

Section Officers:

President

Amanda Stahlnecker
president@swe-nebraska.org

Vice President

Cybil Boss
vice_president@swe-nebraska.org

Council of Sections Representative

Angel McMullen-Gunn
COR-rep@swe-nebraska.org

Treasurer

Lara Syrocki
treasurer@swe-nebraska.org

Secretary

Jo Whitaker
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Webmanager

OPEN

Membership Chair

Janis Pflingsten
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WOW! Event Chair

Amanda Stahlnecker
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Career Guidance Chair

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UNO Student Section Counselor

Lara Syrocki, P.E.
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UNL Student Section Counselor

Angel McMullen-Gunn
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Engineers Roundtable Rep

Elizabeth Hunter
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Program Development Chair

Cybil Boss
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EASTERN NEBRASKA WIRE



Volume 3:
April 2010

Section Board Member Elections are just around the Corner!!

What are Board Members?

Board members are the officers and chairs of the section that are listed on the left of this page. They are the people that help organize, plan, and coordinate the various activities of the section.

How long does a Board Member serve?

Each Board Members will hold a 2 year position for FY11 and FY12.

What do the Board Members' responsibilities?

See page 3 of the newsletter for a complete listing and description of the various Board positions.

How do I nominate myself or someone else for a Board Member position?

Nominations will be taken via an online survey through a provider called SurveyMonkey. Use the link below to access the survey.

<http://www.surveymonkey.com/s/MYMNZJX>

If you have any problems with the survey contact president@swe-nebraska.org.

What is the timeframe for nominations and elections?

Nominations are open and will close May 14th, so be sure to go to the survey to nominate. Don't forget you can complete the survey as many times as you want and nominate as many people or as many positions as you want.

Nominations Close May 14th!!!

Submit your nominations at

<http://www.surveymonkey.com/s/MYMNZJX>

Message from the President



Are You Ready for Summer????

Spring is here and summer is just around the corner. Are you ready to enjoy the sun and all that it brings?

Spring also brings with it the end of the fiscal year (FY10). We have held a lot of meetings and hosting several events over this year. All of which have been successful. Our members are reaching out into the community and sharing their knowledge of engineering and sciences with the community. These are all great things we should be proud of and give ourselves a pat on the back about.

It has been a great year and to wrap it up we are holding elections for Board Positions, conducting a Strategic Planning Meeting, and celebrating the end of another year of membership in SWE.

As members of the section and those that are considering joining for FY11, join us in planning for the future of the section by nominating yourself or someone else for a Board Position or by attending the Strategic Planning Meeting to share ideas, concerns, and suggestions for the section. Remember as a section, you are the future of the section. Without you, there is no section and thus no success.

As the year draws to a close, don't forget to renew your membership or become a new member to be reap the full benefits of being an Eastern Nebraska Professional Society of Women Engineers member.

Respectfully,

Amanda Stahlnecker

Eastern-NE SWE Section President

Board Meetings

Board meetings will be held the first Wednesday of every month at 5:45 pm. 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, Amanda Stahlnecker, at Hpresident@swe-nebraska.orgH.

Tips of the Month:

Use Empty toilet paper roll to store appliance cords. It keeps them neat and you can write on the roll to what appliance it belongs.

Spray a bit of perfume on the lightbulb in any room to create a lovely light scent in each room when the light is turned on.

Candles will last a lot longer if placed in the freezer for at least 3 hours prior to burning.

Other spring cleaning tips and handy tricks can be found at [Hhttp://www.debra4homes.com/f/spring_cleaning_tips.htmH](http://www.debra4homes.com/f/spring_cleaning_tips.htmH).

Section Officers:

Position	Description
President	Presides over the meetings and acts as the spokes person for section members, in the community, and to local companies. Delegates SWE responsibilities to other officers per their position.
Vice President	Supports the president and fills in when the president is not present.
Treasurer	Acts as the banker and accountant for the section. Helps set up budgets with the aid of other officers and oversees section financial transactions.
Secretary	Notifies members of meetings, takes minutes of meetings, and sends out minutes to members
COR Section Representative	Attends and represents our section at the Regional level and keeping our section informed of changes occurring within the Region and SWE. This position requires attending the Council of Representatives meetings(s) at the Regional conference or designating an alternate to take your place.

Section Committee Chairs:

Position	Description	Responsibilities
Membership Chair	Responsible for maintaining records of current membership and recruitment efforts of new members	<ul style="list-style-type: none"> Maintain membership records for section and national Keep officers and committee chairs up-to-date in membership roster Manage efforts to recruit new members
Program Development Chair	Provides guidance on meeting topics, events, etc. based on member feedback. Works with other professional organizations to arrange group meetings.	<ul style="list-style-type: none"> Maintain history of past meetings and events and feedback Create list of potential meetings, events and other ideas for future section activities Maintain calendar of events for the year
Outreach Chair	Responsible for coordinating between the section and the community for activities to educate children about engineering and science. Works with local Girl Scout Troops, area schools, and other groups to organize educational activities.	<ul style="list-style-type: none"> Setup and promote outreach activities for students of all ages Act as the "go to" person for special events where SWE has been asked to help out Organize other community service events as necessary
Newsletter Editor	Responsible for the creation of the section quarterly newsletter.	<ul style="list-style-type: none"> Send out quarterly newsletters to members Provide Webmanager newsletter to post to section website Write any required regional and national articles
Webmanager	Updates, maintains and adds information to the section website	<ul style="list-style-type: none"> Gather useful information for the website from the officers and members Relay member feedback received from the website to the officers update and add information to the website
Student Section Counselor (UNL & UNO)	Provide guidance to student sections as needed	<ul style="list-style-type: none"> Assist student sections as needed Ensure student sections send in their reports to national

CALENDAR OF EVENTS

Next Meeting

Soft Skills

**May 6th
11:45 to 1pm**

URS
12120 Shamrock Plaza, Suite 300
Omaha, NE 68154

Please join us for a meeting on *Soft Skills* - All the real skills you need today to succeed. Many believe soft skills are unnecessary in the workplace. However, these are some of the hardest skills to attain and utilize effectively for maximum results. These very skills are the ones that can make a difference in productivity, creativity, employee satisfaction and engagement. It is what drives the fulfillment an employee has within the workplace.

Anissa Stein, a veteran in the field of Leadership Development, has shared her expertise in the field of Leadership, Talent Management, Coaching and Team Building with the likes of The Gallup Organization, LinkedIn.com, Fidelity Investments, First Data, TeleTech, PricewaterhouseCoopers, Department of Homeland Security, FDIC, and Ceridian through her leadership coaching organization, [The Coaching Connection, LLC](#).

Anissa has an MBA followed by a MS in Organizational Leadership & is currently pursuing a Doctorate in Education while program directing Bellevue University's Project Management program. She is also PMP certified and a Six Sigma Green Belt. Anissa has over 15 years of diverse experience in the field of Employee Development, Organizational Behavior, Process Improvement, Customer Relationship Management, Performance Enrichment, Manager Training, Team Building, Team Development, and Employee Motivation.

A conference call line will be available for this meeting. Please indicate on your RSVP if you are planning to join us on the conference call.

Cost for the meeting:
\$10 Members
\$12 Non-Members
Cash or Check (payable to SWE)

Lunch will be provided.

Please contact Cybil Boss, Program Development Chair, with any questions (program_development@swe-nebraska.org).

Upcoming Meetings

Strategic Planning Meeting

**May 22nd
9 to 11 am**

Location-TBD

This meeting will help to shape the direction of the section for the upcoming year and beyond. Please join the board. Don't forget to bring your thinking caps and suggestions.

An evite will be sent our prior to the meeting for RSVP's. Contact program_development@swe-nebraska.org with any questions.

If you can not attend, feel free to email any ideas, concerns, or thoughts to president@swe-nebraska.org.

If you have any ideas for topics of meetings or other suggestions or know of another organization's meeting that would be of interest to the section, please email SWE_Planning@swe-nebraska.org

Upcoming Events

SHOW YOUR SUPPORT Bowling Fundraiser For Guinevere Rock (daughter of a SWE Member)

May 14th
7-9 pm

Maplewood Lanes
3030 North 101st Street
Omaha, NE 68134 US

Join SWE for an event to raise money for Guinevere, 12-year old daughter of one of our SWE members. Guin has cerebral palsy and will be having major corrective surgery in June. Money is being raised to help defray out-of-pocket medical costs (expected to exceed \$30,000).

COST: **\$15 per person** (includes 2 games & shoe rental)

Bring your family, friends, & coworkers for a fun time! There will be a silent auction and raffle prizes. Additionally, 10% of food and drink sales will go towards the fundraiser.

Please RSVP with the name(s) of all members in your group by Saturday, May 8, 2010. Questions? Contact Janis Pfingsten at janis.pfingsten@swe.org or call 431-8596.

If you are unable to join SWE on May 14th and wish to donate, please use this [website](#).

Feel free to post the flyer at your office or email it to friends, family, etc. This event is for a good cause, a fellow SWE member.

ANNOUNCEMENTS

Metro Science Fair

On Saturday, March 13, over 170 junior high and high school students in the Omaha area, gathered at the Milo Bail Student Center for the annual Metropolitan Science and Engineering Fair. SWE members, Janis Pfingsten and Simone Rock were there to judge ten young ladies in the junior division, who presented projects in the areas of energy engineering, environmental science and soil science. All of the projects were very well performed and documented, and the judges were very impressed on how articulate these 7th and 8th grade ladies were.

SWE awarded gift cards to Borders Bookstore, to the top two finishers. The first place award was presented to a 7th grader from St. Margaret Mary. Her project was called "The Effectiveness of Different Types of Insulation at Retaining Heat". The second place award went to a 7th grader from St. Cecelia. Her project was on "A New Angle on the Greenhouse Effect."

Both Simone and Janis enjoyed spending a few hours visiting with these young women. They came away from the day with excitement to know that there are young women who are taking an interest in the areas of science and math, and may be considering careers in the engineering field.

Several of our members have judged this competition in the past, and it thanks to these volunteers, and others from the community that make these programs a success each year. We will post other volunteer opportunities in the newsletters as they arise. We hope that you will consider donating some of your time to one of these events in the future.

Lincoln Girl Scout Event



The Eastern Nebraska SWE hosted an afterschool Girl Scout Event, Thursday, April 8th, 2010 at the Irving Recreation Center in Lincoln. The event targeted youth grades 6-10. Three professional SWE members and one UNL SWE member hosted 8 youth, introducing them to engineering careers. Irma Nicholls, Optical Design Engineer, Li-Cor Biosciences, led an Optical Engineering activity, making cameras and discussing light and optics with prisms. Then, Ellie Hess, Construction Engineer for Kiewit Building Group Inc. led a hands-on activity on bridge building and structures. The program concluded with Angel McMullen-Gunn, Hamilton Sundstrand Mechanical Engineer leading the group in making lip gloss and discussing chemical engineering applications. Senior UNL Mechanical Engineer student and SWE member Katie Pfiefer assisted with all activities. All youth in attendance had a great time seeing the different engineering career opportunities available to them and gave positive feedback on the program.



LADY IN THE SPOTLIGHT

Simone Rock

Ms. Rock has a wide range of experience in water resources engineering, including hydrologic and hydraulic analysis of large watersheds and bridge scour analysis. In her tenure at HDR, Ms. Rock has modeled and completed bridge scour evaluations on hundreds of bridges using HEC-RAS as well as developed hydrology and hydraulic models for various clients. Her knowledge of computer applications includes HEC-HMS, HEC-RAS, and ArcGIS.



IN THE POLITICAL ARENA

Education Secretary Duncan Announces the First Two "Race to the Top" Winners

On March 29, U.S. Secretary of Education Arne Duncan announced that Delaware and Tennessee have won grants in the first phase of the **Race to the Top competition**. Delaware will receive approximately \$100 million and Tennessee \$500 million to implement their comprehensive school reform plans over the next four years.

"We received many strong proposals from states all across America, but two applications stood out above all others: Delaware and Tennessee," Duncan said. "Both states have statewide buy-in for comprehensive plans to reform their schools. They have written new laws to support their policies. And they have demonstrated the courage, capacity and commitment to turn their ideas into practices that can improve outcomes for students."

The \$4.35 billion Race to the Top state competition is designed to reward states that are leading the way in comprehensive, coherent, statewide education reform across four key areas:

- Adopting standards and assessments that prepare students to succeed in college and the workplace
- Building data systems that measure student growth and success, and inform teachers and principals how to improve instruction
- Recruiting, developing, rewarding and retaining effective teachers and principals, especially where they are needed most
- Turning around their lowest-performing schools

Statements from the **Delaware** and **Tennessee** governors are now available.

FACTS AND FIGURES

Forbes
| .com

Special Report

The Best Places For Business And Careers

Kurt Badenhausen, 04.14.10, 6:00 AM ET

The Great Recession ravaged almost every big city across the United States in 2009. Home prices were down in 182 of the 200 largest metro areas, while household incomes fell in 94% of these areas. The employment picture was even tougher: only four areas posted positive job growth with a paltry gain of just 4,300 positions created--combined. The other 196 metros together lost 3.5 million jobs last year.

The worst may be over, but businesses on both coasts still face outrageous costs and indebted state governments with budget shortfalls that will have to be filled from the flesh of local firms. Those problems won't be resolved anytime soon.

What to do? Our 12th annual ranking of the Best Places for Business and Careers has an answer: Move to Middle America.

The top of this year's list is filled with cities in so-called flyover states, areas with reasonable business costs, strong economic outlooks and a solid quality of life.

Leading the way is Des Moines, Iowa, which grabbed our top spot after ranking seventh last year. Iowa's capital has 562,000 people in the metro area and features business costs 15% below the national average (living costs are 10% below the national average). It has an educated labor supply as 33% of adults have college degrees (ranking 46th among the 200 largest metros) and 92% possess high school diplomas (ranks 19th).

"Des Moines' favorable regulatory environment and well-educated workforce makes it an attractive destination for high-value-added, well-paying industries," says Sunayana Mehra, an economist at Moody's [Economy.com](#). The financial industry has set up shop in Des Moines, with Wells Fargo and Principal Financial being the largest employers in the area with 19,000 employees between them. Other big employers include insurers Nationwide Insurance and Marsh & McLennan.

The economic outlook is bright in Des Moines as well. Employment is expected to increase at a 2.7% annual clip over the next three years, 10th best in the country. Meanwhile, household incomes are projected to rise 2.9%, which ranks 11th.

Des Moines city manager Richard Clark points to the area's quality of life as a big draw for corporations. Housing is affordable with a median home price of just \$149,000, one-quarter the price of a home in the San Francisco area. Commute times, according to the Census Bureau, average 19.8 minutes, one of the fastest in the U.S.

Getting outside is easy, too. Des Moines designed a system of more than 300 miles of trails in and around the city for running, walking, biking or in-line skating. A 4.4-acre public park and sculpture garden opened downtown in September. Local venture capitalist John Pappajohn and his wife Mary donated \$40 million of sculptures to the project from their personal collection. The park is surrounded by the offices of Wellmark Blue Cross Blue Shield, Nationwide and ING.

Our ranking of Best Places looks at the 200 largest metropolitan statistical areas in the U.S., which range in size from the New York City metro, with 11.7 million people, to Merced, Calif., home to 245,000. We ranked areas on 12 metrics including costs (business and living), job growth (past and projected), income growth, educational attainment and projected economic growth.

We also factored in quality-of-life issues like crime, cultural and recreational opportunities as well as net migration patterns. Lastly we examined the percentage of subprime mortgages handed out over a three-year stretch and the number of highly ranked four-year colleges in the area, per our annual [college rankings](#).

Most of the figures used were provided by research firm Moody's Economy.com. Data for crime (FBI) and educational attainment (Census) came straight from the government. Demographer Bert Sperling created a culture and leisure index for Forbes.

Last year's winner, Raleigh, N.C., dropped to third this year. The long-term outlook in Raleigh is still strong, but 2009 was rough. Incomes fell 5.9% and unemployment averaged 8.6% for the year, compared with 4.9% in 2008. "The recession has hit the area hard, with the restructuring in the pharmaceutical industry and with dry credit markets greatly reducing access to financing for startup firms," says Economy.com economist Jimmy Jean. Six North Carolina metros ranked in the top 20 last year, but this year only Raleigh and Charlotte made the cut.

Looking at California metros shows both the good and the bad the state has to offer. California cities Modesto, Vallejo and Merced occupy the bottom three spots in our rankings. All three areas have seen net migrations out of the cities over the past five years and were hit hard by the housing crisis. Each metro has a significant number of subprime mortgages on the books.

The top Golden State locales were San Francisco (ranked 38th) and San Jose (ranked 48th). Economy.com figures that San Fran and San Jose are the two most expensive cities in the country in terms of living costs. Business costs for both are also in the top five. Yet the Bay Area and Silicon Valley are able to overcome these onerous costs thanks to a strong university presence and an abundance of cultural and recreational opportunities that attract a highly educated labor supply. The economies of both areas are expected to be among the 10 most vibrant over the next three years with annual gross metro product growth of 5.8% in San Jose and 5.7% in San Francisco.

[In Depth: The 20 Best Places For Business And Careers](#)

PERSONAL & PROFESSIONAL GROWTH

Dale Carnegie Training - The Coaches Corner
Quick Success Tips From the Carnegie Coach

The Lost Art of the Thank You Note: Give Honest, Sincere Appreciation

Writing a sincere thank you note is one of the professional skills that can make a lasting favorable impression. People like being appreciated. One of Dale Carnegie's fundamental human relation principles is "Give honest, sincere appreciation." When writing a thank you note, use a plain, small card. However, the card is not as important as the effort, so if paper is all that is available, write the note anyway! Use this 6-step formula as a sure-fire method of expressing appreciation in a written note.

- 1. Greet the Giver:** Dear Mr. and Mrs. Smith OR Dear Jamie. It seems like an obvious point, yet many people will begin a note with "Hi" or even omit the greeting.
- 2. Express Gratitude:** Thank you so much for the book. The key is to keep it simple and specific. The point of writing the note is to create an expression of a heartfelt sentiment.
- 3. Discuss Use:** I started to read the book immediately and have found many great ideas already. People like to know that you found their gesture or gift valuable. Sharing how you are using the item or idea makes their effort more meaningful.
- 4. Another Thank You:** Thank them again for the gift. It's not excessive to say thanks again.
- 5. Complimentary Close:** Wrap it up with a close that expresses your final thought: Regards, All the Best, Sincerely, Gratefully, etc. Then sign your name.
- 6. Send It:** Even if your colleagues and acquaintances are not of the note-writing variety, be the one who sets the precedent.

It is the mark of a true professional to become skilled at writing thank you notes in this age of email, voicemail, and text messaging.

Demonstrating business professionalism is not difficult; it just takes effort and focus. Applying simple aspects of business etiquette goes a long way in establishing our professionalism, which builds our confidence and comfort in business settings.

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