Boss Honored by the Society

The Society of Women Engineers announced it bestowed its Distinguished New Engineer Award on Eastern Nebraska SWE’s Cybil Boss, P.E., an Environmental Engineer with URS in Omaha. The Distinguished New Engineer Award recognizes women who have demonstrated outstanding technical performance, as well as leadership in professional organizations (SWE) and the community, in the first 10 years of her career. Cybil was recognized at WE14, SWE’s annual conference in October. This year’s conference brought more than 8,000 women engineers from around the world to Los Angeles for networking, professional development and the world’s largest career fair for women engineers.

Cybil joined SWE in 2007, and has been actively engaged at the Section, Region, and Society levels. She is a Past Section President and Co-Chaired iCON13: the 2013 Region i Conference. Cybil was an integral member of the Section’s past three WOW! That’s Engineering Events, contributing to three consecutive sellouts for this popular outreach activity. She currently serves as the Membership Chair for the Eastern Nebraska Section, where membership has almost doubled during her term. Her commitment to personal communications with members and efforts to recruit new members have led the Section to an average 89% retention and 30% growth over the past two years, leading to multiple membership awards. She is also an active participant on the Society Membership Committee, serving as a resource for Region i and advancing SWE member awareness of the K-12 Educator Membership Type.

The work of women like Boss is integral to the future of STEM. In honoring their efforts, SWE continues their mission to advocate for the importance of diversity in these fields.

Inside this issue:
- Message From the President
- 30th Anniversary
- Section Officers
- Personal & Professional Growth
- Events Recap
- Outreach Activities
- FY15 Calendar

Board Meetings
Board Meetings are held the first Thursday of every month via lunch telecon.

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, Angel McMullen-Gunn at president@swe-nebraska.org

FY Eastern Nebraska Wire

FY Eastern Nebraska Wire

1st Thursdays

SWE Yoga
Jan. 17, 2015
Please join Eastern NE SWE at YogaMed Spa in Omaha. RSVP by 1/9/2015 program_development@swe-nebraska.org

Leadership Workshop
March 27, 2015
SAVE THE DATE!!
Poised for Leadership with Jo Miller from Women’s Leadership Coaching Inc.

Program Ideas?
Please contact the Program Development Chair with any program ideas. Email program_development@swe-nebraska.org

If you are not receiving our Monthly SWE-blasts, please email membership@swe-nebraska.org
Hello Members!

We are halfway through the SWE fiscal year and have had some AMAZING speakers, presentations and tours already in FY15! We have accomplished a great many of the FY15 goals we sent in June, including working with a new corporate host (September’s OPPD meeting) and supported outreach in multiple outlets (including the Celebration of Mind event, see page 8). Furthermore we have provided CEU/PDH credits at our meetings that we know is a great beni to our PE’s and guests (always welcome!). We have some great meetings planned for the new-year including work/life balance with Yoga in January, an all-day “Poised for Leadership Workshop” with Jo Miller, CEO OF Women’s Leadership Coaching, Inc. of in March, and an Ethics Discussion in April. Also don’t forget to register for our Region I conference, WE iCON15: Engineer a Game Plan in Kansas City February 27th - 28th at http://www.swe-kc.org/icon15/.

So as we wind down this year professionally, I know most of us are wrapping up our 2014 performance reviews. During this time I want to remind of the many benefits provided to us through our involvement in SWE. I personally have been able to incorporate leadership and training experiences through SWE, into my performance goals and competencies. Moreover, as we start a new year and create new personal and professional goals, I want to take this time to remind you, our SWE-NE members, of the many development opportunities available through our great organization. Do you need to better showcase your leadership skills at work? How can you stay competitive and keep contributing to your workplace by investing in you? SWE IS THE ANSWER!! Every year I make sure to add 2-3 SWE related goals on my Performance Plan, so that my superiors understand my commitment to not only diversity in engineering, but the commitment to myself to improve professionally. What better way to highlight your abilities than with SWE? Join a committee, plan an event, volunteer for outreach, judge scholarship applicants, the possibilities are abundant! Outreach volunteering is always a great discussion point as well, as it also gets your employers name out into the community. Help your boss to understand how SWE is a practical use of resources and a vital aspect of your career development: infuse your goals with your SWE participation today!

Best to you in 2015,

Angel McMullen-Gunn
FY15-16 Eastern Nebraska President
The Eastern Nebraska section of the Society of Women Engineers was chartered in May 1984 with fourteen members. To celebrate our 30th Anniversary, we invited all of our members and a guest, to join us for an evening banquet in the Peter Kiewit Lodge at Mahoney State Park on June 5, 2014. The evening was casual and comfortable, and fifteen members and nine guests mingled with friends, fellow members and other guests. After a drawing for door prizes, the evening concluded with a slide show of SWE memories, both past and present. Today we continue to grow our membership with close to 70 members, and continue to offer outstanding programs and monthly speaker events.

Pictured Above left to right: Angel McMullen-Gunn, Terri Norton, Karen Wilson, Janis Pfingsten, Cybil Boss, Ticha Rohan, Talissa Najmi, Jill Brandt, Lara Gering, Jo Whitaker, Jeanne Stewart, Karla Romereim, Pam Dingman, Jennifer Allen, Gabriela Ostler
### Section Officers

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<thead>
<tr>
<th>Role</th>
<th>Name</th>
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<tbody>
<tr>
<td>President</td>
<td>Angel McMullen-Gunn</td>
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<tr>
<td>Vice President</td>
<td>Janis Pfingsten</td>
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<tr>
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<td>Lara Syrocki</td>
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<tr>
<td>Treasurer</td>
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<td>Secretary</td>
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<tr>
<td>Web manager</td>
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</tr>
<tr>
<td>Membership Chair</td>
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<td>Outreach Chair</td>
<td>Shannon DeVivo</td>
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<tr>
<td>UNO Student Section Counselor</td>
<td>Terri Norton</td>
<td><a href="mailto:UNO_Counselor@swe-nebraska.org">UNO_Counselor@swe-nebraska.org</a></td>
</tr>
<tr>
<td>UNL Student Section Counselor</td>
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<td><a href="mailto:UNL_Counselor@swe-nebraska.org">UNL_Counselor@swe-nebraska.org</a></td>
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<tr>
<td>Program Development Chair</td>
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<tr>
<td>Newsletter Editor</td>
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Rejuvenate and Restore for the New Year!!!

Please join Eastern NE SWE at YogaMed Spa on January 17 from 1:30 to 3:00 for an afternoon of restorative yoga!!!

Restorative yoga is a wonderful way to relieve aches & pains, rejuvenate, and restore the body back to its purest potential. Start the year off fresh & renewed through this amazing practice, learn about other types of yoga, find out how yoga can benefit you in the upcoming year by practicing regularly and incorporate it as part of your New Year Resolutions.

LOCATION: YOGAMED SPA
11915 Pierce Plaza (SE Corner of 120th & Pacific)

COST: $5 SWE Members/ $10 Non-Members

DATE: Saturday, January 17th

TIME: 1:30 – 3:30 PM

** if you have one, please bring your own mat

Meditation is like a gym in which you develop the powerful mental muscles of calm and insight.

Ajahn Brahm
A ROADMAP TO BREAK INTO LEADERSHIP

Are you the best kept secret in your organization? The Poised for Leadership workshop will help you gain recognition as an up-and-coming leader in your organization—plus you’ll walk away with an achievable roadmap for your career advancement.

The Poised for Leadership workshop is designed for early-career to mid-level women who want to transition beyond individual contributor and first-line management roles into senior management or technical leadership.

Register Online at:
swepoisedforleadership.eventbrite.com

LOCATION: Peter Kiewit Lodge, Eugene T. Mahoney State Park, 2850 West Park Hwy, Ashland, NE 68003

COST: $150 SWE Members / $200 Non-Members

DATE: March 27, 2015

Time: 8:15 am—4:45 pm

Continuing Education Units (CEU) or Professional Development Hours (PDH) may be offered

JOIN THE SWE-NE LEADERSHIP TEAM!!!

Vacant Positions FY2015:

UNL Student Section Counselor
Newsletter Editor

For more information contact: president@swe-nebraska.org

The bad news is
Time flies.
The good news is
You’re the pilot.

Michael Altahuler
Meeting Recaps:

Corky Canvas

The Southeastern Nebraska SWE chapter hosted their April event at the Corky Canvas in Omaha. Local chapter members, along with women from the National Association of Women in Construction (NAWIC) enjoyed an evening of fun, networking, wine and painting. The evening started off with some great snacks and networking, followed up with some serious works of art! A great time was had by all.

Constant Change

Our September program was hosted by the OPPD Society of Engineers (OSE) at the OPPD building in downtown Omaha. Engineers with OPPD started the meeting by welcoming the attendees and explaining the mission of OSE. After enjoying a wonderful meal courtesy of OPPD, our speaker for the evening was Michelle Homme, CEO and founder of Constant Change. Michelle spoke on the topic, “Changing Your Life Starts Today!” Not only did she speak to us as professionals and college students, challenging us in our journeys, she also spoke to SWE’s objective to “inform young women...of the qualifications and achievements of women engineers.” Michelle wove her stories and experiences into an educational and enjoyable evening.

LiCOR Tour

In October, Eastern Nebraska SWE toured LI-COR Biosciences in Lincoln and discovered how for more than 43 years they have focused on introducing technologies to help scientists around the world answer fundamental questions about life and our planet. Not only is this Nebraska-based company at the cutting edge of global climate change measurements with a state of the art research lab and greenhouse, LI-COR’s innovation also includes one of the first automated DNA sequencers! How awesome is it that it is LI-COR’s instrumentation that calibrates the sensors and meters that protect the Declaration of Independence, the Constitution, and the Bill of Rights, on display at the National Archives Rotunda?? Go to http://www.licor.com/env/products/gas_analysis/LI-610/charters_of_freedom.html for more details.

After the tour of their cutting edge facilities, members and guests were treated to dinner and an informative presentation from Angie Hoffschneider, Vice President, Talent Operations at LI-COR Biosciences on their strengths-based approach to talent and team building. It was a great tour and presentation, and Eastern Nebraska SWE would like to thank LI-COR Biosciences for hosting such an informative and fun event!
Book Club: Lean In

You’ve read the book Lean In: Women, Work, and the Will to Lead, now we invite you to participate in the conversation at this FREE event hosted by the Eastern Nebraska Section of the Society of Women Engineers (SWE). This is the first in a series of Book Clubs hosted by the Eastern Nebraska Section.

Thursday, December 04, 2014
5:30 PM Social / 6:00 PM Discussion
The Bookworm at Loveland Center,
2501 South 90th Street (90th & Center), Omaha

Haven’t read the book? Come anyway. Not everyone can finish every book, but non-readers may still have valuable insights.

COST: FREE! Please bring your favorite dish to share with the group. Beverages will be provided. RSVP by Nov. 27 Lara.Syrocki@hdrinc.com

Also check out: Blind Ambition by ICON13 speaker Patricia Walsh

Upcoming Outreach Activities

Completely KIDS is an Omaha nonprofit whose mission is to develop youth and their families through out-of-school time and family strengthening programs in communities where they live. Eastern NE SWE Professionals has partner with Completely Kids the past few years, by leading fun hands-on STEM activities in Omaha for 4th and 5th grade girls. We are always seeking volunteers to assist with presentations. Estimated time commitment is approximately 1 hour every couple months, and dates are flexible.

Aim for the Stars Summer Camp We are looking for women involved in electrical, structural, or environmental engineering to lead 1.0 to 1.5 hour presentations for the Aim for the Stars all-girls Engineering Camp in June 2015. The program targets girls in grades 4-8, and the camp leaders are hoping to inspire these young women to consider engineering. The presentation format is open-ended (i.e., presentation, hands-on activity, etc.).

Like to help out? If you are interested in helping out with either of these partnerships or would like to volunteer for one of the upcoming activities, contact outreach@swe-nebraska.org for more information.
Outreach Activities Recap:

CELEBRATION OF MIND

In October, SWE participated in Celebration of Mind - a family event for those interested in the joy of thinking, playable art, problem solving, recreational math, and creativity. Held each year in over 70 locations worldwide to commemorate the birthday of famed mathematician Martin Gardner, the Nebraska celebration was hosted locally by Fat Brain Toys, KANEKO, and the UNO STEM Education Department. SWE professionals discussed potential engineering careers with children and facilitated building of paper towers using only newspaper and tape, and gumdrop creations using only gumdrops and toothpicks. Children created gumdrop structures ranging from constellations to skyscrapers. The SWE professionals were also able to network with other organizations to get ideas for potential outreach partners within the area.

PINK HARDHAT DAYS:

In June, SWE participated in the Pink Hardhat Days (PHDs) for Girls hosted by Dr. Terri Norton (SWE member) at the University of Nebraska-Lincoln, College of Engineering Omaha campus. This 2.5 day camp included presentations, icebreakers, tour of the Peter Kiewit Institute, hands on projects and a construction site tour hosted by the Weitz Company. Female professionals interacted with the students and judged their hands on projects. Approximately 40 girls attended this year.
Engineer a Game Plan with SWE at iCON15 in Kansas City

Registration is open. Member rates start at $100. More information about the conference can be found online at http://www.swe-kc.org/icon15/.

Also, this year we are trying something new. When you register, you have the option to sponsor a collegiate registration for $50. If you sponsor a collegiate registration by the end of this year, it will count as a tax-deductible donation for 2014. You will receive a confirmation letter at the conference. After the registration deadline, we will divide the total amount sponsored by the number of collegiate sections in attendance at the conference. We are hoping to receive enough sponsorships to provide at least one registration to each collegiate section.

Direct questions regarding this to sweicon15@gmail.com. Hope to see you all in Kansas City in February!

Katie Lin
iCON15 Conference Chair
SWE-KC Section Representative
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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>17 Jan 2015</td>
<td>Work / Life Balance Program: Yoga and Stress Relief</td>
<td>1:30—3:00 PM YOGAMED SPA: 11915 Pierce Plaza</td>
<td>Omaha</td>
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<td>27 March 2015</td>
<td>Poised for Leadership Workshop w/ Jo Miller of Women’s Leadership Coaching, Inc.</td>
<td>Registration at <a href="http://swepoisedforleadership.eventbrite.com">swepoisedforleadership.eventbrite.com</a></td>
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<td>23 April 2015</td>
<td>Ethics Discussion</td>
<td>Host Company: Raytheon</td>
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<td>28 May 2015</td>
<td>Speaker: Nancy Dennis</td>
<td>Host Company: Northrop Grumman</td>
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<tr>
<td>June 2015</td>
<td>SWE Planning FY16</td>
<td>Mahoney State Park</td>
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