



SWE Outlook

The Philadelphia Section ~ Region E

FY08.6 April/May 2008

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Inspirational Article on Resilience

Newsletter Editor:

Tessa Anodide
Open Position!!!

Submit Articles To:
newsletter@philaswe.org

LETTER FROM THE PRESIDENT

There are two annual events that always make me proud to be a SWE member – the Region E Student-Professional Conference, and the Philadelphia Section Awards dinner. This year, I was excited to attend both events and found them to be very rewarding. Virginia Commonwealth University and the Richmond SWE sections did a great job organizing the events at their new Engineering and Business Center on VCU's campus. I found the session on Work Life Balance my favorite, because speaker Margaret Williams, Ph.D, VCU School of Business could relate to the entire audience and provided an interactive session. Her key messages likely apply to all of us as corporate, business, or academic professionals:

- Key Theme – balance is not obtained by properly scheduling all events in your life. It is better obtained through integration of your roles, goals, and activities.
- Distinguish your roles, goals, and activities.
- Develop a network of Support: for personal and professional needs, define and connect with resources for Comfort, Clarification, Celebration, and Challenge/Confrontation
- Develop self-knowledge (MBTI, DISC, reflection, journaling, discussion with friends)
- Talk to many people in different situations, to gain perspective – personal and professional to make your Network of Support.

Dr. Williams also covered historical employer approaches to work/life balance. Many companies started with “Accommodation” of specific employee requests, then “Elaboration”, where a policy and guidelines for work arrangements were created, and now to “Transformation”, a state in which companies establish and maintain a culture of balance to allow several types of working arrangements in their organizations.

Carrying the work-life balance message from SWE professionals to SWE collegiates, member Chris Miller of Rohm and Haas spoke to our scholarship winners at the Section Annual Awards Dinner, held April 10th. She emphasized professional and personal networking as a key skill for new and seasoned engineers, since solving today's problems and working in teams require people skills as well as engineering know-how. Her message was to embrace the challenges of working as an engineer, and balancing time to include networking for personal and professional success. The section was excited to award ten collegiate scholarships this year, a record number presented out of a record number of applications received. We also were thrilled to award the Glassman prize to Devin Redding, who took first place at the Delaware Valley Science Fair. She is pursuing Engineering at the USMA, West Point New York!

A sincere thanks and much appreciate to all FY08 section officers, committee chairs, and event and project leaders! This has been an extremely productive year for the section, and all members can be proud of our accomplishments. Please take a moment to review the FY09 officer ballot, and vote by mail or electronically for the FY09 officers. Each of these candidates has my full support as well as the recommendation of the Nominating Committee.

Jennifer Garner

NATIONAL NEWS

Easily Manage Your Membership Information - Including Renewal

As a SWE member, you have tools available to help you manage your membership information. We encourage you to access [Member Data Services](#) to get answers about membership renewal, member passwords, list servs, information on how to locate professional networks, and much more. If you have an issue that has not been resolved through the Member Data Services, please contact SWE's ombudsman at ombudsman@swe.org.

REGION E NEWS

Region E Conference Summary

Written By: Danielle Dunn

This year's Region E conference was held in Richmond, VA on March 7th to 9th, hosted by Virginia Commonwealth University and the Richmond professional sections of SWE. Several SWE Philadelphia members traveled to the conference by car, train, and even plane to take advantage of the workshops, career fair, and networking opportunities.

Most of the conference events took place in VCU's beautiful new engineering and business school complex. Four concurrent workshop tracks – Technical, Professional, Collegiate, and SWE – covered a broad range of topics, from clean and safe water and nuclear power, to unconscious biases in the workplace, to creative problem solving techniques for SWE officers and section members.

Two SWE Philadelphia members, Tessa Anodide and Danielle Dunn, served on a panel discussing "Sustaining a Career: The Benefits of Engineering Rotation Programs." Tessa and Danielle provided insights from their rotational experiences at Lockheed Martin and Merck, respectively, and answered lots of great questions from the mostly collegiate audience. Joining them on the panel were April Meyers, also from Lockheed Martin, and Carrie Zimmer from Dupont.

SECTION NEWS

SWE Awards Dinner

The SWE Awards Dinner was held on Thursday, April 10, 2008 at the Sheraton Park Ridge located in King of Prussia, PA. This year, we awarded 10 collegiate scholarships, 2 member awards and 1 Glassman Award to a high school student. The following students were awarded scholarships:

Rohm and Haas

Shyno Matthew, Drexel, Chem, 2010
Sarah Arscott, Villanova, Mech, 2009
Abby Majczan, Villanova, Chem, 2009

Section

Jennifer Atchinson, Drexel, Materials, 2009 (PhD)
Danielle Friedman, Penn, BE 2008
Alicia Ruthrauff, Phila, Mech, 2010
Jennifer Gaugler, Widener, Chem, 2010

Lockheed Martin

Hahna Kane, Drexel, Computer, 2010
Jordan Sarruda, Villanova, Mech, 2009

Merck

Lauren Jablonowski, Drexel, BioMed, 2011

Glassman Award

Devin Redding, Avon Grove H.S.

FY09 Officer Candidate Bios

The slate of Philadelphia Section Officers proposed for the SWE Fiscal Year beginning July 1, 2008 and ending June 30, 2009 is presented in this newsletter. First, read about each potential candidate below. Please then refer to the attached ballot and take a moment to vote. Votes may be submitted via USPS mail or via electronic ballot. Refer to the ballot for specific mailing instructions. All ballots must be postmarked by June 1, 2008.

Candidate(s) for President:

Danielle Dunn - Danielle first joined SWE as a freshman at Rice University, and became a vice president of the collegiate section her senior year. After graduating with her B.S. in Chemical Engineering, she moved to Pennsylvania for work, and joined the Philadelphia section of SWE. She has served as a newsletter editor, followed by a year as Vice President and workshop co-coordinator for the Region E Conference hosted at Drexel (FY06). Danielle is currently serving as Vice President of Professional Development. She works in the Merck Research Labs as a staff engineer in fermentation process development. Some of Danielle's goals for the section in FY09 include:

Increasing member participation in both section meetings and volunteer activities

Developing and implementing more creative methods of fundraising for the section

Organizing an outreach event for teachers and/or parents to help them encourage their girls' interest in science, technology and engineering

Sustaining and building upon our successes in FY08, including our award-winning website, redesigned newsletter, and record number of applicants (and recipients!) for collegiate scholarships

Candidate(s) for Senior Vice-President:

Krista Pohl – Krista currently is a civil designer in the rail department at HNTB Corporation. Since joining HNTB in 2006 Krista has worked on jobs for PennDOT, Amtrak, CSX, DM&E, SEPTA, and PATCO. Prior to joining HNTB, she worked for DMJM+Harris and Amtrak. Her work experience includes local transportation planning, urban design and land-use, track design, track maintenance, capital maintenance project controls, estimating, and scheduling. Her current projects have her traveling out to South Dakota to design 300 miles of new track for the DM&E. She graduated with a Bachelor of Science degree in Civil Engineering Systems from the University of Pennsylvania in 2001, and she is currently pursuing a Master of Science degree in Civil Engineering Systems from Temple University. Krista was a student member of SWE all four years in college. She joined as a professional in 2006. Krista currently serves as the Scholarship Chair and Temple University Counselor. As scholarship chair, Krista received almost 50 applications, and SWE was able to give out 10 scholarships. In her spare time, she is studying for the PE exam.

Candidate(s) for Vice-Presidents: **Members will vote for TWO Vice-Presidents**

Jennifer Garner - Jennifer has worked as an engineer for Merck & Co., Inc. for the past ten years. Upon graduation from Stevens Institute of Technology with a B.E. in Chemical Engineering, she started her career in the Capital Project Management department in New Jersey. While in New Jersey, she served as SWE Membership Chair and as the Counselor for Stevens. In 2002, she moved to Pennsylvania and became a Senior Manufacturing Engineer for the Bulk Vaccine production areas. Presently, she has transitioned to the Vaccine Technology and Engineering department and works on projects supporting raw material supply for the site's vaccine operating areas. In the Philadelphia section, she served one year as Section Representative and three years as Swarthmore counselor. In 2005-2006, Jennifer served as the co-Chair for the Region E Conference held with Drexel University in March 2006. She is past Philadelphia section President (FY08). Jennifer enjoys fencing, walking, numerous outdoor activities, and watching college football. She is also a member of the International Society of Pharmaceutical Engineers.

Cassandra Shoup – Cassie has been an active member of SWE for seven years. While attending Purdue University, she held several SWE collegiate positions including Membership Director and Section President. Cassie is currently employed by MWH as an associate engineer and works on environmental remediation projects. Her goals as Vice President are to bring together section members with common interests and identify new ways for our organization to interact with local industry.

Candidate(s) for Secretary:

Stephanie Carroll – Stephanie has been actively involved in SWE for the past five years at Drexel University. While attending Drexel University, she has devoted her time as the Fundraising/CEO Chair, Secretary, and two consecutive terms as the Vice President helping to coordinate all SWE events. She will be graduating in June with a B.S. in Chemical Engineering. She has completed three COOPs as a Process Analytical Scientist at GlaxoSmithKline Pharmaceuticals and will begin her career in July as an engineer for the Viral Vaccine Technology and Engineering Department at Merck & Co., Inc. Stephanie enjoys playing softball and volleyball, watching movies, cooking, creating care packages for the men overseas and staying as busy as possible.

Candidate(s) for Treasurer:

Rebecca Rose - Rebecca has been involved in SWE for 6 years, starting as a member of the Smith College collegiate SWE section from 2002-2006. She was vice-president of the section her junior year and president of the section her senior year. Upon graduation, she moved to the Philadelphia area and began working as an analyst for Accenture Consulting where she is currently designing, building, and testing interfaces between two databases. Rebecca was the section Treasurer for FY08.

Candidate(s) for Section Representatives: **Members will vote for TWO Representatives**

Heather Bernardin - Heather has been a professional member of the Philadelphia SWE section for 18 years. During that time she has held the positions of newsletter editor, secretary, scholarship chair, counselor, vice president, president and section representative for the section. She has also been the Region E Lt. Governor. Her goal is to keep the Philadelphia Section involved in regional and national matters. Heather currently works for KSM Technology Partners as a Senior IT consultant. She has a BS in Electrical Engineering from Lafayette College and a MS in Computer Engineering from Villanova University.

Andrea Manning - Andrea Manning joined SWE as a professional member in August 2006. She is currently employed as the Standards Engineer for Engineered Arresting Systems Corporation (ESCO), a division of Zodiac. As Standards Engineer, Andrea is responsible for all configuration control related to the Engineered Material Arresting System (EMAS) product line, including creating and maintaining product drawings and installation & maintenance procedures. Andrea is also involved in managing the over 40 research and development programs currently underway for the EMAS product. Mrs. Manning received her dual B.S. degree in Mechanical Engineering and Science, Technology & Society from Rensselaer Polytechnic Institute in Troy, NY in their Product Design & Innovation program. She enjoys digging in her garden, dancing, and traveling. She is also a member of ASME.

Candidate(s) for Alternate Section Representative:

Alisa Morss Clyne - Dr. Alisa Morss Clyne is an assistant professor of mechanical engineering at Drexel University. Dr. Clyne received a Bachelor's degree in mechanical engineering from Stanford University. She was president of her SWE chapter at Stanford and started a diversity program to introduce elementary school children to engineering. After graduation, she worked for four years as a jet aircraft engineer in the Technical Leadership Program at GE Aircraft Engines, concurrently earning a Master's degree in Mechanical Engineering from the University of Cincinnati. Dr. Clyne recently completed her doctorate in Medical and Mechanical Engineering through the Harvard-MIT Division of Health Sciences and Technology. She teaches fluid mechanics and biomechanics at Drexel, and her research investigates the biomechanics and biochemistry of cardiovascular disease. In her spare time, she enjoys competitive volleyball, playing with her dog, and using her engineering skills to try to fix things around the house.

Election Ballot for FY09 Officers

The slate of Philadelphia Section Officers proposed for the SWE Fiscal Year beginning 1 July 2008 and ending 30 June 2009 is given below. Please vote and send your completed ballot to:

Diana Madden
SWE-Philadelphia Election Ballot Teller
7522 Kelly Dr.
Norristown, PA 19401

For convenience, you may fold the ballot, secure the loose end with tape, attach postage, and mail without an envelope. Please sign the outside of the ballot or envelope to validate your ballot.

Electronic votes may be submitted by e-mail to diana.madden@swe.org

To be counted in this year's election, ballots must be post-marked by 1 June 2008. Note: we will have two Section Representatives and an Alternate Section Representative next year as the Section has more than 100 voting members.

President: Danielle Dunn _____
Write-In _____

Senior Vice President: Krista Pohl _____
Write-In _____

Vice Presidents:
Please vote for TWO Jennifer Garner _____
Cassandra Shoup _____
Write-In _____

Treasurer: Rebecca Rose _____
Write-In _____

Section Representative 1: Heather A. Bernardin _____
Write-In _____

Section Representative 2: Andrea Manning _____
Write-In _____

Alternate Section Representative: Alissa Morss _____
Write-In _____

Secretary: Stephanie Carroll _____
Write-In _____



Resilience

Written By: Diane DiMarco
Submitted By: Willa Hightower

What is Resilience? Some of you have heard Denis O'Brien say this is one characteristic of a leader. I have believed this my whole life. The ability to accept the unexpected, determine a plan to move on, and never look back to say why me.

No one gets through life without some adversity, and whether it is directly affecting you or your family, adversity happens. How you react and how you push past adversity is a measure of your resilience.

You must believe that the adversity that occurs in your life is there to help you learn, to learn how to become stronger, and to learn how to appreciate what you have. Nothing happens by accident and there is a reason that you have your specific challenges. Accept it. Don't fight it by saying why me, it's not fair. Learn from it. Remember the quote **"what does not break you, will make you stronger"** unknown author or **"Adversity causes some men and women to break, and others to break records."** - *William A. Ward*

As some of you know, I have 3 great kids who happen to be autistic. Of course that was unexpected, and of course it was devastating. Ok, so what are you going to do? Waste time thinking about the set back? No, they're your kids. You start by learning what you can do to help them.

So next, I determined a plan to recover and heal from the adversity. I learned everything I could, fought to get the right resources, and I never stop thinking what do I do next. This is not unlike any adversity. I have also learned that I am not special. Everyone has something. Everyone has adversity. Nothing I experience is as hard as what my kids deal with when they cannot communicate. I could only image my children's frustration of not being able to express that they were hungry, felt pain, or were scared. You begin to appreciate the little things (a smile, eye contact, when they actually could say their name). You grab that small success and celebrate.

Now, how do you move on and stop asking why me? Everything happens for a reason. If my three kids were coming into the world, then I am glad they came to me. They have each other, and what I have learned has only helped me get more for their brothers. They have taught me more patience than I would have ever dreamed. They have made me a better person, friend, and leader. I now try to help other parents fight for services and share my education and resources. My adversity, and my kid's adversity have made me grow as a human being. I see things differently. I have more peace. Today, I would never change the wonderful kids I have, and I only hope that other parents experience the joy that they bring me.

Let me leave you with a story that helped me get centered and gain my resilience. This story helped me see things from a different perspective.

A story by Emily Perl Kingsley titled: "Welcome to Holland"

I am often asked to describe the experience of raising a child with a disability—to try to help people who have not shared that unique experience to understand it, to imagine how it would feel. It's like this....

When you're going to have a baby, it's like planning a fabulous vacation trip—to Italy. You buy a bunch of guide books and make your wonderful plans. The Coliseum. The Michelangelo David. The gondolas in Venice. You may learn some handy phrases in Italian. It's all very exciting.

After months of eager anticipation, the day finally arrives. You pack your bags and off you go. Several hours later, the plane lands. The stewardess comes in and says, "Welcome to Holland." "Holland?!?" you say. "What do you mean Holland?? I signed up for Italy! I'm supposed to be in Italy. All my life I've dreamed of going to Italy." But there's been a change in the flight plan. They've landed in Holland and there you must stay.

**SOCIETY OF WOMEN ENGINEERS
PHILADELPHIA SECTION,
REGION E**

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www.philaswe.org

Address Correction Requested

UPCOMING EVENTS

May 2008	
19 th	Tentative – SWE MEETING



**Society of
Women Engineers**

ASPIRE • ADVANCE • ACHIEVE

Mission: Stimulate women to achieve full potential in careers as engineers and leaders, expand the image of the engineering profession as a positive force in improving the quality of life, demonstrate the value of diversity.

The Philadelphia Section was one of the original chartering sections of SWE, chartered on May 27, 1950.