



Society of Women Engineers East Central Iowa Section Fall Newsletter 2005

Volume
6
Issue 1

SWE-ECI's President

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Welcome to the 5th year of SWE-ECI and my second year serving you as President. I am happy to have the support and cooperation of a wonderful group of women for the FY 2005-2006 Cabinet this year:

Traci Huffman – President
Amber Doyle – Vice President
Stacy Woodson – Section Representative
Enanga Fale – Secretary
Erin Canepa – Treasurer
Ginger L'Heureux – Webmaster
Katie Coates – Outreach Director
Nicole Cavanah – Public Relations

Our first meeting of the year was our “Colors-Matrixx” meeting at the University of Iowa Campus on September 21, 2005. We had 37 participants for the event, which was very exciting. It was an enjoyable evening discussing our colors, the idiosyncrasies of each color and the best way to interact and communicate with each other.

We have had our planning meeting for the schedule this year and I hope that each of you finds something of interest to you. We have calendars again this year with meeting dates, etc., first available at the meeting in September but they will be available at future meetings as well.

Our next meeting is October 29, 2005 at The Cottage Bakery in Iowa City and is titled “What Can SWE do for YOU?” We are discussing the wide variety of programs and opportunities that SWE has for everyone and also discussing membership – participation, retention, interest, etc. Current student and professional members as well as potential new members will learn about the professional development opportunities, networking opportunities, and sharing of ideas for outreach and meeting ideas SWE has to offer its members. We hope to see you all there!

Remember the National Convention is in Anaheim, CA this year November 3-5, 2005 if you are able to attend. Also, we plan to support Iowa State University as they host the Region H Conference in Ames, Iowa in March 2006. Please put the first weekend of March in your calendars and plan to attend the Region H Conference while it is almost in our own backyard – it proves to be an interesting and enjoyable time, based on my experience over the past two years.

Watch your email, the newsletter and the website for upcoming meeting dates. Thank you for your continued support, we look forward to seeing you.

Traci Huffman

FY 2005-2006 SWE-ECI
President



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SWE-ECI Just...

...had an **amazing** professional development meeting fully sponsored by Crystal Group, Inc of Cedar Rapids, IA.



Sponsor Representatives Scott Kongable, Shelley Decker, and Wendy Crow (left to right)

With Crystal Group's, Inc support, SWE members gained insight into different Human behavior types, along with a greater appreciation and understanding for the differences in others.

According to the participants and Dajo Communications literature/website, people were/ become equipped with tools to identify his or her and others personality type to build instant rapport with others, speak in the language of one's listeners, enhance one's ability to understand others processes, and utilize effective communication techniques to produce instant and satisfactory results!

Equipped with this ability, one will perfect his or her communication skills to build positive relationships in both the professional and personal realms.



SWE Members at the Color Matrixx Professional Development Meeting

More information about this powerful tool and organizing training sessions can be found at www.dajocommunications.com.

....gained a **new** member.

Enanga Fâlé, the current SWE-ECI Secretary, joined our chapter in March of 2005.

Enanga recently graduated from Saint Cloud State University where she earned a degree in Electrical Engineering with a focus on Aviation Operations, where her involvement in SWE began. There she gained experience in the Student chapter, SWE-SCSU, as both the Vice President and President.

She currently works for Rockwell Collins in Flight Management Systems as a Software Engineer. She also enjoys flying, camping, and learning about this new community!



"Nobody can make you feel inferior without your permission." ~Eleanor Roosevelt



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SWE-ECI Meeting HighLights!

Here's a preview of what's to come this year...

October 29	Section Vitality Meeting: What Can SWE Do for You?
November 3-5	National Conference in Anaheim, CA
December 01	Social Holiday Meeting: Happy 5 th Birthday SWE-ECI
January 2006	Social Holiday Meeting: Celebrate Winter Blues
February 2006	Ethics Speaker & "Order of the Engineer"
March 3-5 2006	Region H Conference at ISU in Ames, IA
April 2006	High School Outreach Event: Ice Cream Social

CHECK SWE-ECI WEBSITE FOR UPDATES

WWW.SWE.ORG/ECI

Section vitality Meeting: What SWE can do for you?

When friends or co-workers ask you about SWE, do you know what to say?

This meeting will provide information on what SWE is and the services available to members. It will also help the section plan for the meetings that keep everyone interested. This includes professional development opportunities, networking opportunities, and the sharing of ideas for outreach events and such for SWE members of all ages.

Elizabeth Bierman, SWE Member in Minneapolis and employed by Honeywell, will lead the session for our group. We plan to complete two sessions, "Knowledge of SWE" (Everything You Wanted to Know About SWE But Were Afraid To Ask) and "Membership is a Contact Sport" (Ways to increase participation and interest), both of which are a benefit for new SWE members and a refresher for long-standing members.

Date: October 29, 2005

Time: 9:00 am - Noon

Location: The Cottage Bakery, 14 S Linn Street, Iowa City, IA

Cost: Free!

RSVP: Noon October 14, 2005 (to count for breakfast, etc.)

Contact: Traci Hoffman (thoffman@ais-collins.com)

Continental breakfast is included and will consist of assorted fresh-baked pastries, bagels and cream cheese, fresh fruit salad, coffee, milk, tea and juice.

SWE-ECI Needs You!

Open Minds, Open Doors Event

This is a conference for girls from all over Eastern Iowa to see first hand examples of women in math and science careers. The 100+ group of girls meets in an auditorium to hear a key-note speaker and then breaks out into smaller groups to attend two topics which interest them.

Help is needed to assist the Rockwell Road show present to these small groups of girls in the morning. They are looking for two people to help out during each small-group session and the thought is to include female engineers to be a strong presence at the event.

Date: October 18, 2005

Time: 5:30 pm

Location: Cox College, Cedar Rapids, IA

Contact: Katie Coates (kcoates@rockwellcollins.com)

Donate to SWE-ECI

SWE-ECI's goal in the Eastern Iowa Area to provide outreach activities focused on math, science, and engineering, while providing a networking forum for professional engineers!

To attain our goals SWE-ECI appreciates and needs your support.

*If you like to donate to SWE-ECI, please contact Nicole Cavanaugh
At
nrcavanaugh@rockwellcollins.com*

Events Soon to Come...

November 2005- Tipton Middle School Outreach Program with ISU

January 2006 - Not All Engineers Drive Trains to Elementary Schools and Future City Competition

February 2006- Engineers Week Activities

March 2006 - Invent Iowa

Remember to check SWE-ECI Website (www.swe.org/eci) and future Newsletters for details about these events!



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General SWE \ Networking News

SWE's Review of Literature on Women in Engineering~ The Society of Women Engineers has posted literature (written from late 2003-2004) reviewing women's accomplishments in engineering. It is an excellent source of information that can be found at www.swe.org/review

SWE Web Seminars~

Transitioning from Engineer to Manager
Presented by Rachel Hutter from Walt Disney World Co.

November 15, 2005
3:00 pm – 4:00 pm Eastern

Free for Members & Non-members!

Whether you've been in a technical position for two or twenty years there may come a day when you suddenly find yourself on the management track. Will you be ready? Disney's Rachel Hutter is here to help. Ms. Hutter will discuss the major differences between the two roles, the necessary skills to transition to manager, how to establish credibility and ways to measure your success. Rachel Hutter is Director, Attractions Engineering Services and Quality Assurance for Walt Disney World Company.

For more information visit www.swe.org

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SWE Dues ~ Remember to keep SWE growing by renewing your membership, and inviting others to join us! www.swe.org/renew

Professional Development Tools offered by SWE~

For Professional licensure in Engineering: SWE offers a 20% discount on exam prep materials from Kaplan (www.swe.org/kaplan)

Next available test dates are [April 16](#) for the PE and [April 17](#) for the FE,
and early registration required!

FOR IOWA:

"All **Fundamentals of Engineering** applications must be sent directly to Engineering Examination Services and are **due on March 1** for the April examinations and **September 1** for the October examinations. Fundamentals of Engineering applications are available on-line at <http://www.pcshq.com>."

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"All **Land Surveying** examination applications and **Principles and Practice of Engineering** examination applications must be sent directly to the Board, and **must be postmarked by February 1** for the April examinations and **by August 1** for the October examinations. Application packets are available elsewhere on this [web site](#) or by calling 515-281-4126." ~ Copyright ©The State of Iowa



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SWE-ECI Good Stuff!

Be Your Professional Best!

10 Tips for Getting Your Work/Life in Balance

by Randall S. Hansen, Ph.D.

Negotiate a Change with Your Current Employer. Progressive employers recognize the value of good employees, and many are willing to find ways to help current employees deal with short-term or permanent changes caused by family situations. The changes can include flextime, job-sharing, telecommuting, or part-time employment. Your first step is to research your employer's policies and methods of handling previous requests. Then go to your boss armed with information and a plan that shows how you will be an even more valuable and productive employee if you can modify your current work situation.

Find a New Career. Some careers are simply more stressful and time-consuming than others. If you need more time for yourself or your family, now may be the time to explore careers that are less stressful and more flexible.

Find a New Job. Rather than a career change, perhaps you simply need to take a less stressful job within your chosen career. This change may involve working with your current employer to identify a new position, it may involve a full job-search, or it may involve temping or becoming a consultant or starting a freelancing or other home-based business.

Slow Down. Life is simply too short, so don't let things pass you in a blur. Take steps to stop and enjoy the things and people around you. Schedule more time between meetings; don't make plans for every evening or weekend, and find some ways to distance yourself from the things that are causing you the most stress.

Learn to Better Manage Your Time. Avoid Procrastination. For many people, most of the stress they feel comes from simply being disorganized -- and procrastinating. Learn to set more realistic goals and deadlines -- and then stick to them. You'll find that not only are you less stressed, but your work will be better.

Share the Load. Even though we may sometimes feel we're the only ones capable of doing something, it's usually not the case. Get your partner or other family members to help you with all your personal/family responsibilities. Taking care of the household, children, or parents should not be the responsibility of just one person.

Let Things Go. (Don't Sweat the Small Stuff.) It's simpler said than done, but learn to let things go once in a while. So what if the dishes don't get washed everyday or that the house doesn't get vacuumed every week. Learn to recognize the things that don't really have much impact in your life and allow yourself to let them go -- and then not beat yourself up for doing so.

Explore Your Options. Get Help. If you are feeling overwhelmed with your family responsibilities, please get help if you can afford it. Find a sitter for your children, explore options for aging parents, and seek counseling for yourself. In many cases, you have options, but you need to take the time to find them.

Take Charge. Set Priorities. Sometimes it's easier for us to allow ourselves to feel overwhelmed rather than taking charge and developing a prioritized list of things that need to get done. You need to buck the trend. Develop a list. Set priorities. And then enjoy the satisfaction of crossing things off your list.

Simplify. It seems human nature for just about everyone to take on too many tasks and responsibilities, to try to do too much, and to own too much. Find a way to simplify your life. Change your lifestyle. Learn to say no to requests for help. Get rid of the clutter and baggage in your house -- and your life.

In the end, the key word is balance. You need to find the right balance that works for you. Celebrate your successes and don't dwell on your failures. Life is a process, and so is striving for balance in your life.

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Pumpkin Cheesecake



Serving: 16
Cook Time: 1 hour 15 minutes
Total Time: 2 hours plus chilling

Crumb Crust:

1 cup graham-cracker crumbs
3 tablespoons margarine or butter, melted
2 tablespoons sugar

Pumpkin Filling:

2 packages (8 ounces each) cream cheese, softened
1 1/4 cups sugar
1 can (16 ounces) solid-pack pumpkin (not pumpkin-pie mix)
3/4 cup sour cream
2 tablespoons bourbon or 2 teaspoons vanilla extract
1 teaspoon ground cinnamon
1/2 teaspoon ground allspice
1/4 teaspoon salt
4 large eggs

Sour-Cream Topping:

1 cup sour cream
3 tablespoons sugar
1 teaspoon vanilla extract
Crystallized ginger strips for garnish

1. Preheat oven to 350 degrees F. In 9" by 3" springform pan, with fork, stir graham-cracker crumbs, melted margarine or butter, and sugar until moistened. With hand, press mixture onto bottom of pan. Tightly wrap outside of pan with heavy-duty foil to prevent leakage when baking in water bath later. Bake crust 10 minutes. Cool completely in pan on wire rack.
2. In large bowl, with mixer at medium speed, beat cream cheese until smooth; slowly beat in sugar until blended, about 1 minute, scraping bowl often with rubber spatula. With mixer at low speed, beat in pumpkin, sour cream, bourbon or vanilla, cinnamon, allspice, and salt. Add eggs, 1 at a time, beating just until blended after each addition.
3. Pour pumpkin mixture into crust and place in large roasting pan. Place pan on oven rack. Carefully pour enough boiling water into pan to come 1 inch up side of spring form pan. Bake cheesecake 1 hour 10 minutes or until center barely jiggles.
4. Meanwhile, prepare Sour-Cream Topping: In small bowl, with wire whisk, beat sour cream, sugar, and vanilla until blended. Remove cheesecake from water bath, leaving water bath in oven, and spread sour-cream mixture evenly over top. Return cake to water bath and bake 5 minutes longer.
5. Remove cheesecake from water bath to wire rack; discard foil. With small knife, loosen cheesecake from side of pan to help prevent cracking during cooling. Cool cheesecake completely. Cover and refrigerate cheesecake at least 6 hours or overnight, until well chilled. Remove side of pan to serve. Garnish with crystallized ginger.

Based on individual serving.
Calories: 310,
Total Fat: 20 g,
Saturated Fat: 10 g,
Cholesterol: 95 mg,
Sodium: 225 mg,
Carbohydrates: 30 g,
Protein: 5 g

Curtsey of www.ivillage.com

"When there is no enemy within, the enemies outside cannot hurt you." ~ Anonymous African Proverb