



December 2009  
Volume 1, Issue 4

### President's Corner

It is that time of year again, when we are all so busy and working so hard to make the holidays special, we sometimes forget to take a Time Out for OURSELVES. This season I'm doing something special for myself – I'm practicing the technique I found in the book *29 Gifts – How a Month of Giving Can Change Your Life* by Cami Walker. It seems, when we think about giving more consciously, we become more aware of the others around us and in return, by changing our thoughts to "giving", we become more at peace with OURSELVES, we are happier and more content. Speaking of giving, I'm hoping you all had a wonderful Thanksgiving. We are holding our Holiday Book Club and Social at my house on Sunday afternoon. We picked two great Christmas books, and will begin discussing them at 2:00 p.m. We will be sharing our thoughts about the books, and at 3:00 the social

begins. If you don't want to participate in the book club discussion, do join us at 3:00 and bring your spouse or significant other. We are asking each person to bring a dish that represents their holiday culture. This is another opportunity to express our diversity and help us win the Multi-Cultural Award at Nationals again next year. Hope to see you there – you can confirm at our website, and there will be a room with football for all to enjoy.

We are busy planning our Introduce a Girl to Engineering Workshop to be held in January. If you haven't volunteered yet, please go to the website and register. We need all the help we can get with these 600 little girls. We are also approaching February and our Women Engineers of the Year Awards banquet and are seeking nominations for outstanding women engineers to recognize.



Susan Floyd  
SWE-SC President

Happy Holidays to you all and thanks for all you do to help advance women and girls in the field of engineering. Be safe, take care of your loved ones and most of all take care of yourself.

*Susan*

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### Calendar of Events

DATE	TOPIC	LOCATION
Sunday, December 6	Holiday Social & Book Club	Susan's Home
Saturday, January 30	Introduce Girls to Engineering Workshop (3 <sup>rd</sup> – 6 <sup>th</sup> grade)	Cocoa Beach High School
Tuesday, February 23	Women Engineer of the Year Award	Rockledge County Club
March 5-7	Region D Conference	Memphis, Tennessee
Tuesday, March 23	Women's History month: Women Taking the Lead to Save Our Planet	City tropics Bistro

### Coming Soon:

- Book Club on January 24.
- Joint Professional Meeting in April.
- Professional Development Seminar on May 6.
- End of Year Social on June 8

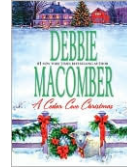
## Holiday Social & December Book Club – Sunday, Dec 6



Come join The Society of Women Engineer's Space Coast section as we celebrate **Holidays Around the World**. Bring a dish to share from your culture, and an unwrapped toy that will be donated to Toys for Tots. This is the perfect chance to catch up with old friends, network, learn about different cultures, and share the holiday cheer with others.



- › **Date:** Sunday, Dec. 6
- › **Place:** Susan Floyd's home
- › 5165 S. Tropical Trail, Merritt Island, FL 32952
- › **Book Club Time:** 2 PM
- › **Social Time:** 3 PM
- › **RSVP:** Friday, Dec. 4
- › **Register at:** <http://www.swe-sc.org/BookClub/Register.html>



The next meeting of the SWE-SC

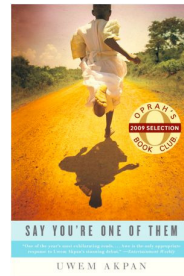
Book Club will meet just prior to the Holiday Party on Dec 6th at Susan Floyd's Home (at 2 pm). We have two Christmas stories to choose from: Debbie Macomber's *A Cedar Cove Christmas*, or Lauraine Snelling's *One Perfect Day*. Feel free to come to book club even if you haven't found time to read the book. Either one is sure to put you in the holiday spirit!

## November Book Club Recap

*"...many of the stories left vivid impressions on all of us."*

The November Meeting of the SWE-SC Book Club met at the beautiful River Rocks restaurant in Rockledge FL. 12 of us, including 3 student members from Embry Riddle Aeronautical University in Daytona Beach met to discuss Uwem Akpan's *Say You're One of Them*. This was a book of five short stories framed around children's lives in some of the poorer areas of Africa.

A recent pick for Oprah's Book Club, many of the stories left vivid impressions on all of us.



November Book Club Attendees



## Women Engineer of the Year Awards



The Space Coast Section of the Society of Women Engineers (SWE) will present the Space Coast Women Engineer of the Year Awards on Tuesday, February 23, 2010 at our annual Awards Banquet at the Rockledge Country Club. Nominations for these awards are being solicited from Space Coast engineering companies, government agencies, and technical organizations. Nominations for these awards must be submitted

electronically by Wednesday, January 20th. The three awards are:

- 1) Space Coast Outstanding Woman Engineer
- 2) Space Coast Woman Engineer Technical Achievement Award
- 3) Space Coast Distinguished New Woman Engineer

To apply for these awards you must complete a Nomination Package, which includes

- Nomination form
- Resume, and
- 2 Letters of Recommendation.

Information relative to submission of nominees and award applications are available on-line at <http://www.swe-sc.org/Award>.

Any questions relative to the application process should be referred to Suzanne Plantec at 321-446-8434 or by email to [awardschair@swe-sc.org](mailto:awardschair@swe-sc.org).

## Meet & Greet

**Name...** Elizabeth (Beth) Kline

**Workplace...**NASA Kennedy Space Center

**Profession...**Orbiter Project Engineer

**Work Description...** I am an orbiter project engineer in charge of integrating orbiter issues that cross multiple disciplines. I also verify all the operation and maintenance requirements, orbiter repairs and modifications are complete prior to the vehicle rolling out of the orbiter processing facility. Over the years I have had many roles in

engineering from system engineer, group lead, senior vehicle engineer to my current position as a project engineer. I have enjoyed all aspects of my career.

**How many years as a SWE member...** About 5 years.

**Tell us a little about yourself...** My husband (also an engineer) and I have been married for 22 years and we have five boys ranging in age from 10 to 19. They are all interested in robotics and I have been a mentor on their high school

robotics team for three years. In my free time I enjoy golfing, reading and spending time with my family and friends.

**Message to SWE Members..**

I want to remind all members to encourage young women and girls and girls to go into engineering and not to accept the opinions of others who say they can't become an engineer because they are female. I am glad my boys are growing up knowing that stereo type to be false.



## Introducing Girls to Engineering Workshop

**Registration is now open** for our workshop for girls in 3<sup>rd</sup> to 6<sup>th</sup> grades on the web at [www.swe-sc.org/IGEW](http://www.swe-sc.org/IGEW).

Workshop will be held at [Cocoa Beach High School](#) on [Saturday, January 30, 2010](#).

Please spread the word about this great one day workshop that gives the girls an opportunity to do hands on activities relating to engineering and science careers and meet women engineers. There is also a Parent's Program which will

provide tips for parents on how to help their child succeed in school and to keep them interested in science and technology.

**Volunteers needed:** In order to conduct this program for 600 girls, it takes over 100 volunteers. We need workshop module leaders, workshop helpers and more. Whether you have already told someone you would help or not, please sign on to

our website and signup with your name, job choice and a meal selection so we can make sure all the jobs are filled.

<http://www.swe-sc.org/IGEW/VolunteerReg.htm>  
Questions? Email [judy.kersey@swe.org](mailto:judy.kersey@swe.org)



## FIRST LEGO League Robotics

The FIRST LEGO League competition season is in full swing. There are local qualifying competitions going on just about every weekend (except the holidays) until the middle of January when we start the Region Tournaments. This year there will be two Region Tournaments in Brevard – January 23 and February 6 – both at Cocoa Beach High School

followed by the State Championship at Florida Tech on Sunday, February 28. We will be seeking Judges for the Region and State event. This year, the section is sponsoring seven all-girl team and have several other teams that are coached by members. If you would like to attend one of the local tournaments, they normally run from 9am to about 3pm every

every Saturday at several local schools. You can check for one near you at

[http://www.flrobotics.org/tournament\\_locations.htm](http://www.flrobotics.org/tournament_locations.htm) or email [judy.kersey@swe.org](mailto:judy.kersey@swe.org)



## SWE-SC Photo Gallery



*Susie Allen, Robert Atkins and Susan Floyd at Joint AIAA & SWE Dinner Meeting*



*Guest Speaker: Robert Atkins*



*At WOW with Guest Speaker: Rachael Hutter*

## Joint AIAA & SWE Dinner Meeting

The October Joint AIAA/SWE dinner meeting was a huge success, it was great to see so many members from both organizations. The speaker Mr. Robert Atkins of Lockheed Martin Space Systems Company did a wonderful job of sharing with us his views of where the Kennedy Space Center can go with future operations

with his topic “Reacting to the Augustine Report and what its impact might mean locally”. The three hour long event provided an atmosphere for networking opportunity and information dialogue with approximately 70 members in attendance. This meeting also provided an opportunity for the AIAA Cape Canaveral section and

the SWE Space Coast section to announce their annual awards.



## Science Fair Judging

School Science Fairs are approaching fast! We have 3 in Brevard County we have supported for several years, as well as 2 in Volusia County that we would like to start supporting again. SWE-SC awards Scholarship money to selected Junior and Senior students for 1st and 2nd place projects. We are in need of someone to organize

volunteers for each of these events. If you are interested in leading the effort or volunteering as a judge in either County, please contact Kristin Lucas at (703)901-7433 or [Kristin.N.Lucas@boeing.com](mailto:Kristin.N.Lucas@boeing.com).

This is your opportunity to get more involved!





## 2010 Professional Development Seminar

SWE typically holds a Professional Development Seminar in the spring each year. The 2009 seminar was held at the Harris Corporation and was a huge success. We are looking for someone to lead the event in 2010.

Responsibilities include

arranging a location for the seminar and arranging speakers. Don't worry – there will be plenty of help. This past year there was a team of people putting the event together.

Please contact Nancy Szpara at [nszpara@mindspring.com](mailto:nszpara@mindspring.com) or [nancy.r.szpara@boeing.com](mailto:nancy.r.szpara@boeing.com) if

you are interested or need more information.



## Can You Ask for a Raise in This Economy? By Anthony Balderrama, CareerBuilder.com

Ever since the economy went south last fall, workers have considered themselves lucky just to have jobs. Complaints about annoying co-workers or boring meetings have been followed by, "Well, at least I've got a job to complain about."

That sentiment isn't misguided, but it also leaves workers vulnerable to unfavorable work conditions because they don't want to appear ungrateful. Maybe the fear of being fired (and easily replaced) in this economy is the stronger influence. Either way, employees can't let their fear outweigh their professional goals.

A common workplace ambition is to earn more money or, at the very least, be fairly compensated for a job well done. Salary talks are always tricky ventures, and they're made even worse with

high unemployment figures sitting in the back of your mind. That shouldn't stop you from asking for a raise.

Let's put aside the economy and every other excuse, unless your company is on the verge of bankruptcy. The real issue is [whether you are] confident in the statement, 'I deserve a raise now.'. Deserving a raise is very different from wanting one.

If your performance and the quantifiable results from your initiatives have exceeded expectations and have resulted in X increase in profits, Y cost savings, Z brand expansion or customer base ... then move forward. But remember, timing is important: Knowing your company's culture and climate, and your boss's mood and confidence, will enable you to choose your time well.

Whether you can ask for a raise in this economy and whether you'll get one are two separate issues. Employees have to sell themselves if they want more money, and the best way to do that is to almost beg for new roles and responsibilities. Simply asking for more money because they just want more money isn't going to cut it and will actually look poorly upon the individual.

The best way to demonstrate your contribution and worth to the company is to spell it out on paper. Come with a one-pager of all your tangible accomplishments. Keep a written accomplishment log so you don't forget what you've produced for the company. Time your conversation carefully and be prepared for a negotiation.

However you look at it, asking for a raise is possible in this economy if you know your audience and have a plan.

*"Asking for a raise is possible in this economy if you know your audience and have a plan."*

## Health Galore: 7 Foods That Should Never Cross Your Lips

by Anne Underwood [www.health.msn.com](http://www.health.msn.com)

Food scientists are shedding light on items on items loaded with toxins and chemicals – and simple swaps for a cleaner diet and supersized health.

### 1. Canned Tomatoes

**Problem:** The Resin lining of tin cans contain a synthetic estrogen linked to reproductive problems, heart disease, diabetes, and obesity.

**Solution:** Choose tomatoes in glass bottles.

### 2. Corn-fed Beef

**Problem:** Cattle are fed corn, not grains, to fatten for slaughter. This meat is much less nutritious.

**Solution:** Buy grass-fed beef

### 3. Microwave Popcorn

**Problem:** Chemicals in lining of bag are linked to infertility in humans.

**Solution:** Pop natural kernels the old-fashioned way – in a skillet.

### 4. Nonorganic Potatoes

**Problem:** Potatoes are treated with fungicides during the growing season, sprayed with herbicides during harvesting, and treated again after being dug up. All these chemicals are absorbed by the potato and cannot be washed off.

**Solution:** Buy organic potatoes.

### 5. Farmed Salmon

**Problem:** Nature didn't intend for salmon to be crammed. As a result, farmed salmon is lower in Vitamin D

and higher in contaminants.

**Solution:** Switch to wild-caught Alaska salmon. If package says fresh Atlantic, it's farmed.

### 6. Milk Produced w/ Artificial Horm.

**Problem:** Large levels of growth hormones may contribute to breast, prostate, and colon cancers.

**Solution:** Check labels for rBGH-free, rBST-free, produced without artificial hormones or organic milk.

### 7. Conventional Apples

**Problem:** Apples don't develop resistance to pests and are sprayed frequently with pesticides.

**Solution:** Buy organic apples.



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## 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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