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Description of document: Federal Energy Regulatory Commission (FERC) employee newsletter, *FERC Insider*, 2016-2018

Requested date: 03-October-2017
Requested date: 28-October-2019

Release date: 31-October-2017
Release date: 11-December-2019

Posted date: 20-November-2017
Posted date: 20-January-2020

Note: Material released December 2019 starts on PDF page 202

Source of document: Freedom of Information Act Request
Leonard Tao, Director
Chief FOIA Officer
888 First Street, NE
Washington, DC 20426
Fax: 202-208-2106
Email: foia-ceii@ferc.gov

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Federal Energy Regulatory Commission
Washington, DC 20426

OCT 31 2017

Re: FOIA No. FY18-1
Response Letter

VIA EMAIL AND CERTIFIED MAIL

On October 3, 2017, 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 (2017). Specifically, you requested copies of the Commission's employee newsletter, *FERC Insider*, produced during calendar year 2016. A search of the Commission's non-public files identified 10 documents responsive to your request. Upon review of the responsive material and relevant law, the Commission has determined to grant your request in part, and deny your request in part, pursuant to FOIA Exemption 6.²

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).

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.

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 5 U.S.C. § 552(b)(6).

As provided by the Freedom of Information Act and 18 C.F.R. § 388.110(a)(1) of the Commission's regulations, any appeal from this determination must be filed within 90 days of the date of this letter. This appeal must be in writing, addressed to James Danly, 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 that reads "Leonard M. Tao". The signature is written in a cursive style with a large, prominent "L" and "T".

Leonard M. Tao
Director
Office of External Affairs

Enclosures (10)

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Up this month: FERC voted one of the Best Places to Work; Legacy Speaker Series continues; and Remembering [REDACTED].

NEW NAVIGATION: You have a **New drop down navigation menu** on the left listing all regular features and articles. There is also a handy **page forward button** at the top right, and the FERC Insider logo on all pages will return you to the home page.

Questions? Complaints? Compliments? Suggestions? Please contact us at InsiderDI@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]. All photos are the property of FERC and may not be reproduced without permission.



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FERC Again Gets Top Rankings in Employee Satisfaction, Commitment Survey

FERC ranked No. 5 out of 24 mid-sized agencies in employee satisfaction and commitment, according to the nonprofit Partnership for Public Service 2015 Best Places to Work in the Federal Government survey.



Commissioner Cheryl LaFleur, [redacted], Chairman Norman Bay and [redacted]

Two FERC offices ranked in the Top 10 of the 320 agency subcomponents for this year's survey: FERC's Office of General Counsel ranked No. 2, and FERC's Office of Energy Market Regulation ranked No. 10. In addition, FERC's Office of Energy Projects came in at No. 29, in the top 10 percent of ranked agency subcomponents.

FERC scored 75.5 out of 100 on the survey's employee satisfaction and commitment score, the fifth highest of all mid-size agencies, an increase of 2.2 points over last year.

Many issues – from teamwork to strategic management – influence how employees view their workplaces and rate their satisfaction and commitment. FERC was No. 2 in the effective leadership category with a score of 67.4, No. 3 in teamwork, with a score of 76.6, and fourth in strategic management, with a score of 68.6.

This year's survey features a new measurement comparing agencies in specific mission areas. For federal agencies in the energy and environment category, FERC was ranked No. 2.

"FERC staffers are talented, hard-working and dedicated, and I am honored to work side by side with them, and to lead an organization that is consistently among the leaders in the federal Best Places to Work survey," FERC Chairman Norman Bay said.

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

Photo courtesy of [redacted]

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Women emPOWERing Women Events at FERC

The Women emPOWERing Women (WEW) Employee Resource Group recently held two events featuring Commission leaders, Commissioner **Colette Honorable** was the guest speaker at the Lunch with Leaders event on Dec. 15. Commissioner Honorable discussed her career and how she became a leader in a male-dominated industry.



Commissioner Honorable and [redacted]



[redacted] of the Office of Energy Market Regulation, was the featured speaker at the Meet the Office Leaders Series event on Dec. 2.

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WEW's mission is to provide an opportunity for members to interact, mentor, learn, and build skills applicable to the workplace by networking with peers and agency leaders and by maintaining an open and educational forum for improving industry knowledge and personal and professional development. For more information or to sign up to be a member, email us at wew@ferc.gov. All are welcome to join. Read more on employee resource groups and see a listing of currently-active groups on [FERCNet](#).



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FERC's [REDACTED] passed away December 3, 2015 after serving 41 of his 60 years in federal service as head of FERC's Office of Administrative Law Judges and Dispute Resolution.

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[REDACTED] was a dedicated public servant for more than 60 years," Chairman Norman Bay said. "He became an Administrative Law Judge in 1974 at the Federal Power Commission. In 1979, after FERC's founding, he was appointed Chief Administrative Law Judge and continued to serve in that capacity for the next 36 years. This was an extraordinary achievement that reflects his commitment to public service and to furthering the public interest. More than being Chief Judge, he was also a friend to many at the Commission, and the Office of Administrative Law Judges was his second family. I am honored to have known [REDACTED] and to have worked with him. He will be greatly missed."

[REDACTED] as appointed administrative law judge at FERC (formerly the Federal Power Commission) on September 8, 1974, and Chief Administrative Law Judge on June 25, 1979, distinguishing himself as the only FERC office director who has served every chairman and commissioner since the inception of FERC.

To honor his service to the agency and to the American public, FERC celebrated [REDACTED] extraordinary achievements in a ceremony and reception in August 2014. The commissioners and others bestowed accolades on [REDACTED], citing his dedication, work ethic and sage advice during his tenure here. Then-Chairman Cheryl LaFleur also presented him with a certificate and pen.

[REDACTED]

During his tenure with the Commission, [REDACTED] adjudicated and served as settlement judge and/or mediator in many significant cases. *The Washington Post* said, "He routinely adjudicated complex, multi-party cases involving the interstate transmission of electricity, natural gas and oil. Being an expert in mediation and other forms of alternative dispute resolution, [REDACTED] always encouraged parties to consider avoiding litigation."

Some of the challenging issues that he faced upon his arrival at the old Federal Power Commission included irrigation curtailment cases dealing with the question of whether natural gas would be made available to irrigation farmers. As part of those proceedings, he held several hearings in Washington and in the areas impacting where farmers were affected, including Albuquerque, Phoenix and Lubbock. He also presided over the license cases for the import of LNG from Algeria to Louisiana ports.

[REDACTED] served as the settlement judge in several landmark cases before the Commission. He was instrumental in the settlement in the U.S. Northeast Pipelines proceeding that involved five competitive applications to move natural gas from Canada to New York and other northeast states. He achieved a settlement in that proceeding within an astonishing 90 days, resulting in the Iroquois Pipeline System, which, under traditional licensing procedures, would have taken five years or longer.

[REDACTED] also presided and decided the case, *Public Utilities Commission of California v. El Paso Gas Company, et.al.* - a proceeding dealing with market power and abuse of affiliate relations. His decision in that case earned a front page article in *The New York Times*. [REDACTED] and his ALJ colleagues handled many of the Enron market manipulation and abuse cases. He also served as the settlement judge in the California power shortage/refunds dispute, including participating in the White House Task Force meetings. [REDACTED] was instrumental in achieving a settlement in the Illinois Power proceeding, which made MISO possible. He also served as mediator in the dispute between MISO and the PJM operator seams elimination negotiations where long-term proposals were filed with the Commission.

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During his distinguished career, [REDACTED] received numerous awards, including the Department of the Army's highest civilian award, the Decoration for Exceptional Civilian Service. He appears in four editions of the publication, Who's Who, including Who's Who in the World. In 2009 [REDACTED] received the University of Tennessee Accomplished Alumni Award.

The University of Tennessee is where [REDACTED] earned his law degree in December 1951 after receiving his undergraduate degree in pre-law at Tennessee Polytechnic Institute. He was admitted to the Tennessee Bar on March 31, 1952. Prior to his tenure with the Commission, [REDACTED] civil service included stints with both the Criminal and Civil divisions of the U.S. Department of Justice and time serving in a civilian capacity as Chief of the Regulatory Law Division in the U.S. Army's Office of the Judge Advocate General, where he represented the federal government in utility and transportation cases.

Prior to entering federal service, [REDACTED] was a member of the law firm Kramer, Dye, McNabb & Greenwood in Knoxville, Tenn.

He leaves to survive his memory a son, [REDACTED], (another son, [REDACTED] preceded him in death last year) daughter-in-law, [REDACTED], three grandchildren and two great-grandchildren, and a host of other relatives and friends.



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Legacy Speaker Series #3



Former FERC Chair Betsy Moler was the featured speaker at the December 9 gathering of the Legacy Speaker Series. Betsy's lecture focused on [Order No. 888](#) and the factors leading to the Commission's "landmark order" on electronic open access. Betsy served as Chair of FERC from 1993-1997. It was under her leadership that Order Nos. 888 and 889 were adopted, paving the way for the competitive markets of today.

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

Up next: On January 13, [REDACTED], nuclear engineer and well known energy policy wonk, will explain how the Commission tackled the technical aspects of making open access work.

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

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Commission Approaching 90 percent of CFC Goal Participation Rate One of the Best in the Region



FERC's Loaned Executive [redacted], Campaign Manager [redacted] and Chairman Norman Bay.

With more than two and a half times the participation rate of other agencies in the national capital region, FERC is approaching 90 percent of its CFC goal, according to FERC's own [redacted]. Nine of the 16 offices have reached or surpassed their goals, with five offices showing 100 percent participation. As of Jan. 12, FERC employees donated more than \$345,000 to this year's campaign.



Left: Commissioner Tony Clark. Right: [redacted] with the Nature Conservancy, Commissioner Clark and [redacted].

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



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

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[Redacted] was named [Redacted] December 7, 2015. [Redacted] has been at FERC since December 1999, and was named [Redacted] by then-[Redacted] on September 6, 2015. Prior to joining the FERC [Redacted] was Hearing Office Chief of the Atlanta North Office of Hearings and Appeals, Social Security Administration. As Hearing Office [Redacted] was the chief management official responsible for the operations of a hearing office comprised of nine Administrative Law Judges, two Senior Administrative Law Judges and a support staff of fifty employees comprised of attorneys, paralegals and technicians. She became an Administrative Law Judge in April 1994 appointed to the San Jose, California Hearing Office with the Social Security Administration.

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[Redacted]

[Redacted] was an attorney at the Federal Communications Commission (FCC) for 14 years. For 12 of those years she served in the FCC's Common Carrier Bureau. [Redacted] also worked as a Trial Attorney for the Puerto Rico Justice Department in the Federal Litigation Division. In addition, she worked in the Puerto Rico House of Representatives as Legal Advisor to the Judiciary Committee on Civil Law.

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

[Redacted] is a member of the bars of the District of Columbia and Puerto Rico, and is admitted to practice before the U.S. District Court for Puerto Rico, the U.S. Court of Appeals for the First Circuit, the U.S. Ct. of Appeals for D.C. and the U.S. Supreme Court. She is on her second term as a Hearing Committee member of the Board on Professional Responsibility of the District of Columbia Court of Appeals. Previously she served as an officer of the D.C. Hispanic Bar Association.

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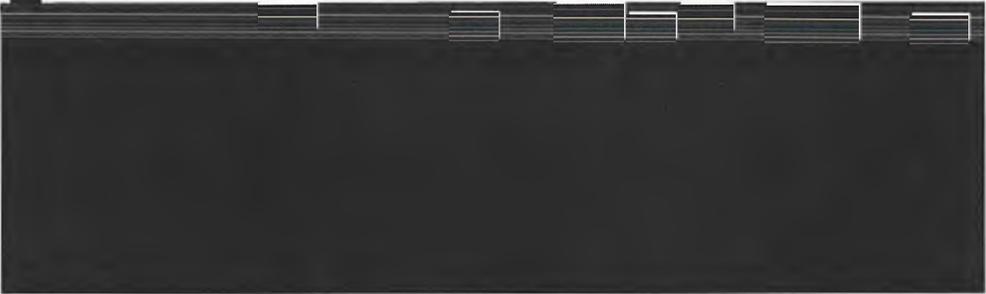
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December Meeting Highlights



COMMISSION Meeting HIGHLIGHTS

[redacted] discuss three Commission orders at the Dec. 17 open meeting related to the California ISO, the Southwest Power Pool and the Midcontinent Independent System Operator.



[redacted] discuss a final order on the five-year review of the Oil Pipeline Index (RM15-20-000).

Item G-1: FERC Establishes New Five-Year Oil Pipeline Index Level: [News Release](#) | [Final Order](#)

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"CPR-Like" Training Here at FERC



SECURITY & Safety

Tod Henby, Director of the Security & Safety Division in OED, welcomes employees to the CPR-like training session.

FERC was very fortunate to have well-trained emergency medical services (EMS) specialists from the D.C. Fire and Emergency on site to speak to a large group of FERC employees on a very important aspect of CPR. This initiative was called "Hands on Hearts," and it teaches ordinary citizens how important it is to have knowledge of performing certain aspects of first aid.

~~The training focused on the importance of taking charge of the situation by assessing the person's level of alertness, asking someone to call 9-1-1 and if no response by the individual, the process of beginning chest compressions. Brochures will be available on the Security and Safety web page and have also been placed in the galleys and elevator lobbies. Additional hands-on training will be provided by the D.C. EMS team on a date to be determined.~~



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What did you think of the movie *Star Wars: The Force Awakens*?



What's MY LINE?

"It's too derivative of Episode 4, *A New Hope*. However, the new actors Finn, Rey and Poe Dameron are fresh, new and exciting." [REDACTED]

"Oh, no, not" (you'll have to see the movie) [REDACTED]

"I haven't had that much fun at the movies in years. I have even seen it twice. From the first brassy note with the *Star Wars* in big letters on the screen, the movie immediately draws you back into a dramatic interstellar action saga. *Star Wars: The Force Awakens*, does just that, awakens and rekindles the magic of the original trilogy while giving us plenty of new intrigue for these new chapters. I most enjoyed seeing an inclusive and diverse cast of strong main characters and loveable new secondary characters." [REDACTED]
Chairman's Office

"Needed more R2-D2 but excited with the new, young, diverse characters." [REDACTED]

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Blood Pressure Matters Keep Hypertension in Check

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About one in three adults in the U.S. has high blood pressure, but many don't realize it. High blood pressure is sometimes called a "silent killer," because it usually has no warning signs, yet it can lead to life-threatening conditions like heart attack or stroke. The good news is that high blood pressure, or hypertension, can often be prevented or treated. Early diagnosis and simple, healthy changes can keep high blood pressure from seriously damaging your health.

Normal blood flow delivers nutrients and oxygen to all parts of your body, including important organs like your heart, brain, and kidneys. Your beating heart helps to push blood through your vast network of blood vessels, both large and small. Your blood vessels, in turn, constantly adjust. They become narrower or wider to maintain your blood pressure and keep blood flowing at a healthy rate.

It's normal for your blood pressure to go up and down throughout each day. Blood pressure is affected by time of day, exercise, the foods you eat, stress, and other factors. Problems can arise, though, if your blood pressure stays too high for too long.

High blood pressure can make your heart work too hard and lose strength. The high force of blood flow can damage your blood vessels, making them weak, stiff, or too narrow. Over time, hypertension can harm several important organs, including your heart, kidneys, brain, and eyes.

"Hypertension is a leading risk factor for death and disability worldwide," says Dr. Paul Whelton, an expert in hypertension and kidney disease at Tulane University. "High blood pressure raises the risk of having a heart attack, heart failure, stroke, or kidney disease."

Anyone, even children, can develop high blood pressure. But the risk for hypertension rises with age. "Once people are in their 60s, about two-thirds of the population is affected by hypertension," Whelton says.

Excess weight or having a family history of high blood pressure also raises your risk for hypertension.

African Americans are especially likely to get hypertension. Compared to Caucasian or Hispanic American adults, African Americans tend to develop hypertension at a younger age and to have a higher blood pressure on average.

Because it usually has no symptoms, the only way to know for sure that you have hypertension is to have a blood pressure test. This easy, painless test involves placing an inflated cuff with a pressure gauge around your upper arm to squeeze the blood vessels. A health care provider may then use a stethoscope to listen to your pulse as air is released from the cuff, or an automatic device may measure the pressure.

Blood pressure is given as two numbers. The first number represents the pressure in your blood vessels as the heart beats (called systolic pressure). The second is the pressure as your heart relaxes and fills with blood (diastolic pressure). Experts generally agree that the safest blood pressure—or "normal" blood pressure—is 120/80 or lower, meaning systolic blood pressure is 120 or less and diastolic pressure is 80 or less.

"Hypertension is defined as having an average blood pressure of above 140/90," says NIH's Dr. Lawrence Fine, who oversees research on the treatment and prevention of hypertension. Since blood pressure can vary widely from day to day, a diagnosis of hypertension is usually based on an average of two or more readings taken on two or more occasions.

If your blood pressure falls between "normal" and "hypertension," it's sometimes called prehypertension. People with prehypertension are more likely to end up with high blood pressure if they don't take steps to prevent it.

"We know we can prevent high blood pressure through diet, weight loss, and physical activity," Whelton says. "We can also treat it, and we can treat it effectively."

If you're diagnosed with high blood pressure, your doctor will prescribe a treatment plan. You'll likely be advised to make healthy lifestyle changes. You may also need to take medications. The goal of treatment is to reduce your blood pressure enough to avoid more serious problems.

How low should you aim when reducing your blood pressure? The answer depends on many factors, which is why it's important to work with your doctor on blood pressure goals. Most current guidelines recommend

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aiming for a systolic pressure below 140. These medical guidelines are sometimes adjusted as new research is reported.

A large NIH-funded study recently found there may be benefits to aiming for a much lower systolic pressure—120 or less, instead of 140—at least for some people. The study looked at adults ages 50 and up who had increased risk for cardiovascular disease but didn't have diabetes. Half aimed for a systolic pressure of 120. The rest aimed for a pressure of 140. The study was stopped early, after about three years, when clear benefits were seen in the lower blood pressure group. "When treating to the lower goal of 120, the risk of having a cardiovascular complication such as a heart attack or stroke was reduced by 25 percent, and the risk of death from all causes was reduced by 27 percent," Fine says. This lower-goal group, though, tended to need 1 additional blood pressure medication; they also had more hospitalizations for side effects, including low blood pressure, fainting, and possible kidney damage.

"Results to date suggest that for older people with hypertension and an increased risk for cardiovascular disease, it may make sense to aim for a lower blood pressure. But there may be drawbacks as well, and each patient is different," Whelton says. "Researchers generate the evidence, so health care providers can have informed discussions with their patients about blood pressure targets."

NIH-funded studies have clearly shown that healthy lifestyle changes can improve your blood pressure. "Making even small changes over time can really add up," says Kathryn McMurry, a nutrition science expert at NIH. "In terms of diet, our best advice is to follow the DASH eating plan."

DASH stands for Dietary Approaches to Stop Hypertension. "It's not a diet to go on for a short period of time, but one that's meant to be part of a healthy lifestyle and enjoyed for life," McMurry says.

The DASH eating plan requires no special foods. Instead, it provides daily and weekly nutritional goals. It's high in vegetables, fruit, whole grains, and low-fat dairy foods but low in saturated fat and added sugar.

~~"DASH is beneficial even for people who have normal blood pressure or who have prehypertension. It can help keep blood pressure from progressing to higher levels," McMurry says. [Learn more about DASH.](#)~~

For more heart-healthy food ideas, visit healthyeating.nhlbi.nih.gov, which has nearly 200 recipes developed with input from professional chefs. "The recipes are tasty, heart healthy, and easy to make. They're meals the whole family will enjoy," McMurry says.

Reference: A Randomized Trial of Intensive versus Standard Blood-Pressure Control. SPRINT Research Group. N Engl J Med. 2015 Nov 26;373(22):2103-16. doi: 10.1056/NEJMOa1511939. Epub 2015 Nov 9. PMID: 26551272. <https://newsinhealth.nih.gov/issue/Jan2016/Feature1#content>

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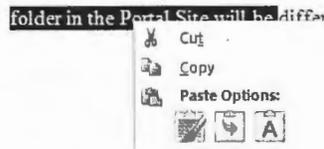
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When you paste text into a word document from another document, the same font, colors and formatting are transferred to the new document. This can cause problems in your document.

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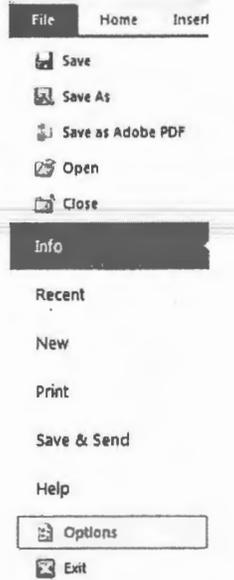
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1. Right click the text to copy.
2. Click the third paste option at the end (marked with an 'A' icon).

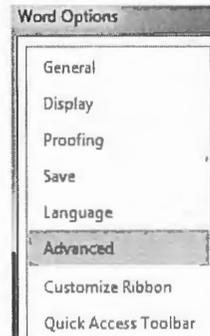


Making unformatted paste a default-(Ctrl-V)

1. Click the File menu in your word document.
2. Select the Options menu.



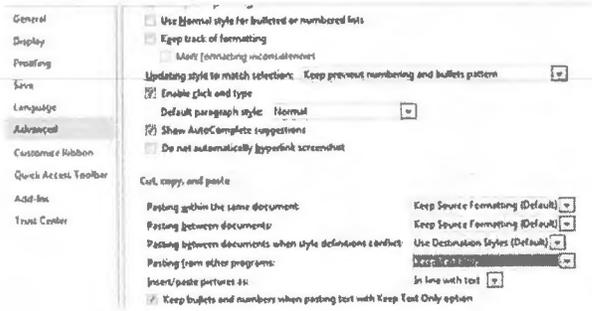
3. In the Word Options window, click the Advanced tab.



4. Scroll down until you see the Pasting from other programs option.

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FERC Marks 30th Celebration of Black History Month



FERC held its 30th celebration of Black History Month on Feb. 11 with an impressive lineup including [redacted], great granddaughter of Booker T. Washington and the great-great granddaughter of Frederick Douglass, and the FERC Choral Ensemble.

Chairman Norman Bay provided opening remarks and highlighted the theme of this year's event: "Hallowed Grounds; Sites of African American Memories." The theme brings attention to the centennial celebration of the National Park Service and the more than 25 sites and the Underground Railroad Network to Freedom that are part of America's hallowed grounds.

OER's [redacted] introduced [redacted] and provided an informative overview of her efforts over the years to continue the important work of her ancestors.

[redacted] spoke about the organization she helped co-found in 2007, the Frederick Douglass Family Initiatives, and their fight against human trafficking.



The FERC Choral Ensemble performed beautiful songs for the occasion, closing with the Black National Anthem. Members of the ensemble included: Commissioner Colette Honorable; [redacted]

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In closing, Chairman Bay reflected on Frederick Douglass's "What to the Slave is the Fourth of July?" speech from July 5, 1852.

Employees enjoyed A Taste of Soul Food after the main event.

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Legacy Speaker Series #4 and #5



Former FERC staffer [REDACTED] was the fourth speaker in the Legacy Series on Jan. 13. [REDACTED], a nuclear engineer and well known energy policy wonk, explained how the Commission tackled the technical aspects of making open access work.



Following [REDACTED], on Feb. 10, [REDACTED] discussed how market-based rate authority and RTO/ISO market design led to power the power markets we have today. [REDACTED] [REDACTED] at the Harvard Kennedy School.

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

Up next: Former FERC Chairman Pat Wood will be at FERC on March 8 to discuss Order No. 2000 and Standard Market Design. View the Upcoming Legacy Lecture Series on [FERCNet](#).

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Leadership Development Program VI Class



In the front row, from left to right:

Commissioner LaFleur:

The Leadership Development Program (LDP) VI class participated in an induction ceremony on Jan. 12 in the Commission Meeting Room. , Commissioner Cheryl LaFleur and were on hand to welcome participants.

Commissioner LaFleur advised the class: "Fully embrace all aspects of the program."

As part of the program, the group will attend a three-day retreat at the Williamsburg Leadership Institute.

is the program manager.

The LDP was launched in March 2008 to enhance the Commission's leadership competencies. The program provides a unique learning experience through training and developmental opportunities that enhance and augment the participants' leadership skills, competencies, characteristics, and OPM's Executive Core Qualifications.

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New Weight Watchers Program Begins Soon

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How are your New Year's resolutions going? Perhaps a healthier lifestyle is part of your plan? If so, we have good news!

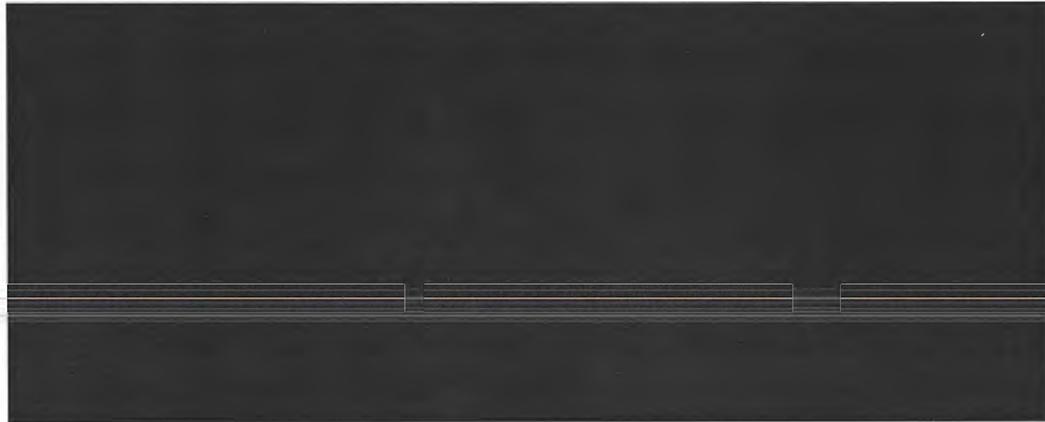
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FERC will begin a new Weight Watchers session on Feb. 25, with sign-up by Feb. 18. What does this mean for you? A support group, advice, tips and the convenience of this all taking place during lunchtime at 888.

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"I like the accountability and camaraderie the program offers," says [REDACTED], a Weight Watchers member. She is currently participating in the Fitter FERC sugar detox effort and is a member of the Fitness Center.



[REDACTED] says, "I like that, unlike diets that focus on a type of food you should not eat (like carbs or meats), WW gives you control over what you eat, although it guides you in the right direction. I also enjoy attending the group meetings, which are a great resource for tips and tricks other members use to lose and/or maintain weight."

The weekly meetings also are important to [REDACTED]. "I get the chance to weigh in, which holds me accountable," she says, "and the meetings provide a sense of community and support that has been really helpful."

[REDACTED] is a member of the gym and has used the personal training option there. She also makes sure to get a flu shot each year from the health unit and has taken advantage of other health screenings it offers.

The program offers weekly meetings with the same facilitator. Topics of discussion can include weekly successes and challenges, meal planning and shopping tips. And this isn't the old Weight Watchers—you can count points or not! It's all about what works for you. And after members reach their weight goal, they can continue with the support group at no cost to help encourage other members with their journeys and to maintain their own healthy living programs.

Of course, the bonus of having a Fitness Center with personal training and a nurse on the premises—not to mention OED's Fitter FERC program—certainly makes the journey even easier.

For more information on the Weight Watchers program at FERC, contact [REDACTED]

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Final CFC Results

FERC employees pledged \$358,356.43 in this year's CFC, reaching 91.9 percent of our goal! Nine offices surpassed their dollar goals. Ten offices earned the prestigious Presidential Citation award. Finally, the Commission's participation rate was more than two and a half times that of our peers in the National Capital Region. Five offices secured 100 percent participation. Thank you to everyone who participated!



OEIS celebrated the office's 100 percent participation in the CFC with a pizza party. Chairman Norman Bay attended the event to thank employees for their tremendous generosity in this year's campaign.

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EBA at FERC: A How-To On Managing Paperless Hearings

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The Energy Bar Association FERC Practice Committee hosted a program at FERC on managing Paperless Hearings on Feb. 9. The discussion focused on our new procedures for handling exhibits and developing the electronic hearing record.

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_____ served as the moderator of the event and _____
_____ Operations Division, provided the audience with valuable information on paperless
procedures.

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**All Articles****All Features****Feedback & Suggestions****Insider Archives****FERCNet Home****Pollinator Superhighways at Electric Transmission Corridors**

Did you know that electric transmission rights-of-way are becoming pollinator superhighways for bringing back native plants, birds and bees? With the proper vegetation management techniques, species can flourish in these areas, according to the Right-of-Way Stewardship Council.

The Right-of-Way Stewardship Council is an accredited organization that sets standards for vegetation management along these corridors.

Several utilities in the U.S. have earned accreditation for meeting these standards.

Talks are under way to establish similar standards for the natural gas industry.

For more info:

[Right-of-way Stewardship Council](#)

[Utility Arborist Association](#)

**Supreme Court Opinion on DR**

On January 25, the Supreme Court of the United States issued an opinion supporting the Commission's Demand Response efforts.

"I am pleased with today's Supreme Court decision on demand response," Chairman Norman Bay said. "This decision means that consumers will continue to see the significant benefits of demand response, which enhances competition in the markets, reduces wholesale prices, and helps makes the grid more reliable."

[Supreme Court Decision](#) 

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On Feb. 2, [REDACTED] testified before the House Energy & Commerce Committee, Subcommittee on Energy and Power on eight energy infrastructure bills.

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January Meeting Highlights

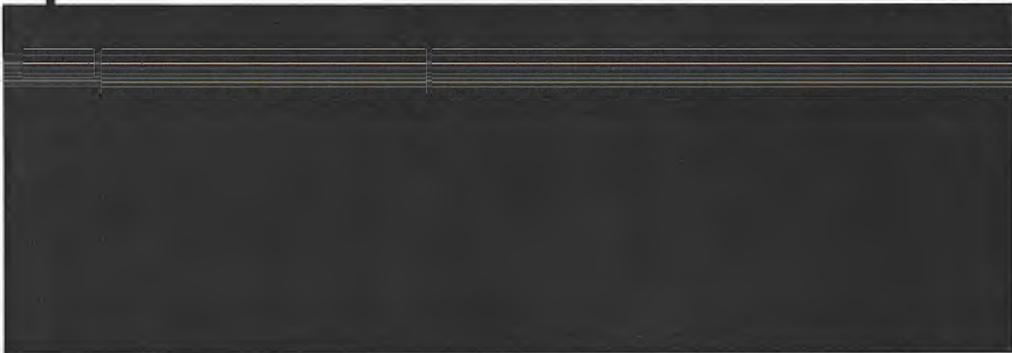
Chairman Norman Bay presents [REDACTED] with the Chairman's Medal for his dedicated service to the Commission.

"He has served with great distinction and dedication, developing a team of highly skilled litigators and analysts who further the public interest on behalf of energy consumers across the United States," Chairman Bay said.

[REDACTED] retired from federal service on Feb. 1.



COMMISSION Meeting HIGHLIGHTS



[REDACTED] discuss item E-1, a proposal to revise offer caps in regional wholesale electric markets. [News Release 123](#) | [NOPR 123](#)



[REDACTED] discuss improvements to critical infrastructure protection standards. [News Release 123](#) | [Order No. 822 123](#)

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discuss the initiation of four interstate pipeline companies' rates. [News Release 127](#) | [Decisions: G-1](#), [G-2](#), [G-3](#) and [G-4](#) [127](#)

Commissioner Tony Clark Will Not Seek New Term on Commission

Commissioner Tony Clark announced at the January Commission meeting that he will not seek another term on the Commission. "It has been a wonderful run here and I've enjoyed the 12 years prior to this on the North Dakota Commission and the number of years prior to that in state government," Commissioner Clark said. "I've enjoyed it a lot but there comes a time when you just feel like it's time to do something else." Commissioner Clark's term expires on June 30.

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Carbon Monoxide Safety Tips

On average, about 170 people die in the United States every year from carbon monoxide (CO) that is produced by non-automotive consumer products. The Center for Disease Control and Prevention estimates that several thousand people go to hospital emergency rooms every year to be treated for CO poisoning. So what is carbon monoxide and what makes it so dangerous?

Carbon monoxide is a deadly, colorless, odorless, and poisonous gas produced by the incomplete burning of various fuels including coal, wood, charcoal, oil, kerosene, propane, and natural gas. Products and equipment powered by internal combustion engines such as portable generators, cars, lawn mowers, and power washers also produce CO. In 2005 alone, the Consumer Product Safety Commission (CPSC) staff is aware of at least 94 generator-related CO poisoning deaths. Forty-seven of these deaths were known to have occurred during power outages due to severe weather, including Hurricane Katrina. With our recent blizzard, it is important to consider how to prevent a carbon Monoxide incident from occurring in your home. CO detectors do not cost much but, in some cases, some agencies (non-profit or state run) will pay for a CO detector. Such programs usually also focus on low income housing. Below are some tips to prevent CO poisoning as well as ways to detect some of its symptoms.



Preventative Tips

- CO alarms should be installed in a central location outside of each sleeping area, on every level of the home, and in other locations where required by applicable laws, codes or standards. For the best protection, interconnect all CO alarms throughout the home. ~~That way when one sounds, they all sound.~~
- ~~Call your local fire department's non-emergency number to find out what number to call if the CO alarm sounds.~~
- Test CO alarms at least once a month; replace them according to the manufacturer's instructions.
- If the CO alarm sounds, immediately move to a fresh air location outdoors or by an open window or door. Make sure everyone inside the home is accounted for. Call for help from a fresh air location and stay there until emergency personnel arrive.
- If you need to warm a vehicle, remove it from the garage immediately after starting it. Do not run a vehicle or other fueled engine or motor indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not covered with snow.
- During and after a snowstorm, make sure vents for the dryer, furnace, stove, and fireplace are clear of snow build-up.
- A generator should be used in a well-ventilated location outdoors away from windows, doors and vent openings.

Symptoms

Because CO is odorless, colorless, and otherwise undetectable to the human senses, people may not know that they are being exposed. The initial symptoms of low to moderate CO poisoning are similar to the flu (but without the fever). They include:
Headach, Fatigue, Shortness of breath, Nausea, Dizziness

High levels of CO poisoning results in progressively more severe symptoms, including:
Mental confusion, Vomiting, Loss of muscular coordination, Loss of consciousness, Ultimately death

More detailed information on Carbon Monoxide Safety can be found at: NFPA.org
Or by contacting [REDACTED] or email at [REDACTED]

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Overcome Your Weight-loss Plateau



Have you been watching what you eat and exercising regularly, but for some reason, the scale just won't budge? You might be at a "plateau" in your weight-loss journey. But with continued effort and persistence, you can do it! If you want to shed those last few pounds, try these ideas on for size:



Track it. To keep old, unhealthy eating habits at bay, keep a food diary or record your intake through the U.S. Department of Agriculture's [SuperTracker](#). This online program helps you see where your calories are coming from. Don't forget to watch your [portion sizes](#) too.

Stick to your plan. Remember the fundamentals of a healthy eating plan: nutrient-rich, lean sources of protein such as fish, poultry, beans, nuts, and low-fat dairy products. Make sure to include whole grains, fruits, and vegetables too. It's okay to indulge a little, but too many "cheat days" can ruin all your hard work.

Eat protein. Protein helps preserve lean body mass (muscle) during weight loss, promote fat loss, and contribute to a feeling of fullness. Use HPRC's [Protein Requirements](#) infosheet to calculate your individual protein needs.

Rethink your drinks. Alcohol and sugar-sweetened beverages such as soda, sweet tea, juice, energy drinks, and [sports drinks](#) can add too many calories and prevent you from losing weight. Stick to water and low-fat milk (or soy milk) during meals and in-between to stay hydrated. Three servings of milk per day is the limit though!

Shake things up. Varying the type, intensity, duration, and frequency of your [exercise](#) is a great way to challenge yourself and prevent boredom—and it can make a big difference toward reaching your goal.

Whatever you do, don't give up. Achieving and maintaining a healthy weight is better for your health, career, and performance.

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Save on Energy Costs this Season!

Here are several tips to reduce energy consumption and maintain comfortable temperatures in your home this winter:

1. **Use the sun for free heat.** That bright orb in the sky should be the focus of temperature control in your residence throughout the year. Open the curtains on your south-facing windows during winter days to bring free heat into your home. Close your window coverings when the sun goes down to keep the heat inside.
2. **Bundle up with warm accessories.** This is one of the easiest ways to save on your heating bill. Instead of turning the heat up, put on a cozy winter sweater and warm socks. Keep throw blankets on your couch, and add an area rug to insulate the floor.
3. **Use ceiling fans to your advantage.** Homes that have better ventilation and airflow can be more energy efficient in the summer and winter months. If you have ceiling fans in your apartment, you have more control over ventilation than you know. Ceiling fans can be used strategically to achieve better airflow: counter-clockwise will push hot air up in the summer and clockwise will trap heat inside to keep your rooms warmer during cooler months. Turn your ceiling fan on a low setting to gently push hot air back down.
4. **Adjust the thermostat at night.** According to the U.S. Department of Energy, you can save about 10 percent per year on your heating bills by turning your thermostat down 10 to 15 degrees for eight hours. Consider investing in flannel sheets and a warm comforter for your bed and keeping your apartment cooler when you sleep.
5. **Only heat the rooms you use.** If you have rooms that you never use, like guest rooms or large storage areas, close and seal off the vents in those rooms to be more energy efficient and direct the flow of air to the rooms you use most. Energy bills run, on average, \$183 per month. By using a space heater in the rooms where you need it and setting the thermostat to 62 degrees, you can save approximately \$200 each year.
6. **Keep your furnace clean and unblocked.** Keeping your furnace and vents properly maintained will reduce energy consumption and help you save. Check your furnace filter monthly, and replace it when it gets dirty.
7. **Get a humidifier to add moisture to the air.** The air inside your home can become very dry. Moist air feels warmer and holds heat better, so a humidifier can help you feel comfortable when your thermostat is set at a lower temperature. You can also increase the humidity in your apartment with a collection of house plants.
8. **Invest in insulation.** Hundreds of thousands of dollars in energy costs are lost each year due to escaping heat and cold air in homes without proper insulation. Get some inexpensive insulation from your local home improvement store, and cover up all those areas where heat might escape. Start with foam weather stripping for your doors and windows; it's cheap and is extremely easy to apply.

Source: [U.S. News and World Report](#)

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Setting up "Out of Office" with Outlook

When you are out of the office for a few days or more it may be necessary to set up an "Out of Office" email message letting people know you are gone and when you will return. This task can be done inside FERC using your desktop outlook or outside of FERC through the web email. This article lists both ways to set your "Out of Office".

Setting your "Out of Office" from inside FERC.

Open up your outlook application.

1. Click the File menu in Microsoft Outlook while in the **In Box** view.
2. Click the Automatic Replies button (Out of office).
3. Click the **Send Automatic replies** radio button.
4. Click the **Only Send during this Time range**.
5. Enter a Start and End Time for your message if you want to have the message end on a specific day and time.
6. Enter your information concerning your absence in the space provided.
7. Click the **Outside My Organization** Tab.
8. Enter a message that you would send outside of FERC.

9. Click the **OK** button. The box will indicate that your Out of Office messages will be sent.

Account Information



Setting your "out of office" from outside of FERC

1. Go to <http://email.ferc.gov> to access the web version of FERC email.
2. Enter your user ID and Password at the security screen.
3. Click the settings menu, located on the upper right side of the 365 window.
4. Click on the Automatic replies menu.
5. Click the **send automatic replies** radio button to enable the fields.
6. Click the **Send replies only during this Time period**.
7. Enter a Start and End Time for your message

- Office 365 settings
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- Refresh
- Automatic replies
- Display settings
- Manage add-ins
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- Options

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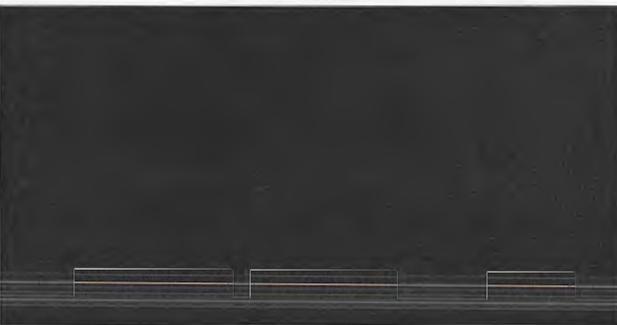
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NEW NAVIGATION: You have a **New drop down navigation menu** on the left listing all regular features and articles. There is also a handy **page forward button** at the top right, and the FERC Insider logo on all pages will return you to the home page.

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

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March 8 is International Women's Day

International Women's Day (March 8) is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. The 2016 theme for International Women's Day is "Planet 50-50 by 2030: Step It Up for Gender Equality." [Read more](#)

Women emPOWERing Women Presents: Meet the Office Leaders Series

[REDACTED] was the featured speaker at the February 24 Meet the Office Leaders Series. This event was organized by the Women emPOWERing Women (WEW) Employee Resource Group.



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

WEW's mission is to provide an opportunity for members to interact, mentor, learn, and build skills applicable to the workplace by networking with peers and agency leaders and by maintaining an open and educational forum for improving industry knowledge and personal and professional development. For more information or to sign up to be a member, email us at wew@ferc.gov. All are welcome to join. For more information on employee resource groups and to see a listing of currently active groups, visit [FERCNet](#).

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Legacy Lecture Series #6: Pat Wood



The latest installment of the Legacy Lecture Series on March 8 featured former FERC Chairman **Pat Wood**, a lawyer and civil engineer, who served as the Chairman of the Public Utility Commission of Texas from 1995 to 2001 and lead the Commission from June 2001 to July 2005.

Chairman Wood discussed the Commission's role in promoting ISO/ RTOs, wholesale electricity markets and standard market design.

Up next: Commissioner Bill Massey on April 6. He will discuss the California Energy Crisis.

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

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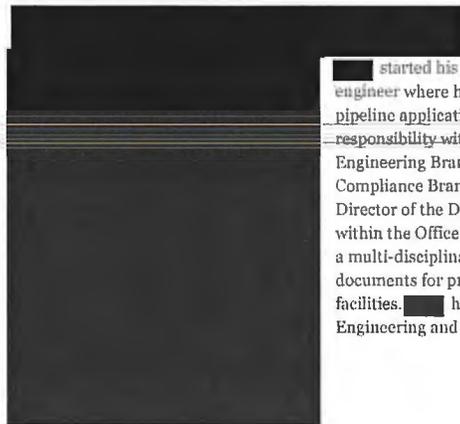
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The Chairman announced the appointment of [REDACTED]. [REDACTED] previously served as director of pipeline regulations at OEMR," Chairman Norman Bay said. "He's been at FERC since 1991 and has served with great distinction in OGC, OAL, and OEMR, and was previously a legal advisor to Chairman James Hoecker and Chairman Joe Kelliher."

During his career at the Commission, [REDACTED] has worked in the Office of the General Counsel, with a specialty in environmental law and natural gas pipeline certificate issues. He is the author of The NEPA Caselaw Digest, published by the American Bar Association.

Prior to joining FERC, [REDACTED] was a partner in Conner & Wetterhahn, P.C. in Washington, D.C., primarily representing investor-owned electric utilities. He began his legal career as a clerk at the West Virginia Supreme Court of Appeals.



[REDACTED] started his career at the Commission in 1998 as a staff engineer where he was responsible for the review of natural gas pipeline applications. He then took on positions of increasing responsibility within the LNG program area and served as LNG Engineering Branch Chief and then LNG Engineering & Compliance Branch Chief. More recently, [REDACTED] served as Director of the Division of Gas – Environment and Engineering within the Office of Energy Projects. In this role, [REDACTED] oversaw a multi-disciplinary staff in the preparation of environmental documents for proposed natural gas pipelines and LNG facilities. [REDACTED] holds a Bachelor of Science Degree in Civil Engineering and is a Registered Professional Engineer.

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Women's History Month: [REDACTED]



Each year, March is designated as Women's History Month to honor the contributions and sacrifices women have made to society and history. "Working to Form a More Perfect Union: Honoring Women in Public Service and Government," is the theme of this year's celebration.

To commemorate this important event, *The FERC Insider* recently spoke with [REDACTED] about her position at FERC and the significance of her recent appointment as Secretary of the IEEE Power & Energy Society, the oldest society of the Institute of Electrical and Electronics Engineers (IEEE).

"It is time for me to be a role model for young women," [REDACTED] says of her recent appointment at the IEEE Power & Energy Society. "I can be visible and help the Society promote more women to the field."

[REDACTED] also was the first recipient of the IEEE PES Wanda Reder Pioneer in Power Award in 2014 for her technical accomplishments and for being an inspiring role model to young women engineers in power. Wanda Reder was the first female president of the organization.

[REDACTED], who is an electrical engineer and group manager in the Division of Engineering, Planning and Operations in OER, came to FERC two years ago after working as the Director of Performance Analysis at the North American Electric Reliability Corporation (NERC).

[REDACTED] refers to a quote from the *World Bank Report: Transmission System Operators – Lessons from the Frontlines* that is particularly relevant to her work at FERC: "Engineers like to operate sophisticated systems, economists like to think about optimal incentives, and lawyers like to write rules and agreements. Energy-industry transition-brings-all-of-them into close contact. But none of them can succeed at their chosen tasks unless they work together in designing sustainable institutions."

"I have a new breadth of how the industries are linked together," she says of her work at FERC.

In particular, she says she is enjoying working with the many professionals at FERC such as lawyers, economists and analysts.

Before joining NERC, [REDACTED] was with PJM Interconnection and ERCOT, responsible for real-time operations support, resource economic dispatch and operator training simulator projects. She started her career at Westinghouse Electric.

[REDACTED], who commutes weekly from her home in central New Jersey, is passionate about education, and has been a board member of the Princeton Education Foundation. In addition, she volunteers at a Chinese language school where she has been serving as executive director since 2013.

[REDACTED] holds two patents and has published more than 70 articles. She earned her Ph.D. degree in electrical engineering from Tulane University, M.S. degree from Electric Power Research Institute, Beijing, China; and B.S. degree from Taiyuan University of Technology, China.

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In Remembrance

[REDACTED], who formerly served as a trial attorney in the former Oil and Gas Litigation section of OGC, passed away on February 9.

Prior to his service with FERC, [REDACTED] held various positions with other federal agencies, including the Department of Labor and the Department of Commerce. While working as an economist at the Federal Trade Commission, [REDACTED] studied law at the Georgetown University Law Center and earned his Juris Doctorate degree in 1971.

Afterwards, [REDACTED] continued his career at the FTC, this time serving as an attorney with the agency's Consumer Protection Division.

[REDACTED] was employed with FERC for several years, retiring in 1998.

A native of New Orleans, [REDACTED] was admitted to Morehouse College at the age of 16 after receiving a Ford Foundation Scholarship. After three years there, he received another scholarship to study for one term at the London School of Economics and Political Science. When he returned to the U.S., [REDACTED] completed his college education at Dillard University where he earned a Bachelor of Arts degree in English.

After being drafted into service with the U.S. Army and serving two years in Kentucky, [REDACTED] returned to Dillard to serve as the school's alumni director.

Shortly after retiring from FERC, [REDACTED] volunteered for a number of organizations in the Washington, D.C. area. He served as a court appointed child advocate for the Court Appointed Special Advocates (CASA) agency in Montgomery County, MD, and received awards for his work with Montgomery County public high school students.

[REDACTED], who worked with [REDACTED] in OGC's Oil & Gas Litigation section and continued to keep in touch with him after retirement, said, "[REDACTED] was a mentor to many. He always had a witty comment (usually a rhyme) and had an infectious sense of humor. [REDACTED] was extremely proud of his volunteer work as a child advocate for CASA. He was also an avid photographer who loved to share pictures of his world travels with his family. He will be missed."

[REDACTED] is survived by his wife of 45 years, [REDACTED] three children, [REDACTED], [REDACTED]; two grandchildren, [REDACTED], and a host of other family members.

The FERC Family extends its deepest condolences to [REDACTED] family and friends. We echo [REDACTED] sentiments and will miss him.

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HOT TOPICS

CERAWeek Conference



Photos courtesy [redacted]

Chairman Bay was a keynote speaker at the 2016 IHS CERAWeek Conference in Houston February 25, discussing in prepared remarks, and then in a Q&A session with IHS Vice [redacted] and IHS Energy Insight Vice President [redacted], FERC's continuing work to ensure competitive markets deliver just and reasonable rates for customers. He later met with reporters to answer their questions about his speech and other FERC-related matters. Commissioner LaFleur participated in a panel discussion earlier in the day on the evolution of regional power markets in the U.S. On February 24, Commissioner Honorable participated in a panel discussion on the regulatory and structural challenges of increasing use of gas for power generation.



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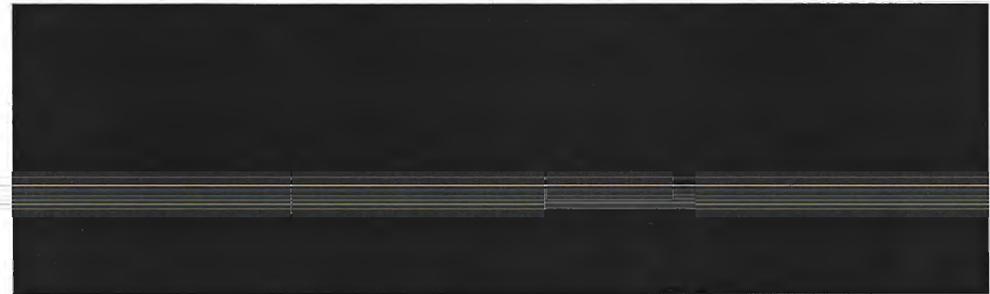
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February Open Meeting



COMMISSION Meeting HIGHLIGHTS

At the February Commission Meeting, [redacted] discuss a Notice of Inquiry on Provision, Compensation of Primary Frequency Response. [News Release](#) | [NOI](#)



OGC's [redacted] and [redacted] discuss the creation of a new rehearing group housed in the Solicitor's Office in OGC. The primary role of the rehearing group will be to make sure the Commission has in initial and rehearing orders fulfilled its legal obligation to articulate the connection between the facts found and the choice made, and has responded meaningfully to legitimate objections raised by the parties before it.

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OEMR: What book have you read recently that you'd recommend?



What's MY LINE?

"*One Shot at Forever* by Chris Ballard."— [REDACTED]

"*Infinite Jest* by David Foster Wallace."— [REDACTED]

"*The Little Prince* by Antoine Saint-Exupéry."— [REDACTED]

"*Moscow, December 25, 1991: The Last Day of the Soviet Union* by Conor O'Clery."— [REDACTED]

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Cholesterol in Eggs May Not Hurt Heart Health

Research also finds other dietary cholesterol doesn't appear to up heart disease risk.

The once-maligned egg may not be a heartbreaker after all, new research suggests.

Finnish researchers say that even carriers of a gene -- called APOE4 -- that increases sensitivity to dietary cholesterol don't seem to have anything to fear when it comes to the impact of eggs, or any other dietary cholesterol, on heart health. The findings followed the 20 year-plus tracking of dietary habits among more than 1,000 middle-aged Finnish men. All were heart healthy at the study's start, and about a third carried the APOE4 gene, the researchers said.

"It is quite well known that dietary cholesterol intake has quite a modest impact on blood cholesterol levels, and cholesterol or egg intakes have not been associated with a higher risk of heart disease in most studies," said study author Jyrki Virtanen. He is an adjunct professor in nutritional epidemiology with the University of Eastern Finland Institute of Public Health and Clinical Nutrition in Kuopio, Finland.

"However, dietary cholesterol intake has a greater impact on blood cholesterol levels among those with [APOE4]," Virtanen added. "So it was assumed that cholesterol intake might have a stronger impact on heart disease risk among those people. However, our study did not find an increased risk even among those carrying [APOE4]."

Although the study didn't find a link between dietary cholesterol and adverse heart health, the study authors said they weren't able to prove that dietary cholesterol doesn't have a significant impact on cardiovascular disease. For example, one limitation of the study the authors noted was that they only collected dietary information at the start of the study, and had no way of knowing if people's diets changed over time.

Virtanen and his colleagues report their findings in the Feb. 10 issue of the American Journal of Clinical Nutrition. The University of Eastern Finland provided funding for the study, and Virtanen added that there was no funding from egg industry sources.

Finland has a higher-than-average number of APOE4 carriers, with about a third of the population affected, the researchers said. But little is known about whether or not dietary cholesterol intake might affect the hearts of people with the APOE4 gene, the study authors noted.

The new research included people between the ages of 42 and 60. On average, the average dietary cholesterol consumed was 398 milligrams (mg), the study found. No one reported consuming more than one egg per day, on average. One medium-sized egg has approximately 200 mg of cholesterol, the study authors said.

At the end of the 21-year tracking period, 230 of the men had experienced heart attacks. But, the study authors determined that neither egg habits, nor overall cholesterol consumption, had any bearing on heart attack risk or the risk for hardening of the arterial walls.

Virtanen noted that none of the research participants had heart disease or diabetes at the study's launch. "[And] there is some study data from other study populations that egg or cholesterol intakes may increase the risk of heart disease among diabetics," he said. "So our study is not a 'license' to eat as much cholesterol or eggs as one likes."

He added that "there might well be a point when cholesterol or egg intakes may become so high that they may increase the risk of heart disease. However, in our study we could not assess what might be too much, because we did not have enough people with extremely high intakes."

Lona Sandon is a registered dietitian and assistant professor of clinical nutrition at the University of Texas Southwestern Medical Center at Dallas. She said that while "everything in moderation" is the way to go,



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"people can feel confident about adding eggs, including the yolk, into their daily diet." "Eggs are a powerhouse of nutrition," she said, "with much of that nutrition found in the yolk. The yolk has vitamin D, essential fats, choline, lutein, zeaxanthin, and more. Good for bones, good for the brain, and good for the eyes. [And] the white is a high quality protein, as well as a source of B vitamins."

Dietary cholesterol doesn't have as much of an impact on blood cholesterol levels as was previously thought, Sandon added. She also noted that the American Heart Association dropped its daily cholesterol limit recommendations years back. Instead, saturated fat and sugars are a more likely culprit in terms of heart disease risk, she said, alongside insufficient exercise.

"[So] an egg a day in the context of a healthy diet pattern does not appear to pose a risk for heart disease or impact dietary cholesterol according to current research," she said. "[But] an egg a day on top of buttery biscuits and gravy is not the way to go."

You can find more information on cholesterol and heart health at the [American Heart Association's website](#).

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Green Your Spring Cleaning

Buy green cleaners at your local natural foods store or via mail order or the Internet.

Make your own cleaners. To avoid toxic chemicals, consider making your own cleaners. Household items like baking soda, lemon juice, vinegar and club soda can be combined to clean everything from carpets to toilet bowls.

Use old clothing and sheets, not paper towels for dusting and cleaning rags.

Install a clothesline in your backyard or basement, and let your clothes dry naturally.



Avoid cleaners that contain phosphates as a water softener. Phosphates appear in a number of cleaners such as some dishwashing liquids. They promote rapid algae growth, which pollutes the water supply.

If you use mothballs, consider replacing them with a more natural alternative. Try cheesecloth-wrapped cinnamon sticks, bay leaves, or whole cloves.

Eliminate the need for chemical fabric softeners by adding ¼ cup of vinegar to your washing machine's rinse cycle.

Let your houseplants do the cleaning! Some houseplants—such as Boston ferns, English ivy, rubber plants, and peace lilies—can help clean your indoor air by absorbing toxic chemicals.

Source: [Green America](#)

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Creating Folders in Outlook

It is important to save Outlook emails on a network drive or cloud storage rather than on your computer or local drive. This is especially important if your computer "crashes" and you cannot access data locally from your computer.

Creating folders in outlook allows you to categorize your emails, save them to the network (cloud) and create rules to place emails in specific locations.



1. Right click on your inbox folder to view the menu options.
2. Select the New Folder menu.
3. Enter a name for the new folder.
4. The new folder now displays in your list of folders.



Create a Rule for your folder.

1. Click the rules folder.
2. Select the create rules menu.
3. Set up your rule to go to a newly created folder or an existing folder.
4. Click the Ok button to save the rule.



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Welcome to the April Edition



NEW NAVIGATION: You have a **drop down navigation menu** on the left listing all regular features and articles. There is also a **handy page forward button** at the top right, and the FERC Insider logo on all pages will return you to the home page.

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

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WEW Meet the Office Leaders Series:

March Featured Speaker: [REDACTED]



[REDACTED] joined the Commission in 1985. She has served in a number of managerial positions including Director of the Division of Hydropower Licensing, which is responsible for preparing environmental reviews of applications to construct and operate or relicense non-federal hydropower projects. Most recently, [REDACTED] served as Deputy Director of the Office of Energy Projects. She has an M.S. in Resource Management from the University of Maryland.

The Meet the Office Leaders Series is brought to you by the Women emPOWERing Women (WEW) Employee Resource Group. WEW's mission is to provide an opportunity for members to interact, mentor, learn, and build skills applicable to the workplace by networking with peers and agency leaders and by maintaining an open and educational forum for improving industry knowledge and personal and professional development. For more information or to sign up to be a member, email us at wew@ferc.gov. All are welcome to join. For more information on employee resource groups and to see a listing of currently active groups, visit [FERCNet](http://fercnet).

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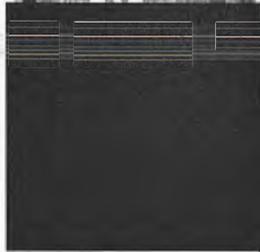
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Legacy Lecture Series #7: Bill Massey



The latest installment of the Legacy Lecture Series on April 6 featured former FERC Commissioner Bill Massey and a discussion on the California energy crisis.

Commissioner Massey served as a Commissioner from 1993 until 2003, and during that time was an influential architect of the Commission's competition and infrastructure policies that restructured the electricity and natural gas industries. He served as Commissioner during the era of Order No. 888, Order No. 2000, the California energy crisis, and the Commission's proposal to standardize wholesale electricity markets (Standard Market Design). He currently heads the energy practice at Covington.



The Legacy Lecture Series began in September 2015 to provide employees with an opportunity to learn from the perspectives of industry experts and people who led the Commission's major reforms over the last 30 years.

Up next: Former Chairman Joseph Kelliher on May 11. He will discuss what we've learned and the trending issues for the future.

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Women's History Month



FERC celebrated Women's History Month on March 29 by featuring motivational speaker [REDACTED]

Commissioner Colette Honorable provided opening remarks and [REDACTED] introduced the featured speaker.

[REDACTED] certified Life Coach and a dynamic transformational speaker who inspires her audiences to achieve great success in their lives. She has been recognized throughout organizations for her ability to motivate, connect with and energize her audiences into action.

[REDACTED] focused her discussion on how to: Create a More Joyful Workplace, Develop your Personal Mission Statement, Maintain Work-Life Balance and Find Your Life Purpose.

[REDACTED] presented [REDACTED] with a certificate of appreciation and [REDACTED] providing closing remarks.

"Working to Form a More Perfect Union: Honoring Women in Public Service and Government" was the theme of this year's observance.

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Chairman Norman Bay presents [REDACTED] with the Exemplar of Public Service Award as he prepares to retire from FERC. "For many years I have had the pleasure for working with [REDACTED]," Chairman Bay said. "And I've worked with [REDACTED] both as a member of staff and as a member of the Commission, and I can personally say how much I've enjoyed working with him over the years and appreciate his dedication to FERC, to public service, and to furthering the public interest. Staff like [REDACTED] make FERC a very special place indeed."



COMMISSION Meeting HIGHLIGHTS



(AD06-3-000). [FERC Staff Presents the 2015 State of the Markets](#)



metrics (AD15-12-000). [Presentation](#) | [Report](#)

Photos taken by [REDACTED]

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See Something, Say Something: It's Effective, and it Works

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On Thursday March 24, 2016 Officer [redacted] and Sergeant [redacted] were on their way to pick up lunch at Café Phillips before returning to their assigned posts for the rest of the afternoon.



See something. Say something.



When they arrived at the café, they noticed a familiar face. Upon further inspection they realized that it was one of the protestors that frequent FERC, along with a number of his cohorts. Officer [redacted] immediately called the FERC Security Command Center to notify Project Manager [redacted] and Sergeant [redacted] of what she had seen. She told him that she believed that the protestors were about to descend on FERC based on the signs they carried and the shirts that they wore. Sergeant [redacted] was able to notify the Security and Safety Division as well as put a call into FPS for assistance. Due to the quick actions of Officer [redacted] and Sergeant [redacted], the security officers were able to position themselves appropriately and SSD was able to make swift notifications to everyone via the FERC Alert system. FERC Security and FPS were able to anticipate their arrival and their assistance proved to be quite useful when those protestors realized FERC was prepared for them. This is a primary example of how "See Something, Say Something" is the first and possibly most important step in ensuring the safety of FERC employees.

In 2010 the Department of Homeland Security, in conjunction with the Department of Justice, launched the nationwide campaign to train law enforcement and other authorities in behavior detection related to terrorism and other crimes. While this initiative has been supremely helpful to local, tribal, and national law enforcement agencies, it is also a valuable tool for entire communities, businesses, and agencies. FERC has often stressed the importance of being aware of your surroundings, especially considering the climate that has surrounded the agency since protestors have been active here. "See Something, Say Something" is a reminder that if you see anything that find unusual, suspicious, or unsafe, you should immediately report it to the appropriate personnel or agency. In doing so you could provide a few extra minutes or seconds to the responding authority (i.e., security officers or police officers) which can in turn be the difference between a mitigated issue and an emergency or disastrous situation.

If you see something at FERC that you feel is unusual, you should immediately notify a security officer, a member of SSD, or you should call the Security Command Center at extension 8911. Examples of this could be an unattended bag or package, someone loitering in the area, someone photographing the facility, or strange behavior from a colleague. SSD and the Security Officers will investigate all reports according to established procedures and will handle all reports with discretion and applicable confidentiality.

For more literature and information on the "See Something, Say Something" campaign, you can visit the [Homeland Security](#) website or contact a member of SSD.

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Long Hours at the Office May Raise Your Heart Disease Risk, Study Shows



**Healthy
LifeStyles**

Working long hours may raise your risk of heart disease, a new study suggests.

Researchers analyzed data from more than 1,900 people in a long-term study of work. They found that 43 percent had been diagnosed with a problem related to cardiovascular disease (CVD), such as angina, coronary artery disease, heart failure, heart attack, high blood pressure or stroke.

Among full-time employees, the risk rose 1 percent for each additional hour worked per week over 10 years or more.

Starting at 46 hours, additional work hours increased the risk of heart disease even more. Compared to those who averaged 45 hours a week for 10 years or more, the risk of heart disease was 16 percent higher among those who worked 55 hours a week and 35 percent higher among those who worked 60 hours a week.

The findings did not apply to part-time workers, according to the study in the March issue of the *Journal of Occupational and Environmental Medicine*.

The researchers also did not prove a cause-and-effect relationship between long hours at work and increased heart disease risk.

"This study provides specific evidence on long work hours and an increase [in] the risk of CVD, thereby providing a foundation for CVD prevention efforts focused on work schedule practices, which may reduce the risk of CVD for millions of working Americans," study author Sadie Conway, of the University of Texas Health Science Center at Houston, said in a Journal news release.

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Earth Day is Around The Corner!

April 22 marks the 46th year of a movement that continues to inspire, challenge ideas, ignite passion and motivate people to action. In 1970, the year of our first Earth Day, the movement gave voice to an emerging consciousness, channeling human energy toward environmental issues.

During the week of April 18th, GreenerFERC will be celebrating Earth Week here at the Commission! Stay tuned for event details!

Until then, here are some tips to bring a little more Earth Day to your everyday life.

In the Morning

- Brew "certified" coffee. A USDA Certified Organic label means it was grown using sustainable standards.
- Green "to go." Not brewing at home? Take a travel cup to your favorite java joint; they may fill it at a discount.

At Work

- Double up. Configure your office printer or copy machine so it prints on both sides of the page.
- Put it to sleep. If you'll be away from your computer for more than 20 minutes, change it to "sleep" mode.

Running Errands

- BYOB. Bags, that is. This helps keep the rivers clean and saves you money in the long run. The Anacostia River Clean-Up and Protection Act ("Bag-Law") requires all District businesses that sell food or alcohol to charge five cents for each disposable paper or plastic carryout bag.

Before Bed

- Truly turn off your electronics. Plug your devices — the TV and DVD player, or the computer and printer — into a UL-certified power strip; switch the whole group off for the evening to prevent phantom electrical draw.



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Connecting to a Network Printer

When a new printer is placed on the network to replace an existing printer or you need to access a color printer, it may be necessary to select a new printer.

Perform the following steps to connect to the new printer.

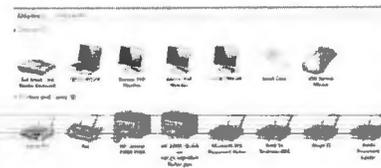
1. Access the Control Panel menu on your computer.



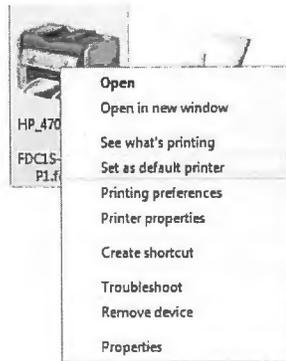
2. Click on the Devices and Printers Icon.



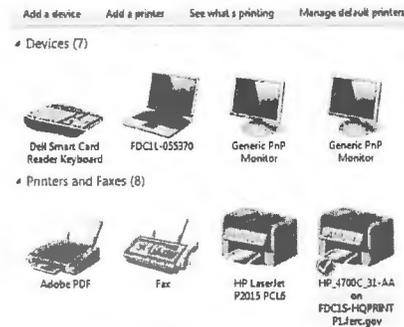
3. Right click on the printer that you would like to use from the available printers displayed.



4. Click the Set as Default Printer menu to change your default printer to the select printer.



NOTE: New Printer has a green check showing default.



5. Click the Add a Printer menu on the top of the screen to add a new printer not displayed.



6. Click the Add Local or Add Network Printer Option.

7. To add a network printer select one of the available printers from the list of printers.

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FERC Celebrates Earth Week



The Commission celebrated Earth Week this year from April 18-22. The Child Development Center (CDC) kicked off festivities on Tuesday, April 19, with a parade featuring costumes made from reused materials. Later that day, Greener FERC hosted a Clean Power Plan Panel with panelist [REDACTED]



On Wednesday, April 20, Greener FERC hosted the Greening Your Home -Revisited panel, in which Commission employees offered sustainability tips for the home. Commissioner LaFleur introduced the panelists, including: [REDACTED]

[REDACTED] In conjunction with the panel, local organizations provided demonstrations and informational displays in the lobby.

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Throughout the week, young artists from the CDC displayed artwork made from reused materials in the lobby. The CDC also opened an organic market in the lobby featuring goods such as coffee, tea, and chocolates for sale. Additionally, Greener FERC sponsored a Floppy Disk Contest in the lobby, where entrants guessed the number of floppy disks in a bin, which represented one-tenth of the disks collected by Greener FERC thus far for recycling – more than 5,400 disks! [REDACTED] had the winning guess and won a bottle of Chardonnay from Sunset Hills.

Earth Week events were organized by members of Greener FERC. Greener FERC wishes to extend its gratitude to the late [REDACTED], who helped organize the Clean Power Plan Panel and whose enthusiasm will be missed.

Photos partially provided by FERC Child Development Center. [REDACTED]

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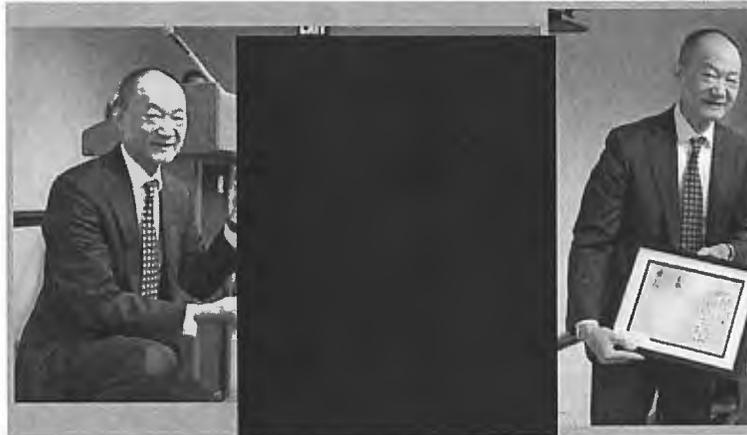
Take Our Daughters and Sons to Work Day

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Chairman Bay, [REDACTED]
Chairman Bay, [REDACTED]

“Dream big and work hard.” That was the message from Chairman Norman Bay to those attending this year’s Take Our Daughters and Sons to Work Day event.

With more than 65 children participating in the observance, this year’s event was the biggest ever!



Chairman Bay, [REDACTED]
Chairman Bay, [REDACTED]

FERC’s [REDACTED] gave a warm welcome to the audience and introduced Chairman Norman Bay. This year’s event was sponsored by OGC.

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Chairman Bay, [REDACTED]
Chairman Bay, [REDACTED]

Chairman Bay gave recognition to the parents and relatives of those children in attendance saying, "They are heroes and public servants." "We want to inspire you to look to tomorrow," Chairman Bay said to the children. Awards were presented to winners of the first-ever art contest, with "What Energy Means to Me" being the theme of the impressive artwork. Following the introduction event, children were treated to a mock trial and tours of various offices at the Commission.



Chairman Bay and [REDACTED]
[REDACTED] and Chairman Bay

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Years of Service Awards [Full List of Award Recipients](#)

Chairman Norman Bay handed out much deserved Years of Service awards to employees for their dedication to public service. Career service pins and certificates are awarded to employees in recognition of their service.

[Redacted] served as Master of Ceremonies and welcomed everyone to the event.

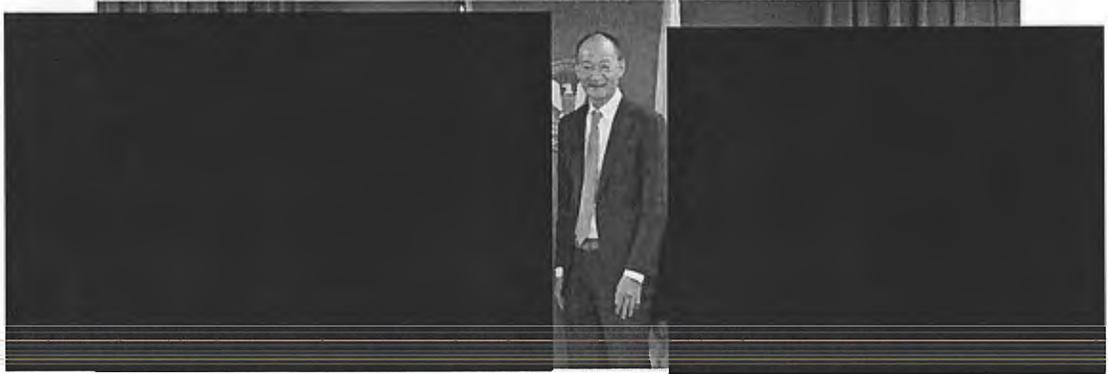


40-45 Years of Service Awards



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35 Years of Service Awards



25-30 Years of Service Awards

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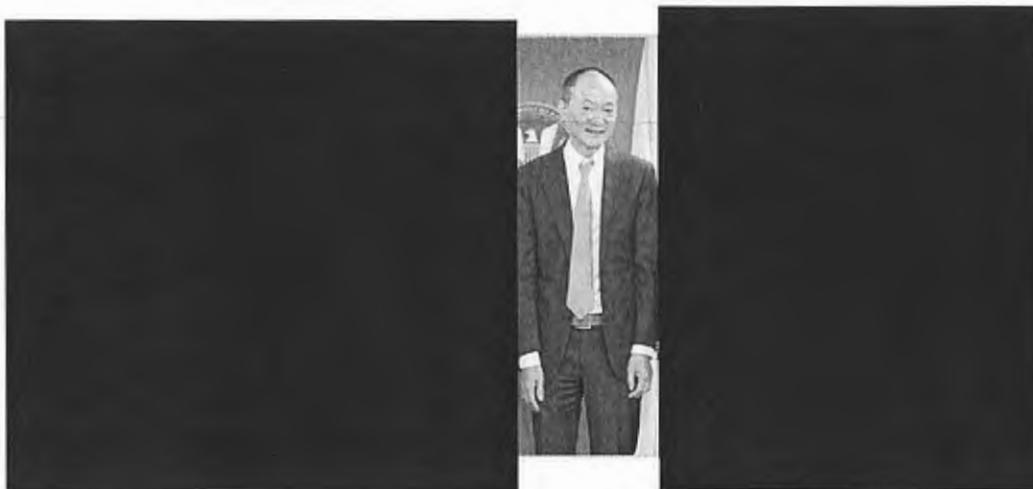
Years of Service Awards 30 Years of Service Awards



25 Years of Service Awards



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FERC Shows Its Generosity in 2015 CFC

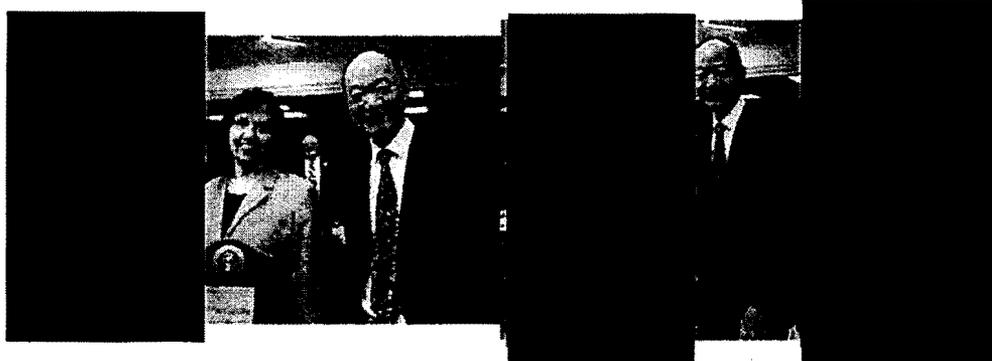


Commissioner Honorable, Chairman Bay, Commissioner LaFleur.

FERC employees were honored for their generosity during the 2015 Combined Federal Campaign (CFC) award ceremony held at 888 on April 12. This year FERC's participation was more than two and one half times that of our peers in the National Capital Region.



Chairman Norman Bay, Commissioner Cheryl LaFleur and Commissioner Colette Honorable joined FERC's impressive [redacted] in honoring the Commission's achievements. FERC's [redacted], who served as Co-Chairman of the CFC, provided inspiring words to the audience.



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"Throughout my 30-year career with the Commission, I have become very proud of the spirit of generosity our employees consistently exhibit through the annual CFC campaign," [REDACTED] said. "This is indicative of the strong sense of community that exists within the FERC culture and we are extremely fortunate to be in such a position. I would like to leave these words with everyone as a source of inspiration for the FY 2016 campaign. 'For of those to whom much is given, much is expected.'"



[REDACTED] FERC's loaned executive, and [REDACTED], Associate Director, CFCNCA, were honored guests. This year every office at FERC earned an award and was recognized for its efforts. Ten of 15 offices earned the coveted Presidential Citation award. Nine of 15 offices passed their campaign dollar goals and five offices achieved 100 percent participation.



Photos courtesy [REDACTED]



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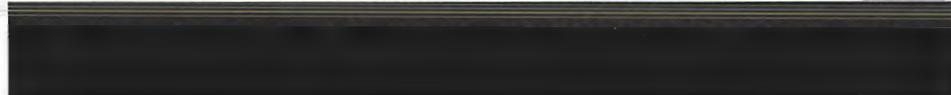
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Coffee and Tea with Chairman Bay



Chairman Norman Bay met with staff recently for an informal meet-and-greet. The "coffee and tea" event with the Chairman was the latest in a series of regular events that include staffers from every office in the Commission. "FERC staff is top-notch and I'm honored to work with them," Chairman Bay said. [REDACTED]





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WEW: Meet the Office Leaders Series

[REDACTED] of the Office of Energy Policy and Innovation, was the featured speaker at the Meet the Office Leaders Series event on April 27.



Prior to joining the Office of Energy Policy and Innovation, [REDACTED] served from 2010-2014 as the Director of the East Division in FERC's Office of Energy Market Regulation. She has held several other positions at the Commission, including attorney advisor in the Office of the General Counsel's Energy Markets Division from 2001-2006 and 2009-2010, and Legal Advisor to Commissioner Philip D. Moeller from 2006-2009. During law school, [REDACTED] worked at the Illinois Commerce Commission. She earned a B.A. from DePaul University and a J.D., with a Certificate in Environmental and Energy Law, from Chicago-Kent College of Law, Illinois Institute of Technology.

This event is sponsored by the Women emPOWERing Women (WEW) Employee Resource Group. WEW's mission is to provide an opportunity for members to interact, mentor, learn, and build skills applicable to the workplace by networking with peers and agency leaders and by maintaining an open and educational forum for improving industry knowledge and personal and professional development. For more information or to sign up to be a member, email us at wew@ferc.gov. All are welcome to join. For more information on employee resource groups and to see a listing of currently active groups, visit [FERCNet](http://fercnet).



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Introducing the Workforce Relations Division

The Chief Human Capital Office (CHCO) in the Office of the Executive Director (OED) was recently reorganized. Under its new structure, the Workforce Relations group was elevated to the Division level after previously being a Branch under the Human Resources Division. CHCO now consists of three Divisions: Workforce Relations; Human Resources; and Security and Safety.

The Workforce Relations Division (WRD) manages and administers the Commission's labor and employee relations programs by providing technical and consultative support to supervisors and employees on Labor-Management Relations, Workers' Compensation, Unemployment Compensation, Performance Management and Awards, Telework, Leave Administration, Medical Employability, Disciplinary and Adverse Actions and the Drug-Free Workplace Program. WRD also provides technical and consultative support on all matters concerning union, management, and employee relations; including policy/regulatory guidance, collective bargaining, and internal workforce dispute resolution.

[Redacted] WRD team are [Redacted] and [Redacted] as well as recent additions [Redacted].

Along with being a new Division, WRD also has a new website! [Visit WRD's new website on FERCNet](#) to find resources on employee relations and labor relations or to contact anyone on our team for prompt assistance!





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In Remembrance [REDACTED]

[REDACTED], an attorney-advisor with OGC's Energy Markets Branch 1, passed away suddenly on April 22, 2016.

[REDACTED] served as an attorney-advisor in OGC since beginning his FERC career on February 26, 1979. Throughout the years, he worked in various sections within OGC, dealing with myriad cases involving interstate natural gas certificates, litigation, and rate issues. He also served briefly in OEA working with congressional correspondence.

[REDACTED] was just recently honored by Chairman Bay in recognition of his 40 years of federal service to the American public.

[REDACTED] began his federal career on February 7, 1976, serving two terms as a VISTA Volunteer after receiving his degree from Rutgers University. According to General Counsel [REDACTED], [REDACTED] also recruited volunteers for VISTA and for the Peace Corps and then served as the ACTION Regional Counsel.

"He was one of the first attorneys with the California consumer group TURN, and litigated several major electric and gas rate cases before the CPUC. He initially came to Washington, D.C., to join the regulatory-interventions program at DOE, which promoted conservation and renewable energy before state and federal regulatory commissions," [REDACTED] said.

[REDACTED] close friends, [REDACTED] and [REDACTED], said in a joint email, [REDACTED] was a great friend and a professional colleague you could always count on. He was a big fan of the Washington Nationals baseball team and Virginia Tech football. [REDACTED] was a technology buff and was always up on the latest trends. He would be one of the first to get the newest gadgets. He had an encyclopedic knowledge of music. He was politically active, especially in local Arlington, VA, politics. His most recent endeavors included involvement with Arlingtonians for a Clean Environment and Greener FERC."

On April 19, [REDACTED] participated in Greener FERC's Earth Week program, serving as a moderator for a panel discussion on the historic, legal, and policy significance of EPA's Clean Power Plan. [REDACTED] introduced four speakers who included FERC staff, and staff from EPA and the Georgetown Climate Center, based in Georgetown University's School of Law in Washington, DC.

His sudden death three days later has been a shock to all of us. He leaves behind his wife, [REDACTED], three children: [REDACTED], and [REDACTED]; and a host of family and close friends.

Contributions in [REDACTED] memory may be sent in lieu of flowers to the Arc of Northern Virginia, a non-profit organization that provides service to people with intellectual and developmental disabilities. Here's the postal address: 2755 Hartland Road, Suite 200, Falls Church, VA 22043. Here is the website link for more information: <https://thearcofnova.org>.

The FERC Family extends its deepest condolences to [REDACTED] family and close friends. He will be truly missed.



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Chairman Appoints ██████████ as Administrative Law Judge

FERC Chairman Norman Bay has appointed ██████████ as Senior Administrative Law Judge (ALJ). ██████████ returns to the Commission where he previously served as Deputy Chief ALJ.



Since 2007, ██████████ served as a Commissioner on the Maryland Public Service Commission (PSC). While serving on the PSC, he was chairman of the Washington Metropolitan Area Transit Commission and the PSC's representative and President of the Organization of PJM States. ██████████ was president of the Mid-Atlantic Conference of Regulatory Utility Commissioners and chaired the Mid-Atlantic Distributed Resources Initiative.

"I am pleased to welcome ██████████ back to FERC," Chairman Bay said. "His expertise on energy issues will be an asset to this Commission and the public."

██████████ was an ALJ for the U.S. Department of Labor and an administrative judge for the Nuclear Regulatory Commission. Prior to his appointment as an ALJ, ██████████ was in private practice. He is admitted to practice law in Maryland, the District of Columbia and New York.

██████████ received his Juris Doctor degree from the State University of New York at Buffalo and his Bachelor of Arts degree in Economics from Brooklyn College. He is a U.S. Army veteran, having served in Vietnam.



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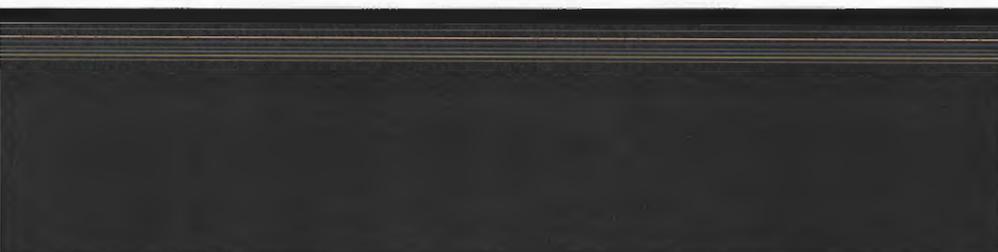
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April Commission Meeting



[Redacted] discuss electric storage participation in regions with organized wholesale markets (AD16-20-000). [Presentation](#)



A presentation on grid modernization (AD16-19-000) included: [Redacted]
[Redacted]
[Redacted] Lawrence Berkeley National Lab.

[Dept. of Energy](#) | [National Renewable Energy](#) | [Pacific Northwest](#) | [Idaho](#) | [Sandia](#) | [Lawrence Berkeley](#)



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Years of Service Award Recipients: What is the Highlight of your Federal Career?



What's **MY** LINE?

"When I was rewarded for my efforts in preparing voluminous briefing materials for Congress in preparation for the nomination of FERC Chairman Martin Allday. I was invited to dine at the White House in the "Situation Room" with former Director of OEA and political appointee [REDACTED] who went on to become White House Chief of Staff for President George H. W. Bush!" - [REDACTED] *40 years of service*

"The many wonderful friendships with the diverse group of talented, generous co-workers that have become my FERC family." - [REDACTED]

"I'm still vertical." - [REDACTED] *25 years of service*

Working on the Western Markets Report in 2001-2002. Also the open access initiatives for the gas industry (Order Number 436 and 636) and electric industry (Order Number 888 and 1000 under the direction of [REDACTED] k [REDACTED], who was great to work for." - [REDACTED] *35 years of service*



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Be Alert, Be Safe

The Metropolitan Police Department reports a nine percent increase in violent crimes from 2015, which is particularly worrisome when you consider that we are not yet halfway through this year. While many of us may not live in the city, most of us spend the majority of our time during the week commuting and traveling in DC. It is imperative that we take the matter of our safety into our own hands and employ tactics that could prove to be lifesaving in a dangerous situation.



SECURITY & Safety

Situational Awareness Tips

- **See, Hear, Smell:** Paying attention to changes in noises, smells, and what you see can provide early signs of a possibly dangerous situation.
- **Make yourself aware of your environment:** Pay close attention to your surroundings by taking note of where your exits are and any other emergency procedures that you should follow.
- **Improve your observational abilities:** Instead of looking at your phone or newspaper, pay attention to the details of the people who surround you. Noticing small changes in behavior can often provide you with a significantly greater reaction time in the event of a dangerous situation.
- **Trust your instincts:** If you feel that something is wrong in any capacity, report it. Follow the adage: 'See Something, Say Something.'

Metro Safety Tips

- Don't purchase a Metro farecard or pass from people on the street. It might be counterfeit.
- To prevent others from knowing where and how much money you are carrying, purchase a SmarTrip card or a multi-ride farecard.
- Always keep your jewelry and other valuables out of sight. Turn rings so that precious stones are on the palm side of your hand.
- Keep a firm grip on your purse, but avoid wrapping the strap around your hand or wrist.
- Use a purse with a secure clasp. Keep the purse close to your body and your hand on the clasp.
- Carry your wallet inside your coat or side trouser pocket, never in your rear trouser pocket. Also, place a rubber band around your wallet to feel resistance if it is removed from your pocket.
- Beware of loud arguments or commotions that may be staged to distract you while your pocket is picked.
- If your pocket is picked, yell out immediately to warn others. Don't be afraid to shout. Tell the train or bus operator and request the police.
- Avoid standing near train car doors to lessen your chance of being crowded or bumped by others. If you're jostled in a crowd, a pickpocket may be responsible.
- Never sleep on a train or bus.
- Park your car in a well-lit area of the Metro parking lot.

Interesting note: Metro crime stats for one day, March 1, identified 21 different calls to Metro Police ranging from simple assault, to theft, to alcohol violation.

[For more Metro Safety Tips](#) If you are interested in learning more about situational awareness or have any questions contact a member of SSD.



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**Make Your Workouts More Intense
Guidelines for safe exercise**

High intensity interval training (HIIT) is a popular and effective form of exercise. But before you step up your routine, make sure you're doing it safely.

Here are suggestions from the American Council on Exercise:

- Pick an aerobic exercise, and start with a five-minute warm-up. Then for the next 10 to 12 minutes, alternate between higher and lower intensity. End with a five-minute cool-down.
- Start out with just three- to four-speed intervals, and gradually increase to eight-to-10. Engage in a HIIT workout once or twice per week.
- Don't make your recovery intervals (those of lower intensity) too short. Give your body time to rest.

Source: HealthDay News





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Green your Garden this May!

Gardening at home is one way to go green, and here are a few tips that could improve your gardening habitats.

Use Rainwater - Collecting runoff from one good rain shower makes it work like 10. A rain barrel under a downspout provides a reservoir of chemical-free water to tap as plants need it. Most hardware stores and nurseries sell barrels ranging from \$60 for plastic to \$300 for oak. Check out <http://doec.dc.gov/riversmart> for information on rain barrel rebates in the District.

Plant Natives - Species naturally suited to our region require less water and maintenance and no pesticides. You can find information on native pollinator plants at <http://doec.dc.gov/service/native-and-invasive-pollinator-plants> and you can purchase native plants at many gardening stores in the area including <http://www.nature-by-design.com/>

Drip Irrigation - Slowly applying water directly to the plants' root zone conserves water and prevents molds that can develop with droplets on plant leaves.

Reel Mower - Replace your gas or electric mower with an old-fashioned reel mower. When you do mow, set the blade high (at least 2 inches) and leave the nutrient-rich clippings.

Start Composting - The average American family produces around 500 pounds of leftover organic material every year. Composting allows you to keep some of your waste out of the landfill and enrich your soil. If you produce too much compost to use at home, check out a local company that can help such as <http://compostcab.com/>





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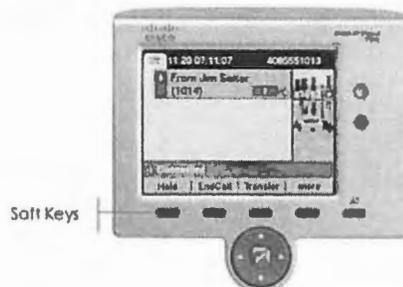
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IT
CORNER

Setting up Conference Calls on the phone

When setting up conference calls you may add multiple users to the call by following the steps below.

1. Press the **More** soft key while you are on a call. This will display the **Confrn** button.



2. Press the **Confrn** soft key. This opens a new line while placing the current party (or parties) on hold.
3. Place a call to another party.
4. Press **Confrn** again when the call connects to add this party to the call.
5. Repeat the first three steps to add additional participants.
6. To end a conference call hang-up.

NOTE: Once the conference call initiator disconnects, no additional parties can be added.

Joining Others to a Conference Call (Join Soft Key)

You may add additional callers by following these steps below.

1. Press the **More** key twice while on the call.
2. Press **Select**.
3. Use the **Scroll** key and **Select** soft keys to highlight the callers you wish to participate in the conference call.
4. Press the **Join** soft key and all callers will be added to the conference call.

NOTE: Once the conference call initiator disconnects, no additional parties may be added.

Removing Conference Participants (Conference List)

1. During a conference call, press the **More** soft key and then the **ConfList** soft key; this expands the "To Conference" display to show all participants in a list format.
2. Select the party to be removed, using the **Scroll** key. Press the **Remove** soft key to drop the caller.



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Arrivals: April 1-April 30



Departures: April 1-April 30



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NEW NAVIGATION: You have a drop down navigation menu on the left listing all regular features and articles. There is also a handy page forward button at the top right, and the FERC Insider logo on all pages will return you to the home page.

Questions? 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]. All photos are the property of FERC and may not be reproduced without permission.

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[REDACTED] Nominated for Award

FERC's own [REDACTED] has been nominated for a prestigious Samuel J. Heyman Service to America Medal for his part in solving a potentially life threatening situation at a FERC-regulated dam in New York. The awards honor excellence in our federal workforce and help inspire others to pursue opportunities in public service.



In July 2015, FERC's Division of Dam Safety and Inspections received an urgent phone call from the operator of the Cannonsville Dam in New York State about a serious situation at the dam that could ultimately jeopardize the dam embankment and impact the supply of drinking water to New York City. ~~Drilling operations at the toe of the dam created a condition where muddy water, which is a sign of~~ sediment being carried from the dam, was discharging from the toe of the embankment and if not stopped, could potentially lead to a catastrophic dam failure.

[REDACTED] a senior geotechnical engineer, immediately left D.C. to travel to the site so he could inspect the situation. He began working closely with other engineers from the New York Regional Office, engineering consultants, stakeholders and the City of New York, the licensee, to determine the best course of action.

"The unknown is your biggest fear in a situation like this," says [REDACTED]. "You don't know how much time you have to fix the problem."

Ultimately, [REDACTED] and the team came up with an innovative plan to drill relief wells to reduce the pressure below the dam and stop the flow of muddy water. There was no guarantee that this would work but as soon as the relief wells were installed, the pressure was reduced, which stopped the flow of the muddy water and allowed the final remediation repairs to be completed at the dam toe by grouting.

According to [REDACTED] Dam Safety Program, "[REDACTED] geotechnical knowledge and years of practical experience helped to avoid a failure of the dam that would have adversely affected the lives of thousands of people that live downstream of the dam."

[REDACTED] stresses that the process was a "real team effort." He says [REDACTED], [REDACTED] of the Dam Safety program, along with [REDACTED], [REDACTED], [REDACTED], [REDACTED] and [REDACTED] from the New York Regional Office were instrumental in getting the job done.

A public servant for more than 39 years, [REDACTED] worked as an engineer with the U.S. Army Corps of Engineers in Baltimore before coming to FERC in 2009.

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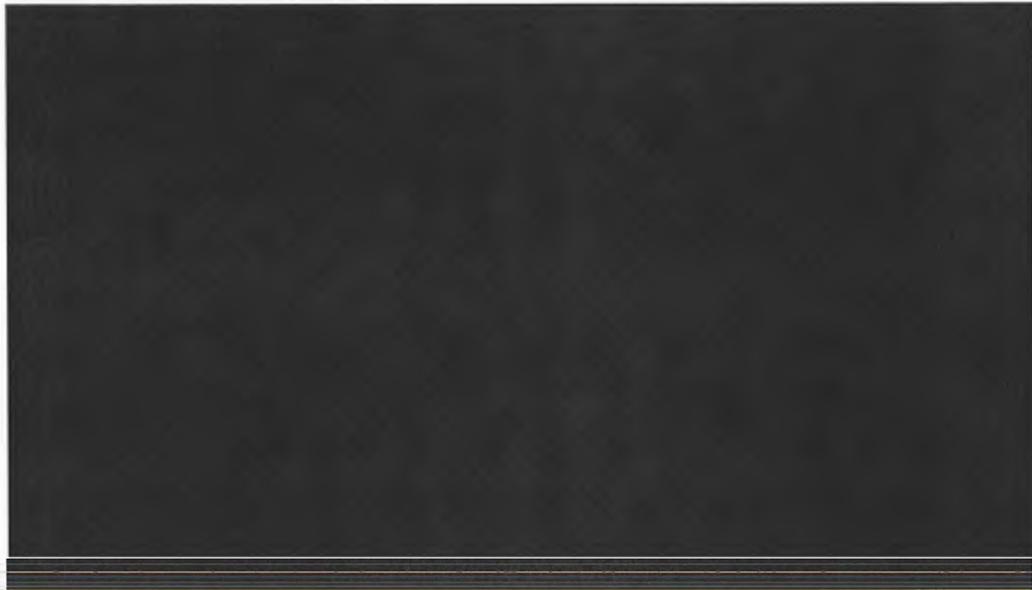
Fun Run & Walk

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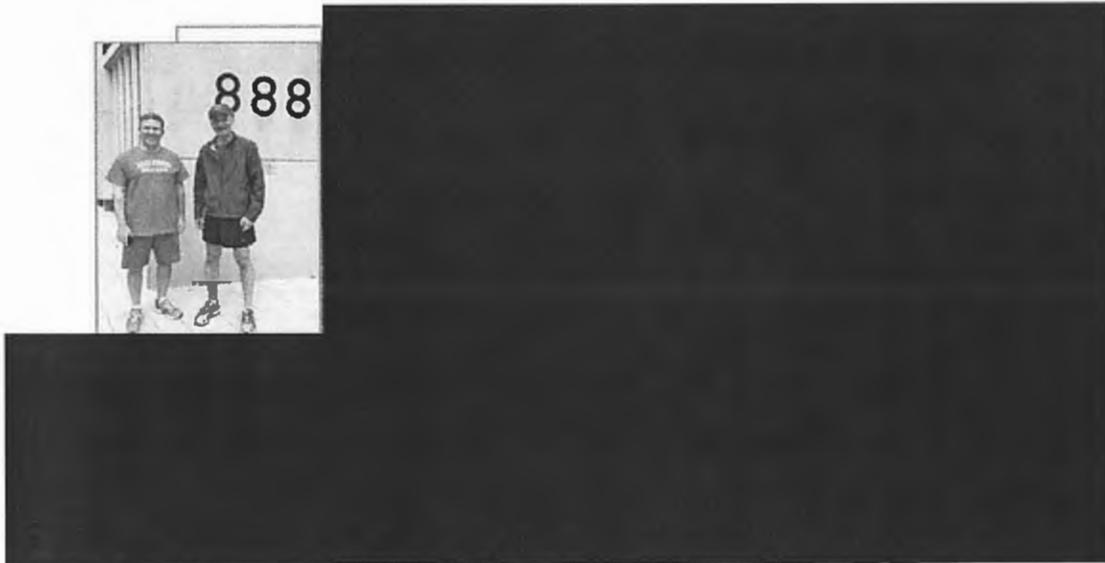
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Above photo courtesy [redacted]

More than 70 FERC staff including Chairman Norman Bay and Commissioner Clark and their staffs participated in a Fun Run & Walk May 4 to benefit the FERC Child Development Center. The event was a two-mile course on the Branch Trail near FERC headquarters. The FERC Fitness Center provided participants with a stretching session prior to the start of the race. [redacted] was the first person to cross the finish line.



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Final Legacy Lecture Speaker: Joseph Kelliher

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Former FERC Chairman Joseph Kelliher was the final speaker at the Commission's Legacy Lecture Series on May 11 where he focused on the future and what comes next. His discussion followed conversations about the Commission's major policy initiatives from 436 to 888, from open access to standard market design, the background for these groundbreaking initiatives and what drove the policy calls. The series featured discussions from former Chairmen and Commissioners, former senior staff and industry experts.



Mr. Kelliher served as Chairman of FERC from 2005-2009. During his tenure as Chairman, he oversaw the implementation of the Energy Policy Act of 2005, the largest expansion in FERC regulatory authority since the 1930s. This law gave FERC a new mission to assure reliability of the interstate power grid, granted the agency strong enforcement authority for the first time, and expanded FERC authority in other areas.

Mr. Kelliher currently Executive Vice President, Federal Regulatory Affairs for NextEra Energy, Inc. In this role, he is responsible for managing federal regulatory matters for NextEra Energy and its principal subsidiaries, NextEra Energy Resources and Florida Power & Light Company.

Photos taken by [redacted]



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ACLI Challenge Race

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FERC Chairman Norman Bay headed up an impressive team for the 35th ACLI Capital Challenge 5K race. Team FERCuLes! placed third overall. Team members, who are all in [REDACTED] [REDACTED] were the first and fifth finishers overall, respectively. Congratulations FERCuLes!

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Chairman Appoints [REDACTED]

FERC Chairman Norman C. Bay has announced the appointment of [REDACTED] as an Administrative Law Judge.



Since May 2015, [REDACTED] has been an administrative law judge with the Office of Disability Adjudication and Review at the Social Security Administration. Prior to that, she was a trial attorney in FERC's Office of Administrative Litigation for almost eight years, including a detail as special assistant U.S. Attorney for the District of Columbia.

[REDACTED] served as an attorney advisor both to former Commissioner Philip Moeller and in FERC's Office of Administrative Law Judges, where she was a law clerk for [REDACTED], now the Commission's Acting Chief Judge. She also was a trial attorney in the U.S. Department of Justice's Civil and Civil Rights Divisions.

[REDACTED] experience, particularly at FERC, will serve the Commission and the public well," Chairman Bay said.

"I am very pleased that she is joining our excellent ALJ team." "I am delighted to have her working in our office and to welcome her back in her new position," [REDACTED] said.

[REDACTED] is a 1999 graduate of the Catholic University Columbus School of Law. She earned a master's degree in Marketing and Manufacturing from Wake Forest University in 1990 and a bachelor's degree in Industrial/Organization Psychology from George Mason University in 1988. [REDACTED] is a member of the Bars of the U.S. Courts of Appeals for the Fourth, Fifth, Ninth and Eleventh Circuits as well as Virginia and the District of Columbia.

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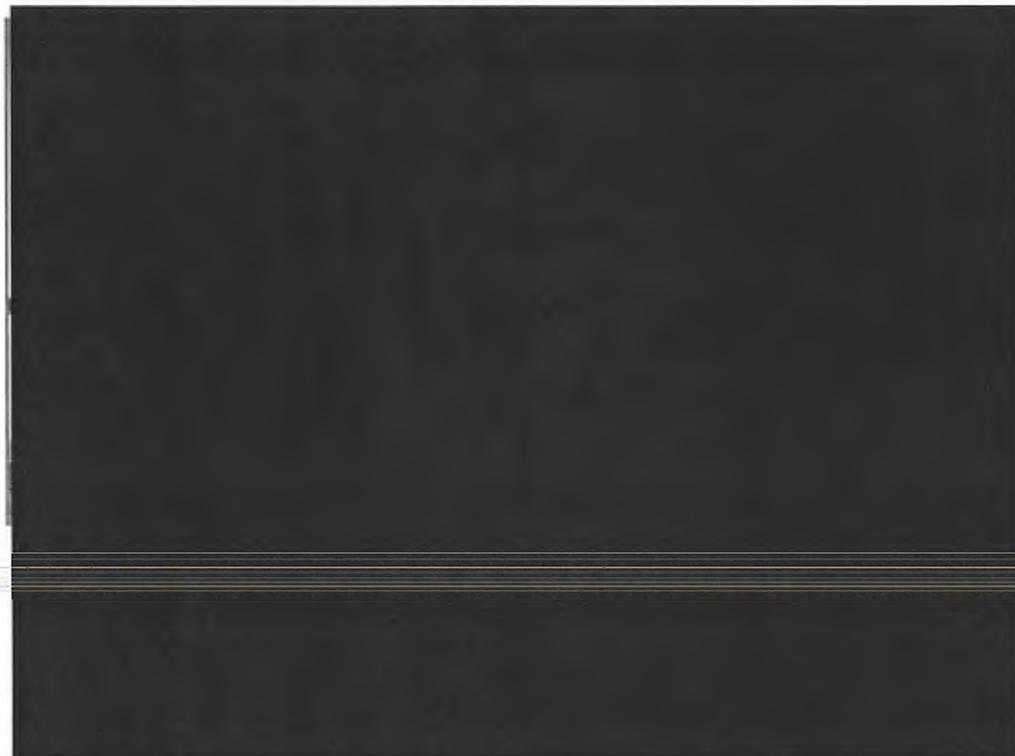
Asian American and Pacific Islander Heritage Month

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FERC held its annual observance of Asian American and Pacific Islander Heritage Month on May 11.

[REDACTED] welcomed employees to the event and provided a comprehensive history of the celebration.

The program kicked off with a panel of illustrious electric industry experts from PJM Interconnection, moderated by OGC's [REDACTED]. The speakers were [REDACTED] and [REDACTED].

[REDACTED] served as Mistress of Ceremony and the Washington Guzheng Society performed guzheng music for the cultural program.

The featured speakers included APA advocates/historians [REDACTED] and [REDACTED] of 1882 Foundation.

The program was sponsored by OED and the Asian Pacific American at FERC (APA FERC) Employee Resource Group. APA FERC's mission is to provide opportunities for members to meet, mentor, learn about Asian culture, build relationships and skills, and foster leadership and achievement within FERC and the energy industry. For more information or to sign up to be a member, email us at APA@ferc.gov.

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[REDACTED] of the Office of Electric Reliability. Prior to joining the Commission, [REDACTED] was Deputy Assistant Secretary for Energy Infrastructure Modeling and Analysis at the U.S. Department of Energy, where he directed a wide range of research and development on electricity transmission systems and energy system risk. Key research areas included: transmission system models, advanced control systems, computation, mathematics and algorithms, synchrophasors, and geomagnetic disturbances, among others. He represented the Department as the Federal nonvoting member of the North American Electric Reliability Corporation's Member Representatives Committee and led interagency outreach efforts. From 1998 through 2013, [REDACTED] worked at the RAND Corporation, where he built a program of energy policy research and analysis.

[REDACTED] earned his doctorate in Electrical Engineering from the University of Michigan. He graduated from Princeton University.

[REDACTED] lives in Falls Church, Virginia with his wife, [REDACTED] and two children. He is an avid cyclist, home cook, and musician.

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Meet FERC's New Photographer/Videographer



██████████ is FERC's new photographer/videographer on the Media Relations team within the Office of External Affairs. He comes to FERC from the Uniformed Services University, where as a visual information specialist he worked on graphic projects. He also served in the U.S. Army from 2004-2010 as a multimedia illustrator.

Did you know FERC is going multimedia? We're gearing up for a bigger focus on social media, and we launched our efforts last week with our new video.

[Check it out!](#)

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[Redacted] Testifies on the Hill

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[Redacted] testified before the House Homeland Security, Subcommittee on Oversight and Management Efficiency, on May 17. The oversight hearing focused on Federal efforts to address electromagnetic risks. | [testimony.pdf](#)

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FERC CHILD DEVELOPMENT CENTER'S SPRING SALE
June 8-9 11:00 – 1:00, FERC lobby

- Handcrafted semi-precious jewelry
 - Whimsical handcrafted kids items *NEW*
 - Organic coffee & tea
 - Lindt dark chocolate truffles
 - FERC shirts/polos/mugs/bags/fleece
 - FERC water bottles *NEW*
 - Custom-printed children's tshirts
 - Giant gift cards
- **Now Accepting Credit Cards****

Proceeds support the FERC Child Development Center

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FERC Signs MOU with European Commission

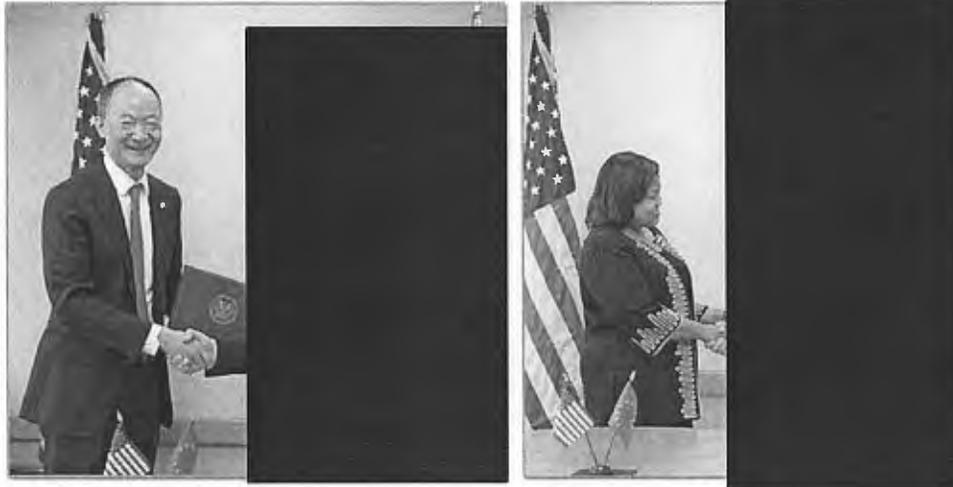
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HOT TOPICS



Left: Chairman Norman Bay and [redacted]
Right: Commissioner Colette Honorable [redacted]

The FERC and the Directorate-General for Energy of the European Commission signed a Memorandum of Understanding (MOU) on May 5 at FERC headquarters in Washington, D.C. The MOU focuses on the exchange of information related to wholesale energy market regulation. [MOUs on FERC.gov](#)



From left to right: [redacted]; Commissioner Honorable; Chairman Bay; [redacted]

Photos taken by [redacted]

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COMMISSION Meeting HIGHLIGHTS

[FERC Staff Presents the 2016 Summer Market and Reliability Assessment](#)



[CA Energy Commission](#) | [Southern California Gas](#) | [CAISO](#) | [Southern California Edison](#) | [LADWP](#) | [Peak](#)

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Around the Regions

Commissioner LaFleur Visits Chicago Regional Office



Photo by [REDACTED]

Commissioner Cheryl LaFleur recently met with the staff of the Commission's Chicago Regional Office to learn more about the hydroelectric projects the office oversees in the Midwest. From left to right are: [REDACTED] Commissioner LaFleur; Commissioner LaFleur; and [REDACTED]

The Dam Safety and Inspections Division is part of OEP and includes five regional offices: Chicago, Portland (OR), San Francisco, New York City, and Atlanta. The Commission's Dam Safety Program is a critical part of the Commission's hydropower program.

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What Social Media Tools do you Rely on to Stay Connected?

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What's
MY
LINE?



"Facebook because it has matured to stay connected the way email used to be."— [REDACTED]

"What don't I use! My dog Brew has his own Instagram account."— [REDACTED]

And here is the link to [Brew's page](#)

"Snapchat because it has a personal touch to it. You can share a live moment."— [REDACTED]

"Facebook and Instagram."— [REDACTED]

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Blood Pressure Patterns May Predict Stroke Risk
Odds increase with rapid rise in middle age, study finds

Instead of relying on individual blood pressure readings, doctors should review the overall pattern to predict a patient's risk of stroke or early death, new research suggests. "Our study suggests that looking at someone's blood pressure over time and whether it increases slowly or steeply may provide additional information above only the level of blood pressure at a certain time," said researcher Dr. Marileen Portegies. She is with the department of epidemiology at Erasmus University Medical Center in Rotterdam, the Netherlands.

High blood pressure is the number one risk factor for stroke. But, most studies assessing risk have looked only at measurements taken at a single point in time, the researchers said in background notes.

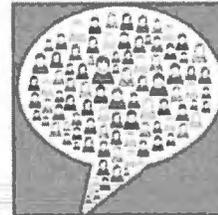


Source: [HealthDay News](#)



Take the 2016 Federal Employee Viewpoint Survey
April 28-June 9

OPM is inviting permanent employees who have been at the Commission since October 31, 2015, to respond to the survey. Employees will receive weekly emails from EVLI@opm.gov with a link to the survey. Last year, 73% of you participated in the survey. This year, let's aim for 100%! For more information, please contact [REDACTED] or visit [FERCNet](#).



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Celebrate Dad and the Planet!

Father's Day is around the corner (June 19th, 2016), and since we know some eco-friendly Dads out there, it seems like a great time to find a few more ways to celebrate while showing some love for our environment. Here are some green ideas to show Dad you care about him!



- **Hit a local trail or park.** What better way to fit in some Dad bonding time than in the great outdoors? Check out a nearby rail trail with Rails-to-Trails Conservancy's [trail finder](#), [visit a National Park](#), or make it a tradition to [plant](#) a Father's Day tree!
- **Get green on the green.** Recycled tees and eco balls make perfect gifts for golf-enthusiast Dads.
- **Is Dad more into angling?** Encourage your Dad, uncles, and grandfathers alike to use a vintage fishing pole rather than a brand new model. Better yet, do the legwork for him and scout out some great finds on Craigslist or Ebay.
- **Give the gift of solar.** For gadget loving Dads, hand-cranked or solar powered chargers are perfect for loading up smartphones, mp3 players and laptops on the go and on the next family camping trip.
- **Green Dad's gym routine.** If physical fitness is on your Dad's to-do list, outfit him with some fresh eco-friendly workout threads or a reusable water bottle to keep him moving and hydrated.
- **Fire up the Father's Day grill.** Father's Day and grilling a great meal go hand in hand – so hit up your local farmers market for some local, organic veggies and get cookin'!
- **Help Dad ditch the disposables.** Despite the juice needed to power them, electric razors are a greener choice than disposable ones - and a solar charged razor is even better! Look for a trusted brand when shopping for a new razor, since lasting power is key.
- **Share a 'green' brew.** Nothing beats sharing a cold one with Dad on his special day. Shop around to find some great local and organic beers.

[Source](#)

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How to Change your Network Password

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

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

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



When you see this message, your password will expire soon. The message will indicate when the password will expire.



1. Select Control+ALT+DEL on your keyboard.



2. Select change password from the list of options



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



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



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



6. Click the blue arrow at the end of the last line.

7. That is it. Your new password is good for 60 days!

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[REDACTED] Chosen for Fellowship Program in Japan

[REDACTED] is one of 10 federal government officials to be chosen to participate in the year-long Mike Mansfield Fellowship Program, which details officials to counterpart agencies in Japan. [REDACTED] left for Japan on July 1 for a seven-week training program in Ishikawa Prefecture. Once his training is complete, he will begin a ten-month work rotation in Tokyo at Japan's Agency for Natural Resources and Energy and the Organization for Cross-regional Coordination of Transmission Operators.

"I'm looking forward to learning more about energy markets there, particularly as Japan undertakes a major restructuring of its electricity and gas industries," Ben says. "I will be working alongside our counterparts in Japan, learning from them, sharing ideas about emerging issues in the industry, and building bridges to Commission expertise."

[REDACTED], an Energy Industry Analyst, obtained his BA from the University of Virginia and his MA in energy and environmental policy from the Middlebury Institute of International Studies (MIIS). He also studied Japanese at MIIS.

[REDACTED] is among 140 Fellows -- representing twenty-seven U.S. government agencies, commissions and the U.S. Congress -- to be selected for the Mike Mansfield Fellowship Program since it was established by Congress in 1994. The Fellowship Program was created to build a corps of U.S. government officials with substantial Japan expertise and to carry out person-to-person exchange between the U.S. and Japanese governments. Mansfield Fellows have unprecedented access, working side-by-side with their Japanese counterparts before returning to U.S. federal government service for a minimum of two years.

Learn more about the program on the [website](#).

Photo credit: [REDACTED]



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LGBT Pride Event at FERC

FERC's Queer Employee Resource Committee held the first-ever Lesbian, Gay, Bisexual and Transgender (LGBT) Pride event at FERC on June 14. [REDACTED] was the keynote speaker, and [REDACTED] introduced Chairman Norman Bay, who welcomed staff and invited guests.



"We have made a lot of progress," [REDACTED] said in his opening remarks. "We still have a ways to go. It takes courage for coming out, standing fast and sharing our stories with each other."

[REDACTED] remarks focused on how, even though progress has been made, society still has far to go to come together and treat everyone equally. He talked about the recent shootings in Orlando saying, "We are resilient. We will survive this too."

[REDACTED] is a Senior Fellow at the Center for American Progress in Washington, DC. He was elected bishop of the Episcopal Diocese of New Hampshire on June 7, 2003, becoming the first openly gay and partnered-Bishop. [REDACTED] has a B.A. in American Studies/History and a M.Div. degree. He is co-author of three AIDS education curricula for youth and adults, and authored "God Believes in Love: Straight Talk About Gay Marriage."



Chairman Bay,

President Obama designated June 2016 as LGBT Pride Month. "I call upon the people of the United States to eliminate prejudice everywhere it exists, and to celebrate the great diversity of the American people," he said in his proclamation.

[REDACTED] gave the invocation at President Obama's opening inaugural ceremonies at the Lincoln Memorial on January 18, 2009.

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Photos credit: [REDACTED]

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Meet the Office Leaders: [REDACTED]

The latest installment of the Meet the Office Leaders Series featured [REDACTED] Energy Market Regulation.



"I've had a very unintentional career," [REDACTED] said of her work history. She said her first job out of college was with the Pennsylvania Department of Transportation working in the field building roads or other structures. This experience was followed by more analytical positions before coming to FERC.

"I am a task-oriented individual, so OEMR suites me," [REDACTED] commented on her current position at FERC.

"We are a collection of all our experiences," [REDACTED] said.

[REDACTED] was the first Director of the Office of Energy Policy and Innovation, serving from 2009 to 2014. She held several positions at the Commission prior to that, including: Deputy Director of the Office of Energy Market Regulation, Director of the Western Division of the Office of Markets, Tariffs and Rates, and Advisor to Commissioner Nora Mead Brownell.

[REDACTED] earned a Bachelor of Science in Petroleum and Natural Gas Engineering from the Pennsylvania State University, and a Masters in Business Administration from the George Washington University.

This event was sponsored by the Women emPOWERing Women (WEW) Employee Resource Group. WEW's mission is to provide an opportunity for members to interact, mentor, learn, and build skills applicable to the workplace by networking with peers and agency leaders and by maintaining an open and educational forum for improving industry knowledge and personal and professional development. For more information or to sign up to be a member, email us at wew@ferc.gov. All are welcome to join. For more information on employee resource groups and to see a listing of currently active groups, visit [FERCNet](http://fercnet).



"We are a collection of all our experiences"

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AEM Bi-National Green Energy Forum

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Commissioner Colette Honorable recently attended the AEM Bi-National Green Energy Forum in San Antonio. Pictured, from left to right, are:



Photo courtesy of Office of Commissioner Honorable

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Welcome FERC's 2016 Summer Interns

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The 2016 summer intern program at FERC is in full force with 38 students in this year's class. OAL, OGC, OED, OE, OEPI, OEP and Commissioner LaFleur's office are hosting this year's participants. In addition to their daily duties, the interns will learn more about FERC through a FERC 101 event as well as visiting a hydropower dam. Of course, networking and visiting local sites are also on this year's itinerary.



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FERC Military Veterans and Asian Pacific Americans Groups Hold Luncheon Event

The FERC Military Veterans and the Asian Pacific Americans of FERC Employee Resource Groups hosted a lunch-time event featuring guest speaker [REDACTED] [REDACTED] talked with employees about his military service experience, his insights into disaster response, and Congressional policy on Veterans affairs.

[REDACTED] served in the U.S. Army Medical Service Corps for 20 years, from 1970-1990. He joined the House Committee on Veterans Affairs from 1995 to 2011, served as the Deputy Staff Director of the House Veterans Affairs Committee, as the Republican Deputy Staff Director of the full Committee, and also as the Staff Director of the Subcommittee on Oversight and Investigations. From September 2005 to February 2006, [REDACTED] served on the House Select Bipartisan Committee that investigated the preparation and response to Hurricane Katrina. He was responsible for investigating the local, state and federal military and medical response to one of America's largest catastrophic disasters.



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National Independence Day July 4th Parade

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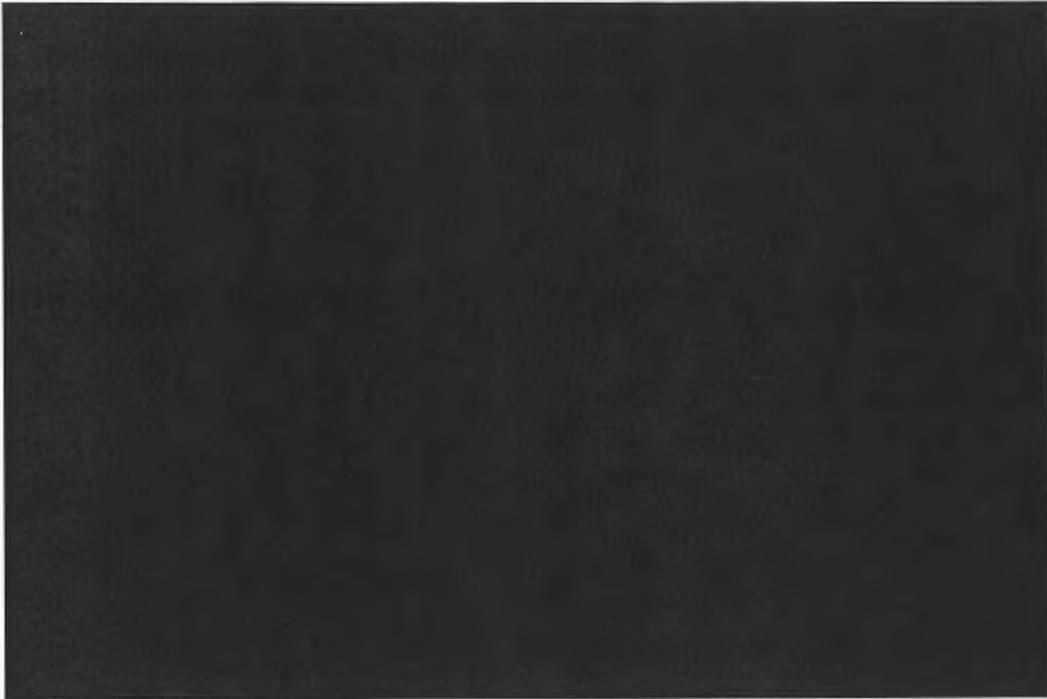
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████████████████████ a summer intern of OAL and ██████████ of OEP participated in the National Independence Day July 4th parade, in the Taiwan-US Friendship element. ██████████ were the electric-techno Third Prince (santaizi), a popular culture icon of Taiwan.

██████████ ore traditional Taiwan Aborigine costume of the Amis people. The annual July 4th parade was on Constitution Avenue from 7th Street to the Ellipse.

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Photos courtesy of [REDACTED]

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Author Speaker Series - [REDACTED]

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[REDACTED] was the guest speaker at the June 2 Author Speakers Series event. Her book, *Panic at the Pump: The Energy Crisis and the Transformation of American Politics in the 1970s*, shows how a succession of crises beginning with the 1973 Arab oil embargo prompted American politicians to seek energy independence, and how their failure to do so shaped the world we live in.

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[REDACTED] is a research scholar in the Woodrow Wilson School at Princeton University. Her first book, *Pocketbook Politics: Economic Citizenship in Twentieth-Century America (2005)*, won the Organization of American Historians' Ellis W. Hawley Prize for the best book on political economy, politics, and institutions of the modern United States, as well as the New England History Association's Best Book Award.

The Author Speakers Series is sponsored by OED.

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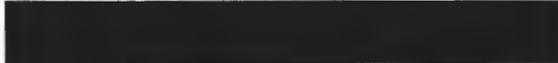
Benefits and Retirement Specialist Staff Changes



Are you getting married and need to add your spouse to your Health Insurance? Did you move and need to update your address? Do you want to know how much longer you have to work before you can retire? Your Benefits and Retirement Specialist can address all of these major life changes.

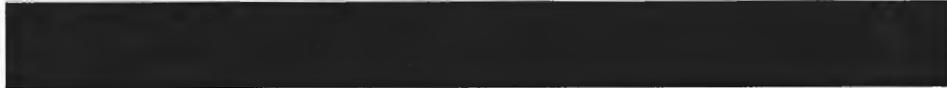
Beginning July 5, 2016, [redacted] will serve as FERC's Benefits and Retirement Specialists, each servicing different offices. If you have any Benefits and/or Retirement questions, please contact the specialist assigned to your office.

Office Point of Contacts:



[redacted] joined FERC in December 2014. He began his career as a park ranger at the Statue of Liberty National Monument. He then worked on employee recognition programs for the U.S. Department of Agriculture. Prior to joining FERC, David served as the benefits officer and retirement counselor at the Federal Maritime Commission for more than seven years.

[redacted] came to FERC in 2011 where she began working as a Dispute Resolution Specialist for the Dispute Resolution Division. She graduated from Georgetown University in 2012 with her Master's Degree in Conflict Resolution. [redacted] transitioned to the Human Resources Division in May of 2015 as a Human Resources Specialist.





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FERC Hosts June Conferences



A Commissioner-led Technical Conference was held on June 1 at FERC headquarters to discuss policy issues related to the reliability of the Bulk-Power System. Panelists discussed the state of reliability, emerging issues and grid security.



The Natural Gas Supply Association (NGSA) hosted a forum on natural gas upstream issues for FERC staff on June 16. NGSA represents major integrated and independent companies that produce and market approximately one-fourth of the natural gas used in the United States.



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OE's Division of Energy Market Oversight hosted the market monitors from PJM, MISO, SPP, CAISO, NYISO and ISO-NE at the 2016 Annual Meeting of the Market Monitors on June 15.

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COMMISSION Meeting HIGHLIGHTS

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June Commission Meeting



Chairman Norman Bay recognized this year's summer interns at the June Commission Meeting saying, "We are delighted to host 38 interns from a wide range of backgrounds, representing 18 colleges and five universities across 12 different states."



██████████ from OGC and ██████████ from OEPI were presenters for a discussion about reactive power requirements for non-synchronous generation (RM16-1-000).
[Order No. 827](#)



A discussion on settlement intervals and shortage pricing in markets operated by regional transmission organizations and independent system operators (RM15-24-000) was presented by OGC's ██████████, OEPI's ██████████ and OEMR's ██████████.
[News Release](#) | [Order No. 825](#)



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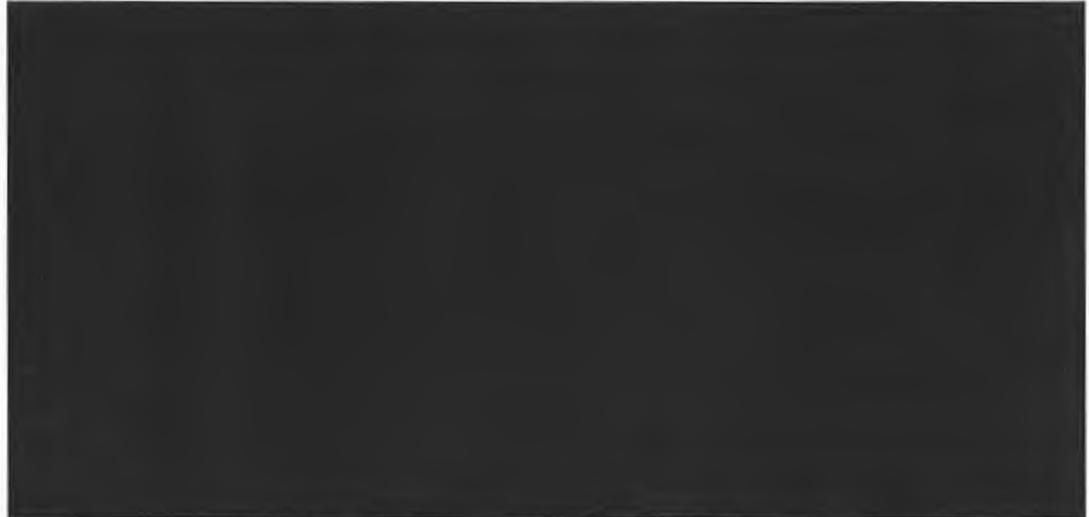
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Hydro Project Dedication



[redacted] was a guest speaker at the dedication ceremony for the Meldahl Hydroelectric Plant on the Ohio River in Kentucky. The project, which received a license in 2008, has a power capacity of 105 MWs, making it the largest project on the Ohio River. [redacted] is pictured above in the back row on the far right.

"Meldahl, it's not the Hoover Dam, but it is a great culmination of the hard work of a lot of different people," Kevin said at the event. "As an engineer, being involved with this project, essentially a 10-story building with three very large holes going through it, has been a career high for me."



Photos courtesy of [redacted] Photography

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OED: Which D.C. area monument, memorial or other attraction have you recently visited?



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Smog Can Make Blood Pressure Soar

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More evidence links air pollution with increased risk of developing dangerous high blood pressure.

The findings stem from a review of 17 studies conducted around the world. Each assessed a possible link between blood pressure and dirty air related to common pollutants, such as vehicle exhaust, coal burning and airborne dirt or dust.

"Our results demonstrated that air pollutants had both short-term and long-term effects on [high blood pressure] risks," said study author Tao Liu. He is deputy director of the environmental health division in the Guangdong Provincial Institute of Public Health in Guangzhou, China.

In the short term, he noted, a few days of increased air pollution could lead to more emergency hospital visits due to temporary spikes in blood pressure. In the long term, those living with consistently high levels of air pollution could end up with chronically high blood pressure.

High blood pressure is a key risk factor for stroke and heart disease, the number one cause of death worldwide. And high blood pressure itself is associated with about 17 percent of fatalities globally, the study authors pointed out.

"It is urgent to take more actions to protect our environment and clean the air quality," said Liu.

For now, people -- especially those with high blood pressure -- should "closely focus on the air quality every day, and try to avoid outdoor activities or wear filtered masks when air quality is poor," Liu said.

According to background notes with the study, causes of high blood pressure (or "hypertension") include genes, lifestyle habits, diet and environmental factors -- probably including air pollution. Until now, evidence linking smog with high blood pressure has been controversial, Liu said.

For this project, investigators analyzed 17 studies conducted through August 2015. The studies involved roughly 328,000 people in all, about 108,000 of whom had high blood pressure.

Those investigations were conducted in Brazil, Canada, China, Denmark, Germany, Iran, Spain, Sweden, Taiwan and the United States. Short-term pollution exposure was defined as occurring over a number of days, and long-term exposure over a number of years.

In general, the research team defined high blood pressure as a systolic blood pressure reading (the top number) above 140 mm Hg and/or a diastolic blood pressure reading in excess of 90 mm Hg. Use of blood pressure medication was also an indication of high blood pressure.

The focus was on air pollutants such as nitrogen oxide, which stems from fossil fuels that power factories and cars; sulfur dioxide, also a fossil fuel emission; ozone; carbon monoxide; and particulate matter, such as tiny dust specks, dirt, smoke, and droplets of liquid.

Short-term exposure to pollutants such as sulfur dioxide and certain types of particulate matter appeared to boost risk for high blood pressure. Also, long-term exposure to nitrogen oxide and particulate matter was linked to greater risk, the review indicated.

The findings didn't establish a cause-and-effect relationship between these elements and elevated blood pressure. Also, while it appeared that ozone and carbon monoxide were tied to higher blood pressure, these two links did not reach "statistical significance," the researchers said.

Dr. Gregg Fonarow, a professor of cardiology at the University of California, Los Angeles, agreed with Liu that the study results underscore a need for cleaner air.

"These findings suggest that strategies to effectively reduce exposure to air pollution may have cardiovascular benefits," he said.

Fonarow pointed to the American Heart Association recommendations, which in general advise avoiding outdoor activities and/or exercise when pollution levels are high.

Indoors, Liu recommends using air purifiers.

SOURCES: Tao Liu, Ph.D, deputy director and epidemiologist, environmental health division, Guangdong Provincial Institute of Public Health, Guangdong Provincial Center for Disease Control and Prevention, Guangzhou, P.R. China; Gregg Fonarow, M.D., professor, cardiology,

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Securing Your Laptop

Laptops are very convenient tools for an on-the-go workforce. You should not assume that because your laptop is at your desk that it is "safe". Make sure your laptop is securely locked when it is unattended, and keep your key safe!

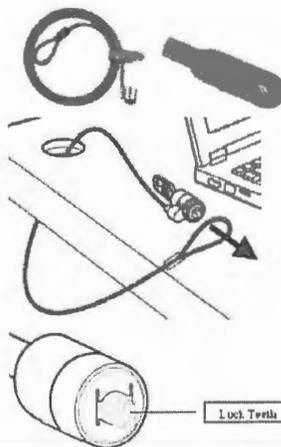
These are the steps for locking your laptop.

1. Locate your laptop key and cable.

2. Attach the wire to a fixed object.

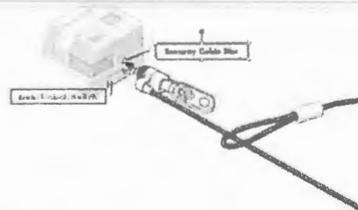
3. Place the locked portion through the loop.

4. Check to see that the locking teeth are aligned with each other.



5. Slide the Lock/Unlock Switch to the lock position (Note the illustration on your docking station for the Lock/Unlock position).

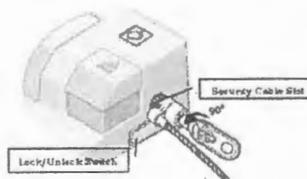
6. Place the teeth of the lock into the slot as illustrated.



7. Insert the key into the lock and turn the key 90 degrees counter clockwise.

8. Once locked, remove the key and place it in a safe location.

9. Your laptop is secure.



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 Workforce Relations

Proactive Steps Employees Can Take to Help "Manage Up"

Did you know that managing is as much an employee responsibility as it is a management one? "Managing up is the process of consciously working with your boss to obtain the best possible results for you, your boss and your organization."

How you manage your work relationships influences your job satisfaction and, quite often, what ends up on your to-do list. OPM's Human Resources University's training, "*Managing Your Manager*," offers advice on how to effectively manage your relationship with your manager and feel more in control of your career.

Tip #1: Develop an effective working relationship with your boss by trying to communicate in his/her preferred communication style. Observe your boss's typical way of communicating with you. Does the communication typically occur via e-mail, an office visit, or phone call?

- Pay attention to his/her interests, goals, aspirations, strengths, and weaknesses.
- Look for ways to make things easier for him/her.
- Know your own strengths, weaknesses, goals, ambitions, and how you respond to being managed.

Tip #2: Seek clear input regarding expectations and priorities.

- Approach your boss based on his or her preferred communication method.
- Ask clear, well thought-out questions.
- Listen carefully to your boss's response.
- Restate your boss's response in your own words and/or ask clarifying questions.

Tip #3: Keep your boss informed.

- Consider the urgency of the information.
- Look for a convenient time to share the information.
- Don't sit on the information. Have the courage to communicate early and often.
- Master the delivery: Clearly state the facts; don't hem and haw. Manage your emotions. When appropriate, provide a possible solution.

Tip #4: Sell your issues and present solutions rather than problems.

- "Bundle" and "frame" your concern.
- Gain clarity on task priorities.
- Present a few carefully researched and thought-out solutions.

Tip #5: Focus on what you have the power to change. Consider this: While you can't control your boss, you can control your attitude toward your boss and the situation. As a result, you might be able to influence the situation or the relationship for the better.

Here's to a great performance year!

Visit OPM's HR University, "*Managing the Manager*," training for additional tips and tools on managing up. For information on performance management, visit the [Workforce Relations Division's webpage](#) on FERCNet.

Web Sources: [AAFP](#), [HR University](#)

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Green Tips for a Cool Summer: 5 Green Tips for Inside Your Home

1. Use windows and window coverings to your advantage. If you're not home during the day, close all windows, curtains, and blinds to keep your house cool for as long as possible. Remember that south-facing windows get a lot of sun. Dark-colored curtains, roman shades, and even dime-store roller shades can be very effective. Roller shades can block up to 80% of solar heat. If the air cools down enough in the evening, open the windows to promote as much air circulation as possible.

2. Don't add to the heat inside. Use appliances such as irons, washers, and dryers at night or early morning -- or eliminate the dryer altogether and use a clothesline instead. A big source of heat is your stove, so if you can, cook outdoors or microwave meals. Microwaves use two-thirds less energy than stoves. Another option is using a toaster oven for baking. Because toaster ovens are so much smaller, they don't warm up a kitchen like a conventional oven. Turn off computers and other appliances when not in use. Left running, these can also generate unnecessary heat.

3. Consider changing your bulbs. Incandescent light bulbs are heat generators, so many experts suggest switching them for energy-efficient compact fluorescent light bulbs or LEDs. LEDs for your home typically use 2 – 17 watts of electricity, generate about 95% less heat than incandescent bulbs, and last about 10 times longer. Fluorescent "corkscrew" bulbs contain mercury, so consider the safety risks before putting them in children's bedrooms, playrooms, or other places where they may be likely to break.

4. Use fans. When it cools down outside, place inexpensive portable fans in front of open windows to bring the cool air inside. And consider installing a ceiling fan if you don't already have one. Attic fans also circulate cool air from outside through the house. Use ceiling or room fans even if you have an air conditioner. You can then set your thermostat higher because the air movement from the fan will help the room feel cooler.

5. Keep your refrigerator well stocked. Refrigerators that are full of food don't warm up as quickly when the door is opened, so they require less energy to stay cool.

Source: [WebMD](#)

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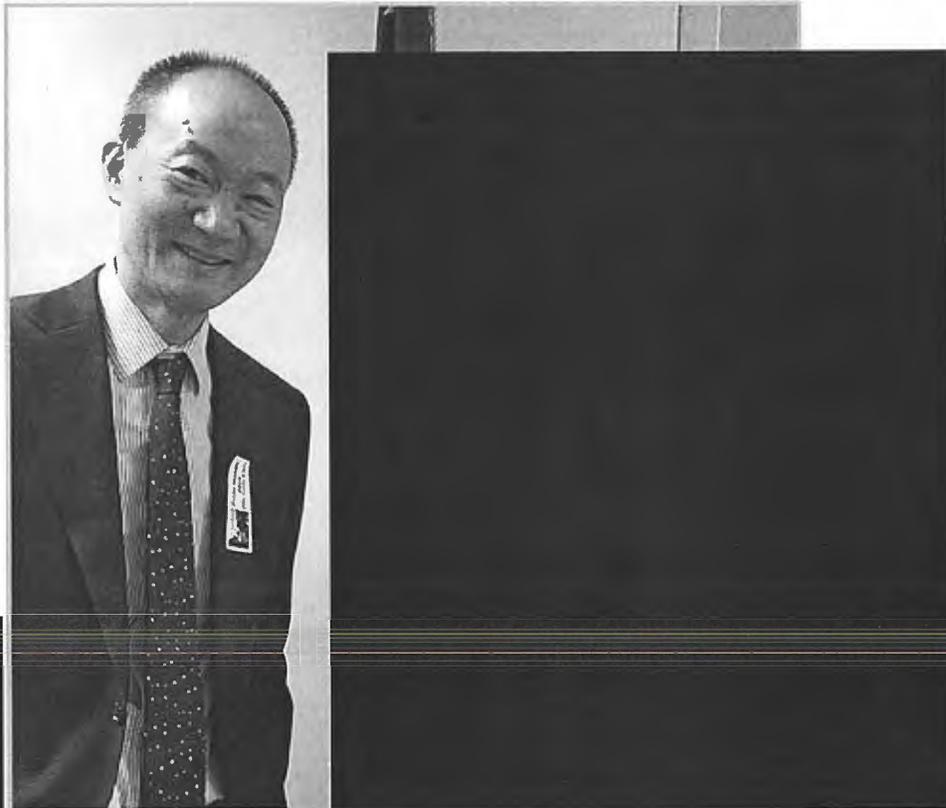
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FERC's own

won the gold at the Ultimate Frisbee World Championships held in London in June. The event, known as the 2016 WFDF World Ultimate & Guts Championships, consisted of 115 teams over five divisions with teams consisting of 20-25 players.

: Ultimate Frisbee World Champion



, an energy industry analyst in OEMR, started playing the sport in college in 2000. Since then, she has played in five college championships and nine club national championships, winning national titles in 2013 and 2014 with D.C.'s women's team. In addition, she has played in four world championships, winning in 2011, 2012, and 2016.

"I most enjoy the friendships I've made and the people I've met from all around the world while playing," comments. "It's also a great opportunity to keep my life fun and interested, especially as the oldest player on my team, and with a two year old son."

Currently, plays on the D.C. women's club team which requires three hour practices twice a week. The season runs from May to October.

Professionally, received her PhD in Biophysics from UC Berkeley, and previously was an American Association for the Advancement of Science (AAAS) fellow at the Department of Energy before coming to FERC a year and a half ago.

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This year's campaign theme is "Show Some Love"

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2016 Combined Federal Campaign Kickoff Set for Oct. 11

**The Eye Street Boys from Gonzaga College High Return**

A wall in the atrium of the US Department of Health and Human Services Headquarters here in Washington, DC, features an inspirational quotation from Hubert H. Humphrey: "The moral test of a society is how that society treats those who are in the dawn of life, the children; those who are in the twilight of life, the elderly; and those who are in the shadows of life, the sick, the needy and the handicapped."

This is what the Combined Federal Campaign (CFC) is all about. This year's campaign theme is "**Show Some Love.**"

For the last 55 years CFC has been an important activity on our fall calendar. Since the CFC was organized in 1961 by President John F. Kennedy federal employees government-wide have pledged more than \$7 billion to help people in need. In 2015 federal employees in the National Capital Area pledged \$46,645,301 toward a dollar goal of \$50 million. Government-wide participation was 18.1%.

FERC HAS A PROUD RECORD TO BUILD UPON

Members of our FERC Community have been extraordinarily generous contributors year after year. In 2015, Commission employees pledged \$358,356 towards our campaign dollar goal of \$390,000. The Commission's participation rate was 47.6%, or 2.63 times greater than our peers in the National Capital Area. And our per capita gifts were 2.15 times greater than our peers. We all can be justly proud of our record.

BLUEPRINT FOR A SUCCESSFUL 2016 CAMPAIGN

Chairman Norman Bay and [REDACTED] will serve as Honorary Co-Chairs of our 2016 CFC. [REDACTED] will serve as Campaign Manager for an unprecedented 13th year in a row. Good News! Last year's entire CFC Campaign Committee is returning in force to help with this year's drive. The 2016 CFC Committee welcomes [REDACTED] of the Office of External Affairs to the CFC team. [REDACTED] will serve as the campaign's lead photographer.

The Commission expects to host a campaign kickoff followed by frequent events. The events are intended to spotlight a diverse and representative selection of worthy causes from among the thousands of CFC beneficiaries locally, nationally, and internationally. In addition, during the campaign individual offices intend to host their own CFC events. Finally, a charity fair will serve as the campaign finale.

'UNIVERSAL GIVING'

By means of "Universal Giving" federal employees may contribute to any officially recognized CFC beneficiary nationwide, not just those charities here in the National Capital Area. The paper "Catalogue of Caring" lists 4,000 causes. The on-line catalogue contains the names and reporting numbers of more than 20,000 worthy causes that participate in and benefit from CFC pledges. Surely, among 24,000 CFC beneficiaries there is at least one worthy cause close to everyone's heart.

Campaign Manager [REDACTED] is already collecting fun and highly desirable door prizes to be offered at the events. As [REDACTED] has been assuring everyone for many years, these door prizes will surely be worth big bucks on the "Antiques Road Show" in 30 or 40 years. Remember, "*You must be present to win.*"

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Americans of Middle Eastern and North African Heritage (AMENAH)



FERC's 2nd Annual Eid Party was a huge success! The event was established to share the festivities of Ramadan and Eid with the FERC community. Last year's celebration set the tone with over 100 attendees. A special thank you to the following volunteers for their efforts with the event: [redacted]

The mission of Americans of Middle Eastern and North African Heritage (AMENAH) is to promote diversity within FERC by sharing the Middle East and North Africa's (MENA) diverse cultures through professional networking, social interaction, and collaboration with other Employee Resource Groups (ERG's).

Request IT Support add you to the "AMENAH Members" [Email](#).
Join the AMENAH [SharePoint Community Site](#) (select Join this Community).
Want to join our board? Email us! All are welcome!

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Meet the Office Leaders: [REDACTED]

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[REDACTED] the Office of Administrative Law Judges and Dispute Resolution, was the featured speaker at the July 26 Meet the Office Leaders Series.

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"I have always had very good bosses who have mentored me," [REDACTED] said. "I had the privilege of having bosses that have seen the potential in me. [REDACTED] was always challenging me."

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[REDACTED] was named [REDACTED] December 7, 2015. [REDACTED] has been an Administrative Law Judge at FERC since 1999. Prior to joining the FERC, [REDACTED] was Hearing Office Chief of the Atlanta North Office of Hearings and Appeals, Social Security Administration. She became an ALJ in April 1994.

Prior to becoming an ALJ, [REDACTED] was an attorney at the FCC for 14 years. [REDACTED] has also worked for the Puerto Rico Justice Department and in the Puerto Rico House of Representatives. [REDACTED] has a bachelor's degree in business administration, magna cum laude and a Juris Doctor degree, cum laude, from the University of Puerto Rico.

This event was sponsored by the Women amPOWERing Women (WEW) Employee Resource Group. WEW's mission is to provide an opportunity for members to interact, mentor, learn, and build skills applicable to the workplace by networking with peers and agency leaders and by maintaining an open and educational forum for improving industry knowledge and personal and professional development. For more information or to sign up to be a member, email us at www@ferc.gov. All are welcome to join. Find more information on employee resource groups and a listing of currently active groups on [FERCNet](#).

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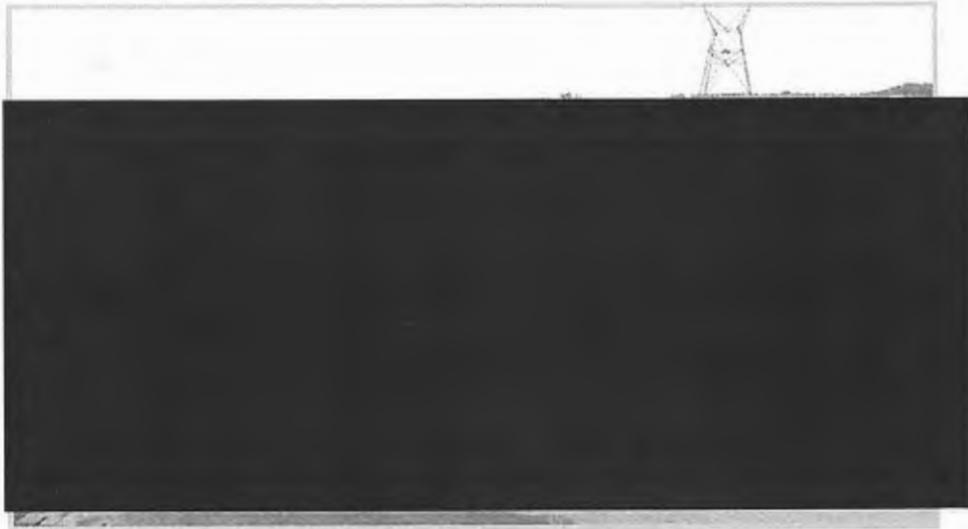
Summer Intern Trip to Conowingo Dam and Final Ceremony

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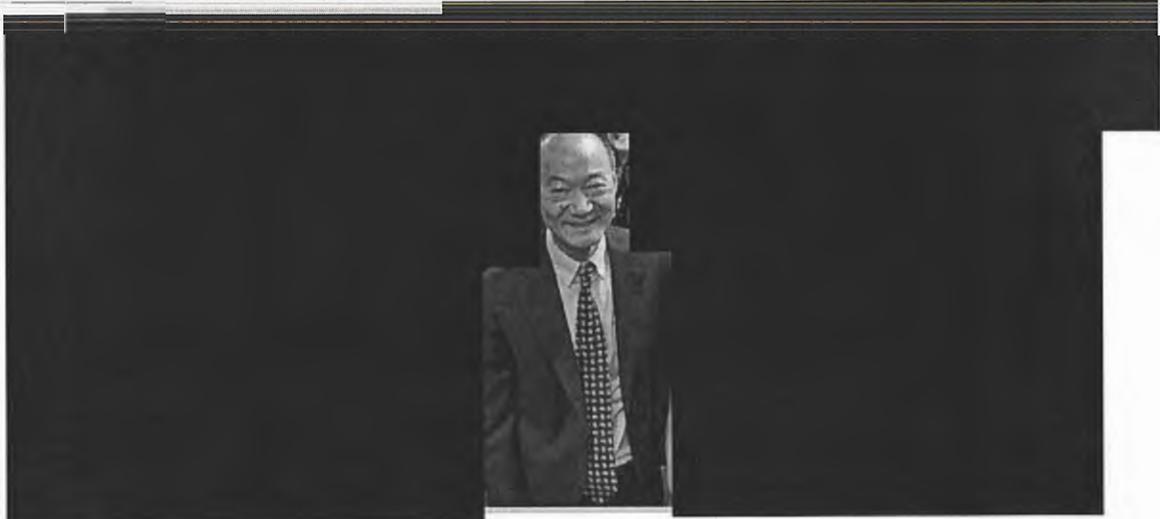
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The FERC summer interns visited the Conowingo Dam on the Susquehanna River in Maryland as part of their summer program at FERC. The project is currently undergoing relicensing by FERC.



Chairman Norman Bay met with the summer interns as they prepared to bid farewell to the Commission. This year's intern class consisted of 38 students. "I'm proud to stand with our FERC interns," Chairman Bay said. "I hope it is the start of careers in public service."

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Japanese Delegation

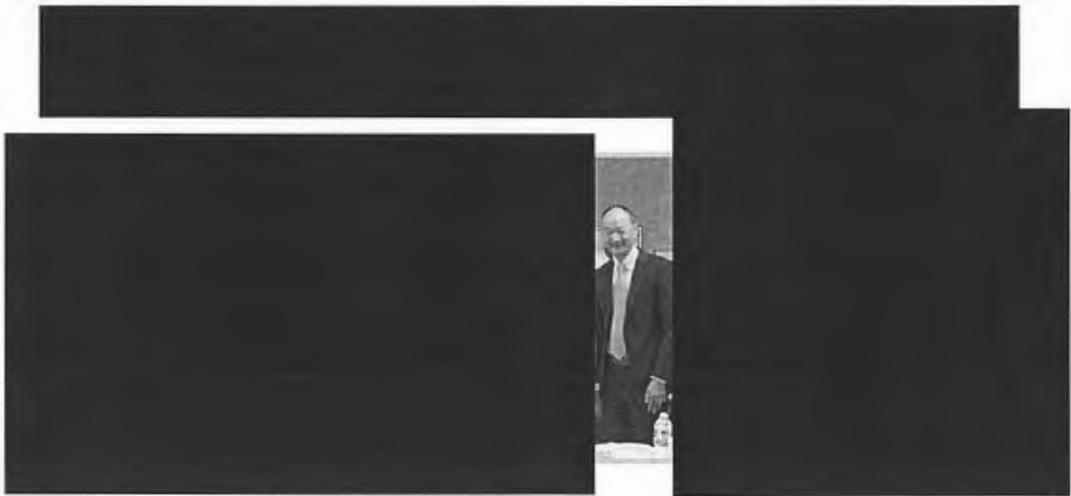
On July 19th, Chairman Bay and staff met with a delegation of energy officials from Japan's EGC (Electricity and Gas Market Surveillance Commission) including the [redacted] agenda for the visit included several issues, including basic market rules, demand response and oversight and surveillance methods. FERC Staff included: [redacted]



Chinese Delegation

On July 14th, Chairman Bay and staff met with a delegation from the Chinese National Development and Reform Commission, Pricing Department. The agenda for the visit included an overview of US policies and regulations on transmission pricing, distribution ratemaking, and market based regulations. FERC Staff included [redacted]

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Summer Technical Conferences Held at FERC

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PURPA Conference: A technical conference was held on June 29th on the implementation issues under the Public Utility Regulatory Policies Act of 1978.



A technical conference was held on June 27, 28 and 29 on increasing real-time and day ahead market efficiency through improved software (Docket No. AD10-12-007).

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development processes, including but not limited to use of cost containment provisions, the relationship of competitive transmission development to transmission incentives, and other ratemaking issues.

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Sammies People's Choice Award

In June, the FERC Insider featured a story on the [REDACTED] for a prestigious Samuel J. Heyman Service to America Medal for his part in solving a potentially life threatening situation at a FERC-regulated dam in New York. The awards honor excellence in our federal workforce and help inspire others to pursue opportunities in public service.

While an official selection committee votes for the award winners, the organization is also presenting the People's Choice Awards. The People's Choice honoree will be announced at the 2016 Sammies gala on September 20 in Washington, D.C.

Voting will close on September 9, 2016 at 11:59 p.m. EST. [Vote here](#)

LGBT

FERC's Employee Resource Groups expressed their solidarity with the LGBT community in honor of Pride month and in the wake of the Orlando tragedy. To show their support, they distributed Pride stickers on June 28 for employees to wear at work.

All seven Employee Resource Groups at FERC organized this event, including: Americans of Middle Eastern and North African Heritage (AMENAH); Asian Pacific Americans of FERC (APA FERC); Energy Latinos of FERC (EL FERC); FERC Military Veterans (FERC Vets); Greener FERC; Queer Employee Resource Committee (QERC); and Women emPOWERing Women (WEW).

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LDP VI Class

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Summer is winding down and the LDP VI class are already halfway through the Leadership Development Program. So far, they have been successfully paired with their mentors, participated in the Williamsburg Leadership Institute (pictured above), and completed courses in the Harvard Manage Mentor e-learning suite. On August 17, 2016, the Dare to Lead Series sponsored by Corporate Strategies kicked-off as a 5 part series spread out over the course of the next 9 months of the program.

The Dare to Lead Series allows the group to step back from their day-to-day responsibilities, reassess their value to FERC, and develop a broader perspective of their leadership capacity as it relates to OPM's Executive Core Qualifications. Through a 4 part training and professional one-on-one coaching, the LDP VI class is expected to emerge with a personal action plan for addressing the key challenges facing FERC.

Do you think you have what it takes to lead FERC into the future? The next application cycle for LDP VII will begin in the Fall of 2017.

Kudos to LDP VI!

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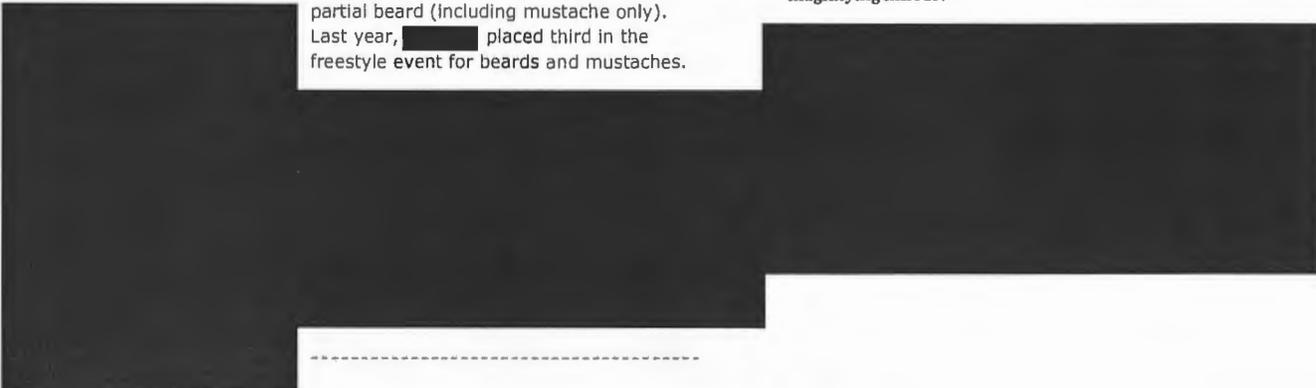
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Mustache Winner

[REDACTED], an IT specialist in OEIS, was recently crowned the winner of the partial beard contest that took place while he was attending the Cyber Security Conference in Las Vegas. The event, which is not sanctioned by the official conference, consisted of two categories: full beard and partial beard (including mustache only). Last year, [REDACTED] placed third in the freestyle event for beards and mustaches.

Skin Damage Analysis

The HR Division partnered with United Healthcare for a wellness seminar, "Fun in the Sun," on Tuesday, July 5. Participants had the opportunity to sign up for a Skin Damage Analysis, which shows irreversible sun damage to the face through the use of fluorescent bulbs and a magnifying mirror.



Go Casual for Kids on Wednesday, September 28, 2016

Participate in a Commission-wide event, Go Casual for Kids, sponsored by the FERC Child Development Center. Wear your favorite team Jersey and Jeans! Stop by the East or West end of the lobby from 8am to noon on September 28 to make a donation by cash, check payable to FERC CDC, or credit card and to receive your sticker to wear. Feel free to donate to this cause, without being obligated to wear casual clothes. This event has been approved by Chairman Bay and [REDACTED].

For more information, please contact [REDACTED]

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Ice Cream Social

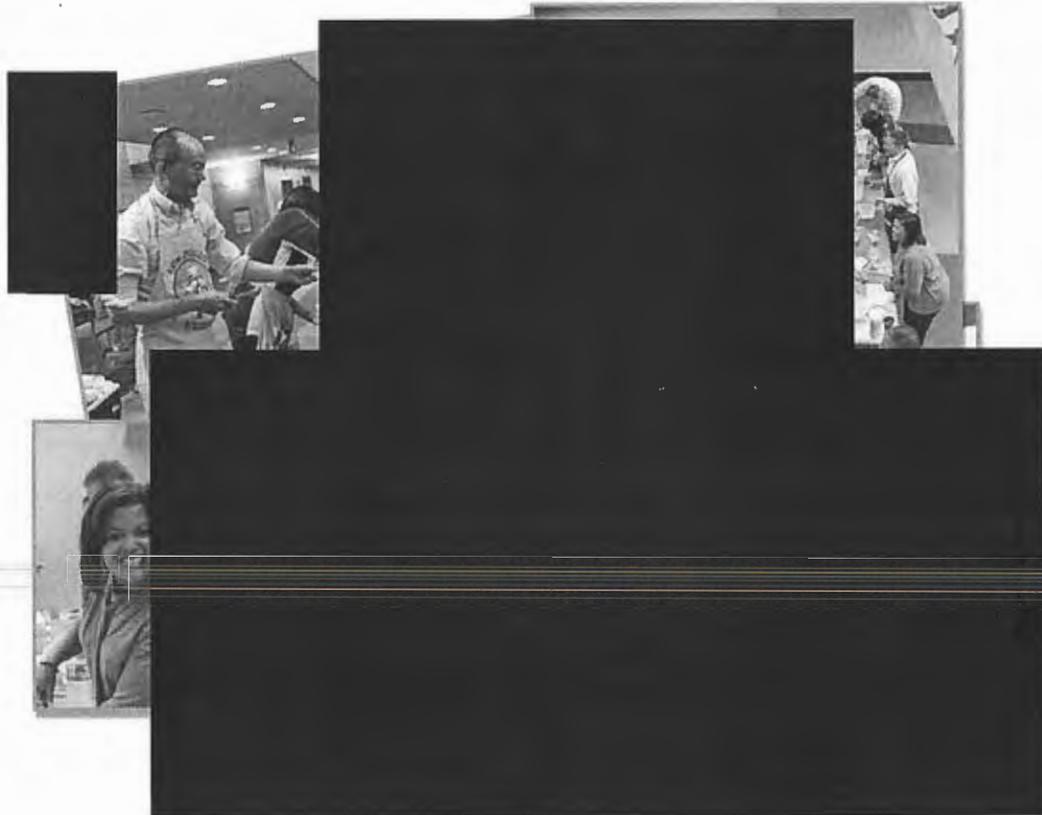
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The Chairman and Commissioners scooped ice cream for employees to enjoy on the afternoon of Sept. 1. Pictured are Chairman Bay, Commissioner LaFleur, Commission Clark and Commissioner Honorable.

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Women's Equality Day at FERC

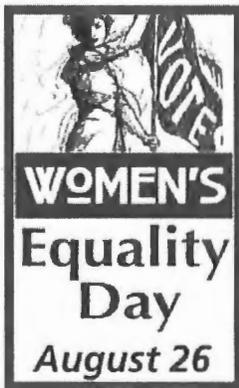
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FERC observed Women's Equality Day on Thursday, August 18, 2016 with members from the League of Women Voters providing employees with information on voter registration as well as voter registration cards for Maryland, Virginia, and Washington, D.C. They also provided information on the history of their organization and women's voting rights in the United States. The National Women's History Project selected "*Working to Form a More Perfect Union: Honoring Women in Public Service Government*" as this year's theme.

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In 1971 the U.S. Congress designated August 26 as "Women's Equality Day." This date was selected to commemorate the 1920 certification of the 19th Amendment to the U.S. Constitution, which granted women the right to vote. This was the culmination of a civil rights movement by women that formally began in 1848 at the world's first women's rights convention, in Seneca Falls, New York. The observance of Women's Equality Day not only commemorates the passage of the 19th Amendment, but also calls attention to women's continuing efforts toward full equality.

For more information: [The National Women's History Project](#), and [League of Women Voters](#)

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FERC, U.S. Army Corps of Engineers Sign MOU on Hydropower Development



FERC Chairman Norman Bay and [REDACTED].

FERC and the U.S. Army Corps of Engineers signed a Memorandum of Understanding (MOU) to facilitate the development of hydropower at the Corps' federal facilities by synchronizing each agency's permitting process in July.

The MOU, which updates a previous MOU signed by the agencies in 2011, offers project developers an approach designed to improve efficiency with the FERC and Corps processes, reduce permitting times, provide a single environmental document and ensure more certainty and less risk.

"The potential for hydropower development in this country is significant, particularly at existing Corps facilities," FERC Chairman Norman Bay said. "Today's MOU is a positive step toward the development of these resources. Thank you to the Corps for their commitment to working with us to streamline our processes."

"This strengthened collaboration between FERC and the Army Corps of Engineers advances the Obama Administration's work to transition to a clean energy economy, and reduce carbon pollution," [REDACTED], Assistant Secretary of the Army for Civil Works, said. "This synchronized approach will shorten the time it takes the private sector to develop and construct new hydropower, and will help us more efficiently use our existing infrastructure. It is also advancing our efforts to find alternative ways to finance new infrastructure."

Visit [FERC.gov](http://fercnet.gov) for more information: [Presentation](#) | [MOU](#)

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**COMMISSION
Meeting
HIGHLIGHTS**



Chairman Bay and
Commissioners LaFleur,
Clark and Honorable
welcomed

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discussed a rulemaking on data collection for analytics and surveillance and market-based rate purposes (RM16-17-000).
[News Release](#) | [NOPR](#) | [Decisions: E-13](#) and [E-14](#)



discussed a rulemaking on revised critical infrastructure protection reliability standards (RM15-14-002).



discussed a revised memorandum of understanding between FERC and the U.S. Army Corps for non-federal hydropower development at the Corps' facilities (AD16-22-000).
[News Release](#) | [Presentation](#) | [MOU](#)

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OE: What's your favorite food truck?



What's MY LINE?



"Captain Cookie. I like the double chocolate, chocolate chip, strawberry ice cream."

"Kabob King. I always get the combo over salad."



"Puddin. I get the oyster Po'boy."

"Fire and Rice. I like their bibimbap."

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Flu Shot Benefits Type 2 Diabetes Patients

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Flu shots will be available for FERC employees soon. Stay tuned for details from the Health Unit.

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The seasonal flu vaccine may offer people with type 2 diabetes some protection against dying prematurely, a new study suggests in *CMAJ**

The flu shot also appeared to protect those with type 2 diabetes from hospitalizations for stroke, as well as heart and breathing problems, the study said.

British researchers looked at a large group -- more than 124,500 people -- with type 2 diabetes. People with type 2 diabetes normally have a higher risk of cardiovascular problems, the researchers noted.

During the seven-year study, the researchers found that flu vaccination was associated with a 19 percent reduction in flu-season hospital admissions for heart attack in people with type 2 diabetes.

Hospital admissions for stroke were 30 percent lower for those who got a flu vaccination. Admissions were also down 22 percent for heart failure, and 15 percent for pneumonia or influenza in people with type 2 diabetes who got the flu shot.

The death rate among those who received a flu shot was 24 percent lower than in those who weren't vaccinated, the research said.

The study wasn't designed to prove a cause-and-effect link between the flu shot and the reduction in death and hospital admissions. However, the study did show a strong connection between those factors.

The results show "that people with type 2 diabetes may derive substantial benefits from current vaccines, including protection against hospital admission for some major cardiovascular outcomes," wrote study researcher Dr. Eszter Vamos, from Imperial College London, and colleagues.

"These findings underline the importance of influenza vaccination as part of comprehensive secondary prevention in this high-risk population," the researchers said.

* The study was published July 25, 2016 in *CMAJ*.



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IT Survey



Take the Survey [HERE!](#)

Have you ever wanted to inform someone of the excellent customer service you received from the IT Support Center (ITSC)?

Is there an issue you would like to bring to our attention?

Did the technician do everything to resolve your incident?

The IT Support Center wants to know your thoughts about the service you received! When an incident from the IT Support Center has been completed, there is a survey link included in the "Incident Resolution" email. From that link you can answer questions about your service experience.

By completing the survey, you will help shape and improve the services provided by the ITSC. The survey consists of 7 simple questions and takes less than 2 minutes to complete. Your feedback is immediately received, reviewed and acted upon by CIO management.

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Interested in Joining FERC's Team of Recruiters?

Each fall and spring semester, FERC's recruitment team attends career fairs at colleges and universities across the country. While the HR team plans and schedules these fairs, we need help from other FERC employees to represent the team at events! Each event is different, but typically, you will spend a day away from the office meeting interested candidates, explaining the hiring process, answering their questions and explaining why FERC is the No. 5 Best Place to Work in the Federal Government. While some events require travel, we do go to events at all the colleges and universities in the DC metro area. Most events are geared toward students and entry-level employees, but we do attend fairs open to the public and focused on veterans.



If you are interested in learning more about the program and attending some events, please contact [REDACTED]

For more information visit FERC.gov

You must have your supervisor's approval to participate.

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National Preparedness Month

In the last few months, our world has experienced many disasters and emergency situations. In this month alone, 250 people died in Central Italy as a result of an extremely powerful earthquake; the floods in Louisiana claimed at least 13 lives; we passed the five year anniversary of the earthquake in Virginia; as well as many other disaster across the world. Unfortunately, we never know when these types of disasters or other emergencies will strike; therefore it is always important to be prepared.

September is recognized as National Preparedness Month (NPM) which serves as a reminder that we all must take action to prepare, now and throughout the year, for the types of emergencies that could affect us where we live, work, and anywhere in between. OED's Security and Safety Division will be hosting a National Preparedness Day Fair on September 21st from 10:00AM - 2:00PM in the West Lobby. This year's theme, "Don't Wait, Communicate. Make Your Emergency Plan Today," focuses on preparedness for youth, older adults, people with disabilities, and individuals with access and functional needs.



Here are the weekly events (at external links) scheduled during NPM:



- Week 1: August 28-September 3 Kickoff to National Preparedness Month
Find resources to promote NPM at: www.ready.gov/september
- Week 2: September 4-10 Preparing Family & Friends
Make a [family emergency communication plan](#)
- Week 3: September 11-17 Preparing Through Service
Honor 9/11 by [Getting involved in your community](#) & planning with neighbors.
- Week 4: September 18-24 Individual Preparedness
Take individual steps to prepare for a disaster today like [downloading the FEMA app](#).
- Week 5: September 25-30 Lead up to National PrepareAthon Day
Be counted and register your preparedness event for [National PrepareAthon Day!](#)

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Welcome to this edition of the FERC Insider

[Read about the CFC Kickoff Campaign!](#)

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[FERC Kicks Off Its 2016 CFC](#)

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[Read about the CFC Loaned Executives](#)

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With standing room only, the 2016 CFC kickoff event featured the ever popular Eye Street Boys from Gonzaga and their impressive selection of music including the audience favorite "Rocky Top."

"Show Some Love" is the theme of this year's CFC and FERC is ready to make the campaign one of the most successful ones to date.

[REDACTED] is once again heading up FERC's CFC as its Campaign Manager with Chairman Norman Bay and [REDACTED] serving as Co-chairs of the campaign.

"We are very generous and we have heart because of the hard work and generosity of everyone at the Commission," Chairman Bay said in his opening remarks. "I hope we build on our outstanding record we've had over the years."



[REDACTED]

Commissioners Cheryl LaFleur and Colette Honorable showed their continued support for the campaign by attending the event.

Special guests at the event were Loaned Executives [REDACTED]

Father Planning from Gonzaga introduced the choir and thanked everyone at FERC for their generous support of the CFC.

Edward thanked the FERC CFC team for all of their hard work: [REDACTED]

[REDACTED]

The event ended with the ever-popular door prize giveaway. The 2016 CFC marks the 55th anniversary of the campaign since it was founded by President John F. Kennedy in 1961. Since that time, federal workers have pledged more than \$8 billion.

This year's CFC is scheduled to run through December 15 with weekly events and a charity finale event to occur at the end of the campaign.

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Commissioner Clark Bids Farewell To FERC

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FERC Commissioner Tony Clark participated in his final Open Meeting on Sept. 22. He leaves the Commission after serving as a Commissioner since June 2012.

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"Tony, thank you for everything that you've done. You've been an outstanding public servant," Chairman Norman Bay said. "You've been a public servant your entire life, in North Dakota, now at FERC. I know that every place you've gone to you have made better with our thoughtfulness, your encyclopedic knowledge of policy, your reasonableness, and your collegiality. You truly have been a great colleague and a joy to work with."

"To FERC staff, while Commissioners come and go, staff remains," Commissioner Clark said. "They are the dedicated professional staff who maintains the institutional knowledge and the expertise that enables this agency to meet its legal and statutory responsibilities in a very, very important area of the law, and a very complicated area of the law. But it's one that's important to the health and wellbeing and economy of this country. So thank you to all of the staff members here. You are a credit to regulatory agencies across the country and around the world."

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[REDACTED] **Receives the USA's first Gold Medal in Women's Wrestling**

All Features

[REDACTED], co-owner of the Sunrise Café here at 888, spent eight days at the summer Olympics in Rio cheering on his niece, [REDACTED], who won the gold medal in the 53kg weight class in wrestling.

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"I'm 70 years old, and I've had a lot of excitement in my life. I wasn't prepared for what I felt at that moment. I was overwhelmed," [REDACTED] says of the moment [REDACTED] won the gold medal.

[REDACTED] describes his niece as "very down to earth" and extremely committed to her sport and her family. After winning the gold, [REDACTED] went to Greece to spend time with her family and enjoy her tremendous achievement.

While at the Rio Olympics, [REDACTED] and his family had the opportunity to spend time with [REDACTED] at the U.S. training facilities. "It's amazing what the athletes go through," [REDACTED] said of their training, commitment and preparation for the events.

In addition to attending all of his niece's matches, [REDACTED] visited other parts of the city and surrounding areas. "It is a beautiful country. We felt very welcome there."

Being at the Olympics provided an opportunity for Gus to reflect on his life in the United States since arriving here in 1971.

"I'm thankful to this country. It is the land of opportunity. You have to grab it. No one is going to give it to you." Gus continued. "We came here to make our lives better."

Read more about Gus's niece and her Olympic story online at [USA TODAY](#).

Photos courtesy of [REDACTED]



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FERC Football Club: An Almost-True Satire



BOO-TACULAR Fun Run/Walk

Join the FERC Fitness Center for the 1st Annual ZOMBIE Run / Halloween Hustle 5K on Wednesday, October 26 from 11am-12pm.

Individual or Team registration begins October 17. This event is FREE of charge and open to Members and Non-Members.

On August 23, 2016, under clear skies and perfect summer conditions, the FERC Football Club clinched the Metro Sports League title. Led by [REDACTED], the team won its semi-final game 3-2, and the championship game 2-1. The team had its worst regular season in recent history, going 7-2-0 and allowing 19 goals (while scoring 40). However, [REDACTED] announced before game one of the summer season that this squad would take back the title from [REDACTED]. And, like a good captain, he was right.

FERC FC struggled early in the playoffs, falling behind 2-0 at the half in the semi-final match. But, the second half saw three unanswered FERC FC goals, including a penalty kick off the boot of [REDACTED]. Efficient play and solid defense propelled the team to the championship, where FERC FC met its long-time nemesis, [REDACTED].

Team [REDACTED] boasts multiple college athletes and an average player age of 23; team standards require fitness levels in the top 90th percentile. But, FERC FC was ready, preparing ten weeks for this day; pools of sweat and games played through thunderstorms brought the team to this point.

Team manager, [REDACTED] commented after the game, "The plays I saw tonight were better than in games I've paid money to watch."

Forward [REDACTED] attempted to foil the win a few times, giving away fouls in attempt to make up for his own questionable play earlier in the season. Luckily, he contributed more speed and passes to the game than lost fouls. While being unlucky at the net on this night, [REDACTED] contributed several game clinching goals in the regular season, including a shotgun sneak shot to advance the team to the playoffs. In addition to his on-field contributions, [REDACTED] as team Director of Transportation in 2016. Chairman Bay sent [REDACTED] to Slovenia earlier in the year to hone his football skills (of course second to his work as an energy agency liaison).

"I do not miss [REDACTED]," stated [REDACTED] prior to the playoff matches. "He blocked a shot [not on defense] one time and I have not forgotten. Plus, my degree is in transportation; I was made for this role."

FERC FC will take a few weeks off to celebrate the victory and rest its bodies. The team resumes in

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September and will look to repeat at the end of the fall season.

The team currently has a full roster, but staff interested in joining the substitute or wait list may contact

[REDACTED]

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Commissioner Honorable Receives Service Award



Commissioner Honorable on Sept. 23 won the inaugural First Lady's Woman in Public Service Award from the Women's Foundation of Arkansas. The Women's Foundation of Arkansas is dedicated to investing in projects supporting women and girls in the state, with a particular focus on expanding educational opportunities for those who may not have access to them and empowering and equipping women with necessary resources for new careers. [REDACTED] presented Commissioner Honorable with the award.



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OEA recently hosted a plain language training session for employees at FERC. Plain Language is a government-wide initiative that focuses on assisting federal employees with providing simple and understandable communications from the government to the public. The Commission holds sessions several times a year for employees.

Read more on [FERCNet](#).



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In Memoriam

FERC lost three members of its family recently. Former Administrative Law [REDACTED] passed away on September 22, former employee [REDACTED] passed away on September 24 and [REDACTED], who served as Secretary at the FPC and Assistant General Counsel for gas at FERC, passed away on September 29.

[REDACTED] began her federal service in 1966, coming to FERC in April 1997. Prior to FERC, [REDACTED] was an appellate attorney for the National Labor Relations Board and a Supervisory Attorney in the Appellate Court Division of the NLRB. [REDACTED] served as an Administrative Law Judge at the Social Security Administration, the U.S. Postal Service and the National Labor Relations Board.

[REDACTED] graduated with a B.A. degree from Dunbarton College, after spending her junior year at the University of London, London School of Economics. She received her law degree from Georgetown University and was awarded an LL.M. degree in labor law from George Washington University School of Law.

A memorial mass in honor of [REDACTED] will be held on Thursday, October 20 at 10:30 a.m. at Holy Trinity Church in Georgetown.

"I know from my working with her, and from her excellent reputation among lawyers who appeared before her, that as an excellent trial judge and mediator she possessed the perfect balance of a patient and calm judicial demeanor along with the ability to keep the case and the parties focused and moving at the appropriate productive pace without being imperious about it," [REDACTED] said.

"As a Judge she was fair, thorough, conscientious, a very hard worker, committed, analytical and an English language scholar. As an individual she was extremely magnanimous, kind, gentle, a good friend and dedicated to her family," [REDACTED] said.

[REDACTED] began her service at the Federal Power Commission in November 1970 and retired in the late 1990's from the Human Resources Division, where she worked during her career at the Commission.

[REDACTED] studied early childhood education at Chatanooga State Community College. Originally from Jefferson, S.C. [REDACTED] retired to Windgate, N.C. She is survived by her son, [REDACTED]. Her husband [REDACTED] predeceased her.

[REDACTED] served as Secretary of the FPC then went on to set up the regulatory department of the Postal Rate Commission. He also served at the Atomic Energy Commission and the State Department before returning to the FERC as Assistant General Counsel for gas. After retiring from government, he worked in Washington Gas Light Co.'s general counsel's office until retirement in 1990. [REDACTED] maintained his army reserve commission, returning to active duty during Operation Desert Storm in 1991. He later worked for the American Gas Association as special counsel, publishing the annual Regulation of the Natural Gas Industry.

He is survived by his wife of 63 years, [REDACTED]; three daughters, [REDACTED], [REDACTED], and [REDACTED]; five grandchildren and one great-grandchild.



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All Articles**Project 888 Update****All Features**

Since the last Town Hall meeting there have been a few exciting developments regarding Project 888. Town Hall meetings are being planned for late Fall of 2016.

Feedback & Suggestions**Swing Space Lease****Insider Archives**

An important aspect of Project 888 is using the 4th floor as a temporary office space (Swing Space) for staff to work as construction occurs on each of the remaining floors.

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In order to make the 4th floor available, a majority of OED staff currently occupying the 4th floor, will temporarily relocate to a separate swing space located at 999 North Capitol Street NE. The OED staff will just be around the corner and will return to the headquarters building after construction is completed.

Schedule Update

With swing space secured for OED, we can begin to map out and finalize the construction and move schedule. During the 2nd Quarter of calendar year 2017, the planned construction phases will commence as follows:

- OED will occupy the Swing Space at 999 North Capitol Street NE
- all offices on the 11th floor will relocate to the 4th floor Swing Space
- construction will begin on the 11th floor

This schedule represents a slight delay from those previously shared, which is due to issues arising during design and construction documentation process for the swing space. The schedule continues to be subject to change based on the availability of funding.

Acoustics Report

The concern regarding acoustics in the renovated office space has been heard. As part of the project, the design architects Perkins + Will commissioned Shen Milsom Wilke (SMW) to conduct an onsite acoustical survey in December 2015. The results from the survey indicate that Project 888's design goals will meet or exceed the current conditions in offices and conference rooms. An acoustics summary report and the full acoustics report has been posted to Project 888's website under the Planning Documents section. The reports can also be assessed by using the links below:

- [Acoustic Summary Report](#)
- [Full Acoustic Report](#)

Furniture

After hearing your feedback and after careful consideration of the cost benefit analysis impact, it has been decided that sit/stand workstations will be the universal standard in the renovated office space.

As always, please send all inquiries to project888@ferc.gov or read more on [FERCNet](#).

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Put on your earbuds – you’re about to hear all about FERC’s new podcast, Open Access!



First, however: What’s a podcast? It’s a digital audio file made available on the Internet for downloading to a computer or portable media player. A podcast is typically available as a series, with new installments available online or via subscription. So, it’s kind of like listening to an on-demand radio show.

FERC’s podcast is called Open Access to reflect the FERC principle of open access and transparency in energy markets, and FERC’s efforts to be transparent to the public.



At the request of Chairman Bay, FERC launched the Open Access podcast in September as part of the Commission’s public outreach – it involves explaining what FERC does and why. The first episode featured an interview with Charles Curtis, the first Chairman of FERC upon its creation in 1977, and it covered everything from how the first Commission dealt with the old Federal Power Commission 25,000-case backlog to how Chairman Curtis and his son designed the FERC seal. FERC followed that up with an interview of former Commissioner Tony Clark just days before he left the Commission, reflecting on his time here and his hope that the Cubs will win the World Series this year.

OEA creates and produces Open Access through a concerted effort of several Media Relations staffers: [redacted]

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Look for new episodes of Open Access every month. You can find it on the FERC.gov website, on FERC's YouTube page and, soon, in an iTunes store near you.

Photos taken by [REDACTED]

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September Commission Meeting



COMMISSION Meeting HIGHLIGHTS

discuss modifications to the Commission's requirements for review of transactions under Section 203 of the Federal Power Act and market-based rate applications under Section 205 of the Federal Power Act (RM16-21-000). [News Release](#) | [NOI](#)



discuss reliability standard for transmission system planned performance for Geomagnetic Disturbance Events (RM15-11-000). [News Release](#) | [Commissioners' Statements: LaFleur](#) | [Order No. 830](#)

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OEP: If you were trick or treating, what would you dress up as? And, what is your favorite Halloween candy?

What's MY LINE?



"Calaca from Day of the Dead and my favorite candy is Reese's Peanut Butter Cups."

"Wonder Woman and my favorite candy is M&M's."

, on detail from the U.S. Coast Guard



"Typically, our family of five tries to find a theme that we can do together. This Halloween we are thinking of using a superhero theme -Wonder Woman for the girls, Batman and Robin for the boys and Superman for dad. My favorite candy is Almond Joy"

"I would dress up as General Electric using the GE logo and wear a light bulb in my pocket that lights up when I speak. I like anything chocolate."

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Mapping your Templates for Office 2013

If you have Microsoft Office 2013 on your computer and have previously used Microsoft Office 2010, you may need to perform the following steps to view and access your existing templates in Microsoft Word 2013.

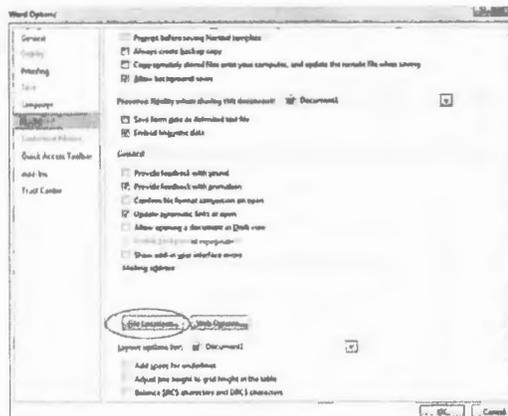
1. Copy this path. This is the network location of all FERC templates. \\adferc\dfs\PIA\Office_Templates.
2. Open up Microsoft Word 2013.
3. Click the File Menu.
4. Click the Options Menu.



5. Click the Advanced Menu on the left.



6. Scroll down to view the File locations button.



7. Click on the Workgroup templates line and click the

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Green Tips: Visit A Farmers Market this Fall



Did you know that food in the U.S. travels an average of 1,500 miles to get to your plate? All this shipping uses large amounts of natural resources (especially fossil fuels), contributes to pollution, and creates trash with extra packaging. Conventional agriculture also uses many more resources than sustainable agriculture. Food at your local farmers market is transported shorter distances and is generally grown using methods that minimize the impact on land and water resources.

What is in season?

Apples, apple cider, beets, bell peppers, broccoli, cabbage, carrots, cauliflower, celery, celery root, chard, cherry tomatoes, collards, cucumbers, eggplant, flowers, garlic, ginger, gourds, grapes, herbs, hot peppers, Jerusalem artichokes, kale, kiwi berries, kohlrabi, lettuce, onions, okra, pawpaws, pears, plums, potatoes, pumpkins, radishes, salad greens, shallots, shelling beans, spinach, strawberries, string beans, summer squash, sweet potatoes, sweet potato greens, tomatillos, tomatoes, winter squash, zucchini.

Check out [FRESHFARM](#) for some market locations in and around D.C., recipes, and more!

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The Best Way to Stay Healthy is to Get Vaccinated

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Flu Shots at FERC: After Thursday, October 13th; the flu vaccine will be available Monday to Thursday during the Health Unit hours 9am – 11:30am and 1:30pm to 3pm as long as supplies last.

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Don't let this year's flu season catch you by surprise. Experts say an annual flu shot is the best way to avoid the aches, fever, congestion and fatigue that flu brings -- and to protect those who are at high risk for flu-related complications.

"Every year, people die from influenza," said Cindy Weston, an assistant professor of nursing at Texas A&M University. "After sizable outbreaks, people will respond with large amounts of vaccinations, but they should be getting vaccinated every year to protect those most vulnerable, mainly children and the elderly."



Now that it's fall, it's time for your shot.

The U.S. Centers for Disease Control and Prevention recommends an annual flu shot for everyone older than 6 months of age. This includes pregnant women. Babies less than 8 months old may need to get the vaccine in two doses. And people over age 65 should get the high-dose shot. Adults with severe egg allergies can get an alternative form of protection called Flublok, according to the CDC.

Some people may have allergies so severe they can't get the shot at all. "[They] are dependent upon everyone else getting immunized in order to stay at low risk for the flu," Weston said.

For healthy adults, the flu may seem like a relatively minor inconvenience, and some go out of their way to avoid vaccination. ~~Some fear the shot will give them the flu -- not true. Others dread the inevitable needle sting.~~ (FluMist, the nasal flu vaccine, was found to be ineffective and is not recommended.) And some may believe a shot isn't necessary now, because they had one last year. That's just not true, Weston said.

"The flu strain mutates every year," she explained. "The flu shot you get this year is different from the one you got last year because it is made specifically for the prominent strains of the virus."

If vaccination rates are low, a potentially deadly flu outbreak could occur, Weston said. Millions of people get the flu every year, leading to hundreds of thousands of hospitalizations and thousands of deaths, according to the CDC.

"Flu season typically lasts from fall to spring," Weston said. "The outbreak may peak at various times during those seasons, but people should be vaccinated before they return home for the holidays to prevent an outbreak."

After you get the shot, it takes two weeks for your body to develop antibodies against the virus, Weston pointed out. In the meantime, good hygiene will help you stay healthy.

"Washing your hands properly, covering your cough, avoid[ing] hand contact with your face and eyes, and wiping down surfaces with disinfectant are all ways to help stop the spread of the flu," Weston said.

It's also important to be aware of warning signs and flu symptoms, such as: Sudden, high fever; Body aches; Headache; Fatigue; Sore throat; Cough; Congestion; and Runny nose. "The best way to avoid the flu is to get vaccinated," Weston said. "When it comes to you and your family's health, it's best to take the cautious approach and get your shot."

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Departures

Weight Watchers at Work

The next series of the popular Weight Watchers at Work program begins on November 10. Weight Watchers at Work provides support, recipes, on-line resources, and strategies to maintain healthy-living goals in a non-judgmental atmosphere. Members have found that the fall/winter series of Weight Watchers at Work program to be the most useful because specific strategies are shared among members for "surviving" holiday meals and parties. According to members, Weight Watchers is not a diet; it is a program for promoting healthy living choices for life. Further, they note that Weight Watchers has been ranked the #1 doctor-recommended weight-loss program (based on an August 2016 survey). Check out the Weight Watchers at Work booth at the November 2, 2016 FEGB Health Fair in the lobby or the Open House for new or potential members on November 3, 2016 in Room 3-M-1 at 11:45.

For more information, contact

Grace Goodman at 202-5028-8686

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PHOTOGRAPHY



[Review the CFC Campaign Events!](#)

NAVIGATION: You have a **drop down navigation menu** on the left listing all regular features and articles. There is also a handy **page forward button** at the top right, and the FERC Insider logo on all pages will return you to the home page.

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

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2016 CFC In Full Swing

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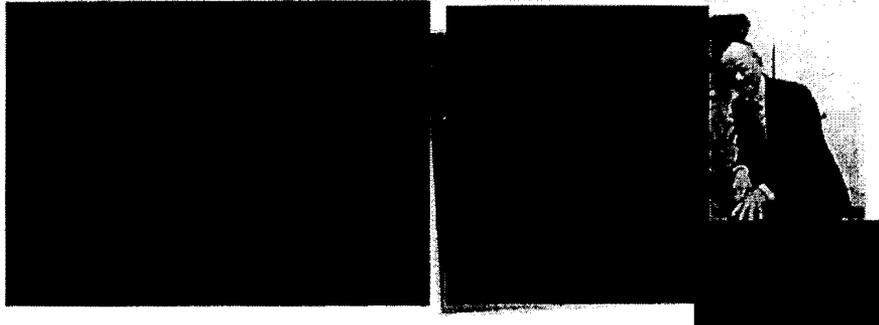
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FERC's 2016 CFC is off to an impressive start with weekly events featuring a diverse selection of worthy causes from the Catalogue of Caring including: FERC Child Development Center, Fidos for Freedom, Raptor Conservancy of Virginia, Art for Humanity, Habitat for Humanity and Women's Micro-Finance Initiative. Chairman Bay and Commissioners LaFleur and Honorable have presided at the weekly events.



FERC's Campaign Manager, [REDACTED], and his CFC team are on target to make this year's CFC a huge success. Team members include: [REDACTED]



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The 2016 CFC is scheduled to run through December 15 with weekly events and a charity finale event to occur at the end of the campaign.

Check out FERC's CFC Music Video Presentation on FERCNet: "I Care About Giving Back."
[Play Video](#) | [Lyrics](#)

The FERC Voices include: Commissioner Colette Honorable; [REDACTED]



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Hispanic Heritage Month

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An impressive celebration of Hispanic Heritage month was presented on Oct. 25 by Energy Latinos of FERC (EL FERC).

██████████ welcomed employees to the event and ██████████ introduced ██████████ who served as the keynote speaker.

██████████ Chair and Associate Professor of English at Georgetown University. He spoke about America's Hispanic Heritage in history, literature and culture.

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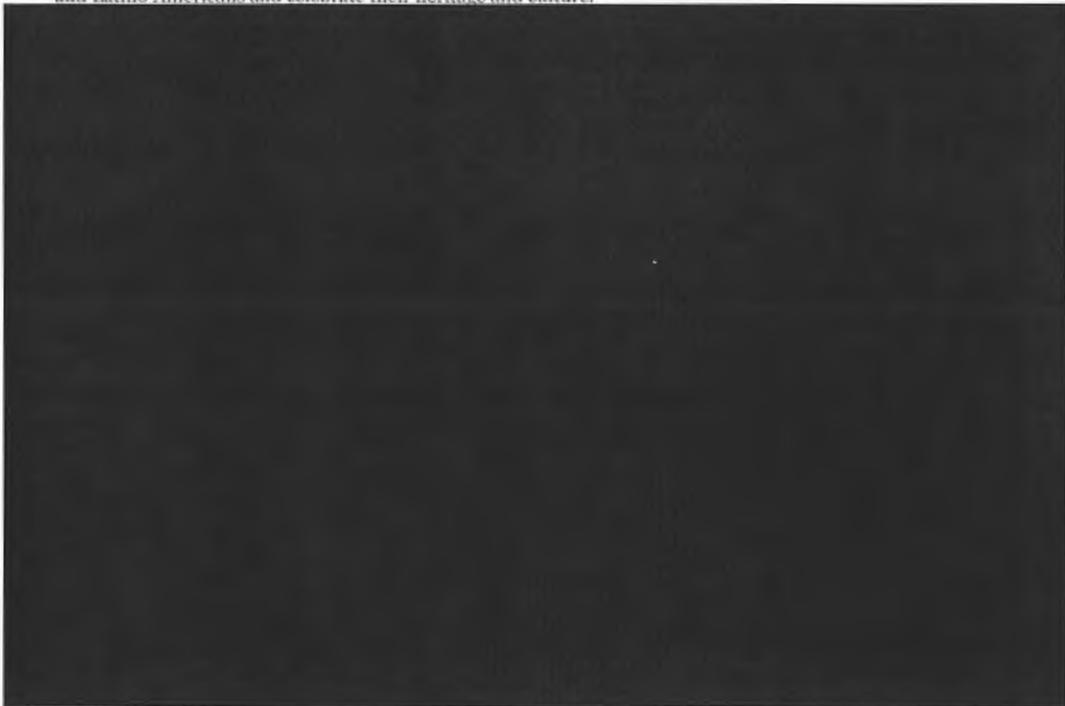


██████████ was born in Cuba and later settled in Southern California with his family. He earned his M.A. and Ph.D. from the University of California Los Angeles, and his B.A. in English and Economics from Stanford University. Before coming to Georgetown in 1998, he held tenure track positions at San Jose State University and Dartmouth College.

██████████ presented ██████████ with a Certificate of Appreciation for his contributions to the event. ██████████, provided closing remarks.

The finale of the celebration feature a Tango master class provided by Elegant Dancing, Inc.

Hispanic Heritage Month runs from September 15 to October 15 to recognize the contributions of Hispanic and Latino Americans and celebrate their heritage and culture.



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International Wildlife Trafficking Presentation



On November 9, 2016, Greener FERC and APA FERC co-hosted a lunch-time speaker event on International Wildlife Trafficking, presented by [REDACTED], Chief of Outreach and Communications in the U.S. Fish and Wildlife Service's International Affairs Program. [REDACTED], an International Affairs Specialist in the International Conservation Branch of International Affairs was also in attendance.

Wildlife trafficking is a highly lucrative, and highly destructive, criminal enterprise. As an illicit industry, it ranks with human, drugs, and arm trafficking. Poaching kills approximately 30,000 elephants annually to provide ivory to the illegal markets around the world. If current rates of poaching continue unabated, elephants and rhinos may be extinct within 10 years.

[REDACTED] brought examples of wildlife products that were illegally brought into the U.S. and confiscated. The reason many of the confiscated items were seized was because the owner unknowingly purchased items made from endangered species.

The United States is one of 183 countries that are a Party to the Convention on the International Trade of Endangered Species of Wild Flora and Fauna (CITES). CITES was formed in 1973, and individual governments (States) could voluntarily join this international conservation agreement. Parties are legally bound to implement the Convention.

The Fish and Wildlife Service has also partnered with corporations such as The Discovery Channel and JetBlue to increase awareness of wildlife trafficking and making travelers more knowledgeable of the souvenirs and other items they purchase abroad.

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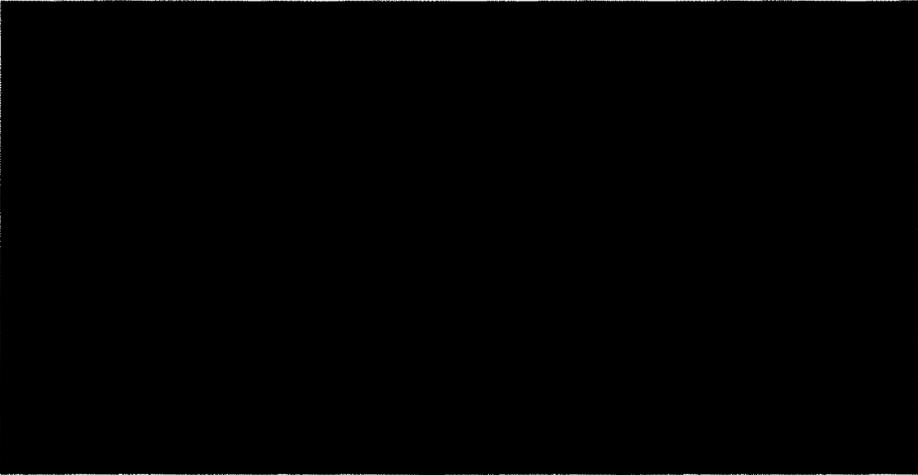
Halloween Zombie Run

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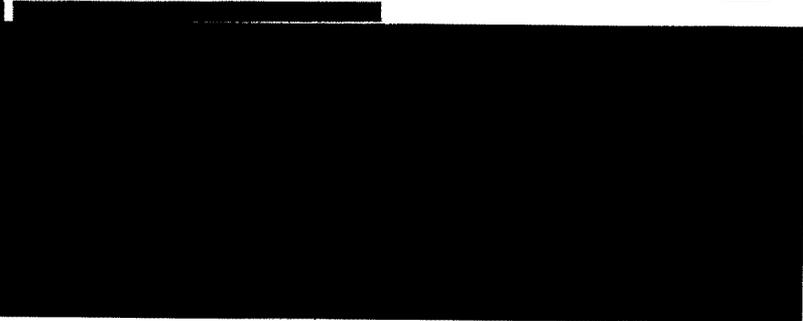
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The FERC Fitness Center hosted the first annual BOO-TACULAR/Zombie fun run and walk on October 26 at FERC headquarters. More than 30 people participated in the event. Costume winners included:



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[REDACTED] Receives Award



At the October Commission Meeting, Chairman Bay presented [REDACTED] with the Chairman's Medal upon his retirement after 27 years of public service, 19 at FERC.

"As my chief of Staff, I have really enjoyed working with [REDACTED] Chairman Bay said. "I valued his experience, judgment, and ability to get things done. He has truly been an outstanding public servant, and FERC is a better agency for his dedication and his commitment to its mission."

[REDACTED], who served as [REDACTED], is the new [REDACTED] and [REDACTED] [REDACTED] are both outstanding members of the senior executive service here at FERC, and I know that they will serve with great distinction in their new roles," Chairman Bay said.

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Chairman Selects [REDACTED]

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Chairman Norman C. Bay has named [REDACTED]

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[REDACTED] has served as [REDACTED] since December 7, 2015. She joined the Commission as an ALJ in December 1999 and was selected by former [REDACTED] to serve as the [REDACTED] in September 2015.

"I am pleased to announce the selection of [REDACTED]," Chairman Bay said. "Throughout her 17 years at FERC, she has served with great dedication and distinction. The Commission and the public will be well-served by her leadership of the Office of Administrative Law Judges and Dispute Resolution."

Prior to joining the Commission, [REDACTED] was the Hearing Office Chief of the Atlanta North Office of Hearings and Appeals for the Social Security Administration. As Hearing Office [REDACTED] was the chief management official responsible for the organization's operations. She began her experience as an administrative law judge in April 1994 when she was appointed to the San Jose, California Hearing Office with the Social Security Administration.

Prior to her distinguished service as a judge, she served as an attorney at the Federal Communications Commission for 14 years. [REDACTED] also worked as an attorney for the Puerto Rico Justice Department in the Federal Litigation Division. Additionally, she worked in the Puerto Rico House of Representatives as Legal Advisor to the Judiciary Committee on Civil Law.

[REDACTED] is a member of the bars of the District of Columbia and Puerto Rico, and is admitted to practice before the U.S. District Court for Puerto Rico, the U.S. Court of Appeals for the First Circuit, the U.S. Court of Appeals for the District of Columbia Circuit and the U.S. Supreme Court.

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Home Grown Tiny Tomatoes

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FERC's own [REDACTED] recently won the Best Tomato category for her homegrown tiny tomatoes at the DC State Fair. According to [REDACTED], the tomatoes are the size of blueberries and have a robust tomato flavor.

Cheering on [REDACTED] at the Fair were [REDACTED], all of [REDACTED] OEMR).

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Coffee with the Chairman

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Staff from the Office of Electric Reliability recently met for coffee with Chairman Bay. The Chairman thanked them for their critical work maintaining the reliability of the grid.



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OLYMPIC Gold Story Update

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This is a follow-up to our story in the October issue about [REDACTED], the niece of Sunrise Café co-owner [REDACTED], who won a gold medal in wrestling at the summer games in Rio.

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We found out that former [REDACTED] was [REDACTED] wrestling coach when she was starting out. According to [REDACTED]:

[REDACTED] wrestled for me between the ages of 7 and 9 years old. [REDACTED] was always a very good athlete. But there were other good athletes on our team and on other teams in the league. What set [REDACTED] apart was a mental toughness and tenacity that I have never seen in another person. Even as a 9 year old, [REDACTED] was fearless.

[REDACTED] started wrestling at a time when it was unusual for a girl to wrestle on a boys' team. She had to put up with some bad behavior from other wrestlers and even adults who tried to discourage her. (Today more than 13,000 girls wrestle in high school, in large part thanks to the example set by [REDACTED] and the other girl wrestlers like her who helped pave the way.)

"It was joy to coach [REDACTED] when she was little and it has been a thrill to follow her career since then. Besides being one of the best wrestlers in the world, she is also one of the nicest people you could know."

You can read the original story in the [October 2016 Insider](#).



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New Administrative Law Judges Sworn In

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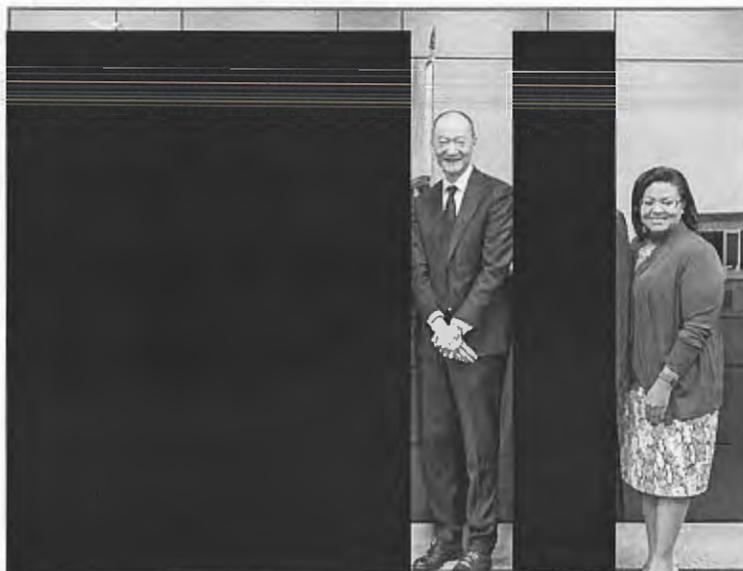
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Chairman Norman Bay recently welcomed three Administrative Law Judges at FERC. [REDACTED] have joined FERC's stellar ALJ team.



[REDACTED] previously served as an administrative law judge with the Social Security Administration in Baltimore, MD. Prior to that, she was an assistant U. S. Attorney for the U.S. District Court for the District of Columbia and the U.S. Court of Appeals. [REDACTED] is a 1997 graduate of Georgetown University Law Center. She earned a bachelor of political science degree from Stanford University. She is a member of the Bars of New York and the District of Columbia.

[REDACTED] previously served as an administrative law judge with the Social Security Administration in San Rafael, CA. Prior to that, she was an attorney-advisor for the Environmental Appeals Board with the U.S. Environmental Protection Agency. [REDACTED] is a graduate of the University of North Carolina at Chapel Hill where she received her law degree and a M.A. degree in Ecology. She also received a B.S. in Civil (Environmental) Engineering and Humanities from the Massachusetts Institute of Technology in Cambridge, MA.

[REDACTED] was an administrative law judge in the Office of Disability Adjudication and Review at the Social Security Administration. Prior to that, she was a principal administrative law judge in the District of Columbia Office of Administrative Hearings. [REDACTED] is a 1988 graduate of Georgetown University Law

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Center. She earned a certificate of Judicial Development in Administrative Law Adjudication Skills from the National Judicial College in 2011 and a bachelor's degree from Howard University in 1985. [REDACTED] is a member of the Bars of the District of Columbia, Pennsylvania and Georgia.

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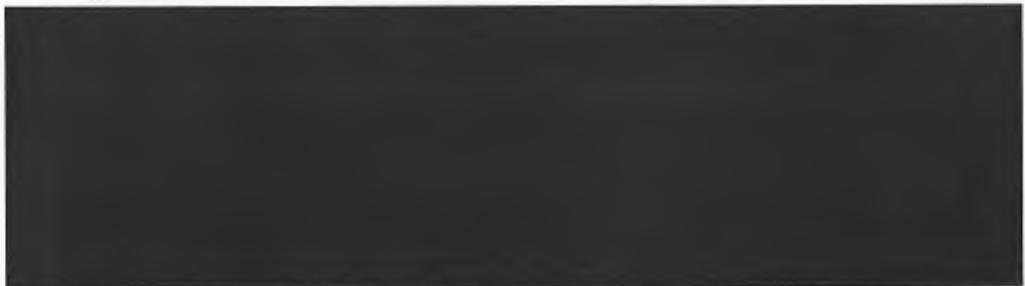
COMMISSION Meeting HIGHLIGHTS

A presentation of revisions to indexing policies of FERC Form No. 6 (RM17-1-000) was given by [REDACTED]

[News Release](#) | [Presentation](#) | [ANOPR](#)



[REDACTED] discuss the 2016-2017 Winter Energy Market Assessment (AD06-3-000). [Presentation](#)



A presentation on the winter operations and market performance in Regional Transmission Organizations and Independent System Operators (AD16-24) was given at the meeting. Presenters included: [REDACTED]



Presentations: [ISO-NE](#) | [NYISO](#) | [PJM](#) | [MISO](#) | [SPP](#) | [CAISO](#)

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What's
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"There Will Be Blood."

"The Departed."



"Comedy—Young Frankenstein,
Adventure—Contact, and Mystery—The
Third Man."

"National Lampoon's Christmas Vacation."

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Word 2013 Compatibility Mode

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If you are using Word 2013 and are opening a document created in an earlier version of Word, then your Document will open up in Compatibility mode.

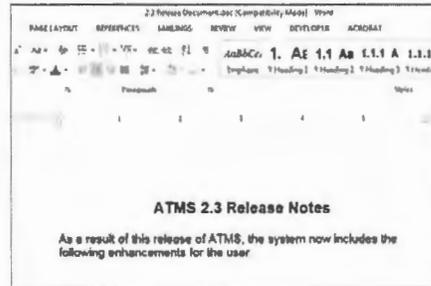
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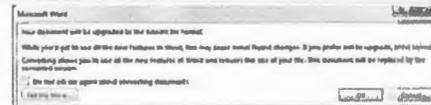
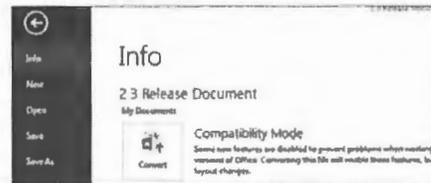
When you open a document in Microsoft Word 2013 that was created in an earlier version of Word, **Compatibility Mode** will display in the title bar of the document window.

In Compatibility Mode certain advanced editing features are locked out, preventing you from taking full advantage of Word 2013's power.

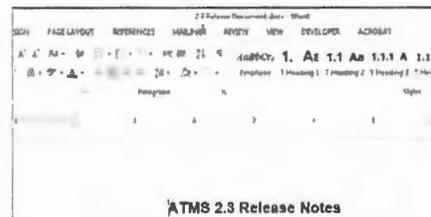


You can convert your document to the Word 2013 version instantly by following these steps.

- Click the File menu.
- Click the Convert button.
- A pop up box will display
- Click the Ok button.



The document will no longer show "compatibility mode." And the full Word 2013 capability will be available to your document.



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America Recycles Day

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The 18th annual national America Recycles Day is Tuesday, November 15, 2016. The goal of America Recycles Day is to educate all Americans about the environmental and economic benefits of recycling. Help GreenerFERC celebrate this day and take a pledge to recycle at work. You can [pledge online](#) and check out other local events at <https://americarecyclesday.org/>.

Here are some important tips and information about what is and what is not recyclable at FERC Headquarters:



- Disposable Coffee Cups are not recyclable. Disposable coffee cups are coated with wax or plastic which makes them very difficult to recycle and are not accepted by most waste management providers. Coffee cup lids and sleeves are recyclable! Plastic cups are also recyclable (think iced coffee). However, straws are not recyclable. Napkins and paper towels, used or unused, are not recyclable. Paper towels and napkins are generally made from recycled paper, and paper fibers get shorter with each reuse. Papermaking fibers can typically be recycled five to seven times before they become too short to be recycled again, and paper towels and napkins are the last stop in the recycling chain. Paper towel tubes are recyclable!
- Pizza boxes or other cardboard and paper products contaminated with food grease are not recyclable. While recycling plants do clean the paper products they receive, there's no way to get the grease out of the paper's fibers. Recycling plants remix paper into a watery slurry, press it into sheets and dry it out. Since grease isn't extracted during that process, it can show up in the new batch of paper as oily spots or even holes where the oil has repelled the water. Clean cardboard and paperboard, including boxes that your lunch may be packaged in (think Lean Cuisine), are recyclable!
- Plastic grocery bags are not recyclable at FERC HQ. While these bags are recyclable, your waste management provider may not accept them (DC residential collection does accept plastic bags). Most plastic bags are recycled into composite lumber.
- Plastic utensils, packing peanuts, plastic wrap/cling wrap, and plastic baggies are not recyclable at FERC HQ. Plastic utensils and peanuts are made out of Polystyrene (Plastic #6) which is recyclable, but is generally not accepted by most waste management providers because most polystyrene products are not very dense, making collection and processing too costly.
- Always remember to clean your recyclables before you put them in the blue bin. Also, please remember to check the recycling signs posted in the galleys or on recycle bins!

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Flu Shots Available

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YOU CAN STILL GET VACCINATED!!! Flu shots are still available at FERC's Health Unit. It's quick, convenient, and free for all federal employees. No appointment necessary while supplies last!

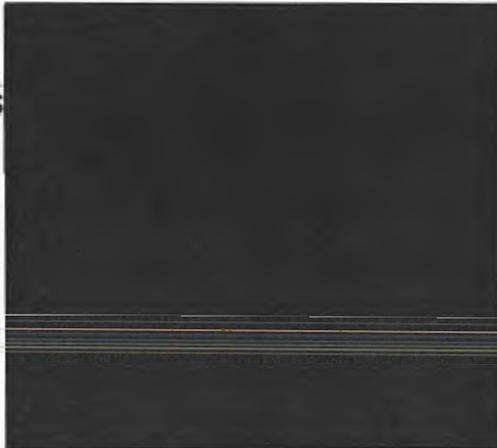
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FERC'S Health Unit, Room 3F Monday – Thursday: 09:00 a.m. to 11:30 a.m. and 1:00 p.m. to 3:00 p.m.

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Maintain Don't Gain



The holidays are almost here! If you are in need of extra motivation to exercise and eat healthfully during this time of year, then the FERC Fitness Center's "Maintain Don't Gain" is the program for you. The goal is to be no more than five (5) pounds over your starting weight at the end of the holiday season.

You'll receive a food diary, weekly tips, workouts, recipes and more to help you stay on track!

Registration and initial weigh-ins will be held between November 16-23, 2016, and November 28 – December 2, 2016, in the FERC Fitness Center.

_____ and _____ from the FERC Fitness Center.

Final weigh-ins will be held between January 3-13, 2017, in the FERC Fitness Center.

All participants who maintain and don't gain, will be entered into a drawing to win prizes!! FREE for members and non-members. For more information, contact the Fitness Center at _____

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Arrivals
DEPARTURES

Departures



Federal Energy Regulatory Commission
Washington, D.C. 20426

Re: FOIA No. FY20-12
First Rolling Response

DEC 11 2019

VIA ELECTRONIC AND REGULAR MAIL

This is a response to your correspondence accepted on October 28, 2019, in which you requested information pursuant to the Freedom of Information Act (FOIA), and the Federal Energy Regulatory Commission's (Commission or FERC) FOIA regulations, 18 C.F.R. § 388.108 (2019).¹ Specifically, you requested copies of "The FERC Insider" for 2017 and 2018.

Commission staff has identified and reviewed 11 issues of the FERC Insider responsive to your request. The documents are released with minor redactions pursuant to FOIA Exemption 6, which protects files the disclosure of which would constitute a clearly unwarranted invasion of privacy.²

Commission staff will continue to review the remaining responsive documents and will endeavor to provide you with another determination within twenty (20) business days of the date of this letter. Additional determinations addressing the remaining documents will follow on a rolling basis.³

Ordinarily, any appeal from a FOIA determination must be filed within 90 days of

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 5 U.S.C. § 552(b)(6)

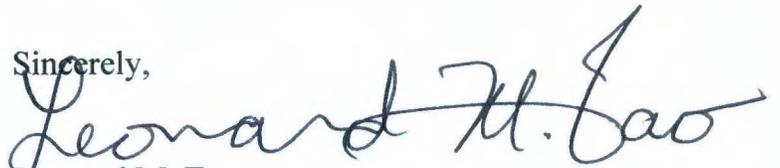
³ See *S. Yuba River Citizens League v. Nat'l Marine Fisheries Serv.*, No. Civ. S-06-2845, 2008 U.S. Dist. LEXIS 107177, 47 (E.D. Cal. June 20, 2008) (supporting the practice of releasing documents on a rolling basis); *Hinton v. Fed Bureau of Investigations*, 527 F. Supp. 223, 225 (E.D. Penn. 1981) (noting that rolling responses preserve the government's right to carefully review material while promoting FOIA's disclosure goals); see also U.S. Dept. of Justice, *FOIA Post*, "OIP Guidance: The importance of Good Communication with FOIA requesters," (posted 2010) (stating agencies should provide rolling responses for requests involving voluminous material.)

the date of issuance as provided by the FOIA and 18 C.F.R. § 388.110(a)(1) of the Commission's regulations. However, because your request is being processed on a rolling basis, the Commission will hold your appeal rights in abeyance pending a final determination. This will allow you to file a single appeal at the conclusion of our processing of your request.

If you decide to appeal, this appeal must be in writing, addressed to James P. Danly, 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 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 that reads "Leonard M. Tao". The signature is written in a cursive, flowing style.

Leonard M. Tao
Director
Office of External Affairs

FERC Insider

July & August 2017 | Volume 23, No. 7

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EDITORIAL

Celeste Miller

WEB DESIGN

Judy Eastwood

PHOTOGRAPHY



Summer Photography Countdown! The deadline is August 15 to send us your best Summer shot for the September Insider. Email to InsiderDL.

Latest News: President Donald J. Trump has announced his intent to nominate [Richard Glick](#) and [Kevin J. McIntyre](#) to be Members of the Federal Energy Regulatory Commission.

NAVIGATION: You have a **drop down navigation menu** on the left listing all regular features and articles. There is also a handy **page forward button** at the top right, and the FERC Insider logo on all pages will return you to the home page.

Questions? 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, Leonard Tao, Director. All photos are the property of FERC and may not be reproduced without permission.



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Leadership Development Program VI Graduation



The Commission's Leadership Development Program (LDP) VI was honored at a graduation ceremony on July 12 in the Commission Meeting Room.

The LDP VI class included: Marika Cook, OEIS, (b) (6), OEMR; Nicholas Gladd, OGC; (b) (6), OEMR; (b) (6), OEP; (b) (6), OEP; Randy Johanning, OER; (b) (6), OE; Justin Kelly, OER; (b) (6), OGC; (b) (6), OEP; (b) (6), OALJDR; and Steven Wellner, Acting Chairman LaFleur's Office.

Eduardo Ribas, FERC's Chief Human Capital Officer, welcomed employees to the event, thanked office directors, (b) (6), who served as the program manager, and LDP alumni for their contributions to this year's program.

Acting Chairman Cheryl LaFleur provided opening remarks saying, "You are the future leadership."

"You are the future leadership."



Julie Graf, Supervisory EIA in OEMR and LDP VI graduate, provided an entertaining and unique perspective into this year's class with her commencement message.

"I feel privileged to be part of such diverse and talented individuals," Julie said. "I am inspired by your talents and humor."

"A leader must know when to make hard choices, even if they sacrifice themselves for the greater good," Julie commented.

Anton Porter, FERC's Executive Director, closed the ceremony saying, "Service is the rent we pay for our time on earth."

The LDP was launched in March 2008 to enhance the Commission's leadership competencies. The 18-month program provides unique learning experiences through training and development opportunities that are set to enhance and augment participants' leadership skills. LDP VI started a new curriculum in January 2016 which included a 3-day retreat at the Williamsburg Leadership Institute, Dare to Lead 5-part training, mentorship, and mastermind discussions at the National Press Club.



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Asian American Pacific Islander Heritage Month Observed



From left to right: OEA director Len Tao and (b) (6), OEA's (b) (6) and Commissioner Honorable.

Commissioner Colette D. Honorable gave the opening remarks for the Asian American Pacific Islander (APIA) Heritage Month Celebration on May 31st, 2017. The morning program was introduced by Leonard Tao, director of External Affairs, followed by the screening of two short documentary films by DC film makers (b) (6) and (b) (6). After the screening, (b) (6) of 1882 Foundation moderated a discussion panel with the film makers.

The Fight is On – In a hip-hop cadence, Tom Fong tells the story of his grandfather (Goong Goong) sojourning from China to the United States in 1892 and Tom's later upbringing in his Goong Goong's Adams Morgan neighborhood carryout restaurant. It is here where Tom learns of his immigrant family's survival during the period of the Chinese Exclusion Act of 1882. He shares his experience listening to his Goong Goong's stories and their subsequent impact on his own life and civil activism.

Through Chinatown's Eyes - April 1968 – The assassination of Civil Rights leader Martin Luther King Jr. and the ensuing civil disorder and violence it sparked had a profound impact on Washington D.C. Within this larger story, its impact was felt in D.C.'s Chinatown, which found itself caught amidst a deep-seated racial struggle. This film explores how Chinatown residents experienced and navigated this historical moment as it unfolded at their front doors.

Sound Bath - The afternoon program continued with a unique fusion meditation experience. Sonic specialist Monte Hanson and his assistant Robert Lee of Human Activation guided the meditation with Tibetan singing bowls. According to their website, "A sound bath is an immersion in sound frequency that cleans your soul."



From left to right: Jack Lee, [REDACTED], [REDACTED], [REDACTED], and [REDACTED].

The APIA Heritage Month programs were sponsored by the Office of Executive Director, EEO Advisors, and the Asian Pacific American FERC Employee Resource Group (APA FERC).



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QERC Hosts LGBTQ Event



Left to right: (b) (6), Harper Jean Tobin, (b) (6) and Eduardo Ribas.

FERC's Queer Employee Resource Committee (QERC) held its second Lesbian, Gay, Bisexual and Transgender (LGBTQ) Pride event at FERC on June 6 featuring keynote speaker Harper Jean Tobin.

OER's (b) (6) provided an insightful introduction saying, "We are still in a fight but we will win in the end."

Harper Jean Tobin, who is the Director of Policy at the National Center for Transgender Equality, discussed the transgender community in the context of life experiences, workplace concerns and Equal Employment Opportunity (EEO) issues.

"Support and acceptance makes a huge difference in people's lives," Harper Jean said.





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Washington D.C. Dragon Boat Festival



FERC staff Astrid Rapp (OE), (b) (6) (OEP), (OEP), (OEP) and (OEP) participated in the 16th Washington DC Dragon Boat Festival which was organized by Taiwan-US Cultural Association (TUCA) to promote Taiwanese culture to the Washington, D.C., area through the sport of dragon boat racing. The festival included cultural demonstration, crafts and the dragon boat race. It was held on the Potomac River on May 20 and 21, 2017. The FERC dragon boaters paddled with the team **Asians United**, which was sponsored by TUCA, the D.C. Mayor's Office of Asian and Pacific Islanders Affairs, and the Chinese Youth Club.

The Dragon Boat Festival is the traditional festival of Duan Wu Jie, which commemorates the death of the poet and minister Qu Yuan (340–278 BC) of the ancient state of Chu during the Warring States period of China.

The Formosa Melody Music Center, an amazing Taiwanese guchui ensemble with traditional Chinese instruments opened the ceremony. Guchui literally means to drum and blow. The lead instrument is the laba, a brass trumpet. The laba invoked powerful jubilant and mournful sounds on the banks of the Potomac.





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FERC Welcomes Summer Interns



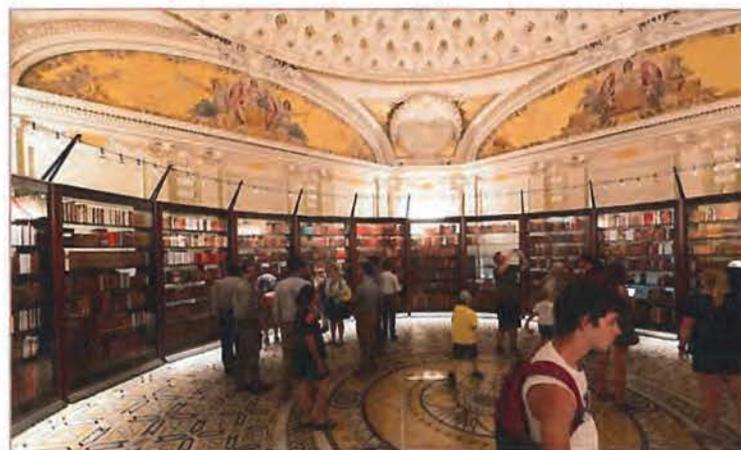
*Selfie with
Vice President
Mike Pence at the
U.S. Capitol Tour!*



Group photo of the summer 2017 Intern Class

This summer, FERC welcomed 45 interns and volunteers to FERC HQ and regional offices (New York, Portland and San Francisco). Our interns come from around the country—from Coeur d'Alene, Idaho to Los Alamos, New Mexico. Our interns work in various program offices throughout the Commission and range from undergraduate students to PhD candidates. They are given substantial projects that match their academic area of interest. For example, [REDACTED], a summer intern in OE is currently working to develop a code for SAS to streamline analysis of electric power markets data with the investigations branch in the Division of Analytics and Surveillance.

FERC's summer internship program includes professional development workshops, FERC 101 sessions, field trips to DC attractions, a trip to Conowingo Hydropower Dam in Darlington, MD, networking through FERC's mentor-mentee program and more! We asked interns if they would recommend this program to others and the response has been overwhelmingly positive. "Definitely, yes! For only working at FERC for a short period of time, I have already learned so much about energy regulations, and the engineering work that goes behind them. My supervisor and team have been incredibly welcoming and helpful, and the work that I am doing is captivating and has the potential to make a difference." - [REDACTED] (OEP). The Summer Intern Closing Reception will be held on Thursday, August 3rd 1-3pm in 3M-3. All are welcome to attend.



Summer interns touring the Library of Congress.

Questions? Email Summer Intern Coordinator, Lena.Nour@ferc.gov.

Are you following FERC Careers on social media? Check out our pages to learn more about what our interns are up to this summer, meet OEPI Intern [Gregory Vitz](#).



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APA Holds Tai Chi Demo



The Asian Pacific American Employee Resource Group held a Kung Fu/Tai Chi demonstration on June 8 as part of the Pacific Islander American Heritage Month celebration.



Photo Credits: [redacted] and Judy Eastwood



Chinese style martial arts demonstration of Ba Gua, Tai Chi and Kung Fu featured special guest Tai Chi teacher (b) (6).



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Employees Honored at Length of Service Ceremony

Acting Chairman Cheryl LaFleur presented career service pins and certificates to employees who have reached 25, 30, 35, 40 and 45 years of service from January 1, 2017, to July 31, 2017.



L: Celebrating 45 years of service: David Coffman and (b) (6)
R: Celebrating 35 years of service: (b) (6) (b) (6) and Wayne King are not pictured.



Celebrating 40 years of service: James Fargo; (b) (6) Diana Royster; (b) (6) ; and (b) (6) . Not pictured are (b) (6) and (b) (6)



Celebrating 30 years of service: (b) (6) (b) (6) Mark Hegerle; and (b) (6) Not pictured are (b) (6) (b) (6) and (b) (6)



Celebrating 25 years of service: (b) (6) ; Sylvia Anderson; Christine Hutcheson; (b) (6) ; Marika Cook; David Maranville; Carol Johnson; Steve Hocking; (b) (6) ; and Natalie Tingle Stewart. Not pictured are (b) (6) (b) (6) (b) (6) (b) (6) W. Doug Foster, Jr. and (b) (6)



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AMENAH Holds 3rd Annual Eid Celebration



Clockwise from top left: AMENAH board member (b) (6) and (b) (6) with her children, (b) (6) AMENAH board members (b) (6) and (b) (6)

On July 12th the FERC Employee Resource Group (ERG) Americans of Middle Eastern and North African Heritage (AMENAH) held their 3rd annual Eid celebration. This event was hosted and fully funded by the AMENAH board: (b) (6), (b) (6), (b) (6), (b) (6) as well as generous donations from attendees.

"Eid" is an Arabic term which means "celebration" or "festival" and is used by both Christian and Muslim Arabs to refer to their holidays. This holiday, Eid Al Fitr or Festival of the Breaking of the Fast is a celebration of the completion of the Muslim holy month of Ramadan in which over 1.6 billion Muslims around the world abstain from food and water from dawn to sunset and focus on self-improvement, self-discipline, and charitable acts. Children, elderly, sick, pregnant and others are exempt from fasting. This holiday is celebrated all over the world in varying ways depending on the local culture but it is usually observed with a morning prayer, formal attire, gifts, food, and visiting family and friends. The AMENAH board gave FERC a glimpse into this celebration with lunch and desserts followed by a game and raffle for gifts flown in from Egypt specifically for this event.

To show their appreciation to the many volunteers who selflessly gave their time to this event, the AMENAH board will be hosting a Volunteer Appreciation Lunch where volunteers will be served delicious foods from all over the world. The AMENAH board is also grateful for Chairman LaFleur's participation in this event and her continued support of all FERC ERG's.





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Commissioner Honorable says goodbye to FERC

Commissioner Colette Honorable's last day at FERC was June 30. Commissioner Honorable announced in April that she would not seek a second term as a member of the Commission.

"Thank you for being the best colleagues I could have wished for, for being true public servants and for your dedication in ensuring that our oversight of the bulk power system and all of our jurisdictional work has received our very best efforts collectively," Commissioner Honorable told employees.

"I am grateful for every smile, greeting, courtesy, and for every bit of advice and guidance given. I am humbled to have had this wonderful opportunity to work beside you," she said.

Commissioner Honorable was nominated by President Barack Obama in August 2014 and unanimously confirmed by the Senate in December 2014.

It was announced on July 10 that Commissioner Honorable has joined the global law firm Reed Smith LLP as part of their market-leading international Energy & Natural Resources practice.

Conversation with the Commissioner Leadership Series: Commissioner Colette Honorable



Commissioner Honorable spoke at the WEW event June 14.

This event was sponsored by the Women emPOWERing Women (WEW) Employee Resource Group. WEW's mission is to provide an opportunity for members to interact, mentor, learn, and build skills applicable to the workplace by networking with peers and agency leaders and by maintaining an open and educational forum for improving industry knowledge and personal and professional development. For more information or to sign up to be a member, email us at wew@ferc.gov. All are welcome to join. Find more information on employee resource groups and a listing of currently active groups on [FERCNet](#).



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FERC's Latest Open Access Podcast



Former Commissioner Colette Honorable reflects on her term at the Federal Energy Regulatory Commission. [Transcript](#) | [YouTube](#)

July 6, 2017 - Interview with Former Commissioner Colette Honorable. Former Commissioner Colette Honorable reflects on her term at the Federal Energy Regulatory Commission. [Transcript](#)

Music: "Get Me Started" by juqboxmusic, courtesy Getty Images.

[YouTube](#)



What the Commission is Tweeting



Cheryl LaFleur @CLaFleurFERC · Jun 30
Very sad to say goodbye to @CHonorableFERC, a wonderful colleague who has meant so much to @FERC. Godspeed, my friend.



What is being tweeted about the Commission: Acting Chairman LaFleur says goodbye to Commissioner Honorable.

Tweets Tweets & replies Media



Cheryl LaFleur Retweeted

Fortnightly Magazine @FortnightlyMag · Jun 30
We spoke with chair @CLaFleurFERC and commissioner @CHonorableFERC



Just Two FERC Commissioners
Since early February 2017, FERC has faced an unprecedented freeze of certain major agenda items when one of its three remaining commissioners resigne...
fortnightly.com

Follow Acting Chairman LaFleur on her twitter page [@CLaFleurFERC](#)

Follow FERC's twitter feed: <https://twitter.com/ferc>



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Adding Multiple People to a Phone Conversation

You can have as many as 6 people, five people and yourself on a phone conversation using your Cisco desk phone by following the steps below.



Make or answer a call.

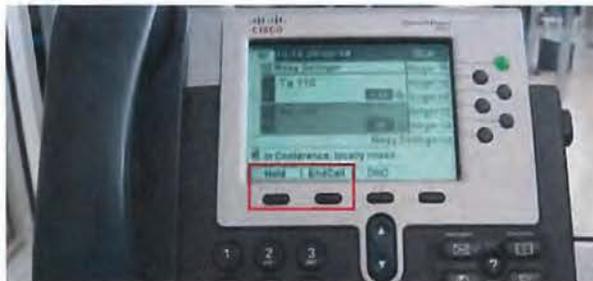
Press the button under **More**.

Press the **Confrn** button. This is viewable after the **More** button is pressed.

Enter the telephone number or extension of the next person to add to the conference call.

After that person answers the phone, then click the **Confrn** button to add another person to the call.

Continue the process to add up to five other people.



Press "**Hold**" to place the conference on hold.

Press **EndCall** to remove yourself from the conference. The other callers will remain connected.

For more IT news you can use, please check out the [IT Newsletter](#) or the [CIO FERCollaborate Page](#).



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Length of Service Honorees: Tell us Something Memorable About your FERC Career



"The mid-to late-1980s was a memorable time because so much had changed in a relatively short period of time. When I started in 1978, in the area now known as NOMA, there was serious crime and very few amenities. The agency was male dominated. In fact, the second floor of 825 housed the hearing rooms but it did not have a rest room for women. There was a dress code: coats and ties for men; no slacks for women. Family leave and/or part-time work were frowned upon. But within a decade much had changed for the better, such as the refurbishing of Union Station, the additions of a daycare center and a fitness center, and women moving into management positions." (b) (6) OEMR



"A memorable time for me at FERC was when, as the OGC member of a three-person inter-office team, we helped draft the Order No. 889 Final Rule in which the Commission established the OASIS information system, created the original Standards of Conduct for the electric industry and enlisted industry volunteers to develop and reach consensus on business practice standards and protocols for public utilities that were later codified as Commission regulations. It was a big effort and really interesting." (b) (6) OGC



"There are many but a couple of field inspection trips I took back in the early '90s really stand out for me. A Great Lakes Gas project and a FGT project both involved a reconnaissance of the route via helicopter and in each case we had four helicopters flying single file at about 400-500 feet over the route. Part of the Great Lakes route took us over the Upper Peninsula of Michigan at the height of fall color - a stunning visual experience. My memory of the FGT trip is flying down the east coast of Florida, seeing dolphins swimming in the Atlantic to my left and Disney World's Magic Mountain poking up over the wooded Florida swamps to my right. Two (of many) times I gratefully reminded myself "I'm getting paid to do this!" (b) OEP



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Take Charge of your Career!

HR's Employee Development Branch is offering training in August for managers, supervisors and employees to help you take charge of your career! Take a look at the EDB flyer to sign up for August training or to be added to the waitlist.

Tip: Select the image on right for more information.



Use your training consultant to take charge of your career!

Need to take an external training course? Connect with your office training coordinator and your training consultant to find the right course for you!



DEB
DMLR
DLS
Chairman &
Commissioners



DEP
DER
DL
DLP
DML



DSC
DMLC
DMLR
DLA

(b) (6) (b) (6) (b) (6)

While on an audit of the CAISO in Folsom, CA June 5-9, (b) (6), EIA, OE, (not pictured) and (b) (6), economist, OE, observed and participated in a Special Olympics fund raiser at CAISO.

Pictured at right: (b) (6) game for towering CAISO challenge





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Healthy
LifeStyles



Study finds most indoor workers get too little of the 'sunshine vitamin'

Spending your days cooped up inside an office might mean you're not getting enough vital vitamin D — know as the "sunshine vitamin," researchers report.

Canadian researchers found that vitamin D deficiency levels differ by occupation, with people who are closeted indoors faring worse than others.

"We know that vitamin D deficiency and insufficiency is prevalent in the population at large. We can now say that occupation is a factor that is important in determining if someone may be vitamin D-deficient or not," said lead researcher Dr. Sebastian Straube. He's an associate professor of preventive medicine at the University of Alberta in Edmonton.

Vitamin D is found naturally in a few foods, and often added to milk and other products. Skin exposure to sunlight also produces vitamin D, which is why it's called the sunshine vitamin.

In the new research, Straube and his colleagues reviewed 71 previously published studies that included more than 53,400 people in the northern and southern hemispheres.

They found vitamin D deficiency in 80 percent of shift workers — folks who work outside the typical 9-to-5 day. More than three-quarters of indoor workers and 72 percent of health care students were also vitamin D-deficient.

And even among health care workers, vitamin D deficiency varied by job. Medical residents, who are known to work very long hours, were more likely to be sunshine vitamin-deprived than doctors, nurses and other health care professionals.

But very few indoor workers actually had good vitamin D levels. The researchers said 91 percent weren't D-deficient by definition, but had levels lower than recommended.

Outdoor workers had a better profile. But even then, 48 percent had a vitamin D deficiency. And 75 percent had vitamin D insufficiency, meaning blood levels lower than recommended, the researchers said.

The essential vitamin helps the body absorb calcium, which is important for bone growth and preventing osteoporosis. It also plays a role in boosting the immune system and reducing inflammation.

In addition, too little vitamin D has been linked with heart disease, certain cancers, mental health problems, obesity and immune dysfunction, said Samantha Heller, of New York University Medical Center, in New York City.

With the widespread use of sunscreen and limited outdoor time, people don't generate a lot of vitamin D from sun exposure, said Heller, a senior clinical nutritionist. Because of this, many people may need vitamin D supplements.

Heller is one of them. "I was quite surprised when, a few years ago, I was diagnosed with a full-blown vitamin D deficiency," Heller said. "I now take a vitamin D supplement daily."

Straube said that how much vitamin D to take is controversial. He recommends sticking with the levels set by the U.S. Office of Dietary Supplements. That recommendation: 600 IU daily for people between 1 and 70 years old, and 800 IU for older individuals.

Some experts recommend higher levels for those at increased risk of vitamin D deficiency, Heller said.

Getting vitamin D from sunlight is the natural way, but Straube cautions against getting too much sun because of the risk of skin cancer.

"Sun exposure is healthful with regard to vitamin D levels, but . . . a balance should be struck," he said.

The report was published June 21 in the online journal *BMC Public Health*.

This type of study, called a meta-analysis, pools data from many studies to find similar trends across all of them. There are limitations because the data is gathered in different ways. Also, different investigators may have used varying definitions of vitamin D deficiency, the researchers pointed out.

SOURCES: Sebastian Straube, B.M., Ph.D., associate professor, division of preventive medicine, University of Alberta, Edmonton, Canada; Samantha Heller, M.S., R.D., senior clinical nutritionist, New York University Medical Center, New York City; June 21, 2017, *BMC Public Health*, online

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Arrivals
&
DEPARTURES

Arrivals-May

(b) (6) ██████████, OEP, LNG Branch 1
(b) (6) ██████████, OEP, Dam Safety Branch 1 SFRO
(b) (6) ██████████, OED, Info Security & Systems Assurance Div.
(b) (6) ██████████, OED, Systems Engineering Div.
(b) (6) ██████████, OEIS, Security Group 1
(b) (6) ██████████, OEIS, Security Group 1

Student Trainees:

(b) (6) ██████████, OGC, Energy Markets -1
(b) (6) ██████████, OGC, Energy Markets -1
(b) (6) ██████████, OGC, Energy Markets -1
(b) (6) ██████████, OGC, Energy Projects
(b) (6) ██████████, OEP, Gas Branch 1
(b) (6) ██████████, OEP, Gas Branch 3
(b) (6) ██████████, OEP, Gran Branch 3
(b) (6) ██████████, OEP, Environmental Review Branch
(b) (6) ██████████, i, OEP, Engineering Resources Branch
(b) (6) ██████████, OEP, Engineering Resources Branch
(b) (6) ██████████, OAL, Branch 2
(b) (6) ██████████, OAL, Technical Division
(b) (6) ██████████, OAL, Branch 2
(b) (6) ██████████, OE, Analytics and Surveillance Branch 3
██████████, OE, Market Oversight Branch 3
(b) (6) ██████████, OE, Market Oversight Branch 4
(b) (6) ██████████, OE, Audits Branch 2
(b) (6) ██████████, OE, Analytics and Surveillance Branch 1
(b) (6) ██████████, OE, Analytics and Surveillance Branch 5

Departures-May

(b) (6) ██████████, Office of the Chairman
(b) (6) ██████████, OE, Analytics and Surveillance Branch 5
(b) (6) ██████████, OE, Market Oversight Branch 3
(b) (6) ██████████, OEMR, Div. of Pipeline Regulation
(b) (6) ██████████, OEPI, Group 3

.....

Arrivals-June

(b) (6) ██████████, OED, Acquisition Service Division
(b) (6) ██████████, OED, Acquisition Services Division

Student Trainees:

(b) (6) ██████████, OGC, General & Administrative Law
(b) (6) ██████████, OEP, Dam Safety Branch 2 SFRO
(b) (6) ██████████, LNG Branch 1
(b) (6) ██████████, OED, Employee Acquisition and OPS Branch
(b) (6) ██████████, OED, Employee Acquisition and OPS Branch
(b) (6) ██████████, OAL, Technical Division Branch 1
(b) (6) ██████████, OE, Audits Branch 4
(b) (6) ██████████, OE, Market Oversight Branch 4
(b) (6) ██████████, OE, Analytics and Surveillance Branch 6
(b) (6) ██████████, OEMR, East Group 5
(b) (6) ██████████, OEPI, Group 3
(b) (6) ██████████, OEPI, Group 3

Departures-June

(b) (6) ██████████, OED, Chief Financial Officer
(b) (6) ██████████, OE, Division of Analytics & Surveillance
(b) (6) ██████████, OER, Security Group 2
(b) (6) ██████████, OEMR
(b) (6) ██████████, OEMR

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Celeste Miller

WEB DESIGN

Judy Eastwood

PHOTOGRAPHY



Heads up all Photographers! Send us your best Summer shot for publishing in the September Insider. Please submit your favorite photo by August 15 to InsiderDL.

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FERC Nominees Testify on the Hill

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The Senate Energy and Natural Resources Committee held a hearing on May 25 to consider the nominations of Neil Chatterjee and Robert F. Powelson to be members of the Federal Energy Regulatory Commission.

President Donald Trump announced his intention to nominate Mr. Chatterjee and Mr. Powelson on May 9.

Mr. Chatterjee of Kentucky was nominated for the term expiring June 30, 2021, and Mr. Powelson of Pennsylvania was for the term expiring June 30, 2020.

[Read more on the White House website](#)



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FERC Public Service Recognition Week

Office director leadership panel discussion kicks off FERC Public Service Recognition Week

FERC kicked off its Public Service Recognition Week festivities May 9 with an insightful roundtable discussion by six office directors on their views of public service, leadership and inspiration.



Acting Chairman Cheryl LaFleur introduced the panel by noting that while Public Service Recognition Week has been celebrated around the country since 1985, this marks the first time FERC has celebrated it. She also introduced a special guest at the event, former FERC Chairman Pat Wood (2001-2005).

FERC Human Capital Director Eddie Ribas moderated the office director panel discussion among Nils Nichols, director of the Office of Administrative Litigation; Jamie Simler, director of the Office of Energy Market Regulation, Executive Director Anton Porter; Secretary Kimberly Bose; General Counsel David Morenoff; and Larry Parkinson, director of the Office of Enforcement.

The panelists discussed an array of issues that gave the audience insight into who and what inspired them, how they made the transitions to the positions they hold now, and how federal employees can be inspired to serve the public. **For the answers to some highlights, click on the buttons below.**





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An ice cream social was held as a Public Service Week finale in appreciation of all who participated.

Public Service Week Awards Given



On the final day of FERC's recognition of Public Service Week, Max Stier, President and CEO of the Partnership for Public Service was the keynote speaker. In addition, Commission Merit Awards were presented to an individual from each office for their extraordinary contributions to FERC. A special merit award was presented to security guard (b) (6). He is pictured above.

Acting Chairman Cheryl LaFleur and Commissioner Colette Honorable addressed employees and thanked them for their exemplary work at FERC.

"FERC has a tradition of independence and bipartisanship," Acting Chairman LaFleur said.

"There are so many hidden jewels in the agency," Commissioner Honorable said. "I knew immediately that there was something special at this place."



Pictured from L to R: Demetra Anas (OE); (b) (6) (OEIS); (b) (6) (OED); Michael Goldenberg (OGC); (b) (6) (OEA); Diana Royster (OSEC); (b) (6) (OALJDR); Anton Porter; Acting Chairman LaFleur; Commissioner Honorable; (b) (6) (OEMR); (b) (6) (OER); (b) (6) (OAL); (b) (6) (OEP); and Eddie Ribas.



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"It's FERCademic" Trivia Contest



'Larry Gave Us the Answers' – indeed! The OGC team of "Larry Gave Us the Answers" (Erica Hough, (b) (6), (b) (6)) eked out a one-point win in the rollicking "It's FERCademic" trivia contest during Public Service Recognition Week. The event was hosted by FERC's own walking encyclopedia, Larry Greenfield of OGC, who insists he really did not give them the answers to the many questions involving details of the FERC building, FERC history and specific sections of the Code of Federal Regulations. "The Enforcers" (OE's (b) (6), (b) (6) and Deme Anas) worked hard but came in second place, while third place went to team "TBD," (Terry Turpin and Chrystal Martin of OEP, (b) (6) of OE). Fourth place went to "Lions, and Gators, and Badgers, Oh My!" (OEPI's Mary Wierzbicki, OEMR's Katie Detweiler, and OED's Elizabeth Hensley).





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APA FERC Event: The Art of Bonsai and Penjing

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Courtesy of The United States National Arboretum



The Asian Pacific American Employee Resource Group and the Office of the Executive Director sponsored an event on May 17 to celebrate Pacific Islander American Heritage Month. The featured guest was Michael James, Assistant Curator of the National Bonsai and Penjing Museum at the U.S. National Arboretum in Washington, D.C. He spoke about the Art of Bonsai and Penjing.

For more information about the Museum, visit the [USNA website](#).



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WEW Meet the Office Leaders Series: Arnie Quinn



Arnie Quinn was the featured speaker at the May 24 Meet the Office Leader Series sponsored by the Women emPOWERing Women Employee Resource Group.

Arnie is Director of the Office of Energy Policy and Innovation.

Prior to heading the Office of Energy Policy and Innovation, Arnie held several other positions at the Commission, including Director of the Division of Economic and Technical Analysis, Office of Energy Policy and Innovation and Director of the Division of Energy Market Oversight, Office of Enforcement. Before joining FERC in 2003, he was employed in private industry, working for The Brattle Group and Christensen Associates.

Arnie earned a Bachelor of Science in Economics from the University of Wisconsin and a Ph. D. in Economics from the University of Minnesota.

Women emPOWERing Women's (WEW's) mission is to provide an opportunity for members to interact, mentor, learn, and build skills applicable to the workplace by networking with peers and agency leaders and by maintaining an open and educational forum for improving industry knowledge and personal and professional development.

Membership in the WEW Employee Resource Group is open to all Commission employees. For more information or to become a member, email us at wew@ferc.gov.



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Recruiter Appreciation Ice Cream Social



(b) (6)
accepting her Award of
Appreciation from (b) (6)



Photos: Celeste Miller

On Tuesday, May 2nd, the Human Resources Division hosted a Recruiter Appreciation Ice Cream Social to thank the several FERC employees who volunteer their time to represent FERC at career fairs and recruiting events nationwide. From September 2016 to May 2017, FERC recruiters attended a total of 60 career fairs and collected more than 2,100 resumes from interested applicants. The recruitment team has been tasked with the responsibility of developing a talent pipeline into the Commission and increasing FERC's brand awareness. The event began with a welcome message and presentation of awards by (b) (6), Recruitment Coordinator and closing remarks were made by Alyssa Asonye, Human Resources Director. With a recruiting team of 40 employees, the group is small but mighty. The Human Resources Division is always looking for new employees to join FERC's recruiting team. Interested participants should contact (recruiter training is available), (b) (6) (b) (6) @ferc.gov.



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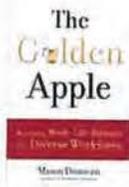
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Author Speaker Series: Mason Donovan

Mason Donovan was the latest author to participate in the Commission's Author Speaker Series on May 23. Mr. Donovan discussed his book *"The Golden Apple"* which focuses on redefining work-life balance for a more diverse workforce.

With increased talent and marketplace competition, work-life balance has become an important issue for higher engagement, increased productivity, greater innovation and employee retention. Mr. Donovan's book shows how full engagement of a diverse, inclusive workforce is the competitive advantage of our time.

Photo: Celeste Miller



Pooler College of Management Students at FERC



Pictured Left to Right: (b) (6), (b) (6), (b) (6), (b) (6), (b) (6)

A team of four Master of Accounting students from NC State's Pooler College of Management presented their Enterprise Risk Management report to FERC's senior management on May 10, 2017. (b) (6)

and their faculty advisor, (b) (6), worked with Elizabeth Hensley and (b) (6) of the Office of the Executive Director to conduct meetings and workshops with the Chairman and office leaders to aid FERC in developing an ERM program. Their primary objective was to help senior management identify the top risks to FERC and prioritize them based upon the degree to which the risk may prevent FERC from achieving its mission. Their report will be a guide for management to use as it establishes an ERM program at FERC. FERC is undertaking this initiative in response to OMB's updated circular A-123, Management's Responsibility for Enterprise Risk Management and Internal Control.



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FERC LDP VI Graduation



Pictured Top-Bottom (left to right): Christopher MacFarlane, (b) (6), (b) (6), (b) (6), (b) (6), (b) (6), Marika Cook, (b) (6), (b) (6), (b) (6), (b) (6), (b) (6), Executive Coach)

Summer is approaching and the LDP VI class is nearing the finish line. Over the last 6 months, they wrapped up the Dare to Lead 5- part series sponsored by Corporate Strategies, participated in the mastermind executive coaching sessions held at the National Press Club (pictured above), and met with 5 of our FERC Directors for brown bag discussions. We are proud to announce that some members of the graduating class have transitioned into supervisory roles. On **July 12, 2017**, the LDP VI class will graduate from the program.

Do you think you have what it takes to lead FERC into the future? The next application cycle for LDP VII will begin in the Fall of 2017.

Congratulations to LDP VI!



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FERC WINS 36th Capital Challenge Race!



Pictured left to right: (b) (6) (OEMR), Galen Rupp, (b) (6) (OGC), Dirk Kempthorne, Larry Parkinson (OE), (b) (6) (OEP), and Tim Smith (OE).

The 36th Annual ACLI Capital Challenge 5K race was run on May 17 at Anacostia Park in Washington, D.C. FERC fielded a team "Famous Energetic Running Crew" and took first place in the Executive Branch Category.

(b) (6) finished in third place overall, (b) (6) finished fourth overall and Tim Smith finished sixth overall.

Kempthorne is president and CEO of the American Council of Life Insurers, which is the principal sponsor of the event. He previously served as Secretary of the Interior, U.S. Senator and Governor of Idaho. (b) (6) was the event's "celebrity guest." He is America's top distance runner, a two-time Olympic medalist in London and Rio, including a bronze medal in the 2016 Rio marathon. Last month, he was the runner-up in the 2017 Boston Marathon.



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FERC's Open Access Podcast now on [iTunes](#).

FERC's Latest Open Access Podcast



Interview published May 30, 2017 with Acting Chairman Cheryl LaFleur and Commissioner Colette Honorable on Open Access: The Path Forward on Wholesale Power Markets. A discussion after the May 1-2 technical conference on wholesale power markets and state energy policies. [Transcript](#) | [YouTube](#) Podcast



May 30, 2017 - The Path Forward on Wholesale Power Markets: Acting Chairman LaFleur and Commissioner Honorable join Open Access to discuss the path forward after the May 1-2 technical conference on wholesale power markets and state energy policies. [Transcript](#)

Music: "Giv' Me Some" by jacksonville
courtesy: Gilly Images

[YouTube](#)



What the Commission is Tweeting

Colette D. Honorable @CHonorableFERC · May 23
@NRCgov Chair Svinicki address to Nuclear Energy Assembly. Wishing her well for confirmation by her third President- quite a feat! #NEA17



Commissioner Colette Honorable on May 23 spoke at the Nuclear Energy Assembly in Arizona. The Commissioner discussed the May 1 and 2 technical conference on wholesale markets, as well as fuel diversity and the regular recurring meetings between FERC and the Nuclear Regulatory Commission.



Join Commissioner Honorable's twitter page [@CHonorableFERC](#)



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Smart Board Set-up

Smartboards are located in many of the conference rooms located within FERC.

Each Smartboard has a room PC that can be used for presentations. In addition you can connect your laptop to the smart board instead of using the room PC.

Here are some things to remember when using the smartboard.

Connecting a Laptop to the Smart Board



1. Turn on the smartboard by clicking the button on the left. The button will turn green.

Volume

VGA Settings



2. Click the VGA button until the VGA button changes to VGA-2.



3. Plug your laptop into the VGA cable located under the smartboard. If there is no cable, contact IT support.



Using the conference room PC

1. Turn on the smartboard by clicking the button on the left. The button will turn green.



2. Locate the conference room PC and click the Enter key on the keyboard to enable the PC.



Note: There will be no computer monitor. The smartboard is monitor.

3. Log into the PC and begin your presentation.





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Walking vs. Running - Which Is Better?

Running and walking are both popular ways to get a great cardio workout. But is a brisk walk really as good an exercise as a sweaty, heart-pounding run?

Research reported by the American Heart Association finds that walking is just as good as running when it comes to lowering your risk for heart disease.

Researchers analyzed the health of some 48,000 runners and walkers mainly in 40s and 50s. They found that, mile for mile, brisk walking lowers the risk for diabetes, high cholesterol and high blood pressure as much as running does.

The difference? You'll have to spend more time walking than you do running to get the same health benefits simply because it takes longer to walk than to run the same distance. For instance, a 15-minute jog burns about the same number of calories as a half-hour brisk walk.

Keep in mind that the chance of being injured is greater in runners because running puts more stress on the body -- on the joints in particular.

But if you're still thinking of stepping up the pace to running, first check with your doctor, especially if you have arthritis or other health conditions, like heart disease.

And keep in mind that you don't have to stick to either walking or running. You can stay motivated by mixing it up. What's more, adding short sprints to your walking routine will give you a bigger calorie-burning boost for your efforts.



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LifeStyles



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EDITORIAL

Celeste Miller

WEB DESIGN

Judy Eastwood



The U.S. Senate, on Nov. 2, confirmed the nominations of Kevin McIntyre and Richard Glick to be members of FERC. Once they are on-board, the Commission will have five members for the first time since Oct. 2015. [Read More](#)

FERC Photographers: We are looking for fabulous PET photos for the January edition of the FERC Insider. Please submit by December 8 to [InsiderDL](#).

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Senate Confirms McIntyre, Glick to FERC Glick Sworn In as Commissioner

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Richard Glick was sworn in as Commissioner at FERC on Wednesday, Nov. 29, in a ceremony in the Commission Meeting Room. This came after the U.S. Senate confirmed his and Kevin McIntyre's nominations on Nov. 2. When he is sworn in, McIntyre will serve as Chairman of FERC.



The U.S. Senate, on Nov. 2, confirmed the nominations of Kevin McIntyre and Richard Glick to join the Federal Energy Regulatory Commission (FERC). McIntyre will serve as Chairman.

McIntyre, co-leader of the global Energy Practice at the law firm Jones Day, will serve out the remainder of a term that ends June 2018 and a full term that ends June 2023. Glick, general counsel for the Democrats on the Senate Energy and Natural Resources Committee, will serve out the remainder of a term that ends in June 2022.

FERC Chairman Neil Chatterjee congratulated McIntyre and Glick on their confirmation.

"I am very pleased to welcome Kevin and Rich to the Commission, and I look forward to working with them on behalf of the American people," Chatterjee said. "I've enjoyed getting to know Kevin through the confirmation process and am eager to start working with him, and it will be great to reunite with Rich Glick, my former Senate colleague. Both Kevin and Rich bring years of experience and knowledge to the significant issues before the Commission and, importantly, their arrival restores the Commission to full strength."



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2017 CFC Kickoff—Show Some Love



"We've all been touched by areas that drive our passions"

With standing room only in the Commission Meeting Room, the 2017 Combined Federal Campaign (CFC) formally began at FERC on Nov. 9 with a special performance of "Don't Let Them Down" by the FERC Ensemble. Pictured above are Ronald Oechsler, (b) (6), (b) (6), Elizabeth Arnold, (b) (6), (b) (6), (b) (6), (b) (6), (b) (6) and (b) (6) [Lyrics](#)



(b) (6) Eddie Ribas, Chairman Chatterjee, Dr. Mark Bergel and (b) (6)

FERC Chairman Neil Chatterjee welcomed employees to the annual event and highlighted the significance of the CFC. "We've all been touched by areas that drive our passions," he said. "Not only do you do well, you do good."

Edward Gingold is once again heading up FERC's CFC as its Campaign Manager with Executive Director Anton Porter serving as Co-chair of the campaign.

FERC's Loaned Executive, (b) (6) joined Commission employees in celebrating the CFC event.

FERC's Eddie Ribas introduced the guest speaker, Dr. Mark Bergel. He is the executive director of A Wider Circle, an organization that helps one individual and family after another to rise out of poverty.

In addition, A Wider Circle is collecting professional attire on the 4th floor to help those in need prepare for professional interviews in their quest to find employment.

As is FERC tradition, the event ended with the ever-popular door prize giveaway. New and exciting prizes will be given out throughout the campaign.

The CFC is the official workplace giving campaign of the Federal government. The mission of the CFC is to promote and support philanthropy through a program that is employee focused, cost-efficient, and effective in providing Federal employees the opportunity to improve the quality of life for all.



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CFC Gallery of Events

Click on photo for a larger view



"Keyworker Training"



"OAL Kickoff Party"



"OAL Kickoff Party"



"A Wider Circle Clothing Drive"



"OED Golf Tournament"



"OED Golf Tournament"



"OED Golf Tournament"



"OED Golf Tournament"



"OALJ Cake Walk"



"OALJ Cake Walk"



"OALJ Cake Walk"



"FIDOs For Freedom"



"FIDOs For Freedom"



"FIDOs For Freedom"



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“How you choose to show up, and how you choose to hold others accountable, makes your team.”

Veterans Day Event: Navigating Chaos

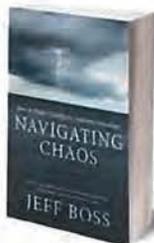
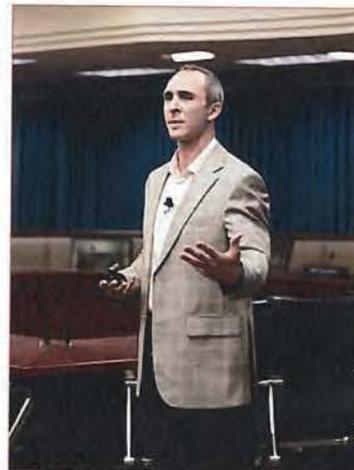


Special Guest Speaker Author Jeff Boss

A special Veterans event was held on Nov. 7 featuring Jeff Boss, author of *Navigating Chaos: How to Find Certainty in Uncertain Situations*. Mr. Boss is a writer, entrepreneur, executive coach, author and former 13-year Navy SEAL. He received four Bronze Stars with valor and two Purple Hearts.

The Commission's Veterans Employee Resource Group sponsored the event.

Participating in the event from FERC were: Eddie Ribas, (b)





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FERC 101 Event

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FERC hosted a "FERC 101" event at 888 on Oct. 20 for more than 60 congressional staffers. The half-day event featured an overview of FERC's responsibilities, a tour of the Market Monitoring and Reliability Monitoring Centers as well as discussions with Chairman Neil Chatterjee and Commissioner Rob Powelson (right).

In addition, a PJM grid simulation was in the lobby for employees and congressional staffers to try out.





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FERC Chairman Neil Chatterjee conducted several media events in October and November. First was a media roundtable discussion at FERC HQ on October 13. Media participants included The New York Times, The Wall Street Journal, Bloomberg, POLITICO, Reuters and several energy trade publications (below, left). Chairman Chatterjee also met with E&E News reporters on Nov. 1 (below, center). He met with reporters from the trades and from news services and newspapers such as the Houston Chronicle at the Platts Podium on Nov. 9 (above, left). Shortly after that meeting, he sat for a live interview with Bloomberg TV (above, center and right). Finally, he had one-on-one meetings with reporters, including Gavin Bade with Utility Dive (below, right).





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Chairman Chatterjee Speaks to WEW

Feedback & Suggestions

Chairman Neil Chatterjee was the featured speaker at the Oct. 25 meeting of Women emPOWERing Women (WEW) employee resource group.

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Chairman Chatterjee provided a candid discussion about his career and family and how they influenced where he is today.



Chairman Chatterjee was nominated to FERC by President Donald J. Trump in May 2017 and confirmed by the U.S. Senate on August 4, 2017. On August 10, 2017 President Trump named him Chairman. Prior to joining the Commission, he was energy policy advisor to U.S. Senate Majority Leader Mitch McConnell (R-KY).

Over the years Chairman Chatterjee has played an integral role in the passage of major energy, highway, and agriculture legislation.

Prior to serving Leader McConnell, Chairman Chatterjee worked as a Principal in Government Relations for the National Rural Electric Cooperative Association and as an aide to House Republican Conference Chairwoman Deborah Pryce (R-OH). He began his career in Washington, D.C., with the House Committee on Ways and Means.

A native of Lexington, KY, Chairman Chatterjee is a graduate of St. Lawrence University and the University of Cincinnati, College of Law. Chairman Chatterjee is married and has three children.

This event was sponsored by the WEW Employee Resource Group. WEW's mission is to provide an opportunity for members to interact, mentor, learn, and build skills applicable to the workplace by networking with peers and agency leaders and by maintaining an open and educational forum for improving industry knowledge and personal and professional development. For more information or to sign up to be a member, email us at wew@ferc.gov. All are welcome to join. Find more information on employee resource groups and a listing of currently active groups [on FERCNet](#).



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In Memoriam

Feedback & Suggestions

Two former members of FERC staff recently passed away.

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Vladimir Ekzarkhov, formerly of OAL, died November 8. **Ellen Schall**, formerly of OGC, died November 13, 2017.

Vladimir began his FERC career in May 1980 and worked as a financial analyst in the former Office of Pipeline Regulation; Division of Litigation. From 1999 through his retirement in April 2014, Vladimir worked as an energy industry analyst (litigation) in different branches within OAL.

Vladimir graduated from Penn State University in 1968 with a Bachelor of Arts degree in Russian. He joined the U.S. Navy in 1968 and served a distinguished career as a member of the Atlantic Fleet Amphibious Forces, Little Creek, VA and the Naval Advisory Forces, South Viet Nam until 1971.

He later received a Master of Business Administration degree with a major in Finance from Syracuse University in 1973.

Prior to his FERC career, Vladimir was employed from 1973 to 1976 as a financial analyst by the Niagara Mohawk Power Company. From 1976 to 1980 he was employed by the Chemical Construction Company, a subsidiary of Aerojet General Corporation, and by the Dresser-Clark Division of Dresser Industries, where he was involved in the field management of natural gas processing construction projects in Russia and Poland.

Among his many talents was his beautiful baritone singing voice that he shared on numerous occasions to the delight of FERC staff and others. Former Chairman Pat Wood tapped him to sing the "The National Anthem" at an event held at FERC headquarters shortly after the September 11, 2001 tragedy. And an ALJ asked him to sing while on the witness stand at an evidentiary hearing held at FERC headquarters. OAL staffers fondly remember his moving rendering of "Amazing Grace," among many other favorites.

Ellen's federal career began in April 1974 shortly after receiving her law degree. She was hired as a staff attorney within FERC's OGC in February 1982. There, she served in different capacities and was promoted to Assistant General Counsel for Enforcement where she served through October 2000. She then served as Assistant General Counsel for the former Market, Tariffs & Rates Division of OGC through November 2006. Afterwards, Ellen was promoted to Associate General Counsel, General & Administrative Law where she served until her retirement in April 2009.

In an online tribute, (b) (6) of OEMR said, "Ellen was a very gracious co-worker here at FERC. Sad to hear of her passing, but glad to know that she is in peace."

The FERC Family wishes to convey its deepest condolences to Vladimir's and Ellen's families and loved ones. They are truly missed.





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What's Being Tweeted About FERC

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FERCRPowelson @FERCRPowelson · Nov 20

Great to be here in Pittsburgh tonight with Allegheny Conference and Chamber leadership talking energy infrastructure!



Neil Chatterjee @FERChatterjee · Nov 15

Great conversation this morning at #EnergyDecoded about the #NOPR and the need to consider an interim step while we evaluate a long-term solution. Thanks for having me @rollcall





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Cheryl A. LaFleur
Commissioner



Neil Chatterjee
Chairman



Robert F. Powelson
Commissioner



COMMISSION Meeting HIGHLIGHTS

November Commission Meeting



OE's Stephen Williams, (b) (6), (b) (6), (b) (6), and (b) (6) present the 2017 Report on Enforcement.

[News Release](#) | [Presentation](#) | [Report](#)

.....

October Commission Meeting



OEP's Nicholas Jayjack and OGC's (b) (6) discuss FERC's new policy on license terms for hydroelectric projects. [News Release](#) | [Presentation](#) | [Policy Statement](#)



OE's (b) (6), OE's (b) (6), OE's (b) (6) and OER's (b) (6) discuss the 2017-18 Winter Energy Market Assessment. [Presentation \(As Presented\)](#) | [Presentation \(Full Version\)](#)

Representatives from the organized electricity markets discussed their plans for the upcoming winter season. Presenters were: Nancy Traveek, Executive Director, System Operations, CAISO; Bruce Rew, Vice President Operations, SPP; Richard Doying, Exec. VP Operations, MISO; David Souder, Director, Operations Planning, PJM; Wes Yeomans, Vice President, Operations, NYISO; and Peter Brandien, Vice President System Operations, ISO-NE.

Presentations on FERC.Gov: [CAISO](#) | [SPP](#) | [MISO](#) | [PJM](#) | [NYISO](#) | [ISO-NE](#)



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OED: During this season of giving, What's your cause?

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What's MY LINE?



"Alzheimer's and cancer."

(b) (6)



"S.O.M.E. (So Other Might Eat)"

(b) (6)



"My recreational sports team supported iEmpodérate!, DC's only bilingual HIV program at La Clínica del Pueblo, a health center serving the Latino and immigrant populations of DC."

(b) (6)



"Gallaudet."

Mark Radlinski



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Signing Adobe PDF Documents

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You can sign a document within your PDF to attest to its contents or approve the document.

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To sign a PDF document or form, you can type, draw, or insert an image of your handwritten signature. You can also add text, such as your name, company, title, or the date. When you save the document, the signature and text become part of the PDF.

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Follow these steps to [Electronically sign an Adobe PDF Document](#)



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Resetting your Password Remotely

You can now reset your password from home using the link located on the <http://connect.ferc.gov> site. Prior to using this method of setting your password, you should have registered for the [Multi-Factor authentication and password reset](#) (Septemeber FERC Insider).

Follow these steps to [Reset your Password Remotely](#)



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Definition of High Blood Pressure Drops

[Feedback & Suggestions](#)

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Healthy
LifeStyles



MONDAY, Nov. 13, 2017 (HealthDay News) — Nearly half of all adult Americans will be considered to have high blood pressure under new guidelines issued Monday by the nation's top heart health organizations.

The new guidelines lower the diagnostic threshold for stage 1 high blood pressure to 130/80, down from the previous level of 140/90, according to a joint statement from the American Heart Association and the American College of Cardiology.

Further, the guidelines also call for more aggressive treatment of high blood pressure, asking doctors and patients to set 130/80 as the new goal of therapy.

High blood pressure can lead to heart attacks, strokes and heart failure.

But the guidelines also press for more judicious treatment of high blood pressure -- sometimes called hypertension -- and an emphasis on lifestyle risk factors. Prescriptions for blood pressure drugs are not expected to leap under the guidelines, experts said.

The two heart organizations announced the new guidelines Monday at the American Heart Association's annual meeting, in Anaheim, Calif. The guidelines were last revised in 2003.

This change means that 103 million Americans will be considered to have high blood pressure, or about 46 percent of the adult population, said Dr. Paul Whelton. He is chair of the 2017 Hypertension Practice Guidelines and a professor of Global Public Health at Tulane University School of Public Health and Tropical Medicine in New Orleans.

That's a 14 percent increase from the previous guidelines, under which 72.2 million Americans (32 percent of adults) were considered to have high blood pressure.

The latest medical evidence has proven that people with blood pressure in the 130-139 range carry a doubled risk of heart attack, stroke, heart failure and kidney failure, compared to those with lower blood pressure, said Dr. Joaquin Cigarroa, a member of the clinical guidelines task force.

Previously, those people were considered to have prehypertension, but not actual high blood pressure.

"By incorporating the latest science, we recognize the risk is doubled," said Cigarroa, chief of cardiology and clinical chief of the Knight Cardiovascular Institute at Oregon Health & Science University, in Portland. "This now allows 14 percent of our population to understand that's a call to action. We have to empower them with the tools to make a difference."

The impact of the new guidelines is expected to be greatest among younger people. High blood pressure is expected to triple among men under age 45 and double among women under 45, according to the guidelines report.

However, only about 30 percent of people with stage 1 high blood pressure under the guidelines will require drug therapy, Whelton said.

That's because everyone with stage 1 high blood pressure will be evaluated for heart disease. Only those with heart disease or at high risk for developing it during the next decade will be prescribed drugs, the guidelines state.

"We're more specific about who should get treatment," Whelton said. "It's a nice combination of understanding accurately average blood pressure and also understanding underlying risk. We didn't have that in previous guidelines."

The rest of those at risk under the new guidelines will be urged to reduce their blood pressure through lifestyle changes -- losing weight, eating healthful foods, cutting down on salt, increasing potassium-rich foods, exercising regularly and moderating their drinking, said Dr. Bob Carey. He is vice chair of the 2017 Hypertension Practice Guidelines and dean emeritus of the University of Virginia School of Medicine.

The experts estimate "a projected increase in patients with stage 1 hypertension requiring drug therapy of 1.9 percent," Carey said. "This amounts to 4.2 million people, based on the U.S. population."

The new guidelines also stress the importance of using proper technique to measure blood pressure, with a person's level based on an average of two to three readings on at least two different occasions.

Home blood pressure monitoring also will be emphasized to avoid "white-coat hypertension" -- the tendency for some people to have higher blood pressure in a medical setting than they do in everyday life, the report said.

The U.S. government in 2013 asked the AHA and ACC to draft new guidelines for blood pressure management, said ACC President Dr. Mary Walsh. She is medical director of Heart Failure and Cardiac Transplantation at St. Vincent Heart Center of Indiana.

The new guidelines are the product of a 21-member committee, following a three-year review of medical evidence that included more than 900 studies, Whelton said. The studies were reviewed by 52 experts who submitted close to 1,000 questions, and approved by 11 partnering medical organizations.

The new guidelines "take advantage of evidence almost up to the minute, so they are very current," Whelton said.

Blood pressure categories in the new guidelines are:

Normal: Less than 120 systolic pressure (the top number).



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Green Your Holiday Season

Around the House: You will most likely be traveling at some point this holiday season. It is important to ensure your home isn't wasting valuable resources when you're not there. Be sure to turn OFF all lights, computer equipment, and electronics. Turn power strips to OFF and unplug devices from their outlets. Also, make sure all of your windows are shut and window treatments are closed.

Hosting a party? Turn down the heat before guests arrive. You'll save energy while the extra body heat of your guests warm up the room. Also, decorate with LED stringed lights. These lights only use around four watts per strand. A regular strand uses about 34 watts per strand.

Ideas on Green Gifting: Try the local shops for unique gifts. It will save you "shopping miles" and support the local economy. Bring reusable bags with you to reduce plastic bag consumption.

Instead of getting a bunch of new "stuff" consider giving family and friends the gift of a new experience! Gift certificates for spa services, restaurants, and even auto repair services make great gifts. As do memberships!

A homemade gift will be cherished much more than anything from a store. Additionally, offering your time to someone busy or donating to a charity in someone's name is a gift that keeps on giving. A CSA share for the upcoming growing season is an excellent family gift idea!

Whatever the gift, start with minimal packaging. Use recycled-content wrapping supplies (or skip the wrapping altogether). If you send physical cards, send cards that are paper (recyclable) not plastic (trash). Post unwrapping frenzy... be sure to recycle all paper and cardboard, reuse empty chocolate and candy tins, and donate your old items and unwanted gifts. Laminated wrapping paper and foiled paper cannot typically be recycled but can be reused!





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October 1-31, 2017: Arrivals

- (b) (6), OEP, Dam Safety Branch 1 SRRO
- (b) (6), OED, IT Customer Support Service Branch
- (b) (6), OAL, Branch 1
- (b) (6), OE, Audits Branch 1
- (b) (6), OEMR, Central Group 2
- (b) (6), OEMR, Pipeline Group 6

October 1-31, 2017: Departures

- (b) (6), OGC, Group 1
- (b) (6), OGC, Group 1
- (b) (6), OED, Info Security & Systems
- (b) (6), OED, Info Security & Systems
- (b) (6), OER, Security Group 1
- (b) (6), OEPI, Division of Policy Development

Arrivals & DEPARTURES

Visiting FERC



Commissioner Cheryl LaFleur, Michael Brennan, former Energy Officer at the U.S. Embassy in Mexico City, and Edward Gingold.

Mr. Brennan, while at the State Department, worked with Edward on presidential permits involving the import and export of natural gas with Mexico and Canada. In addition, Commissioner LaFleur met Mr. Brennan during an official trip to Mexico City last year.



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EDITORIAL

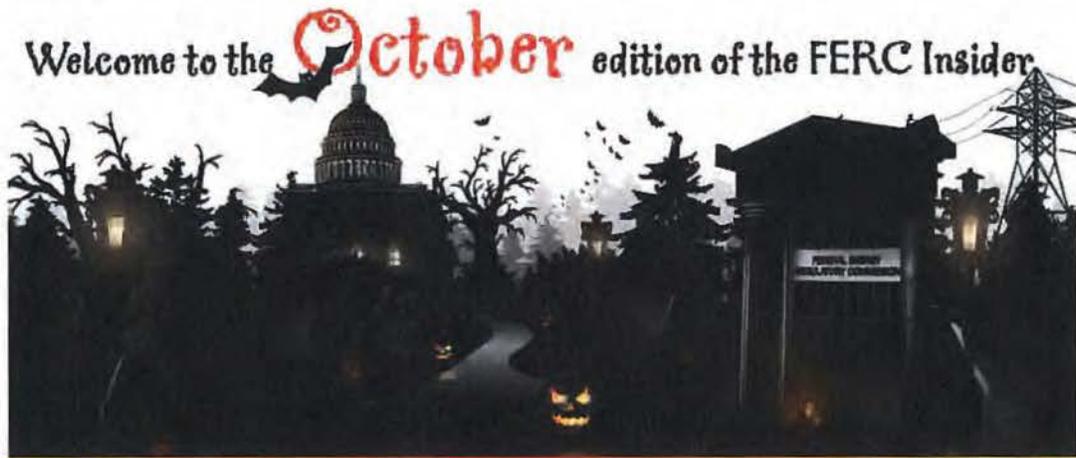
Celeste Miller

WEB DESIGN

Judy Eastwood

PHOTOGRAPHY

(b) (6)



FERC Photographers: We are looking for fabulous PET photos for the January edition of the FERC Insider. Please submit by December 8 to InsiderDL.

NAVIGATION: You have a **drop down navigation menu** on the left listing all regular features and articles. There is also a handy **page forward button** at the top right, and the FERC Insider logo on all pages will return you to the home page.

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

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FERC Celebrates 40th Anniversary With FERC@40 Party



Past Chairman and Commissioners join FERC Chairman Neil Chatterjee and Commissioners Cheryl LaFleur and Rob Powelson. Left photo, front row, are Phil Moeller, Betsy Moler, Colette Honorable, James Hoecker, Chairman Chatterjee, Vicky Bailey, Tony Clark and Sudeen Kelly. In the back row are: Norman Bay, Charles Trabandt, Commissioner LaFleur, Commissioner Powelson, Joe Kelliher, John Norris and Mike Naeve. In the right photo are Phil Moeller, Charles Trabandt, Betsy Moler, Norman Bay, Commissioner LaFleur, Marc Spitzer, Charles Curtis, Chairman Chatterjee, Commissioner Powelson, James Hoecker, Joe Kelliher, Tony Clark, Mike Naeve, Sudeen Kelly and Pat Wood.

FERC Chairman Neil Chatterjee and Commissioners Cheryl LaFleur and Rob Powelson hosted a celebratory event commemorating the 40th anniversary of the establishment of FERC in the lobby of 888 on Sept. 27.



Distinguished guests included former Chairmen Charles Curtis, Betsy Moler, Jim Hocker, Bill Massey, Joe Kelliher, and Norman Bay. Former Commissioners Charles Trabandt, Mike Naeve, Vicky Bailey, Sudeen Kelly, Phil Moeller, Marc Spitzer, John Norris, Tony Clark and Colette Honorable also attended the event.

Chairman Chatterjee kicked off the event saying, "We at FERC stand on the shoulders of those who started our journey."



"This is a very resilient organization," Commissioner LaFleur said. "From the mid-East oil problems, gas and electric restructuring and transitions of the energy world, we have adapted to all these decades of change."

Commissioner Powelson noted that the "esprit de corps I see in this building is truly remarkable."

Attendees were treated to cupcakes and cake in honor of FERC's anniversary.



In 1977, Congress enacted the Department of Energy Organization Act. That law consolidated various energy-related agencies into a Department of Energy, but at Congress' insistence, it also created a separate independent regulatory body, preserving FERC's independent status within DOE.



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Chairman Chatterjee Testifies on the Hill



FERC Chairman Neil Chatterjee testifies before the House Energy and Commerce Energy Subcommittee on September 14. The hearing topic was: Powering America: Defining Reliability in a Transforming Electricity Industry. [Testimony](#)

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Danly Testifies Before Senate Comm

FERC General Counsel James Danly testifies before the Senate Energy and Natural Resources Committee on S. 186, Fair Ratepayer Accountability, T





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Profile: OEP's (b) (6)



FERC is made up of many great people and the Office of Energy Projects (OEP) emphasizes that. (b) (6) is one of these great people here. She is an Environmental Program Manager who has spent the past 18 years working here.

(b) (6) joined FERC in March 1999 right out of college. She studied Natural Resource Management at the University of Maryland- College Park. She saw a posting for the job and with her environmental background, thought it was a good fit for her.

Her current tasks are reviewing Natural Gas Pipeline and Liquefied Natural Gas projects. She analyzes the data that the requesting company provides and includes the public by their request and comments. Her job has led her to go out into the field, doing site visits of the projects and attending public meetings. Some of her greatest accomplishments at FERC have been resolving issues when it comes to land owners. She feels the process of resolving issues really embraces both the public and private good that FERC does.

Outside of work, she says one of her greatest accomplishments have been maintaining a good work-life balance. She stays very busy with her two kids. They are always active with sports and a number of other activities. As a family, they enjoy boating and traveling, with the Bahamas being one of her kids' favorite places. (b) (6) quite enjoys an active lifestyle; she also engages in being a health coach and personal trainer. This is a great balance for her because she likes finding realistic ways to work exercise into the busy lifestyle she has. She hopes to continue this active and healthy lifestyle by one day owning a Health and Fitness Studio.

Written by (b) (6)



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Congratulations to FERC's Softball Team

FERC's 2017 softball season was an impressive one as the team, coached by (b) (6) reached the championship game against the American Enterprise Institute. Despite a solid defense and scrappy offense, the home team fell just short in a tightly contested match-up.



Front row: (b) (6); and Astrid Rapp.
Middle row: (b) (6); Matthew Christiansen; (b) (6);
and FERC Chairman Neil Chatterjee.
Back row: (b) (6); Eric Vandenberg; and Leonard Tao.



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FERC Celebrates Hispanic Heritage with Tasty Food, Lively Discussion



Photo courtesy Polo Soto

“Our differences are our strengths.”



Pictured from left to right are (b) (6), (b) (6), Miguel Joey Aviles, Madeline Lewis, (b) (6), and (b) (6).

FERC’s Hispanic Heritage Month celebration kicked off with an impressive start with a featured guest speaker and entertainment by Ocho de Bastos.

FERC Chairman Neil Chatterjee welcomed guests to the event and provided a historical overview of Hispanic Heritage Month to the packed Commission Meeting Room.

Featured speaker Miguel Joel Aviles, a Hispanic workforce strategist, presented a lively discussion on workplace diversity and millennials in the workforce.

“Our differences are our strengths,” Mr. Aviles said.



Left: Ocho de Bastos provided entertainment at the celebration. Right: Photo courtesy Polo Soto.



Later in the month, EL FERC sponsored “A Taste of Latin America,” that featured Latin America dishes and beverage for employees to enjoy. Mariachi Ay Ay Ay provided musical entertainment at the tasting event.

EL FERC’s mission is to build a supportive community that fosters diversity within the agency and aids in the engagement, recruitment, and development of FERC’s future Latino leaders.

Click [here](#) to have IT Support add you to the “EL_FERC Members” Email Distribution List.



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Clothing Drive

OED will again sponsor a clothing drive during the CFC and Holiday season. The clothing will be donated to A Wider Circle. Please bring your professional clothing donations (suits, ties, dresses, briefcases) to the cubicle outside the 4th floor (East) elevator bank.

Here is a link to the organization:
<http://awidercircle.org/>

FERC Singers Entertain at D.C. CFC Training Leadership Event



Above, from left to right: (b) (6), (b) (6), (b) (6), (b) (6), (b) (6), Jessica Cockrell; (b) (6), former Commissioner Colette Honorable; (b) (6), (b) (6); Elizabeth Arnold; and (b) (6).
At right: FERC's CFC Manager Edward Gingold and Loaned Executive Dr. (b) (6).



The FERC Choral Ensemble was the featured entertainment at the September 25 CFC Leadership training event at the Ronald Reagan Building. The Ensemble was chosen to perform at the government-side event after winning an award for their performance and video during last year's campaign.

Under the direction of FERC's (b) (6), the group performed three songs. Former Commissioner Colette Honorable attended and sang a solo piece.

FERC Campaign Manager Edward Gingold was on hand along with FERC's loaned executive (b) (6).



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In Memoriam

Gaylord W. Hoisington, a Soil Conservationist in OEP, (b) (6)

Gaylord began his federal career in December 1976 and began his FERC career in July 1991 as a Soil Conservationist, working in various branches of either OHL or OEP until his death September 6.

According to the obituary posted to www.fauquier.com, Gaylord "enlisted in the US Army, underwent paratrooper training and served in Viet Nam." He was later awarded a Purple Heart after being (b) (6)

He enjoyed fox hunting with the Casonova Hunt Club, based in Warrenton, VA. According to Fauquier.com, Gaylord became a Whipper-in and a member of the board. He was also a "vital part of the team needed to put on the 'oldest horse show in the United States,' the Upperville Colt and Horse Show" as well as the Warrenton Horse Show.

Gaylord is survived by his companion, (b) (6), his brother (b) (6) and his sister, (b) (6) as well as a host of family and friends.

(b) (6)

The FERC Family extends our deepest condolences to Gaylord's loved ones. We will miss him.



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COMMISSION Meeting HIGHLIGHTS

Quorum Returns for September Commission Meeting



FERC Chairman Neil Chatterjee leads the Commission's first open meeting since January. Joining Chairman Chatterjee are Commissioners Cheryl LaFleur and Rob Powelson.



A presentation is given by OGC's Roshini Thayaparan, OEMR's Jette Gebhart, and OEMR's Caroline Wozniak on activities during the No Quorum Period, the period that the Commission lacked a quorum, from February 4th through August 9th. [Presentation](#)



Bravo!

Commissioner LaFleur presents Deputy General Counsel David Morenoff with the Chairman's Executive Leadership award. "I personally define leadership as making people realize that the work they do together is more important because it's done together; that they're part of something larger," Commissioner LaFleur said. "And David exemplifies that in his leadership of the Office of General Counsel."



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FERC's Latest Open Access Podcast: FERC@40



Commissioner Cheryl LaFleur and Associate General Counsel Larry Greenfield take a stroll through FERC's history through the eyes of American culture over the past 40 years. [Transcript](#) | [YouTube](#)

FERC's Latest Video



Watch and learn about FERC's Open Commission Meetings [Infographic](#) | [YouTube](#)

What the Commission is Tweeting

What is being tweeted about the Commission:



Neil Chatterjee @FERChatterjee · Sep 28
It was great seeing @patwood3 flag yesterday at @FERC 40th Celebration



Follow Chairman Chatterjee on his twitter page [@FERChatterjee](#)



FERCPowellson @FERCPowellson · Sep 28
Great to kick-off my morning here in Chicago meeting our regional office staff! Wonderful leaders, Big Cub fans too!



Follow Commissioner Powellson on his twitter page [@FERCPowellson](#)

Follow FERC's twitter feed: <https://twitter.com/ferc>



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OEMR: What Would You Do if You Won the Lottery?



What's MY LINE?

(b) (6)
"Travel the world to every place I wanted to visit. Pay off all my debt including my family's debt. Set up charitable foundations. Go back to school full time."

(b) (6)
"I would start my own community radio station, hire all my music friends to do shows, and have a public affairs show and invite my FERC friends to talk about energy issues."

(b) (6)
"Buy a number of houses in a number of nice locations, and spend time vacationing in each of them. Donate 25% to charity, one that helps kids in developing countries go to school."

(b) (6)
"Donate half to charity, with the rest buy a collection of exotic cars and a lot of pizza."



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Heath Tip: 10 Mistakes People Make in Food Preparation

(HealthDay News) -- Homemade food should be nutritious and safe. But experts at the foodsafety.org website cite 10 common food-preparation mistakes:

- Tasting older food to see if it's still good. It's better to be safe and just throw it out.
- Putting cooked meat back on a plate that held raw meat. At the very least, the plate should be washed with hot water and soap. Better yet, use a different plate.
- Thawing food on the counter.
- Washing meat or poultry. This actually may contaminate your sink and counters.
- Letting food cool before putting it in the fridge.
- Eating raw dough, cookie dough, cake batter or other foods with uncooked eggs or uncooked flour
- Marinating meat or seafood on the counter.
- Using raw meat marinade on cooked food.
- Undercooking meat, poultry, seafood or eggs.
- Not washing your hands. When in doubt, wash your hands often and with lots of soapy hot water.



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Pumpkin Picking Pointers



Photo courtesy of Steve Flanagan, taken at CAISO

Choose locally grown organic pumpkins! Organic pumpkins use only naturally occurring chemicals and pest treatments during the growing process, making them the better choice if you plan to use pumpkins in cooking and baking applications. While conventionally grown pumpkins do not require the same amount of chemicals and treatments as other vegetables or fruits, chemical pesticides are harmful to the environment nevertheless. In larger farming operations, conventional chemicals used in pumpkin production include clomazone and ethalfuralin. These chemicals are not only bad for the environment as they pollute groundwater, but they also have the potential to injure other plants and crops. In the home garden, chemical fertilizers and pesticides used to grow pumpkins strip important microbial helpers from the soil over time.

You can find lovely organic pumpkins and gourds at your local organic farm, farmer's market, or organic grocer. Check out <http://redtri.com/dc/local-pumpkin-patches-to-pick-your-own/> for a list of pumpkin patches near you!

For tips on how to select a carving pumpkin and info on other fall squash check out:

<http://www.allaboutpumpkins.com/perfect.html>

Other ideas for fall vegetables and corn mazes in your area:

<https://www.localharvest.org/washington-dc/farms>

<http://redtri.com/dc/4-a-maize-ing-local-corn-mazes/>



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Modifying Fonts and Views in Microsoft Outlook

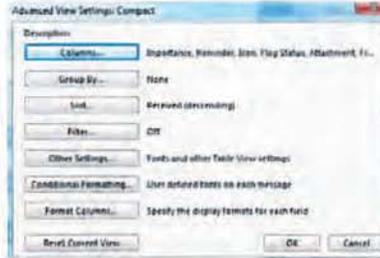
You can modify and just the font size and style of your emails within your inbox to identify status of emails.

Click the **View** Tab located On the Ribbon.

Click the **View Settings** link.

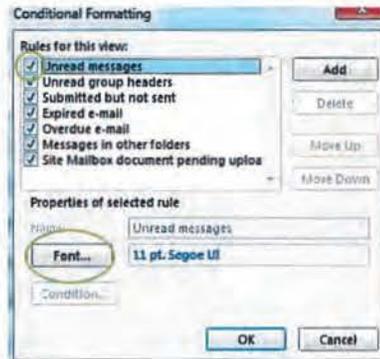


Click the **Conditional Formatting** button.



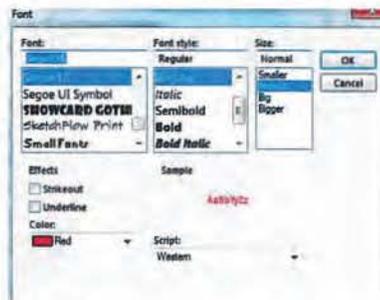
Select the rule that applies to what you want to modify.

Click the font button to display the font types and select.

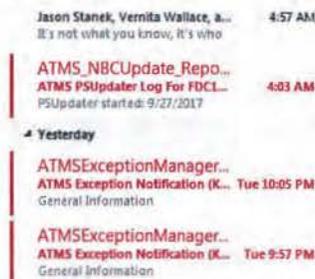


Select a font type of style.

Click Ok. The selected rule is changed.



"For more IT news you can use, please check out the [IT Newsletter](#) or the [CIO FERCollaborate Page](#)"





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Lindsee Gentry, Office of Chairman Chatterjee
Rikardo Hull, Office of Commissioner Powelson
James Danly, OGC

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(b) (6), OEP, Dam Safety Branch 2 CRO
(b) (6), OAL, Technical Division Branch II

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(b) (6), OGC, Energy Projects
(b) (6), OEP, Dam Safety Branch 2 SFRO
(b) (6), OEP, Dam Safety Branch 3 NYRO
(b) (6), OEP, Dam Safety Branch 1 NYRO
(b) (6), OEP, Dam Safety Branch HQ
(b) (6), OED, Acquisition Services Division
(b) (6), OED, IT Policy, Admin & Reg Compliance Branch
(b) (6), OED, Benefits and Payroll Branch
(b) (6), OED, Employee Acquisition and OPS Branch
(b) (6), OAL, Branch 3
(b) (6), OE, Audits Branch 4 (student trainee)
(b) (6), OE, Market Oversight Branch 4 (student trainee)
(b) (6), OEMR, West Group 1

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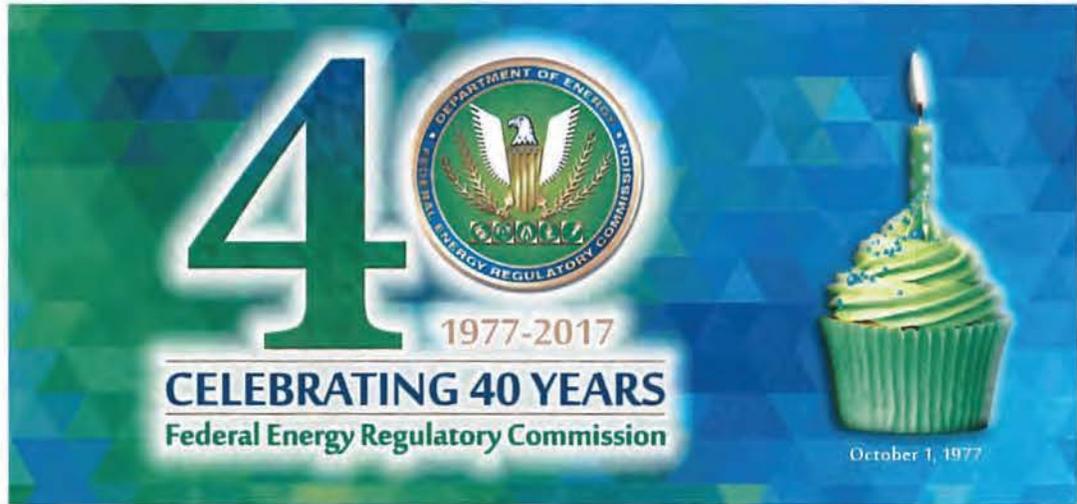
EDITORIAL

Celeste Miller

WEB DESIGN

Judy Eastwood

PHOTOGRAPHY



FERC celebrates its 40th birthday with a new logo.

NAVIGATION: You have a **drop down navigation menu** on the left listing all regular features and articles. There is also a handy **page forward button** at the top right, and the FERC Insider logo on all pages will return you to the home page.

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

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Neil Chatterjee and Rob Powelson Join FERC to Restore Quorum



Chairman Chatterjee and Commissioner Powelson meet commission employees as they arrive at 888.

After being confirmed by the Senate on Aug. 3, Neil Chatterjee and Rob Powelson were sworn in as members of FERC the week of Aug. 7.

President Donald J. Trump named Commissioner Chatterjee to be Chairman.

"I am honored that President Trump has designated me as Chairman of the Commission until Kevin McIntyre is confirmed, and I am eager to take on this responsibility," Chatterjee said. "I look forward to working with Commissioner LaFleur and Commissioner Powelson on behalf of the American people. And I hope that we will have all five Commissioners here soon with the confirmation of Kevin McIntyre and Rich Glick."

Neil Chatterjee was nominated to the FERC by President Donald J. Trump in May 2017 and confirmed by the U.S. Senate on August 4, 2017. On August 10, 2017 President Trump named him Chairman. Prior to joining the Commission, he was energy policy advisor to U.S. Senate Majority Leader Mitch McConnell (R-KY).

Commissioner Robert F. Powelson was nominated to the FERC by President Donald J. Trump in May 2017, and confirmed by the U.S. Senate on August 4, 2017. Commissioner Powelson came to FERC from the Pennsylvania Public Utility Commission, where he served since June 2008, and led as Chairman from February 24, 2011 to May 7, 2015.



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FERC Nominees Testify Before Senate Committee

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Pictured from left to right: Richard Glick and Kevin McIntyre

FERC nominees Kevin McIntyre and Richard Glick testified before the Senate Energy and Natural Resources Committee on Sept. 7.

Glick is nominated for a term expiring June 30, 2022; McIntyre is nominated for a term expiring June 30, 2018, and an additional term expiring June 30, 2023.

Testimony on FERC.gov. [Kevin McIntyre](#) | [Richard Glick](#)



OEP Director Terry Turpin testified before the Senate Homeland Security & Governmental Affairs, Permanent Subcommittee on Investigations on Sept. 7. "Cutting Through the Red Tape: Oversight of Federal Infrastructure Permitting and the Federal Permitting Improvement Steering Council" was the topic of the hearing.

[Testimony](#)

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FERC@40



What's the new logo around FERC? October 1 marks the 40th anniversary of the establishment of FERC. In 1977, Congress reorganized the Federal Power Commission as FERC and the responsibilities of the Commission continued to expand. Click [here](#) to hear more about FERC from Charles Curtis, FERC's first Chairman.

Celebrate Hispanic Heritage Month

On Tuesday, September 19 @ 10 a.m. in the CMR, Energy Latinos of FERC ([EL.FERC](#)) presents **Hispanics 101: Understanding Cultural Differences in the Workplace** by Miguel Joey Avilés, CEO and founder of MJA International followed by music at 11 a.m. in the lobby.

For more information on the events click on the poster to the right.





Shots of Summer

Many thanks to all the FERC staff who contributed to our Insider Photo Exhibition! Enjoy!

Please click on an image below to enlarge



"Sunflowers"
(b) (6)



"Lunch With A View"
(b) (6)



"Aruba's Palm Beach Pelican Perch"
(b) (6)



"Water Play"
(b) (6)



"Bald Eagles in Newfoundland"
(b) (6)



"Tanzania"
(b) (6)



"Blackwater Summer Storm"
(b) (6)



"Damariscotta Water Lily"
(b) (6)



"Learning to Fly-Fish"
(b) (6)



"Mykonos, Greece"
Judy Eastwood



"Summer Sunflowers"
(b) (6)



"Evening light on Mount Baker volcano, North Cascades, Washington"
(b) (6)



"Portland Japanese Garden"
(b) (6)



"Cutler Canyon, Utah"
(b) (6)



"A bucolic Kodak moment-a wheatfield at a Centennial Farm "
(b) (6)



"Skies over Minneapolis, July 2017"
(b) (6)



"Desert Safari, Dubai"



"DC July 4th parade"



"Play Ball!"



"GOT Night at Nats Park"
(b) (6)



"Summer morning commute,
Duffields MARC station in WV"
(b) (6)



"The Dog Days of Summer"
(b) (6)

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Profile: Judge Steven Sterner

The Office of Administrative Law Judges and Dispute Resolution (OALJDR) is made up of many fascinating people; one is Judge Steven Sterner. Judge Sterner has been an Administrative Law Judge with FERC since March 2011. A very friendly and welcoming person to be around, he has described a wonderful career.



At FERC, the majority of his workload has consisted of hearing cases and acting as a settlement Judge. As a presiding judge he'll rule on motions, conduct the hearing, and will write the decision. When working on a settlement, he works with all parties to find the best solution. This is daunting work for those who are very engaged with the process.

Before coming to FERC, he had an engaging career and life in Pennsylvania, Ohio and around the entire country. Hailing from Johnstown, PA, he has developed his strong work ethic and his desire to help others. His legal career began with a clerkship to the Chief Judge of Ohio's Eighth District Court of Appeals. From there he went on to work for the City of Cleveland, prosecuting White-collar crime. Shortly after that, he was an assistant attorney general for Ohio, prosecuting class-action lawsuits on behalf of the state. From there he entered private practice, working nationally in state and federal courts defending a Fortune 15 corporation in asbestos products liability cases. In defending another client's merchant vessels, he was appointed to the Steering Committee for all maritime claims for Wayne County (Detroit), Michigan. He drafted master pleadings and discovery tools that were used for many years afterwards. In 2005, he was appointed as one of the original administrative law judges of the newly created Office of Medicare Hearings and Appeals, hearing cases from all over the country in person and over video conference. All his experiences gained from working in multiple positions and with wonderful people has cumulated to his efforts here at FERC.

Outside of FERC, Judge Sterner enjoys an array of activities including ice skating, kayaking and swimming. He likes helping people and enjoys volunteering at his church. In the future, he looks to travel more often, recalling his trip last summer to Old Quebec City and its beauty. Lastly, he is thankful for all the people that have helped him get where he is today, and is excited about continuing to meet new people to expand on that.

Written by [REDACTED]



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Summer Interns Say Goodbye

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On August 2nd, the Human Resources Division hosted a closing reception to recognize 47 summer interns who contributed to the valuable work of ensuring reliable, efficient and sustainable energy to our customers. The reception featured remarks by Summer Internship Coordinator (b) (6) and Commissioner Cheryl LaFleur. (b) (6), intern in the Office of the General Counsel (Energy Projects), shared the following remarks during her commencement address at the reception: "Ten weeks just isn't enough! As much as I love Vermont [Law School], I hope I get the opportunity to return to FERC and continue to cultivate creative Commission precedent."



Commissioner Cheryl LaFleur and Elizabeth Doherty, OGC, pictured at left, speak at the Intern luncheon.

Photos credit:
(b) (6)



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Anthony Pugliese,
Chief of Staff

Chairman Chatterjee Names New Chief of Staff, General Counsel

FERC Chairman Neil Chatterjee named Anthony Pugliese Chief of Staff at the Commission.

Since January 2017, Pugliese has served as Senior White House Advisor at the U.S. Department of Transportation, where he helped oversee all aspects of the department, including pipeline safety and regulatory issues. He also played a leadership role in the development and planning of President Donald J. Trump's infrastructure proposal.

Prior to that, he was a consultant on energy issues involving solar, oil and natural gas at Pugliese Associates. Before that, Pugliese was Director of Legislative Affairs for former Pennsylvania Gov. Thomas Corbett, focusing on energy, tax policy, infrastructure, economic development and international affairs. He also served on Pennsylvania's Marcellus Shale Commission.

"I am very pleased to welcome Anthony to the Commission," said Chairman Chatterjee. "We appreciate his willingness to bring his experience and expertise on energy, infrastructure and safety to FERC."

FERC Chairman Neil Chatterjee also has named James P. Danly General Counsel at the Commission, effective September 18, 2017.

Danly comes to the Commission from the energy regulation and litigation group at Skadden, Arps, Slate, Meagher and Flom LLP. Prior to that he served as law clerk to Judge Danny Boggs at the U.S. Court of Appeals for the Sixth Circuit and before that was a managing director of the Institute for the Study of War, a military think tank in Washington, D.C. He also served an International Affairs Fellowship at the Council on Foreign Relations.

Danly is a former U.S. Army officer who served two deployments to Iraq, first with an infantry company in Baghdad and then on staff at Multi-National Force—Iraq, receiving a Bronze Star and Purple Heart.

"I am pleased to welcome James to the Commission," said Chairman Chatterjee. "His addition strengthens our already excellent Office of the General Counsel. He has served our country with honor and distinction, and I look forward to his counsel and guidance at the Commission."

Danly earned his juris doctor from Vanderbilt University Law School, and his bachelor's degree from Yale University. He is licensed to practice law before the U.S. Court of Appeals for the District of Columbia Circuit.

David Morenoff, who has served as FERC General Counsel since February 2017 and previously served as General Counsel and Acting General Counsel, will resume duties as Deputy General Counsel.

"I want to thank David for his outstanding leadership of the Office of the General Counsel, particularly during the period when the Commission was without a quorum. I look forward to continuing to work with him," Chairman Chatterjee said.



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FERC's CFC Loaned Executive for the 2017 campaign is Dr.

██████████, Let's meet her!

After serving as a Program Director at the Office for Research on Disparities and Global Mental Health at the National Institute of Mental Health (NIMH), ██████████ became the Scientific Advisor to the Executive Officer at the NIMH working as a Contracting Officer Representative on multimillion dollar contracts and Contracting Specialists reviewing contracting documents and closing out multimillion dollar contracts.

██████████ was selected for the International Experience and Technical Assistance Program in Vietnam to further the President's Emergency Plan for AIDS relief.

After certification as a Registered U.S. Patent Agent, ██████████ became the Director of the Office of Technology Transfer (OTT) at the NIMH. While leading the OTT, she transformed a floundering project into a Clinical Cooperative Research and Development Agreement between the National Institutes of Health (NIH), two major international pharmaceutical companies and three universities, which resulted in Phase II clinical trials for a new drug.

██████████ has 18 years of experience as a Senior Health Scientist Administrator creating and managing programs involving grants, contracts and multilateral agreements at the Fogarty International Center, the National Institute on Drug Abuse, the Substance Abuse and Mental Health Services Administration, and the National Cancer Institute.

After receiving her Ph.D. in synthetic organic chemistry from Florida State University, ██████████ started her career at the Environmental Protection Agency where she helped develop their first biotechnology rules. In addition to being the recipient of many awards, she has represented NIH by organizing and chairing seminars on Opportunities for Biomedical Research Funding and the Transfer of Intellectual Property at national and international scientific meetings, universities and embassies.

In 2014, as the CFCNCA Loaned Executive of 13 federal agencies, together with 13 campaign managers and hundreds of keyworkers, ██████████ raised millions of dollars for the U.S. and worldwide charities.





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Edward Gingold, FERC's CFC Manager

2017 Combined Federal Campaign About To Begin

Campaign Runs From October 2, 2017 Through January 12, 2018

This Year's Campaign Theme Is "Show Some Love."

CFC was founded President John F. Kennedy in 1961. For the last 56 years the annual fall fundraising campaign has been an important federal government activity. The 2016 CFC for the National Capital Area (CFCNCA) raised a total of \$47,400,000. This was best campaign result in several years.

We Build On A Proud Heritage

The Commission 2016 CFC turned in a respectable performance. We raised \$375,633, towards our \$390,000 campaign dollar goal, or 96.3% to dollar goal. 700 FERC community members contributed, giving us a 51.4% rate of participation. Our rate of participation was nearly triple that of our peers throughout other government agencies and departments in the National Capital Area.

The Commission as a whole earned three agency-wide honors. We earned the prestigious Summit Award for a greater than 3% increase in dollars raised over the prior year. We also earned the increased Participation Award. Finally the Commission earned the E-Giving Award for a greater than 10% increase in electronic pledges over the prior year.

Every single Commission office earned some recognition through total dollars raised, super-generous size of average pledges, or extraordinarily high level of participation. Several offices secured 100% participation!

Finally, the Commission won a government-wide award for the "Most Innovative Campaign Technique." The FERC's Choral Group's musical video with slide show featuring images of weekly campaign events stretching back over recent years was so honored. This was the first time in several years that the Commission earned a government-wide honor. [REDACTED], and former Commissioner Colette Honorable were leaders of the project.

Campaign Blueprint

Chairman Neil Chatterjee and Executive Director Anton Porter will serve as Honorary Co-Chairs of the Commission's 2017 CFC. OGC's Edward Gingold will serve as Campaign Manager for an unprecedented 14th year in a row. The 2016 CFC Campaign Committee is returning in force to help out with the 2017 fundraising drive. An ambitious \$390,000 dollar goal is set for 2017 campaign.

The Commission is planning a campaign kickoff in October. Following the campaign kickoff, weekly events are being planned to highlight a diverse and representative selection of worthy CFC beneficiaries. Old favorites and new causes are expected to participate. As in prior years, individual offices may host mini-campaign events spotlighting additional worthy causes. Finally, the Commission plans to host a charity fair towards the end of the 2017 campaign.

Of special note is the fact for the first time ever, the Commission's Loaned Executive (LE) from a prior year is returning to help out with this year's campaign. Dr. Phuong Kim Pham on loan from the National Institute of Health (NIH) was a Loaned Executive three years ago. In 2014 [REDACTED] had 12 or 13 accounts. She insists that the FERC was her absolute favorite account. [REDACTED] life story is proof positive the CFC touches real people. Look for a short biographic sketch in next month's FERC Insider. The FERC community welcomes her back.

Changes For 2017 CFC

- Charities had to pay filing fee this year to be included.
- No cash donations will be accepted beginning this year.
- No fundraisers allowed (No cash collected at campaign events).
- Yes, federal retirees can be solicited.
- Paper pledge forms will be phased out over the next five years.

All Around Giving Returns This Year

Federal employees may contribute to any CFC charity nation-wide, not just those charities sited in the National Capital Area. The paper catalogue lists 4000 causes. The on-line catalogue lists thousands more. Surely among the thousands of worthy causes, there is at least one close to everyone's heart.

Be on the lookout for the date of the Combined Federal Campaign Kickoff followed by other planned



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FERC – ANEEL Digital Video Conference



On August 1st, FERC staff held a digital videoconference with staff from Brazil's energy commission, Agencia Nacional de Energia Electrica (ANEEL). Pursuant to an existing MOU, FERC and ANEEL staff provided presentations on demand response, integration of renewables, market oversight, planning and reliability and energy storage. Staff from OEA, OEPI, OER and OE participated in the discussion. The FERC-ANEEL MOU can be found [here](#).



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FERC's Latest Open Access Podcasts



FERC Chairman Neil Chatterjee discusses the new FERC quorum, his vision for the agency and his plan for the Commission to attack the backlog of orders facing the Commission [Transcript](#) | [YouTube](#)



FERC Commissioner Powelson sits down with Open Access to discuss his priorities, how his experience as a state utility regulator prepared him for FERC, and the importance of FERC working with the states. [Transcript](#) | [YouTube](#)

What the Commission is Tweeting

What is being tweeted about the Commission: Chairman Chatterjee tweets his staff picture.

Neil Chatterjee @FERChatterjee · Aug 23
Team Chatterjee: Anthony Pugliese, Mindi Sauter, Robert Ross, Eric Vandenberg, Tracy Adansky, Andrea Spring, Michelle Brown and yours truly



Follow Chairman Chatterjee on his twitter page [@FERChatterjee](#)

Follow FERC's twitter feed: <https://twitter.com/ferc>



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Changing your Password from Home with Multi-Factor Authentication

You can now change your network password from home using the Multi-Factor steps that were listed in the training guide when the multi-factor process was rolled out to FERC. This is a two-step process.

1. Register for Password Reset

Click on the Set-up URL.
<https://aka.ms/ssprsetup>

This link will go to the Microsoft Page that will allow you to set-up your security information for your password reset. You may set up security questions and an alternate email or phone to ensure that your information is secured.

The set-up only takes a few minutes and information can be changed by going back to this URL and modifying the data.



2. Reset Your Password Remotely

Once you have registered for password reset and authentication then you can reset your password remotely using this URL.

1. Enter the following URL in your internet browser to reset your password.
<http://passwordreset.microsoftonline.com>

Enter your User ID and the characters listed on the screen as indicated.

Microsoft

Get back into your account

Who are you?

To recover your account faster by entering your phone ID, use the alternate ID that you set up in your account.

USER ID:
Select a domain/organization

716PR

SEARCH

Next Cancel

[Click here](#) for the link to the complete Multi-Factor Training guide.

You will be stepped through the verification process and then prompted to enter a new password.

Microsoft

Get back into your account

verification step 1 ✓ > choose a new password

* Enter new password

* Confirm new password

Next Cancel

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OED: What's your favorite restaurant in DC? Why?

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**What's
MY
LINE?**



[REDACTED]:
Curry and Pie. They can make good Indian Food with an American twist.



[REDACTED]:
McCormick and Schmick: Excellent Seafood and Steaks.



[REDACTED]:
Osteria Al Volo in Adams Morgan. Great inexpensive Italian food. There is a kitchen in the center of the restaurant where you get to see them make the food.



[REDACTED]:
Filomena for a nice relaxing night and Jose Andres' restaurants for fun. Filomena has great Italian and you can see them make the food by hand.



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National Preparedness Month

Emergency incidents occur when you least expect it. From natural disasters and biological threats to cyber-attacks and power outages, it is important to be prepared for any emergency. This September is National Preparedness Month. The Office of the Executive Director is partnering with Ready.gov to help you prepare. This year's theme is "**Disasters Don't Plan Ahead. You Can.**". The theme reminds us that preparation is key no matter whether it is at work, home, school, or anywhere in between. In support to this year's theme, we will focus on a specific facet of preparedness each week. Our weekly topics and schedule are listed below:

Week 1: September 1-9: **Make a Plan for Yourself, Family and Friends**

- [Sign up for emergency alerts](#) and know your area's evacuation zone

Week 2: September 10-16: **Plan to Help Your Neighbor and Community**

- Take the "[Until Help Arrives](#)" training – You are the 1st first responder!

Week 3: September 17-23: **Practice and Build Out Your Plans**

- Complete an [Emergency Financial first Aid Kit](#) and know your community resources

Week 4: September 24-30: **Get Involved! Be a Part of Something Larger**

- September 27 10:00 AM – 2:00 PM: FERC's National Preparedness Day Fair
Learn how you can prepare from a variety of emergency organizations including the American Red Cross and Maryland Emergency Management Agency. Look out for giveaways!

"Disasters Don't

Plan Ahead.

You Can."

Get involved! Email SSD@ferc.gov if you are experienced in emergency preparedness or have programming ideas.

**SECURITY
&
Safety**



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Back to School Green Tips

We all know instilling good habits is easiest when we're young. More parents and educators are working to make kids aware of the importance of caring for our planet. As kids return to class this fall, here are some simple tips to encourage healthy habits and sustainable schools!

- **Safe (and Sustainable) Routes to School.** Instead of driving alone, start a carpool, bike train, or group walk and take turns with other parents in the neighborhood to drop off and pick up the kids. You'll each save time, energy, and fuel. Learn how Portland did it for inspiration.
- **Healthy Lunches.** For pack lunches, use reusable pails and utensils and try eating local and organic.
- **Recycle.** Ask administrators whether recycling bins and recycled materials are available and accessible, and if the kids are encouraged to use them. Make sure your child knows what can be recycled and what can't.
- **Buy Smart.** Buy school supplies with less packaging and seek those made with recycled and sustainably-harvested materials. Invest in sturdier products for years of use and reuse supplies. You can also make environmentally-friendly choices when buying back-to-school clothes. • **Advocate for Better Buildings.** Many school buildings are inefficient and have poor indoor air quality, negatively impacting the learning experience. Check out the Earth Day Network and the Center for Green Schools for ways to make big changes.
- **Get Regular Nature Time.** Studies show that children who spend more time outside are less likely to suffer from obesity, Attention Deficit Disorder, and depression. Encourage kids to get outside for an hour or two after school each day and on weekends. Encourage nature programming like these schools did.

Source: <http://www.earthshare.org/2008/09/back-to-school.html>

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A Reminder That Meds and Grapefruit Don't Always Mix

Could be a dangerous combination, depending on the drug

By Robert Preidt

(HealthDay News) -- If you like grapefruit juice, you need to be aware that it can affect the way some medications work, especially those used to treat high blood pressure or an irregular heart rhythm.

That's the message from the U.S. Food and Drug Administration.

The FDA requires some prescription and over-the-counter drugs taken by mouth to include warnings against drinking grapefruit juice or eating grapefruit while taking the drug.

In most types of medications that interact with grapefruit juice, "the juice lets more of the drug enter the blood. When there is too much drug in the blood, you may have more side effects," the FDA's Shiew Mei Huang said in an agency news release.

Examples of types of drugs that can be affected by grapefruit include:

- Cholesterol-lowering statin drugs, such as Zocor (simvastatin) and Lipitor (atorvastatin).
- High blood pressure drugs, such as Procardia and Adalat CC (both nifedipine).
- Organ-transplant rejection drugs, such as Sandimmune and Neoral (both cyclosporine).
- Anti-anxiety drugs, such as buspirone.
- Corticosteroids used to treat Crohn's disease or ulcerative colitis, such as Entocort EC and Uceris (both budesonide).
- Drugs used to treat abnormal heart rhythms, such as Pacerone and Nexterone (both amiodarone).
- Some antihistamines, such as Allegra (fexofenadine).

Grapefruit juice doesn't affect all drugs in the listed categories. And, the severity of the interaction can differ depending on the person, the drug and the amount of grapefruit juice consumed, the FDA said.

Read all information provided with your medications and talk to your doctor, pharmacist or other health care provider to find out if a medication is affected by grapefruit juice, or how much -- if any -- grapefruit juice you can have.

Also, check to see if any other fruits or juices may affect your medication in a similar way to grapefruit juice.

SOURCE: U.S. Food and Drug Administration, news release



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&
DEPARTURES

Arrivals—July 1-July 31

(b) (6), OEP, Dam Safety Branch 1 SFRO
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(b) (6), OE, Division of Energy Market Oversight
(b) (6), OEIS, Security Group 1
(b) (6), OEIS, Security Group 1

Departures—July 1-July 31

(b) (6), OGC, Group 9
(b) (6), OGC, Group 3
(b) (6), OEP, Dam Safety Branch 2 CRO
(b) (6), OEP, New England Branch
(b) (6), OEP, Gas Branch 3
(b) (6), OEP, Division of Hydropower Licensing and Compliance

(b) (6), OEP, Infrastructure Policy Group
(b) (6), OEP, Dam Safety Branch 1 SFRO
(b) (6), OED, Logistics OPS & Pub SVCS Branch
(b) (6), OEMR, Central Group 1
(b) (6), OEMR, West Group 3
(b) (6), OEMR, West Group 6
(b) (6), OEMR, East Group 5
(b) (6), OEMR, Central Group 2
(b) (6), OEIS, Security Group 1

Arrivals—August 2017

Anthony Pugliese, Office of the Chairman Chatterjee
Robert Ross, Office of the Chairman Chatterjee
April Ballou, Office of Commissioner Powelson
Brett Rendina, Office of Commissioner Powelson
(b) (6), OEP, LNG Branch 2
(b) (6), OE, Market Oversight Branch 4

Departures—August 2017

Benjamin Williams, Office of the Chairman
Robert Thormeyer, Office of Commissioner Honorable
(b) (6), OEP, LNG Branch 1
(b) (6), OE, Market Oversight Branch 3
(b) (6), OER, Engineering and Planning Group 2
(b) (6), OER, Engineering and Planning Group 1
(b) (6), OEMR, East Group 3
(b) (6), OEMR, East Group 3
(b) (6), OEPI, Group 2

Student Trainees:

(b) (6), OGC, Energy Markets 1
(b) (6), OGC, Energy Markets 1
(b) (6), OGC, General and Administrative Law
(b) (6), OGC, Energy Markets 1
(b) (6), OGC, Energy Projects
(b) (6), OEP, Management and Operations
(b) (6), OAL, Branch 2
(b) (6), OAL, Branch 2
(b) (6), OE, Market Oversight Branch 3
(b) (6), OE, Analytics and Surveillance Branch 6
(b) (6), OEMR, East Group 5

Jean Sultzer

Jean Sultzer, who formerly served as a management analyst in the former Office of Pipeline Regulation, passed away August 1.

Jean was one of the Commission's longest-serving employees, beginning her federal career with FERC's predecessor, the Federal Power Commission on August 15, 1957 through her retirement in the late 1990s—more than 38 years of service.

Jean began her career here as a secretary and rose in rank to become a management analyst who reviewed oil tariff and gas pipeline filings. She also maintained the old KICTS tracking system, a predecessor to the ATMS tracker.

Jean also served as the president of the Regulatory Commission Employees Association and vice president of Local 421 of the American Federation of Government Employees.

In an interview that was published in the July 1995 edition of *The FERC Insider*, Jean expressed her love for her job. She attributed her successful federal career to her co-workers. Her supervisors and colleagues "...took me by the hand and showed me what to do."

Away from the office, Jean sold products for a major cosmetics company and held a real estate license. She also enjoyed travelling around the world.

Jean, whose husband, (b) (6), predeceased her, leaves behind three sons, (b) (6); four grandchildren, and two great-grandchildren as well as a host of family and friends.

The FERC Family extends sincerest condolences to Jean's loved ones. She will be missed.

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EDITORIAL

Celeste Miller

WEB DESIGN

Judy Eastwood

PHOTOGRAPHY

Celeste Miller

Judy Eastwood



Blast from the Past: [Take Our Daughters and Sons to Work Day from 2000](#)

NAVIGATION: You have a **drop down navigation menu** on the left listing all regular features and articles. There is also a handy **page forward button** at the top right, and the FERC Insider logo on all pages will return you to the home page.

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Earth Week Events at FERC



FERC's annual celebration of Earth Day included a week of impressive events from the children's parade to a presentation by Jesse Jenkins, a PhD candidate at MIT, who spoke about opportunities and challenges for developing distributed energy. Other events included a discussion by the D.C. Department of the Environment on creating a pollinator-friendly backyard, an art exhibit made of recycled products, and organic market and yard sale.

This year's events were organized by Greener FERC, an Employee Resource Group, and the FERC Child Development Center.



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AMENAH Hosts First Guest Speaker



Front row: Eddie Ribas; Yusra Shah; Acting Chairman LaFleur; Mr. Amer Zahr; Fatma Ahmed; and Commissioner Honorable. Back row: (b) (6) and Anton Porter.



The Commission's Americans of Middle Eastern and North African Heritage (AMENAH) Employee Resource Group welcomed Mr. Amer Zahr as its first guest speaker for an event on April 18 in the Commission Meeting Room. Acting Chairman Cheryl LaFleur introduced Mr. Zahr.

Mr. Zahr is an Arab-American comedian, speaker, writer, academic, and adjunct professor at University of Detroit Mercy School of Law. He draws on his experiences growing up as a child of Palestinian immigrant parents, performing and lecturing on topics like politics, society, Islam, growing up Arab, and more.

Mr. Zahr presented an entertaining and informative talk on the medias portrayal of Americans of Middle Eastern and North African heritage.

The mission of Americans of Middle Eastern and North African Heritage (AMENAH) is to promote diversity and inclusion within FERC by sharing the cultures and perspectives of employees of Middle Eastern and North African (MENA) backgrounds through informative events, professional networking, social interaction, and collaboration with other Employee Resource Groups (ERGs).

If you have a question, please email amenah@ferc.gov.





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Take Our Sons and Daughters to Work Day



"This is my favorite day of the year."

FERC's annual "Take our Sons and Daughters to Work Day" was the biggest ever with 76 participants.

"Count on Me," was the theme of this year's events and Acting Chairman Cheryl LaFleur stressed the importance of all of us working together in our personal and professional lives.

"This is my favorite day of the year," declared Acting Chairman LaFleur.

David Ortiz, Deputy Director of OER, welcomed students to the event and provided an overview of what FERC's role is in our everyday lives. Other speakers included Mark Radlinski, Security Director with OED, Rose Graves, technical IT specialist in OED and Anuj Kapadia, an electrical engineer in OER.

Following the opening event, participants had the opportunity to participate in a mock trial in a FERC hearing room and tour OSEC, OEP, OEPI, the Market Monitoring Center, the print shop and OGC.

This year's event was sponsored by the OER.



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Spring Forward

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Thanks to all the FERC staff who contributed to our Insider Spring Photo Exhibition! The FERC Insider has created a platform for all the talented photographers at FERC, that we will offer for every season of 2017. Look for our next photo announcement coming up for the end of summer!

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Tip: Please click on the thumbnail image to enlarge.



"Cherry Blossoms"
(b) (6)



"Asiatic Lily"
(b) (6)



"Monumental Flowers"
(b) (6)



"Hand Oystering, Coastal Virginia, April 2014"
(b) (6)



"Early Crocuses"
(b) (6)



"Spring Blossoms Bring Spring Love"
(b) (6)



"For-snow-thia"
Mary O'Driscoll



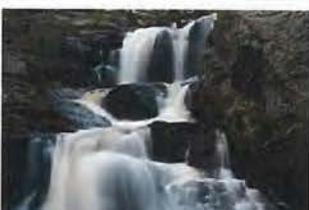
"Spring in Slovenia, March 2017"
Judy Eastwood



"Virginia Bluebells, Monocacy National Battlefield "
(b) (6)



"Cherry Tree"
(b) (6)



"Devil's Hopyard State Park Waterfall"
(b) (6)



"Fresh Crocuses"
(b) (6)



"Capitol Colors, April 2017 "
(b) (6)



"Flower Shower!"
(b) (6)



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CFC Awards Presented to Every FERC Office



[Award Photo Gallery](#)

In an impressive display of giving, every FERC office was presented with an award for participation and giving in this year's CFC. In addition, the Commission overall received three awards for increases in giving from last year.

Campaign Manager Edward Gingold opened the event and thanked everyone for their contributions to this year's successful campaign.

Acting Chairman Cheryl LaFleur said, "I could not be more proud of FERC for its generosity."

Commissioner Colette Honorable provided comments and introduced the FERC Choral Group.

"I am proud to be a part of this organization because of the way we give," Commissioner Honorable said.

Special guest Vince Micone, CFCNCA Chair, Board of Directors, noted that this year's campaign raised \$47.4 million dollars, \$1 million more than last year. Geoff Rixon, Senior Operations Manager for CFCNCA, also attended the event.

"The small agency that is mighty and it shows every year," Mr. Micone said of FERC.

As an agency, FERC received the trifecta: the Summit Award (for at least 3 percent increase over previous year); increased participation award; and the e-giving award for a 10 percent increase in e-giving.

In addition, FERC won the government-wide prize for most innovative campaign technique, a musical video and slide show featuring images of weekly CFC events. The FERC Chorale Group provided an encore presentation of the video music.

FERC's Executive Director Anton Porter provided closing remarks saying, "Today's event is a culmination of a lot of hard work. Thank you to key workers and our campaign manager, Edward Gingold."

[Award Photo Gallery](#)



"Today's event is a culmination of a lot of hard work. Thank you to key workers and our campaign manager, Edward Gingold."

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[Story on Awards](#)

[Presentation](#)

CFC Awards Gallery



Anton Porter accepts the Summit Award on behalf of the Commission.



(b) (6), Acting Chairman LaFleur and Commissioner Honorable accept the Commission-wide award for e-giving.



(b) (6), Acting Chairman LaFleur and Commissioner Honorable accept the Participation Achievement Award on behalf of the Commission.



Anton Porter and Doug Foster accept the award for OED.



(b) (6)s and (b) (6) accept award for OEP.



(b) (6) and (b) (6) accept award for OEP.



OEMR's (b) (6) and Anna Cochran accept their award.



(b) (6) and David Morenoff accept OGC's award.



(b) (6) accepts award for OAL.



(b) (6) and Joseph McClelland accept award for OEIS.



(b) (6), David Ortiz and (b) (6) accept OER's award.



(b) (6) and (b) (6) accept award for OSEC.



Judge Patricia Hurt, Chief Judge Cintron, (b) (6) accept award for OALJ/DR.



Tyler Stoff accepts the award for former Chairman Norman Bay's office.



(b) (6), Mary O'Driscoll, Len Tao and Celeste Miller accept OEA's award.



(b) (6), (b) (6), Jignasa Gadani accept award for OEP1.



Commissioner Honorable is joined by (b) (6) and (b) (6) to accept her office's award.



Acting Chairman LaFleur and (b) (6) accept the award for their office.



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Coming in May!

FERC Child Development Center's Fun Run & Walk

It starts at 11:30 a.m. on May 10. Join our 2nd annual 2-mile fun run & walk during lunchtime on the Branch Trail (start and finish at FERC Headquarters)!

Select the graphic for more information



Public Service Recognition Week

is May 9-11 featuring remarks by Acting Chairman LaFleur, FERC trivia game, speaker panel of Office Directors and a diversity fair.

Select the graphic for more information



Federal Employee Viewpoint Survey

goes from May 4 until June 15. The survey is anonymous and FERC will only receive aggregate results.

Select the graphic for more information





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Meet the 2017 Administrative Law Judges



From left to right, front row: Steven Glazer, Suzanne Krollkowski, Carmen Cintron, Andrea McBarnette, and Steven Sterner. Back Row: Patricia Hurt, Lawrence Brenner, Philip Baten, David Coffman, John Dring, H. Peter Young, Jennifer Long, and Clark Cheney.

The Commission's Administrative Law Judges 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. They also conduct fair and impartial investigations as directed by the Commission.



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Office Leader Series: Larry Parkinson

OE Director Larry Parkinson was the featured speaker at the May 3 Meet the Office Leader Series sponsored by the Women emPOWERing Women Employee Resource Group. Larry spoke about his personal and professional experiences, his insights, and provided advice.

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

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

Women emPOWERing Women's (WEW's) mission is to provide an opportunity for members to interact, mentor, learn, and build skills applicable to the workplace by networking with peers and agency leaders and by maintaining an open and educational forum for improving industry knowledge and personal and professional development.

Membership in the WEW Employee Resource Group is open to all Commission employees. For more information or to become a member, email us at wew@ferc.gov.



Photo credit: Mary O'Driscoll



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FERC's Latest Podcast on iTunes



Major FERC Orders:
Part II, Order No. 888

April 27, 2017



FERC's Open
Access Podcast now
on [iTunes](#).

Open Access: Major FERC Orders: Part II, Order No. 888



133 views

Former FERC Chair Betsy Moler discusses the landmark 1996 rule that led to creation of today's regional electric markets. | [YouTube Podcast](#)





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Acting Chairman LaFleur Testifies on the Hill



Acting Chairman Cheryl LaFleur was on a panel of witnesses that included: the Honorable Newt Gingrich, Chairman of the Board, Gingrich Productions; Ambassador Henry F. Cooper, PhD, former Director of Strategic Defense Initiative Organization; Ms. Caitlin Durkovich, Director, Toffler Associates; Mr. Robin Manning, Vice President, Transmission and Distribution, Electric Power Research Institute; and Mr. Kevin Wailes, Chief Executive Officer, Lincoln Electric System.



Acting Chairman Cheryl LaFleur testified before the Senate Energy and Natural Resources Committee on May 4 to discuss the threat posed by electromagnetic pulse and policy options to protect energy infrastructure and to improve capabilities for adequate system restoration.

[Testimony](#)

Commissioner Honorable on OnPoint



Commissioner Colette Honorable appeared on E&E TV's OnPoint recently to discuss the political dynamics at play at FERC during the transition to a new administration. She also previewed the May 1 and May 2 technical conference on wholesale energy and capacity markets.



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What's the Best Seasonal Allergy Med for Your Child?

Choosing an over-the-counter allergy medicine for a child sounds easy enough.

But a new survey finds that the wide range of allergy medications, along with dosing and labeling differences, can make it a challenge to select the right medicine for kids.

"Parents often face an overwhelming selection of allergy medicine without clear guidelines on how to choose the right one for their child," said pediatrician Dr. Gary Freed.

Freed is co-director of the C.S. Mott Children's Hospital National Poll on Children's Health at the University of Michigan.

"If parents are unsure how to navigate allergy medication choices, they should always check with their child's health-care provider," Freed said in a university news release.

Freed's group surveyed more than 1,000 parents of children ages 6 to 12 across the United States.

More than half of the parents had given allergy medicines to their children in the past year, the survey found. Of those, 85 percent used medications they already had in the house, and 18 percent of them did not check the expiration date.

"While outdated medicines are unlikely to be dangerous, they may have lost some of their effectiveness," Freed noted.

More than one in five parents said they've had trouble determining the right dose of allergy medicine for their child. Most used allergy medicines labeled for children, but 15 percent gave their child medicines labeled for adults. One-third of those who used adult medications gave their child the dose recommended for adults while two-thirds gave a partial adult dose.

Adult medicines often contain the same ingredients as those for children but do not always have dosing instructions for youngsters, the researchers pointed out.

"If taken as directed, over-the-counter allergy medicines are safe and effective for children, but parents should be very careful to give their child the correct dose. Doses greater than recommended for children can result in more severe side effects," Freed explained.

When shopping for an allergy medicine for kids, Freed recommends checking the ingredients to help select the best-priced option for your child's needs. Try to match your child's symptoms to the medicine included in the product. For example, antihistamines can help with a runny nose and itchy eyes, while decongestants help with a stuffy nose.

"Some parents may be picking allergy medication based on their interpretation of different advice they've heard, which may not always be accurate," Freed said.

Doctors are the No. 1 source for advice about allergy medicine for kids (61 percent), but 38 percent of parents ask a pharmacist, and nearly one-third (32 percent) ask a friend or family member, the survey found.





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Eco-Friendly Memorial Day Tips

Ah, Memorial Day is almost here! The unofficial start to summer and the official kick-off to barbecue, flip-flop and beach trip season. This holiday, get outside and enjoy the great outdoors the way Mother Nature intended—the eco-friendly way! Check out the tips below to go green this Memorial Day.

- 1. Use Gas on the Grill:** Opt for a gas barbecue grill instead of charcoal—you'll be emitting half as much pollution. Plus, your food will cook more evenly on a gas grill and end up costing less.
- 2. Don't Do Disposables:** Washable plates, cups, forks and knives give you more bang for your buck (you can reuse them for your future gatherings), and avoiding disposables means you create less trash – which generally goes straight to a landfill.
- 3. Green Your Beef:** Grass-fed beef uses 60 percent less energy resources than conventionally raised cattle. Grass-feeding also leads to decreased soil erosion, improved water quality and an improvement in your health—fewer antibiotics and hormones are given to grass-feed livestock and the meat has less fat.
- 4. Before You Beach:** We all live much closer to the beach than we realize. Something as simple as not "scooping" after your pet (even when he is on your own property) pollutes our beautiful beaches and water, as storm water runoff makes its way through a drain and eventually into the ocean.
- 5. Stay Off the Dunes:** There's a reason you aren't supposed to make sand castles in the dunes—sand dunes are natural protection for the area's ecosystem and help stabilize the beach's habitat, preventing against erosion and strong storm surges.
- 6. Use Safe Sunblock:** After you take the time to slather it on, most of your sunscreen will end up in the ocean. Make sure it doesn't contain [ingredients that will not only harm you](#), but also our waters and their inhabitants.
- 7. Bike Over Beach/Lake:** Don't live near a beautiful beach or lake? That's okay. Grab your bike instead and spend Memorial Day riding your favorite trail or city street. It's a cost effective and environmentally friendly way to welcome summer!

Source: <http://www.justenergy.com/>





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Setting up "Out of Office" with Outlook

When you are out of the office for a few days or more it may be necessary to set up an "Out of Office" email message letting people know you are gone and when you will return. This task can be done inside FERC using your desktop outlook or outside of FERC through the web email. This article lists both ways to set your "Out of Office"

Open up your outlook application.

1. Click the File menu in Microsoft Outlook while in the **In Box** view.
2. Click the Automatic Replies button (Out of office).

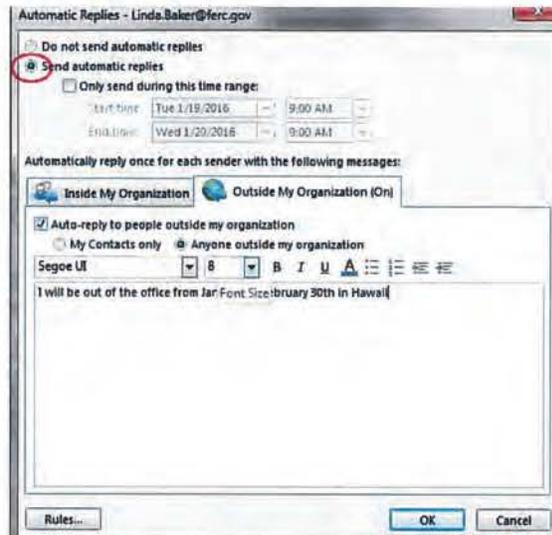


Setting your "Out of Office" from inside FERC

Account Information

The screenshot shows the 'Account Information' page for a Microsoft Exchange account. At the top, the account name 'Linda.Baker@ferc.gov' is displayed. Below this are several management options: 'Add Account', 'Account Settings', 'Automatic Replies (Out of Office)', 'Mailbox Cleanup', 'Rules and Alerts', 'Manage COM Add-ins', and 'Manage Add-ins'. A red arrow points to the 'Automatic Replies' button, which is highlighted in blue. The 'Automatic Replies' section includes a description: 'Use automatic replies to notify others that you are out of office, on vacation, or not available to respond to e-mail messages.' The 'Mailbox Cleanup' section shows a progress bar indicating '44.9 GB free of 49.5 GB'. The 'Rules and Alerts' section has a description: 'Use Rules and Alerts to help organize your incoming e-mail messages, and receive updates when items are added, changed, or removed.' The 'Manage COM Add-ins' section is highlighted in yellow and has a description: 'Manage COM add-ins that are affecting your Outlook experience.' The 'Manage Add-ins' section has a description: 'Manage and acquire Web Add-ins for Outlook.'

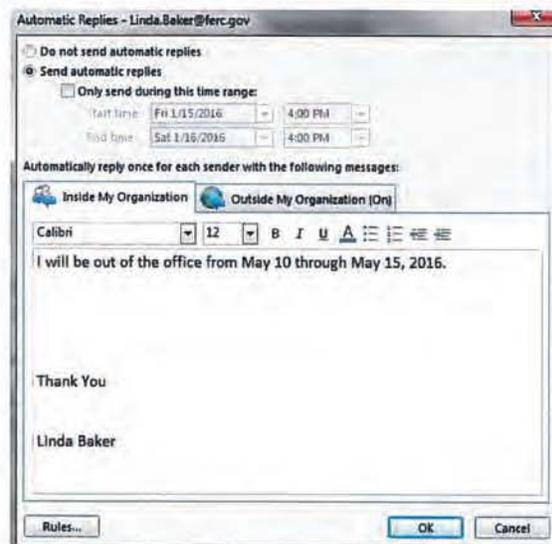
3. Click the Send Automatic replies radio button.
4. Click the Only Send during this Time range.
5. Enter a Start and End Time for your message if you want to have the message end on a specific day and time.



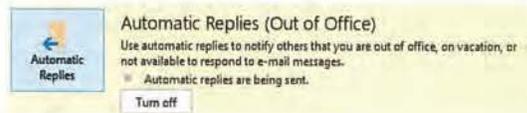
6. Enter your information concerning your absence in the space provided.

7. Click the Outside My Organization Tab.

8. Enter a message that you would send outside of FERC.



9. Click the OK button. The box will indicate that your Out of Office messages will be sent.



Setting your “out of office” from outside of FERC

For more IT news you can use, please check out the [IT Newsletter](#) or the [CIO FERCollaborate Page](#)



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(b) (6), OED, Systems Engineering Division

Departures: April 1-30

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- (b) (6), OEP, LNG Engineering And Compliance Branch
- (b) (6), OEP, LNG Engineering And Compliance Branch
- (b) (6), OEP, Management & Operations
- (b) (6), OED, It Network Infrastructure Svc Sppt Br
- (b) (6) Jr., OAL
- (b) (6), OALJ/DR



Commissioner Colette Honorable Will Not Seek Another Term at FERC

Commissioner Honorable said:

"After much prayer and consideration I've decided not to pursue another term at the Federal Energy Regulatory Commission. I am especially grateful to President Obama for appointing me to this post. I'm also grateful for the support I've received from Minority Leader Schumer and Ranking Member Cantwell, as well as Chairman Murkowski and Arkansas Senator Boozman. I appreciate the strong bipartisan support I've enjoyed over the years and look forward to continuing this important work after leaving the commission."



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WEB DESIGN
Judy Eastwood



PHOTOGRAPHY
(b) (6)



FERC Photographers :

Remember to send us your favorite photo to [InsiderDL](mailto:InsiderDL@ferc.gov) by April 20, and we will include it in the May Insider.

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FERC, China sign Memorandum of Understanding

Chairman McIntyre hosted a delegation from China's National Development and Reform Commission (NDRC). China's NDRC is a ministry-level economic planning body, and has broad scope of authority over foreign investment project approvals, pricing policies, and national medium-to-long term economic plans. NDRC's Vice Chairman Hu Zucai and Chairman McIntyre (photos at left) signed an Memorandum of Understanding (MOU) between the two agencies that outlines the continued collaboration. Staff from OEPI, OAL and OEA discussed with the delegation several topics including transmission rate policies in the US.

The [MOU](#) contains several substantive topics both agencies will address in future cooperation. These include electricity pricing, gas and pipeline pricing and policies, power sector reform and regulatory best practices.

Attendees

Hu Zucai - Vice Chairman, NDRC

Shi Zihai - Deputy Secretary General, NDRC

Xia Qing - Deputy Director General, The Department of Price, NDRC

Xue Yuan - Division Chief, NDRC (Assistant to Shi Zihai)

Hou Shouli - Division Chief, The Department of Price, NDRC

Wan Qian - Deputy Division Chief, The International Cooperation Department, NDRC (interpreter for Hu Zucai)

Pan Jiang - Counselor, Chinese Embassy in the U.S.

He Jing - Officer, Chinese Embassy in the U.S.

Cheng Mengrong - President, the U.S. Office, the State Grid Corporation of China

Ma Qianli - Officer, the U.S. Office, the State Grid Corporation of China (interpreter – technical translation)



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Chief Judge Cintron Named Woman of the Year

The Women's Council on Energy and the Environment (WCEE) recently presented Chief Judge Carmen Cintron with the 2018 Co-Woman of the Year Award. EPA's Chief Administrative Law Judge Susan L. Biro also received the award.

"It is a great honor to be named Co-woman of the year by the WCEE. Totally unexpected! The activity March 14 was wonderful with a great turnout," Judge Cintron said. "Thanks to the WCEE for naming me, Carrie Bumgarner for nominating me and the WECC staff for all their work putting together the reception and dinner. I owe this honor to all the individuals who have helped me along the way and my wonderful staff. In particular, the late Chief Judge Wagner for being a great boss and former Chairman Norman Bay for naming me Chief ALJ. Further, Commissioner LaFleur for all her support."

Judge Carmen A. Cintron was appointed to the FERC in December 1999, and as Chief Administrative Law Judge on October 21, 2016. Prior to joining the FERC, Judge Cintron was Hearing Office Chief of the Atlanta North Office of Hearings and Appeals, Social Security Administration. Judge Cintron was also an attorney at the Federal Communications Commission for 14 years. She became an Administrative Law Judge in April 1994 appointed to the San Jose, California Hearing Office with the Social Security Administration. She received her law degree from the University of Puerto Rico.



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WEW: Commissioner Cheryl LaFleur



The Women emPOWERing Women (WEW) employee resource group celebrated Women's History Month with featured speaker Commissioner Cheryl LaFleur. Commissioner LaFleur discussed work/life balance and strategies to succeed when juggling so many roles.

The National Women's History Month theme for this year is: "Nevertheless, She Persisted: Honoring Women Who Fight All Forms of Discrimination Against Women." This theme was developed by the National Women's History Project, a not-for-profit organization that encouraged Congress to declare March as the National Women's History Month in 1987.

Women emPOWERing Women ERG's adaptation of this theme is: "Persistence, Perseverance, and Determination: Empowering Women to Fight Against Discrimination"

If you have any question on this event, have feedback or other comments on the past WEW events, or have suggestions for the future WEW events, please let us know(wew@ferc.gov). Included at the end of this email are the WEW's mission statement and membership information.

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In Memory of

Two members of our FERC community recently died – Linda Lee and Carolyn Mobley.

Linda, who passed away on March 12, was a supervisory trial attorney within OAL. She began her career at FERC in June 1973 and held various positions within OGC before transferring as a trial attorney with OAL, specializing in hydro and electric litigation.



Linda Lee

At a March 20 reception held at FERC headquarters in her memory, Linda's two sisters and best friend, along with many current and former FERC staff members shared special moments they had with Linda. One sister shared that Linda was master at all trivia, played the piano, flute, painted, loved to shop, travel and was the number one fan of Kansas University's "rock chalk Jayhawks." Her friend and colleague, (b) (6) said, "Linda believed in living in the moment and not waiting to do things later."

Carolyn Mobley, who died on January 31, worked in the late 1970s and 1980s in FERC's printing and publishing shop. Carolyn was also an active member of FERC's AFGE Union Local 421 and was very instrumental in securing improvements for the employees in the print shop.

She left FERC in the early '90s to take a position with the U.S. International Trade Commission where she retired in 2001 after 33 years of federal service.

She is survived by her two daughters, five grandchildren, four siblings, and a host of other relatives and friends.

The FERC Family extends its deepest condolences to the families and friends of Linda and Carolyn.

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March Commission Meeting Highlights



A presentation on the Commission's actions to address the effects of the Tax Cuts and Jobs Act of 2017 was given by: OEMR's [redacted]; OGC's [redacted]; OGC's [redacted]. Also at the table were: OEMR's [redacted]; OEMR's [redacted]; OE's [redacted] and OEMR's [redacted].

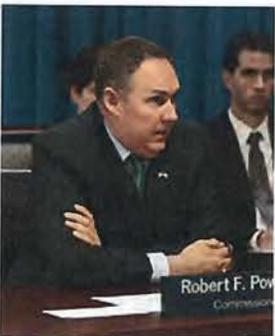
[News Release](#) | [Presentation](#)  PDF | [Fact Sheet](#)  PDF | [Order E-2](#)  PDF | [Order E-3](#)  PDF | [NOI](#)  PDF | [NOPR](#)  PDF



A presentation was given on a revised Policy Statement of Treatment of Income Taxes (PL17-1-000), and Order on Remand and Compliance Filing (ISO8-390-008, ISO8-390-0009). OGC's [redacted] was the presenter. At the table were OEMR's [redacted]; OEMR's [redacted]; OGC's [redacted]; and OEMR's [redacted].

[News Release](#) | [Presentation](#)  PDF | [Policy Statement](#)  PDF | [Order](#)  PDF

Visit the new FERC.gov webpage: [FERC Actions Regarding the Tax Cuts and Jobs Act of 2017](#)



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Commissioner Chatterjee returns to Open Access



Commissioner Chatterjee returns to Open Access with a wide-ranging discussion of his meetings with Indian energy officials, his keynote at the World Utility Summit, the Commission's tax-related actions and the importance of commenting on the resilience docket. [Transcript](#) | [MP3](#)



What the Commission is Tweeting



Chairman Kevin McIntyre @McIntyreFERC · Mar 21
It was a pleasure to see Mexico's Energy Minister again today at @wler2018. Minister Coldwell and I first had the opportunity to talk a few weeks ago at @EIAWeek and I hope to continue the collaboration between our two countries. @FERC @ENERGY @SecretaryFerry



Chairman McIntyre attended the World Forum on Energy Regulation in Mexico. The conference on energy regulation is held only once every three years.

Follow Chairman McIntyre on his Twitter page [@McIntyreFERC](#)



Neil Chatterjee @FERChatterjee · Mar 22
Today I had the pleasure of visiting w/ many former @FERC Commissioners who've each made their own lasting impacts on the Commission. Thank you all for the helpful advice, insight & great stories you shared!



3 23

Follow Commissioner Chatterjee on his Twitter page [@FERChatterjee](#)

All Articles

Meet our Guards

All Features

Here's the second installment of the "Meet Our Guards" series. This month we focus on the security team at the Pavillion entrance of 888.

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SECURITY
&
Safety



Officer [redacted] (14 yrs at FERC), Officer [redacted] (2 months), Lt. [redacted] (12 yrs.) and Officer [redacted] (5 yrs.).

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Deleting Temporary Files

All Features

It is a good idea to regularly clean out temporary files on your computer. This helps to improve the speed of your computer and can free up space that you may need for other files and applications.

Feedback & Suggestions

These instructions will step you through the processes of cleaning out the Temp folder, the Recycle Bin and the Downloads folders. Once an application is loaded onto your computer, then the files in the download folder are no longer necessary.

Insider Archives

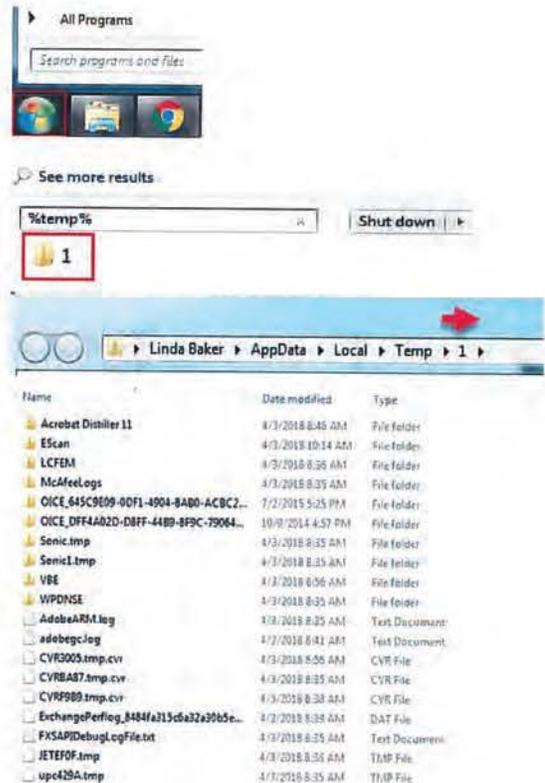
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To Delete Temp Files

1. Click the Start button in windows

1. Enter the command %temp% in the search window to locate the folder that contains the temp files.



Open the folder. The folder path will display at the top of the windows explorer screen.

1. Select and delete all of the files and folders in the Temp folder.

NOTE: It is okay to delete all of the files. If you receive a message that a file is in use, just close that file and continue.

To Delete Files in the Recycle Bin

1. Locate the Recycle Bin located on your desktop.

Right click on the Recycle Bin and select Empty Recycle Bin.

Click the Yes button on the warning box.

The Recycle Bin is Empty as indicated by the Icon.

To Delete Files in the Download Folder



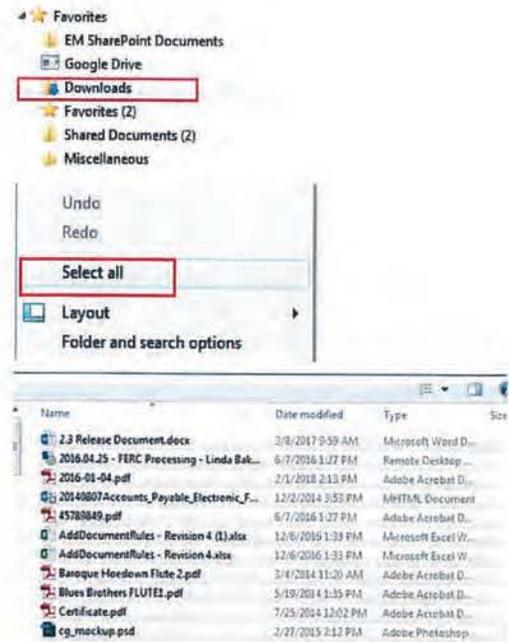
For more IT news you can use, please check out the [IT Newsletter](#) or the [CIO FERCollaborate Page](#)

Locate the Favorites folder in windows explorer. The Downloads Folder displays under Favorites.

Click on the Downloads folder

Click the Organize Tab.
Click the Select all menu.

Delete all of the files in this folder.



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What's **MY** **LINE?**

OEP: What's your favorite National Park and why?



"Denali (AK) because of the views and the solitude and expansiveness of the park."

Andrew Kohout



"Great Smoky Mountains (TN and NC) because it has all my favorite things—fly fishing, hiking and trout rivers."

(b) (6)



"Crater Lake (OR). I love driving along the windy roads up the old volcano and reaching the summit and looking across over the lake above everything else. Amazing sight, amazing place."

(b) (6)



"Zion (UT) because it is a mixture of wooded trails, waterfalls, trees and rocks."

(b) (6)

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Plastics in Focus this Earth Day

Plastic pollution is one of the most important environmental problems that we face today. Plastic pollution is now recognized as a hazard to public health and the human body. Chemicals leached from some plastics used in food/beverage storage are harmful to human health. Did you know that around the globe there are five massive patches of marine plastic? These huge concentrations of plastic debris cover large swaths of the ocean; the one between California and Hawaii is the size of the state of Texas. Considering the impact of plastics, [Earth Day 2018](#) is dedicated to providing the information and inspiration needed to fundamentally change human attitude and behavior about plastics.

Save the Date - April 24 to 27 is Earth Week at FERC



Plastic Pollution Panel & Discussion

Screening of Blue Planet II Episode 7 - Our Blue Planet

Children's Parade and Artwork Display

Organic Market

Games and More!!

Details to come! Until then, here are a few tips to...

Reduce your plastic footprint:

- You can buy reusable mesh bags that replace the plastic bags you use for bulk produce at the grocery store.
- You can purchase canvas shopping bags and leave them in your car for anytime you go shopping.
- Get a reusable water bottle instead of buying plastic ones and throwing them out.
- There are reusable wax lined bags and wraps that effectively replace single use sandwich bags.
- When you finally decide to get rid of old clothes, toys, furniture, or electronics, donate them rather than throwing them away.
- Use dishes, glasses, and metal silverware instead of their plastic counterparts.
- Consider trying washable reusable cloth diapers instead of disposable ones.
- Many plastic food containers from restaurants are durable enough to be reused for kitchen storage.

Earth Week events are organized by Greener FERC, an employee resource group, and the FERC Child Development Center. Greener FERC is made entirely of recycled employees and does not represent the views of FERC or the Commissioners.

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Can Potassium Help Y our Heart?

All Features

Potassium is a mineral in your body that helps your nerves and muscles work.

Feedback & Suggestions

A recent study provides early evidence that increased potassium may help prevent hardening of the arteries, which contributes to serious heart-related conditions.

Insider Archives

Hardening of the arteries causes plaques of fat, cholesterol, calcium, and other substances that reduce blood flow. This leads to serious conditions like high blood pressure, heart disease, and stroke.

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The new research provides a deeper understanding of how dietary potassium prevents hardening of the arteries. Beans, spinach, bananas, yogurt, and potatoes are good sources of potassium.

Healthy
LifeStyles

For most people, natural foods rich in potassium are safe and part of a healthy diet. But extra potassium may not be right for everyone. Certain people need to watch their potassium intake, such as those with kidney issues or taking certain medicines.

This study is one step towards better understanding potassium's beneficial effects in the body.



Sources: [NIH Research Matters: Understanding how Potassium Contributes to Heart Disease](#) ; [MedlinePlus: Learning about Potassium and Health](#)

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Arrivals and Departures Feb. 28- March 31

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██████████, OEA, Media Relations Division

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██████████, OER, Standards Group 2

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██████████, OEIS, Security Group 1

Departures

Arrivals & DEPARTURES

(b) (6) ██████████, OGC, Energy Projects

(b) (6) ██████████, OGC, Group 5

██████████, OEP, Land Resources Branch

██████████, OEP, Division of Dam Safety & Inspections

(b) (6) ██████████, OEP, Dam Safety Branch HQ

(b) (6) ██████████, OEP, Gas Branch 2

(b) (6) ██████████, OEP, Dam Safety Branch 2 SFRO

(b) (6) ██████████, OEP, Northwest Branch

(b) (6) ██████████, OED, Acquisition Services Division

(b) (6) ██████████, OED, Employee Development Branch

(b) (6) ██████████, OAL, Branch 3

(b) (6) ██████████, OAL, Branch 1

(b) (6) ██████████, OE, Investigations Branch 2

Michael Bardee, OER

(b) (6) ██████████, OER, Compliance Group 2

(b) (6) ██████████, OEMR, Pipeline Group 4

(b) (6) ██████████, OEIS, Security Group 1

(b) (6) ██████████, OALJDR

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EDITORIAL
Celeste Miller



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Chairman Testifies on the Hill



FERC Chairman Kevin J. McIntyre testifies before the Senate Energy & Natural Resources Committee on the performance of the electric power system in the Northeast and mid-Atlantic during recent winter weather events, including the bomb cyclone.

[Testimony](#)  PDF
[Event Details](#)



General Counsel James Danly testifies before the House Energy & Commerce Committee on Legislation Addressing LNG Exports and PURPA Modernization.

[Event Details](#) | [Testimony](#)

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FERC Voted Best Place to Work in Government

Rated as a Top 5 Government Agency

Chairman Kevin McIntyre and Executive Director Anton Porter accepted the Best Places to Work in the Federal Government #1 Ranking Award from the Partnership for Public Service on Jan. 26. This ranking was determined by employees last spring when you participated in the 2017 Federal Employee Viewpoint Survey, a detailed and extensive assessment that compares us to similarly situated mid-sized agencies.



Accepting awards for FERC are Anthony Pugliese, Chairman McIntyre, Debbie-Anne Reese, Maria Farinella, Anton Porter, [REDACTED], and Eddie Ribas.

"I am truly impressed by your dedication and commitment and recognize that it is your hard work and dedication that make the Commission such a great place to work," Chairman McIntyre said. "I congratulate all of you and look forward to continuing our important work together."

The Commission moved up three spots from last year and has now been rated as a top 5 agency for a fourth consecutive year. A plaque memorializing our award is in the lobby of 888.

"I hope each of you will take great personal and team pride in this honor," the Chairman said.

In addition, the Office of the General Counsel was recognized as the #1 Subcomponent, out of hundreds of subcomponents within the various organizations surveyed.

The rankings offer the most comprehensive assessment of how federal employees view their jobs and workplace, and the accompanying data from the survey give Commission leadership a way to measure employee engagement and the morale of our workforce, as a whole and within individual Commission Offices and Divisions.

You can see the full rankings of all government agencies and subcomponents at the [Best Places to Work](#) website, reflecting our overall award and the high subcomponent rankings earned by our Office of Energy

Market Regulation (#6), the Office of Enforcement (#15), the Office of Energy Projects (#22), and the Office of the Executive Director (#50). Please note that the subcomponent rankings only included offices that have 100 or more employees, so while offices such as Office of Energy Policy and Innovation would have likely done very well in the rankings based on their high survey scores, they were not included.

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FERC's Executive Director Anton Porter was the featured speaker at the Women emPOWERing Women's (WEW) "Meet the Office Leaders" series in January.

Meet the Office Leaders: Anton Porter



Accompany Anton Porter, second from left, are (b) (6)

Prior to his current position, Anton held several financial leadership positions within the Commission. He served as the Chief Financial Officer (2012 -2013), Deputy Chief Financial Officer (2005-2012), and Accounting Officer (2002-2005). His career at the Commission spans 26 years.

Additionally, Anton is highly involved in the improvement of core mission support processes within the federal enterprise. He serves on the Executive Committee of the Small Agency Council (SAC). He also has served as the Chairman of the SAC Finance Committee and was the SAC Liaison to the Chief Financial Officers Council. In these roles, he has worked on behalf of sub-cabinet level agencies to ensure financial management, human resources, and information technology guidance issued by federal policy-setting bodies takes into consideration the unique challenges small agencies confront.

Anton studied accounting at the University of Maryland. He is a native Washingtonian and currently resides in Maryland with his wife and two sons.

Mission: The mission of WEW is to provide an active, supportive, and trusting community in which women can build their confidence and acumen to reach their goals in both their careers and personal lives. It focuses on providing a forum in which women can share their stories to inspire and educate each other. It also aims to create a classroom in which women can learn about current social constructs and breaking down barriers that hinder women's advancement in the workplace.

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Bi-Partisan Policy Center

Commissioners Talk About Grid Resilience



FERC Commissioners Cheryl A. LaFleur and Neil Chatterjee participated in a conversation on the proposed Grid Resilience Pricing Rule. This proposal, drafted by the Department of Energy, called for an expedited rulemaking to support generators that provide specific reliability and resilience attributes. FERC issued a unanimous order on January 8 that ended consideration of the Grid Resilience Pricing Rule and initiated a new proceeding to examine resilience of the bulk power system. Jason Grumet, president of the Bipartisan Policy Center, moderated the event.



OED CFC Check

FERC Executive Director Anton Porter presents (b) (6), FERC's CFC manager, with a check for money raised by OED during its annual golf tournament.

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In Memoriam

Walter "Kevin" Dykes, an IT specialist with FERC IT support contractor - CSRA, Inc., passed away on January 15.

Walter served as an IT support specialist at FERC. In that capacity, he responded to computer hardware and software problems and resolved issues that FERC headquarters' employees encountered.

A graduate of Cortland University, in Cortland, NY, Walter studied communications, earning a Bachelor of Art's degree.

Following college, Walter moved to Maryland to pursue a career in the computer field. He worked at NCR (formerly, National Cash Register, Inc.) and then joined CSRA to perform support services as an Information Technology Specialist at FERC's headquarters.

Walter's love of sports and working out in the gym extended well past his days in college where he attended on a Track & Field scholarship.

Jill Dobbins, of FERC's ED's Office, said, "This is a huge loss for FERC and our contractor staff. (b) was such a great guy and I was very lucky to have known him when he worked with the 11th floor staff a while back. He was always such a nice person and helped at the drop of a hat. His outlook on life was always so positive, that it made my day when I saw him."

Walter leaves behind his wife of 14 years, (b) (6), six children: (b) (6), and a host of relatives and friends.

The FERC Family extends its condolences to Walter's family and friends.



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COMMISSION Meeting HIGHLIGHTS

January Commission Meeting



OGC's (b) (6), OER's (b) (6) and OER's (b) (6) discuss FERC Notice of Proposed Rulemaking to Adopt Enhanced Supply Chain Risk Management Reliability Standards.

[News Release](#) | [Presentation](#) PDF | Commissioner Statements: [LaFleur](#) | [NOPR](#) PDF

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FERC's Open Access Podcast Interview with Commissioner Glick



Commissioner Rich Glick sat down with Open Access to discuss the fast pace of his first six weeks at FERC, his goals as Commissioner, and his views of the resilience debate. Recorded January 12, 2018. [YouTube](#) | [Transcript](#)

What the Commission is Tweeting

Neil Chatterjee @FERChatterjee · Jan 31

Thank you to all those who attended & engaged in the robust discussion tonight @ColumbiaUEnergy. These conversations are key to strengthening our process @FERC & I look forward to continuing the open dialogue moving forward



Commissioner Chatterjee was the guest speaker at the Columbia Center on Global Energy Policy. Commissioner Chatterjee discussed a number of pertinent issues including power markets and efforts to promote grid reliability and resilience and natural gas markets.

Follow Commissioner Chatterjee on his twitter page [@FERChatterjee](#)

Follow FERC's twitter feed: <https://twitter.com/ferc>

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Connecting to a Network Printer

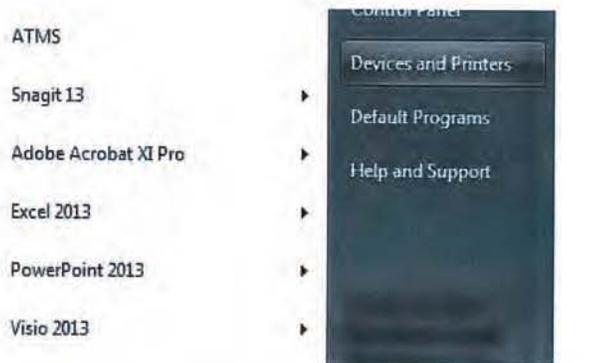
When a new printer is placed on the network to replace an existing printer or you need to access a color printer, it may be necessary to select a new printer.

These instructions are in two parts. The first section is selecting to a default printer and the second section is [connecting to a new printer](#). 



Change your Default Printer

1. Select the Devices and Printer menu on your computer.



1. Right click on the printer that you would like to use from the available printers displayed.



Click the Set as Default Printer menu to change your default printer to the select printer.



NOTE: The default printer will have a green check mark.

Devices (7)



Printers and Faxes (8)



[Connecting to and Adding a New Printer](#) [top](#)

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Reducing Impacts of De-icers at Home

As winter snow melts and spring rains begin, stormwater carries salt that has accumulated over the winter into storm drains and surface waters such as lakes, ponds, drinking water reservoirs, and streams. Road de-icing is the most likely cause of increases in sodium and chloride concentrations in our local waterways. Road salts can threaten aquatic life, contaminate ground and drinking water, damage vegetation and soils, and deteriorate paved surfaces and other infrastructure. Harsh de-icing chemicals can also be dangerous for children and pets. Tips for reducing or eliminating the use of de-icers at home include:

- Clear walkways and other areas before the snow turns to ice and avoid the need for chemical deicers.
- Track the weather and only apply deicers when a storm is imminent. If a winter storm does not occur, sweep any unused material and store it for later use.
- Only use deicers in critical areas and apply the least amount necessary to get the job done.
- Store deicing materials in a dry, covered area to prevent runoff.
- Reduce salt use by adding sand for traction, although care is needed to avoid clogging storm drains. Natural clay cat litter or bird seed also works well for this purpose.
- If your source of drinking water is from your own private well, avoid applying salt near the well head.
- Don't use urea-based fertilizers as melting agents. Runoff can increase nutrient pollution.

For more information [Read Here](#)



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Healthy
LifeStyles

Talking With Your Doctor

Make the Most of Your Appointment

Patients and health care providers share a very personal relationship. Doctors need to know a lot about you, your family, and your lifestyle to give you the best medical care. And you need to speak up and share your concerns and questions. Clear and honest communication between you and your physician can help you both make smart choices about your health.

Begin with some preparation. Before your health exam, make a list of any concerns and questions you have. Bring this list to your appointment, so you won't forget anything.

Do you have a new symptom? Have you noticed side effects from your medicines? Do you want to know the meaning of a certain word? Don't wait for the doctor to bring up a certain topic, because he or she may not know what's important to you. Speak up with your concerns.

"There's no such thing as a dumb question in the doctor's office," says Dr. Matthew Memoli, an infectious disease doctor at NIH. "I try very hard to make my patients feel comfortable asking questions, no matter how dumb they think the question is."

Even if the topic seems sensitive or embarrassing, it's best to be honest and upfront with your health care provider. You may feel uncomfortable talking about sexual problems, memory loss, or bowel issues, but these are all important to your health. It's better to be thorough and share a lot of information than to be quiet or shy about what you're thinking or feeling. Remember, your doctor is used to talking about all kinds of personal matters.

Consider taking along a family member or friend when you visit the doctor. Your companion can help if there are language or cultural differences between you and your doctor. If you feel unsure about a topic, the other person can help you describe your feelings or ask questions on your behalf. It also helps to have someone else's perspective. Your friend may think of questions or raise concerns that you hadn't considered.

Many people search online for health information. They use Web-based tools to research symptoms and learn about different illnesses. But you can't diagnose your own condition or someone else's based on a Web search.

"As a physician, I personally have no problem with people looking on the Web for information, but they should use that information not as a way to self-diagnose or make decisions, but as a way to plan their visit with the doctor," says Memoli. Ask your doctor to recommend specific websites or resources, so you know you're getting your facts from a trusted source. Federal agencies are among the most reliable sources of online health information.

Many health care providers now use electronic health records. Ask your doctor how to access your records, so you can keep track of test results, diagnoses, treatment plans, and medicines. These records can also help you prepare for your next appointment.

After your appointment, if you're uncertain about any instructions or have other questions, call or email your health care provider. Don't wait until your next visit to make sure you understand your diagnosis, treatment plan, or anything else that might affect your health.

Your body is complicated and there's a lot to consider, so make sure you do everything you can to get the most out of your medical visits.

Source: NIH News in Health

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Meet the STARS!

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Meet the STARS of HR 2018!



(b) (6)
Marketing



(b) (6)
HR Management



(b) (6)
Accounting/
Management



(b) (6)
Accounting



(b) (6)
management



(b) (6)
Criminal Justice

What is the STARS program?

The purpose of the Student Temporary Assistant Resource Services (STARS) internship program is to provide the Commission with temporary administrative support and to provide networking for students throughout the Commission.

STARS are available for:

- Diverse work projects
- Leadership opportunities
- Exposure to various levels of FERC business
- Research and data entry

Need help on a special project?



Contact the program manager, Tiffany Gray at ext. 6725

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Arrivals - January

Elizabeth A. Salerno, Office of Commissioner Glick
Marcos A. Araus, OGC, General & Administrative
Law (b) (6), OGC, Group 5
(b) (6), OEP, Certificates Branch 2
(b) (6), OEP, Engineering Resources Branch
(b) (6), OE, Market Oversight Branch 4
(b) (6), OEMR, East Group 3



Departures - January

(b) (6), OEA, Admin. & Operations Staff
Parthenia M. Campbell, OGC
(b) (6), OGC, Group 2
(b) (6), OEP, Dam Safety Branch 1 SFRO
(b) (6), OEP, Mid-Atlantic Branch
(b) (6), OAL, Technical Division
(b) (6), OAL, Branch 2
Bryan K. Craig, OE, Division of Audits and Accounting
(b) (6), OE, Market Oversight Branch 1
(b) (6), OER, Div. of Engineering, Planning & Ops
(b) (6), OEMR, Pipeline Group 1
(b) (6), OEMR, West Group 3
(b) (6), OEPI, Div. of Economic & Technical Analysis
(b) (6), OEPI, Div. of Economic & Technical Analysis
(b) (6), OALJDR

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Celeste Miller



WEB DESIGN
Judy Eastwood



Celebrating Our Pets!

Check out the staff photo gallery of their fur-friends

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Five, Finally!



Chief Judge Carmen Cintron swears in Kevin McIntyre as the Chairman of FERC. Chairman McIntyre's wife, Jennifer, is also pictured.

Chairman McIntyre completes paperwork at his swearing in. Alyssa Asonye, Director of Human Resources and Chief Judge Cintron are pictured.

"Together we can get a lot done here at the FERC, and I'm looking forward to it."

On December 7, as Kevin McIntyre was sworn in as the Chairman, FERC was restored to a five-member Commission for the first time since October 2015.

Chairman McIntyre joins Commissions Cheryl LaFleur, Neil Chatterjee, Rob Powelson and Richard Glick.



"I am looking forward to getting to meet as many as I possibly can in coming days, weeks, and months," the Chairman said as his first Commission Meeting on Dec. 21. "But in the meantime, I just wanted to share my genuine reaction. What an impressive place. I had that view prior to coming here, but since coming here in my official capacity it has been cemented and reinforced. So thank you for all that you do, and I ask you to continue doing it. Together we can get a lot done here at the FERC, and I'm looking forward to it."

Chairman McIntyre was nominated to the Federal Energy Regulatory Commission by President Donald J. Trump in August 2017 and confirmed by the U.S. Senate on November 2, 2017.

Photo credits: John Peschke, Judy Eastwood; OEA

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2017 CFC Wrap Up



Pictured above: (b) (6), Commissioner Powelson, (b) (6)

The 2017 Combined Federal Campaign (CFC) officially ended on Jan. 12. The CFC, while it got a late start, benefitted from the many members of the FERC community who were extraordinarily generous.

The final event of the 2017 campaign consisted of a charity fair with a selection of diverse CFC beneficiaries.

An array of causes were featured at events throughout the campaign including the Virginia Raptor Conservancy, Fidos for Freedom, A Wider Circle, Oxford House and Women's Microfinance Initiative.

In addition, mini events were held by OAL, OALJDR, OED and as well as a raffle featured embroidery by OEMR's (b) (6).

The CFC is the official workplace giving campaign of the Federal government. The mission of the CFC is to promote and support philanthropy through a program that is employee focused, cost-efficient, and effective in providing Federal employees the opportunity to improve the quality of life for all.

[Click here to see the Event Photo Gallery](#)



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CFC Photo Gallery of Events



FERC's own Edward Gingold, Mr. CFC, and Chairman McIntyre



Photo Credits: Celeste Miller, OEA; John Peschke, OEA



OEMR (b) (6) and OEMR Director Anna Cochran present Rachel Spiker with embroidered towels, the prize of a CFC raffle. The raffle raised \$315 for the FERC Child Development Center.



Anton Porter announces door prize winners at CFC Charity Fair.



A charity fair was held the final week of the CFC, featuring employee-recommended charities. CFC door prize winners are pictured with Chairman McIntyre and Commissioners LaFleur and Chatterjee.



Anton Porter, Edward Gingold, Chairman McIntyre and Commissioner Glick.



Commissioner Powelson hosted a joint event featuring the Women's Microfinance Initiative and Oxford House.



The Virginia Raptor Conservancy was the featured charity for a weekly event hosted by Commissioner Chatterjee.

Celebrating Our Pets: Do they really look like us?

Click on photo for a larger view



Bailey & Finn



Midas & Gina



Jody



Romeo



Lola



Suge



Gracie Girl



Joey



Winston



Kitty



Pixie & Tigger



Josie, Olive & Fig



Big Blue & Nugget



Cooper



Bailey



Mr. Bear



Digeridoo



Pixel



Pinky & Angus



Jackson



Peter & Golden



Buster



DivaMia,
Mr. Mischief &



Cats in Charge



Barney, Penny,
Shep & Scout

Maliboo!



Mollie



Ralphie



Dog Trio



Heywood!



Kitten



Rebel



Sophia Marie



Snow Pups



Pip



Lily

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FERC Named Best Place to Work

The Partnership for Public Service named FERC the best place to work among 25 midsize agencies in its annual Best Places to Work in the Federal Government rankings and report, issued in December. This year's rankings moved FERC up from three spots, putting FERC in the top 5 agencies for the fourth consecutive year.



Cheryl LaFleur @CLaFleurFERC · 6 Dec 2017

Outstanding recognition for [FERC] and our wonderful employees - #1 on Best Places to Work list for our size!



Federal Energy Regulatory Commission

View the agency's Best Places to Work in the Federal Government results.

bestplacesatwork.org

The Partnership for Public Service created these rankings to provide a comprehensive measure of employee engagement across federal agencies. The data used to develop the rankings were based on results from the 2017 Federal Employee Viewpoint Survey (FEV1S), which was administered by OPM last spring.

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APA Event: Bazaar Spices Talk

Photos and Editorial Contributor: [REDACTED]



On December 7, the Asian Pacific American Employee Resource Group (APA-FERC) sponsored a lunch presentation on the practical uses of all-natural spices and herbs in everyday consumption that promote good health and enhance culinary experience. Bazaar Spices, a local shop featuring spices, herbs and botanicals, provided information to employees. The interactive session was attended by more than 35 FERC employees. Organizers for this events were: (b) (6) of OEA, (b) (6) of OEMR, (b) (6) OALJDR, and (b) (6) of OE.



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In Memoriam



Our colleague, **Andrew Farrell**, passed away on December 7, 2017. Andrew worked as an energy industry analyst in OEMR.

He began his FERC career in August 1989 as a clerk-typist and was promoted to the position of public utilities specialist after graduating from the University of Maryland in 1995, eventually working his way up to the position of energy industry analyst.

Chairman McIntyre said, "Although I did not personally know Andrew, I know his impact and reach went beyond OEMR as he was well liked and respected by employees throughout the Commission."

The FERC Family wishes to convey its deepest condolences to Andrew's family and loved ones. He is truly missed.

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COMMISSION Meeting HIGHLIGHTS

December Commission Meeting



OGC's (b) (6), OEPI's (b) (6), OEPI's (b) (6), and OEMR's (b) (6) (not pictured) discuss FERC's decision to Investigate pricing of fast-start resources by three grid operators. [News Release](#) | [Presentation](#) | Decisions: [E-2](#), [E-3](#), [E-4](#) and [E-5](#)



OGC's Kevin Ryan and OER's Margaret Scott discuss FERC's proposal to require expanded cyber security incident reporting. [News Release](#) | [Presentation](#) | [NOPR](#)

Photo credit: John Peschke, OEA

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Don't Miss FERC's Podcast Interview with Chairman McIntyre



FERC Chairman Kevin J. McIntyre sits down for his first Open Access interview to discuss his views on energy and his goals as Chairman, recorded December 15, 2017
[Transcript](#)

What the Commission is Tweeting

Neil Chatterjee @FERChatterjee - 30 Nov 2017

It was a pleasure serving as the keynote speaker at today's #natgas roundtable. From clearing the no-quorum backlog to looking at ways we can continue to improve our review of #natgas pipelines & other facilities, @FERC is hard at work for the American people.



Commissioner Chatterjee was the guest speaker at the Nov. 30 Natural Gas Roundtable luncheon event. The Natural Gas Roundtable is a non-profit group created to facilitate discussion on issues regarding natural gas and energy policy. Follow Chairman Chatterjee on his twitter page [@FERChatterjee](#)

Follow FERC's twitter feed: <https://twitter.com/ferc>

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FERC: What do you love most about your pet(s)?



"I love Ralphie's long, floppy ears, his never-ending wrinkles, his sad, pathetic eyes, and even his distinctive, hound smell. But most of all, I love that he loves unconditionally."

██████████, **OEIS**

What's MY LINE?



"Kitty has a lot of "cat-itude" and is a great mouser."

██████████, **OEP**



"Our tremendous, unbreakable bond we share! I enjoy taking them on vacation to the Finger Lakes wine region, which is very pet-friendly!"

██████████, **OEP**



"My cats are wonderful companions and always willing to play, though their activities late at night and very early in the morning are not as appreciated."

██████████, **OEMR**



"His unconditional love and snuggles!"

Sarah Crawford, OGC

[For full frame photos check out the FERC pet photo gallery!](#)

[All Articles](#)[All Features](#)[Feedback & Suggestions](#)[Insider Archives](#)[FERCNet Home](#)**Healthy
LifeStyles**

***Diet helps
people prevent
and treat high
blood pressure,
lower blood
cholesterol.***



DASH ranked Best Diet Overall for eighth year in a row by U.S. News and World Report

For the eighth consecutive year, *U.S. News and World Report* ranked the National Institutes of Health-developed DASH Diet “best overall” diet among nearly 40 it reviewed. The announcement came just as new research suggests that combining DASH, or Dietary Approaches to Stop Hypertension, with a low-sodium diet has the potential to lower blood pressure as well as or better than many anti-hypertension medications.

With its focus on vegetables, fruits, whole grains, low-fat dairy, and lean proteins, DASH, tied this year for “best overall” diet and was ranked No. 1 in the “healthy eating” and “heart disease prevention” categories.

According to the World Health Organization, hypertension, more commonly referred to as high blood pressure, is the most common chronic condition worldwide. It is a major risk factor for heart disease, affects 1 billion people, and accounts for 1 in 8 deaths each year.

Researchers funded by NIH’s National Heart, Lung, and Blood Institute (NHLBI) developed DASH to prevent and treat high blood pressure, but the diet also has proven highly effective in lowering blood cholesterol.

“The consistent high rankings of DASH over the years bode well for the way the diet is received and adopted, not just by health professionals, but by the public at large,” said Janet de Jesus, M.S., registered dietitian and program officer at NHLBI’s Center for Translation Research and Implementation Science. “This is especially gratifying now that new research underscores the significant blood-pressure lowering effects of a reduced intake of sodium in combination with the DASH diet.”

Previous research has shown that people who follow the DASH diet may be able to reduce their blood pressure by a few points in just two weeks. Over time, their systolic blood pressure (the top number in a blood pressure reading) could drop by eight to 14 points, which significantly reduces the risk of cardiovascular disease.

The positive health effects could be even greater if DASH is combined with a low sodium diet. [An NHLBI-funded study \(link is external\)](#) of more than 400 adults with prehypertension, or stage 1 high blood pressure, found that the combination of a low-salt diet with DASH substantially lowers systolic blood pressure. The results were impressive, according to de Jesus. Overall, participants who started out with the highest blood pressure achieved the greatest reductions.

“An interesting aspect of the DASH diet is that the effects are greater in people with hypertension or higher blood pressure at baseline, which is comparable to anti-hypertensive medications,” said Stephen Juraschek, M.D., an adjunct assistant professor at Johns Hopkins University, Baltimore, and an instructor of medicine at Harvard Medical School, Boston, and the study’s first author. “Our results add to the evidence that dietary interventions can be as effective as – or more effective than – antihypertensive drugs in those at highest risk for high blood pressure, and should be a routine first-line treatment option for such individuals.”

DASH is not a fad diet, but a healthy eating plan that supports long-term lifestyle changes. It is low in saturated fat, trans fat, and cholesterol. It emphasizes fruits, vegetables, and low-fat dairy foods, and includes whole grains, poultry, fish, lean meats, beans, and nuts. It is rich in potassium, calcium, and magnesium, as well as protein and fiber. However, it calls for a reduction in high fat red meat, sweets, and sugary beverages.

The DASH diet was one of 38 diets reviewed and scored by the *U.S. News and World Report’s* panel of health experts. To receive top ratings a diet must be relatively easy to follow, nutritious, safe, effective for weight loss and protective against diabetes and heart disease.

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Setting up a Skype Meeting

When creating an appointment in outlook you can also set up a Skype Meeting that will display a link in the invitation. This will allow participants to click on the link to view your presentation when the meeting begins.

Select the calendar Tab in outlook.

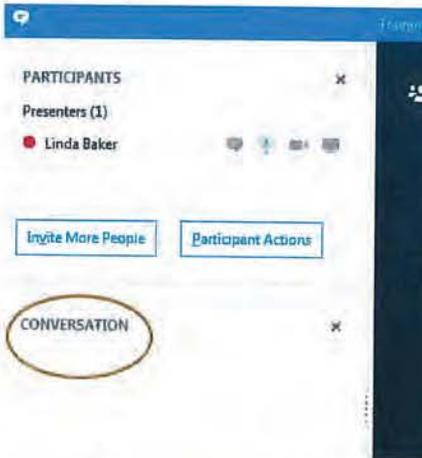
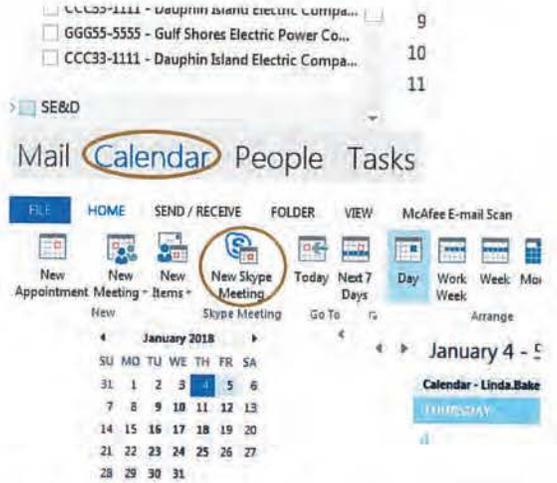
Select the New Skype Meeting Icon located on the top of the screen.

Enter the meeting information in the event. You can schedule the meeting for a future date or present time.

Click the send button.

Participants will receive an email and click on the Join Skype Meeting on the time and date of the meeting.

If you are the presenter you have the option to invite more people anytime during the meeting.



For more IT news you can use, please check out the [IT Newsletter](#) or the [CIO FERCollaborate Page](#)

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Arrivals & DEPARTURES

Arrivals & Departures Nov 1- Dec 31

November 2017—Arrivals

Lashawn Dickens, Office of Commissioner Chatterjee
Kathleen Benard, Office of Commissioner Powelson
Benjamin Williams, Office of Commissioner Glick
(b) (6), OEP, New England Branch
(b) (6), OEP, Dam Safety Branch 2 SFRO
(b) (6), OED, IT Network Infrastructure Service Support
(b) (6), OED, Employee Development Branch
(b) (6), OED, Employee Acquisition and OPS Branch
(b) (6), OED, Info Security & Systems Assurance Division
(b) (6), OED, IT Policy, Admin & Reg Compliance Division
(b) (6), OE, Analytics and Surveillance Branch 5
(b) (6), OE, Analytics and Surveillance Branch 5
(b) (6), OE, Analytics and Surveillance Branch 4
(b) (6), OEMR, East Group 6
(b) (6), OEMR, Central Group 3
(b) (6), OEMR, Central Group 2
(b) (6), OEMR, West Group 4
(b) (6), OEMR, East Group 3

Departures—November 2017

(b) (6), OEA, Media Relations Division
(b) (6), Media Relations Division
(b) (6), OAL, Branch 4
(b) (6), OE, Investigations Branch 3
(b) (6), OER, Compliance Group 2
(b) (6), OEMR, Pipeline Group 3
(b) (6), OEMR, West Group 3
(b) (6), OEMR, Division of Electric Power Regulation—East
(b) (6), OEPR, Group 3

Arrivals—December 2017

(b) (6), OGC, Group 2
(b) (6), OED, IT Network Infrastructure Service Support
(b) (6), OED, Benefits and Payroll Branch
(b) (6), OAL, Branch 3

Departures—December 2017

(b) (6), OGC, Energy Markets-2
(b) (6), OGC, Energy Projects
(b) (6), OED, Employee Development Branch
(b) (6), OED, Benefits and Payroll Branch
(b) (6), OED, Employee Development Branch
(b) (6), OAL, Technical Division Branch 1
Lee Ann Watson, OE
(b) (6), OE, Regulatory Accounting Branch
(b) (6), OER, Compliance Group 2
(b) (6), OEMR, Central Group 5
(b) (6), OEPI, Group 1

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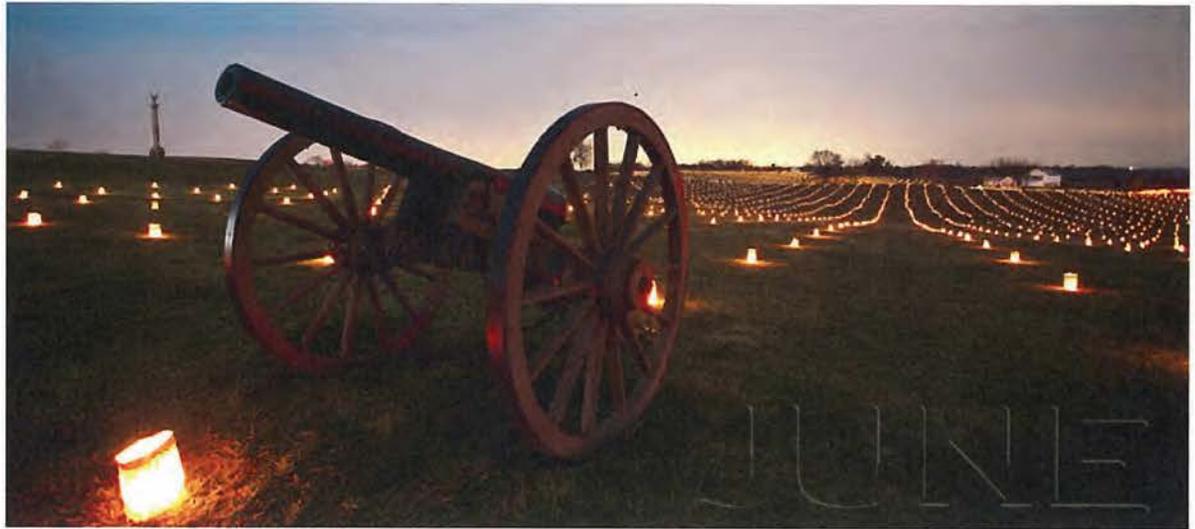
EDITORIAL
Celeste Miller



WEB DESIGN
Judy Eastwood



PHOTOGRAPHY



FERC Photographers! Submit your favorite PARK photo *local, state, national, dog, sports ...* for the September Insider issue.

Image Credit: (b) (6), OEA, Antietam National Battlefield

Submit your Park photo by August 15 to InsiderDL@ferc.gov

NAVIGATION: You have a **drop down navigation menu** on the left listing all regular features and articles. There is also a handy **page forward button** at the top right, and the FERC Insider logo on all pages will return you to the home page. Note: IE is the best browser to view the Insider.

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

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FERC Celebrates Public Service Recognition Week

FERC's public service recognition week was a huge success again this year with a [Length of Service awards ceremony](#), a competitive game of Family Feud, and an ice cream social.

Chairman Kevin McIntyre commended employees for their commitment to public service saying, "The professional excellence here hasn't surprised me. I see warmth and mutual support here every day."

In honor of Public Service Recognition week, the Chairman recognized employees who have reached 25, 30, 35, and 40 years of federal service during the time frame of Aug. 1, 2017 through May 11, 2018.

The FERC version of Family Feud featured two rounds of five teams, with the overall win going to OGC's Markets Winning Group ((b) (6)). The runner-up was Beyond Extreme Reliability from OER ((b) (6)).

Once again this year, OGC's Larry Greenfield served as host-extraordinaire for the event, keeping the contestants on track and providing humorous commentary throughout.





The final event of the week was an ice cream social and diversity fair for all employees, providing a sweet ending to the week.

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50 Years
John
Pazmino,
OEP's NYRO

Years of Service Awards



45 Years

Pictured are: Anton Porter, (b) (6), Chairman McIntyre, (b) (6) and (b) (6). Not pictured is (b) (6).



40 Years

Pictured are: Anton Porter, Michael Goldenberg, (b) (6), Linda Ross, (b) (6), (b) (6), Chairman McIntyre, (b) (6), (b) (6) and (b) (6). Not pictured are (b) (6), (b) (6), (b) (6).



35 Years

Pictured are: Anton Porter, Stephen Rodgers, Penny Murrell, Linda Gilbert, (b) (6), (b) (6)

(b) (6), Chairman McIntyre, (b) (6), Nathaniel Davis and (b) (6). Not pictured is (b) (6)



30 Years

Pictured are: Anton Porter, (b) (6), (b) (6), Charles Beamon, Chairman McIntyre, (b) (6), (b) (6) and Elizabeth Arnold. Not pictured are (b) (6), (b) (6), (b) (6) John Dring, (b) (6)



25 years

Pictured are: Anton Porter, (b) (6), (b) (6), Chairman McIntyre, Michael Mrozowski, Doug Foster, (b) (6), Brian Harrington and (b) (6). Not pictured are (b) (6) and Michael Donnini.

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DOE Briefs FERC on LNG Process

FERC hosted a number of DOE staff on May 24 to discuss DOE's liquefied natural gas import/export permitting process. DOE staff provided an overview of their review process, including their public interest reviews and their supporting economic and environmental studies.



Presenters from DOE included: Amy Sweeney, Office of Fossil Energy; Ben Nussdorf, Office of Fossil Energy; Kyle W. Moorman, Office of Fossil Energy; Cass Bernstein, Office of General Counsel; R.J. Colwell, Office of General Counsel; and Kari Twaite, Office of General Counsel.

Also attending from DOE were: Rob Smith, Office of Fossil Energy; Kathy Konieczny, Office of General Counsel; Matt Zogby, Office of General Counsel; and Seth Yeazel-Hynek, Office of General Counsel.

FERC on Capitol Hill



FERC OEP Director Terry Turpin testifies before the House Committee on Energy and Commerce Subcommittee on Energy speaking on One Federal Decision on June 7. The hearing focused on improving the hydropower licensing process.

[Testimony](#) PDF | [Event Details](#)

EBA Features Five Past Chairmen



It's not every day you see this many former FERC Chairman at the same time. Five former FERC Chairman spoke on a panel at the EBA annual meeting. From left to right: James Hoecker, Pat Wood, Joseph Kelliher, Jon Wellinghoff and Norman Bay.

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Chairman McIntyre Takes the Stage(s)



EIA Energy Conference

Chairman McIntyre was a featured speaker at the EIA Energy Conference on June 5. Following his speech, the Chairman responded to questions from the media about reports of the White House directing DOE to use the section 202(c) authority and/or the Defense Production Act to require purchases of coal and nuclear generated power, and what that means for FERC.



Washington Post Live

Chairman Kevin McIntyre was interviewed by Washington Post reporter Steven Mufson as part of the Washington Post Live series on May 9. Topics discussed included grid resilience, natural gas pipelines and LNG, and cybersecurity.

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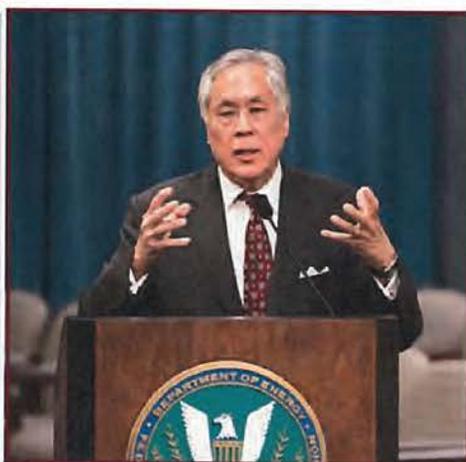
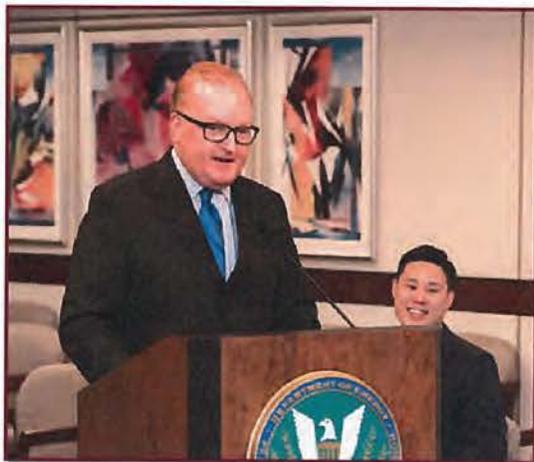
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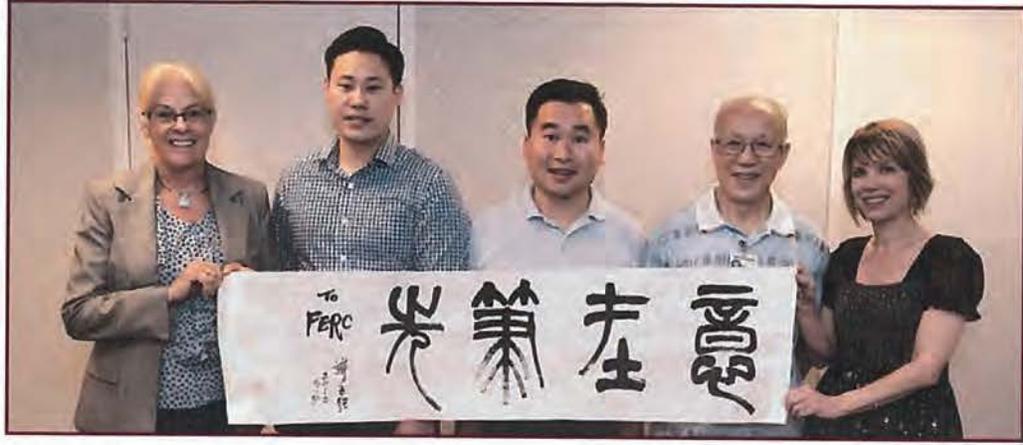
Asian American and Pacific Islander Heritage Month

For several years now, the Commission has observed Asian American and Pacific Islander Heritage Month. This year's observance kicked off May 15th in the Commission Meeting Room with featured guest Honorable Robert Gee, a former Commission employee. (b) (6), Energy Industry Analyst in the Office of Energy Market Regulation and Co-Chair of the Asian American Pacific Islander (APA-FERC) Employee Resource Group (ERG) hosted the event.



FERC Chairman Kevin McIntyre offered gracious welcoming remarks. Chairman McIntyre and our guest had had frequent interaction before and shared many friends in common. Commissioner Cheryl LaFleur also attended the event.

Mr. Gee traced highlights of a distinguished career stretching back to 1976. He began his public service career at the Interstate Commerce Commission (ICC), the first of all federal regulatory agencies. Mr. Gee then transferred to the FERC in 1979. After leaving FERC, he worked for a pipeline company and the Texas Public Utility Commission, serving as Chairman. He then served as Assistant Secretary of Energy for Policy and International Affairs, as well as Assistant Secretary for Fossil Energy.



An interview session followed with questions from (b) (6) and the audience. He shared family history and also that Mr. Gee has played a Chinese diplomat in the TV series “House of Cards.”

As part of the FERC’s ongoing observance of 2018 Asian American and Pacific Island Heritage Month, the Commission’s EEO Advisor and the APA Employee Resource Group (ERG) sponsored an entertaining and tasty program featuring Noobtsaa Philip Vang, founder and CEO of Foodhini.

Mr. Vang screened a brief video clip which traced the early development of his business in late 2016. A creative entrepreneur at heart, he believes that food can be used to create new opportunities for immigrants and refugees. Nutritious and tasty food can also satisfy the appetites for hungry foodies in search of authentic multicultural cuisine.

Learning from his own family history and that of others that he has known, Mr. Vang observed that many immigrants and refugees face financial, educational, and cultural barriers that may thwart their incorporation into American society. By providing an innovative means those with existing culinary skills, Foodhini empowers these individuals to supersede barriers and create new opportunities for their communities.

For the final program of the FERC’s ongoing observance of the 2018 Asian American and Pacific Island Heritage Month, the Commission’s EEO Advisor and APA FERC invited award-winning Chinese calligraphy artist Mr. Kit-Keung Kan to the Commission.

Mr. Kan conducted a live demonstration of traditional Chinese calligraphy in front of FERC employees and gave FERC employees a chance to practice Chinese calligraphy on their own.

Kan Kit-Keung was born in Panyu, China. He studied traditional Chinese painting and calligraphy at an early age. He first exhibited his work and participated in art competitions in Hong Kong in 1964. His painting evolved from the use of traditional techniques to study rural landscapes of Hong Kong to abstractionism.

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Glick Leads Trio of WEW Events

The Women EmPOWERing Women (WEW) resource group held a number of impressive events over the past weeks at 888.

Commissioner Rich Glick was the featured guest for group's "Meet the Commissioners" series on May 23. Commissioner Glick was nominated to the FERC by President Donald J. Trump in August 2017 and confirmed by the U.S. Senate on November 2, 2017.

Before joining the Commission, Commissioner Glick was general counsel for the Democrats on the Senate Energy and Natural Resources Committee, serving as a senior policy advisor on numerous issues including electricity and renewable energy.

At the second event, "Meet the Office Leaders" Series, FERC's Chief of Staff Anthony Pugliese was the featured speaker. Anthony joined the Commission in Aug. 2017. He recently served as the Senior White House Advisor for the Department of Transportation, where he helped oversee all aspects of the department, including pipeline safety and regulatory issues.



Photo credit: Yasmine Jamnejad

Finally, a panel discussion on empowering women to fight discrimination featured: Kathleen Barron, Senior Vice President at Exelon; Lauren O'Donnell, Vice President at TRC Solutions; Anna Cochrane, Director of OEMR; and Carmen Cintron, FERC's Chief ALJ.

The topic for the panel discussion was inspired by the National Women's History Project's theme for Women's History Month 2018: "Nevertheless She Persisted: Honoring Women Who Fight All Forms of Discrimination Against Women."

WEW's mission is to provide an opportunity for members to interact, mentor, learn, and build skills applicable to the workplace by networking with peers and agency leaders and by maintaining an open and educational forum for improving industry knowledge and personal and professional development. For more information or to sign up to be a member, email us at wev@ferc.gov. All are welcome to join. Find more information on employee resource groups and a listing of currently active groups on [FERCNet](#).

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View Office Photo Award Gallery [here](#)

Every FERC Office Receives CFC Recognition



At the CFC awards ceremony, every FERC office was recognized for their contributions to the campaign. Twelve office level awards and one agency-wide award were earned.

“I am very proud of the FERC with regard to its historical participation in the CFC. The fact that you are in the game is very important,” Chairman McIntyre said.

The Chairman also singled out campaign manager, Edward Gingold, for his commitment to making the CFC a success year after year.

FERC’s Anton Porter, campaign co-chair, said, “Support of the campaign shows that we are a best-in-class organization.”

Ernest Scott, Senior Operations Manager of the CFCNCA, was on hand to congratulate FERC on its impressive campaign.

“We are thankful for all your contributions to the CFC. Without all of you, this is not possible,” Mr. Scott said.

Also in attendance were Commissioner Cheryl LaFleur and FERC’s loaned executive Dr. Kim Pham.

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ACLI Capital Challenge

The 38th Annual ACLI Capital Challenge race, a team competition involving the Legislative, Executive, and Judicial Branches of government and the media, was a huge success. The official starter for the 3-mile race was Desiree Linden, the 2018 Boston Marathon winner, and the event was a fundraiser for the Fidelco Guide Dog Foundation, which provides guide dogs for blinded veterans.



Left to right: (b) (6) (OE), (b) (6) (OEP), Larry Parkinson (OE), Steven Hunt (OE), and Tim Smith (OE).

FERC has been a top competitor for many years, and this year was as impressive as past years. The FERC team placed 6th overall out of 90 total teams, and placed 3rd among the Executive Branch teams.

FERC's top finisher was Tim Smith, who placed **6th overall out of 523 total runners**, with a 3-mile time of 17:24.

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“Diversity isn’t optional. It is part of who we are.”

- Chairman McIntyre

FERC Celebrates LGBTQ Pride Month



Mason Emmett was a featured speaker at the LGBTQ event. From left to right are: (b) (6), Jane Rueger, Mason Emmett, and (b) (6)

FERC’s Queer Employee Resource Committee (QERC) held its third Lesbian, Gay, Bisexual and Transgender (LGBTQ) Pride event at FERC on June 6 featuring keynote speakers Mason Emmett, NextEra Energy and former Deputy Director OEPI, and Jane Rueger, a partner with the law firm White & Case, LLP.

FERC’s (b) (6) provided opening remarks and welcomed guests to the event. Chairman Kevin McIntyre introduced the keynote speakers. A special selection of music was provided by the FERC Ensemble.

During his opening remarks, (b) (6) highlighted the importance of the Employee Resource Groups (ERGs) at FERC. ERGs are voluntary, employee-driven groups that focus on shared interests and experiences and look to apply those perspectives to initiatives that create value for the Commission.

“FERC is an inclusive and wonderful place to work,” (b) (6) said. “The ERGs create a greater community at FERC.”

Chairman McIntyre stressed the importance of diversity saying, “Diversity isn’t optional. It is part of who we are.”

“You matter individually and collectively,” the Chairman continued. “We come here with every aspect of who we are. Continue to be who you are.”

Mr. Emmett and Ms. Rueger each spoke about their experiences in their profession as well as their personal lives.

“Being who you are and part of a community matters,” Mr. Emmett said. “It can have an unknowingly positive impact of your life.”

Ms. Rueger spoke about the culture in private sector law firms and her experiences. Her advice: “Continue to be vocal and be who you are.”



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OED Open House



OED held an open house for all employees on June 7. OED has moved a large portion of its offices to 999 North Capitol Street as the FERC modernization effort continues. The 4th floor of 888 vacated by OED will provide internal swing space to house employees displaced by future construction within the 888 First Street building.



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FERC Summer Interns and Volunteers



This summer, FERC is excited to welcome 47 interns and volunteers to the Commission. Our interns work in various program offices throughout the Commission and range from undergraduate students to PhD candidates. FERC's summer internship program includes professional development workshops, lunches with the Chairman and Commissioners, a field trip to Conowingo Hydropower Dam in Darlington, MD, networking through FERC's mentor-mentee program and more! The Summer Intern Closing Reception will be held on Thursday, August 2nd at 2-3:30pm in 3M-4a/b. All are welcome to attend.

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FERC, NRC Commissioners Hold Joint Meeting



Commissioners and staff from the Federal Energy Regulatory Commission (FERC) and the Nuclear Regulatory Commission (NRC) met for a joint meeting at FERC headquarters on June 7 to discuss reliability and resilience of the bulk power system, as well as other issues of mutual concern to the agencies. In addition, representatives of the North American Electric Reliability Corporation (NERC) attended and participated in this meeting.



From left to right are: NRC Commissioner David Wright; NRC Commissioner Annie Caputo; NRC Commissioner Stephen Burns; NRC Commissioner Jeff Baran; NRC Chairman Kristine Svinicki; FERC Chairman Kevin McIntyre; FERC Commissioner Cheryl LaFleur; FERC Commissioner Neil Chatterjee; FERC Commissioner Robert Powelson; and FERC Commissioner Rich Glick.

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In Memoriam

Franklin “Frank” Knight, formerly a financial analyst in OAL, passed away May 26.

Frank joined the Commission in 1975 as a financial analyst analyzing financial data and testifying in rate of return matters. He continued in that position until his retirement from FERC in September 2005.

A native of Canton, OH, Frank received a Bachelor of Science degree in 1964 from the U.S. Military Academy, West Point. Afterwards, Frank continued his education and took graduate level courses in economics and statistics at the University of Chicago, and in accounting and finance at George Washington University.

Frank also served in the U.S. Air Force from 1964 to 1969 as a management analysis officer. During that period, he participated in studies of Air Force communications and radar facilities, and conducted studies of criminal and counter-intelligence investigations for the Air Force's Office of Special 8 Investigations.

Upon an honorable discharge from the Air Force in 1969, Frank became a registered representative for Bronwen Corporation, a Washington D.C. investment brokerage firm. While there, he recommended investments in stocks and bonds and analyzed industries and investment values.

In January 1973, Frank joined the Equitable Life Insurance Company where he served as a securities analyst in their investment department. His duties consisted of evaluating economic conditions and financial statements of companies to determine their potential value as investments and recommending purchase or sale of securities to the investment committee.

He also analyzed the financial statements of other insurance companies that were candidates for merger or acquisition.

During his time at the Commission, his OAL colleague, Ed Mills remembers that “Frank was always very helpful to me and had a wonderful sense of humor.”

Frank is survived by two daughters, (b) (6)) and a number of other relatives and friends.

Donations may be made in Frank's memory to the Lymphoma Research Foundation.
The FERC Family offers its condolences to Frank's family and friends.

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May Commission Meeting

OGC's Matthew Vlissides and OER's (b) (6) present item E-1, Geomagnetic Disturbance Reliability Standard (RM18-8-000). [Staff Presentation](#) | [NOPR](#)

Below: OE's (b) (6), OE's (b) (6), OE's (b) (6), OER's (b) (6), and OER's (b) (6) discuss item A-3, the Summer Market and Reliability Assessment. [Assessment Report](#) PDF | [Staff Presentation](#) PDF



COMMISSION Meeting HIGHLIGHTS

Chairman McIntyre presents OEPI Director Arnie Quinn with the Chairman's Executive Leadership Award for his outstanding service to the public. "Through Arnie's leadership and dedication, he has overseen the development and implementation of some of the Commission's most important and landmark orders, including Order No. 890, Order No. 745 concerning Demand Response, and more recently Order No. 841 concerning Electric Storage, along with Price Formation Orders," the Chairman said.

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What the Commission is Tweeting

As part of Public Service Recognition Week, FERC employees were featured on social media highlighting what makes FERC a great place to work.

FERC @FERC · May 11
@FERC "What makes FERC a great place to work?" #PSRW #Proud2ServeUSA
@FERRoundtable



FERC @FERC · May 10
@FERC "What makes FERC a great place to work?" #PSRW #Proud2ServeUSA
@FERRoundtable



FERC @FERC · May 9
@FERC "What makes FERC a great place to work?" #PSRW #Proud2ServeUSA
@FERRoundtable



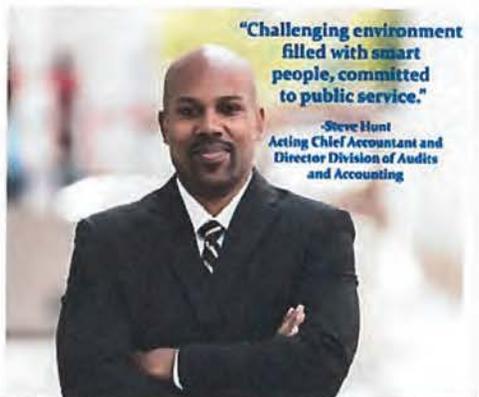
FERC @FERC · May 10
@FERC "What makes FERC a great place to work?" #PSRW #Proud2ServeUSA
@FERRoundtable



FERC @FERC · May 11
@FERC "What makes FERC a great place to work?" #PSRW #Proud2ServeUSA
@FERRoundtable



FERC @FERC · May 16
@FERC "What makes FERC a great place to work?" #Proud2ServeUSA
@FERRoundtable



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2018 Viewpoint Survey

Federal Employee Viewpoint Survey

May 3rd – June 14th

What are your thoughts about working at FERC?

Take the 2018
Federal Employee Viewpoint Survey

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Commissioners Testify on the Hill



Chairman Kevin McIntyre and Commissioners Cheryl LaFleur, Neil Chatterjee, Robert Powelson and Rich Glick testified before the Senate Energy and Natural Resources Committee on June 12, marking the first time in a decade that a full complement of Commissioners has appeared before the Senate committee.

Testimony: [McIntyre](#) PDF | [LaFleur](#) PDF | [Chatterjee](#) PDF | [Powelson](#) PDF | [Glick](#) PDF

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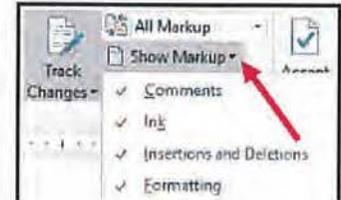
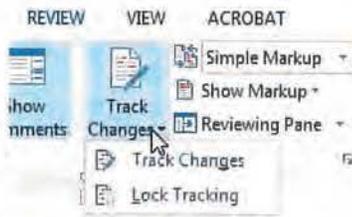
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Redlining and Editing a Document

Redlining is a form of editing in which red ink is used to indicate removal or an addition of text in Microsoft Word. You can redline a Word Document by using Microsoft Word's built in Track changes feature or manually redline a document with font color changes and strike outs.



1. Open the document that you want to red line in MS Word 2013.
2. Click the Review Tab.
3. Select the Track Changes button.

4. Click the **Show Markup** drop-down arrow and make sure that **Comments, Ink, Insertions and Deletions, Formatting** are turned ON (have checkmark).

5. Edit your document: **REMOVE TEXT:** by selecting text to remove and pressing **DELETE** button – the text will display with red strikeout text (or other color).

NOTE: A vertical line will appear in the margin of every paragraph where there is a change

ESOC New Hire Orientation Guide to Training

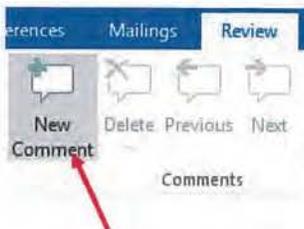
The ESOC New Hire Orientation is taught live with an instructor at the Annapolis Junction building and available to people remotely by AT&T Connect. The trainer-instructor will dial into a telecon # and log onto the Webinar and share his/her desktop. The course materials are provided to the students as printed handouts in a folder.

1 or 2 Days Before Training the Class:

1. Open the Printing Instructions for HANDOUTS document from the Training Drafts area in SharePoint.
2. Follow the instructions to print and copy the handouts for the course.
3. Assemble the handouts, notes, materials in a colored pocket folder for each student attending onsite in Annapolis Junction.

Adding Comments

1. Click at the location in the document you want to add a COMMENT.
2. Click the Review tab, then click the New Comment button.



ESOC New Hire Orientation Guide to Training

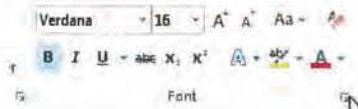
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The house also contains two fireplaces, built in book shelves, full size laundry room, movie theatre, built in beer and wine coolers. Each bedroom contains two built in drawers and shelves. The Master bedroom has a private bathroom, and all other bedrooms have an adjoining bathroom with one other bedroom.

NOTE: If you print the document with the TRACK CHANGES showing All Markup, it will print the edited text and comment like you see above.



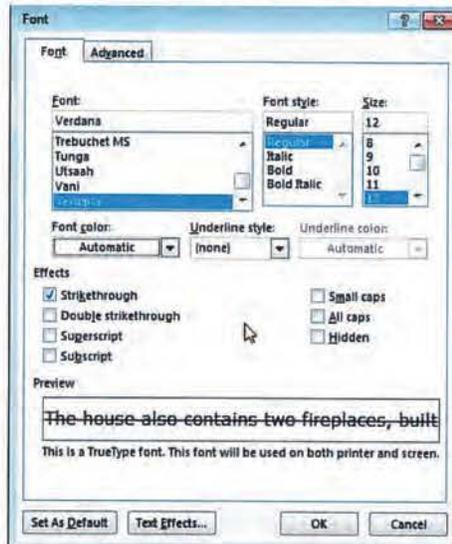
3. Select the Font Options from the Home Tab.

4. Click the strikethrough effects from the font dialogue box.

Strikeout Fonts

In addition to using the review and mark-ups features in word, you can perform a sentence or word strikeout.

1. Open up the document in Word.
2. Select the text that will be struck out.



The garage apartment has one bathroom, bedroom, full size kitchen and built in wine bar.

5. Select the font of red or any color to designate your strikeout.

6. Click the OK button.

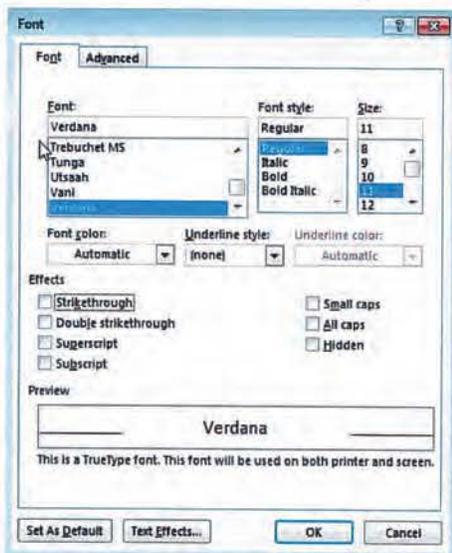
~~The house also contains two fireplaces, built in book shelves, full size laundry room, movie theatre, built in beer and wine coolers. Each bedroom contains two built in drawers and shelves. The Master bedroom has a private bathroom, and all other bedrooms have an adjoining bathroom with one other bedroom.~~

There is basketball and tennis course outside in the yard.

7. The selected text will be indicated as shown below.

8. To remove the strikeout, select the text and deselect the strikethrough option.

9. Click the Ok button.



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OE: What was your favorite part of the Royal Wedding?

What's MY LINE?



"The reference to Martin Luther King in the sermon."

[Redacted]



"The scenery."

Tim Smith



"Harry fumbling with the veil."

(b) (6)



"Her Mom beaming with pride and Prince Charles walking her down the aisle."

(b) (6)

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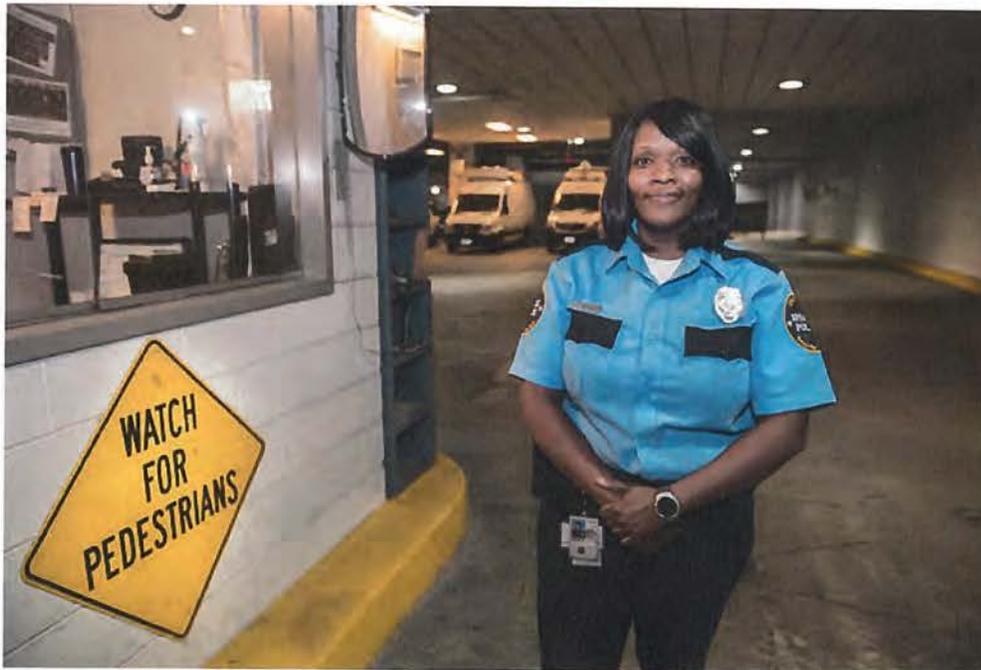
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**SECURITY
&
Safety**

Meet our Guards!



Here's the fourth installment of the "Meet Our Guards" series. This month we are featuring Officer (b) (6), who has worked here for 8 years. She is stationed at the garage post at the bottom of the ramp entrance to 888.

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30-Minute Workouts for Any Schedule

By Heather Mangieri, MS, RDN, CSSD, LDN

Published January 10, 2018

Who isn't in a time crunch these days? Even with the best intentions, it's easy to let a busy weekly routine crowd out regular physical activity. Yet, the beneficial effects of exercise are undeniable and far outweigh any risk in most adults. Current recommendations suggest that in a week, adults get at least 150 minutes of moderate-intensity aerobic exercise such as such as brisk walking or cycling, and two to three days of muscle-strengthening activities.

It's best to spread out activity during the week, as well as break it up into smaller chunks of time throughout the day. "Researchers show that small bouts of exercise throughout the day compared to one prolonged bout can be equally beneficial to one's health," says Jennifer McDaniel, MS, RDN, CSSD, LD, a spokesperson for the Academy of Nutrition and Dietetics. In addition, smaller bouts tend to be easier for people to implement and maintain. So, if you can't seem to find 30 consecutive minutes in a day for your workout, you can still fit it in by splitting up the time.

So how do we put those recommendations into practice? "When life gets busy, self-care practices like exercise can be the first to go," says McDaniel. "Schedule exercise into your calendar like any other appointment or task. Scheduling is a straightforward way of converting an intention or activity into a long-lasting habit."

10-Minute Mini-Workouts

Try taking 10 minutes in the morning, afternoon and evening to do some form of activity. This can include 10 minutes of body weight exercises (push-ups, crunches, lunges, squats, etc.) in the morning, a 10-minute brisk walk during your lunch break at work and 10 minutes of yoga-inspired stretching in the evening.

Involve the Family in Daily Fitness

Thirty minutes will fly by if you get the kids engaged in something that they, too, can enjoy. Grab the family and head out for a walk, game of tag or bike ride.

Clean with Purpose

Don't just sweep the floor, scrub the floor. Don't just unload the dishwasher, dance with the dishes. Minutes add up fast when you move more during your clean-up time.

Look for Opportunities to Walk

Suggest work meetings on the go. "Meetings don't have to happen in an office," McDaniel says. "Moving while meeting can foster more creativity and communication often is improved when conducted side-by-side compared to face-to-face. Outdoor air also improves mood, enhancing collaboration." If your job has you hanging out in airports on a regular basis, make that activity for you, too. "Walking while waiting in the airport can easily add thousands of steps to your day," McDaniel adds.

Thirty minutes of activity accumulates quickly when you seek out opportunities, such as taking the stairs,

**Healthy
LifeStyles**

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COMMISSION Meeting HIGHLIGHTS



April Commission Meeting



E-1: Uplift Allocation and Transparency in Markets Operated by Regional Transmission Organizations and Independent System Operators (RM17-2-000)—Presenters included: Katherine Scott, OEMR; Elizabeth Topping, OEPI; Adam Cornelius, OEPI; and Colin Beckman, OGC.



E-2: Reform of Generator Interconnection Procedures and Agreements (RM17-8-000)—Presenters included: Jomo Richardson, OER; Tony Dobbins, OEPI; Kathleen Ratcliff, OEMR; and Adam Pan, OGC.



C-1: Certification of New Interstate Natural Gas Facilities (PL18-1-000)—Presenters included: Thomas Chandler, OGC; Maggie Suter, OEP; Caroline Wozniak, OEMR; and Chris Ellsworth, OE.



Chair
Vice Chair
Secretary
Commissioners

April Commission Meeting



E-1: IP/6 Allocation and Transparency to Markets Operated by Regional Transmission Organizations and Independent System Operators (RTOs-000)—Presenters included: Katherine Scott, OASD; Elizabeth Toogood, OEP; Adam Cornelius, OEP; and Colin Seelman, OGC.



E-2: Reform of Generator Interconnection Procedures and Agreements (RIG-000)—Presenters included: James Richardson, OGC; Tony Dobbins, OEP; Kathleen Reddy, OASD; and Adam Pan, OGC.



C-1: Certification of New Natural Gas Facilities (PLN-000)—Presenters included: Thomas Chandler, OGC; Angela Bator, OEP; Caroline Wenzel, OASD; and Chris Alexander, OGC.



A-1: Energy Storage of the Markets Presentation (AEB-000)—Presenters included: Lucas Ehrlich, OGC; Alexander Gouderis, OGC; Dr. Prakash, OGC; and Adam Brown, OGC.

COMMISSION
Meeting
HIGHLIGHTS



Career Service Award



Chairman McIntyre presents Regis Binder, OEP, with a Career Service Award as he prepares to retire from FERC. "I thank Regis for his service to the Commission on these important reliability issues," the Chairman said. "We all wish him the best in retirement. His experience and leadership will be missed here."

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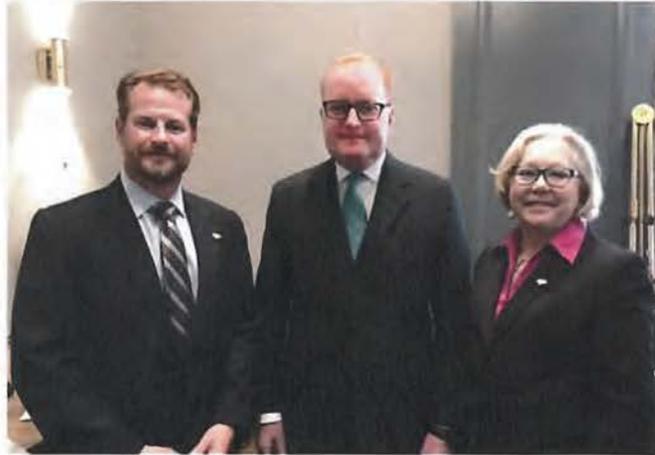
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Chairman Kevin McIntyre @McIntyreFERC · 3h
@NatHydroAssoc Waterpower Week is under way in Washington. I am grateful to President Herbie Johnson and Executive Director Linda Church Ciocci for inviting me to participate. #hydropower #gridresilience @FERC



Neil Chatterjee @FERChatterjee · Apr 26
Just kicked off bring your kids to work day here @FERC w/ some help from my son [REDACTED]



FERC and Neil Chatterjee

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Meet our Guards!

All Features

Here's the third installment of the "Meet Our Guards" series. This month we focus on the guards at the Sunrise Café entrance and the Garage entrance.

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SECURITY
&
Safety



(b) (6) at the Sunrise Café station. He has been at FERC for seven years.



(b) (6), who has worked at FERC for 17 years, is at the garage entrance.

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- Industry Analysis
- FAQs, Hot Items



"For more IT news you can use, please check out the IT Newsletter or the CIBP Collaborate Page!"

Converting emails to one PDF File

There may be at times a need to save an outlook folder that contains emails of a similar subject or topic. These can all be saved to one PDF with attachments included and viewed separately.

Select the Adobe PDF Tab in outlook.

Click the Change conversion settings button.

Ensure that "Include All attachments in the Adobe PDF" is selected.

Click the OK button.

Locate the folder in your folder list.

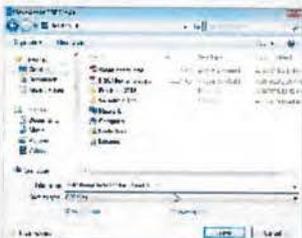
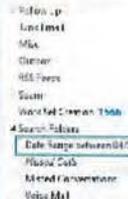
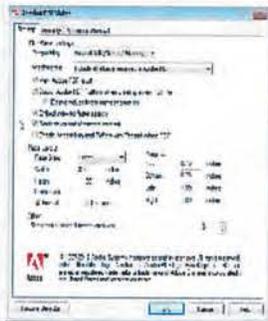
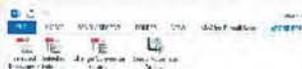
Right click on the folder and select Convert as the option menu.

Click the save button to begin the conversion of the emails and select a location for the PDF file.

The conversion may take a few minutes depending on the number of emails.

Your document will display as shown.

Available as a PDF file.



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Greener FERC: What's your green tip or suggestion for FERC employees that helps protect the environment?

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What's MY LINE?



"I try to avoid pre-packaged produce and stopped using the plastic bags in the produce department."

(b) (6), OEP



"Try looking at the benefits of eco-friendly actions and events broadly: it's a type of community service, can be great exercise, provides opportunities to learn new things, beautifies our community, unifies people and creates opportunities to socialize, improves habitat for flora and fauna, creates a safer and healthier environment, and empowers us all to be part of a paradigm shift towards environmental stewardship."

(b) (6), OEP



"I bring my lunch, utensils, water bottles and coffee cups to work to keep single use disposable items to a minimum." I also like GiveBackBox program that recycles clothing. Here's the website: <https://givebackbox.com/works>."

(b) (6), OEIS



"Be conscientious consumers. When considering what product to buy, or when to buy it, think: How is it produced? How is it sourced? Where is it coming from? Is it a seasonal product? How is it packaged? How would the product or packaging be disposed of when I'm done using it? Do I *really* need a straw with my drink?"

(b) (6), OEP

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Four Types of Foods to Help Boost Your Memory

By Marisa Moore, MBA, RDN, LD

If you're feeling forgetful, it could be due to a lack of sleep or a number of other reasons, including genetics, level of physical activity and lifestyle and environmental factors. However, there's no doubt that diet plays a major role in brain health.

The best menu for boosting memory and brain function encourages good blood flow to the brain — much like what you'd eat to nourish and protect your heart. Research found the Mediterranean Diet helps keep aging brains sharp, and a growing body of evidence links foods such as those in the Mediterranean diet with better cognitive function, memory and alertness.

[Strengthen Recall by Adding These Foods to the Rotation](#)

Eat your veggies. You're not likely to forget this message. Getting adequate vegetables, especially cruciferous ones including broccoli, cabbage and dark leafy greens, may help improve memory. Try a kale salad or substitute collard greens for a tortilla in your next sandwich wrap. Broccoli stir-fry also is an excellent option for lunch or dinner.

Be sweet on berries and cherries. Berries — especially dark ones such as blackberries, blueberries and cherries — are a rich source of anthocyanins and other flavonoids that may boost memory function. Enjoy a handful of berries for a snack, mixed into cereal or baked into an antioxidant-rich dessert. You can reap these benefits from fresh, frozen or dried berries and cherries.

Get adequate omega-3 fatty acids. Essential for good brain health, omega-3 fatty acids, docosahexaenoic acid, or DHA, in particular, may help improve memory in healthy young adults. Seafood, algae and fatty fish — including salmon, bluefin tuna, sardines and herring — are some of the best sources of omega-3 fatty acids. Substitute fish for meat a couple times each week to get a healthy dose. Grill, bake or broil fish for ultimate flavor and nutrition. Try salmon tacos with red cabbage slaw, snack on sardines or enjoy seared tuna on salad greens for dinner. If you don't eat fish, discuss other food options and supplementation with your doctor or registered dietitian nutritionist. You can get omega-3 fatty acids from fish oil, seaweed or microalgae supplements.

Work in walnuts. Well known for a positive impact on heart health, walnuts also may improve cognitive function. Snack on a handful of walnuts to satisfy midday hunger, add them to oatmeal or a salad for crunch or mix them into a vegetable stir-fry for extra protein.

These foods are not just good for the brain, they sustain a healthy heart and all parts of the body. While there's no guarantee that these foods will help you remember where you put your keys tomorrow, over time they can support lifelong good health.

Healthy
LifeStyles



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Arrivals
&
DEPARTURES

Arrivals and Departures
April 2018

Arrivals

Travis S. Fisher, Office of Chairman McIntyre
██████████, OGC, Energy Projects
John Lee Shepherd, Jr., OGC
██████████, OGC, Group 2
██████████, OEP, LNG Branch 1
██████████, OEP, Dam Safety Branch 1 CRO
██████████, OED, Info Security & Systems
Assurance Div.
██████████, OAL, Branch 1
██████████, OE, Investigations Branch 2

Departures

██████████, OGC, Group 9
██████████, OEP, Gas Branch 3
██████████, OEP, Dam Safety Branch 1
ARO
██████████, OAL, Branch 3
██████████, OE, Analytics and Surveillance Branch
3
██████████, OE, Market Oversight Branch 2
██████████, OEPI, Group 2
██████████, Office of the Secretary
██████████, OALJDR
██████████, OALJDR

In Memory of Kay Jarnagin

We recently lost another member of our FERC Family – Kayothia “Kay” Jarnagin who passed away on April 3.

Kay began federal service in April 1977 as an administrative assistant to the Director of Public Affairs at the U.S. Department of Commerce.

She started her FERC career in September 1985 and worked as a secretary in various branches in the former Office of Hydropower Licensing and in OE.

She later transferred to serve as a secretary in OEP before retiring in 2011 after 34 years of federal service.

Kay is survived by her father, ██████████ a sister, ██████████ one son, ██████████ and his wife, ██████████; three grandchildren, four great-grandchildren and a number of other relatives and friends.

The FERC Family extends condolences to Kay’s family and friends.