



# Society of Women Engineers

## Quad City/Muscatine Section

Volume 7, Issue 5

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2007-2008

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### Letter from the President:

What do Denmark, Austin, Texas, and Bentonville, Arkansas, all have in common? If you attended the IIE (Institute of Industrial Engineers) Trivia Night you would know they are all headquarter cities/countries (Lego, Dell, and Walmart). IIE was gracious enough to let us have a 50/50 raffle to raise money for our Girl Scout event coming up in April, and it was a success!! If you would like to help raise money for our section we are also selling flowers, keeping 50% of everything we sell.

Attending the regional conference in Peoria a few weeks ago, I learned that our section has hit our membership retention goal of 80%. Thank you to all of you who have renewed. Currently our membership growth goal is 3.33% with a goal of 25%. If there are any new women engineers in your office, or if you are someone who would like to join our section, please become a member so we can reach this goal. We could be one of a few sections that will reach this goal this year.

We are now taking nominations for our cabinet for next year. If you would like to be more involved with our section, there are brief descriptions listed in our newsletter for all available positions. Check out the list to see if there is one that fits your skills.

The SWE fiscal year is now half way over, but we still have some great events/meetings coming up. Our March meeting is a trip to the Botanical Center, April offers a GPC tour and our annual Girl Scout event, May will be our family potluck, and of course our meeting this month, by popular vote, is Escaping Horrid Meetings. I also encourage you to show your support of women in engineering by being on the panel of women at Girls' Night Out sponsored by St. Ambrose on Feb. 19<sup>th</sup>. See you in Davenport on the 26<sup>th</sup>.

Sincerely,

*Brenda Murphy*

President  
Quad Cities/Muscatine Section

# Escape From Horrid Meetings



## 15 Ways to Make Meetings More Productive and Fun

Join SWE in February to learn about making meetings more productive and fun! Our section is hosting guest speaker Pam Hillary and you picked the topic of this great meeting!

Topic: Escape From Horrid Meetings  
Speaker: Pam Hillary, Kneading Minds  
When: February 26, 2008  
Time: 6 pm  
Where: John Deere Davenport Works Visitor Center  
1175 E. 90th St.  
Davenport, IA

Meal: Heavenly Ham Box Lunch including beverage and dessert. Your specific meal choice will be made following your RSVP.

Cost: Section Member - \$10/person  
Non-Member - \$12/person

Please RSVP to Katie Ehrke at [EhrkeKathrynE@JohnDeere.com](mailto:EhrkeKathrynE@JohnDeere.com) by February 22.

Pam Hillary is a Keynote Speaker, Job Coach, and Management Trainer. She is an Advanced Master



Coach who brings passion to each of her programs. For 31 years, Pam worked at John Deere and Company, helping to coordinate employee relations and improve managerial skills. She worked in Product Support and Supply Management. She served as an Internal Consultant in Employee and Organization Development in Human Resources. She was responsible for the largest international supplier, including working negotiations. Pam has been a keynote speaker at a variety of conferences and civic functions. Her topics include sexual harassment, the 21 Indispensable Qualities of a Leader, and the art of persuasion.

### **Directions to John Deere Davenport Works Visitor Center:**

From Interstate 80:  
Take exit 295B to merge onto US-61 N toward DeWitt/Eldridge 0.9 mi (stay in right lane)

Take exit 124A-B for CR-F55 EAST / MT JOY RD 0.6 mi (curve around to right)  
Look for John Deere sign on right side  
Park in the lot with the flagpole and enter by the flagpole



# January Meeting Summary

The January meeting was held at Hy-Vee in Bettendorf. Twenty (20) attendees were present in addition to one (1) family member guest. This is currently the most highly attended meeting that our section has had this year.

The Hy-Vee Dietician, Stacey Mitchell provided a cooking demonstration of our meal and discussed healthy eating tips.

The delicious and healthy meal consisted of quick fix wraps, chicken barley chili, zesty pasta salad, and spice flax cake. Attendees were provided the recipes for this delicious meal.

Stacey highlighted that in the last 20 years the size of portions served at restaurants has grown considerably beyond amount considered as one serving and is one of the reasons obesity is on the rise.

Thank you to Ellen Huntley for planning this meeting!

A few healthy tips/facts from the meeting:

- The recommended number of calories per day for many women and older adults is 1,600.
- 61 % of Americans are overweight.
- Corn is high in lutein which is good for the eyes.
- 25 -35 g of fiber is recommended per day.
- Flax seed is the highest plant source of omega 3 and helps lower the bad cholesterol and raise the good cholesterol.
- Reducing your caloric intake by 500 calories per day will result in a weight loss of 1 lb per week.
- Look for whole grain products. Multi-grain doesn't always mean the whole part of the grain is used.
- Mono and Poly saturated fats are the "good" fats.
- Canola and olive are considered "healthy" oils.

## TRIVIA NIGHT WITH IIE

Several SWE members participated in a Trivia night hosted by IIE on February 1<sup>st</sup>. As part of the evening, our section sold 50/50 raffle tickets and raised money to be used for the April Girl Scout event.



Pictured are: Katie Ehrke, Nancy Shell, Brenda Murphy, and Kristin Banas



# Girl Scout Outreach

Plans are underway for the April Girl Scout Outreach event. If you would like to volunteer your time to help plan the event or would like to volunteer for the day of the event, please contact Donna Jones, [Donna.M.Jones@usace.army.mil](mailto:Donna.M.Jones@usace.army.mil).

At the January Girl Scout Planning meeting, we decided to develop this year's workshop to allow the girls to complete the Science Discovery Badge. We will design the workshop to accommodate up to 75 girls. We will have six activities (numbers 1, 2, 3, 4, 9, and 10 listed on the Girl Scout website).

At the February planning meeting (after the regular meeting), we will be finalizing the materials list and identify potential sources of those materials needed for the workshops.

One of the activities requires the girls to create a collage of items they can't live without. Please bring magazines to the February and March meetings for collection. Magazines should include pictures of items the girls can cut out. We will need at least 75 magazines.

Also, to keep the girls occupied during the registration period, we will have them draw a new

## Flower Power Fundraising



Our section is currently selling flower bulbs. For anyone that missed the fall sales here is your chance to buy flower bulbs that will be delivered at the April meeting. The sales brochure can be found on the section website at:

[http://www.swe.org/SWE/RegionH/Sections/Quad\\_Cities/Reference%20info/Flower1.pdf](http://www.swe.org/SWE/RegionH/Sections/Quad_Cities/Reference%20info/Flower1.pdf)

Orders with money are due at the March Meeting. Our section will receive 50% of the sales that are made which will be used towards meetings, speakers, girl scout events, and establishing a scholarship fund. If you are interested in buying or selling the flower bulbs contact Angel Jacobs at [ajacobs@jacobandhefner.com](mailto:ajacobs@jacobandhefner.com).

## SWE Mugs for Sale:



Cost: \$10 each

Plenty of mugs are still available!

If interested, contact Nancy Shell at: [shellnancy@stanleygroup.com](mailto:shellnancy@stanleygroup.com) or mugs will be available for sale at all upcoming meetings.

## Web Seminars:

New SWE Webinars are just a click away. eLearning designed just for you in mind. Go to [www.swe.org](http://www.swe.org) for more information.

All Web seminars begin at 5:00 p.m. (EST)

### February 12, 2008

*Emerging Strategies for Leveraging a Global Workforce*, Tana Utley

### February 20, 2008

*From Campus to Cubicle: What to expect your first year on the job*, Connie Shoemake

### March 12, 2008

*Making a Risk a Winning Strategy*, Kathryn Mayer

### April 3, 2008

*Four Secrets to Finding the Perfect Job*, Dr. Deborah Fisher

### April 29, 2008

*The Glass Ceiling for Asian Women in Engineering and Technology*, Dr. Lily Tang

### May 13, 2008

*Product Life-Cycle Management*, Michelle Teixeira

### May 28, 2008

*Excelling as the Technical Guru*, Dr. Carrie Leonard

SWE Web seminars are **FREE** for SWE members and \$49 for non-members.

## SWE 2007-2008 Meeting Schedule

Date	Topic	Planner	Location
Tuesday, March 25, 2008	Botanical Center	Angel Jacobs	Quad Cities
Tuesday, April 22, 2008	GPC Tour	Donna Jones	Muscatine
Tuesday, May 20, 2008	Family Event	Angel Jacobs	West Lake Park

## Other Events:

**November 9, 2007 – February 23, 2008**

Leonardo Da Vinci Exhibit, Putnam Museum

For more information: <http://www.putnam.org/exhibits.html>

**February 19, 2008:** St. Ambrose University

Topic: Girls' Night Out, The Road to Engineering

For more information: Please contact [StremLowBeckyJ@sau.edu](mailto:StremLowBeckyJ@sau.edu)

**February 21, 2008:**

Quad City Engineering Banquet

For more information: Please contact Pat Barnes [president@qcesc.org](mailto:president@qcesc.org)

**March 11, 2008:** St. Ambrose University

Topic: Exploring Engineering Careers

For more information: Please contact [MichelsThomasJ@sau.edu](mailto:MichelsThomasJ@sau.edu).

**March 29, 2008:** A Night Out With SWE

For more information: Please contact [murphyb@honcompany.com](mailto:murphyb@honcompany.com)

**May 26, 2008:** ASM International (Quad-City Chapter)

Topic: Golf Classic 2008

For more information: Please contact [BTMurchieQET@yahoo.com](mailto:BTMurchieQET@yahoo.com)

### **Scholarship Committee**

Our section is currently looking for volunteers to start up a scholarship committee. The committee will focus on establishing guidelines for awarding future scholarships to applicants. To volunteer for this committee, please contact Brenda Murphy at [MurphyB@honcompany.com](mailto:MurphyB@honcompany.com)

We are currently taking nominations for the 2008-2009 SWE Cabinet. Please consider volunteering for a position.

### **SWE Cabinet Positions:**

#### **President's Duties**

1. Leadership of the section
2. Prepare agendas for monthly section meetings
3. Prepare agendas for monthly cabinet conference calls
4. Attend and facilitate section meetings
5. Assume all other executive duties not otherwise delegated
6. Coordinate all activities and execute the business and policies of the section between meetings

Estimated time commitment ~ 12 hrs/month

#### **Vice President's Duties**

1. Organize the planning of monthly meetings (Note: This does not mean you have to plan every meeting. We will continue to use volunteers to plan each meeting.)
2. Perform all duties of the President in her absence
3. Attend monthly section meetings and cabinet conference calls
4. Take on the Presidential Role the following year

Estimated time commitment ~ 4 hrs/month

#### **Secretary's Duties**

1. Record and distribute meeting minutes to section cabinet
2. Publish and distribute the monthly newsletter
3. Attend monthly section meetings and cabinet conference calls

Estimated time commitment ~ 6 hrs/month

#### **Treasurer's Duties**

1. Prepare, maintain, and report on the financial position of the section
2. Maintain the membership spreadsheet for the section
3. Attend monthly section meetings and monthly cabinet conference calls

Estimated time commitment ~ 4 hrs/month

#### **Section Representative's Duties**

1. Report to the section on the business matters received through correspondence from national and the region
2. Represent our section at the Council of Representatives (2 meetings per year, 1 at the Region Conference and 1 at the National Convention)
3. Attend monthly section meetings and monthly cabinet conference calls
4. Participate in regional conference calls (approx. once a quarter)
5. File quarterly section reports with the Region Director to send to the Board of Directors

Estimated time commitment ~ 5 hrs/month

#### **Quad Cities Engineering and Science Council Representative**

1. Represent SWE at Quad Cities Engineering and Science Council monthly meetings
2. Attend monthly section meetings and monthly cabinet conference calls

Estimated time commitment ~ 4 hrs/month

#### **Outreach Committee Chair**

1. Lead outreach committee
2. Coordinate outreach events
3. Attend monthly section meetings and monthly cabinet conference calls

Estimated time commitment ~ 3 hrs/month

#### **Webmaster**

1. Update and maintain the section's web page
2. Attend monthly section meetings and monthly cabinet conference calls

Estimated time commitment ~ 3 hrs/month