



SOCIETY OF WOMEN ENGINEERS HARTFORD SECTION NEWSLETTER

www.swe.org/RegionF/sections/Hartford

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FY09 SECTION OFFICERS

President

Liz Garypie
Sikorsky Aircraft
elizabeth.garypie@swe.org

Vice President

Michelle Montepara
Sikorsky Aircraft
michelle.montepara@swe.org

Secretary

Ashley Phillips
Pratt & Whitney
ashley.phillips@swe.org

Treasurer

Carol Coppa
Northeast Utilities
coppaca@nu.com

COR Representative

Jennifer Thomas
Pratt & Whitney
jennifer.thomas@swe.org

Outreach Chair

Sarah Koenig
Pratt & Whitney
sarah.koenig@pw.utc.com

Scholarship Chair

Suzanne Woll
Hamilton Sundstrand
suzanne.woll@hs.utc.com

Certificate of Merit Chair

Claudette Hickey
IBM
cpetroze@us.ibm.com

Awards Chair

Stephanie Filipski
UTC Power
stephanie.filipski@UTCPower.com

Newsletter Editor

Ashley Phillips
Pratt & Whitney
ashley.phillips@swe.org

NATIONAL ENGINEER'S WEEK EVENT

Wednesday, Feb. 18

2:45PM to 5:30PM

Contact Sarah Koenig at sarah.koenig@pw.utc.com.
Hosted by: SWE, SHPE, and SNEATP/NSBE

ANNUAL PLANNING MEETING

Date TBD

Keep an eye out for more information via email and the website regarding this meeting. It's a great opportunity to help us organize events that you are interested in!

Save the Date: New England Region F Conference Saturday
April 4th at Smith College, Northampton, MA

<http://www.swe.org/RegionF/regconf09/home.htm>

Please keep an eye out for more events in 2009. More information is available on the website and via email. If you have any suggestions for next year, please let one of the section officers know!

If you are interested in helping coordinate an event, please contact Liz (elizabeth.garypie@swe.org) or Michelle (michelle.montepara@swe.org).

Remember to check the website for more information!

<http://www.swe.org/RegionF/sections/hartford/>

The Hartford Section is a member of the SWE New England Region, Region F. <http://www.swe.org/regionf/>

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FROM THE DESK OF THE VICE PRESIDENT

GREETINGS SWE HARTFORD!

I hope everyone is enjoying what has started out as a very cold and snowy winter. We have arrived at the halfway point of our SWE fiscal year, and have a lot to be proud of as a section. We started the year off with our Hello SWE Hartford!

I hope everyone is rejuvenated after the holidays and you are hard at work. SWE Headquarters has been busy too collecting all of our section reports and updated contact information for our section officers. I thought it would be interesting for all of our members to see some of our Section Report. Read below if you are interested. Also, thank you to Jennifer Thomas for writing the document on behalf of the section!



FROM SWE HARTFORD'S SECTION REPORT

Event Recap:

On Thursday October 2nd, over 35 SWE Hartford members and friends gathered at Dakota Restaurant in Rocky Hill, CT, for the 2nd Annual SWE Hartford Open House & Networking night. Similar to last year, we had as many non-SWE members as we did SWE Hartford members and a great turn out from our University of Hartford and University of Connecticut SWE sections! All attendees enjoyed a series of raffles and the ever-popular SWE Bingo during the event. A room full of hors d'oeuvres and desserts was a trendy location to stop and chat as well. Announcements for the year's social, networking, outreach, scholarship and national/regional events were available and many are already looking forward to our upcoming November SWEet Gathering and another chance to network with other area professionals.

On Tuesday, November 18th, SWE Hartford members braved our first round of cold weather to gather at Cosi Restaurant in West Hartford for the first SWEet Gathering of the year. We shared work stories, our experiences at the National Conference in Baltimore and some s'mores. To close out 2008, on December 15th, SWE Hartford hosted our annual holiday wine tasting with the aid of Andrea Oddi, our wine consultant from The Traveling Vineyard. Over fifteen attendees, both SWE members and friends, participated in the event and brought a dish to share and taste with the wine. We were able to sample from six extravagant wines. It was great that everyone brought a great assortment of dishes from cheese to dip to cake!

Best Practices to Share:

Several Best Practices have come out of the planning for our Kickoff meeting.

- We chose to invite all SWE member, our SWE friends (an additional listserv of supportive or interested people who are not SWE members), collegiate students in our area, a local Women's forum, and the companies we all work for.
- We provided resume assistance to any person who wanted to submit their resume to be seen by the attending companies. Every attending company received a packet of those resumes.
- An additional Best Practice came out of planning our Certificate of Merit Event.
- We have decided to use the school email whenever possible to collect responses about attendees to this event. With about 80 invitations sent out, email was an easier way to manage the RSVPs.

VP GREETINGS CONTINUED...

ISSUES, MOTIONS, RECOMMENDATIONS, AND FEEDBACK:

Recommendations:

We have been having a lot of trouble with our listserv. We get errors whenever sending to them, regardless if the email does not have any attachment at all, we continue to get the error that our "file size is too large and exceeds the size capacity." We have sent multiple emails to Headquarters and have not received any response. I would also petition that SWE considers using a different system to manage listservs as this current one does not allow the list of emails in the listserv to be printed or even viewed. For small sections, this may be acceptable. But, it is very difficult and time consuming to manually enter the email addresses into a different space (MS Excel, for example).



Also, SWE Region F conference registration has opened! I encourage you to register early to secure your attendance at this exciting event! This year's conference is planned for April 4, 2009 at Smith College in Northampton, MA. Since I attended Smith and know the area, I thought it would be useful to let you know of some interesting things to do while visiting the Pioneer Valley.

RESTAURANTS

- The Northampton Brewery— <http://www.northamptonbrewery.com/>
- Zen— <http://www.zennorthampton.com/>
- Moshi Moshi— <http://www.moshimoshi-noho.com/>
- Spaghetti Factory/Union Station— <http://www.unionstationrestaurant.com/>
- Fitzwilly's— <http://www.fitzwillys.com/index.php>
- Herrell's Ice Cream— <http://www.herrells.com/design/?int=1>

PLACES TO VISIT

- Smith Botanical Gardens: One of the few remaining plant conservatories in the United States that was built in the nineteenth century — <http://www.smith.edu/garden/home.html>
- Smith Museum of Art: Widely acknowledged as one of the most important art collections at an American liberal arts college, holds nearly 25,000 works of art, with particular strength in 19th- and early 20th-century art - <http://www.smith.edu/museum/>
- Faces: A unique store selling a variety of gifts, clothing, and has a wall of funny t-shirts—<http://www.facesmainst.com/>
- East Heaven Hot Tubs: Bring your bathing suit for a unique experience...there are even hot tubs outdoors on the roof of the building! — <http://www.eastheaven.com/>
- Basketball Hall of Fame: Located in Springfield, MA, about 15 minutes south of Northampton, MA— <http://www.hoophall.com/>
- Yankee Candle Flagship Store: Largest Candle Factory in the World! <http://www.yankeecandle.com/>

I hope you find these useful and feel free to contact me if you have any questions about the conference itself, how to get your company to attend the career fair, or about Northampton itself!

Cheers,

Michelle

Hartford Section VP

READER'S RECIPE

VERY BERRY MUFFINS

This recipe is sweet, healthy, and seasonally pink! Makes 12 muffins.

Ingredients

- 1 2/3 cups fresh strawberries
- 2/3 cup sugar
- 1/3 cup vegetable oil (I use unsweetened applesauce instead)
- 2 eggs
- 1 1/2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon



Directions

1. Heat oven to 425 F.
2. Put a paper baking cup in each of 12 regular-size muffin cups, or grease just the bottoms of muffin cups.
3. Cut stems from strawberries and roughly chop, then lightly smash strawberries in large bowl, using a fork.
4. Stir in sugar, oil and eggs until mixed.
5. Stir in other ingredients just until moistened.
6. Spoon batter into muffin cups.
7. Bake 15 to 18 minutes or until toothpick poked in center comes out clean.
8. Cool 5 minutes then Loosen sides of muffins from pan if needed, and take them out of the pan.

Tip: If you do not have fresh strawberries, you can use frozen strawberries that you have thawed and drained. Hope you enjoy!

Submitted by Ashley Phillips

LAST MONTH'S EVENTS

HALLMARK FACILITY TOUR

Wednesday, January 21st

On January 21st, 15 SWE members visited Hallmark Cards in Enfield, CT. Keith Kennedy, distribution general manager, presented to the group about Hallmark's history and subsidiaries. One of the surprising facts is that Hallmark owns Crayola. Also, Hallmark boasts the largest creative team, which is even bigger than Disney's. The tour was led by two order selecting managers, each with experience of 30+ years. Visitors were able to see the warehouse with 100,000 storage locations, 700,000 sq ft of filling floor (with 40,000+ SKUs), and the shipping dock where thousands of cartons are shipped daily. In addition to the tour, Suzanne Woll, SWE Hartford's Scholarship Chair, presented Lindsay Fink, UConn engineering student, with a \$1,000 scholarship award which was sponsored by Alstom. Thanks to SWE Hartford and Hallmark for providing everyone with pizza and salad before the tour.

Hallmark's distribution facility was built in 1982. Enfield's facility services customers along the east coast and ships counter cards, seasonal products, bows, gift bags and wrap, etc.

ALSTOM POWER SCHOLARSHIP

On January 21, the SWE Hartford section awarded the \$1000 Alstom Power Collegiate Scholarship to Ms. Lindsey Fink. Lindsey is a junior from Westford, MA, studying chemical engineering at the University of Connecticut. She is an Honors Scholar with a minor in math and chemistry. Lindsey's parents were present at the section meeting at Hallmark in Enfield, CT where the scholarship was awarded.

Lindsey was attracted to a career in engineering after attending a Girls in Engineering, Math and Science (GEMS) summer program at Worcester Polytechnic Institute. A panel of women engineers shared their views on engineering, including the perspective that an engineering degree provides a solid foundation for numerous career options. Lindsey intends to pursue her interests in the energy field, to develop, implement and raise awareness about the need for alternative fuels. That way, she can continue in a technical field and still pursue a means to improve people's lives.

So, we thank those women who volunteered their time at the GEMS seminar years ago and I want to encourage all of you who reach out to share your profession with young girls. Lindsey is proof that we are making a difference.

Lastly, Congratulations and Good Luck to Lindsey Fink! We hope you continue to see SWE as a resource to help you Aspire, Advance and Achieve your career goals.

Suzanne L. B. Woll, SWE Hartford Scholarship Chair




Hallmark
Cards

OUTREACH

NATIONAL ENGINEER'S WEEK PROJECT AND QUIZ BOWL EXTRAVAGANZA!

Wednesday, Feb. 18

2:45PM to 5:30PM

Hartford Public High School Cafeteria, 55 Forest Street, Hartford, CT 06105

Grades 9-12

Igniting the spark in the engineers of tomorrow and celebrating engineers of the past. If Interested in volunteering please contact Alvin Carrero at Communityservices@shpect.org or (860) 565-1302 or you may contact Sarah Koenig at sarah.koenig@pw.utc.com.

Hosted by: SWE, SHPE, and SNEATP/NSBE

LOCAL EVENTS

CT IIE PRESENTS: FAMILY NIGHT AT THE HARTFORD WOLF PACK

Friday, February 27th

7:00 PM (please meet no later than 6:45 to pick up your tickets)

Hartford Civic Center (meet in front of 'Will Call' window)

Cost: \$10 for IIE Members and Students, \$16 Non-members. Includes Small Soda & Hot Dog or Pizza Slice.



RSVP by Feb 23rd to Dan Isherwood, 860-282-1371 or Daniel.Isherwood@Bodycote.com

SHPE CT WELCOME RECEPTION

Thursday, February 19, 2009

Beginning at 6:00 PM

Dakota Steakhouse, Rocky Hill (www.dakotarockyhill.com)

Cost: FREE! for SHPE Members, \$8 Non-Members

Join the Society of Hispanic Professional Engineers for this exciting evening of networking, hors d'oeuvres, and a few surprises! Come meet the 2008-2009 executive board members and see what we have planned for the remaining months. We will also recognize our current members for their continuous support to the organization.

Hors d'oeuvres will be served. Beverages are not included.

To RSVP: email Maytelin Herrera-Batista at: president@shpect.org with your name, company and membership status.

VOLUNTEER!

ENGINEER YOUR LIFE

Engineer Your Life (EYL) is a national campaign to encourage college-bound girls to consider engineering enrollment. A key element of EYL outreach is collaboration with the college counseling community through the National Association for College Admission Counseling (NACAC). We are asking you to provide volunteers - engineers or engineering students - for high school "college fairs in Boise and Birmingham this fall. EYL volunteers exhibited at two dozen college fairs this past spring. They report that the fairs are exciting and meaningful to engineers as well as to students, families and counselors.

You can find complete information on each locale at <http://www.nacacnet.org/MemberPortal/Events/CollegeFairs/NCF/ncfexhibitors.htm>

EYL fair exhibits are designed to break down stereotypes about engineering and encourage girls to consider it as a college and career option.

Here is what's involved:

- Fairs average about four hours in duration and require no more than three volunteers at a time. Volunteers will receive a page of talking points as well as posters, brochures, postcards, t-shirts and reproducible handouts;
- Exhibit registration fees will be covered by the National Engineers Week Foundation and EYL coalition, in partnership with NACAC. Signs, tables, etc. are also provided;
- Fairs attract from 2,000-20,000 participants.
- We are seeking volunteers who can relate well to high school students and their parents. And, while the EYL campaign targets high school girls, the fairs also serve college-bound boys and they will be visiting our booths.

REGION F CONFERENCE CALL FOR VOLUNTEERS

The Region F 2009 Conference will be April 4-5 at Smith College in Northampton, MA. Planning is underway and it's shaping up to be a great conference. The speaker committee has put together a potential slate for sessions and needs your help identifying Region F members (or others) to be on panels or lead sessions. If you have ideas or suggestions, send them to the speaker committee.

If you have questions about the Region conference, contact Conference Chair, Ebony Joseph, at ebony.joseph.swe@gmail.com. Thanks for your support of the Region F Conference!

Regards, Region F 2009 Conference Speaker Committee
Emily Synk, Maureen Masiulus, Denise Griffin, Emma Dalton

NEW ENGLAND REGION F CONFERENCE 2009

Saturday, April 4
Smith College, Northampton, MA

The Region F Conference website is now live! Please check out the schedule of workshops, panels, and seminars! <http://www.swe.org/RegionF/regconf09/home.htm>



SWE NATIONAL - WEB SEMINAR

ENGINEERS WEEK WEB SEMINAR

Tuesday, February 17th, 2009

5:00PM—6:00PM (EST)

Registration Fees: Member - Free

SASS-E GIRLZ

This Web seminar introduces a new lesson plan package, SASS-E Girlz, that is designed to encourage girls to consider a career in engineering. SASS-E Girlz is a comprehensive career awareness program that SWE members can implement in conjunction with middle school counselors that focuses on girls developing the Skills, Attitude, Science, and Smarts for Engineering!

Through the development of school and community partnerships, SWE members and school counselors have an opportunity to foster girls' interest in math and science, and ultimately, impact the career decision making of female students. Dr. Lisa Hinkelman will discuss the critical issues that impact girls' career development and will train participants on how to effectively implement the new SASS-E Girlz lesson plan package. Specifically, SWE members will learn how to reach out to their local schools and collaborate with school counselors to implement SASS-E Girlz. The SASS-E Girlz program is generously funded by the Dorothy M. and Earl S. Hoffman Trust.

REGISTER NOW!

Too busy to watch it live? Register now and you will receive a link for the replay within 48 hours of the broadcast. You can replay SWE web seminars 24/7, at your convenience.

Who should take this Webinar: All SWE members interested in and/or involved in outreach. As a result of this Webinar, SWE members will have the opportunity to gain the following knowledge and skills:

- Acquire information about the career development needs and processes of middle school girls;
- Learn strategies to build relationships and collaborate with their local school personnel, particularly school counselors;
- Learn ways to work alongside school counselors to broaden girls career perspectives and help them prepare for future education and career choices; and
- Learn to use the SASS-E Girlz lesson plan package effectively.

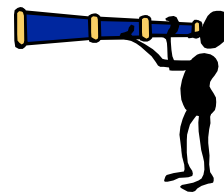
About the Instructor:

Dr. Lisa Hinkelman is the executive director of The Interprofessional Commission of Ohio (ICO) at The Ohio State University. She oversees the work of the Commission including Urban Schools Programming, Curriculum Development and Consultation Services, Policy Analysis Panels, and the Interprofessional Educational Courses taught at the Ohio State University.

Dr. Hinkelman has developed various curricula, most recently completing SASS-E Girlz, a career planning lesson plan package for the Society of Women Engineers designed for implementation in middle schools. This curriculum is designed to promote collaboration between school counselors and female engineers to expose girls to careers in engineering. Additional curricular development includes: The "Explore Your World" program, a six-session career exploration program for high school students that includes facilitator manuals, handouts, and implementation guides; and, "The Safety and Violence Prevention Curriculum" and a comprehensive training module for the Ohio Department of Education that trains educators throughout the state on bullying, depression and suicide, child abuse, and substance abuse.

NATIONAL CONFERENCE EXPLORATORY COMMITTEE

On Wednesday, November 5, members of SWE Hartford had the opportunity to meet with Michael Van Parys, Vice President of the Greater Hartford Convention & Visitors Bureau. As many of you may already know, there has been interest from both SWE Hartford and the Greater Hartford Convention & Visitors Bureau to host a future SWE National Conference. Our dinner with Michael was an excellent opportunity for him to meet the section and to learn more about SWE and the conference, and also for us to learn more about what Hartford can offer as a future SWE conference location. Additionally, SWE Hartford executive council members, along with representatives from Region F, had the opportunity to speak with SWE national leadership to learn about what is required to host a national conference, and to "plug" Hartford as a potential location for the 2012 conference.



SWE Hartford is now forming a "National Conference Exploratory Committee," whose charter is to help poise Hartford as a future SWE National Conference location. We are actively looking for a committee chair or co-chairs, as well as volunteers to serve on the committee and help with research and "marketing". If you would like to help us bring the SWE Conference to Hartford, please contact Liz Garypie (elizabeth.garypie@swe.org).



Do you have a favorite recipe that you would like to share with other SWE members? Are you looking for a particular recipe or advice that SWE members can help with? Please submit recipes or suggestions to Ashley at Ashley.Phillips@swe.org.

MEMBER SPOTLIGHT

Are you new to the Hartford section? Do you know someone who you would like to share with us? Have an exciting story or event occur and you would like to be profiled? Let us know if you, or someone you know, would be interested in our new Member Spotlight section. We'd love to get to know everyone and grow our SWE Hartford family. Email Ashley (Ashley.Phillips@swe.org).

CALLING ALL ARTICLES AND PICTURES!

The SWE Hartford Newsletter is always looking for new and interesting material for its pages. Email Ashley with information or questions: Ashley.Phillips@swe.org.

March Newsletter Deadline: **February 25th!**

The Society of Women Engineers (SWE) is a not-for-profit educational and service organization that empowers women to succeed and advance in the field of engineering, and to be recognized for their life-changing contributions as engineers and leaders. Founded in 1950, SWE is the driving force that establishes engineering as a highly desirable career for women through an exciting array of training and development programs, networking opportunities, scholarships, outreach and advocacy activities, and much more.



Society of
Women Engineers

ASPIRE • ADVANCE • ACHIEVE