



Society of Women Engineers CENTRAL OHIO SECTION

Region G
Section G001

Newsletter

Spring 2005

From the President:

I want to announce the upcoming FY06 SWE Central Ohio elections. Nominations will be accepted the first two weeks of April (4/4 – 4/15). Voting will be on-line and will be open the first two weeks of May. New officers will take over on June 1st.

If you are interested in a position on the Executive Council (President, VP, Secretary, Treasurer, COR), or a committee chair position (Student Liaison, Girl Scout / Outreach, Newsletter, Membership, Fundraising), I encourage you to consider nominating a member or yourself. Also, if you are interested in participating on a committee, please let us know that as well. We have plenty of opportunities for members to get involved.

Please send nominations to the following address:
kkennedy@oh.hra.com ©

Web News

By Rachel Lewis

I will be working hard over the next few months to give the Section website a face lift! SWE has redesigned their website, and in an effort to meet their standards and achieve uniformity I will be doing a lot of work to bring our site up to their expectations. Now that I have stepped down as Treasurer I will have more time to keep the site updated with activities and important information. Also, to cut operating costs, the Section will be moving to web-based (and e-mail) communications, which means newsletters, surveys, meeting minutes, etc. will now only be posted on the web. (Paper copies will only be mailed to members per special request for those who do not have (or do not utilize) internet access.) I also hope to add new features this summer. Please send any suggestions/comments/questions you have on the website to me so that I can make the site something that can be utilized by all members.

Also, if you have your own business, or a side business (or offer other services) that you would like to advertise with the Section, please send me the information and I will add it to our Community Page. If you would like to see something on our site that currently isn't there please let me know!



SWE Pampered Chef Fund Raiser

Join us for an afternoon of food and fun!
2 – 5 p.m., Sunday, April 10, 2005

This catalog fund raiser will be kicked off at Lynne Waldron's house. Catalogs will be available to take with you to get more orders. Instead of the hostess getting free items, we are getting \$\$\$ back for SWE!

Please RSVP to lynne.m.waldron@delphi.com by Thursday, April 7th. A map and additional information will be sent to those who RSVP.

FY 2006 ELECTIONS!

By Rachel Lewis

This year elections will be held on-line, so make sure you read your e-mails. Information will be sent soon and will also include the link to the on-line ballot.

The link was changed this year so it's easy to remember: www.swe.org/RegionG/CentralOhio (my contact information can be found here).

Upcoming Membership Meeting:



Tuesday, April 12

7-8 p.m.

Cozymel's at Dublin

Table Topic: Aerial Engineering

Speaker: Rachel Lewis



The Quest for Equilibrium -- Developing Healthy Personal Skills

Article 5

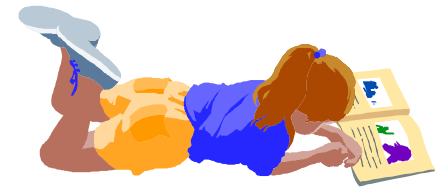
By Rebecca Blust

Stress is going to be part of a workingwoman's life. It generally is worst when a woman feels overwhelmed by doing so much, but feels she is not good at any of them. Page Wise, a publication for women's health, offers the following suggestions to manage stress:

- ❑ Seek and belong to a personal support group
- ❑ Learn to say "No"! /Clear your calendar.
- ❑ Make family time
- ❑ Allow yourself to make mistakes, learn from them and get over it!
- ❑ Take a break/indulge
 - Treat yourself
 - Manicure, pedicure or massage
 - Take a bath
 - Shop
 - Read a book
 - Take a long walk

- ❑ Get rid of Negative Forces of Energy that Drain
 - Stay positive
 - Be choosy about who you choose to spend leisure time with
 - Exercise/Diet
- Working mothers need to keep life in perspective by being realistic and honest with the family. Women should accept the choices they make and keep the major goals in mind. Creating a system that works best for each person will depend on individual career aspirations and goals, financial goals, childcare, family support systems, work environment and a women's personal attitude and commitment to achieve the goal of balancing work and family. It can be done, but these networks must be in place. If our society wants to increase the percentage of women in the fields of science and technology, it must encourage the academic

system to allow wider latitude to accommodate women who have the knowledge and skills to teach the next generation, to research, and also to provide quality care for their children. Now more than ever, our nation's ability to compete in today's global markets depends strongly on our products and research. Increasing the number of women, including fulltime mothers, who enter and remain in these fields, will shape what our country will become in an ever-changing global economy.



This is the end of our Quest for Equilibrium series.



Meet member Lynne Waldron
(BS Industrial and Systems Engineering 1976)

Lynne works at the Delphi Thermal and Interior plant here in Columbus. As Supervisor of Industrial Engineering, she is responsible for Lean Manufacturing implementation, as well as traditional industrial engineering activities.

Most recently she has been working with Toyota Supplier Support Center (TSSC) and coordinating Toyota Production System workshops in the Columbus plant. This Delphi plant is one of the model plants for TSSC.

Lynne received her Lean Manufacturing certification at the University of Michigan in 2003. She has finished her course work and project for her Black Belt in Six Sigma and is currently completing that certification.

Lynne's interest in engineering sparked from a summer program in engineering at Ohio State in 1971. She spent 8 weeks at OSU with 33 other high school seniors from the United States, England and a few other countries. While there she worked on a project in the Industrial Engineering

department and was "hooked" on becoming an IE from then on.

After graduation, Lynne worked at Philip Morris in Virginia, then Detroit Diesel Allison Division of GM in Indiana, Purdue University (as a lecturer), and Copeland in Sidney (Ohio). She left Copeland to come back to Columbus for a job with Fisher Body Division of GM, now the Delphi plant.

Lynne's husband is also an ISE grad from Ohio State. They have 3 daughters, two of whom are married with 2 children each. Lynne loves spending time with her grandchildren. They are planning a trip to Disney World this May.

In addition to her Secretary position with our Central Ohio SWE section, Lynne is Vice President of the Columbus chapter of IIE (Institute of Industrial Engineers). She also volunteers with the WiE (Women in Engineering) program at OSU, mentoring engineering students.

In her spare time Lynne enjoys golfing, Bunco, and caring for her vacation home in Gatlinburg, Tennessee.



Donate your used cell phones

Cell phones for life, Inc., mission is to provide emergency use cell phones for the elderly, the disabled, and battered women's shelters. These phones are used for emergencies only and provide a sense of freedom and security.

You may bring your used cell phones to our membership meetings. Next meeting is April 12 at Cozymel's in Dublin.

Please give them to Lynne Waldron, who will give you a tax receipt and send the phones to:

CELL PHONES FOR LIFE, INC.

A Non Profit Organization

(580) 226-5652 (800) 585-5503 FAX (800) 585-5925

www.cellphonesforlife.org

Membership News

CHAIRPERSON: Rachel Lewis

Our membership has reached 47! This brings our Section to a net increase of 30.56% for the year. Welcome to Jessica Flasche and Kimberly Wilczynski, who have recently moved into our Section!

We would love to have all of our members return next year, so don't forget to renew! Information will be coming from SWE soon on renewing for the next fiscal year, which begins July 1. As the leadership of our Section continues to grow so do our resources and activities. Next year will prove to be our busiest yet. The EC is making plans to expand our professional development activities along with other fun social activities, exciting membership meetings, and increased fundraising efforts.

Mother/Daughter Brunch



The Membership Committee is currently planning the 2nd Annual Mother/Daughter Brunch. This year we will be having a Tea Party on Saturday October 1, 2005 at Biddy's Coach House in Dublin, 11:00 a.m. – 1:00 p.m. Cost will be \$25

per adult and \$10 for kids under 12 years old.

More information will follow soon and updates will be posted on the Section website (www.swe.org/RegionG/CentralOhio).

Treasurer Resignation

Due to some recent family emergencies and personal issues, I have regretfully submitted my resignation as Treasurer to the Executive Council, and now to the membership. Kristina has been kind enough to absorb my duties as Treasurer for the remainder of the fiscal year, please address any needs you may have with her.

I still will remain active in the Section and will finish this year as Membership Chair and Webmaster. I hope to continue my work as webmaster in the future, and will also be around to offer my support to the EC (and membership) on an as needed basis. As some of you know I have been very active with this Section since its resurgence a few years ago, and I am extremely appreciative to all who have supported me and helped me to get this Section going again.

I am leaving my post in very good and capable hands, and am excited to see that we have developed such strong leadership in our Section. I also would like to extend my thanks and gratitude to all of you who have offered your support and prayers on a personal level.

Sincerely ~ Rachel Lewis

Congratulations, Gina!



Congratulations to Gina Cooper on the birth of her daughter, Jenna Nicole, on January 20th.

She weighed 4lbs 12 ounces at birth and was 16.25 inches long. The newest SWE member has arrived :)

SWE Garage Sale

Bring your donations to the April 12 membership meeting. Our garage sale will be held at Becky Blust's home on May 21, 9 a.m. – 3 p.m.



Editor's Corner:

The Central Ohio SWE section publishes this quarterly newsletter. To submit articles, email or mail to:

Lynne.M.Waldron@delphi.com

Lynne M. Waldron

6238 Muirloch Court South, Dublin, OH 43017-8794

Student/Professional Barbeque

By Tricia Fought

This will be held at the Park of Roses in Columbus. Please come to join us with the student SWE members.

RSVP by April 25, 2005, to: Pfought@columbus.rr.com



Longaberger Basket Plant Tour

By Suzanne Singhas

Located approx. 1 hour east of Columbus, Longaberger offers an hour long basket weaving class with a Longaberger artisan. The cost for this class and basket is usually \$56.96 (+tax) per person. For our pre-scheduled group of 15 or more, the cost is \$43.95 (+tax) per person. Once your basket is complete, Longaberger offers various accessories including a liner or tie-on. Also, we will be touring the production facility, although production will not be running at the time.

All SWE members, friends, and family are invited to attend this event on May 7, 2005. Please RSVP by Friday, April 22, to:

Suzanne_singhas@ham.honda.com

SWE National Convention

November 3-5, 2005

Anaheim, California

Join SWE this year in Anaheim, CA where thousands of SWE members, partners, and industry come for networking, professional development, technical training, career advancement and much more.

For more information, see contact below.

Main Conference Contact:

Jeanne Elipani

Jeanne.Elipani@swe.org

SWE Conference Management Office

1-800-892-2858

FROM OUR REGIONAL WEBSITE:

ABOUT SWE

The Society of Women Engineers (SWE), founded in 1950, is a not-for-profit educational and service organization. SWE is the driving force that establishes engineering as a highly desirable career aspiration for women. SWE empowers women to succeed and advance in those aspirations and be recognized for their life-changing contributions and achievements as engineers and leaders.

SWE MISSION (ADOPTED IN 1986)

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.

SWE OBJECTIVES (ADOPTED IN 1950)

- Inform young women, their parents, counselors, and the general public, of the qualifications and achievements of women engineers and the opportunities open to them.
- Assist women in readying themselves for a return to active work after temporary retirement.
- Serve as a center of information on women in engineering.
- Encourage women engineers to attain high levels of education and professional achievement.

SWE STRATEGIC PLAN GOALS & OBJECTIVES

Education and Outreach

The technical professions will benefit, and the quality of life will be enhanced by more women of all backgrounds pursuing the profession of engineering.

Inclusive Organization

SWE will be an inclusive organization focused on issues of interest to women of all backgrounds in engineering and technical careers.

For more information go to:

<http://www.swe.org/region/>