

# UNPLUGGED

OPG STUDENT NEWSLETTER

WINTER 2011



## Winter 2011 Orientation at 777 Brock Road

The OPG Orientation kicked off the beginning of a great winter term! Held at 777 Brock Road in Pickering, students ventured from all over to attend the morning orientation session. Hosted by Human Resource Representative Rose-Mary Matusiak and Human Resource intern James Dunphy, the morning began with breakfast and an introduction to the student program at Ontario Power Generation. Key speakers introduced the concept of a nuclear plant and how it works, spoke on the importance of safety in a large corporation such as OPG, and followed up with a presentation from Mark Elliott, the Senior Vice-President of Nuclear Engineering and Chief Nuclear Engineer. This provided the student co-op and interns an opportunity to understand OPG's dedication to the environmental efforts and safety with employees. Mr. Elliott also spoke on his journey with OPG, and how opportunities can arise with hard work and dedication.

The day came to an end with some time for the students to play some games, get to know one another, and enjoy pizza for lunch!

-- Brittany DeYoung

## Contributors

Ayyaz Ahmad  
Miranda Anstey  
Ammar Bhatti  
Nzinga Brown  
Brittany DeYoung  
Joe Lafond  
Jessica Lee  
Trisha Nakagawa  
Irvin San Juan  
Joel Thompson  
Lily Xu

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## Editorial Team

Trisha Nakagawa  
Brittany DeYoung



## Oscar Movie Nights – Countdown to the Big Event

The 83rd annual Academy Awards took place on February 27, 2011. To count down to the big event, a diverse group of students gathered in a mezzanine boardroom each Friday after work for three weeks to watch Oscar-nominated blockbusters. With a large projector screen, an excellent sound system, and plenty of popcorn and snacks, it felt like the real theatre experience! Attendees included co-op students from the Ministry of Finance, the Ministry of Infrastructure, the Ministry of Community Safety and Correctional Services, and the Ontario Finance Authority, as well as OPG students from various departments.

We started off with *The Social Network*, the story of Harvard undergraduate Mark Zuckerberg, who develops a computer program that will eventually become the phenomenally successful social networking site, Facebook.

The following week we watched *The Town*, a bank-heist thriller which stars Ben Affleck, who also wrote and directed the film.

Finally, we ended with *The King's Speech*, which told the story of King George VI of Britain, his impromptu ascension to the throne and the speech therapist who helped the unsure monarch become worthy of it. The film ended up winning four Oscars and countless other notable honours.

As the first student-run event of the term, it helped break the ice and get the ball rolling for other student socials, and helped form friendships that will last far beyond the co-op experience. It was a sugar-filled, fun way to get to know other students in an informal setting and wind down each week.

-- Jessica Lee



**Top picture (left to right):** Joel Thomson, Rosanne Li, Tammy Chou, Myra Khan, Jessica Lee, Alexandra Wong, Matthew Breadner.

**Bottom picture (left to right):** Ammar Bhatti, Alexandra Wong, Jessica Lee, Matthew Breadner, Ayyaz Ahmad.

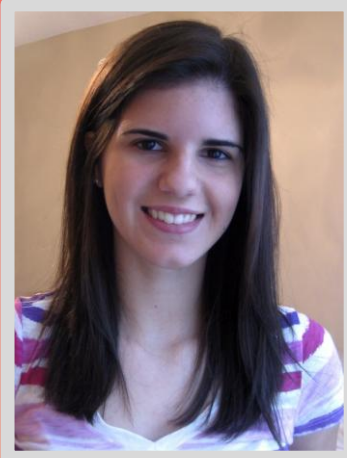
**Not pictured:** Stephen Cheung

# Miranda Anstey

**School:** University of Toronto

**Program:** Business Management

**OPG Function:** Thermal Business



## My OPG Experience

During my placement at OPG, I worked in Project Infrastructure for the Darlington Refurbishment Project. It has been a unique experience to be involved in the early detailed planning of such a large scale project. The majority of my responsibilities were in Risk Management and Lessons Learned, but I was always encouraged to get involved with work that I was especially interested in. Given my love for public speaking, I was extremely fortunate to be assigned the task of preparing and presenting multiple demonstrations of various databases to an audience ranging from new hires to management. There is no doubt that the skills and knowledge I gained while working for OPG will prove valuable to me in the future.

## Advice for Future Students

Don't sit back and wait for someone to pass some work along to you, take initiative and make yourself stand out. If you've come looking for a great, valuable work experience, you can certainly get it here!

## Life outside OPG

In the past eight months, I have taken advantage of having my evenings and weekends free, a luxury that unfortunately doesn't exist while in school! I'm usually out with friends, but I also like to spend as much time as I can with my baby niece and the rest of my family.



## Raptors Game – Bites and Baskets!

Our first co-op student social event of the year was a trip to the heart of Toronto to see the Toronto Raptors face the Phoenix Suns. It was a very enjoyable evening!

On February 25th, a few students gathered at the Loose Moose Pub, right across the street from Union Station to grab a bite to eat before the game. It was a great chance to get to know some other students and share some laughs before the game. Some people also brought their non-OPG friends, which made for a bigger celebration.

After the Loose Moose, more students joined the group at Union Station to get tickets from James, and headed to the game. As we entered the bustling Air Canada Centre, some of us were lucky enough to grab a free Raptors toque they were giving away as a souvenir from the 'Canadian' themed game!

As for the game itself, it was very bittersweet. The Raptors' opponent, the Suns, have two players that are close to the hearts of Toronto basketball fans. The first was Steve Nash, an amazing Canadian NBA All-Star. A lot of fans were happy to see him on the court and he played well. The other player was Vince Carter, an ex-Toronto Raptor. He didn't leave the Raptors on good terms, so the crowd had a wonderful time booing him whenever he touched the ball. It was quite hilarious!

Unfortunately, the Raptors couldn't catch up to the Suns the whole game, and they lost 110-92 to the Suns. Although our team lost, it was definitely a fun night for all the students who attended!

-- Nzinga Brown

**Top picture (left to right):** James Dunphy, Nabil Hasan, Virgile Kpodar, Ammar Bhatti, Bikram Modi. Nzinga Brown



## Brittany DeYoung

**School:** Dalhousie

**Program:** BComm

**OPG Function:** Thermal Business



### *My OPG Experience*

My co-op work term at Ontario Power Generation was very educational and rewarding. My position was in Programming and Support Services at the OPG Head Office. The majority of the tasks I performed focused on monthly reporting. This consisted of inputting financial, reliability, outage data and assisting with the preparation of the Thermal Division's monthly shareholder's presentation.

I was also tasked with creating a governing document, finding and entering data to surveys for Statistics Canada, and assisting with a monthly start rate analysis project. My co-op work term at OPG provided me with valuable work experience; the opportunity to work at a large and interesting corporation; and most importantly, an extremely valuable foundation to my business career.

### *Advice for Future Students*

My advice to other students with work terms at Ontario Power Generation is to ask as many questions as you can. Everyone at OPG understands that you are there to learn and provide a supportive environment. Be sure to get involved in the company events as much as possible. I participated in the Nanticoke Generating Station Tour, climbed the CN Tower, and helped raise money for the WWF. Attend student events and tours, meet new students and employees, and most of all-- have fun while learning!

### *Life outside OPG*

Prior to my co-op work term I had not spent much time in Toronto. In my spare time I explored the city on my own, as well with other Commerce co-op students, and with family and friends in the area. The restaurants were great, the jazz music was wonderful, and the shopping was fantastic!

**Top left picture (left to right):** Ammar Bhatti, Virgile Kpodar, Alpana Kpodar, Stephanie Belanger, Nzinga Brown

# The Legislative Assembly Tour – Queen’s Park

On March 23rd, six students from Ontario Power Generation attended the monthly Art & Architecture tour provided by the Legislative Assembly of Ontario. Led by two staff members specializing in History & Art, the tour was an informative and eye-opening one. There were several artworks on display mostly from the collection of Egerton Ryerson which he gathered during his travels of Europe; in addition to pieces by celebrated

Ontario artists such as George Agnew Reid. Other eye-catching works included the portraits of former Ontario Premiers – one could see the evolution of artistic style as the paintings were observed in chronological order. We were also shown the suite of the Lieutenant Governor of Ontario as well as the room housing the Legislative Assembly (below right). It was an enjoyable experience as we got to see the interior magnificence of the ‘Pink Palace’ and the building where our MPPs pass the laws we adhere to.

-- Joel Thompson



Bottom picture (left to right): Danny Huang, John Fitzell, Jeffrey McKen, Jessica Lee, Joel Thomson

## Joel Thompson

**School:** Dalhousie

**Program:** MBA

**OPG Function:** Corporate  
Emergency Management &  
Business Continuity

### *My OPG Experience*

I worked in the Corporate Emergency Management & Business Continuity Division, on the 9th floor. My work involved writing reports, preparing diagrams & presentations, as well as evaluating and providing input on various business continuity topics. I was particularly fortunate to work on the topic of solar magnetic disturbances while actual solar flares were being experienced! A briefing note that I prepared was passed on to executives within the company and used during external meetings.

Through interactions with my director, I was able to see how executives think and approach different issues. Overall, my experience at OPG exposed me to the corporate culture and will definitely help me in making an informed decision regarding my career direction.

### *Advice for Future Students*

Build your network – maximize face time with your Program Manager and/or Director. Attend and actively participate in face-to-face meetings or information sessions. Through a follow-up question after a meeting, I was able to establish a communication link with the Senior Vice President of Corporate Affairs!

### *Life outside OPG*

I highly recommend a group trip to any Baldwin St. restaurants. Another awesome place is ‘C’est What’ near St. Lawrence Market – a great place to relax and unwind after a long day’s work.

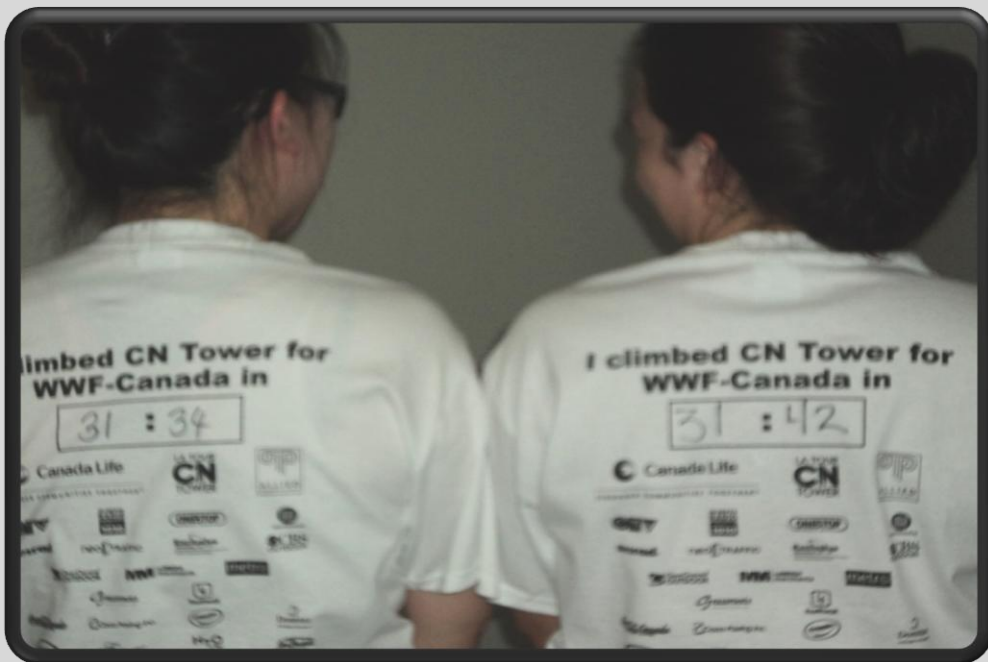


## OPG Students Help Battle Climate Change

OPG students laced up their sneakers on April 16, 2011 to climb Toronto's CN Tower in support of World Wildlife Fund Canada's fight against climate change. This year marked the 21<sup>st</sup> anniversary of the climb with more than 6200 climbers joining in on the effort. Bright and early on the morning of the climb, registration began at 6AM in the atrium of the Skywalk near Union Station. Climbers then continued down a tunnel filled with excitement, music and cheer,

through the pouring rain outside, to the starting line at the bottom of the CN Tower. Starting with two warm up flights of stairs, climbers continued through the metal staircase enclosure, containing no natural light, up 147 flights of stairs or 1,776 steps to the very top of the tower. Together the OPG students took on the physical and fundraising challenge and successfully raised \$1,025 for the WWF!

-- Brittany DeYoung



Top picture (left to right): Bikram Modi, James Dunphy, Ammar Bhatti

Bottom picture (left to right): Trisha Nakagawa, Brittany DeYoung

## Trisha Nakagawa

School: McMaster University

Program: MBA - Accounting

OPG Function: Internal Audit



### My OPG Experience

Over the past four months, I have had exposure to such diverse projects, ranging from nuclear equipment reliability initiative, to cost reduction initiatives, and expense audits. One of the most eye-opening experiences was attending fieldwork interviews with key players in the Nuclear Business Unit. The knowledge I've gained throughout my term has given me a better understanding of OPG's organizational structure, the nuclear industry, and factors affecting energy generation in Ontario.

### Advice for Future Students

Take the initiative to look for work with other managers in the group and try to get involved in as many different projects as possible. Sometimes it's easy to get caught up and focus solely on the work that you're assigned; make sure you try to understand the bigger picture and how the business units work together.

### Life outside OPG

I had a great time living in Toronto even though it was during the winter. I was finally able to catch up and spend some time with my friends from undergrad. This past term, I enjoyed cooking, exploring different parts of the city, and trying new restaurants. I also love to travel and had the chance to go to Ottawa, Boston, and Buffalo.

## Lily Xu

**School:** University of British Columbia

**Program:** BComm Finance

**OPG Function:** Electricity Sales and Trading

My OPG experience involved some 'steep climbing'. Prior to joining the Electricity Sales & Trading team, I had no knowledge of any programming language. Throughout the work term, I had the great opportunity to learn to use VBA in MS Excel to automate analysis tools. I was able to learn from each person on my team because everyone was very bright. A word of advice for future students is to pick up a programming language while you still can at school and if you've missed out on that opportunity, learn it on your own. It'll prove useful if you hope to go into Electricity Sales & Trading in the future. Toronto is a big city with many streets, shops and restaurants to be discovered. Coming from Vancouver, I was glad to have had the chance to discover my favourite restaurants, shops, and theatres in Toronto during the weekends.

## We're for the Birds!

OPG  trees

OPG  wildlife

OPG  fun

Over the weekends of April 9th to April 17th, a non-profit organization, LEAF (Local Enhancement and Appreciation of Forests) and OPG participated in a White Spruce seed kits giveaway event at four separate Cadillac Fairview malls throughout the GTA. It was accompanied with printed cards for participants on how to register their tree online ([www.opgbiodiversity.ca](http://www.opgbiodiversity.ca)) in order to track its growth and progress. OPG biodiversity brochures were also available for those who were interested.

In spite of the flurry weather conditions taking place the morning of Sunday, April 17th, staff from LEAF and OPG volunteers were present to answer OPG and/or OPG biodiversity related questions from the general public. By the early afternoon, around 400 seed kits were already handed out. Due to the high demand, LEAF staff had to call its supplier for more White Spruce seed kits to give away. These events successfully raised public awareness and support with regards to replenishing green space in urban backyards across the GTA.

-- Ethan Lo



## Irvin San Juan

**School:** George Brown

**Program:** Construction Management

**OPG Function:** Nuclear Refurbishment

My co-op term here with OPG has been an incredible experience personally and professionally. Personally, I was surrounded with a diverse group of people who were very welcoming and understanding of my role as a developmental student. Professionally, I was able to gain valuable workplace experience from a team of knowledgeable professionals who were well versed in their respective field.

The skills that I have acquired during my term here will definitely benefit me in the future and I am hoping to apply these newfound skills I have learned from OPG after I graduate.



(Photo above) A successful seed kit giveaway was made possible by many volunteers including (left to right): Ted Dewelles, Executive Writing Coordinator; Miranda Anstey, Co-op Student; Irvin San Juan, Co-op Student; LEAF's Lauren Brown as Barkley the Tree; and Kyle Ferguson - Manager, LEAF Marketing and Communications.

## Bowling Night: Club 300

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On March 18, 2011, a few OPG students got together for a dazzling bowling night at Club 300 Bowl. Club 300 Bowl has fifty 10-pin bowling lanes and 10 duck-pin bowling lanes that can accommodate up to 360 people bowling at one time. Club 300 also offers wide range of food and cosmic bowling, which made this bowling event even more intriguing.

A group of eight students met at the bowling arena around 8pm, including a few other non-OPG guests of the students. To start off, two teams of 4 were divided from the group, occupying a single bowling lane. All attendees of this event enjoyed the night and the intense clash between the two teams, which led to promising results by all.



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**(left to right):** Aditya Prashar, Joel Thomson, Jessica Lee, Matt Breadner, Alexandra Wong, Stephen Cheung, Bikram Modi

## James Dunphy

**School:** Georgian College  
**Program:** HR Management  
**OPG Function:** HR Intern/Student Coordinator



This is my 3<sup>rd</sup> and final term at OPG. This past year has been nothing short of amazing. I was fortunate to have worked with remarkable people all over the company. I am delighted with my decision to join the OPG family. The support, career development and friendships have left an everlasting impression of the company and its people. I wish the next HR intern, Stephanie, all the best.

## Stephanie Ng

**School:** George Brown College  
**Program:** HR Management  
**OPG Function:** HR Intern/Student Coordinator



I am extremely excited to be starting my one-year HR internship with OPG and am looking forward to seeing the kind of things the Recruitment & Diversity team has to offer. As James' 'successor', I am already well aware that I have big shoes to fill! I look forward to meeting the other students that are currently in their roles at OPG or will be starting their summer term.

## Joe Lafond

**School:** Cambrian College  
**Program:** Industrial Mechanical  
Millwright Technician Program  
**OPG Function:** Thermal  
Business



### *My OPG Experience*

Returning to school at 36 was not easy. At the time, my daughter was 6 months old and I had just been laid

off from another job that was going nowhere. Money was very tight, and after years of one unsatisfying job after another I decided enough was enough. At this point in my life I realized that the choice I had made not to pursue a post secondary education after high school was a mistake. I found it intimidating enrolling in college with much younger students; in addition, it was financially straining, but a wise man told me halfway through this journey that it is "short term pain for long term gain". Truer words have never been spoken. At this point in my experience I am very confident in my abilities and my self esteem is higher than ever. This was undoubtedly the best decision of my life.

During the summer of 2010 I had the opportunity to participate in a four month co-op at Ontario Power Generation. It was single handedly the most incredible experience of my professional life. I was confident going to OPG due to the education and technical experience I acquired from Cambrian; however, the co-op allowed me to build on this knowledge base, and the skill set and experience I left with was immeasurable.

I spent a lot of time during my co-op working on coupling alignments, machining, fabrication, and welding. In

addition, I fabricated safety guarding to cover couplings from nothing but an idea in my head. I was a little nervous about doing this since this was the first project my FLM had given me. He told me to take my time and that he had faith in my skills; after I was finished, the end result exceeded his expectations and mine. Because of this, he started giving me more complex projects, such as building two pump and motor assemblies which will be used for training.

### *My Advice for Future Students*

In closing I would like give all students thinking about choosing this path in life the same advice my FLM gave me: take your time and apply yourself, have faith in your skills, and you will be successful.

I was a "C" student on a good day in high school, but because of my passion for what I want out of life and applying myself to my academics, I came out on top with a consecutive 4.0 GPA. It was for this reason, along with my determination and positive attitude, that I was granted this opportunity. I will continue to work hard and do my best to excel in this chapter of my life. To the present students, future students, or to anyone reading this story, have faith in yourself and you can accomplish anything.

## Michael Boakye

**School:** Ryerson University  
**Program:** Occupational Health  
and Safety  
**OPG Function:** Hazardous  
Material Developmental Student



It is a great experience working at Ontario Power Generation. I am an active member of the Nuclear Human Resources & Employee Safety Department. My role as the Developmental Student at OPG is the Hazardous Material Coordinator Assistant.

I am involved in multiple assignments but my primary job is the coordination of Hazardous Material Assessments. During the assessment process I worked with numerous Hazmat product requesters, MSDS Centre, Supply Chain, Material Analysts, and Procurement Engineering to resolve any controversial issues which are then documented in Passport.

As part of my experience, I conducted meetings with OPG external contractors and discussed with them the standards and procedures required to work in a nuclear facility environment. I also attended the Job Safety Analysis (JSA) workshop and contributed to the assessment and writing of JSA technical reports.

OPG supports diversity and encourages all students to get involved and participate in events such as field trips. For instance, were able to visit the Nanticoke Generating Station, which is one of the largest coal fired power plants in North America. Other events included sports games, bowling, etc.

I am very lucky because I got to work with great people at OPG. The work term contributed to my knowledge and made a significant impact on my interpersonal communication skills and critical decision making skills. It also increased my competency in hazardous material systems at a nuclear facility, which will benefit greatly to my future career.



**Top right:** One of the guides showing us the turbine.

**Bottom left:** Jessica Lee, Ayyaz Ahmad, Ammar Bhatti enjoying lunch.

**Top left:** Group photo

generating stations operates and produces power compared to other generating stations such as nuclear and thermal. After this brief presentation, we were divided into five groups for the rest of tour.

The Nanticoke Generating Station consists of ten levels. We entered from level 1, which contained big turbines. Our group leader gave us a brief description of the turbine operation. As we continued the tour, we saw pulverizers that were used to crush the coal into powder form, which were then sprayed into the burners. Generated heat was used to formulate steam which then operated turbines lighting the bulb! As most of us were from the nuclear side of OPG, a comparison to one of OPG's nuclear generating stations was certain. We observed that security was not as strict as a nuclear generating station and the Nanticoke station was not as clean as Pickering or Darlington. This was due to massive coal dust that covered everything inside the station. The coal power has been a key asset to generating power for OPG for a long period of time. Due to greenhouse emissions as a result of this power generation, the plant is currently scheduled to phase out of its coal usage by 2014, and switch to biomass or natural gas.

We wrapped up the tour with a scrumptious lunch followed by a closing presentation from the Nanticoke staff. It was an amazing experience to see how a third of our very own electricity in Ontario is generated from fossil fuel and is in very safe hands of our experienced engineers.

## Coal Power: Nanticoke GS Tour

The morning of Friday March 11, 2011, was filled with joy and excitement as our group of 37 co-op/intern students were ready to take off for the Nanticoke Generating Station. Students were picked up from three different locations: Pickering, Head Office and Sheridan Centre (Mississauga) in a local yellow school bus. Since the trip to Nanticoke was an approximate two hour drive, this allowed us to make this tour even more exciting with other fun activities on the bus.

As soon as we arrived we were welcomed by Nanticoke staff. After a snack we were provided with all of the safety equipment needed to proceed with the tour. A brief presentation followed, which included a history of fossil fuel generation and how it plays an important role in the generation of electricity. All students were shown various graphs and models to show how fossil fuel



*We would like to extend a Special Thank You to Rose-Mary. Her hard work and continued dedication to the OPG student program contribute greatly to its success each year. We know we speak for all Co-op, Intern and Development students past and present in saying that your hard work is truly appreciated.*

*Thank you*



