



November 2009
Volume 1, Issue 3

President's Corner

WOW – the month of October was a great time for Space Coast, starting with our very successful WOW ! That’s Engineering at Bayside High School. Special thanks go to the Career Guidance team for their very hard work and 250 happy “smarter” girls. Several Space Coast members attended National Conference in Long Beach where we were honored with First Place for our Newsletter, Best Recruitment Event for our Professional Development Seminar and the Multi-Cultural award. Thanks to everyone who participated in making these awards happen. We also held a very well attended joint meeting with AIAA listening and learning about the possible future of the space program. We are looking forward to the “Meet and Greet” on November 9th. at Matt’s Casbah in downtown Melbourne. to enjoy one another’s company and share some fun stories. On

There is no formal meeting or cost, we are just getting together.

November 15 we are meeting at River Rocks to discuss “Say You’re One of Them” and pick our Christmas book. Plan on coming, even if you haven’t read the book, and help us pick out our next one. Keep your eyes and ears open – Andrea Wesser is working on a date and time when we can go as a group to see “Amelia” – a movie that is certainly motivating from a woman’s point of view. Our Holiday Social will be at my house – we will do “Holidays Around The World” – bring a dish from your culture, something you like to celebrate during the holidays. Thanks for all the support – and friendship – it is truly a sisterhood.



Susan Floyd
SWE-SC President

Inside this issue:

Matt’s Casbah Meet/Greet	2
Outreach News	3
Conference News	3
Book Club	3
Meet & Greet	4
Conference Feature	4
Professional Etiquette	5
Health Galore	6
Contact Us	7

Coming Soon:

- Book Club on January 24.
- Region D Conference on March 5-7 in Memphis, TN.
- Women’s History Month event on March 23.
- Professional Development Seminar on May 6.

Calendar of Events

DATE	TOPIC	LOCATION
Monday, November 9	Meet & Greet Matt’s Casbah	Downtown Melbourne
Sunday, November 15	Book Club	River Rocks, Rockledge
Sunday, December 6	Holiday Social & Book Club	Susan’s Home
Saturday, January 30	Introduce Girls to Engineering Workshop (3 rd – 6 th grade)	Cocoa Beach High School
Tuesday, February 23	Women Engineer of the Year Award	Rockledge County Club

Meet us at Matt's Casbah on Monday!

Join SWE-SC for a "Meet and Greet" on Monday evening November 9th, 7:30 pm at Matt's Casbah in Melbourne. This is a beautiful spot right in the heart of downtown Melbourne.

It will be casual, cash bar - and just a chance to meet other members and enjoy conversation and delicious beverages! Weather permitting, we will meet on the outdoor patio - otherwise we'll be inside. Make plans for a fun, relaxing evening out with SWE-SC!

www.mattscasbah.com

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Questions? Email LMcPherson@Walchem.com

Introducing Girls to Engineering WS

We're beginning to gear up for our annual outreach event for the younger girls (3rd to 6th grades) and need members to serve as module captains and module leaders. Module Captain is a new role for someone who is willing to take on a little more work. You would be responsible for logistics and training for all of the module leaders assigned to a particular module where we have more than one room of the same module running at one time. As an example, we normally run two rooms of Chocolate Asphalt and three rooms of Roller Coasters.

Judy Kersey is once again chairing this event and needs your help to make it a success. We need you to take on this leadership role. We are also looking for ideas for new workshop modules. Since many girls return every year, we like to introduce some new modules each year.

If you would like to volunteer as a module leader or captain, or have new ideas, please contact Judy at judy.kersey@swe.org

WOW! That's Engineering!

We had a great turnout as usual for our WOW! That's Engineering workshop. With over 210 girls in the 7th to 10th grades, we needed all the great support we had, including 70 adult volunteers and approximately 20 high school volunteers, with many new faces. Thank you to all of you who volunteered, we could not do it without you!!! The program was an outstanding success again with the evaluations indicating that the girls thought it was one of the greatest programs they had ever attended. Some of the girls have attended this program for a number of years now. This year we added two new modules for a total of 12 different modules. The supplies for these modules ranged from 3000 pounds of electronics, 120 bottle rockets, and 896 ounces of liquid nitrogen. We had an excellent lunch speaker this year – Rachel Hutter from Disney's Animal Kingdom Engineering Services

We are looking forward to doing this again next October and if you weren't able to attend this year, watch for the date for next year.

We know we're doing the job we set out to do from what one of the students wrote in her evaluation: "Now I know I want to be an engineer." Thanks Susie Allen-Sierpinski for chairing the great event.

Laura Melnik also conducted a Teacher Workshop on Alice Software. Alice is an innovative 3D programming environment that makes it easy to create an animation for telling a story, playing an interactive game, or a video to share on the web. Alice is a freely available teaching tool designed to be a student's first exposure to object-oriented programming. It allows students to learn fundamental programming concepts in the context of creating animated movies and simple video games. In Alice, 3-D objects (e.g., people, animals, and vehicles) populate a virtual world and students create a program to animate the objects. All the teachers attending were excited about this new innovation for their classrooms. Go to www.alice.org for more info on this free software.



Frank Trimboli of ASRC demonstrates properties of cryogenics to Selina Arends, West Shore Jr/Sr HS 7th grader



Colleen Kane, a 7th grader from Stone Middle School disassembles an amplifier in Tool Time.

SWE National Conference News by Lori McPherson



Six members from the Space Coast section of SWE attended the Society of Women Engineers Annual Conference in Long Beach CA. We attended many different presentations on Outreach, Career and Life Transitions, Innovation in Technology and Business, and Professional Development. Of course, we also found time to enjoy Long Beach, CA! Four of us enjoyed a delicious meal on the Queen Mary, and we also found time to sample some of the delicious drinks at the

famous Yard House Ale House.

Friday Evening all of our members took out six students from Embry Riddle University for dinner. We enjoyed the opportunity to get to know these students, who were extremely helpful in helping us collect donations for our Outreach events, "Introduce Girls to Engineering Workshop" and "Wow! That's Engineering". Thanks again to all of you! The event ended with "Celebrate SWE" an awards banquet where

we were proud to collect 3 awards. These awards were for "Multi-Cultural Awareness", "Best Newsletter" and "Member Recruitment Activity" for our Professional Development Seminar.

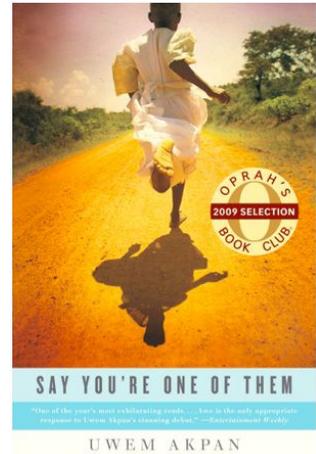
The annual conference was as always, inspiring, motivational, and a lot of fun. Next Year's event is in Orlando from Nov 4th to 6th - so we encourage all of our members to try and attend!

November Book Club

The November meeting of the SWE-SC Book Club is just a couple weeks away! The meeting will be held on **Sunday, November 15th** at 2 pm at River Rocks in Rockledge, FL. We will be seated out on their new Patio - so dress accordingly. There will be a menu for food purchases if you're hungry.

Register at: <http://www.swe-sc.org/BookClub/Register.html>

Oprah admits she's not big on short stories, but her latest pick is a stunning collection by a Nigerian priest that reflects Africa through the eyes of its children. "I was born under a palm-wine tree in Ikot Ekpene Diocese in Nigeria," writes Akpan. "I was inspired to write by the people who sit around my village church to share palm wine after Sunday Mass, by the Bible, and by the humor and endurance of the poor."

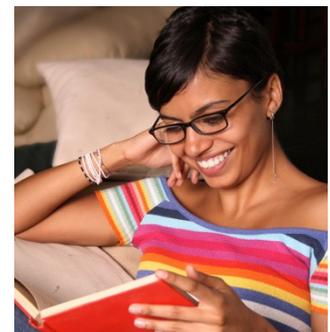


"I was inspired to write by the people ...and by the humor and endurance of the poor."

Recap of October Book Club

The SWE-SC Book Club met on Tuesday Sept 29th at Squid Lips in Melbourne, FL. Eight members attended to discuss Lisa Robyn's book *The Corporate Dominatrix - Six Roles to Play to Get Your Way at Work*. All of the attendees enjoyed discussing their

personality traits, and helping each other determine which role each person normally plays. The discussion was lively and fascinating to hear everyone's input on each other and their own experiences.



Meet & Greet

Name... Kristin Lucas

Workplace...The Boeing Company at KSC

Profession...Systems Engineer

Work Description... A member of the Design Visualization Group, we support Ground Operations teams using modeling and simulation. I support Requirements and Functional Flow documentation with images and video.

How many years a SWE

member... I joined SWE in 2004 as a Collegiate member of the Embry-Riddle Aeronautical

University(ERAU) Section. I graduated in June 2008 and was upgraded to a Professional member this year. I am excited to get involved and am now the Career Guidance/Outreach Chair and the ERAU Collegiate Counselor for this year!

Tell us a little about yourself... I graduated with my B.S. in Engineering Physics from ERAU and am enthralled by Astronomy and Planetary Science. I hope to go back to school for my Masters in the next few years. I love

volunteering, reading, nature/animals, learning new things, and traveling. I have been engaged for 2.5 years and will get married one of these days/months/years, but for now we are just living life to the fullest.

Message to SWE Members.. I see SWE as a chance to volunteer my time in giving back to the community, and to meet and learn from strong, bright women in the industry!

"To receive much, you must give much."



SWE National Conference – A First Time Attendees View by Nancy Szpara

For anyone who has never been to the National SWE Conference, I would highly recommend it. It was my first time attending Nationals, held in Long Beach, California, and it was fantastic! It really reinforced how much SWE has to offer its members and the community. Sessions on professional development and career enhancement, leadership, outreach, career and life transitions, cultural and global awareness, careers in academia, innovations in technology, and technical tours all proved to be interesting and informative. The keynote speaker, Darlene J.S. Solomon Ph.D., Chief Technology Officer for Agilent Technologies, kicked things off at a breakfast presentation. I found I wanted to attend more

sessions than time allowed, so I tried to attend a variety of topics and forums. Some of them included "Engineering a More Green and Sustainable World" and "Management in the Age of Globalization", which were plenary sessions. "The Art of Networking", "Managing People in an Unmanageable World", "Striving for and Managing a Strong Workplace", "Leadership Lessons from an Engineering Executive", and "Social Identity and the Web" were also on my agenda.

The "Lava Lounge" offered a chance to make your own SWE button, which many attendees proudly displayed throughout the conference. "Celebrate SWE!" was a fun event that included a collegiate competition from each of the regions, and a

time for cheering your region on as awards were presented. There was also a well attended career fair and numerous company-sponsored Hospitality Suites. I attended a session on networking, and I found that the environment at the conference was great for doing just that! I met women from all over, some interested in the same things as myself, or facing the same challenges. It was a great experience and I'm looking forward to the conference next year. It will be held in Orlando, which will make it easier for all of us on the Space Coast. See you there!



Beth Klein, Lori McPherson, Nancy Szpara, and Susan Floyd having dinner on the Queen Mary

SWE-SC Photo Gallery – SWE National Conference



At Breakfast Keynote



Dinner with the students from Embry Riddle



At Celebrate SWE

Professional Etiquette You Don't Think About

By Anthony Balderrama (CareerBuilder.com)

Etiquette and manners still matter at work, but it's not as cut and dried as not licking your knife while enjoying a steak dinner. The workplace etiquette you need to think about is more about consideration than it is about tradition. Sometimes we don't notice little things that irk other people.

Here are some times throughout the day when you might want to stop and think about whether or not you're being a good co-worker:

Waiting for the elevator...

Don't push the Up button when elevator doors are about to close just so you can make everyone wait while you squeeze in.

Do hold the elevator doors open if someone's only a few seconds behind you.

In the elevator ...

Don't stand uncomfortably close to someone.

Do cover your mouth when you cough or sneeze. (Not just in elevators, but anywhere, really.) You might think this one is obvious, but no ... it's not.

In the lunch area ...

Don't forget about the apple you left in the fridge two months ago. The break room is one of the few places everyone shares.

In the mail room ...

Don't forget that the mail staff is part of the company, too. If you walk in, get your mail and leave as if it magically appeared and those people working in the room had nothing to do with it, you're being rude.

Do say "thank you" to workers throughout your building.

On the phone ...

Don't call someone, call back an hour later, call a third time in the

afternoon to leave a voice mail, then send an e-mail, then call again to see if he got the e-mail. Not everyone is available when you need them to be, so give them some time to respond to you.

In the hallway ...

Don't ambush someone with a question. The answer may be more complicated than a yes or no.

In a meeting ...

Do keep the snarky comments to a minimum. Snickering with your co-workers is rude, plus, your negativity won't go unnoticed by the boss.

In the restroom ...

Do wash your hands. If you leave the restroom without washing your hands and someone sees, you will be the germ person of the office.

"The workplace etiquette you need to think about is more about consideration than it is about tradition."

22 Simple Ways to Waste Money Posted by Karen Datko on MSN.com

How are you doing with your money? Do you have everything under control, or are you spending a little more than you should?

Well, if you'd like to blow even more of your money, this list will help you empty your bank account in half the time you usually do. Enjoy.

1. Gamble in Vegas.
2. Shop hungry. It's amazing how much extra food you'll throw in your cart.
3. Draw more money on the ATM than you need.
4. Pay bills late. That will eat up some serious cash in the form on interest rate hikes & late fees.
5. Lend money to people who won't pay you back.
6. Don't shop around. The first price is not always the best price.
7. Don't buy online. Those high street retailers have lots of overhead they pass on by marking up the product.
8. Go to a state fair or carnival and buy lunch at a concession stand for a family: \$8 for a hot dog, \$4 for a can of Coke. Multiply by number of family members.
9. Feed \$1 bills into those crane machines that tempt you with stuffed animals. You may end up paying more than what the toy's worth.
10. Buy complete albums instead of cherry picking the songs you actually like from a music download site.
11. Forget to take back rental movies & library books.
12. Buy food, throw it in the back of the fridge or in the vegetable crispener and forget about it. Then, a few weeks later, you can throw it away. Cash in the trash.
13. Ignore special offers and coupons.
14. Take your car in for an oil change and proceed to get every single recommended repair.
15. Fly first class. You'll get to the same destination at the same time as folks rows behind you, but you'll pay substantially more for some legroom and a nicer meal.
16. Don't take advantage of your company's 401(k) match.
17. Buy in bulk stuff you will never be able to use or consume before the expiration date.
18. Smoke. If you go through one pack per day, you'll literally burn more than \$2,000 per year.
19. Buy brand name everything.
20. Play the lottery. There's roughly 1-in-120 million chance you'll win the jackpot.
21. Buy bottled water. It's dollars for a bottle, pennies from a faucet.
22. Don't take care of your teeth. It'll save \$ now, but the dentist bills will come pouring in later.



Health Galore: Fall Health Tips www.veria.com

If you're not careful, the combination of cooler temperatures and shorter days can turn the fall season into flu season. Here are some DIY tips to safeguard against seasonal health problems:

- Add the following foods to your diet: Avocados, bananas, mangoes, peaches, lemons, asparagus, carrots, beets, pumpkins, quinoa, oatmeal, almonds, sesame seeds, winter squash, yams,

carrots and beets. Include spices like cinnamon, cloves and nutmeg.

- Instead of ice cold drinks, enjoy warm herbal teas.
- Smoking dries out and irritates the respiratory system. Quit. Just quit.
- Follow the C.S.T.M. routine: Cleansing, Scrubbing, Toning and Moisturizing. Keep using sun block!
- Drink 8 glasses of warm

water a day. Take it in a tea, if you'd like.

- Wear appropriate warm clothing and shoes, both inside and outside.
- Try to relax, take time to unwind, and nurture yourself.



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Aspire. Advance. Achieve

Mission Statement

Our mission is to inform the community of opportunities open to women in engineering and to encourage women to enter and grow in engineering and the sciences.

Section Objectives

- **Continuing Development**
Conduct programs that provide leadership and management skills to enhance professional, personal and SWE growth.
- **Network Support System**
Provide a network to support professional, personal and family needs.
- **Promote Engineering/Science**
Conduct programs to encourage and sustain increased female and minority participation in engineering and the sciences.
- **Visibility**
Increase visibility in order to boost membership and increase members with more opportunities to serve their communities.



We have created a SWE Space Coast fan page on Facebook to better communicate with you about our events, as well as to help you network with other women engineers in the Space Coast area. You can also ask questions in the Discussion Boards and view our event photos. So, become a fan and find out more about our exciting events coming up!

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