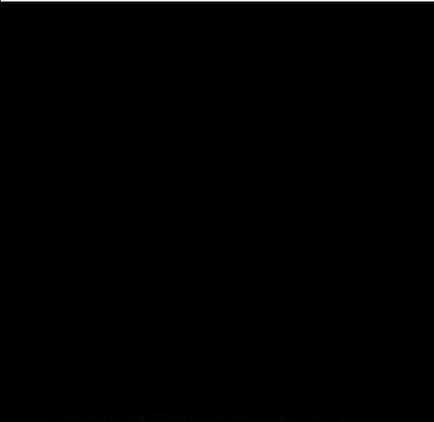
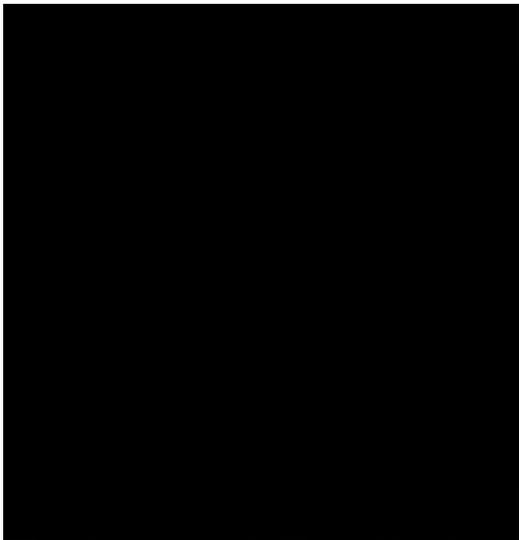


Attorney Advisor/
Law Clerk, OALJDR

“Every time I go on vacation,
I get a shot glass from the places I visit.”



Attorney Advisor/Law Clerk, OALJDR



“I don't collect anything,
I get rid of things.”



Attorney Advisor/Law Clerk, OALJDR

“I collect polished glass, select polished
stones and sea shells
that I find while beachcombing.”



Director of Dispute Resolution Division, OALJDR

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OEMR Staff Takes a Field Trip to the Colonial Pipeline Dorsey Junction Facility



From left to right in front row: [REDACTED]

In the back row: [REDACTED]

Twenty-four OEMR staff toured the Colonial Pipeline Dorsey Junction Facility in Maryland August 8, 2013, to learn about the processes and complexities of fuels transportation and distribution on a refined products system.

At Dorsey Junction, petroleum products scheduled for delivery to terminals in the Baltimore area exit Colonial's incoming 32-inch mainline, which originates at Greensboro, N.C. The products scheduled for local delivery are placed for a short time in a breakout tank at Dorsey and then pumped into local lateral lines to shipper terminals. A dedicated line also delivers jet fuel to the Baltimore Washington International Airport. Products destined for delivery north of Baltimore pass through Dorsey into a 30-inch mainline that terminates at Linden, New Jersey.

Colonial Pipeline representatives presented an overview of the system, details on system integrity and safety, and how Dorsey Junction serves the surrounding DC metro area. Staff toured the tank farm, manifold yard and Kinder Morgan-owned transmix facility on-site. A highlight of the tour was looking inside a tank!

The trip was coordinated by the OEMR Training Council, established in February 2013 to address OEMR's specific ongoing needs with respect to staff development.

Story and photo submitted by [REDACTED], OEMR

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FERC Fitness Center Mud Run



The FERC Fitness center got Down'N'Dirty in July at the Merrill Down and Dirty Mud Run. The mud run features a variety of obstacles including mud pits, climbing walls and hurdles. FERC's Ellen St.Onge came in first in her age group, and the rest of those participating had a great time. FERC's team included:



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ADDING ANTIOXIDANTS TO YOUR DIET

Most of the recent research supports getting your antioxidants from your daily diet—through fruits, vegetables, and plant oils—rather than from supplements.



As we learn more and more about the science of food and nutrition, there seems to be a growing emphasis on antioxidants. This interest in antioxidants is even being used as a way to sell certain foods—everything from soft drinks to candies have antioxidants added to them in an attempt to make them appear healthier.

"Antioxidant" is a broad term used to describe substances that can help protect the body from oxidative stress. "Oxidation" is what scientists call the process of removing electrons from an atom or molecule.

Just as oxidation causes iron to rust, oxidation in our bodies can damage cells. This damage has been linked to diseases like cancer, diabetes, and heart disease, as well as some diseases of the eyes and nervous system.

What Researchers Are Saying

While it's agreed that antioxidants are generally good for you, most scientific studies have not shown that taking antioxidant supplements carries the same benefits as getting antioxidants directly from the food that you eat. In fact, some studies have shown a connection between taking supplements and some negative health consequences.

The evidence from scientific studies has shown two main things:

- People who report eating foods that naturally contain a lot of antioxidants, like fruits and vegetables, appear to lower their risk for a number of diseases and early death.
- People who are given antioxidants in the form of supplements do not always benefit from them, and sometimes taking the supplements causes unwanted side effects.

Adding Antioxidants to Your Day

The first step is to make sure you have a colorful diet of fruits and vegetables. Each vegetable has different advantages, as far as antioxidants go, so make sure you get a variety of different colors throughout your day.

- Start your day with a piece of fruit or make a colorful fruit salad – Replace your daily snack with a piece of fruit or vegetable sticks
- Have unsweetened green or black tea instead of soda for your beverage
- Make a salad using as many different colored vegetables as you can – Include fresh herbs with your meals

Remember to keep your calorie count and fat intake at a healthy level for your current weight management program. The good news is that, besides being a good source for antioxidants, many fruits and vegetables are naturally lower in calories than other food choices.

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Password Tips

FERC Password Protection To log onto the FERC network using a Government Furnished Equipment(GFE) laptop, there will be two areas in which you will need to enter passwords. The first password you enter is your SafeBoot password. SafeBoot provides the encryption of your laptop and ensures if the laptop is lost or stolen, the data saved on the hard drive will not be accessible. The second password is your Domain Login and allows your laptop connection to the FERC network. Your SafeBoot password is **not linked** with your Domain Login password, so if you change one password it **will not** change the other password. Below are instructions on how to change passwords in each environment.

SafeBoot Password Your SafeBoot password allows you to log onto you workstation. **Your SafeBoot password is a password you set and never expires.** You can change your SafeBoot password by performing the following instructions.

1. Restart your computer to access the SafeBoot screen.
2. Select the change password check box.
3. Enter your current password and click OK. The change password screen displays as shown below.
4. Enter the new SafeBoot password in the new password and confirm password box.
5. Click Ok.
6. The confirmation box below displays as shown below.



Domain Login Domain Login allows your workstation to gain access to FERC network, applications, file and print resources. Your Domain password is a password you set and expires every 60 days. You will be prompted to change your password when it expires. You can change your Domain password by performing the following instructions.

1. Select CTR-ALT-Del on your keyboard. The following screen displays.
2. Click the Change Password menu. The following screen displays.
3. Enter your current password.
4. Enter your new password in the New password and Confirm password fields.
5. Click the blue arrow on the right.
6. You will receive the message below on your screen. Your password is changed!



If you have any questions you may contact the IT Support Center at 202-502-8163.

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September 2013 is National Preparedness Month (NPM).



On Tuesday, September 10, the Department of Homeland Security and other agencies will visit the Federal Energy Regulatory Commission Headquarters Facility to share information and useful tips on emergency preparedness. The FERC Security and Safety Division will also be on hand to provide some tools and resources to help you into action and develop a plan. The booths will be set up from 9 am to 1 pm in the FERC lobby. Bring your family's preparedness plan, or update your FERC Alert at the event and receive a free FERC drawstring bag while supplies last.

Please visit the links below for a preview of the Ready.Gov campaign and what information we can expect from their visit on 9/10/13.

[Family Emergency Plan](#) PDF

[Ready.gov](#)

[Emergency Preparedness Kit](#)

[Preparedness Video](#)

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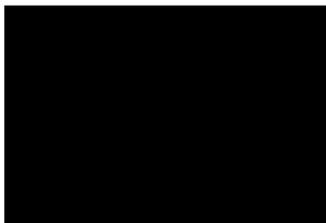
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Arrivals: July 10-August 12



Departures: July 10-August 12



A member of our FERC community recently passed away

_____ formerly a management analyst with OED, died July 30.

_____ retired from FERC in January 2004 after more than 32 years of federal service. At FERC, _____ worked in the IT Operations Division within OED.

The FERC Family extends its condolences to _____ family and friends.

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2013 COMBINED FEDERAL CAMPAIGN Kick Off Event Oct. 9

WE BUILD ON A PROUD TRADITION "MAKE IT POSSIBLE"

The 2013 Combined Federal Campaign (CFC) is about to begin. FERC will hold its kickoff event at 10 a.m. Wednesday, Oct. 9 in the Commission Meeting Room. The Gonzaga Eye Street Boys will be the featured guests.

CFC supports the more than 4,400 worthy causes included in the Catalogue of Caring. "Make It Possible" is the new tagline for the 2013 CFC of the National Capital Area (NCA).

For the last 52 years federal workers have shown an extraordinarily high level of generosity. We reach out to help those less fortunate than ourselves. Our pledges support many worthy causes: some close to home in the DC metropolitan area, others across our beloved country, and some around the world.

President John F. Kennedy signed an Executive Order in 1961 that configured the Combined Federal Campaign as we know it today. Since 1961 CFC has raised more than \$7 billion. There are more than 300 separate CFC campaigns around the country. CFCNCA is the largest individual campaign. CFCNCA raises the most money of all the constituent CFCs. Last year alone federal employees in the National Capital Area pledged more than \$60,000,000.

[Redacted] Campaign Logistics Coordinator and a CFC worker at FERC for more than 30 years, and **[Redacted]** work on scheduling for this year's campaign.

FERC ANNUALLY EARNS MULTIPLE AWARDS

For many years FERC has been a premier account of the Combined Federal Campaign in the National Capital Area. Our percentage participation is better than twice the rates of our peers. The average size of our pledges is greater than most other departments and agencies often many times larger in size than FERC.

Our numbers of Eagle and Double Eagle pledges are often triple the national average. Eagle donors pledge 1 percent of their salaries. Double eagle donors pledge 2 percent of their salaries.

[Redacted] who has worked on the CFC team at FERC for many years, serves as the Audio Visual coordinator for the many CFC events. Photo taken by **[Redacted]**

Every year FERC generosity earns multiple awards. Some are agency-wide like the Summit Award given to those agencies and departments who increase their dollars raised by at least 3 percent. Other awards are awarded at the office level, like the Presidential Citation for high office participation or high average pledges. Finally, in each of the last three years FERC has earned the prestigious E-Giving trophy. That means we increased electronic pledges by at least 10 percent over the prior year.

FERC is a living legend at CFC Headquarters. Two members of the FERC community are featured in this year's promotional video to be shown government-wide. This is a signal honor. Check out and click on the 2013 Campaign Video at www.CFCNCA.org. Also, follow the links at Shared Stories for solo videos featuring two FERC stars.

In addition to appearing in the 2013 campaign video **[Redacted]**, of the Commission's Office of External Affairs, is featured with her service dog "Moxie" on a CFC poster to be distributed across the entire US Government in the National Capital Area. **[Redacted]** life was touched by and improved as a result of her attending a CFC event. **[Redacted]** story is proof positive that the CFC helps real people in a meaningful way.

WINNING TEAM RETURNS FOR 2013 CAMPAIGN

Nearly the entire 2012 CFC Campaign Committee has generously agreed to serve again. One team member left FERC for a position in another agency. Two new people joined us. Members of the 2013 CFC Campaign Committee include dedicated co-workers from across the agency: **[Redacted]**



Photo courtesy CFC

Redacted Pursuant to FOIA Exemption 6.

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██████████ the Commission's Executive Director, will serve as honorary campaign chair for the 2013 CFC. ██████████ a 35-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 an unprecedented 10th year in a row.

IF IT IS NOT BROKEN DO NOT FIX IT

We plan weekly events spotlighting a diverse and representative selection from the 4,400 charities contained in this year's Catalogue of Caring. As in past years, favorite charities will return, and we will see new causes presenting at the FERC. Suggestions are always warmly welcomed. A Charity Fair will serve as the Campaign Finale. OPM guidelines say the 2013 CFC ends December 15.

Commissioners and Office Directors will be offered the opportunity to deliver the weekly campaign status reports. They will introduce the guests and select the winners of the fabulous door prizes, including all-you-can-eat free lunches. Many of the prizes will surely be worth big bucks on the Antiques Road Show Program in 30 or 40 years. Remember, *you must be present to win.*



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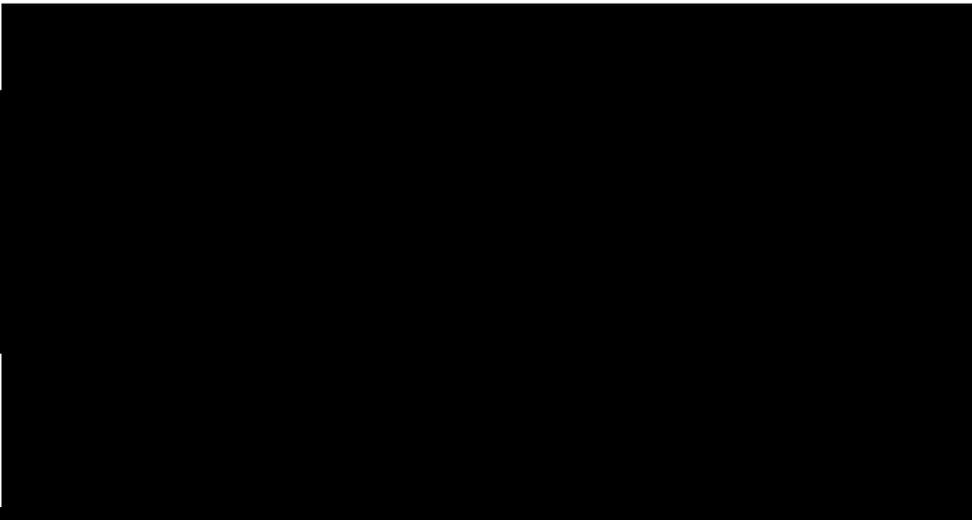
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Meet FERC's 2013 CFC Loaned Executive



██████████ Campaign Accountant and a CFC team member for seven years, and ██████████

From left to Right: ██████████, FERC's CFC Campaign Manager; ██████████, FERC's Loaned Executive for the 2013 CFC; ██████████, Associate Director CFCNCA; and ██████████, Honorary Campaign Chair. Photo taken by: ██████████ OEA.

██████████ is a member of the 2013 Class of Loaned Executives from the Combined Federal Campaign of the National Capital Area (CFCNCA). She will be FERC's Loaned Executive for the 2013 campaign.

██████████ comes from the National Highway Traffic Safety Administration (NHTSA) within the U.S. Department of Transportation (DOT) where she works in the Office of Communications and Consumer Information managing marketing and consumer information programs. Her campaigns include *Buzzed Driving is Drunk Driving and Stop the Texts. Stop the Wrecks.* ██████████

██████████ also manages communications and outreach efforts for the Office Defects Investigation, Tire Fuel Efficiency, and Vehicle Theft Prevention program offices.

██████████ has a Bachelor's degree in Broadcast Journalism from Syracuse University and a Master in Public Administration degree from George Mason University.

██████████ is a passionate sports fan, and that love for sports landed her at ESPN, the sports broadcast network, after graduating from Syracuse. She is an avid sports fan to this day and is happiest in the Fall when the NFL season kicks off.

██████████ Campaign Publicity Coordinator and team member for five years, puts up flyers for the campaign. Photo taken by ██████████ e ██████████

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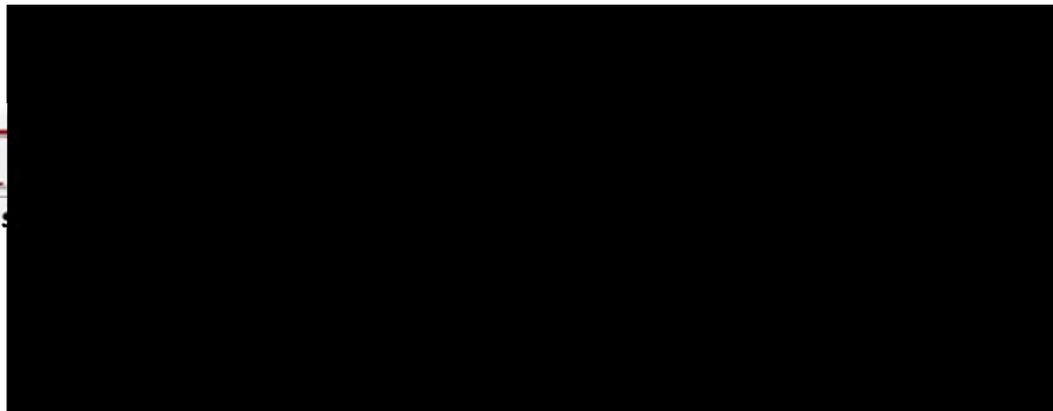
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Gas-Electric Coordination Update



At the Commission's September Commission Meeting, staff presented its third quarterly update on Gas-Electric Coordination activities, covering June 2013 through August 2013. The report focused on regional initiatives and docketed matters before FERC and briefly summarized the Commission's initiatives as well as recent industry applications filed with the Commission.

Presenters were: [redacted], OGC; [redacted], OEMR; [redacted], OE; and [redacted], OEPI.

Technical Conference on Centralized Capacity Markets in RTOs/ISOs



Chairman Wellinghoff and Commissioners Norris, Clark and LaFleur listen to presentations by participants at a technical conference on Sept. 25 on how current centralized capacity market rules and structures are supporting the procurement and retention of resources necessary to meet future reliability and operational needs.

View presentations from the conference on [FERC.gov](http://ferc.gov).

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FERC Celebrates Hispanic Heritage Month

Pictured from left to right: OAL's [redacted], Jr.; OEP Director [redacted]; Executive Director [redacted]; Keynote Speaker [redacted]; OEP's [redacted]; EEO Advisor [redacted]; Chief Financial Officer [redacted] and Chief Human Capital Officer [redacted]

FERC's celebrated Hispanic Heritage Month on Sept. 24 with featured speaker Manny Monterrey, a film producer, author and curator of Latino arts.

This year's event was sponsored by the Office of Energy Projects. OEP Director [redacted] welcomed guests to the Commission Meeting Room and OEP's [redacted] introduced [redacted].

[redacted] shared his personal story of growing up in the Shaw area of D.C. and how he eventually dedicated his work to working with Latino communities nationwide. [redacted] films have appeared on HBO, PBS, A&E Television and the History Channel.

"Now is the time for us all to come together," [redacted] said of our great, diverse country.

He encouraged adults to "get creative for our kids" and mentor Latino youth in our communities.

In closing, [redacted] said, "spend time with Latino kids and give something back."

Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America.

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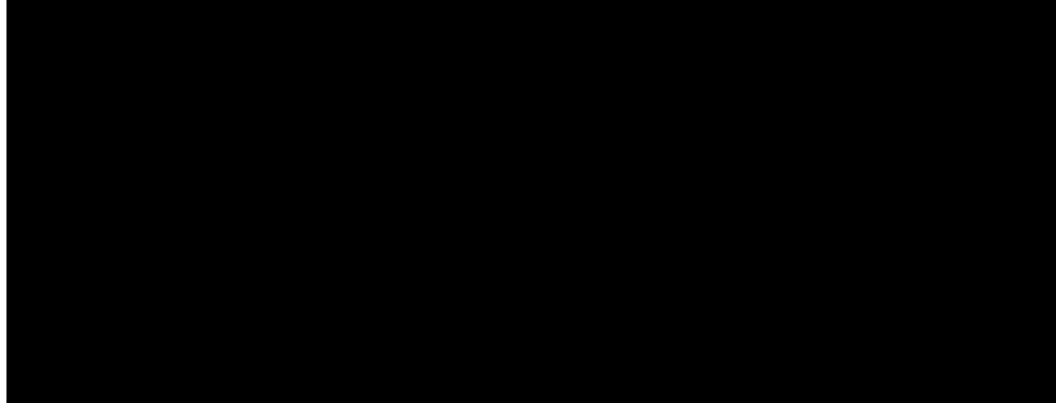
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OED: What's Your Favorite Fall Activity?



"Hiking in the Shenandoah." [redacted]

"Pumpkin carving and watching college football." [redacted]

"Camping at Smith Mountain Lake." [redacted]

"Visiting parks with my 13-year-old daughter and watching football." [redacted]

Photo taken by Celeste Miller

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On September 17, Mr. ██████████ testified before the Senate Committee on Energy & Natural Resources to be member of the Federal Energy Regulatory Commission. On Oct. 1, ██████████. ██████████ withdrew his nomination to be a FERC Commissioner.

View ██████████ testimony on FERC.gov. [Testimony](#) 

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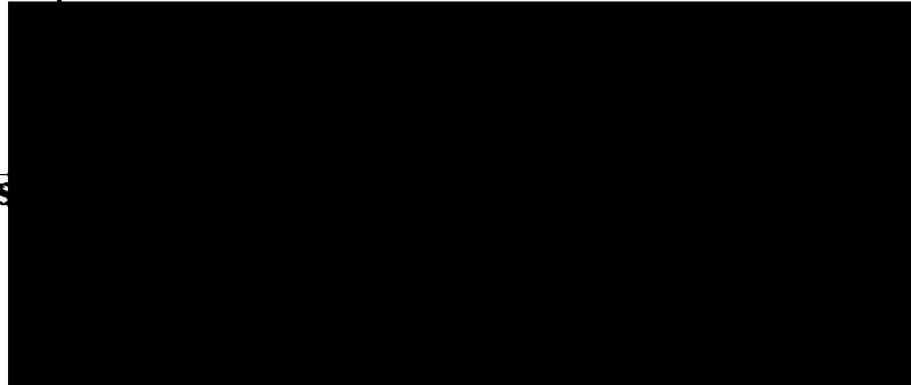
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Healthy
LifeStyles**Spread the Word ... NOT THE BUG!****Who should get a flu shot**

Many people do not realize that the flu – short for "influenza virus" – is a dangerous disease that kills thousands of people each year. Everyone 6 months and older should get a flu vaccine annually. It's especially important that people get vaccinated who are at high risk of having serious flu-related complications, including:

- o Women who are pregnant
- o Children under 5 years old
- o People 50 and older
- o People with weakened or malfunctioning immune systems
- o People with certain chronic medical conditions, such as:
 - o Chronic lung disease (e.g., asthma, cystic fibrosis, and COPD)
 - o Diabetes (both types 1 and 2)
 - o Heart disease
 - o Some neurologic conditions
 - o And some other chronic health conditions
- o People who live in long-term care facilities, such as nursing homes

Flu-prone work environments

It is equally important to be vaccinated if you live with or care for others who are at high risk for developing flu-related complications. This includes:

- o Healthcare workers
- o Household contacts of persons at high risk for complications from the flu
- o Household contacts and out of home caregivers of children younger than 6 months of age (these children are too young to be vaccinated)

When to get the flu shot

The current flu shot offers protection from the three most common strains of the influenza virus expected during this year's flu season. The earlier you get your flu shot, the more time you give your body to build up defenses against these strains.

Where to get the flu shot

So be a hero, and stop by your FOH Health Center, healthcare provider, or community center for a flu shot. With one quick visit, you can shield yourself and your loved ones from a serious disease.

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Single Password Authentication for Laptop Users

Recently a new version of SafeBoot (McAfee Endpoint Encryption) has been deployed throughout the agency. This will allow you to sync up your Domain and SafeBoot login passwords.

After your initial login to SafeBoot the next time you change your Domain login password the SafeBoot and Domain login passwords will be the same.

You will know you have been upgraded when you see the new screen for SafeBoot login.



To sync perform the following steps:

1. Ctrl-ATL-DEL on your keyboard to view the Windows Enterprise Desktop Screen as shown below.
2. Select the change password menu.
3. Change your network log-in password
4. Restart your computer. The laptop SafeBoot log-ins screen displays.
5. Enter the new password in the McAfee password field.
6. Enter the new password as your network ID Log-In password. The passwords are now synced.



If you have any questions you may contact the IT Support Center at 202-502-8163.

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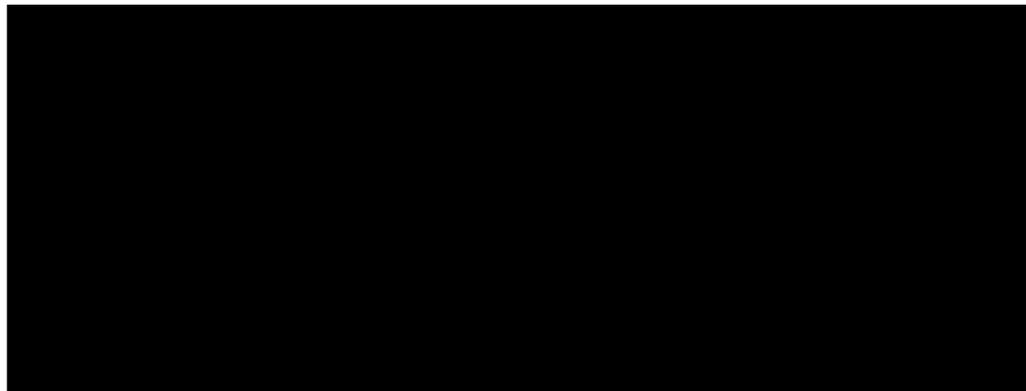
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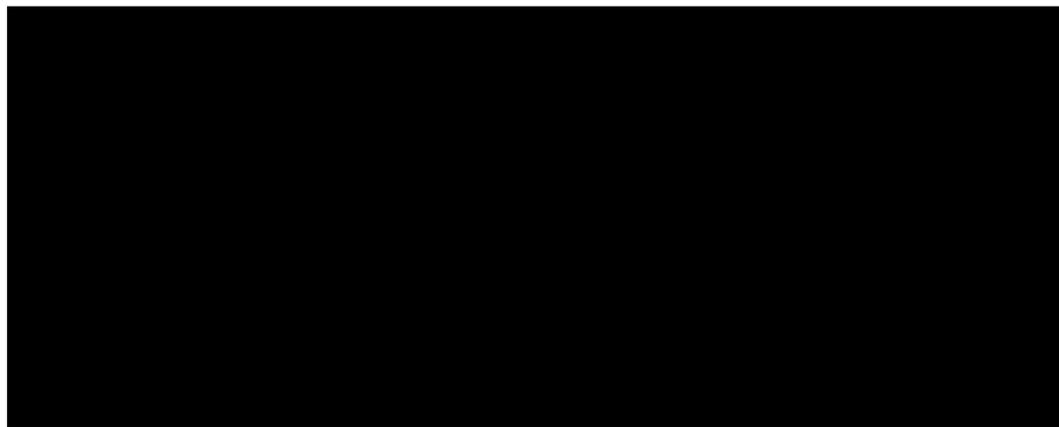
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Leadership Author Speaker: [REDACTED]



FERC's Leadership Author Speaker Series hosted [REDACTED] author of *Hedge Hogs: The Cowboy Traders Behind Wall Street's Largest Hedge Fund Disaster*. OE's [REDACTED] left, introduced the guest speaker.

Dispute Resolution Division Lunch and Learn Event



A lunch and learn event was held on September 10 entitled: The New OALJDR: Reasons for Consolidation and Implications for Practitioner. The event was offered by the Dispute Resolution Division and featured Deputy Chief Administrative Law [REDACTED] and Dispute Resolution Director [REDACTED]. Judge [REDACTED] and [REDACTED] shared their thoughts in a question and answer format on the reasons for the merger of OALJ and DRS and how the change will affect practice before the Commission.

In June, Chairman Wellinghoff announced that the FERC Dispute Resolution Service was moving to the Commission's OALJs. Until June, the Dispute Resolution Service had been part of the Office of Administrative Litigation (OAL).

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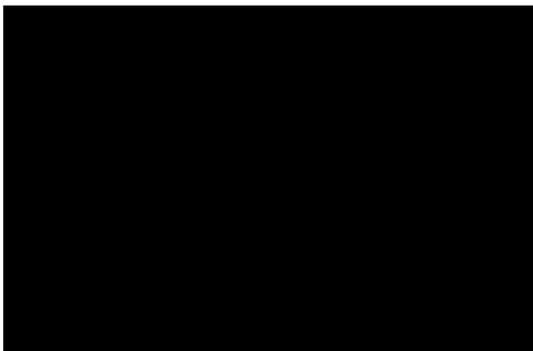
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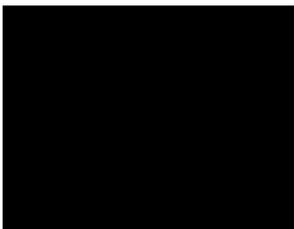
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Arrivals: August 22-September 26



Departures: August 22-September 26



██████████ who served as an energy industry analyst within the former Office of Energy Markets & Reliability, died August 28.

██████ began his federal career in May 1981 at the Securities and Exchange Commission (SEC) before coming to FERC in May 1999 as a public utilities specialist in the former Office of Pipeline Regulation, Rate Analysis Branch. ██████ retired from FERC in May 2007.

█████ earned a Bachelor of Arts degree in Finance in 1962 from Pennsylvania State University. After his stints with the SEC and the Edison Electric Institute, Jim started his own business, JLA Enterprises, which operated Hercules Auto Parts, a wholesale and retail business in Baltimore.

He later served as a regulatory economist for the Maryland Public Service Commission before coming to FERC.

█████ is survived by his wife, ██████, a daughter from a previous marriage, Cathy Akers, and a host of family members.

The FERC Family extends its deepest condolences to ██████ family and friends.

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LaFleur Named Acting Chairman of the Commission



Acting Chairman LaFleur is honored to lead the Commission at a time when the nation is making substantial changes in its energy supply and infrastructure to meet environmental challenges and improve reliability and security. Since she joined the Commission in 2010, her priorities have included reliability and grid security, promoting regional transmission planning, and supporting a clean and diverse power supply.

"I would like to thank President Obama for this opportunity," Acting Chairman LaFleur said today. "I am honored to lead the Commission at a time when the nation is making substantial changes in its energy supply and infrastructure to meet environmental challenges and improve reliability and security. The Commission also has important work ahead in implementing Order No. 1000, setting transmission rates, and ensuring competitive markets work fairly and effectively for

consumers. I look forward to working with my colleagues and the wonderful team at FERC to take our work forward."

She serves as the FERC liaison to the Department of Energy's Electricity Advisory Committee. She is also a member of the NARUC Committees on Electricity and Critical Infrastructure and was co-chair of the FERC/NARUC Forum on Reliability and the Environment. She is a frequent speaker on energy issues.

Chairman Wellinghoff Departs



Former Chairman Wellinghoff announced his departure from FERC at the November Commission meeting, saying goodbye after more than seven years here.

Former Chairman Wellinghoff's four and a half years as Chairman mark him as the longest-serving FERC Chairman. He was named Chairman on March 19, 2009, so by November 21 he had served 1,709 days as Chairman (the number rises to 1,764 days by adding his tenure as Acting Chairman from January 23, 2009).

Former Chairman Wellinghoff's term was marked by several important rulemakings and Commission actions that have served to level the regulatory playing field for all fuels used for electric generation; most notable is Order No. 1000, which expands and improves the planning and cost allocation for and efficient use of the transmission grid.

Other major initiatives of former Chairman Wellinghoff's term are the Demand Response Compensation in Organized Wholesale Markets rule, Order No. 745; Integration of Variable Energy Resources rule, Order No. 764; and Frequency Regulation Compensation in Organized Wholesale Power Markets, Order No. 755.

During his tenure, he also formed two new FERC Offices: The Office of Energy and Policy Innovation and the Office of Energy Infrastructure Security.

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FERC Kicks Off 2013 CFC Campaign "I Make A Difference"

[CFC Photo Gallery](#)

FERC kicked off its annual CFC campaign October 9th with high expectations and a standing room only in the Commission Meeting Room. The Commission's 2013 CFC target dollar goal is \$383,000.

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

[REDACTED], the Commission's Executive Director, is honorary campaign chair for the 2013 CFC.

Former FERC Chairman Jon Wellinghoff welcomed employees to the event and said, "Figure out what your passion is and give to the CFC. Giving to the CFC could not be more important during these times."

Special guests at the kickoff event included FERC Commissioners Cheryl LaFleur, John Norris, and Father Stephen Planning, President of Gonzaga College High School.

The Eye Street Boys of Gonzaga College High School under the direction of Jeremy Young performed musical selections for the audience.

As the FERC Insider goes to press OALJDR is the first Commission office in this year's campaign to surpass its dollar goal with phenomenal 132% over dollar goal so far.

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, KIPP DC, Art for Humanity, Fidos for Freedom, Oxford House, Shakespeare Theatre, Habitat for Humanity, Disabled American Veterans, WETA, Women's Microfinance Initiative, George Washington's Mount Vernon Estate, and the Raptor Conservancy of Virginia. The final CFC event will feature a charity fair with organizations suggested by FERC employees. In addition, all of the charities who appeared at FERC during this year's campaign have requested to participate in next year's event.

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

Virtually, the entire 2012 CFC Campaign Committee participated in this year's campaign. Members of the 2013 CFC Campaign Committee include dedicated co-workers from across the agency: [REDACTED], [REDACTED].

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 52 years, Federal Employees have donated over \$7 Billion dollars.

Finally, as we go to press, CFC Headquarters for the National Capital Area informs us that the FERC is the leading civilian federal energy in whole US Government seeking to attain its goal. Currently our level of participation is triple that of our peers.

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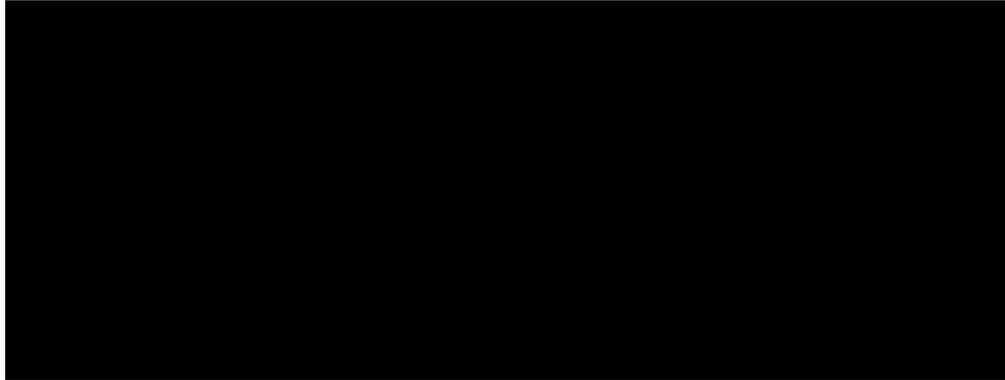
CFC Mini Kickoffs Take Center Stage

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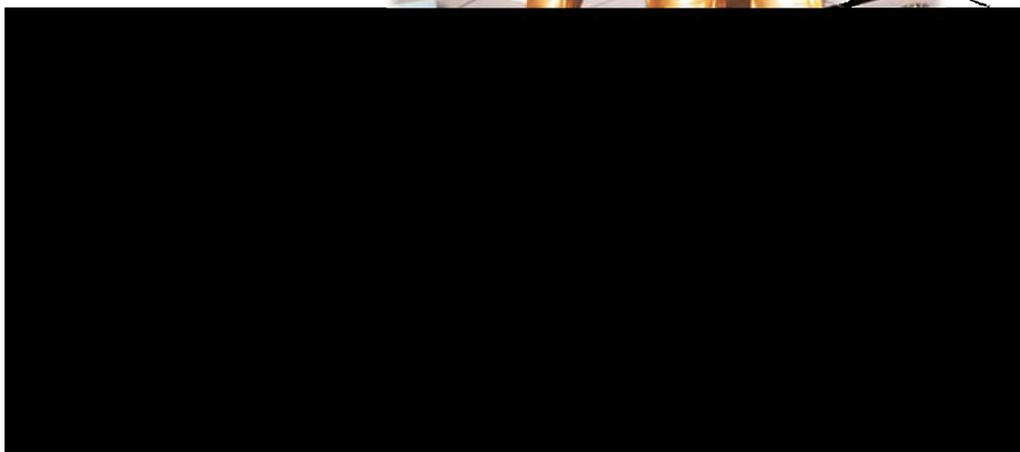
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FERC's enthusiasm during this year's CFC campaign brought about a series of mini-kickoffs held by various offices throughout the Commission. OAL, OALJDR, OSEC and OED held or will hold [FERCNet](#) kickoff events to raise awareness in their respective offices of the importance of this year's campaign.

OAL held a pumpkin carving themed event with fabulous door prizes and a pumpkin carving contest while OED, again this year, planned to hold its famous mini golfing event.

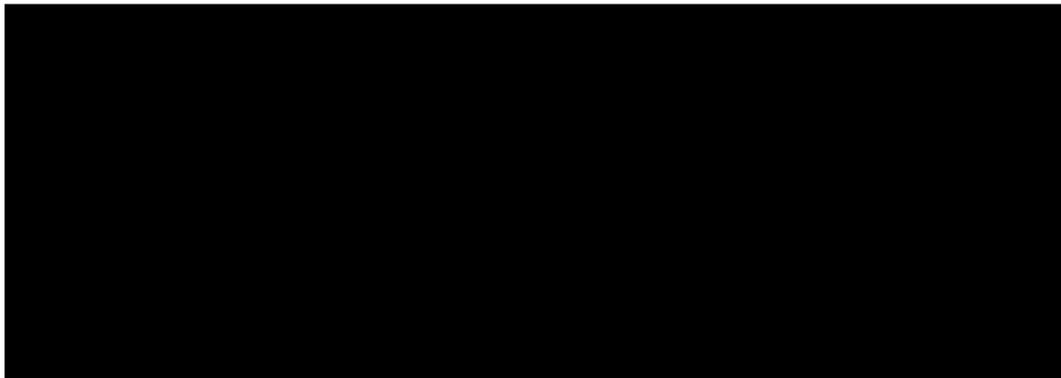
All of the events were heavily attended by employees and brought about a real spirit of giving.



Above: Judge [redacted] leads OALJDR staff in their mini-kick-off event.



[redacted] welcomes OAL staff to their pumpkin contest party. [redacted] chose the winning pumpkin carving.



OSEC holds mini-kick-off event.



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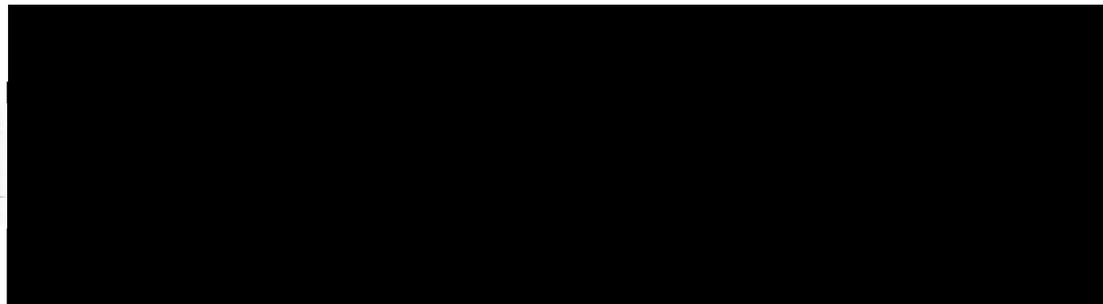
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OE Releases Fiscal 2013 Report



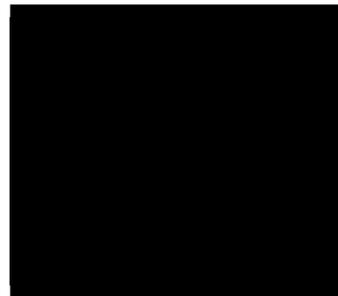
The report was presented to the Commission at its Nov. 21 Open Meeting. From left to right are: [redacted]

OE remained focused on fraud and market manipulation in fiscal 2013, resulting in settlements of more than \$304 million in civil penalties and disgorgement of almost \$141 million in unjust profits that included the largest civil penalty ever assessed by the Commission.

Conduct involving fraud and market manipulation poses a significant threat to energy markets and undermines FERC's goal of providing efficient energy services at a reasonable cost because the losses from intentional misconduct are ultimately passed on to consumers, said the Report on Enforcement prepared by the Office of Enforcement's four divisions: Investigations, Audits, Energy Market Oversight, and Analytics and Surveillance. The report, which provides additional transparency and guidance for regulated entities and the public, is available at www.ferc.gov.

On Oct. 29, OEP Director Jeff Wright testified before the House Energy & Commerce Committee's Subcommittee on Energy and Power. The subject of the hearing was H.R. 3301, the North American Energy Infrastructure Act.

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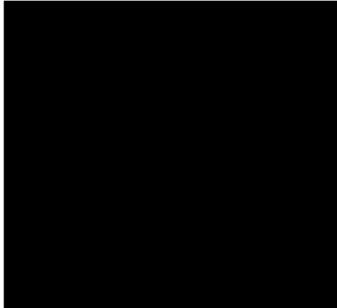
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Years of Service Awards Presented



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A Length of Service Recognition Ceremony was held on November 14 in the Commission Meeting Room to present career service pins and certificates to employees who have achieved 25, 30, 35, 40 and 45 years of federal service during the time frame from August 1 to November 30, 2013.

Former Chairman Wellinghoff was on hand to congratulate each recipient for their dedicated federal service. [REDACTED], FERC's Executive Director, presided over the event.



Pictured with former Chairman Wellinghoff are: [REDACTED] (OED), 45 years of service; [REDACTED] (OAL), 40 years of service; [REDACTED] (OED), 40 years of service; and [REDACTED] (OEMR), 40 years of service.



35 Years of Service: [REDACTED]

. Not pictured are: [REDACTED]



30 Years of Service: [REDACTED]

Not pictured are: [REDACTED]



25 Years of Service: [REDACTED]

Not pictured are: [REDACTED]

For individual award photos please contact: [REDACTED]

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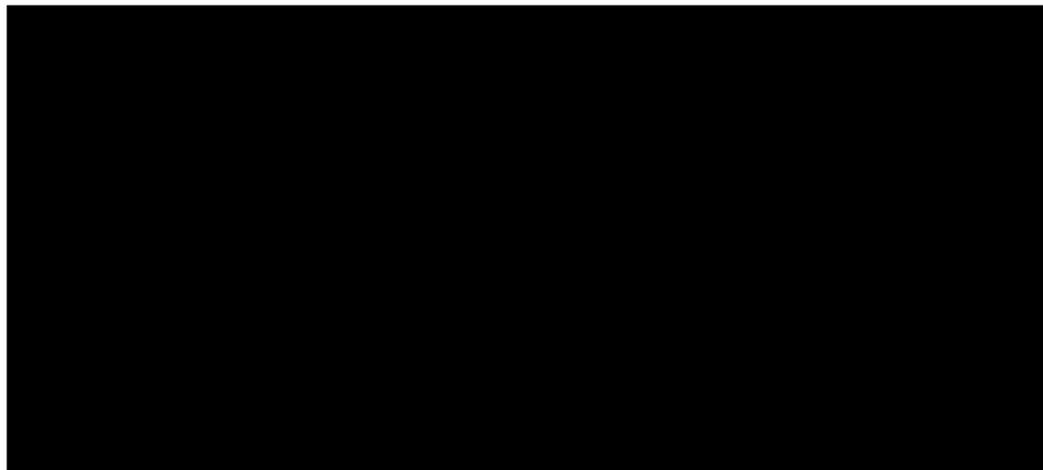
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Learning With Others: FERC Employees Form Book Discussion Group



From left, clockwise, are:

OGC's [REDACTED] and [REDACTED] wanted to create a FERC employee book discussion group to bring together employees to discuss issues relevant to work at FERC.

They searched for a book that was "stimulating and work-related," [REDACTED] says. Ultimately, they chose "The Quest" by [REDACTED]. The book covers topics such as: energy infrastructure; nuclear power; reliability; climate and carbon; and new energy technologies. The objective of the book discussion group, according to [REDACTED] and [REDACTED], is to understand the context in which decisions are made about energy issues, including regulatory challenges and other related issues.

A very detailed outline for each meeting was created by [REDACTED] to ensure that the discussions were focused and relevant to work at FERC.

"Being a lifelong learner, I'm always challenging myself to constantly grow," says [REDACTED] about the importance of participating in an exercise like the book discussion group.

Some 10-15 employees participate in each meeting, which began in September and ends in early December. Meetings are held during lunch and include employees from OGC, OEP and OEPI.

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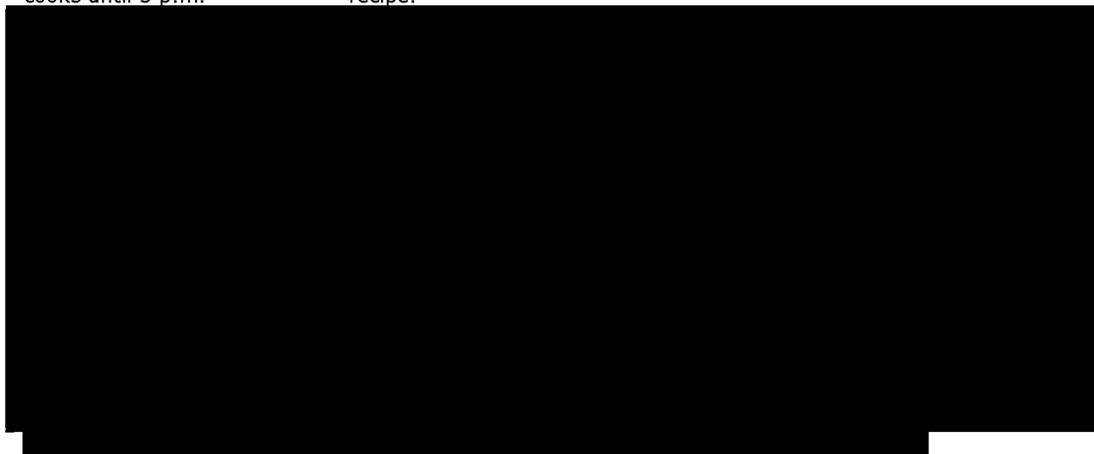
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What's your favorite Thanksgiving dish?

"The turkey because I smoke it. I begin at 6 a.m. and it cooks until 5 p.m. "

"Turkey chili. My wife makes this every year without a recipe."

"Krispy Kreme bread pudding."



Note - Joshua says his wife doesn't use a recipe but includes ground turkey, various beans and lots of heat with peppers and cayenne pepper.

Krispy Kreme Bread Pudding

1 Cup Heavy Cream
8 Whole Eggs (cracked and slightly beaten)
1/4 Cup of Sugar
1 Teaspoon Vanilla Extract
2 Dozen Krispy Kreme Doughnuts (broken in bite size chunks)
1 Cup of White Chocolate Chips
6 Ounces Secret ingredient (maple butter sauce) optional*
Preheat an oven to 350 Degrees. First mix the first four ingredients well. Pour the egg mixture over doughnuts and let sit for 30 minutes. Bake for 45 Minutes or internal Temp reaches 140 degrees. Notes: to produce a bread pudding with lighter texture and a fraction of the fat, substitute 16 ounces of egg whites.

Maple Butter Sauce
3/4 cup maple syrup
1/2 cup butter
3/4 cup brown sugar
1/2 cup walnuts, chopped (optional)
Combine syrup and butter, cook over low heat until butter is melted. Stir in brown sugar until dissolved.

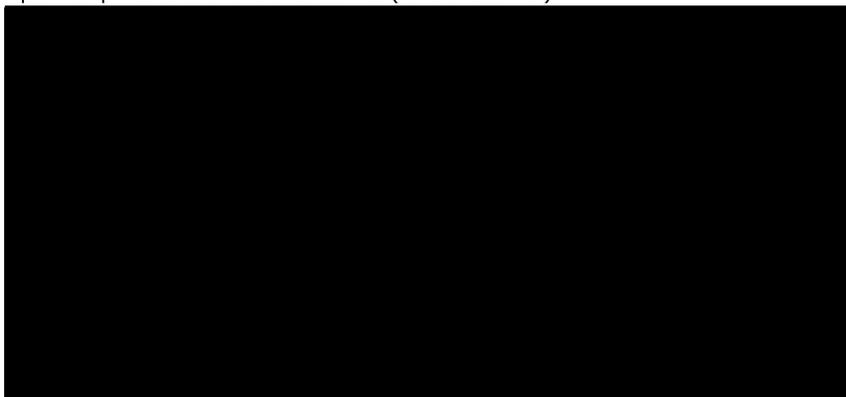
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LifeStyles

Savoring the Moment

Living in the moment and fully enjoying the good times can have a huge impact on your life.

The motto for some is *carpe diem* (or "seize the day"). A related sentiment you may want to put into practice is to live *la dolce vita* ("the sweet life").



Taking time to Enjoy Life

One of the most important aspects of savoring the moment is slowing down. Oftentimes, we rush through life and forget to go slowly enough that we can be fully present in a given moment.

Slowing down allows you to be fully aware and enjoy a beautiful sunset, a loved one's smile, or a good meal with friends. Taking a break from your usual hectic pace can give you time to more deeply experience and appreciate the good times in your life. This can greatly enhance your psychological and emotional well-being.

Relaxing into the Moment

Slowing down often starts with deeper, slower breathing. When the breath becomes longer and fuller, we start to bring ourselves more deeply into the moment. A simple breath exercise—like counting how long it takes to inhale and exhale—can be an effective way of slowing down the body and the mind.

Begin this exercise by paying attention to your breathing. Count how long it takes you to breathe in—then how long it takes you to breathe out. Then, begin to make the counts longer for your inhales and exhales. This will help you relax the mind and body, so it will become easier for you to be more present to your experience.

Being Aware

Savoring the moment requires two seemingly contradictory skills: staying relaxed and being attentive. Relaxation enhances our ability to be in the moment, while being focused and aware allows us to fully enjoy our present experience.

One way to practice savoring the moment is to eat mindfully. This is an exercise in slowing down and taking in the details. Try to use all your senses: look at the food — the colors, how it's arranged on the plate; smell your food — enjoy the aroma and anticipation of eating it; take a small bite — savor the taste and feel of the food.

Focusing on the Positive

In many ways, living *la dolce vita* is about choosing the positive over the negative. Rather than focusing on the things that might be lacking in a particular experience, highlight the things that bring you happiness and contentment.

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FERC is Purchasing NEW COPIERS!

FERC CIO has procured new copiers which include printing and scanning. In the future, the solution will also include the PIV authentication.

The Headquarters location will receive 23 new units, replacing roughly 50% of the existing units; this will be in place by the end of October.

At the time of initial install, only copying functions will be available. Future enhancements will include scan to email and scan to folder.

XEROX WORKCENTRE 5800 SERIES COPIERS



Helpful Hints and TIPS:

Scanners available for FERC use - Did you know that if you needed something scanned and did not have a local scanner connected to your workstation there are scanners located in a central area at the Helpdesk in 3B. The Helpdesk operational hours are 7:00 AM – 6:00 PM, Monday through Friday.

HOLIDAY SALE

Dec. 11-12 in the West lobby from 10-2
Selling White House ornaments,
jewelry, imported Polish pottery,
See's candies, Entertainment books,
and
FERC polos, tshirts, mugs, bags,
and lunch totes.

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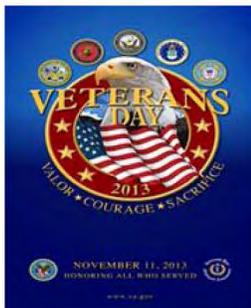
FERC Observes Veterans Day

FERC held a Veterans Day Observance Program on Nov. 21 to remember those who have sacrificed so much to protect our country and our freedoms. This year's theme is: "Valor Courage and Sacrifice." **Gen. Evan Gaddis (U.S. Army)** served as the keynote speaker of this year's event.

Commissioner Tony Clark welcomed guests to the event and noted Veterans Day "unifies and recognizes all our Veterans for all their efforts."

Major General Gaddis, who retired from active military service in Jan. 2001, most recently served as Commander of the U.S. Army Recruiting Command.

"The military touches all of our lives," General Gaddis said. "The work you do is not only for you but for the good of others."



[REDACTED]

Former Federal Power Commission Chairman [REDACTED] died on Oct. 31 in Bethesda, MD. [REDACTED] served as Chairman of the FPC, the predecessor agency to FERC, from March 2, 1966 until July 31, 1969.

In addition to his leadership role at the FPC, [REDACTED] helped to advise the Kennedy and Johnson administrations in the area of civil rights.

[REDACTED] a native of Omaha, received his undergraduate degree in electrical engineering as well as his law degree from the University of Nebraska.

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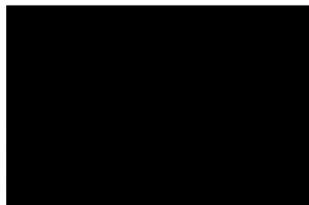
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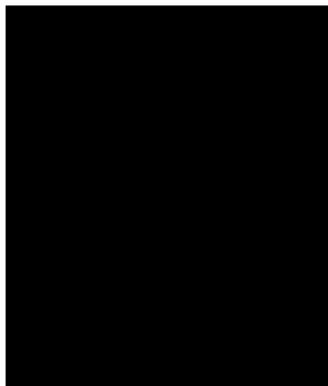
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Arrivals: September 27 - November 15



Departures: September 27 - November 15



Green Tip Of The Month



While the three r's of being environmentally responsible are very important, it's even more important to focus first on the "reduce" part. By using less, you purchase less. And by purchasing less, you have less you need to recycle.

For some easy tips on how to "reduce" the waste in your life, visit the [global stewards](#) website.

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