Robotics Expo

Over 1,000 students, ages 6 to 18, participated in the Nebraska Robotics Expo, held at the Strategic Air and Space museum on Saturday, February 19th. The event showcased the CEENBot (http://www.ceen.unomaha.edu/TekBots/ for more info) from UNL and the First Lego League (FLL) Regional Competition. SWE was among those who sponsored an information booth at the event. Three of our SWE members, Gabriela Ostler, Lara Syrocki and Janis Pfingsten were available throughout the day to answer questions. Jo Whitaker participated in the event as a support member for the FLL Competition. There was a constant flow of students, parents and teachers stopping by to receive information about our organization. Many stated that they were not aware that the Society of Women Engineers was a local organization. Several teachers were excited that we would be willing to come and speak to their class. We had a lottery and gave away a book on Engineering, A Lego kit and a T-shirt. It was a great way to network with the local community about Science, Technology, Engineering and Math (STEM). Amanda Stahlnecker, SWE Outreach Chair arranged for SWE to be at this event.
Message from the President

Happy Spring!

We are quickly approaching the end of our SWE fiscal year, with 2 meetings planned between now and June. Prior to our strategic planning meeting in May, we will be sending out a survey to our members requesting feedback on FY11. Please take some time to fill out this survey! We greatly appreciate the feedback, and will use this during our strategic planning meeting to develop section goals and meeting topics for the upcoming year (FY12) and beyond.

In addition to the upcoming meetings, we have a couple of exciting events advertised at the end of this newsletter. One is a self-defense class, put together for women in engineering and our family and friends. The instructor was recently contact by MTV to be part of an upcoming episode for one of their programs! The second opportunity is a networking event, hosted by Professional Women Connect. The featured speaker, Dr. Moerer, will discuss the important of social capital.

Hopefully everyone has had the opportunity to spend some time outside in the warm weather! Personally, our family is trying to clean out flower beds surrounding the house (although my husband would prefer we have just mulch beds!). We are exploring the idea of roses this year in one of the gardens along the west side of the house. Anyone with tips for growing roses, please send those my way.

Thank you to everyone for supporting SWE in FY11! Our Section had a successful year with increases in meeting attendance and increases in membership! The Board Members and Committee Chairs are looking forward to a successful FY12. Please come join us and see what SWE can do for you!

Sincerely,
Cybil Boss
President
### Upcoming Meetings

#### FY 2011

**Eastern Nebraska SWE Section Calendar**

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<tr>
<th>Leadership Coaching Committee</th>
<th>Strategic Planning</th>
<th>Program Ideas?</th>
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<tr>
<td>April 28, 2011</td>
<td>May 26, 2011</td>
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SWE's Leadership Coaching Committee will present at our April meeting. Topic: Creative Problem Solving. Please RSVP using Evite!

Our Strategic Planning meeting will be held in Omaha at the URS office. Please join us to shape the FY12 SWE year! **In advance of this meeting, please complete the survey that will be sent via email.** Thank you!

Please contact the Program Development Chair (program_development@swe-nebraska.org) with any program ideas.

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If you are not receiving our Evite invitations, please email program_development@swe-nebraska.org

Thanks everyone for a successful FY11 for the Eastern Nebraska Section!

The FY12 Section Calendar will be coming soon…

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**Board Meetings**

Board meetings will be held the first Thursday of every month at 11:45 a.m. 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.
SWE Outreach Achievements

Presentation at Beadle Middle School
Amanda Stahlnecker spoke at Beadle Middle School on November 16th to approximately 30, 6th grade school students as part of their HAL (High Ability Learners) Program. I presented to the students some basic information about myself and what I do as a Railroad Engineer. Then each table was assigned a situation to think like an engineer to come up with a solution they would like to implement. The students and teachers both loved the activity as it gave the students something to really relate to about what an engineer might think about when given a design situation. The presentation was a great success.

Presentation at Kiewit Middle School
Jennifer Crumbliss spoke at Kiewit Middle School on September 15th to 7th grade student as part of their HAL (High Ability Learners) Program. She spoke about her role as a civil engineer doing roadway design. She also touched on how her job requires a lot of coordination including with railroad engineers.

Wow! That’s Engineering
On October 23rd, we held our third “WOW! That’s Engineering” event. We registered over 120 girls and 40 parents. Due to weather the day of the event, attendance was approximately 90 girls and 20 parents. Even with the lower turnout, the event was a great success. The parents and girls both loved the exhibits and robotics presentations and demos. The reviews were also very positive from the 4 different sessions the girls attended, educating them about a different area of engineering and relating it to somewhere in the world. Overall the event was a great success and we look forward to doing it again in the future.
January Meeting
By Janis Pfingsten

The January SWE meeting was held in Lincoln at the office of SWE member Pam Dingman, of Engineering Design Consultants (EDC). The topic for our SWE January meeting was work/life balance and our speaker for the evening was Sarah Boaz. Sarah spoke to the group a year ago and was such a hit that we invited her back again to talk to us about meal planning.

A few weeks before the meeting, members were asked to submit one or two of their favorite quick-fix meals that they use for their family. Some of these recipes were then prepared for everyone to sample at the meeting. After the meal, Sarah spoke to the group about the importance of the family meal. Sitting down to a home-made meal is more nutritious than eating out and it is also a time for the family to talk about their day and discuss the week’s activities. As our children grow and get involved in school and sports activities, the family meal tends to fall by the wayside.

We learned that a good way to plan your weekly meals was to look through the weekly grocery store ads and see what is on sale, and then plan your meals around those sale items. By preplanning your meals, you can then buy the groceries needed for the week, and make fewer trips to the grocery store. This makes for a much less stressful evening after a long day at work. She also covered the idea of adapting favorite recipes for the crock-pot, educated us a little about herbs and spices with more information found at www.penzeys.com and a way to look of recipes based on the ingredients that you have on hand by going to www.allrecipes.com and clicking on the “Ingredients” tab.

Sarah introduced the “cook once-eat twice” concept of cooking to us also. One example is using the leftover roast beef and its broth from one meal to make beef stew at another meal, simply by adding fresh vegetables to the leftover beef and broth. Similar recipes use leftover chicken and steak for another meal. All of those who attended the meeting were given a copy of all of the recipes that were collected along with several “cook once – eat twice” recipes. Anyone who is interested in getting copies of these recipes can contact Cybil Boss at Cybil_Boss@URSCorp.com.

Sarah left us with these quotes at the end of the evening:

"If you educate a boy, you educate an individual. But, if you educate a girl, you educate a community" Old African proverb.

"Educate a girl. Change the world." Greg Mortenson author of Three Cups of Tea.
Region i Conference
By Janis Pfingsten

The 2011 Region I Conference was held in Golden, Colorado on March 4 – 5 this year. Janis Pfingsten and Amanda Stahlnecker, along with five UNO students attended the conference. The conference opened on Friday evening with a dinner and entertainment by three comedians, and of course – an ice cream social. This seems to be the favorite for the college students, but we did not see any of the professionals complaining, so it was a big hit. It was also a time to get reacquainted with other professional engineers that we had not seen since WE10 or maybe even a few years ago. We got caught up on interesting projects everyone has been working on, and family updates.

Saturday morning we started the day with a keynote address from Jill Tietjen, a Fellow Life Member of SWE. Her topic at the conference was historical women in engineering. She covered the lives of several women, who are not well-known in history, and told us of the different things they invented like the paper bag or a leukemia chemotherapy drug. She has published a book, Her Story: A Timeline of Women Who Changed America is a local bestseller. We then had a chance to choose to from 20 different topics to attend four break-out sessions. The day went way too fast, and at the end of the day, we attended a dinner banquet with a guest speaker, Marsha French, who is a Senior Research Associate at ExxonMobil’s Upstream Research Lab in Houston. Her talk was on “Survival Tips for Working in Industry”.

After the keynote address, it was time for SWE awards. Awards were presented to the collegiate and professional sections with the highest membership retention, and to the sections who had the highest increase in membership. Our professional section won the “SWE-CREASE Award” for the highest membership increase at 29%. We received an award of $130 and our own personalized “wordle”. You can see a picture of our wordle below. UNO won the same award for the collegiate section. We were all pretty excited about winning these awards.

The 2012 Region Conference will be held in Tulsa, Oklahoma next February/March. Everyone should consider attending it if you can. It is a great time to meet other professional engineers in our region and listen to some very interesting speakers.
How to Encourage Your Team Members to Stand Up and Lead

To win in today's market, team members have to step up and be ready to take a leadership role. It is not easy to develop leadership skills in others. It's very important to also understand that some people do not share your goals and aspirations. Keep an open mind and learn to use different techniques to inspire different team members to stand up and lead.

1. **Challenge** — Issue a challenge. (In today's market environment, you probably have many challenges to issue!) Some people need a specific challenge to motivate them. By laying down a challenge, you also create a very clear and measurable goal for a staff member to achieve.

2. **Appeal to noble motives** — Many employees think that their work does not make a difference. By appealing to a team's noble motives, you can increase morale while also setting higher standards for your staff members.

3. **Be sympathetic** — Never tell someone that they are wrong. Even when you disagree, listen and be empathetic to another person's ideas and desires.

4. **Evidence** — Back up your ideas with proof. By providing evidence, you can give instant credibility to your ideas. If you have evidence, even staff members who have a different perspective will take notice.

5. **Listen** — Listen to what your staff members have to say. Some employees may not want to reach top corporate positions; instead, they may simply be content if their opinions and ideas are valued.

6. **Ask questions** — Instead of giving direct orders, ask questions to guide your staff members to think through the issues and come up with their own solutions.

7. **Value your staff** — Make your staff members feel genuinely important. Faced with the market challenges today, your employees must be reassured that their contribution and leadership DOES have a huge impact on the company's survival, stability, and growth.

http://www.dalecarnegie.com/lead_nurturing/tips/tips.jsp?tipid=63&keycode=LNTipCal1.11&franchisee=91906N
SWE = Friendship
Eastern Nebraska Society of Women Engineers
Professional Section
SWE: Region i SWE-CREASE Award
29.63% member increase for 2011
SWE = Fun SWE = Support
Self-Defense for Women

Instructed by Tim Gorham, Six Point Self-Defense.

What you will learn:
- A basic fight stance
- Different strikes and where to use them
- Ground assault defense
- Defending a car assault
- Everyday items you can use as weapons
- Choke defense
- Most importantly, you will learn to be more aware of your surroundings

Pricing:

| Discounted Rate / Person | $50.00 |

Must be 13 years or older. Minors to be accompanied by a parent or guardian. And this course is for women only.

When:
Saturday, April 30th from 1-5pm

Where:
Omaha Ballroom on 153rd & Q
5038 S 153rd St
Omaha, NE 68137

Register:
Call Tim at 402-612-1768
Or send an email to info@sixpointselfdefense.com

Visit us at www.facebook.com/sixpointselfdefense
OR www.sixpointselfdefense.com
Professional Women Connect presents Dr. Tamara Moerer, Director of the Masters in Organizational Leadership Program at College of Saint Mary.

“Why it is Important to Ramp Up Your Social Capital”

**Date:** April 26, 2011  
**Time:** 4:30pm  
**Where:** College of Saint Mary, Mercy Hall

- Guaranteed 15 business cards
- Opportunity to win a special networking lunch
- Give back to your community—learn about the YWCA Closet

Providing professional women with opportunities to build social capital through expansion of personal and professional networks.