

# Region J Newsletter



## Alice's Welcome (A Note from the Region Governor)

December 2013  
Volume 3, Issue 2



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Hello Region J!

At WE13, I enjoyed seeing many of you, talking with lots of members from across the Society, and taking care of SWE business, where you can have any bag you want, as long as its black!

WE13 is behind us and JCON14 is right around the corner. We'll have a great conference in Portland and also take care of important business during the region business meeting on Sunday. I look forward to seeing many of you there!



Happy New Year!

Alice Orrell  
Region J Governor

## Region Communication

Use your resources to keep up on all Region J happenings in FY14!

**Region J Senate Blog**  
Our Senators use this venue to communicate information regarding Society-level business that they conduct on your behalf. Let your voice be heard! Subscribe to the [blog](#) and participate in surveys posted throughout the year.

**Region J Website** Looking for links to each of the Section's websites or Region Officer e-mail addresses? Look no further than the [Region J Website!](#)

**Dropbox** A Dropbox folder has been set up on which we will store documents related to Region J business, such as motions, agendas and minutes, reports, etc. If you are a region leader and have not yet received an e-mail invite to this site, please contact [Alice Orrell](#).

**Region J Collegiate Blog**  
The Region J Collegiate Communications Editor (RCCE) keeps this blog up-to-date with happenings from across Region J and the Society. [Subscribe](#) and receive e-mail notifications when new items are posted. Items posted are relevant to all members.

**Region J Newsletter** This bi-monthly publication will be sent via e-mail to all Region J members. Submit articles and reports to [Shaunna Winton](#).

**Graduate Student Blog**  
This blog serves the graduate student community in SWE, and is maintained by the SWE Graduate Member Coordinator and Graduate Programs Coordinators. [Subscribe](#) and receive e-mail notifications when new items are posted.

**Facebook** Like Region J on Facebook: <http://www.facebook.com/#!/groups/2212498850/>



## Upcoming Events and Due Dates

**Region J Awards Applications Due**

Saturday, February 1

**Section Reports Due**

Friday, February 14

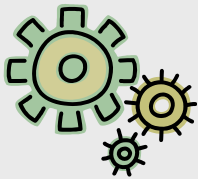
**Region J FY14 Conference**

Portland, Oregon  
Feb 28 - Mar 2, 2014

**Region J Teleconference**

Monday, January 27  
6:30 pm AK/7:30 Pacific

Conference Dial-in No.:  
(877) 336-1828  
Participant Access Code:  
3724632#



## Program Development Grant (PDG)

As an awesome year winds down, the ladies of the Program Development Grant Committee are still hard at work evaluating grant proposals and providing feedback to sections.

To date, SWE has awarded over \$48,000.00 to 28 different grants that have been submitted from 9 regions. The programs that were funded have touched over 3000 people with SWE's mission!

After joining a few months ago, it is clear to me that the PDG committee is committed to ensuring SWE's mission. Grants that have been thought through and strongly apply to outreach and professional development are always received positively. Even grants proposals that need a bit of development are not shot down - they are given specific feedback to meet the criteria set by SWE and it's donors.

To those sections who are considering writing a PDG grant, it's worth the time! Please contact a PDG member if you have questions or would like feedback. Any new or developing SWE program (again, focused on outreach or professional development) has a great shot at receiving financial support from PDG!

Cary ([cary.kaczowka@swe.org](mailto:cary.kaczowka@swe.org))

For more information on Program Development Grants, please visit :

[http://aspire.swe.org/index.php?option=com\\_content&view=article&id=62&Itemid=123](http://aspire.swe.org/index.php?option=com_content&view=article&id=62&Itemid=123)



## Region J Officers and Committee Chairs

**Governor:** Alice Orrell (J001 - Eastern Washington)

**Lt. Governor:** Dana Day (J003 - Pacific Northwest)

**Treasurer:** Jennifer Kootstra (J002 - Columbia River)

**Secretary:** Jessica Sun (J003 - Pacific Northwest)

**Professional Senators:** Suzi Jewett (J002 - Columbia River)  
Wendy Jenkins (J003 - Pacific Northwest)

**Society Nominating Committee Rep:** Kelly Schable (J003 - Pacific Northwest)

**Collegiate Senator:** Claire Offer (J054 - OSU)

**RCR:** Corey Castelow (J056 - Portland State)

**RCCE:** Amanda Eagle (J051 - University of Idaho)

**Society Bylaws:** Barbara Darnell (J003 - Pacific Northwest)

**Society Membership:** Erin Wakefield (J002 - Columbia River)

**Society/Region J Outreach:** Coral Jean Cotterell (J002)

**Leadership Coaching Committee (LCC):** Tamaira Ross (J003), Joan Young (J001)

**Collegiate Leadership Coaching (CLCC):** Morgan Miller, Shivani Gupta, Rim Touil  
(all J003), Leah Meeks (Montana)

**Region J Awards:** Suzi Jewett (J002 - Columbia River)

**Region J Nominating:** Coral Jean Cotterell (J002)

**Region J Mentoring:** Susan Young (J003 - Pacific Northwest)

**Region J Webmaster:** Jenny Smith (J006 - Southwest Idaho)

**Region J Newsletter:** Shaunna Winton (J009 - SPS)

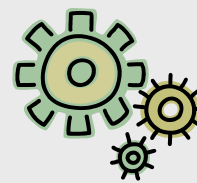
**Region J Conferences:** Dimple Patel (J001 - Eastern Washington)

**Graduate Student Rep:** Shivani Gupta (J003 - Pacific Northwest)

**Multicultural Committee:** Marcie Mathis (J009 - South Puget Sound)

**Program Development Grants** Cary Kaczowka (J003 - Pacific Northwest)

**Society Awards** Kathryn Cook (J003 - Pacific Northwest)





## Region J Conference (JCON14)

"I always wondered why somebody didn't do something about that. Then I realized I was somebody."

~ Lily Tomlin



The Columbia River Section is proud to host the 2014 SWE Region J Conference!

We look forward to seeing you Explore various topics available in three conference tracks, Dream about new challenges you may wish to pursue, and Discover new opportunities inside and outside your sphere of influence.

Take full advantage of the conference offerings including the career fair where various companies will be showcasing engineering roles within their organization.

Sign up early to ensure your place in a conference you won't want to miss!

Visit the conference website for more information: [JCon14](#)

### **Registration**

Don't miss your opportunity to register at the early bird rate! These discounted rates are only available through January 31st. Click [here](#) to access the registration page and secure your spot today.

### **Location**

The conference and career fair will be in the beautiful Courtyard Portland City Center hotel, located in the heart of Portland. The Courtyard is proud to be a sustainable, LEED Gold certified and Green Seal approved facility. A special rate for conference participants has been negotiated with the hotel. You may make your reservations online or by phone, but be sure to do so before the February 10th deadline.

**Room Single or Double \$129 US.**

Special group rate reserve before: **February 10, 2014**

[Reserve Online Now! Code: SWE](#)

**Reserve by Phone:** 1-800-606-3717 – mention the Society of Women Engineers to secure the group rate

### **Conference Tracks**

Please join us for our conference tracks where you will find topics of interest for Collegiate and Professional participants alike:

- **Explore** Engineering Innovations
- **Dream** About Your Future
- **Discover** Your Career Best



## Region J Conference (JCON14) con't

### **Tours**

Technical tours will be offered in the afternoon on Friday, February 28th. In addition, there will be two fitness offerings to be held in conjunction with the conference. Self-guided tour and excursion possibilities are endless in the Portland metropolitan area—a selection of these will be compiled for conference participants.

#### **PSU Building Sustainability Tour**

Sustainability is a campus-wide effort at the Portland State University, ranging from the field of study to everyday community practices. The Office of Capital Construction at PSU is offering a tour to their newest science laboratory building that's LEED® certified\*. The design engineers and planners will discuss the construction and design challenges in creating energy efficient and environmentally sustainable solutions for their urban campus. \*The Leadership in Energy and Environmental Design (LEED®) Green Building Rating System is the nationally accepted benchmark for the design and construction of high performance green buildings.

#### **Columbia Blvd Wastewater Treatment Plant Tour**

The Columbia Blvd Wastewater Treatment Plant is a 24-by-7 wastewater collection and treatment facility. The facility was built in 1952 and has been serving the Portland area since then. It is the last stop for the city's wastewater before it discharges into the Willamette River. The engineers at the treatment plant are offering a tour to their treatment plant and sharing their experience in servicing over 600,000 customers in the area.

#### **SWE Fitness: CrossFit (with Lindsay Hardison)**

CrossFit is the principal strength and conditioning program for many police academies and tactical operations teams, military special operations units, champion martial artists, and hundreds of other elite and professional athletes worldwide. The program delivers a fitness that is, by design, broad, general, and inclusive. This session will offer an introductory look at CrossFit and challenge you to get your body moving. Participants should wear comfortable work-out clothing and be prepared to sweat!

#### **SWE Fitness: Bridge Walk/Run**

Looking for a great way to explore the bridges in Portland? There's no better way than to travel on foot! Participants will be guided through a route designed to explore the beautiful bridges while getting some exercise at the same time.



### Region J Awards

The following awards will be presented at the 2014 Region J Conference, February 28-March 2, 2014. The application deadline for consideration for these awards is February 1, 2014. Applicants should submit the appropriate materials in Word or PDF format via e-mail to [sejewett@gmail.com](mailto:sejewett@gmail.com).

- Professional Development
- Outstanding Collegiate Programs
- Distinguished Outreach Service

#### PROFESSIONAL DEVELOPMENT

Region J has created this award to recognize a professional section that has developed the best program or activity that is aligned with the SWE professional development goals.

##### **Minimum requirements:**

- SWE Professional section in good standing
- Program being nominated
  - Must have been offered during FY13 or FY14
  - Must not have previously won this award for a similar activity

##### **Application materials:**

In 750 words or less, highlight the section's professional development program or activity. Ensure that the items listed in the "Primary selection criteria" below are covered in the submission.

##### **Primary selection criteria:**

- *Relevance:* Provide details of how the program or activity supported SWE national, regional or section professional development goals.
- *Effectiveness:* The section should demonstrate the effectiveness of the program in terms of achieving the stated program goals. Additionally, survey information may be presented as a method of describing the program's effectiveness from the participants' perspectives.
- *Participation:* Describe how many section members and non-members participated in planning and attending the program (raw numbers and expressed as a percentage of section membership).
- *Program Innovation:* Explain how this program differs from others offered by other sections or from past offerings of this section.

#### OUTSTANDING COLLEGIATE PROGRAM

This Region J award was created to recognize exceptional programs and activities of a collegiate section that are aligned with the SWE national or regional goals, mission, and/or strategic plan.

##### **Minimum requirements:**

- SWE Collegiate section in good standing
- Program being nominated
  - Must have been offered during FY13 or FY14
  - Must not have previously won this award for a similar activity

##### **Application materials:**

In 750 words or less, highlight the section's program or activity. Ensure that the items listed in the "Primary selection criteria" below are covered in the submission.

"I always wondered why somebody didn't do something about that. Then I realized I was somebody."

~ Lily Tomlin





## Region J Awards (con't)

### **Primary selection criteria:**

- *Relevance:* Provide details of how the program or activity supported SWE national, regional or section goals, mission, and/or strategic plan.
- *Effectiveness:* The section should demonstrate the effectiveness of the program in terms of achieving the stated program goals. Additionally, survey information may be presented as a method of describing the program's effectiveness from the participants' perspectives.
- *Participation:* Describe how many section members and non-members participated in planning and attending the program (raw numbers and expressed as a percentage of section membership).
- *Program Innovation:* Explain how this program differs from others offered by other sections or from past offerings of this section.

### **DISTINGUISHED OUTREACH SERVICE**

The Northwest Star Region has established this award to recognize SWE members who have made a valuable contribution to the Society with specific emphasis in promoting SWE via K-12 outreach and STEM-related activities.

### **Minimum requirements:**

- Collegiate, Professional, or MAL member in good standing
- Minimum of 10 years of SWE membership

### **Application materials:**

- Nominee's resume, SWE resume and biography (300 words or less)
- Candidate's statement of 750 words or less, demonstrating each of the "Primary selection criteria" noted below.

### **Primary selection criteria:**

- *Leadership:* Include specific examples of demonstrated leadership by the nominee. List leadership positions held by the nominee. (Note: Service as an officer within the Society is not a requirement for the award selection.)
- *Dedicated Service:* Include nominee's frequency and continuity of service and scale and complexity of event planning, execution and participation.
- *Visibility:* Explain how the nominee promoted the visibility of SWE at the section and/or region level with respect to K-12 outreach and STEM-related activities.
- *Impact:* Explain how the nominee has made a lasting impact with her efforts and activities. Include details about those landmark activities and/or ideas that have cascaded throughout the Society. Explain how she has touched the lives of others while fulfilling SWE's mission.
- *Innovation:* Explain the nominee's innovation, originality and significance of activities and/or ideas and how she leads change.
- *Versatility:* Describe the nominee's versatility in performing a variety of services within the section and/or region.



### FY15 Region J Leadership Positions

Are you interested in taking your SWE leadership to the next level? Do you want to make a difference in programs for members or assist in developing the strategic direction of SWE in the Senate? Well, now is your chance!

The Region J Nominating Committee is in the process of identifying the following candidates for next fiscal year, FY15, which starts July 1, 2014:

- Governor (2-year term)
- Lt. Governor (1-year term)
- Treasurer (1-year term)
- Secretary (1-year term)
- Senator (2-year term)

Other opportunities to get involved include:

- Society committees. Region J members on Society committees can help conduct Society business and share committee information with region members.
- Region J Nominating Committee. Help the region nominating committee develop a leadership pipeline and identify potential candidates for future years.

If you are interested in any of the positions, please contact Coral Jean Cotterell (coraljean.cotterell@swe.org), the committee chair, by January 10, 2014 for more information and position descriptions.

The committee is also seeking candidates for region collegiate leadership positions: Region Collegiate Representative, Region Collegiate Communications Editor, and Region Collegiate Senator.

As a voting member of the Region Council, the Region Collegiate Representative (RCR) represents collegiate members' interests among region leaders. The RCR facilitates collegiate meetings at annual and region conferences, and maintains communication with collegiate section presidents throughout the year.

The Region Collegiate Communications Editor (RCCE) is responsible for communicating important SWE events and best practices through the region's blog and other social media. Per the bylaws, the RCCE also serves as the alternate for the RCR.

The Region Collegiate Senator (RCS) serves on the Senate, which is responsible for charting the strategic direction and adopting long-range goals for the Society.

Applications are being accepted through **February 1** at <https://www.surveymonkey.com/s/TV2VR3P>.

A region leadership position is a great way to get meet members across the region and Society, learn more about and also shape Society business, and gain leadership experience.





## Membership Update

Did you know that as of the end of November, SWE's total paid membership for FY14 was already at 23,820, which surpasses our FY13 year-end number of 23,759! Additionally, for FY14, we have already surpassed the goal of 10,000 professional members by reaching 10,085 professional members for the very first time! This is great to see such strong membership numbers when we're only half way through our fiscal year!

On the topic of increased membership, I wanted to remind all section leaders that new members can join your section at any time of the year, and this year in particular our region has gained quite a few members due to the Employee Sponsored Dues program. It's important to remember to contact and engage new members so that they are quickly integrated into the section.

So how can you welcome new members? Well, the easiest way is to put together some sort of membership packet, or at least a welcome letter from the section, outlining future events, how to get on your email list, and links to your website and/or Facebook pages. Then you can just email the document(s) to any new members every month or so with a quick note welcoming them to the section and encouraging them to participate in an upcoming event. This small act can make a world of difference in getting new members successfully integrated and active in your section.

Looking for more membership ideas/examples or answers to your membership related questions? Check out the SWE membership toolkit available by logging into the SWE website, entering the governances docs area (link on the right) and choosing "Membership Toolkit" as the category from the dropdown. Also, you can always feel free to contact me directly at [erin.wakefield@swe.org](mailto:erin.wakefield@swe.org).

Finally, if you're a new member looking to connect with your section but don't know where to go, fear not! You can start with the Region J website (<http://regionj.swe.org>) or the [Region J Facebook page](#) to start engaging with other members and get connected to your section.

Erin M Wakefield  
Society Membership Committee member

### What's That Mean?

SWE uses a lot of acronyms. Do you know what they all mean?

Here's a quick guide to the acronyms used in this newsletter:

#### **FY**

fiscal year

#### **JCon**

Region J Annual Conference

#### **MAL**

Members-at-large

#### **RCT**

Region Collegiate Team

#### **RCR**

Region Collegiate Representative

#### **RCCE**

Region Collegiate Communications Editor

#### **RCS**

Region Collegiate Senator

#### **SWE**

Society of Women Engineers



## About Our Organization

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.



## Region J Council Meeting Schedule

Date	Activity	Tentative Agenda
July 22, 2013	FY14 Orientation	Kick-Off and Introductions
August 18, 2013	Region J Meeting at ABJ Meeting	Tactical plan, depends on attendance
August 19, 2013	Region J Teleconference	Review/approve FY14 budget, tactical plan
September 23, 2013	Region J Teleconference	Prep for WE13 Meeting
October 24, 2013	Region J Meeting at WE13	Society business
January 27, 2014	Region J Teleconference	Prep for JCON14 meeting
March 2, 2014	Region J Meeting at JCON14	Society business, new region officers
March 24, 2014	Region J Teleconference	Tactical plan review
April 28, 2014	Region J Teleconference	Prep for section elections
June 2, 2014	Region J Teleconference	Wrap-up, end of year reporting

## Important Region J Dates

Date	Activity
July 30, 2013	FY13 Financial Reports Due (Section and Region)
August 1 - 3, 2013	RG Summit and FY14 Board Installation; Peoria, IL
August 17-18, 2013	ABJ Meeting; Sacramento, CA
September 16, 2013	Professional Section Reports and Tactical Plans Due
October 24 - 26, 2013	Society Conference; Baltimore, MD (Region J Meeting: Thursday, October 24)
November 15, 2013	IRS Filing Due (E-Postcard)
February 1, 2014	Region J Award Applications Due (to be presented at JCON14)
February 1, 2014	The proposed slate for governor and professional senator must be presented to the region council by February 1.
February 2014	Submit Travel Fund Contribution
February 14, 2014	Professional Section Reports Due
February 28 - March 2, 2014	Region J Conference; Portland, OR
March 31, 2014	Society Individual Award Applications Due
April 1, 2014	Region J Elections start
May 16, 2014	Professional Section Reports and Vitality Reports Due
June 30, 2014	FY15 Leadership Rosters Due
July 1, 2014	Society Section Award Applications Due
July 30, 2014	FY14 Financial Reports Due (Section and Region)



**Region J Newsletter Editor**  
Shaunna Winton  
[Shaunna.winton@swe.org](mailto:Shaunna.winton@swe.org)

Please send ideas and info for future newsletters to Shaunna. Comments and feedback are also appreciated.