



# Society of Women Engineers

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**Society of Women Engineers –  
Eastern Washington Section**  
P.O. Box 364 Richland, WA 99352  
www.swe.org  
Region J001

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### Upcoming Events

October 25-27, 2007	SWE National Conference, Nashville, Tennessee
November 2, 2007	“Day of the Dead” Party Alice’s house, 6:30 pm
November 14, 2007	Board and Business Meeting, Richland Library’s large conference room in back, 6:00 pm board meeting, 6:30 pm general business meeting.
December 5, 2007	Board Meeting (6-7 pm), Alice Orrell’s House
December 8, 2007	Annual Holiday Party (time and place are TBD)
January 9, 2008	Board Meeting (6-7 pm), Alice Orrell’s House
January 16, 2008	APEL Tour

## Opening Note

Hello fellow SWE members and friends. I hope this newsletter finds you in good health and happiness. Please enjoy this newsletter mark down all the important dates on your calendar. We had a few new people attend the "Way We Are" dinner and would really enjoy having new people show up to every SWE event.

Teresa Torres  
Newsletter Editor

## Business Meeting for General SWE Members

November 14, 2007  
Richland Library's large conference room in the back  
6 pm Board Meeting  
6:30 pm General Business Meeting

The general business meeting is an excellent time for general members to get to know the officers and get to know more about you local SWE section. At this meeting new by-laws be discussed along with other SWE business.

## APEL Tour

Wednesday, January 16, 2008

Please join us on Wednesday evening, January 16, 2008 for a tour of the Applied Process Engineering Laboratory (APEL) in Richland. APEL is a technology start-up business incubator. Energy Northwest owns and operates APEL and PNNL it its biggest client.

We will tour a few labs that have projects in the works and meet the project entrepreneurs. The tour will be led by the PNNL Resident Line Manager and APEL's Building Engineer.

After the tour, please stick around for a pizza dinner on site.

Exact start time will be determined closer to the tour date, but please mark your calendars and expect a start time of between 5 and 6 pm.

More information about APEL can be found at its website:  
<http://www.apel.org/>.

## Holiday Party

December 8

Please save a space in all your holiday planning for the SWE-EWS Annual Christmas Party. There is always a good time had by all with a wild and crazy gift exchange. Watch your emails and the SWE-EWS website for information regarding place and time.

## Day of the Dead Potluck Party

Friday, November 2, 6:30 pm  
Alice Orrell's House  
2527 Albemarle Court, Richland

**Please bring Mexican-themed potluck food to share along with your friends & family.**

The **Day of the Dead** (*Día de los Muertos*) is a three-day Mexican holiday, also celebrated in other parts of the world, on October 31<sup>st</sup> (Halloween), November 1<sup>st</sup> (All Saints' Day) and November 2<sup>nd</sup> (All Souls' Day) to honor and celebrate loved ones who have died.

Celebrants typically approach the Day of the Dead joyfully.

The traditional mood is much brighter with emphasis on celebrating and honoring the lives of the deceased, and celebrating the continuation of life; the belief is not that death is the end, but rather the beginning of a new stage in life.

*Why is the Eastern Washington SWE section having a Day of the Dead party?* We typically have a Halloween party each year, but this year the national conference conflicts with that tradition. So we moved the party back a few days and got a Day of the Dead party instead!



<http://www.dayofthedead.com/PhotosSkeletons.html>

Directions to Alice's house: The address is 2527 Albemarle Court, Richland 99354. Going north, turn right on Spring from George Washington Way. (Spring is just south of Hanford High). Albemarle is the 3<sup>rd</sup> left off Spring. The house is brown and at the top of the court on the left side.

## The Way We Are - Report

"The Way We Are" dinner is the traditional, first event of the year for the Society of Women Engineers - Eastern Washington Section (SWE-EWS) at which a few members share with the section their current work. This is a social dinner for new and old members, spouses, friends, and potential new members who are interested in learning more about SWE.

Our speakers this year:

Alicia Boyd, SWE-EWS President FY07-08. Alicia has been involved with SWE for several years and spoke about her employment experience with the EPA, SWE experience and engineering experience in general.

Gladys Reeder, SWE-EWS Secretary FY07-08. Gladys is currently working on her engineering degree at WSU-TC and has recently started a job at Berkey Engineering.

Marlene Baerg, Associate Dean, EFCross School of Engineering at Walla Walla University. Marlene discussed the engineering activities and senior projects for which she is responsible at Walla Walla.

We had a great turn-out with lots of new faces because many members brought friends and co-workers. An interesting discussion was started by Marlene asking the group for feedback on how to get her female students interested in and to see the value of SWE.

## Stress Author Unknown



A lecturer when explaining stress management to an audience, raised a glass of water and asked "How heavy is this glass of water?"

Answers called out ranged from 20g to 500g.

The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it.

If I hold it for a minute, that's not a problem.  
If I hold it for an hour, I'll have an ache in my right arm.  
If I hold it for a day, you'll have to call an ambulance.

In each case, it's the same weight, but the longer I hold it, the heavier it becomes."

He continued,  
"And that's the way it is with stress management.

If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on. "

"As with the glass of water, you have to put it down for a while and rest before holding it again.

When we're refreshed, we can carry on with the burden."

"So, before you return home tonight, put the burden of work down . Don't carry it home. You can pick it up tomorrow.

Whatever burdens you're carrying now, let them down for a moment if you can."

So, my friend, Put down anything that may be a burden to you right now. Don't pick it up again until after you've rested a while.

Here are some great ways of dealing with the burdens of life:

- \* Accept that some days you're the pigeon, and some days you're the statue.
- \* Always keep your words soft and sweet, just in case you have to eat them.
- \* Always read stuff that will make you look good if you die in the middle of it.
- \* Drive carefully. It's not only cars that can be recalled by their maker.
- \* If you can't be kind, at least have the decency to be vague.
- \* If you lend someone \$20 and never see that person again, it was probably worth it.
- \* It may be that your sole purpose in life is simply be kind to others.
- \* Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
- \* Nobody cares if you can't dance well. Just get up and dance.
- \* When everything's coming your way, you're in the wrong lane.
- \* Birthdays are good for you. The more you have, the longer you live.
- \* You may be only one person in the world, but you may also be the world to one person.
- \* Some mistakes are too much fun to only make once.
- \* We could learn a lot from crayons... Some are sharp, some are pretty and some are dull. Some have weird names, and all are different colors, but they all have to live in the same box.

## Contacts

Position/Region	Name	E-mail
President	Alicia Boyd	boyd.alicia@epa.gov
Vice President	Alice Orrell	<a href="mailto:aliceorrell@gmail.com">aliceorrell@gmail.com</a>
Secretary	Gladys Reeder	<a href="mailto:ricky.reeder@verizon.net">ricky.reeder@verizon.net</a>
Treasurer	Ann Langevin	<a href="mailto:ann_s_langevin@rl.gov">ann_s_langevin@rl.gov</a>
Finance Chair		
Section Rep.	Pam Ankrum /	<a href="mailto:ankrum@clearwire.net">ankrum@clearwire.net</a> /
Nominating Chair	Joan Young	<a href="mailto:joan.young@pnl.gov">joan.young@pnl.gov</a>
K-12, Career	Chryssie Nigl	cmnigl@gmail.com
Guidance Chair		
Publicity Chair	Renee Slocumb	<a href="mailto:rclslocum@bechtel.com">rclslocum@bechtel.com</a>
Awards Chair		
Membership	Open	
Chair		
Continuing	Open	
Development		
Chair		
Newsletter	Teresa Torres	<a href="mailto:tdtorres@bechtel.com">tdtorres@bechtel.com</a>
Editor		
TCTC Chair	Pamela Ankrum	<a href="mailto:ankrum@clearwire.net">ankrum@clearwire.net</a>
Scholarship	Sandy Brower	<a href="mailto:embrower@aol.com">embrower@aol.com</a>
Chair		
Job Postings		
Certificate of		
Merit Chair		
Historian	Wanda Munn	<a href="mailto:wimunn@aol.com">wimunn@aol.com</a>
SWE-EWS	Jenny Stenkamp	<a href="mailto:jjstenka@bechtel.com">jjstenka@bechtel.com</a>
Webmaster		
Region J	Linda Thomas	<a href="mailto:waclarone@yahoo.com">waclarone@yahoo.com</a>
Governor		
Finance	Ann Langevin	<a href="mailto:ann_s_langevin@rl.gov">ann_s_langevin@rl.gov</a>
Programs	Alice Orrell	<a href="mailto:aliceslovic@msn.com">aliceslovic@msn.com</a>

Thanks to everyone who submitted information for this newsletter. The newsletter is going back to a bi-monthly issuance. Please submit information for the next newsletter by **December 15, 2007** to Teresa Torres.

### About SWE

The Society of Women Engineers (SWE), founded in 1950, is a non-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 receive the recognition and credit for their life-changing contributions and achievements as engineers and leaders. For more information about the Society please visit [www.swe.org](http://www.swe.org) or call (312) 596-5223.

If you know someone who be interested in joining please forward this Newsletter via email or via land mail. Just print, fold, staple, stamp and mail.

ADDRESS CORRECTION REQUESTED

Society of Women Engineers  
Eastern Washington Section  
P.O. Box 364  
Richland, WA 99352

SWE Member or friend