



Spring, 2010

Vol. 3 - Issue 3

SWE~Charlotte-Metrolina Chronicle

SWE 60; Charlotte-Metrolina 10

With the 60th anniversary of the Society of Women Engineers, a new award, the SWE History Award, was established by National in an effort to gather historical information about SWE, its Regions, and its individual Sections. It just so happens that the Charlotte-Metrolina Section celebrates the 10th anniversary of its reinstatement this year as well. With this in mind, we want to share a little of our history for those who may not know it.



Charlotte-Metrolina

Shortall, Kellie rounded up interested former members, local MAL members, and co-workers. In the process, we also had the SC zip code 297 released from the Western Carolina Section based in Greenville-Spartanburg to our section.

Charlotte-Metrolina Section was granted its original charter on May 2, 1982 with geographical boundaries of North Carolina zip codes 280-282 and 286-288. North Carolina zip code 289 was added October 1-3, 1982. The Section was active for approximately six years before being declared inactive by the Society Board of Directors on May 13, 1989.

In late March 1998, MAL Member Kellie Hedrick discovered that Charlotte had once had a SWE Section. With help from HQ and then Zip Code Coordinator, Claire

On May 12, 1999, fourteen 'SWE-CM' members and pending members met at Rio Bravo Restaurant on South Boulevard, Charlotte, NC to sign the Petition to Charter a Section of the Society of Women Engineers.

Charlotte-Metrolina Section was granted its reinstatement charter on August 28, 1999 with our current geographical boundaries of North Carolina zip codes 280-282 and South Carolina zip code 297.

As time passed and the economy waxed and waned, members have come and gone. However, we can boast that two of the original 14 petitioners are still current members of our section: Kerrie Goforth and Helene Hilger.

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President's Corner

by: **Chris Cathcart**

Happy Birthday Society of Women Engineers ~ Charlotte-Metrolina! Since May is the Section Birthday,

I wanted to give a little history of the growth of the Section. In 1998, a group worked together to re-charter the Section after several years of deactivation. The charter was signed on May 12, 1999 with 14 members or pending members. Since then the membership has grown and dwindled with the economy. As layoffs happen, the membership decreases. As hiring comes back, membership increases. This flow continues for the Section and this recession was no exception.

However, the Section is again growing and getting more active (which in my opinion is also great news about the economy as whole)! We have 37 members of which 4 are collegiate members and 33 are professional members. This is the highest level of membership the Section has experienced for several years. The participation level at the meetings has also increased. Over this year the meetings have been attended by 10 or more people consistently. Several meetings previously have been attended by as few as three! Although there is still room for improvement, we have come a long way.

With this also comes increased interest in serving the Section. The ballot has a contested election this year – the first since I became involved with the Section in 2000! In addition, there are four people ready to serve as Outreach, Membership, Communications, and Professional Development chairs for FY11! This increased interest in leadership for the Section is great and the momentum has to be captured to help the Section continue to improve.

One aspect of growing is learning to

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FY11 Officer Elections

by: **Susan Schlett, FY10 Nominating & Teller Chair**

On May 3, 2010, the slate of officers for FY11 was presented to the section membership. The following members are nominated for officer positions for FY11.

President:

Chris Cathcart

Vice President:

Angela Berry

Secretary:

Leigh Ellington
Zhengzheng Hu
Yurania Jimenez

Treasurer:

Kerrie Goforth

Section Representative:

Sandra Kolvick

Alternate Section Representative:

Jennifer Lawrence

The link to the online ballot was sent to the membership on May 3. Ballots are being collected and counted by Susan Schlett. Votes must be submitted by May 25, 2010. The elected officers will notified upon the close of elections. They will be announced and installed at our Annual Awards & Recognition Banquet on June 11, 2010.

Take Charge of Your Career and Your Life

with **Marcus Buckingham**

On January 15 and 29, five members and five non-members met during their lunch hour to view the Webinar "Take Control of Your Career and Your Life" with Marcus Buckingham.

The webinar was focused on learning what you could do to take control of your life and career. The group that originally had this seminar did some pre-work (available for you as well) and came in with some defined areas that were not working for them in their careers and lives. The first part of the webinar got us to look at definitions we use in a different way. Strengths and weaknesses were the first topic covered with new definitions.

First, the concept of asking others about your strengths and weaknesses was overturned with the idea that no one knows you better than yourself. Everyone else has an opinion but you know the truth about you.

Next, the definition of a strength is what energizes you, not just what you are good at. Remember you can be very good at doing something but it may not energize you. A weakness is defined as something that drains you. One person realized that

what they had been doing for their entire career drained them! What a revelation and what a new direction she will be taking!

The next concept was new for a lot of the group that attended. Focus on your strengths and find a way to work around your weaknesses. Forget about "fixing" your weaknesses and grow your strengths. This allows you to volunteer for things that energize you, work on things that energize you. All of this instead of focusing on what drains you!

Once these were defined and the group identified their strengths and weaknesses, a plan was put in place on how to incorporate these into the next week. Nothing huge or overwhelming, just one way to use your strengths more and focus on your weaknesses less. This plan was to be reviewed weekly and adjusted to continue to increase the use of your strengths and lessen the weaknesses so that at some point, all you are working on is your strengths and by definition, only working on things that energize you. Reality is we all have to continue to do some things that we don't like or that drain us, but we can all work to increase the time we have using our strengths.



MEMBER RECEIVES HONOR PIN



Angela Berry received the Honor Pin, the third highest national award for adult Girl Scouts, from the Girl Scouts Hornets' Nest Council on March 30, 2010. The Honor Pin honors those who delivered outstanding

service to two or more geographic areas or program delivery audiences. The service goes beyond the expectations for the position. Nomination for the award required submission of a Nomination Form and 3 Letters of Endorsement to the GSHNC Board.

Angela established a collaboration be-

tween Girl Scout Hornets' Nest Council and the Society of Women Engineers Charlotte-Metrolina Section and created the Engineers Are Cool! program for Junior Girl Scouts in 2005. She coordinates the Engineers Are Cool! program twice a year at the POD Village, serving more than 400 girls, with a staff exclusively of volunteers.

Angela helped create an exciting, hands-on curriculum exposing girls to mechanical, structural, civil, electrical and chemical engineering in a fun and approachable manner and incorporates college students and professionals into the event to expose girls to educational and career opportunities.

Her volunteer efforts have saved more than 150 hours of staff time for Girl Scouts, Hornets' Nest Council.

FY10 Leadership Team

President:

Chris Cathcart
Gulfstream
Chris.Cathcart @ swe.org

Vice President:

Angela Berry
City of Charlotte - DOT
Angela.Berry @ swe.org

Secretary:

Leigh Ellington
Charlotte.Metrolina @ swe.org

Treasurer:

Kerrie Goforth
Goforth Residence, Clover Schools
Kerrie.Goforth @ swe.org

Section Representative:

Sandra Kolvick
Fluor
Sandra.Kolvick @ swe.org

Alternate Section Rep:

To be elected as necessary

Newsletter Editors:

Leigh Ellington & Kerrie Goforth

Website Coordinator:

Kerrie Goforth
webmaster@swe-cm.org

Nominating & Teller Committee Chair:

Susan Schlett
schlett @ yahoo.com

Membership, Outreach, & Professional Development Committee Chairs:

Open; e-mail webmaster@swe-cm.org to volunteer

Subscribe to or unsubscribe from our e-mail list.

Women's Health Meeting: "Your Health: Focus On Wellness"

by: Chris Cathcart

The topic for the meeting was Osteoporosis Symptoms and Prevention. Mary Rachui, an RN and Women's Health Nurse Practitioner presented the program. Mary works with Presbyterian Hospital in the Women's Health Education Program.

Mary covered the definition of osteoporosis and gave us information about other diseases that are similar and usually lead to osteoporosis. Each attendee received a folder with information and several flyers on bone density and how to increase and/or maintain good bone density. The key items she covered were the need to increase calcium intake since your body quits storing calcium around age 25. She covered the different types of calcium and suggested we talk with our doctors about which type is best for us.

Mary discussed the types of testing avail-

able for bone density which is used for the diagnosis of Osteoporosis. Again, she asked us to check with our doctors to determine which test is best for each of us.

Different factors influence the probability of developing osteoporosis. The build of your body is one factor that surprised most of us at the meeting. A slender build is more likely to develop osteoporosis than a stocky build. Heredity influences this as well, if Mom has it most likely you will have it. But most of all diet and exercise influence this most. A healthy diet with a good exercise routine that includes weight bearing activity is best.

Overall Mary encouraged us to continue to educate ourselves on different health issues and was pleased to help in any way she could.



Upcoming Events

The following is our calendar of events for the remainder of FY10. Details will be available on our website and through e-mail announcements.

May 3-25, 2010

Section Officer Elections

May 15, 2010 - DESA nominations due

June 11, 2010; 6:30pm

Awards & Recognition Banquet
Texas Land & Cattle

Bowling with UNCC Collegiate Section



Above: L-R Front: Jeu Moua, Chris Cathcart, Stephanie Cellemme, Rebecca Turner, Kerrie Goforth; Back: Susan Schlett, Jennifer Lawrence, Celia Gray, Jean Leier, Angela Berry

At the end of every school year, the Charlotte-Metrolina Professional Section plans a joint social event with the students from the UNCC Collegiate Section. The event is intended to celebrate the successes of the Collegiate Section over the past year, provide an opportunity for the students to socialize and network with local professionals, and identify any graduating students who may be eligible for an upgrade to Professional level membership.

This year two Collegiate Section members, 6 Professional Section members, and 2 non-members met at the Northcross Lanes in Huntersville for a fun evening of bowling, camaraderie and munching on some food. Bowling skills varied from outstanding to queries of "Is it too late to ask for the bumpers?" Bowling also lagged occasionally as everyone enjoyed the various opportunities to network and meet new people.



UNCC Section President Rebecca Turner announces that the UNCC Collegiate Section nominated Angela Berry for the Outstanding SWE Counselor Award.

The major success for the UNCC Collegiate Section over the past year has been their steady membership numbers, recruitment of freshmen and sophomores, as well as overall increased involvement by their membership. These

are tough goals for any Collegiate Section and the students at UNCC should be proud of their accomplishments.



Stephanie Cellemme in action trying to convert the spare!

Participation Survey

Please take a few minutes to fill out the Society of Women Engineers - Charlotte Metrolina survey. This survey was sent to all the participants in SWE, not just members. We would like your feedback!

The following link will take you to the survey: Survey Button

Please complete the survey by June 15.

Thank you for your feedback. It will be used to help with the planning for FY11!



Call for Nominations: 2010 Distinguished Engineering Service Award

Sponsored by: SWE~Charlotte-Metrolina Section

This award is presented annually by the Society of Women Engineers Charlotte-Metrolina Section to an individual who best exemplifies the engineering profession through leadership and service as judged by the selection committee from submitted nominations.

The judging criteria evaluate the contributed time and effort in one or more of the following areas:

- Public service – application of professional abilities in volunteering (i.e. tutoring, MathCounts, science fairs, public boards etc)
- Public Awareness – acceptance/promotion of the engineering profession (i.e. speaker bureau, career guidance, outreach activities)
- Professional Development and Leadership – advancement of the profession (i.e. helping with engineering exams, career planning, teaching technical continuing education courses, engineering legislative concerns, engineering advancement committees, engineering organization positions, etc.)

- Other – as specified by the nominator

Nominee's volunteer efforts must be:

- current, as opposed to several years ago
- an investment of substantial personal (uncompensated) time
- personal and direct, as opposed to financial support
- public service, as opposed to in conjunction with services for family members

Nominees should be informed of his/her nomination or may nominate themselves. The current section President and Award chair are exempt from nomination.

Award will be presented at the Society of Women Engineers Charlotte-Metrolina Section Awards and Recognition Banquet held on June 11, 2010.

The nomination form may be found on our website. Nominations must be received by Selection Committee at Charlotte.Metrolina @ swe.org no later than May 15, 2010.

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Although the reinstatement of our charter was granted in August 1999, we still celebrate our anniversary in early May at a Mexican restaurant.

This year was no different. Eleven SWE-CM members, one UNCC Collegiate member, and two non-members met at Zapata's Cantina in Ballantyne on May 6, 2010 for a great time of networking and socializing over a delicious dinner. Conversations ranged from job responsibilities and job openings to outings of local recreational clubs. Some cleaned their HUGE plates while most took home leftovers. After a couple of hours of eating and talking, we decided it was time to head out. We look forward to next year's celebration!

Additional information on our history is available on the "About Us" page of our website.

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harness all the additional energy available for the Section. Since it has been several years since we had a full set of officers and chairs, this is going to be some new ground for the Section. Finding a way to delegate work to all the people interested in serving the Section will be a focus for the annual planning meeting this year – and what a treat for me! As president it is always a challenge to find a way to get all the work done that is needed for a year without burning all the officers out each year. It is very exciting to me that this renewed interest is happening now – just in time for the planning for the new SWE year!

Since this is the last newsletter for FY10, I want to take the opportunity to thank the current officers for all their hard work and efforts this year. Angela Berry, Sandra Kolvick, Leigh Ellington, and Kerrie Goforth have served as officers this year and have pulled together an outstanding year of accomplishments and awards. Their efforts show in the renewed interest in the Section! Thanks to all of you for a great year!

Employment Opportunity

Job Title: Draftsman

Organization Name: Charlotte Engineers, LLP

No of Openings: 1

Work Schedule: Permanent

Hours per Week: 40

Employment Start Date: Immediately

Job Description: Electrical Draftsman for Commercial Building Design. Must know Auto CAD release 2009 and 2010.

Please contact:

Charlotte Engineers, LLP

5838 Monroe Rd

Charlotte, NC 28212

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cmullis @ charlotteengineers.com