

## Exelon West Executive Council

### Chair:

Ginger Jones, Dresden

### Vice Chair:

Kristin McCoskey, Cantera

### Community Outreach:

Lauren Sykora, Dresden

### Professional Development:

Marisa Selover, Cantera

### Recruitment and Retention:

Stacy Baltz, Byron

### Communications:

Britni Townsend, Quad Cities

## Exelon West Site Directors

### Braidwood:

Irfan Khan

Amanda Stenson

### Byron:

Alan Hernandez

Erin Stender

### Cantera:

Eric Bruch

Chris Staum

### Clinton:

Keith Kocek

Erick Rodriguez-Ramos

### Dresden:

Joshua Smith

Alasen Zarndt

### LaSalle:

Brock Pollmann

Amber Von Ruden

### Quad Cities:

Walt Grove

Joe Haluska

## Quad Cities Hosts U.S. Representative

Quad Cities NAYGN hosted U.S. Representative from Illinois (former Rep as of Nov. 2012) Bobby Schilling. Mr. Schilling is a supporter of Nuclear Energy and his visit / tour presented the opportunity to show him the new face of the nuclear power industry, the dedicated and hardworking young professionals of NAYGN.



Quad Cities NAYGN members pose with Rep. Schilling

## Braidwood and Dresden Take a Plunge



NAYGN members with Cami before the icy plunge into the lake

Dresden and Braidwood participated in the 2013 Polar Plunge on the "Ice-A-Topes" team, jumping in the icy Leisure Lakes Resort in Joliet on March 9. The group supported Dresden Engineer Jim Aguiar's granddaughter Cami and her teammates in Special Olympics activities. They all finished successfully—despite the bruises and numb feet which resulted from running through ice to plunge into the water!

## Dresden Bows a Lucky Strike

On a cold, Chicago night, a group of more than 20 Dresden NA-YGNers gathered for some good old-fashioned team building at Lucky Strike Lanes in Lombard. Clad in the finest two-toned bowling shoes around, the members enjoyed a night of festivities that reflected a blend of 1950's and 2000's fun.

While fun and games set the tone, the overall focus remained on networking, team building and camaraderie. The casual atmosphere allowed members to interact in a setting that they may not normally get to experience during a typical work day.

Lucky Strike Lanes, Lombard, IL



ISSUE

01

April  
2013

Quarterly  
Newsletter for  
the Exelon  
West chapter  
for NA-YGN

# NAYGN News

## Professional Development

The NAYGN Annual Meeting will take place on June 21, 2013 at Lincoln Center. The theme of the meeting is "Building Your Foundation". Key speakers will include Susan Landahl, Bryan Hanson, and Jeff Williams. All NAYGN members and Summer Interns are encouraged to attend.

## Executive Council Elections Coming Soon

Elections for Executive Council positions will be held in August. This year, the following positions will be up for election: Vice Chair, Community Outreach Chair, and Recruitment and Retention Chair. If you are interested in running for a position or nominating someone else, please contact Kristen McCoskey.



## Annual Site Director Summit

On Friday March 1<sup>st</sup>, Site Directors from Braidwood, Byron, Clinton, Cantera, Dresden, and Quad Cities Stations met with the Exelon West Executive Council for the Annual Site Director Summit. Every year, leaders in NAYGN meet together to align priorities, discuss issues and metrics, and network between sites.

Following Opening Remarks and an Icebreaker, the Summit kicked-off with a round of updates from the Executive Council. The Professional Development Chair, Marisa Selover, and the Community Outreach Chair, Lauren Sykora are both planning events to engage multiple sites. Multi-site events provide opportunities for NAYGN members to network with other sites and increase attendance overall for improved metrics.

Pictured above: Erick Rodreiguez-Ramos (Clinton), Stacy Blatz (Byron), Marisa Selover (Cantera), Ginger Jones (Dresden), Walt Grove (Quad Cities), Alan Hernandez (Byron), Chris Staum (Cantera), Alasen Zarndt (Dresden), Lauren Sykora (Dresden), Amanda Stenson (Braidwood), Ifran Khan (Braidwood), Britni Townsend (Quad Cities)

## In this issue

Site Director Summit **P.1**

First Lego League **P.2**

Engineering E-Week **P.3**

Polar Plunge Event **P.4**



## Cantera NAYGN Kicks-off 2013

Early 2013 has had a public outreach focus for Cantera NAYGN. To start off the year, two of our members spoke to several AP Environmental Studies classes at Naperville Central High School about nuclear power and Exelon's role in the industry. They were able to broaden the knowledge of nuclear power to these students, answer questions they had, and to encourage these students to pursue engineering related fields.

To further our knowledge of the industry and how we can relate this to the public, four of our members were able to attend a webinar with NRC Commissioner Magwood. He spoke to NAYGN regarding future NRC plans for working with the industry. Our members were able to learn more about the NRC's plans for a post-Fukushima world.

Additionally, in January, Cantera NAYGN hosted a 2013 kick-off meeting and holiday celebratory dinner for its members. We are looking forward to a year full of professional development, volunteering, and public outreach events!

## LaSalle and Quad Judge FIRST Lego League



**Joe Haluska, Quad Cities NAYGN Site Director, referees for the FIRST Lego League competition**

LaSalle members participated in a practice competition for the First LEGO League Robotics challenge hosted at Wallace Grade School. Quad Cities members refereed the regional completion at the Putnam Museum in Davenport. NA-YGN Site Directors Amber Von Ruden (LaSalle), Joe Haluska (Quad Cities), and Walt Grove (Quad Cities) helped to judge table competitions where each team had two chances to use

programmed robots to complete various missions. Members Sammie Schussele, Adam Pflugshaupt, and Jill Bendis had the opportunity to judge the students' robot design, innovative solutions to the missions, and robot efficiency and robustness. Additionally, the students had a project presentation where the teams identified an issue related to the competition theme of Senior Solutions. The teams created a solution to the

problem and presented the issue and solution to the judges. "It is amazing how innovative and creative the students are at solving problems and building and designing robots to complete missions," said Von Ruden. "These challenging competitions teach many engineering fundamentals that the students can develop and can lead to future interest in the field of engineering."

**LaSalle NAYGN Member judge the Lego robot competition**



This winter, NAYGN members participated as referees and judges in FIRST Lego League's Annual Robotics Competition. The competition is for teams of 9 to 13 year old kids from area schools. The teams build fully autonomous robots out of Legos to compete against each other in a task based obstacle course.

The competition teaches kids the value of STEM, education, and the ways science is fun and exciting. This year's theme, Senior Solutions, encouraged participants to identify a problem faced by seniors, and create an innovative solution to the problem.



## Exelon West Sites Participate in a Community Outreach Event with Green Harvest Food Pantry

**NAYGN Members from LaSalle, Braidwood, Dresden, and Cantera pose in the Green Harvest pantry**

## Green Harvest Multi-Site Outreach Event

On Thursday, January 10, LaSalle Station's NAYGN sponsored a multi-site Green Harvest community outreach event. Nearly 20 members of NA-YGN from LaSalle, Braidwood, Dresden, and Cantera spent over 2 hours performing various tasks at the Green Harvest Warehouse in Plainfield, IL.

Volunteers helped sort food donations and children's toys, stocked shelves, moved pallets, and took down Christmas decorations. Susan Landahl, NA-YGNs Executive Sponsor, also participated in the event. This highly successful community outreach event was a great start to 2013 for the group.

"Green Harvest is an amazing organization, and we look forward to future community outreach events with Green Harvest," said Von Ruden. The next event will take place after LaSalle's refueling outage and will again be opened up to the entire station for participation. Thanks to everyone that participated!

## 4<sup>th</sup> Annual Braidwood 5K Run / Walk

This spring, Braidwood NAYGN hosted the 4th annual Braidwood Station 5K run/walk at the station. Participants registered in the Male/Female age groups; and prizes were awarded to the top 3 overall Male and Female participants, along with the top overall finisher in each age group. There were no fees for participation, but all proceeds from race day donations went to Fishing For a Cure.

## Recruiting and Retention Update

College interns and new hires will be starting within the next few months. The interns start in early June and most new hires will start near that same time.

NAYGN typically gets involved with these groups through Peer Mentoring, which entails serving as a resource to the student to network and answer questions about the community and site. Each site should schedule a local NAYGN meeting/event in early June to provide the new employees early exposure to NAYGN.

## Discover Engineering National E-Week Event

Discovery Center Museum in Rockford, IL, kicked off National Engineers' Week with a hands-on forum to give children and adults the chance to interact with local engineers. Six NAYGN members from Byron Station participated in the event on Feb. 16. Strategic planning placed the Byron table next to employees who were representing ComEd.



**Byron NAYGN Member interact with children at the Exelon booth**

The result was a great experience for visitors who could learn about electricity's path from the reactor to the home. The NAYGN members in attendance were Jon Banzhaf, Ed Blondin, Amanda Corrigan, Alan Hernandez, and Brad Swenson.