



S A N D I E G O C O U N T Y

# CONNECTIONS

*Newsletter of the Society of Women Engineers*

*March 2007*

## **March 28th Lunch Event** **A Water-Short World** **by Engineers Without Borders** **Featuring Eric Scherch and Nick Fontaine**

Today over 1 billion people do not have access to clean drinking water. Come learn more about this crucial global issue and how some local engineers are helping to right this situation.

Join us as Eric Scherch and Nick Fontaine share the challenges they faced working on a potable water project in a rural village in the southwest of India and discuss global water issues and how EWB is partnering with communities to implement sustainable engineering projects.

**Date:** Wednesday, March 28, 2007

**Time:** 11:30 am - 1:00 p.m.

**Venue:** HDR  
8690 Balboa Avenue, Ste. 200  
San Diego, CA 92123

**Menu:** TBD

**Price:** Members \$12.00, Nonmembers \$15.00

**Payment:** Cash or Check Only

**RSVP:** By Friday, March 23rd to Katie Urbas at:  
619-279-9523 or [kurbas@nassco.com](mailto:kurbas@nassco.com)

Please cancel reservations 24 hours in advance or you will be billed.

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## Guidelines for Submitting Articles for Publication in Newsletter

Please use the following guidelines when submitting articles:

1. Email articles to [newsletter@swesandiego.org](mailto:newsletter@swesandiego.org).
2. Please write "SWE Newsletter" in the subject line of the email.
3. Provide clear and concise instructions as to how the article is to appear. For example, "provide border around article", etc.
4. Deadline for article submission is the 17th of the month previous to the month it is to appear in the newsletter.
5. To have an article appear more than once, please provide instructions on the number of months that the article is to appear.
6. The editor reserves the right to correct spelling and grammar.
7. If the article is too large for the newsletter, the sender will be notified.
8. Spell out acronyms.
9. Articles that contain viruses will be deleted and, if possible, the sender will be notified.

## Advertising Rates

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Contact Galit at 619-440-8181 or [galit@dyk.com](mailto:galit@dyk.com) for more information.

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¼ Page	\$30	\$80	\$145	
½ Page	\$60	\$160	\$290	
Full Page	\$120	\$325	\$575	

## New Webmaster

After starting up the SWE San Diego Web site and serving as the webmaster for the last ten years, Louise Julig is passing on the webmaster duties to the next generation. Nazz Wang, a recent mechanical engineering graduate from SDSU, started in March. When Nazz and president Mandira Sudame recently met with Louise, they were both surprised to learn that SWE-SD used to have a telephone hotline! Yes, it wasn't that long ago that the web was a bit of a novelty and the telephone was how information was disseminated. Those days are long gone, and we all look forward to lots of innovative ideas for the site. Please welcome Nazz in her new role. She can be reached at [webmaster@swesandiego.org](mailto:webmaster@swesandiego.org). Share your ideas and comments to help make your SWE-SD Web site even better.

## Regional Conference Update

Submitted by Lori Peck

A joint regional conference with our region and Region J was held in Las Vegas between January 19-21st. Joan Fisher and I attended as the section representatives as well as several other members including Katie Urbas, Sabina Ma, and Sabrina Corzine.

On Friday we had several great tours. The highlight was a tour of Bellagio fountains. We toured much of the Bellagio grounds including the workings of the fountains and a visit to one of their "high roller" villas. Saturday had many great panels and sessions as well as a career fair. It also included inspiring keynote breakfast and lunches.

Sunday's Region B meetings highlights included:

- Region B bylaw modifications were approved. In the near future we will need to update our section bylaws to reflect them.
  - A nominating committee for Regional offices was formed. Joan Fisher is a member.
  - A presentation from the membership committee mentioned the great growth in San Diego Section's membership. Great work everyone!
  - The next Region B Conference will be held in Pasadena, CA. No date has been selected yet.
  - We had breakout brainstorming sessions on several topics. The topics were passing on SWE best practices, a SWE Region B Awards Program, and
- (cont.)

## Member Profile

Louise Julig is a Life member of SWE and a freelance writer and editor. She graduated in 1990 with a degree in Electrical Engineering from Georgia Tech, where she was a student member of SWE, and moved to San Diego that year. She then worked as an engineer in a Human Factors group at what was first NOSC, later NRaD, and finally NCCOSC, the Navy research facility at Point Loma, working with research psychologists designing experiments for new audio and visual displays for the Navy. During that time she also earned a Master's Degree in Electrical Engineering at UCSD, and was involved in the San Diego Section of SWE, serving as VP Member Services, UCSD liaison, Membership Chair, and as President in FY93.

Louise pioneered the SWE San Diego Web site as a way to learn HTML in 1997. She served as webmaster for the next 10 years. She left NCCOSC in 1998 to become a full-time mom after the birth of her daughter, with no immediate plans to return to the workforce. Then in 2001 she was offered a part time adjunct teaching position at USD by SWE colleague and friend Kathleen Kramer. She taught technical writing to senior engineering students at USD for three semesters, which then lead to an interest in copyediting.

She has always been interested in writing, and had written several articles for SWE Magazine, but after leaving the teaching position, she pursued freelance work and has been a regular contributor to both the Surf City Times newspaper and San Diego Family magazine, as well as copyediting for Smooth Jazz News. She enjoys volunteering at her daughter's school, playing violin, and recently took up running. She still has no immediate plans to re-enter the workforce full time.

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### Conference Update (cont.)

Regional Conference Procedures. Many terrific ideas were generated and all the groups have action items to begin implementing them.

- The ABJ meeting, the first region B meeting of the next fiscal year will be in Scottsdale, AZ September 14-16, 2007.

If you have comments or questions, contact Lori or Joan at [sectionrep2@swesandiego.org](mailto:sectionrep2@swesandiego.org) or [sectionrep1@swesandiego.org](mailto:sectionrep1@swesandiego.org).

## Job Postings Policy

1. If a company is a section corporate sponsor (donates \$250 or more in a fiscal year), it is qualified to place a job notice in the monthly newsletter free of charge.
2. If a company is not a section corporate sponsor, it may place a job notice in the monthly newsletter for a fee of \$25 per notice.
3. Requirements for Job Postings:  
In general, copy shall be limited to 75 words. Each job posting is to include contact information within the copy. It shall be delivered electronically and formatted as the company desires it to be printed. The company is to indicate how many months the job posting is to run and shall email directions to cancel the ad when the opening is no longer available.

No ad copy will be provided to the company prior to the first printing. However, changes may be made after the first printing.

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# CALL FOR VOLUNTEERS!!!



**SWE San Diego & the Girl Scouts of San Diego  
proudly present**

## **SWEET 2007**

**Society of Women Engineers  
Exploring Technology**

**Saturday, April 14, 2007**

**Balboa Park**

**1pm – 5pm**

**This is a great opportunity to give back to the community and to encourage our future women engineers. By hosting this workshop, SWE will help the Girls Scouts earn 2 patches, one of which will be from SWE!! Come join us on the day of the event as a volunteer if you would like to become more involved!**

**Please contact Julia if you are interested in helping out at this event!**

**Julia Chan  
Outreach Chair  
julia.chan@swe.org  
(619) 544-5091**

# Create Harmony & Motivation N U

An e-newsletter on health and wellness issues – by Victoria Smith, MS.

## *Taming those voices inside my head*

In the stillness of the night these voices speak their loudest. One can be deprived of precious sleep, mentally crippled at work, home or in a relationship when a persistent negative thought encompasses one's world. We communicate with ourselves each day more than with anyone else and if our thoughts are negative, our day can be filled with fear, doubt, insecurity, anxiety, indecisiveness, and harm our self confidence. These thoughts are self limiting and block passage ways that allow us to live life to full potential.

You alone hold the incredible power to transform your negative thoughts to positive life altering ones. You can begin the dramatic change by incorporating the simple steps below into your daily mental routine. As your stress level becomes more balanced, your productivity increases at work and home leaving you with an overall heightened level of contentment.

- **Your thoughts shape your mood.** Notice the next time you encounter a negative thought and how you automatically attach it with a similar emotion. If the thought deems your attention, then reframe it to fit a positive mode. If it serves no purpose except to hold your mood hostage to the negative thought, then consciously make a decision to interrupt it in exchange of a success related positive thought. With each thought transformation, you will see the immediate power you possess and hold onto the desire to make this a natural habit.
- **Be realistic with your internal words when a negative thought enters your mind.** Some of us utilize faulty thinking by "catastrophizing" a situation when this rarely happens. This thinking causes us needless stress and energy loss that could be used in a more productive way. Worrying about something seldom brings about real life change. The next time a negative thought enters your mind, practice focusing on realistic facts, be aware of what you have control over and practice accepting what you do not have control over.

- **Give yourself permission to be less than perfect.** We tend to be our own harshest critic. Many of us have doubts about something we did or want to do in life and use endless energy hashing it out in our mind. What will other adults think of my words and/or actions? What if I am not good enough? So, often the things we most desire to do in life are left inside our head along with a justification for not following through. After a thoughtful evaluation, if you believe the action or thought to be right in your heart, move forward to the next step as long as it does not harm you or others and enjoy taking the risk.
- **Mentally program your mind for success.** Notice the number of positive and negative words that are infused in your internal vocabulary. Aim to consistently replace the negative words that fill your inner voice with words that communicate strength and courage being mindful to branch out with your new vocabulary using interesting new words. Practice repeating your chosen power words daily until they are a natural part of your internal vocabulary.
- **Dwell on your aspirations.** While brainstorming, make a list of everything you want to do in your life that would make you feel your life is truly wonderful and personally rewarding. Believe that everything is within the realm of possibilities and that these desires would be highly rewarding once achieved. Make the list a daily ritual to view in obvious places so it becomes ingrained into your thought process. It is true that we can accomplish most anything we truly want in life. We are solely in charge of whom and what will enter the private domain of our mind. As a human, each one of us is offered the privilege of taking charge and living life to our true potential.

## *Savor your tempting inner world's unlimited freedom!!*

Victoria Smith, MS is a certified trainer for Orlando Ward & Associates, Inc. She has been immersed in sales management in the corporate sector for nearly two decades and holds a master's degree in counseling. Victoria develops and presents programs on a wide variety of stress management related topics for corporations to assist employees in developing peak performance in the workplace and in their personal lives. To contact: 858-405-0735 or [vsmith@orlandoward.com](mailto:vsmith@orlandoward.com)

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## Book Review

The following article appeared in the March 2007 issue of San Diego Family Magazine.

Expand Your Women's History Bookshelf: Thirteen Great Books for Kids

By Louise Julig

March is Women's History Month, and we've rounded up a slew of the best books about fascinating women from all walks of life. So grab your kids and head on over to your local library or bookstore for a glimpse into some amazing stories from women's history. Who knows, they might even learn something along the way (and maybe you will too)!

A is for Abigail - An Almanac of Amazing American Women, by Lynne Cheney illustrated by Robin Preiss Glasser (2003, Simon & Schuster) This fun book is packed with snippets of information about American women from first lady Abigail Adams to chief justice Sandra Day O'Connor to athlete Babe Didrickson Zaharias and many, many others (creative alphabetizing allows for including many more than 26 women.) The format lends itself to browsing, and though the text isn't extensive, it's a good introduction and a great jumping-off spot to learn more. (Grades 2-4)

Mighty Jackie: The Strike-Out Queen, by Marissa Moss illustrated by C.F. Payne (2004, Simon & Schuster) This richly illustrated picture book tells the story of Jackie Mitchell, a woman baseball player in the '30s who at the age of seventeen did the unthinkable — struck out both Babe Ruth and Lou Gehrig in the same game, giving new meaning to the phrase "throws like a girl." (Grades K-3)

Girls Think of Everything: Stories of Ingenious Inventions by Women by Catherine Thimmesh illustrated by Melissa Sweet (2000, Houghton Mifflin) Did you know windshield wipers were invented by a woman? What about Liquid Paper? This book describes how a dozen different inventions by women made their way from germs of ideas to full-fledged products. Told in a cheery but factual style and creatively illustrated, it includes two pre-teen inventors and gives information on where kids can submit their own inventions. Sure to get the creative juices flowing. (Grades 3-8)

Dorothea Lange by Mike Venezia (2000, Grolier Publishers) Lange's photographic portraits documenting the people and landscapes of the Great Depression are instantly recognizable for their compassionate heart. This accessibly written and humorously illustrated book introduces young readers to her life and work as part of the Getting to Know the World's Greatest Artists series. (Grades 2-4)

Nobody Owns the Sky: The Story of Brave Bessie Coleman by Reeve Lindbergh illustrated by Pamela Paparone (1996, Candlewick Press) Written in verse and boldly illustrated with bright colors, Nobody Owns the Sky tells the story of Bessie Coleman, who grew up in the '20s and dreamed of flying. Through patience and perseverance

she became the first licensed African-American aviator. Inspiration for anyone who dreams big. (Grades K-2)

The Book of Latina Women: 150 Vidas of Passion, Strength, and Success by Sylvia Mendoza (2004, Adams Media) An excellent source book for quick profiles of Latina women from all walks of life. Athletes, artists, entrepreneurs, activists, entertainers, educators and many others are summarized in pithy one to two-page portraits. Excellent for reference or browsing, every page is like a mini window into a Latina life. (Grades 6 and up)

A Woman for President: The Story of Victoria Woodhull by Kathleen Krull illustrated by Jane Dyer (2004, Walker Books) Did you know that a woman ran for president in 1872, 136 years before Hilary will? The almost forgotten Victoria Woodhull was also the first woman to have a seat on the stock exchange, own a newspaper and speak before congress. This enlightening book tells the story of a brave self-made woman and independent thinker who was ultimately ahead of her time. (Grades 3-5)

Adventurous Women: Eight True Stories About Women Who Made a Difference by Penny Colman (2006, Henry Holt and Co.) For those interested in digging deeper into women's history, this book is an excellent place to start. It profiles eight women of various ethnic, educational and cultural backgrounds, adventurous in both the traditional sense (Arctic explorer Louise Boyd) and not so traditional (bacteriologist Alice Hamilton, former slave turned midwife and California landowner Biddy Mason.) These are women you probably haven't heard much about before, but their stories are no less interesting or relevant. (Grades 6-10)

When Marian Sang: The True Recital of Marian Anderson by Pam Munoz Ryan Illustrated by Brian Selznick (2002, Scholastic) Illustrated in rich chocolatey shades and interspersed with lyrics, this book tells the story of Marian Anderson "The Voice of a Century," who wanted nothing more than to sing, but became a reluctant activist as a result of discrimination. It beautifully depicts how the power of her music helped bring our nation one step closer to harmony for its entire people. (Grades K-3)

Great Moments in Women's Sports by Michael Teitelbaum (2002, World Almanac Library) From the Women's Professional Baseball teams of the '40s to Joan Benoit Samuelson's Olympic victory in the first women's marathon to Martina Navratilova's amazing ninth Wimbledon win, this intriguing compilation highlights ten major accomplishments in women's sports. These stories are also woven through with interesting sidebars, statistics, and lots of photos. Ideal for any sports fan. (Grades 3-8)

With Courage: Seven Women Who Changed America, by Lynea Bowdish (2004, Mondo Publishing) Written in straightforward language, this book profiles seven women who exemplify courage and perseverance: environmental scientist and author Rachel Carson, diplomat Condoleezza Rice and architect and sculptor Maya Lin, along with four others. Each woman's background and story is told concisely but with a clear voice that emphasizes the qualities

they used to accomplish great things. (Grades 4-6)


Barbara McClintock: Nobel Prize Geneticist (People to Know) by Edith Hope Fine (1998, Enslow Publishers) This biography of the first woman to win an unshared Nobel Prize for Physiology or Medicine pulls you in with lots of quotes that paint a picture of this quiet but determined woman. Barbara McClintock earned a Ph. D. in Botany at a time when science was not thought of as a suitable pursuit for girls, but McClintock pursued her passion and contributed greatly to her field. Includes a primer on genetics. (Grades 6-10)

Count on Us: American Women in the Military by Amy Nathan, foreword by Walter Cronkite (2004, National Geographic Children's Books) This comprehensive and up-to-date book chronicles women's military contributions all the way from the American Revolution to the present day. Interspersed with lots of photos and short profiles, it tells the story of military women in all their roles, from soldiers in disguise in the Revolutionary and Civil Wars to WAVES, WACs, and WASPs in WWII, to nurses in Vietnam and pilots in Iraq. It will give you new perspective on women who serve. (Grades 6-10)

Sidebar:

Don't forget the Fiction Shelves

If your children would rather spend a weekend cleaning their rooms than read a nonfiction book, don't despair; there are many fiction books that can give kids a glimpse of women's history. Girls grades 2-5 might enjoy the American Girl series, which follow eight girls from different times in history. Well-researched but not too heavy-handed, each book also includes a "Peek Into the Past" chapter at the end with background information. Another series is The Royal Diaries books, which are historical novels for grades 4-8 each about a real life "princess" from history. Another diary-based series for grades 4-6 are the Dear America books, which tell stories of fictional girls from different times in America's past. Some of the subject matter is a bit intense, such as 1900s sweatshops, but treated in an age-appropriate manner. Ask your librarian for more recommendations.



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## IN THIS ISSUE

Monthly Event .....	Pg. 1
SWE-SD Officer Directory .....	Pg. 2
Article Submission Guidelines .....	Pg. 2
Advertisement Guidelines .....	Pg. 2
Volunteer Opportunities .....	Pg. 3
Job Posting Guidelines .....	Pg. 4
SWEET Event .....	Pg. 5
Motivational Article.....	Pg. 6
BOD Opportunities.....	Pg. 7
Book Review .....	Pg. 8

## CALENDER

March 28th .....	Lunch Meetingt
April 14th .....	SWEET event
May 18th .....	SWE Banquet