



REGION J – NORTHWEST STAR
Alaska, Idaho, Montana, Oregon, Washington

Region J Newsletter – September-October 2007

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Governor’s Note

Thanks to all of you for helping get the region off to a good start in FY08! I am pleased to have met with many of you during our region orientation, and later with the Leadership coaching session for section leaders. I felt we all made some headway for increasing the communication with the sections and plan to maintain a higher level of communication through the year.

We’ve received the section reports and it has been sent to the director of regions. The quality of the reports is outstanding, and it enabled us to “cut and paste” the section reports directly to the region report with minimal editing and proofreading. I appreciate the extra effort to help us prepare the report.

What’s upcoming in SWE is the National Conference in October and it’s proving there is going to be many pertinent topics discussed at the meeting. Stop by the SWE website and see the motions to be discussed and voted on at the Council of Representatives Meeting. This is also a good time to get to know your section representative, for she is going to represent you at the meeting. Section reps attending the conference, don’t forget to register for the COR meeting!

Plans are underway for the region meeting at national conference, which is a requirement for all sections. We have less meeting time at the Thursday meeting, which means we will have a slightly different meeting format. This is a reason why we have set up a meeting on Tuesday October 2, so we can cover some topics ahead of time and save our face to face time for other things, including more networking time.



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I will keep this brief since there is a lot of information in the rest of the document. Remember this year SWE is all about WE (women engineers) and you are the best the profession has to offer through your contributions and accomplishments. And I am proud to be representing you as the region governor.

In closing, I hope to meet you during FY08, either at the national or regional conference, or through telephone or e-mail!

Sincerely,

Linda

Linda Thomas
SWE Region J Governor.

Congratulations Region J SWE Future Leaders!

Please extend your congratulations and support to the FY08 SWE Future Leaders! These members participated in the Collegiate Leadership Forum in Bethesda, MD on August 17-18, 2007

Marie Stark, University of Idaho
Heather Neal – University of Alaska, Fairbanks

Reminder – CAN-SPAM Affects SWE Sections!

Section members, especially those who are planning meetings. Remember SWE as an organization is subject to CANSPAM legislation. The CAN-SPAM Act of 2003 (effective Jan 1, 2004) requires commercial mail sent by a legitimate organization must be CAN-SPAM compliant. E-mails received by non-members on a SWE mailing list that advertise a fee-based event are subject to the CAN-SPAM regulation. Failure to comply could lead to fines to the organization.

For example: meetings, or activities, where admission or payment is a requirement for participation is subject to CAN-SPAM compliance.

The way to comply with CAN-SPAM in your section's correspondence:



- Provide clear and conspicuous identification the message is an advertisement or solicitation.
- Include a valid postal address of the sender.
- Provide the ability to "opt-out" electronically from future e-mails of this nature



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All Region Meeting Teleconference October 2

A green-bordered poster for the All Region J Meeting. It features the Northwest Star SWE logo and the Society of Women Engineers logo at the top. The main text is in green and black, providing details about the meeting date, time, and dial-in information.



All Region J Meeting
Tuesday October 2, 2007
6:30 PM Pacific Time
(5:30 PM Alaska, 7:30 PM Mountain)

All Region J Members are Welcome!
Conference Dial-in Number:
(712) 432-9998
Passcode 182368 #

Region J Conference Actions from the End of Year Teleconference

To: **Professional Sections**
From: Terri Morse, Leadership Coach
Action: Need status/ECD for Section Vitality Survey

All sections need to complete the section vitality survey. The surveys originally had a due date of June 30, however, that date was corrected by Terri to be May 31. All sections need to report a status and ECD to Terri as soon as possible. (e-mail terri.f.morse@boeing.com)

SWE Region J
6947 Coal Creek Parkway SE PMB 359
Newcastle, WA, 98059
Governor-j@swe.org



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STATUS: As of July 30, only 3 sections have completed and returned the survey. Terri plans to call on the remaining sections for a report.

To: Linda Thomas
From: Alison Ratliff
Action: Send copies of Joint Region Conference proceedings to Region J Secretary and to the FY08 Region Conference Committee

Send copies of the conference proceedings to for the secretary's records and also to the FY08 conference committee for their reference.

STATUS: Linda sent CD copies sent to Peggy Koch, Bev Arnoldy, and Sarah Chesterfield (June 15, 2007)
CLOSE THIS ACTION

To: Linda Thomas
From: America Leavenworth
Action: Send copy of SWE HQ letter regarding collegiate hotel costs at SWE National Conference

Forward letter from Betty Shanahan (SWE Executive Director) with information regarding the collegiate hotel costs during the national conference

STATUS: Letter sent after the teleconference (June 13, 2007) – CLOSE THIS ACTION

To: **Professional Sections**
From: Linda Thomas
Action: Send Travel Fund Assessment to Marjorie Wolfe

Section fund travel assessments have been sent to all sections, but (to RG's recollection) 3-4 sections have submitted their assessments. Please send assessment to Marjorie Wolfe before June 30, 2007, or contact Marjorie at MWolfe@pbsj.com

STATUS: Six sections sent assessments to the Region J governor. CLOSE THIS ACTION

To: FY08 Region J Conference Committee
From: Linda Thomas
Action: Create a schedule for Region J conference planning
The schedule can help the region plan advertising and public relations to the region for Conference planning.
STATUS: In progress; planning meeting occurred on September 8.

Diversity Minute – Region J's cultural offerings.

So far, I've visited all except one state in Region J, and I am working on that one. The best part of traveling to the states around the region is visiting the cultural attractions in the area, and learning about our nation's history. It took all kinds of people from all over the world taking risks to explore, and settle in the Pacific Northwest states. And we are pioneers for being among the first female engineers in the area.

Each state has an interesting story to tell and I am always excited about visiting a local museum, talking to the curators, and asking questions about the area's history and people, and learning from the exhibits. I encourage you to consider scheduling a meeting or family event at a local museum for cultural awareness and appreciation.

And speaking of museums, the SWE exhibit "Petticoats and Slide Rules: A History of Women Engineers" is now on exhibit at the Seattle Museum of Flight from July 17-November 4 in the Lower West Wing. This



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exhibit presents the accomplishments of women engineers through displaying technological achievements, personal experiences, and the challenges for attaining equal rights. For information about the Museum of Flight, call 206-764-5720 and its website is www.museumofflight.org. (Pacific Northwest section visited the museum as part of its FY08 kickoff meeting this month.)

Portland's Oregon Museum of Science and Industry (OMSI) has an exhibit of People in Science, throughout their facilities featuring brief biographies of scientists, engineers, and technologists, and share their stories, and technical achievements. For information about OMSI call 503.797.OMSI (6674) or www.omsi.org.

This is going to be a brief diversity minute because I am inviting you in the collegiate and professional sections to write something about your area's cultural offerings and share in the region newsletter. Last year we had one member write a presentation, but I hope more of you can contribute! Through this we can all learn about each other and overcome our geographical separation!

Send your stories to Linda.thomas@swe.org

Introducing the FY08 Region J Elected Officers

Here are biographies of Region J elected officers who sent biographies this issue. The rest we'll present in a later issue. I hope you enjoy reading these biographies and find inspiration from them, please share with your section members so they can recognize these outstanding women at SWE events!

Melissa Mormilo P.E., LEED™ AP – Lt. Governor

Hello, all. My name is Melissa Mormilo. I am a Civil Engineer in Anchorage, Alaska. I have been with a private consulting firm, DOWL Engineers, since I graduated from the University of Alaska Anchorage (UAA) in May 2000. I work on mostly private development projects, like the UAA Integrated Science Building and 188 Northern Lights Boulevard (a mixed use development). I joined SWE in May 2000, and have been an active member since.



SWE has allowed me to accomplish things that I believe strongly in, namely, bettering myself and my community through action, education and volunteerism. It hasn't always been easy, but it has been worth it. I've met a great group of women who teach me and inspire me every day. I am looking forward to the opportunity to continue doing so locally as President of the Greatland section, and growing it regionally as Lt. Governor.

SWE Greatland is a growing section, but is small and has the challenge of location associated with it. I think my experiences with our section will be a help to other small sections in our Region. I know that I enjoy learning from the successes and lessons of other sections in the region to help ours. I think that I can help share our experiences to the benefit of others.

I am excited to be working with Linda Thomas and the rest of the Region J officers to help advance SWE's goals. I am learning new things every day and hope to serve you well.



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Peggy Koch – Secretary

I am a Software Engineer at Hewlett-Packard in Corvallis, OR, where I enjoy raising two boys (14 & 16) and my husband of 27 years. I have been involved with SWE since joining HP in 1995 and was one of the chartering members of the Willamette Valley Section (J007) where I have been the President, VP of Professional Development, Certificate of Merit Chair, and Section Rep. My recent involvement with SWE has been as the Region J Secretary.



Picture features from left to right, Peggy Koch, FY07 National President (and Region J member) Jude Garzolini, and Major Nicole Malachowski at the Region B & J conference in Las Vegas

Pam Ankrum, P. E. – Region J Representative to National Nominating Committee

By the time Pam accepted the position that brought her to eastern Washington she was already the young mother of two small very active children, and was devising creative methods for being a good parent, professional, and marriage partner simultaneously. Her ability to incorporate her family into her professional and community activities is remarkable.

For several years, the Ankrum family as a group managed the planning, procurement, and sales for the SWE logo clothing sold at regional and national conferences to benefit the Eastern Washington Section treasury. Not only Pam and her supportive spouse, but also the children, managed to alternate between operating the sales table and enjoying whatever adventures were to be found in or around any conference site where “the Mom” had SWE duties.

Even as she moved to more rigorously responsible posts with Energy Northwest, Pam has consistently melded community, athletics, scouts, school events, science fairs, and outdoor activities into her professional world. She was organizing by cell phone long before it became a common mode of life in the U.S. It was not unusual for her to respond to an off-hours plant issue or a Section problem by phone from a small boat in the middle of the Columbia River where she and husband, Herb, were fishing with their children. By keeping her family involved, Pam has managed to pass her leadership skills and knack for getting things done onto her children. Though being a teenager is tough enough, both of Pam’s children are active in multiple high school sports, Scouting programs, multiple music programs, and much more, while still maintaining excellent grades. Pam finds the success of her children to be one of the most rewarding aspects of her life.

Suzanne Hakam – Region Treasurer – Presented in Next Issue!

Marie Stark - Region Collegiate Representative

I am currently a senior in Biological Systems Engineering with an emphasis in Environmental Engineering at the University of Idaho. I am Region J's Regional Collegiate Coordinator (RCR) and am my section's Vice President. I am interested in furthering my education in either environmental or hydrogeological engineering after graduation in December 2008! My favorite aspect of being apart of SWE are the outreach events we are able to





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participate in and be able to share and encourage younger aspiring engineers.

Jessica Smith – Region Collegiate Newsletter Editor

I am a Computer Engineering major at the University of Idaho (UI), hoping to graduate with my B.S. in 2009 and my Masters in 2010. I am the Region J Regional Collegiate Newsletter Editor as well as the UI section president. I am also involved with the NASA RISE program, serving as the science and instrumentation team lead. In my spare time, I enjoy volunteering at the local library and Humane Society.

Meet the FY08 Region J Council

Our Region Council roster is now complete! This year we have a great mix of new and experienced members, all eager to represent you during Council of Representatives discussion, and vote on your behalf during region meetings. We will profile individual members during the year. (Marie Stark's bio appears in this issue)

This year we have many topics to discuss during the year; I encourage you to contact your region council to discuss the issues important to you.

Name	COR Representatives
J001, Eastern Washington	Joan Young
J002, Columbia River	Wendy Obenaus
J003, Pacific Northwest	Suzanne Rauch, Barbara Donoghue, and Annie Bader
J005, Greatland	LaQuita Chmielowski
J006, Southwest Idaho	Anita Tjan
J007, Willamette Valley	Sarah Rosenstein
J008, Inland Northwest	Andrea Sutherland
J009, South Puget Sound	Danette Hilton
J049, Members at Large	Megan Oemke
Regional Collegiate Representative	Marie Stark

The region council members are now receiving materials from the COR Speaker and will be voting on several issues at National Conference. Here is your chance to connect with your representative.

COR Agenda Items Available for Review and Comment

The following eight threads are now open on the [SWE COR forum](#) and will remain open for discussion until conference. All these motions and bylaws are also posted on the COR Webpage. Please talk with your section representative about these issues and give them your comments and opinions.

1. Bylaws amendment 1 - Differentiation between MALs and international members
2. Bylaws amendment 2 - Change in COR quorum
3. Bylaws amendment 3 - Increase collegiate representation on COR
4. Motion - Extension of NSBE/SHPE professional joint membership



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5. Motion - Adopt Strategic Plan
6. Motion - Contingency Reserve Fund
7. Motion - Council Procedures
8. Mega Issue: White paper on COR governance

2007 National Conference Website: <http://www.swe07.org/>

2007 National Conference Planning News

Region Meetings

There are two scheduled region meetings:

- Wednesday October 24 6:00-7:30 PM (Networking and Social Hour)
- Thursday October 25 1:00-3:00 PM (Business Meeting)

The meeting agenda will be announced in an e-blast to all Region J members in early October. We are required to have a quorum of section reps at the Thursday meeting.

SECOND CALL -- Help Wanted for Conference !!

We need volunteers to assist with the following activities. Please contact Linda Thomas at Linda.thomas@Swe.org for details.

SME Bowl: Last year, Region J won first place the SME Bowl, thanks to the efforts of five outstanding collegiate members. We need a collegiate or professional member to help coordinate the SME Bowl so we can repeat a win. The SME Bowl takes place on Saturday afternoon, but we want to be organized before attending conference. The assignment is short term, and the person should be attending the conference or delegate someone to assist at the conference. Help participants with potential questions and answers for the SME Bowl.

SWE Spirit Award: Several Region J members came up with some creative ideas to show their presence at the Kansas City Celebrate SWE! Event. Afterwards, several members offered to start planning for this year's conference. Planning has started in September 2007. Creative members and collegiate members are welcome to volunteer! Stay tuned for more SWE Spirit news updates!



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Region J Help Wanted

The region needs volunteers for the following positions:

Bylaws Committee

This important position needs Region J members to represent Region J on the National Bylaws Committee, help in updating our region Procedures and Instructions Manual, and assist Region J collegiate and professional sections in updating their bylaws. Job can be performed virtually by e-mail coordination with the Region Council, and the National Bylaws Committee.

COR Focused Interest Groups

Currently Region J members occupy only one of the six Council of Representatives Focused Interest Groups. These focused interest groups deal with pertinent issues affecting COR and SWE.

SWE COR Focused Interest Groups (FIG)/Task Force Participation Requested

Our goal is to have 50% of COR members engaged in a COR FIG or task force and to have cross-regional representation on each. The following table shows the gaps we have:

FIG/Task force	A	B	C	D	E	F	G	H	I	J	Total
Mega Issues	2	1	1	1	0	0	3	4	1	1	14
COR Governance	0	0	1	1	2	0	0	1	0	0	5
Career Mapping	1	2	3	1	1	1	1	2	1	0	13
COR Communication	0	1	0	0	2	0	0	1	0	0	4
COR Procedure	1	0	2	0	2	0	0	2	0	0	7
Environmental Scanning	1	2	1	1	0	0	0	0	1	0	6

For more information on the COR Focused Interest Groups/Task Forces, log into SWE and SWE>Member Resources>COR – Documents and Reports - Call For COR Volunteers

If you are attending National Conference, please consider attending one of these meetings to give Region J a voice in decision making! Most meeting time is virtual, so if you are not able to attend National Conference but interested In participating please investigate joining one of these groups!

Region J Section FY08 Report Schedule

This year, the region has to provide three reports to the director of regions. The reporting schedule is as follows:



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Document	DUE TO REGION GOVERNOR
Report #2	January 5
Report #3	May 15
SWE Yearbook Text	February 28 (this date may change)

Collegiate sections provide their reports to the Regional Collegiate Representative to support the January and May reports, and for the Yearbook Text.

NEW FACES OF ENGINEERING RECOGNITION PROGRAM 2008

Nominations Instructions

Nomination Deadline: October 15, 2007

Awards & Recognition Committee Chair

Annmarie Connor

awards-chair@swe.org

Phone: (321) 861-6239

General Information

The Society of Women Engineers welcomes nominations for the New Faces of Engineering Recognition Program. All nominations are to be submitted online.

The SWE nomination deadline is Monday, October 15, 2007. Due to the high number of submissions, only the top 5 nominees will be notified. You can email awards-chair@swe.org after December 1 for the result of your nomination.

SWE will be submitting the Society's top five candidates to National EWeek. The top recipient in the Society will be published in the USA Today during Engineers Week. The top 5 candidates will be published on the EWeek website and also on the SWE website.

Incomplete submissions or statements containing more than 200 words in length will be removed from consideration of this recognition.

Specific questions concerning the New Faces of Engineering Recognition Program can be directed to awards-chair@swe.org.

Region J Website Makeover

The SWE Region J website had received a makeover, thanks to our new web designer Danette Hilton from South Puget Sound. The new homepage is at www.swe.org/regionj



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The website will be completely updated and will contain links to region information. We will be sending e-mails to section leaders, and webmasters for both collegiate and professional sections for links to their websites and update contact information.

Section Officers and Website Managers: Please provide current information about your website – current website links and section mailing address information.

Region J Conference Committee: Please send links to the region conference information

If you have any suggestions for the website, please contact either Linda Thomas (Linda.thomas@swe.org) or Danette Hilton (danette.hilton@swe.org).

Collegiate Counselors – Incoming Tasks

How to get your collegiate section off to a good start!

- 1) Confirm they have sent their leadership roster and financial reports to SWE HQ for FY08?
- 2) Help them plan events and attending National and Regional Conference
- 3) Help with preparing the section reports due in December and May
- 4) Help them recruit members for the year!

Region J Calendar

(if the item is in *italics and shaded*, it's a tentative date to be determined)

Date	Task or Event
2007	
October 2	Region J General Meeting Teleconference
October 15	"New Faces of Engineering" applications due to SWE HQ
October 25-27	SWE National Conference in Nashville, TN
2008	
January 5	Second Section Reports Due to Region Governor
January 15	Section Region Report Due to Director of Regions
February	Engineering Week 2008
<i>Feb-March</i>	<i>Yearbook Articles Due From Sections</i>
April 4-6	Region J Conference in Portland/Vancouver WA Metro area
May 15	Third Section Reports Due to Region Governor
May 25	Third Region Report Due to Director of Regions
<i>May</i>	<i>Section Vitality Report Due</i>
<i>June 30</i>	<i>FY09 Leadership Roster Due to SWE HQ</i>



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Region J Goals -- Summary

1. Increase awareness through sections for understanding section and region operations. *This was accomplished through the region orientation and the Leadership Coaching section leader training.*
2. Increased communication to the sections and MALs through various media sources
 - An all-region meeting is scheduled the week of October 1 and at least quarterly between conferences; thanks to a best practice from another region, we are using "Free Conference Call" for our meetings
 - Send a newsletter at least every other month and urgent communications as necessary.
 - Update the Region J website
 - Maintain the Region J fact sheet to use as a recruiting and public relations tool
3. Continue diversity awareness
 - Continue the "Diversity Awareness" in the region newsletter, and invite members to participate
 - Encourage section collaboration with NSBE, SHPE and other organizations
4. Incorporate succession planning across for section and region leadership positions.
5. Increase Region J participation on national committees, and COR focused interest groups
6. Create an Awards and Recognition committee to recognize outstanding professional and collegiate members and sections
7. Increase collegiate participation at national and regional conferences
8. Have all sections creating and/or updating their bylaws
9. Host a successful Region J conference in April 2008