

## Useful Links

[SWE.org](http://SWE.org)

[SWE CNM.org](http://SWE CNM.org)



*Under construction  
until further notice.*

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### **Have news to share?**

Send news articles, pictures, and newsletter submissions to [amyreed.es@gmail.com](mailto:amyreed.es@gmail.com)

# Society of Women Engineers Central New Mexico Section *December*



## A Letter from the President



Society of Women Engineers

**Aspire / Advance / Achieve**

*Greetings Central NM Section SWEesters (and potential SWEesters!)*

We hope that you have enjoyed the past events held during the fall and winter months. If you weren't able to attend, rest assured there is more in store for the coming months. This newsletter highlights the past events and upcoming events. You'll see that there is quite a bit to look forward to including outreach opportunities, more professional development and some fundraising activities. Moreover, be on the lookout for some important announcements regarding scholarships.

I would also like to bring to your attention that the Section, with tremendous help from Jan Williams, has received an award for an outreach event that took place earlier this year. More about this achievement is in this newsletter.

In closing, I would like to encourage everyone to take a look at the past year to reminisce and appreciate all that has happened. And look to the New Year with optimism and possibility. To help with that, perhaps a quote by Anne Frank would help.

*"What a wonderful thought it is that some of the best days of our lives haven't even happened yet." - Anne Frank*

*Rochelle Larson*  
**FY19 SWE-CNM Section President**



# New Section Member

## Cecilia Clark

Cecilia Clark is an experienced Engineer and Quality Management professional with diverse knowledge in several commercial and defense industries. She holds a BS in Industrial Engineering and several certifications from American Society for Quality.

### How did you get involved with SWE?

*I heard about SWE in Chicago through my employer who is a supporter of SWE. I was fortunate to attend the annual conference in Chicago. It was a great networking experience.*

### What was your first impression of SWE?

*My first impression was SWE member's enthusiasm in supporting STEM careers and each other. They are constantly pursuing career development, advancement and networking.*

### What do you find most challenging about a STEM career as a woman?

*Unfortunately, there is a low number of women who had reached C-suite positions and hold a STEM degree. I believe we had broken and are still breaking many barriers but still there are more tough roads to go through.*



*"Quality is never an accident; it is always the result of high intention, sincere effort, intelligent direction and skillful execution"*

- William A. Foster

### Cecilia Quick Facts

Favorite Movie Line  
"Hasta la vista, baby"

Trilingual Speaker  
-English  
-Spanish  
-French

Fave SWE Memory  
First attendance to the Annual Conference.

### Quick Facts Cecilia

### Tell us about your home life.

*My husband and I cheer on our son who plays soccer and flag football. We like to hike in the NM Mountains, enjoy reconnecting, unwinding and meditating while contemplating the beauty of nature around.*

Welcome to  
the CNM  
Section of  
SWE, Cecilia!

# sWe18



Jan and Sandia friends



Kerrie and her Prism Award.



Jackie receiving Corning Bowl.

WE18 in Minneapolis was another great conference, with near-record attendance (over 14,000). SWE-CNM was well represented by Kattie Grady, Jennifer Dugan, Fran Stuart, and Jan Williams. Minneapolis was a terrific host. Those of us in remote hotels had fun navigating the walkways connecting many buildings in downtown Minneapolis – we were able to walk to the convention center without ever stepping outside!

SWE-CNM was also well-represented in the program presentations. Jan gave a lightning talk about advocacy for STEM and participated in a panel about Congressional advocacy. She also gave a presentation in the Technical Fellows track about the U.S. Nuclear Security Enterprise.

A highlight for Jan was seeing a Sandia Labs employee receive the Achievement Award at the Friday banquet. This was a first for Sandia or for any national laboratory. Jennifer Dugan and Jan also witnessed former SWE-CNM member Kerrie Greenfelder receive the Prism Award.

Kattie and Jan attended the Honeywell dinner on Wednesday evening (Sandia is operated by a consortium led by Honeywell) and mingled with some amazing women while enjoying craft beer and a hearty supper. Both recruited at the career fair for their respective companies.

At the Saturday membership meeting, the trustees gave exciting news about the many scholarships being endowed, many in honor of women (and a man) Jan and Fran have had the privilege to know. The amount of scholarships awarded annually continues to grow – and SWE-CNM is part of that! Concurrent with Saturday programming was another record year of “Invent It – Build It”, with hundreds of local girls and dozens of SWE volunteers participating.

All in all, a fabulous conference - and we're all looking forward to WeLocal 19 Denver in March, WE19 in Anaheim, CA November 7-9, 2019 AND WE20 New Orleans, LA November 5-7, 2020!

Written By: Jan Williams

The Section has created a group called "Pop-up Group Outings" within the SWE CNM Facebook page. The "Pop-up Group Outings" is a group where people could post about an informal meet-up event at short notice.

Potential Pop-up Outings:

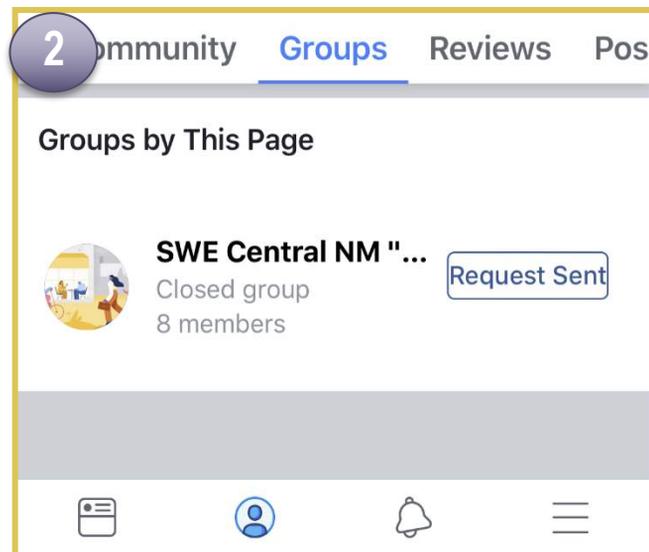
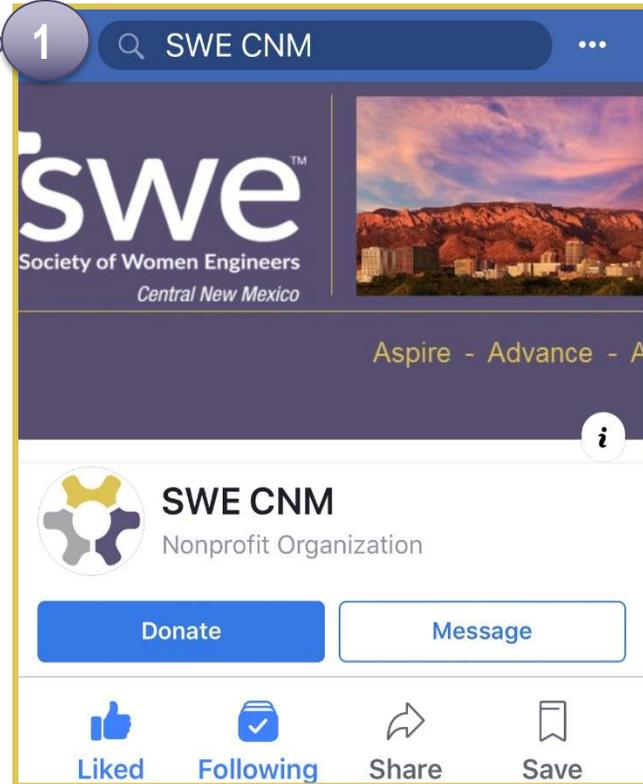
- Hike in the Sandias 
- Walk through River of Lights 
- Afternoon at St. James Tearoom

The purpose of the group is to enjoy time with friends, new and old. Anyone interested in the Pop-up event is welcomed to join the person/people that are attending. Just respond to the organizer within the post and get the details. To join the group visit the @swecnm Facebook page and click on groups. From here you will see the name of the group and a request to join. If there are any issues, send us an email at [swe.cnm@gmail.com](mailto:swe.cnm@gmail.com).



What famous celebrity said, "I love my husband, but it is nothing like a conversation with a woman that understands you. I grow so much from those conversations"?

**Answer on the last page of this issue.**



# Volunteering & Outreach Opportunities



## Albuquerque Expanding Your Horizons Conference

Saturday - January 26th, 2019  
UNM Main Campus, Centennial Engineering Bldg.

Volunteers are needed during the day of the conference. Various duties include group chaperones, registration help (i.e. checking in students, distributing t-shirts, registering walk-ins), distributing lunch, hall monitoring and set-up and take-down of conference material. Some of the workshop presenters may also need help with their presentations. The volunteer website will open on January 1st. In the meantime, you may contact Rochelle Larson at [abqeyh@gmail.com](mailto:abqeyh@gmail.com) for more information about the conference.

## Central NM Science Olympiad

Saturday - February 2, 2019  
UNM Main Campus, STEM-H Center.

Event supervisors are needed. An event supervisor is a volunteer with relevant expertise who manages an individual event of the competition. It can be a teacher, collegiate student, industry professional, past or present. Event supervisors read and become familiar with the event rules. They set up and run the event on the day of the competition. For more information, contact Erin at [scifair@unm.edu](mailto:scifair@unm.edu).

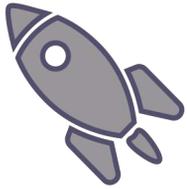
## Introduce a Girl to Engineering Day

Thursday, February 21, 2019 (*Tentative*)  
Sandia Preparatory School

Volunteers are needed to help facilitate an engineering activity as well as serve as a role model for the girls. Each volunteer will be asked to lead a group of 4-6 girls and will guide them through designing, building and testing their prototypes. Details for the event and activity will be shared as the date gets closer. For more information, contact Rochelle Larson at [swe.cnm@gmail.com](mailto:swe.cnm@gmail.com).

# We want you!

# PAST EVENTS



## *ixplora!* Family Event



September

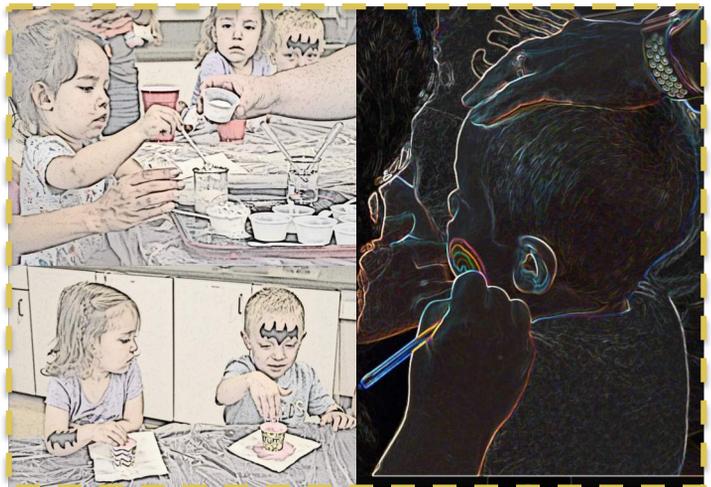


On Saturday September 22<sup>nd</sup>, SWE-CNM families had a wonderful time at the September family event hosted at Explora! Members, non-members, and their children participated in a science experiment called *Mad Mixtures* where the children combined mystery ingredients to create bubbling liquids and slime. The museum also provided face painting for the kids; popular painting choices were bats, rainbows, spiders, and balloons. After the science experiment, the families enjoyed the outdoor playground and the rest of the museum.

Written by: Meghan McDonald



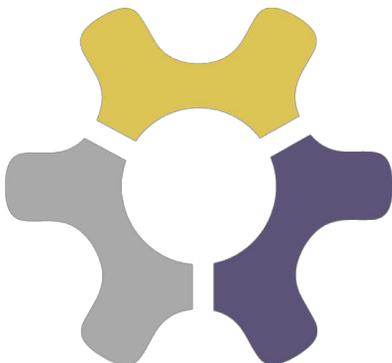
*This event was free for members. See more member benefits like this event in the future!*



**Did YOU miss out?**



*SWE-CNM is planning another family event for the Spring; watch for the announcement in upcoming newsletters and e-mails.*

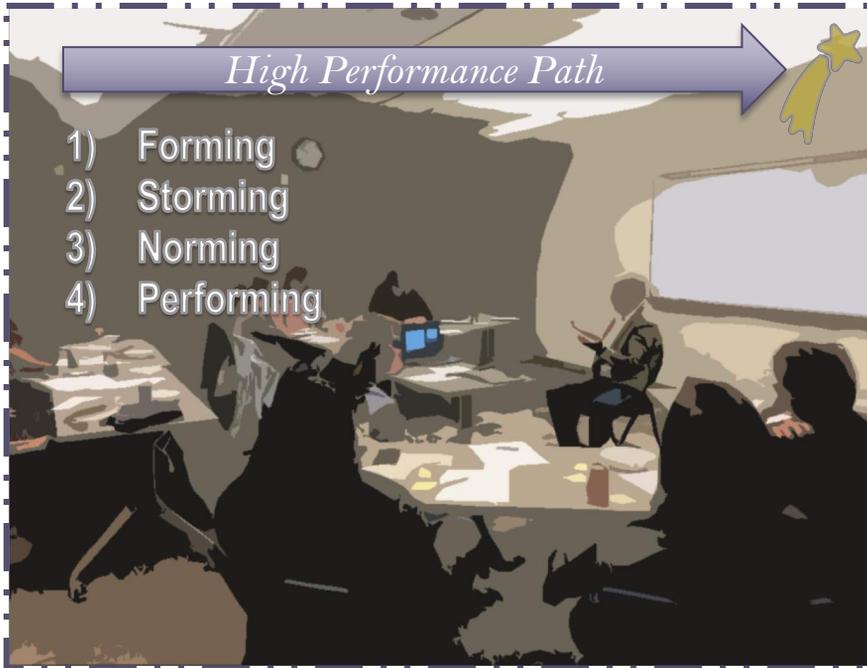


# PAST EVENTS

## Communication

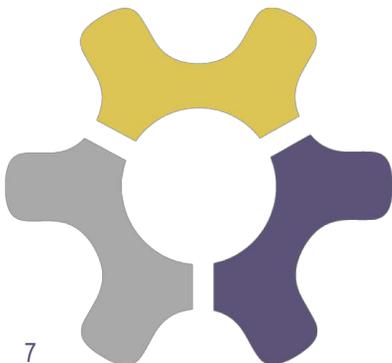
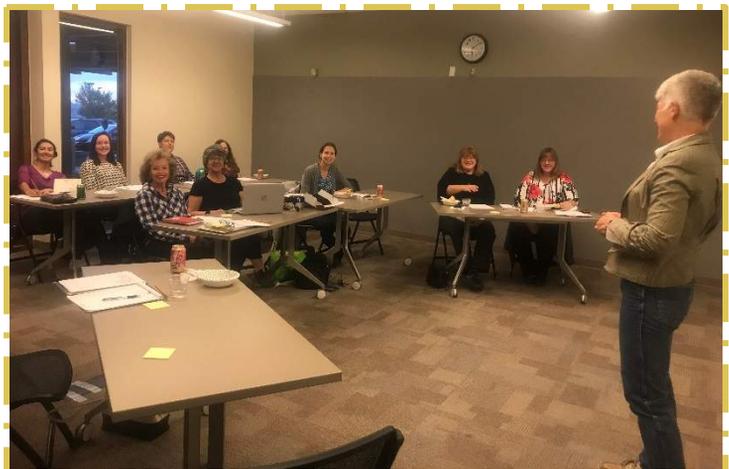


## Professional Development



Communication in the workplace can be a sensitive topic. Communication struggles can extend from a young engineer at her first job to a Project Manager that has 25 years of experience. In October, the SWE-CNM section hosted a professional development event focused on communication called **Communication: How do you know it's going well and what to do when it's blowing up in your face! Suggestions to make communicating with all entities a little easier and how to fix it when things are falling apart.**

The presenter, Donna "Lexi" Miles, incorporated a high level of engagement with the audience during the presentation. Lexi teamed SWEsters up to come up with examples of Bruce Tuckman's concept of a High Performance Path for small groups. With time running out, Lexi's normal 4-hour presentation cut into a hour shifted into a in-depth Q&A with participants keying into each participant's goal of what they hoped to get out of attending the presentation. SWEsters left the Professional Development event with better communication tools in their kit.



# PAST EVENTS



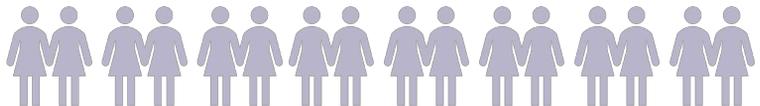
## Self-Defense Class Member Event



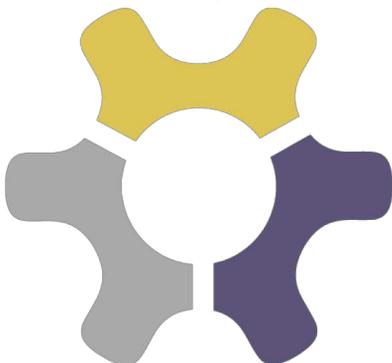
On November 17<sup>th</sup>, a 90 minute self defense class was held for SWE and non-SWE members. Participants learned the following during the member event:

- Rule number 1 of self defense is awareness. Keep yourself from becoming an easy target.
- Keep things basic! Anyone can be effective, even if you don't think you're athletic or well trained. Elbows, slaps, kicks, stomping on feet, etc.
- Be more comfortable in unlocking your willingness to be less nice and more ready for confrontation if necessary. Practice by yelling a battle cry (anything from "Get away!" to "Spoon!") and practicing basic punches/slaps/kicks
- A good way to get out of being choked is to just raise your arms straight up and spin around. That will break the hold pretty easily (one of the pictures is of this)
- There are two main types of attacks: when the person wants something on you (wallet, purse, etc.) or when the person wants you. If it's the first, just give them what they want and get somewhere safe as soon as possible. If it's the second, fight as much as you can. Never get in a vehicle with someone! Your odds of surviving go down significantly after that. Make noise and be as difficult as possible.

**Check out self defense classes or seminars. Even if you only do something once every couple of months, it will prepare you more than if you don't go to any. Attending this seminar demonstrated there were a number of little things that SWEsters learned that were not only easy to do but very effective! The real challenge is practicing it enough that you'd be prepared if something were to happen!**

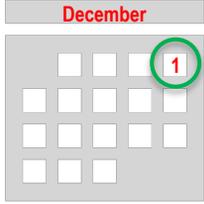


Written by: Katie Henderson





# PAST EVENTS



## Holiday Party Annual Event

'Twas the first day of December, when all thro' Jan's house,  
 SWE members were gathering, some brought a spouse;  
 Cookies were placed on the kitchen island with great care,  
 In hopes the cookie swap would take place there;  
 Children were brought, it was too early for bed,  
 Later they could see visions of sugar plums dancing in their head;  
 And Jan in her splendor and members galore,  
 Enjoyed each others company, indoors;  
 Delicious food was eaten, friends reminisced,  
 SWE members always make the Nice List;  
 Members came and members went out the front door,  
 Happy Holidays to all, and ever more!



### Holiday Recipe Caramels

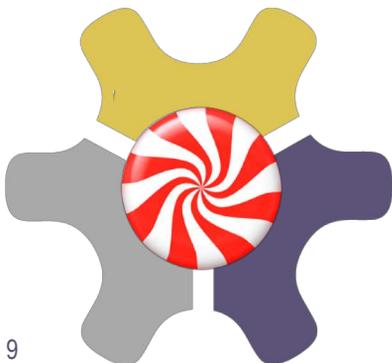
- 3 cups sugar
- 1 cup milk
- ½ pound butter (no substitutions)
- 1 cup white Karo syrup
- 1 beaten egg
- 2 teaspoons vanilla



Combine ingredients in a heavy saucepan. Mix well. Stir constantly while boiling. Cook to 245°F (sea level elevation). Remove from heat. Stir in vanilla. Pour into a well-greased 9 inch square pan. Cool for several hours, then cut and wrap.

Note: A recipe adjustment for high altitudes is 2°F lower for every 1,000 feet above sea level. I live near Montgomery and Eubank and cook my caramels to 232°F. When adjusting the temperature, increasing the temperature makes the caramels harder.

**- Leslie Phinney, Section Member**



# HOLIDAY RECIPES



## Basic Pie Dough

\*Adapted from Beekman 1802 recipe –  
<https://beekman1802.com/recipe/basic-pie-dough/>  
1 ¼ cups all-purpose flour (spooned into cup and leveled off)  
1 tablespoon granulated sugar  
¼ teaspoon salt  
8 tablespoons (1 stick) **cold** unsalted butter, cut into bits  
3 to 4 tablespoons ice water

In food processor, pulse flour, sugar, salt until just mixed. Add COLD butter in, 2-4 TB at a time. If making a galette or tart, substitute 2 TB butter with shortening. Keep adding butter until pea size bits are formed (crumbly texture). Begin to add ice cold water 1 TB at a time until the mixture begins to hold together when pinched between 2 fingers. Pour out dough mix onto clear plastic wrap, shape into disc, and put in fridge. Let sit for 1 hr up to 2 days. When ready to make your pie, take your disc out, roll into 1/4" thick 13" diameter round. It's normal to see bits of butter in your dough. Place in pie/tart pan. Place back in fridge until filling is ready or oven is preheated, take out, fill, and bake! Always add room temp filling to your prepared pie dough/pan. I bake until the filling is bubbling (fruit pies) or set 2-inches from the edge (custards).

## Easy Cheesy Drop Biscuits

1 c flour  
1.5 tsp baking powder  
0.5 tsp garlic salt  
2 tblsp butter  
0.5 c Milk  
0.5 c grated cheddar cheese

Mix Flour, Baking Powder, and Garlic Salt  
Cut in butter  
Add milk, mix until dough stretches apart easily  
Fold in Cheese

Spoon onto baking sheet.

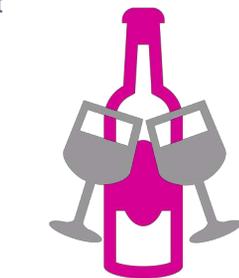
Bake 10-12 min at 450 degrees (or until peaks are brown)

\*You can add green chili for fun. I also usually add extra garlic salt

## Banana Bread

3 to 4 ripe bananas, smashed  
1/3 cup melted salted butter

1/2 c brown sugar  
1 egg, beaten  
1 teaspoon vanilla  
1 tablespoon bourbon (optional)  
1 teaspoon baking soda  
Pinch of salt  
1 teaspoon cinnamon  
2 dates - finely chopped  
1 grated carrot  
1 handful pecans  
Up to 1/2 teaspoon nutmeg  
1 1/2 cups flour



Preheat the oven to 350°F. Mix melted butter, brown sugar and mashed bananas in a large mixing bowl. Mix in egg, vanilla and bourbon, then the spices. Sprinkle the baking soda and salt over the mixture and mix in. Add the flour last, mix. If dough is too sticky, add tablespoon buttermilk or one egg yolk. Pour mixture into a buttered 4x8 inch loaf pan. Bake for 50 minutes to one hour, or until a toothpick comes out clean. Cool on a rack. Remove from pan and slice to serve. I have been making this almost once a week for the last few months. Sometimes instead of 3 bananas, I'll do one banana and 10 oz grated zucchini.

Recipes supplied by Section member Ashley Arrossa

# Scholarship

## APPLY FOR A SWE SCHOLARSHIP

Upperclass Deadline to Apply: February 15, 2019 (8 WEEKS AWAY)

In 2018, the Society of Women Engineers awarded more than 230 new and renewed scholarships valued at more than \$830,000. SWE Scholarships support those who identify as female pursuing associate, bachelor or graduate degrees in engineering, engineering technology and computer science both in the United States, and internationally.

Students complete one application and are considered for all scholarships for which they are eligible. The application process is entirely online including submission of recommendation letters and transcripts. The Central NM Section offers three scholarships through this process.

- Pioneers Scholarship
- Reentry Scholarship
- Ellen Hippeli Memorial



Search for "SWE Central New Mexico"!

If you will be a sophomore through Ph.D. candidate in the 2019-2020 academic year, apply online (<https://scholarships.swe.org/applications/login.asp>) for a SWE Scholarship December 1, 2018 through February 15, 2019. If you will be a freshman in the upcoming fall semester, you may apply March 1 through May 1, 2019. Learn more on our SWE Scholarships page (<http://societyofwomenengineers.swe.org/scholarships>).

## DONATE TODAY

You too can donate to the SWE-CNM scholarship fund by mailing a check to:

Society of Women Engineers, Central New Mexico Section  
P.O. Box 13678, Albuquerque, NM 87192-3678

Or using the PayPal Link below:



[https://www.paypal.com/cgi-bin/webscr?cmd=s-xclick&hosted\\_button\\_id=5BZJ6JSDLF25S](https://www.paypal.com/cgi-bin/webscr?cmd=s-xclick&hosted_button_id=5BZJ6JSDLF25S)

# Collegiate Catch Up

## University of New Mexico

Thirty-three UNM students (including nine from ECE!) attended the WE 18 in Minneapolis Oct 17-21. With 20,000 attendees this was the largest SWE ever, giving UNM Students the opportunity to network, attend workshops, and speak with prospective employers. The UNM SWE section worked with the School of Engineering, and the National Science Foundation to raise \$19,800 in funding to attend the conference.



Students learned how to handle harassment in the workplace, how to negotiate their salaries, and other vital professional skills through panels and workshops. They were also given the opportunity to hear from industry leaders and attend technical talks.

For many, like Computer Engineering Major Lea Casper ('19), these talks were more than just educational, they were inspiring.

**“Going to the talks was my favorite part of the conference. I felt empowered by the women speaking, and I felt more affirmed about the path I am choosing in engineering,”** said Casper.

The career fair gave students the opportunity to meet with over 500 companies and graduate schools. Beyond just applying for jobs and internships this portion of the conference allowed students to explore the vast range of engineering careers and companies.

Civil Engineering student Sabrina Moore ('19) said the career fair showed her the possibilities within engineering. **“I had no idea the number of doors I had in front of me. I have a whole new perspective on what a career in my field can look like,”** said Moore.

This conference allowed the members to grow closer and develop a sense of community within the club. At group dinners and social outings members of the UNM SWE chapter got to know each other and build bonds.

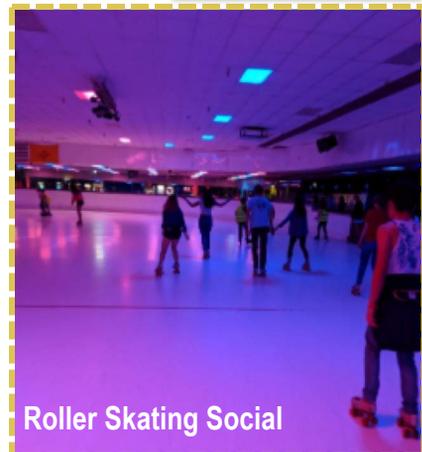
Chemical Engineering student and UNM SWE Vice President Emily Hopkins ('20) spoke to the importance finding a community within engineering.

**“Bonding with other SWE members helped me create friends within the School of Engineering. Because of SWE I found peers I could reach out to for support,”** said Hopkins.

This experience wouldn't have been possible without the generous support of the National Science Foundation, The School of Engineering, and the various departments. The UNM SWE section extends their deepest gratitude to all that helped in this process.

Written by: Delaney Rose Heileman

### SWE FUN



Roller Skating Social



SWE UNM Outreach –  
Girls Scouts Extravaganza



# Announcement Page



## Painting with a Twist Fundraiser



Your votes are in and the selected painting for the Section's fundraiser event is shown above. The funds raised will be split among the Section's programming and scholarships. The details for the event is as follows and registration is open.

Come join us and enjoy a night of painting!

### Event Details

- Website: <http://www.paintingwithatwist.com/studio/albuquerque-nm>
- Date: Thursday, February 21, 2019
- Time: 6:00 – 8:00 pm
- Cost: \$35 plus tax
- Link to event: <http://www.paintingwithatwist.com/studio/albuquerque-nm/1787538/>

**Stop Apologizing in your Work e-Mails. Instead try:**

- Thanks for flagging!
- Good catch – I will make the updates/changes.
- Many thanks for noticing the error, **[name]**, we will **[verb]**
- Thank you for bringing this to our attention. We will **[verb]**

## Book Club



The Section Book Club will read “Dark Matter” by Blake Crouch for the first quarter.

## SECTION AWARD ANNOUNCEMENT

*SWE Central New Mexico will be receiving the SWE WE Local Outstanding Outreach Event Award – Professional – Medium Group for “Davinci the Genius” at WE Local in March 2019.*



# Upcoming Section/Outreach Events

**Have a New Year's Resolution to get organized?** At the end of this month, Hazel Thorton of Org4Life will give an hour long talk about organizing work space, both physical and digital. This happy hour and professional development talk will occur on Saturday, December 29<sup>th</sup> at Bow and Arrow Brewing Company's "The Loft". Members, non-members, family and friends are invited to come socialize and get some tips on optimizing workspace on the last Saturday of 2018 at 12:30 pm. RSVP to [bespalk@gmail.com](mailto:bespalk@gmail.com) by December 26<sup>th</sup>.



## Honey for Thought Quiz

1. What is the Name of the official SWE podcast?
2. How many on-demand webinars does SWE Advance offer?
3. What months did SWE host events in this last quarter of the year?

**Find out how you did on the quiz on the last page of the Newsletter!**

**Jan 26**

Expanding Your Horizons Conference

**Feb 21**

Paint with a Twist Fundraiser

**March 15-16**

WE Local in Denver

**April**

State Science Fair

**May**

Stay tuned!

## Want Ads

### Social Media Chair

SWE-CNM needs your help updating our Facebook page and creating a consistent social media presence.



### Outreach Chair

Plans and coordinates two outreach events in a Fiscal Year.



### Website Chair

Maintains section website with current officers, upcoming events, and section information.



### NM State Counselor

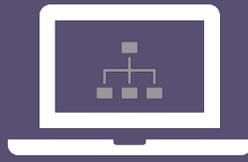
Coach and advise the NMSU SWE section. Acts as a liaison between collegiate members, industry, and other SWE members.



### Cartoon Illustrator for the Section Newsletter

This newsletter is looking for a comic artist! If you have can put the "A" in **STEAM** and can blend some humor along with it, this job is for you. One comic per newsletter, four comics a year...sounds like a good gig.





# SWE On-Demand Learning

SWE's Advance Learning Center 2.0  
has on demand webinars available for  
**free** for members.

Go to: [advancelearning.swe.org](http://advancelearning.swe.org)

## *Webinar Snippets*

### **Challenges for Women in Meetings**

This if for you if:

- Your ideas get ignored, stolen or mansplained
- You're not taken seriously
- You're not seen as "technical enough"
- You're interrupted or talked over
- You're received as too aggressive

### **Damaging Phrases Women Use in the Office**

This if for you if you want to learn about:

- How women lose credibility in the office
- Damaging words/phrases that diminish women
- Why women aren't promoted
- Examine your engagement in office situations

### **Mindfulness and Stress Reduction**

This if for you if want to:

- Recognize and manage "trigger moments" using emotional intelligence
- Practice the ability to be present in the moment in order to cope with daily stresses
- Identify ways to reduce stress and increase creativity in order to be more productive

# Conference

## SWE-CNM is ready to get out there!

We are looking for local conferences, meetings, engineering events, expositions, showcases, and maybe even job fairs to attend in order to get our name known and out there! If you happen to have something in mind... please let us know! Our goal is to spread the word of SWE and broaden our horizons. Please email the Section if you've got something to share at [swe.cnm@gmail.com](mailto:swe.cnm@gmail.com).

## Answers Revealed!

*The celebrity quote on page 4 was by Beyoncé Knowles.*

Honey for Thought Quiz Answers

1. Diverse.
2. Over 100! (totaling 4500 minutes)
3. Sept., Oct., Nov., and Dec.!!

1-2 Answers right: Oh-vey!

3 Answers right: **You're a sweSTAR!**

## Contact Us!

### SWE-CNM Officers (FY 19)

President	Rochelle Larson
Vice President	Kat Grady
Treasurer	Meghan McDonald
Secretary	Katie Henderson
Scholarship Co-Chair	Ashley Arrossa
Scholarship Co-Chair	Annie Dallman
Outreach Chair	<b><u>VACANT</u></b>
Website Chair	<b><u>VACANT</u></b>
Social Media Chair	<b><u>VACANT</u></b>
Newsletter Chair	Amy Reed
Awards Chair	Jan Williams
UNM Counselor	Rochelle Larson
NMT Counselor	Amy Reed
NMSU Counselor	<b><u>VACANT</u></b>
SWE-CNM Historian	<b><u>VACANT</u></b>
SWE-CNM Board Members	Fran Stuart, Jan Williams, Kerrie Greenfelder, Shannon Williams, and Stephanie Wenner

### Collegiate Officers (FY 19)

<u>UNM Section</u>	
President	Delaney Heileman
Treasurer	Aura Jensen-Curtis
Faculty Advisor	Svetlana Poroseva
<u>NMT Section</u>	
President	Grace Tenorio
Treasurer	Sara Franco
Faculty Advisor	Claudia Wilson
<u>NMSU Section</u>	
President	Kim Pestovich
Treasurer	Megan Trujillo
Faculty Advisor	

**This could be you!!**