

# ROCKY MOUNTAIN SECTION NEWSLETTER



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#### 21ST ANNUAL SWE-RMS ESSAY CONTEST

by SONYA REISER

The 21st annual "Great Women in Engineering and Science" essay contest was a smashing success! This year's essay contest was sponsored by the Xcel Energy Foundation. The competition was fierce again this year with an outstanding 259 entries from 19 schools in Colorado. A panel of 20 volunteer judges enjoyed reviewing all of the essays.

The top three awards were a \$500 savings bond, a \$250 savings bond and a \$150 savings bond. The top three award winners are listed below. Their prizes were announced at the Society of Women Engineers, Rocky Mountain Section award banquet held on May 17, 2008. The following students received a personal invitation to the event:

*First Place*: Sarah Marshall of Aurora, Colorado for her essay on Barbara McClintock, 20<sup>th</sup> Century American Geneticist. Sarah attends 6<sup>th</sup> grade at the Lotus School for Excellence and was sponsored by teacher Kris Kubiak.

**Second Place:** Eryn Hall of Littleton, Colorado for her essay featuring Beatrix Potter, 19<sup>th</sup> / 20<sup>th</sup> Century Botanist and Children's Author. Eryn attends 6<sup>th</sup> grade at Notre Dame Catholic School and was sponsored by teacher Sr. Judith Elms.

*Third Place*: Elana Neiley of Glenwood Springs, Colorado for her essay on Mary Douglas Leakey, 20<sup>th</sup> Century British Archaeologist.. Elana attends 6<sup>th</sup> grade at Waldorf School and was sponsored by teacher Mrs. Gilman. (Continue on page 3)

#### BIG GIRLS DO CRY BUT NOT AT WORK

by GINGER ATWOOD (GINGER.ATWOOD@SWE.ORG)

Most working women share a fear of losing control and crying at work. While crying is expected for extreme situations (i.e. breaking an arm, or a death in the family), it is considered taboo for professional women in response to normal work situations. We have all seen men lose their temper at work (remember that anger is an emotion), however, nothing reinforces the negative stereotype of women being ruled by emotions rather than professionalism like a crying woman professional. Here are some tips to minimize this concern:



**Email the Editor** 

swerms.newsletter@gmail.com

- Anticipate and rehearse difficult situations in advance
- Terminate any situation if you are losing control
- Disassociate what is said from what is meant
- Learn your crying triggers and break them
- Have a recovery plan (Continue on page 4)

#### MEMBER PROFILE: DIANE SOVA

by KRISTIN RAMEY

City of residence: Boulder, CO for the last 18 months. Prior to that, I lived and worked in Santa Barbara. CA for 23 years

Family: I am a widow with a son who lives and works in Amsterdam.

Member grade: Professional Member

How long have you been a member of SWE? Three years, starting in Santa Barbara

How did you become involved in SWE? An engineer named Deb Willems introduced me.

What positions have you held? Currently, I am Vice President of Rocky Mountain Section

What have you enjoyed most about SWE? Meeting so many incredibly bright, talented people! Why? I love putting people together and seeing marvelous things happen because of that connection.

What is your current company/occupation/title? I work for Ball Aerospace as a project engineer.

How did you get to that position? I have been in the aerospace industry for over 20 years. I began in Configuration Management and worked my way up through Integration and Test Engineering. Eventually I became Verification/Validation Manager of Civil Space at Raytheon in Santa Barbara. When I interviewed at Ball Aerospace my skills matched their needs.

What was your college training? My first degree was in business with a focus on marketing (from Michigan). My second degree was in Cultural Anthropology. I went on for a double major and earned on in Religious Studies, then earned my masters degree in Comparative Religion. My colleagues at the university, when learning that I was going back into aerospace, asked me if I was NASA's spiritual advisor. My aerospace co-workers told me that working on satellites was as close to heaven as I'd ever get! Both sides get a good laugh out of it all. It just shows that you can follow your heart and hone your skills at the same time.

How did your college training help you get to that position? My early college courses were math and science focused. I believe my willingness to step up, openness to learn from the gurus, acting as a bridge between the scientist and managers, and always giving my best shot have helped me along the way. Continual learning is good.

Any words of wisdom for college students entering the work force? Be respectful of all people—they are your teachers. Don't let yourself down. Know your goals. Focus on your strengths. Don't try to make yourself be someone you're not. YOU are the best resource you'll ever have! Go for what you truly want.

**Hobbies/interests?** I've had some poetry published and I am in the process of writing a book covering the history of Santa Barbara Remote Sensing. It has been a great experience to interview the founding fathers. I've been a paraglider, motorcycle mama, kayak queen, photographer, and have recently taken up watercolor painting (some of my pieces are going to be in a show!). Traveling is my true passion and I've just returned from a great trip to Amsterdam, Belgium, France, and Wales.

Anything else you would like to add? I'd like to spend three months in Paris (and keep my job). Any ideas?



## 21ST ANNUAL SWE-RMS ESSAY CONTEST (CONTINUED ... )

by SONYA REISER

**School Awards**: This year nine schools received the school library award for outstanding participation in the essay contest. To qualify for this award, a teacher must submit essays from at least 20% of the 6<sup>th</sup> graders in her/his class. The award this year is either *Changing Our World: True Stories of Women Engineers* by Sybil E. Hatch or *A to Z of Women in Science (Revised Edition)* by Lisa Yount. The books provide information on women engineers and scientists. This excellent reference will support teachers and classrooms in future research, not only for this contest, but also for other scientific, historical or biographical projects.

The aim of the school library award is two-fold: to supply 6<sup>th</sup> graders throughout Colorado and Wyoming with research materials, and to encourage teachers to include the essay contest in their curricula in order to expose all of their students to the significance and the opportunities of various science-related careers. The schools receiving awards this year were:

Saint Joseph School, Fort Collins, CO

Notre Dame Catholic School, Denver, CO

Byers Elementary School, Byers, CO

Aurora Hills Middle School / Summit Academy, Aurora, CO

Holyoke Elementary, Holyoke, CO

Lotus School for Excellence, Aurora, CO

Colorado Springs Christian School, Woodland Park, CO

Denver Academy of Torah, Denver, CO

Parker Core Knowledge Charter School, Parker, CO

<u>Honorable Merit Awards:</u> Ten students received Honorable Merit Awards this year. This year's merit prize was a Battery Science experiment kit. The Honorable Merit award recipients are:

Erin Cook Aurora Hills Middle School
Connor Stevens Aurora Hills Middle School
Kasandra Marshall Aurora Hills Middle School
Douglas Lesher Aurora Hills Middle School
Garrett Brockelman Byers Elementary School

Josie Fisher Byers Elementary

Yamilex Stanley Johnson Elementary School
Jocelyn Gentry Johnson Elementary School
Adriana Domurat Notre Dame Catholic School
Alison Mause St. Joseph Catholic School

Honorable Mention Awards: Twenty students received Honorable Mention Awards this year. The award for Honorable Mention this year was the book *Oh Yikes! History's Grossest, Wackiest Moments* by Joy Massof. The Honorable Mention award winners are:

Jericho Oviedo Aurora Hills Middle School Aurora Hills Middle School Jessica Czapla Salem Tewelde Aurora Hills Middle School Kera Youngren-Woods Aurora Hills Middle School **Ouincy Prark** Aurora Hills Middle School **Daniel Yedidovich** Aurora Hills Middle School Skyler Geier Bridge School of Boulder Allison Mitchell Colorado Springs Christian School **Brittney Prottsman** Holyoke Elementary Seth Bolander Johnson Elementary School Nathaniel Trujillo Notre Dame Catholic School Graceann Sharp St. Joseph Catholic School Kathleen Hecker St. Joseph Catholic School Reagan Fischer Travis St. Joseph Catholic School Madisan Bryant St. Joseph Catholic School Kara Boldt St. Joseph Catholic School Shannan Conlon St. Joseph Catholic School Madeleine Morris St. Joseph Catholic School

All participants receive a certificate of participation and a Great Women in Engineering Essay Contest t-shirt.

St. Joseph Catholic School

St. Mary's Catholic School

Elizabeth Mause

**Dorothy Dean** 

## BIG GIRLS DO CRY BUT NOT AT WORK (CONTINUED ... )

by GINGER ATWOOD (GINGER.ATWOOD@SWE.ORG)

If you know that a difficult situation is coming up, mentally rehearsing will help you keep control. Anticipate possible hard spots and the best way to react to the different directions that the situation can take. In some cases, it is good to take reinforcements into a difficult meeting to give you moral support. For example, I once had to lay off a man who had worked for the company for fifteen years and who did not believe that he could be affected in a layoff. My company prohibited me from giving him any advanced warning that this was a possibility. I was able to correctly anticipate that he would react with anger and was able to deal with his anger and frustration and provide him information to ease his reaction. I also had a second person with me when he received the news since I correctly anticipated that he might react explosively.

When you feel yourself losing control, excuse yourself, terminate the meeting, and go to a location where you can regain control. This sudden departure is usually interpreted as a way to deal with anger rather than an attempt to avoid crying. Strangely, leaving to "control your anger," particularly if you do not have a reputation for flying off the handle, enhances rather than weakens your professional reputation. I have left a meeting with a statement like, "We will have to continue this discussion later when we have all had a chance to cool down." Later I overheard positive comments about my being particularly hard nosed on the issues we were discussing.

When you feel you are being attacked in a meeting, try to disassociate what is being said from why it is being said. Sometimes, if you know what motivates the other person, you can be more objective about what is said and not take insults personally.

Find out what breaks your crying trigger. I know women who swear that you cannot cry and drink ice water at the same time. I know others who pinch themselves surreptitiously under the table to break the trigger. I have to get out of the room if someone starts asking if I am upset because the question itself is likely to trigger a cry from me.

If you are vulnerable to crying, keep a "crying kit" in your office. It should include a mirror, Kleenex, makeup, eye drops, and other comfort items. The mirror can be a pocket mirror or a small mirror on the back of your office door. It will tell you when you no longer look like you have been crying and can safely venture out into the office. Even if you don't normally wear makeup, makeup helps cover up crying blotches or complexion reddening due to upset. Early in my career I worked for a "boss from hell" who regularly tore into his employees, I kept one of those small glass jars that sample jams come in (with a diameter about the size of a nickel) filled with foundation for just such an occasion. If your eyes get red when you get upset, you may want to invest in a bottle of "get the red out" eye drops. I also kept a small bottle of my favorite perfume and hand cream to cheer me up while I regained control.

While you are upset, call or meet with a friend for moral support. Do not confront the people who upset you or put anything in writing while you are upset. I usually try to wait until the next day to make sure that I cannot be accused of reacting emotionally. If all else fails, consider taking an early lunch, or the morning or afternoon off to regain control.

Remember the following tips to help you deal with the potential for crying at work:

- Anticipate and rehearse difficult situations in advance
- Terminate any situation if you are losing control
- Disassociate what is said from what is meant
- Learn your crying triggers and break them
- Have a recovery plan



## GIRL SCOUTS ANNOUNCES 2008 DENVER WOMEN OF DISTINCTION HONORES

by GIRL SCOUTS OF COLORADO (PRESS RELEASES — RACHELLE TRUJILLO & AMANDA KALINA)

Girl Scouts of Colorado, Denver Service Center, is announcing the 2008 inductees into the coveted Women of Distinction program at a private reception on June 10 from 5:30 to 7:30 p.m. at the Landmark Tower at 5455 Landmark Place in Greenwood Village. The 20 honorees are selected by their peers and chosen based on their contributions to the community, both professionally and personally. The Women of Distinction commit to supporting the Girl Scout organization and serving Girl Scouts today.

"As Women of Distinction, these women become dedicated advocates for Girl Scouts and supporting the organization," said Virginia L. Mason, president and CEO of Girl Scouts of Colorado. "I can't express the respect I have for each of these women. Their commitment, time and talent are an invaluable resource to the Girl Scouts in our community."

Since 1997, in the Denver area, Girl Scouts has honored 328 women, all of whom share their commitment to the ideals of the Girl Scout program and help girls reach their full potential by providing mentoring, career exploration and guidance to Girl Scouts throughout the year. Over the past decade, this program has raised more than \$2 million for Girl Scouts' Outreach programs. Annually, the programs serve thousands of girls locally who would not be able to participate in the Girl Scouts leadership development program without special assistance.

Later this year, the Girl Scouts will publicly honor these inductees at the Women of Distinction Dinner in Denver. The event is chaired by mother and daughter duo Marilyn Van Derbur Atler (2000 WOD), author and national speaker, and Jennifer Atler (2003 WOD), executive director of Invest in Kids, and will be held on Oct. 22 at the Denver Marriott City Center.

Girl Scouts of Colorado is where girls throughout the state gain courage, confidence and character alongside a group of girls who will be their friends for life. It's a safe place for girls to explore their world, develop an understanding and empathy for others, and take action to make the world a better place. Girls are guided by committed, caring adults who make learning fun. No other activity helps each girl achieve her personal leadership pathway like Girl Scouting. Girl Scouts has been the nation's leading expert on girls for nearly 100 years. For more information, to volunteer or to donate, visit www.girlscoutsofcolorado.org or call 303-778-8774.

For more information on the Women of Distinction program or to reserve a table for the Denver dinner event on Oct. 22, please call 303-778-8774.

Girl Scouts of Colorado's Denver Service Center 2008 Women of Distinction:

Julika Ambrose, D.M.D. - Dentist, Private Practice, Retired

Mary E. Baca - Community Leader

Pamela Kenney Basey - Community Leader

Margaret Brown - President, Colorado Business Bank Northeast

Colleen Colarelli - President and CEO, Girls Incorporated of Metro Denver

Kay S. Daugherty, Ph.D., R.N. - Chief Nursing Officer, Retired, Denver Health & Hospital Authority

Raylene Decatur - CEO, Decatur & Company

Bonnie Downing - Vice President of Development, Denver Museum of Nature & Science

Dawn G. Engle - Co-Founder/Executive Director, PeaceJam Foundation

Lynn M. Gangone, Ed.D. - Dean, The Women's College of the University of Denver

Irene M. Ibarra - President and CEO. The Colorado Trust

Frances E. Jefferson – Regional Administrator, Region VIII, U. S. Department of Labor, Women's Bureau

Barbara Kelley - Partner, Kamlet Shepherd & Reichert

Mary Rhinehart - Senior Vice President and CFO. Johns Manville

Lucinda Sanders - CEO/Founder, National Center for Women & Information Technology

Sandra Scanlon, P.E. - President, Scanlon Szynskie Group, Inc.

Lisa Snider - Executive Director, Colorado Ballet

Teresa Taylor - Executive Vice President - Chief Administrative Officer, Qwest Communications

Lynne D. Valencia - Vice President of Community Relations, 9News KUSA-TV

Barbara Yondorf - President, Yondorf & Associates

Congratulations to Sandra Scanlon (SWE-RMS member)!



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## MACY'S COMMUNITY SHOPPING DAY

by CHRIS TIPPETT

"Fashion and Compassion" Sponsored by Macy's at Cherry Creek and Park Meadows November 22nd 2008

Shop for a cause and support SWE!

Tickets only \$10.00 and 100% of ticket sales go directly to SWE-RMS benefiting outreach programs!

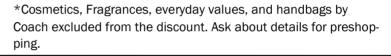
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- A chance to win a \$500 Macy's shopping spree!

### Purchase your ticket today!

Contact: Aspen Coombs 303-250-7751 aspenleaf5@hotmail.com Tickets work all day





## HER STORY: A TIMELINE OF THE WOMEN WHO CHANGED AMERICA

by KIMBERLY DREZALL

Jill S. Tietjen, P.E., is an author, speaker, and electrical engineer. Her published books include the Setting the Record Straight series (co-authored with Betty Reynolds), which explores the history of women's accomplishments in accounting, engineering, and professional achievement, and an introduction to engineering textbook (for use by college freshmen), Keys to Engineering Success. She is one of the top historians in the country on scientific and technical women. She is the CEO of Technically Speaking, a national consulting company specializing in improving opportunities for women and girls to have more career options in technology.

#### HER STORY: A TIMELINE OF THE WOMEN WHO CHANGED AMERICA

By Co-authors Charlotte S. Waisman and Jill S. Tietjen November 19, 2008, 4:00 pm - 6:00 pm Diamond Hill, 2460 West 26th Ave Suite 9-C, Denver

ACEC

AMERICAN COUNCIL OF ENGINEERING COMPANIES
of Colorado

If you would like to attend please contact: Kimbrezall@acec-co.org, or call 303-832-2200

ACEC/CO 800 Grant St., Suite 100 Denver, CO 80203

Ph: 303-832-2200 F: 303-832-0400



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#### SWE-RMS NETWORKING NIGHTS

by LAURIE VALAER

Please join us for the SWE-RMS Networking Nights. These are informal gatherings where you can network, connect with, and get to know other women in engineering, science, and technology. We alternate locations between downtown Denver and the Denver Tech Center. Hopefully you'll be able to join us for at least one of the events!

When: Tuesday, November 18th at 6:00 pm
Where: CB & Potts Restaurant & Brewery
6575 Greenwood Plaza Blvd
Englewood, CO 80111

(this is just West of I-25 on the North side of Arapahoe Road)

RSVP by COB Friday, 11/14/08 to Ivalaer@hotmail.com

When: **Tuesday, December 16th at 6:00 pm** Where: Rock Bottom Restaurant & Brewery

1001 16th Street #A-100 Denver, CO 80265

(this is on the northwest corner of 16th and Curtis)

RSVP by COB Friday, 12/12/08 to Ivalaer@hotmail.com



## **WELCOME NEW MEMBERS!**

by KRISTIN RAMEY

#### **NEW MEMBERS**

Welcome to our SWE members, new to the Rocky Mountain Section in August and September:

Lynne Marie Center
Casey Lynne Griswold
Whitney Price Hopkins
Rochelle Lynn-Nizhoni Jim
Andrea Kaye Johnson
Monisha M.Merchant
Jessica Nicole Thompson
Astrid Victoria Thundercliffe
Bryce Eleanor Tillotson
LeAnn Vincent
Michelle L.Wieck

The above data is compiled from reports pulled from data maintained on SWE's online directory. This list was compiled of members. If you have any questions on the information listed above, or there are any errors, feel free to contact me at

Kristin.Ramey@swe.org

#### MEMBERSHIP INFORMATION

The Rocky Mountain Section currently has 165 paid SWE members. 161 of those members have voting privileges. What about those other 4, you ask? Members at the Affiliate or Associate grade level do not have SWE voting privileges.

We also have 82 Unpaid Members. These are members that were paid in FY08, but have not yet renewed. SWE's fiscal year runs from July 1 through June 30. You should renew your membership prior to July 1 (and there is usually an early bird discount for doing so!) If you don't, you are kept on SWE's books until December 1st, in which case, if you don't renew, your membership is dropped. So you still have time to renew! If you wait until after December 1, you'll have to pay an additional re-instatement fee. You can easily renew online at www.swe.org. Right in the middle of the screen there is a bar, and a link where you can click "Renew Membership" and stay with us! We appreciate

your membership, and hope you can join us at a SWE event soon!

The above data is compiled from reports pulled from data maintained on SWE's online directory. This list was compiled of members. If you have any questions on the information listed above, or there are any errors, feel free to contact me at Kristin.Ramey@swe.org





Society of Women Engineers P.O. Box 260692 Lakewood, CO 80226-0692

View the SWE-RMS Newsletter Online at http://www.swe-rms.org



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## Newsletter Sponsor

We thank Washington Group International, Inc., for their support in printing and mailing the SWE-RMS newsletter.

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#### CALENDAR OF EVENTS

For complete details, directions, and more, visit the SWE-RMS website calendar.

#### November 5, 2008

GESET (Girls Exploring Science, Engineering, and Technology) Colorado Convention Center 700 14th Street, Denver

#### November 6-8, 2008

SWE08 National Conference for Women Engineers Baltimore Convention Center Baltimore, MD

#### November 18, 2008

SWE-RMS South Denver Networking Night CB & Potts Restaurant & Brewery

6575 Greenwood Plaza Blvd, Englewood, Co 80111

#### November 19, 2008

"Her Story" Presentation 2460 West 26th Ave, Suite 9-C, Denver, Co 80202

#### November 22, 2008

Macy's Community Shopping Day Cherry Creek Mall & Park Meadows Mall

#### December 16, 2008

SWE-RMS South Denver Networking Night Rock Bottom Restaurant & Brewery 1001 16th St #A-100, Denver, Co 80265