



Society of **W**omen **E**ngineers
Sacramento Valley Section



Valley Views

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Volume 6, Issue 1

January/February 2005



President's Column

By Mary Frederick

"Opportunities"

Every day we are faced with challenges at home, work, and in our communities. Most of us have learned that it is necessary at times, to STOP, take a deep breath, and remember what matters most to ensure we are not overwhelmed by these challenges.

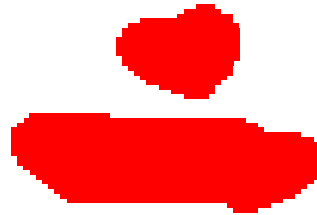
In order to face these challenges we need family, friends, and colleagues to support the goals we have established and share our ideals of what matters most.

For me, the Society of Women Engineers is an essential part of my support network. It has been a network of professionals who care about the advancement and achievement of women in the science and engineering fields. It is an essential support network that enables me to delineate goals, career plans, and stretch myself to further develop as a professional.

I hope that in section activities, networking, and even through meeting and event planning we are able to hone our skills and strengthen our friendships and demonstrate leadership. I encourage participation as schedules and life demands allow.

We all strive to turn challenges into opportunities and I hope that the Society of Women Engineers is able to assist and provide education, and support to help you meet your goals.

If you have suggestions on how to make the Sacramento Valley Section better, please contact me by email at Mary.Frederick@swe.org.



HAVE A HAPPY VALENTINES DAY!

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**Speaker's
Bureau** *Open*

**SVS SWE 2005
SCHEDULE**

February

12 REGION A CONFERENCE

Time 8:00 am – 12:00 pm

Location: CSU Chico

19 YOUNG ENGINEER SESSION
"YES" PROGRAM

TBA ENGINEER'S WEEK
BANQUET

April

9 CREEK CLEAN-UP

Time: 9-11 am

Location: TBA

May

TBA SCHOLARSHIP ACTIVITY

June

TBA BRING A MEMBER
LUNCHEON

SVS SWE OPEN POSITIONS

VICE PRESIDENT AND SPEAKER'S BUREAU

Contact Mary Frederick at
Mary.Frederick@swe.org for more information on
these positions.

JOB ANNOUNCEMENTS!!!!

Please send job openings to Sarah Belway
at sbelway@kleinfelder.com to be placed in
upcoming SVS SWE Newsletters! **IT'S FREE!!!**

WANTED!!!!

YOUR ARTICLES FOR THE SVS SWE NEWSLETTER

SWE Sacramento Valley Section Newsletter is
published six times a year for its membership. Call or
write for subscription rates. Editorial office: P.O. Box
1223, Orangevale, CA 95662-1223. Fax: (916) 255-
3439. Email: sbelway@kleinfelder.com.

**SWE members are encouraged to submit
articles that may be of interest to other SWE
members. Articles may reflect personal
opinions and be controversial in nature and
will be published as long as they are not
deemed "offensive".**

ADS

IF YOU ARE INTERESTED IN PLACING AN AD IN OUR
NEWSLETTER, PLEASE SEND CAMERA-READY ADS,
PHOTOS, ARTICLES, ETC. TO THE NEWSLETTER
EDITOR AT OUR P.O. BOX ADDRESS LISTED ABOVE.
E-MAIL AND/OR ATTACHMENTS CAN BE SENT TO
SBELWAY@KLEINFELDER.COM.

**NEWSLETTER DEADLINE IS THE 20TH OF EVERY
OTHER MONTH (SEPTEMBER, NOVEMBER,
JANUARY, MARCH, MAY, AND JULY).**

REGIONAL SWE NEWS

Looking for additional SWE information???



Check out the SWE Region A website, located at
<http://swe-goldenwest.org>. If you're looking
for regional information and events, this is the place to
go.

For National SWE Information, check out
www.swe.org

The 2005 Region A Conference is coming soon! It
will be held on February 11th and 12th 2005 at the
CSU Chico campus. For more information go to:

<http://www.swe-goldenwest.org/Conference2005/>

Professional Development Programs

SWE holds live and online seminars on topics that range from networking and negotiating to leadership skill building and conflict resolution. Our seminars are targeted to women in engineering and technology and address the challenges faced in today's workplace.

http://www.swe.org/stellent/idcplg?IdcService=S_GET_PAGE&nodId=93&ssSourceNodId=5

Saturday 9 April

Clean A Creek Morning

Want to get down and dirty? On Saturday morning, at about 9 am on 9 April, SWE Sacramento Section participants (family, friends, kids, whoever), will clean trash and debris out of a reach of creek in Sacramento County. We'll finish up about 11:00 or so. Afterwards, you can join Creek Week Festivities including lunch, entertainment, displays and competitions at Discovery Center Science Museum on Arcade Creek, near Watt Avenue and Auburn Boulevard.

Would you like to join us? Do you know of a reach of creek that beckons for a thorough cleaning? Contact Amy Terrell (see below), and we can put you on the 9 April 2005 Creek Cleanup Notification Loop (the Loop list will be deleted after 10 April 2005). We'll have a creek reach selected by mid-March.

Creek Week commences with Splash Off events on Saturday 1 April and concludes with Creek Week Cleanup Day, on Saturday 9 April. Keep an eye out in your local newspaper and local park district newsletters for a myriad of outdoorsy, creek and wildlife related activities in your neighborhood coming up during Creek Week. For more information on the history or scope of Creek Week, you may contact Urban Creeks

Council at Arcade Parks and Recreation District, (916) 482-8377. To clean a creek with SWE, contact Amy Terrell.

Amy Terrell
(916) 721-3770
terrella@waterboards.ca.gov

Auxilium Professional Development and Consulting

Auxilium is a leading provider of engineering and product development training serving the western United States. They offer [public workshops](#), custom-tailored [in-house training](#) and [consulting services](#). Their expertise includes developing critical engineering skills, helping to improve engineering practices, and accelerating learning for those relatively new to an engineering environment.

For information on the training and services see their website:

<http://www.auxiliumtraining.com/index.html>

MEMBER PROFILE

Marianne Marino received her BS in mechanical engineering from Bucknell University in Lewisburg, Pennsylvania in 1990 and her MS in ME from University of Arizona in 1996. Upon completing her BS degree, she went to work for Hughes Missile Systems Group (a.k.a. Hughes Aircraft), and was able to complete her MS while working there. At Hughes, Marianne worked in a design rotation program, which included radar systems, production missiles, missile launchers, and the exo-atmospheric kill vehicle, or EKV.

The EKV is the high altitude segment of the national missile defense system, intercepting incoming threats above the earth's atmosphere. A fellowship program at Hughes put her through graduate school, where she specialized in fluid mechanics and space technologies. In 2000, Marianne moved with her boyfriend, an aerospace engineer, to a house in the woods next to an isolated small town near the Oregon/California border. Their routine for the next four years included woodworking, making pies from apples growing on the property, sewing, and otherwise enjoying a slower pace of life. Marianne kept up with intellectual pursuits through the American Association of University Women in Grants Pass, Oregon. In January 2004, Marianne came to Sacramento and went to work for Aerojet as a systems engineer. In this position, she manages customer requirements by breaking down a product's high level requirements into a set of requirements that apply to each part of the propulsion system that supports the end-item. Marianne must prove in the end that all requirements are satisfied through testing and analysis.

In her spare time, Marianne enjoys reading, woodworking, and spending time with her dog. She participates in a book club and builds bird houses and furniture. She was involved in SWE at Bucknell University, where she was social director and membership recruiter. Welcome to the Section, Marianne!

Heather Sheridan received her BS in civil engineering from UC Davis in 2002. After graduation, she went to work for MWH Consultants, where she designed water supply facilities, including pump stations and screens. In September 2003, she moved to Black and Veatch Engineers, where she now works on water and wastewater treatment plants. Heather conducts sanitary surveys and writes environmental memos. Based on the information gathered, she chooses the appropriate type of treatment and designs the plant. In her spare time, Heather likes to read and to sing in theater productions. In fact,

she is a singer in the Rocky Horror Show theater production put on by the Davis Musical Theater, which will be at the UCD Mondavi Center in February 2005. Heather was a SWE member in college and she is the new webmaster for the Sacramento Valley Section. Welcome to the Section, Heather!

ARTICLES

Clothing Drive Culmination by Amy Terrell

The Community Service Group of the Sacramento Regional Wastewater Treatment Plant and SWE Sacramento Section donated four large tubs (12 cu ft each) of good quality clothes to Women Escaping a Violent Environment (WEAVE). We gave blouses, skirts, suits, ensembles, shoes, purses, sweat clothes and children's clothes for resale at WEAVEWorks, the women's wear thrift store at 919 20th Street, Sacramento (916-554-2412), and to the WEAVE Thrift store at 6634 Fair Oaks Blvd, Carmichael (916-481-6376).

The clothing hand-off occurred during a 20 October 2004 lunch speaker meeting, with our featured speaker, Ms. Amber Stott, Community Relations Manager for WEAVE. Ms. Stott presented a synopsis of the range of services WEAVE provides to the Sacramento Community, and their funding sources. More is written about WEAVE in this issue.

SWE Sacramento Section thanks the Community Service Group for their participation. The Community Service Group and SWE members share an interest in community service projects, and we look forward to collaborating with the Community Service Group again. Thank you all for your very nice and generous contributions.

WEAVE SPEAKS

by Amy Terrell

Ms. Amber Stott, the energetic and dynamic Community Relations Manager for Women Escaping a Violent Environment (WEAVE), gave the SWE and Community Service Group lunch attendees a glimpse into a darker side of human relations. At an October 2004 lunch meeting, she revealed the safety net & launch pad to healthier relationships that WEAVE's non-profit services provide to the Sacramento community.

WEAVE Does

Crisis Intervention is provided with a 24-hour crisis line at (916) 920-2952 with multi-lingual staff available (23,000 calls a year), emergency shelter for up to a month with 35 beds (8,300 bed-nights a year), a sexual assault response team to support women and teens undergoing evidentiary exams and police interviews (over 400 responses a year), a domestic violence response team working in partnership with the Sacramento Sheriff's Department (15,000 services a year), and counseling (13,000 sessions a year). Women and children aren't the only customers. Battered men are among WEAVE's clients.

Steering WEAVE clients onto a path of financial independence, they are Suited for Success as they select up to 5 outfits from the WEAVE Works clothing store and receive successful interview tips. When necessary, a plastic surgeon donates time to repair broken faces and hide scars. WEAVE also provides legal assistance with restraining orders, and workshops on child custody and divorce issues.

To intercept the cycle of abuse, WEAVE provides preventive outreach to minimize the need for crisis intervention. With an invitation, WEAVE will speak to groups on recognizing the signs of an abusive relationship, domestic violence in the workplace, and victim advocacy. (For a presentation, call 916-319-4937). Groups

they particularly hope to provide outreach to are schools, healthcare, and social service systems. WEAVE assists children swept up in domestic violence with counseling, play therapy and emergency shelter.

When children are raised in a violent household, young men and women may not recognize that the relationships they are raised around are damaging, and may associate control and abuse with love. When high schools request WEAVE's outreach services, teenagers can learn the differences between a healthy relationship and an abusive one, and learn to recognize and leave an abusive relationship before damage is done. "Hands are for holding, not for hitting".

How Do They Do It?

Historically, nearly five million dollars a year is needed to maintain this level of service, with government grants providing 45% of this. Unrestricted donations provide 20% of their annual income, private contributions and grants provide 19%, thrift store income provides 15%. As with other government-grant supported organizations, WEAVE is seeing a cutback of government funds, and is working to increase private contributions to offset the loss.

Gifts from the community have been an impressive source of support and capital. In the beginning, a 1978 grant by the Sacramento County Welfare Department funded the small organization founded by a group of battered women in 1975. Federal funding in 1979 created a Shelter Children's Program. Aetna Life and Casualty Foundation funded the WEAVE Tutorial Project for shelter children in 1982. Ms. Magazine Foundation funded the Teen Outreach Program in 1984. Eight Soroptimist International Clubs in Sacramento raised funds for the emergency shelter, the Soroptimist Safehouse in 1985. The Foothill/Highlands Rotary Club coordinated the sandlot playground at the Safehouse in 1987. A California Endowment grant funded "Break the Silence on Domestic

Violence” multimedia campaign in 1998. WEAVE Works clothing store opened downtown in 1998, and the WEAVE Thrift Shop in Carmichael opened in 2000.

17,000 volunteer hours a year, the equivalent of 76 full time paid staff, two on-call sexual assault responders at all times, and countless donors make it all happen.

And You?

Shop at and donate clothes to WEAVE Works clothing store (919 20th Street Sacramento, Mon-Sat 10-6pm, 916-554-2412). Shop at and donate household furnishings and clothes to the WEAVE Thrift Store (6634 Fair Oaks Blvd, north of Marconi Ave., 10-6 every day 916- 481-6376). Provide gifts and toiletries for Safehouse adults and children (916-448-2321). Donate cash or a car, coordinate corporate sponsorships, write WEAVE into your will (WEAVE Development Office 916-319-4907). Sponsor or attend the Black and White Gala Fundraiser in October (Special Events Manager 916-319-4910).

Know someone with time on their hands? Paint walls, seat local celebrities or serve wine at fundraisers, sort clothing at the thrift stores, or? (Volunteer Coordinator 916-319-4914). How about someone who would like to work in crisis intervention or counseling? The 65-hour Peer Counselor Training Course can be made available to volunteers as well as staff (916-319-4937).

Society of Women Engineers

If you are interested in making a contribution to SWE SVS, please contact Carmen Lee at 875-9254.

B R O W N A N D C A L D W E L L

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