

EASTERN NEBRASKA WIRE



Volume 5:
Winter 2010

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Congratulations to Lara Syrocki!



The Eastern Nebraska Section is excited to announce that Lara was selected as one of the Midlands Business Journal 40 under 40! Thank you Lara for being such an accomplished SWE Member and we are proud of you for your achievements. We wish you continued success in your new role as an Area Manager for Kleinfelder.

(See article page 5).

Message from the President



Greetings! It's hard to believe we are almost halfway through the SWE year! At this juncture, I'd like to pause and highlight the achievements of the Eastern Nebraska Section in this short time:

- We have hosted 2 networking events – 1 in Lincoln and 1 in Omaha.
- We have hosted 3 general membership meetings – 1 in Lincoln and 2 in Omaha.
- We have added 3 new members and are currently leading the Region in growth (with a close second in retention)!
- We have hosted 1 outreach event (WOW! That's Engineering) and spread the message of engineering to over 100 young women!

A huge **THANK YOU** goes out to our WOW! That's Engineering planning committee, meeting hosts, Membership Chair, and all the volunteers and attendees who have participated in these events. I urge the rest of you to come and see what you're missing! The Section Officers are working to finalize the section calendar through the remainder of the SWE year (June 2011) and we will have that posted by the end of 2010.

The Annual Conference for Women Engineers was hosted this past November in Orlando, Florida. The Eastern Nebraska Section was well represented with 4 professional members – Angel McMullen-Gunn, Karla Romereim, Pam Dingman, and myself. In addition to attending the Keynote Breakfast, Region meeting, and personal and professional development sessions, I represented Region i as a contestant in the SWE "Know It or Show It" game show at the Celebrate SWE banquet that closed the conference. Who knew catching an Oreo in your mouth from a starting point on your forehead – without using your hands – would be a talent to show off in front of the conference attendees! Okay, so maybe the Oreo took a lucky roll, but I'll take the 2 points for winning the challenge just the same. The 2011 Annual Conference will be in Chicago and I look forward to an even stronger attendance from our Section.

On a related conference note, the 2011 Region i Conference will take place in March 2011 in Golden, Colorado and registration is now open. More information can be found in the upcoming events section of the newsletter.

Thank you again to all the Eastern Nebraska Section Officers, Members, and Supporters. Wishing each of you a very

Happy Holidays!

Sincerely,

Cybil Boss
President

Upcoming Events

FY 2011

Eastern Nebraska SWE Section Calendar

<p>Work/Life Balance January 27, 2011</p> <p>Join us at EDC in Lincoln to discuss meal planning and how to put a home made meal on the table nightly! Please watch for the Evite.</p>	<p>Engineer's Week February 20-26, 2011</p> <p>The Engineer's Week Banquet will be held at the Strategic Air & Space Museum in Ashland on February 24th. Registration form is available in this newsletter!</p>	<p>Joint Meeting with ASCE March 2011</p> <p>Our March meeting will be a joint meeting with ASCE. The topic for this meeting will be environmental.</p>
<p>Region i Conference March 4-5, 2011</p> <p>The Region i Conference will be hold in Golden, CO. Additional infomration is available in the newsletter.</p>	<p>Leadership Coaching Committee April 28, 2011</p> <p>SWE's Leadership Coaching Committee will be presented at our April meeting. Stay tuned for the presentation topics.</p>	<p>Strategic Planning May 26, 2011</p> <p>Our Strategic Planning meeting will be held in Omaha this year. Please join us to shape the FY12 SWE year!</p>

Contact the Program Development Chair, with any questions! Email: program_development@swe-nebraska.org

Upcoming Meetings

2011 Region i Conference



The 2011 Region i Conference will be hosted by the Colorado School of Mines in Golden, Colorado on March 4-5, 2011.

Registration is now open! Please visit the conference website for more information (<http://www.csm-swe.org/index.php>).

Board Meetings

Board meetings will be held the first Wednesday of every month at 11:45 am. All are welcome to attend. The officers and chairs will provide monthly reports and discuss unfinished and current business of the section. For more information contact the president, Cybil Boss, at president@swe-nebraska.org.

Save the Date!

ANNUAL E-WEEK BANQUET
THURSDAY, FEBRUARY 24, 2011

1.0 Professional Development Hours (PDH) available

0.1 Continuing Education Units (CEU) or

Banquet Location:

Strategic Air and Space Museum
28210 West Park Highway
Ashland, NE 68003

6:00 PM – Social Hour (Cash Bar)

7:00 PM – Banquet & Speaker

LOOK FOR THE SIGN-UP FLYER AT THE END OF THIS NEWSLETTER!

Sponsored by the Engineer's Roundtable

Engineers Roundtable website:

<http://www.eroundtable.unomaha.edu>



November General Membership Meeting



On November 16, 2010, SWE hosted the November General Membership Meeting at Leo A Daly. The meeting was a joint meeting with the Young Professionals Organizations from LEO A DALY and HDR. The topic of the meeting was **Learn how to use LinkedIn to brand yourself for professional success!** The featured speaker was [Jocelyn Joyce](#) from LinkedIn. Jocelyn has served as an Enterprise Services Manager for Corporate Solutions at LinkedIn since August of 2008. As an Enterprise Services Manager Jocelyn works directly with Corporate Recruiters and Staffing Firms to help them leverage the LinkedIn network in their recruiting endeavors. Jocelyn grew up in a small town in central Nebraska and has one younger sister. She moved to Omaha in 2001 and currently lives in Southwest Omaha. Outside of work, Jocelyn is actively involved in various professional groups in Omaha and served on the Greater Omaha Chamber of Commerce Young Professional Council Board from 2005 through 2008.

Lara Syrocki Selected as a 2010 recipient of the Midlands Business Journal's ninth annual 40 Under 40 Awards

Earlier this month Kleinfelder's Lara Syrocki, PE, business unit leader for the Nebraska region in the Omaha office, was named to the Midlands Business Journal's "40 Under 40" list, which recognizes professionals under the age of 40 for their contribution to business and community.

"I am very excited and honored to be selected for this award among the region's leaders and entrepreneurs," said Lara, who joined Kleinfelder in 2007. "Kleinfelder has provided me with the tools and opportunities to become a leader and advance my career. I attribute my selection for this award to working here and managing the Omaha office."



Specifically, Lara was selected for increasing the Omaha office's revenue and profitability this current fiscal year and also delivering Kleinfelder's service lines to local and national clients and teaming partners.

"It took a team of highly dedicated engineers, geologists and support staff to achieve this success," said Lara. "I'm fortunate to work with many wonderful employees committed to delivering as 'One Company.'"

Syrocki received her bachelor's degrees in civil engineering from both the Jordan University of Science and Technology and the University of Nebraska Lincoln - Omaha Campus. She later went on to receive her master's degree in civil engineering from UNL - Omaha Campus in 1997.

Syrocki's leadership has extended to other facets of her professional life; she has taken on numerous officer positions since 2000 with the Society of Women Engineers Eastern Nebraska chapter, as well as chairman and director roles with the American Society of Civil Engineers and Society of American Military Engineers, respectively.

Women's Kayaking Weekend

By Meagan Hall

One mission of the HDR Young Professionals Group is to build interpersonal relationships with co-workers and clients. Two women in Omaha's Environmental Section, Melissa Marinovich and I, took this concept a step further to create new and strengthen existing relationships among the women within the engineering company, a nearby office, and valued clients by creating a women's kayaking weekend.

Eight women - five environmental scientists, two transportation engineers, and one client - spent a weekend in September at the Heartland Elk Guest Ranch near Sparks, Nebraska. The highlight of the weekend was kayaking on the Niobrara River.

The benefit of stepping outside the box - and in this case, our cubicles - is connecting with other female co-workers who are facing the same challenges as you. Common discussion themes were work/life balance, approaching challenges at work, and methods on how to be more effective with clients.

Our goal is that this event will grow each year to include women from other offices, more clients, and a mix of management and non-management employees. The cabin is already booked for next year!



L-R: Meagan Hall (Omaha), Melissa Marinovich (Omaha), Jill Rust (Sioux Falls), Amanda Stahlnecker (Omaha), Becky Baker (Sioux Falls), Kelly Farrell (Omaha), Jennifer Crumbliss (Omaha), and Sara Porter (Nebraska Department of Roads, Lincoln) on the bank of the Niobrara River.

SWE Meeting: Women & Finances

By Cybil Boss

Six women attended our October General Membership Meeting in Lincoln to discuss *Women & Finances*. Mr. David Baumann, a Financial Advisor with Renaissance Financial, led our discussion. Mr. Baumann gave attendees a brief summary of Renaissance Financial before the open discussion was held. Renaissance Financial provides financial consultation to individual and corporate clients throughout the country. Some of the services they offer include estate and investment strategies, portfolio analysis, and life insurance preparation. Mr. Baumann's goal when working clients is to formulate a strategy behind the financial planning while also watching taxes. Renaissance Financial manages \$2.5 Billion in investments for approximately 24,000 clients and has about 260 employees across offices in Missouri, Nebraska, and Kansas.

Mr. Baumann shared some interesting statistics with our group:

- In the past two decades, more women are working and more families are dual income.
- The wealth of the world is estimated at \$20 Trillion.
 - 33% of that is allotted to North America
 - 27% is controlled by women

- 40% of businesses are owned or co-owned by women!

During the discussion, attendees were able to ask Mr. Baumann questions they had concerning investing and retirement. We discussed how your investing needs may change throughout your life (i.e., children no longer in daycare, children entering college, mortgage payments finished). We also had a discussion on long-term care insurance, the different types available, and how this program is changing. Current cost estimates for long-term care are \$58,000 annually, with the projected cost of up to \$100,000 annually in the future. He mentioned the sweet spot for buying long-term care insurance (with regards to premiums) is around 48 to 52 years old.

Thank you to all who attended our October General Membership Meeting.



PERSONAL & PROFESSIONAL GROWTH

Tips to Help Balance Career and Family

By Megan Hazel

Whether you are male or female, a mom or a dad, balancing career and family can be really difficult. When you're a woman, though, the choices you have to make seem especially difficult and the responsibilities all the more great. For some reason, women are guilt-ridden with their career decisions and the choices they make about working while trying to raise their children, providing nutritious meals for their family, keeping a respectable house and keeping their husbands happy. Last on the list, of course, is finding some time for themselves. So how does a woman find time to actually feel happy with her daily activities while keeping up with all of the responsibility?

First, take time to smell the roses! Literally, you can take time to smell the roses but you can actually do this with no flowers in sight. Every day, try to look around and appreciate what you have, taking in the sounds of your child's laughter, the wag of your dog's tail, the special glance of your husband as you tell a funny joke. Sometimes, the knowledge of what you have on your plate for the day will feel overwhelming, but a little perspective

goes a long way. It may be a cliché and a very tired phrase, but it truly does work. People tend to get lost in the mundane, day-to-day "functioning" instead of really living their lives. For example, next time you are worried about fitting in your exercise with your child's play date at Little Gym, forego the Little



Gym and head out with your son or daughter for a run. Strap the little one in the jog stroller or if he or she is old enough, ask them to put on the running shoes with Mommy and head outside! Once outside, you can literally stop to smell the roses. Just a few minutes of gratitude a day will work wonders for your soul and automatically make your life feel more balanced.

Along these same lines, try and give yourself some "me" time once a week. Once a week may not seem like much, but if you really allow yourself to soak it in and enjoy the time spent, it will make the stress of all of the rest of the hectic days melt away. Take a good block of time on a Saturday or Sunday - 2 hours, maybe - and mark this time in your calendar in pen, not pencil. Keep a standing appointment

with yourself, and honor it as you would any other. Think you are too busy on a weekend to do this? You will feel much more productive the rest of the weekend allowing yourself this little 'refresher', rather than trying to cram some time in on a random Tuesday or other weeknight. For this special time, you can book a massage or a facial at your favorite spa. Take a couple of hours to go window shopping at your favorite stores, by yourself or with a friend. Take in a matinee with a couple of girlfriends. If your husband is willing to fly solo on a Saturday night, you can even book a girls' night out once in a while and truly let loose! Even if your budget doesn't allow for these activities once a week, you can lock yourself in the bathroom with a good book, a bubble bath and a nice glass of wine and feel good about your time alone - you deserve some!

Probably the most obvious way to balance career and family is to incorporate your family into what would otherwise be "work time". If you have a

short commute to work, for example, perhaps you can drive your kids to school each morning instead of having them take the bus. In the alternative, you could have your morning cup of coffee at the bus stop with them and spend a few minutes chatting about their day and what they plan to learn in school as you sip your cup of Joe and breathe in the morning air to mentally prepare for your own day ahead. If you normally exercise in the morning and leave the house very early, switch your workout time to lunch and leave the office to go to the gym, eating at your desk when you get back. You will have more time with your family each day and get a healthy break from your pile of papers to boot.

You may need to get a little creative with your schedule, but there are definitely ways to help balance career and family. Sometimes an extra few minutes each day or a once-weekly good block of time can go a long way in helping restore your peace of mind and help you feel less harried.

Source: <http://www.articlecircle.com>

About the Author

Megan Hazel is a freelance writer who writes about women's health and career topics, similar to what consumers read in Women's Health

E-WEEK BANQUET

THURSDAY, FEBRUARY 24, 2011

Sponsored by the Engineer's Roundtable

<http://engineerroundtable.org/>

0.1 Continuing Education Units (CEU) or

1.0 Professional Development Hours (PDH) available

Engineers Without Borders (EWB)

Our guest speakers are David Holtzclaw from the University of Nebraska Medical Center in Omaha, Nebraska and his wife, Emily Holtzclaw. The speakers will share details of the nonprofit organization Engineers Without Borders (EWB), which supports community-driven development programs worldwide through the design and implementation of sustainable engineering projects. In addition, the speakers will also share some of their experiences working on the EWB project in Bernardino Diaz Ochoa, Nicaragua and will discuss the current programs being undertaken by the EWB-NE and the University of Nebraska's student chapter (EWB-NU) work in Uganda and Madagascar.

Banquet Location:

Strategic Air & Space Museum
28210 West Park Highway
Ashland, NE 68003
402.944.3100

Time:

6:00 PM – Social Hour (Cash Bar)
7:00 PM – Banquet & Speaker

Dinner Selections & Prices:

Entrée Choices:

<i>Filet Mignon</i>	\$29.00
<i>Chicken Marsala</i>	\$25.00
<i>Grilled Salmon</i>	\$27.00

(All meals include: garden salad, seasoned oven roasted red potatoes, green beans Almandine, roll & butter, your choice of N.Y. Style Cheesecake or Chocolate Decadent Cake and coffee/tea)

The lead society for this year's national E-Week is The American Society of Heating, Refrigerating and Air-Conditioning Engineers (ASHRAE) and the lead company is Raytheon.

*Please note that this event is a **Thursday evening**. In order to provide a total attendance count to the Museum, only advanced reservations will be accepted. Advanced reservations, menu choices, attendee's name and payment must be received by **noon, Tuesday, February 22, 2011** (Monday the 21st is a mail Holiday). Checks should be made payable to the "**E-Week Roundtable**." Please clip the reservation form below (add an additional sheet if required), attach payment and send to the address shown.*

Send to: Elizabeth Hunter, Leo A. Daly Company Questions: email eahunter@leoadaly.com
8600 Indian Hills Drive, Omaha, NE 68114, (Phone # 402-390-4473)

Attendee's Name(s)	Quantity	Menu Choice		Total Cost
_____	_____	<i>Filet Mignon</i>	x \$29	_____
_____	_____	<i>Chicken Marsala</i>	x \$25	_____
_____	_____	<i>Grilled Salmon</i>	x \$27	_____
		Total Cost		_____

Attendee's E-mail address or daytime phone number: _____