

Winter 2020

THE ANGLE

By Alpha Omega Epsilon

Owning The Stigma

Being open about struggles
with mental illness

It's All Talk

Effectively navigating a
digital communications world

How It All Began

Meet two AOE
founding members





LETTER FROM THE BOARD PRESIDENT

Alpha Omega Epsilon has this amazing ability to connect us all across the globe and across generations. I have met so many active and alumni members through college, convention, and volunteering. It is amazing to see the passion our original founders have for the organization and the growth we have seen in our 35+ years of existence.

AQE is a lifelong commitment and our volunteers embody that better than anyone else. Our volunteers constantly say they want to “give back” to the organization which supported them through college. We want to give our volunteers an opportunity to continue to learn and grow and help them succeed in their careers too.

I recently attended our first Fraternal Health and Safety Initiative “Train the Trainer” session in Portland, OR. Our volunteers are very passionate about this program and are excited to visit chapters and implement this new program for us. While I was at training, I couldn’t help but think about the benefits our volunteers are gaining from this session as well. Yes, we learned about the pervasiveness of alcohol abuse on college campuses and bonded through our shared experiences from college, but it was more than that. We also received constructive feedback about our presentation skills and truly supported each other in our train-backs by offering advice and helpful information to make sure we can all succeed. When I started volunteering for the organization, this is what I wanted — something to help me give back, but also help me develop professionally.

Greek life has a unique ability to bridge generations and create a lasting bond through shared values and vision. I’ve learned more from my time being a volunteer than I ever did in college and now I have this amazing group of sisters to support, advise, mentor, laugh with, travel with, and truly create memories to last a lifetime.

I hope you can find the lifetime benefit in being a member of AQE!

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Krista May
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If your chapter or colony has news they wish to publish on the international website or in future issues of *The Angle*, please contact the Director of Publications at slillard@alphaomegaeepsilon.org.

Alpha Omega Epsilon Homepage

www.alphaomegaeepsilon.org

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The Angle is the official magazine of Alpha Omega Epsilon Sorority. As always, members and chapters are encouraged to submit articles for publication in *The Angle*. Please send all article submissions to angle@alphaomegaepsilon.org.

Additional sorority news can be found on the international website. If your mailing address has recently changed, please update your personal profile on the website at www.alphaomegaepsilon.org.





Cornell University



BETA CHI CHAPTER CORNELL UNIVERSITY

The Beta Chi Chapter at Cornell University was installed as a colony in Fall 2017 with 12 founding members, and quickly installed as a chapter by Fall 2018. In less than a two-year presence on campus, Alpha Omega Epsilon became something that a large number of female engineers and technical science majors wanted to be a part of—increasing to 50 members going into the 2019-2020 academic year! The chapter focuses on initiatives for diversity and inclusion within their Recruitment and Membership Education processes and is starting a scholarship fund through fundraising. Already having held large sponsored dinners, STEM outreach events at local schools, and philanthropic fundraisers, the Beta Chi Chapter has become a dynamic force at Cornell and throughout the Ithaca community.

WELCOME TO THE FAMILY



BETA OMEGA CHAPTER TEXAS A&M

Congratulations to our newest chapter at Texas A&M University! On February 1, 2020, Krista May (Board President) and Kimberly Dear (Chapter Adviser) attended the installation of our newest chapter at Texas A&M University. We are excited to welcome their 29 founding members into the Alpha Omega Epsilon family and send them encouragement as they begin their journey as a chapter. This group of girls is extremely motivated, enthusiastic, and organized and we are proud that they are representing Alpha Omega Epsilon on the Texas A&M campus. We look forward to watching them grow and flourish and to provide support for women majoring in STEM fields on their beautiful campus.



Texas A&M University



EXPANDING THE BONDS OF SISTERHOOD

AOE continues to grow, with 2019 and the start of 2020 adding another enthusiastic group of talented and bright women dedicated to promoting engineering and the technical sciences.

We welcomed chapters and colonies alike and are excited for our new sisters to join the Alpha Omega Epsilon family! It takes very special individuals to undertake starting a chapter of an organization, and we are proud to call them our sisters. We are thrilled to introduce these amazing women and the chapters and colonies they have built. ■

University of South Carolina



BETA PSI UNIVERSITY OF SOUTH CAROLINA

The Beta Psi Chapter at the University of South Carolina became a colony on August 25, 2018. This colony brought two interest groups together to become one colony and they worked hard to complete the colony requirements. They dedicated a lot of time to recruit members who truly brought our Ideals and Objectives to their everyday lives. Within the same school year, they completed the colony process and were installed as a chapter on April 27, 2019. The chapter is filled with high-quality, friendly, and energetic chapter members who are a great addition to the entire organization.



← Convention 2019



ADVENTURE IN OUR NATION'S CAPITAL

The 2019 annual Convention of Alpha Omega Epsilon convened in Washington D.C. from August 1-3rd. Women from all over the United States, Canada and one attendee from Australia met to discuss, learn and network with fellow female advocates of Engineering and Technical Science professions. The hotel was centrally located in Crystal City, Virginia with easy Metro access to the Central Mall, Smithsonian Museums, and many other exciting National Landmarks. Convention 2019 hosted 121 members of Alpha Omega Epsilon and four keynote speakers.

Active Chapter Delegates had the tall task of recording a multitude of information about the Sorority and reporting it back to their chapters. Each person diligently took notes, asked questions, and provided input in the interest of their chapters. The Director of Chapter Services, Kathryn Bohn, provided excellent resources and timelines

to help foster better communication of expectations from the Board to the chapters.

The Alumni in attendance had the opportunity to partake in post-grad specific programming on Thursday. There was a lively discussion about the state of volunteering within the organization. Conversations touched on the future of AQE as we settle into our new board structure. The highlight of the Alumni track this year was a presentation by Kristen Walker and Rachel East of Clarity on Fire. Alumni had the opportunity to learn about their passions and what types of opportunities motivate and encourage them. They also took a deep dive into understanding what types of motivations were driving their peers. This was an eye-opening presentation that developed our sisters professionally and personally as they learned to better understand themselves and the adults around them.



Convention
Numbers:

122
ATTENDEES

83
ACTIVES

39
ALUMNI



ACTIVE SPEAKERS



Tina VanSteebergen kicked off our convention with a touching and hilarious program about being better sisters and better friends. She focused on how to build meaningful and lasting female relationships that are based on genuine connection rather than surface-level discussions. The attendees laughed and they cried as they reflected on the friendships that AQE sisterhood has brought

their lives and the relationships that our organization will continue to build as we step into the future.



Dima Ghawi was the closing, keynote speaker of Convention 2019. She presented her Breaking Vases speech that has been featured as a TED Talk. Dima spoke to the delegation about breaking through the glass ceiling and not allowing our own inhibitions to stand in the way of our personal and professional dreams and accomplishments. She ended our

meeting sessions with a crash as two attendees from the Alpha Chapter broke vases to represent something in their lives they would not allow to stand in the way of achieving their goals.

NETWORKING RECEPTION/ CORPORATE SPONSORSHIP

2019 marked the inception of our Corporate Sponsorship Program. Convention is an opportunity for Active and Alumni to come together and learn from each other, but it is expensive. In an effort to keep costs down for all attendees, we have launched a program to facilitate Corporate Sponsors. Our Convention provides companies the opportunity to market themselves to a large group of females of many disciplines. For companies, Convention is an excellent recruiting opportunity for both students and women who have established themselves in their careers.

Convention 2019 was sponsored by the National Geospatial-Intelligence Agency (NGA), who joined us at a successful Networking Reception. Actives and Alumni were able to network with each other and the NGA, while enjoying hearty appetizers and beverages at Highline RxR in Crystal City. If you or your company is interested in sponsoring Convention 2020 in Houston, Texas, please let us know at corporate@alphaomegaepsilon.org. We would love to send you more information and talk to you about sponsoring opportunities.



AWARD WINNERS

Alpha Omega Epsilon would like to congratulate and recognize the following award-winning people and Chapters for the 2018-2019 school year. Thank you to all for your outstanding achievements.

VOLUNTEER OF THE YEAR: Krista May

NEW VOLUNTEER OF THE YEAR: Rebecca McCreedy

ON TARGET AWARD: Beta Theta Chapter - Stony Brook University

ROOKIE ON TARGET AWARD: Beta Upsilon - San Jose State University

MOST IMPROVED ON TARGET AWARD: Omega Chapter - South Dakota State University

SCHOLASTIC ACHIEVEMENT: Beta Xi - Washington University

SERVICE AWARD: Rho - Virginia Tech

PROFESSIONAL AWARD: Beta Upsilon - San Jose State University

OUTREACH AWARD: Sigma Chapter - Georgia Tech

CAMPUS COUNCIL AWARD: Eta Chapter from the University of British Columbia

SISTERHOOD AWARD: Beta Tau Chapter - Kansas State University

ENGINEERING & TECHNICAL SCIENCES OUTREACH EVENT: Beta Iota Chapter - Cal Poly

EMERGING LEADER AWARD: Dezire Perez - Beta Iota Chapter

Convention 2020



GET READY

Convention 2020 planning has already kicked off and is going strong. We hope to see you and all your sisters in Houston, Texas from August 6-8th, 2020. Plan your next girls' trip around us. We will have three full days of learning, networking, and fun planned for you! The Houston Marriott West Loop by The Galleria is hosting our delegation. The Convention Committee is excited to announce that our popular Experience Tours will take place again this year, with a variety of opportunities and locations to be announced as soon as they are finalized.

We have been focused on providing an Alumni-specific convention track to facilitate and encourage Alumni attendance and in turn, provide more networking and learning opportunities for our Active attendees. Alumni will have a defined "Alumni Day" with their own opportunity to explore Houston. Actives can expect to learn even more about how Alpha Omega Epsilon operates while meeting sisters from across North America. The Experience Tours will offer the opportunity to sightsee in Houston without the hassle of planning transportation or tickets. All attendees will meet and mingle at the Networking Reception, and with the implementation of a formal Corporate Sponsorship program, there will be career opportunities at the reception as well. Mark your calendar today to attend this don't-miss event! ■



Owning the Stigma

Being open about struggles with mental illness

by Michelle Kretchmer

Enter the word “stigma” in a Google search and what pops up will be a series of definitions and links related to mental illness. The mere definition—“a mark of disgrace associated with a particular circumstance, quality, or person”—brings to mind the social exclusion, shame and damaging self-doubt that typically accompany the medical diagnosis of mental illness. Chances are high you know someone suffering from some degree of mental illness. According to findings from the 2018 Survey on Drug Use and Health by the Substance Abuse and Mental Health Services Administration, one in five adults in the U.S. experiences mental health struggles on a yearly basis.

Unfortunately, it's the pervasiveness of the negative stigma of mental illness that typically prevents people from promptly and properly addressing their mental health problems. Therein lies one of the biggest challenges: how to lift and shift the attention away from the stigma, allowing millions of U.S. adults who struggle with mental illness to finally open up about their problems without fear of discrimination or being labeled as weak.

Enter AOE sisters Megan Sieg (Mu, 2012) and Rachel Kass (Alpha, 2011) who publicly take on the stigma-busting challenge. Both alumni speak openly and willingly about their journeys, and eagerly “own” their stigma in an effort to not only prevent their mental health struggles from defining who they are, but also serve as an inspiration to others to do the same.

After a childhood and adolescence of underlying undiagnosed and untreated mental health issues, it wasn't until after a break-up of a long-term relationship in her third year of college that Sieg first started experiencing depression in earnest. “It was tough and I had problems concentrating,” says Sieg, who was pursuing

an undergraduate degree in biology and psychology at Northern Illinois University at the time. Recognizing the signs of depression on her own, she pursued seeing a campus counselor. She was lucky—as NIU has a clinical psychology department—receiving helpful services quickly and regularly at its Couple and Family Therapy Clinic.

But when she headed off to University of Illinois Champaign-Urbana in 2015 to pursue her Ph.D. in Neuroscience, things changed dramatically where she experienced one disadvantage of matriculating at a Big Ten school: a shortage of mental health professionals. Couple that with balancing the workload of grad school along with teaching for the first time, and her mental health took a hit. Never having had the

need for anti-anxiety medication during her undergraduate years, Sieg sought the help of a psychiatrist, who suggested pairing therapy with prescription medication to treat her anxiety and depression.

Fast forward five years. Sieg has found her “sweet spot” in complementing therapy with medication to help her successfully manage the anxiety created by the incessant demands of her academic and graduate assistantship schedule, working in the Schantz Lab on the Illinois Kids Development Study (IKIDS) project.

It's during times of high anxiety that Sieg turns to her go-to list of coping strategies, like touching up her nails with a fresh coat of polish (her favorite is one that changes colors in different temperatures—purple in the cold, turquoise in warmth!), indulging in a true crime podcast, checking in with her Moodpath app (a handy “mental health companion” right at her fingertips) or simply chatting it up with her fiancé. Any mind-calming activity is welcome and comforting considering the everyday challenges she faces in navigating a generally male-dominated profession.

"Women in STEM, we tend to put a lot of pressure on ourselves," reflects Sieg. This is what makes AQE particularly special, providing support and friendship Sieg has leaned on and cherished over the years. "It's like a built-in support group, friend group and professional thinktank all in one." And even when Sieg doesn't have an AQE sister close by—night or day—all she has to do is pick up her phone and someone is always "there" within a few quick swipes of her thumb.

For many suffering from a mental health illness, social media can be scary territory. "Early on, social media played a negative role," says Sieg. "It made me feel like I wasn't measuring up." But social media now holds a particularly positive role in Sieg's life, providing a platform that allows Sieg to be public about her struggles with mental health issues while receiving validating support in return, not to mention the bonus camaraderie she relishes in chat groups with women in STEM. As well, without social media, Sieg never would have made the virtual—yet very real—and empowering connection with Susanna Harris.

Harris is the founder of PhD Balance, an outgrowth of the original The PhDepression LLC, a volunteer-run organization with the mission of breaking the stigma around mental illness, increasing visibility and providing resources to those dealing with mental illness in Higher Education. Starting with just a simple Instagram page that quickly attracted 6,000 followers after 6 months, and drew in 1,600 Twitter followers after 5 months, the organization now enjoys 41,000 followers since early 2018.

"We need to assume that in a PhD program that averages 5 to 6 years, a student will have at least one to two major life altering events during that time—maybe a death, a birth, a significant health problem, that sort of thing," says Harris. "Something's going to happen, so we need to be able to bend and *not break*." And that requires resilience. It is this resilience that largely depends upon "safe guards" that Harris sets up for herself during well times for when dark times may loom in the future. Such comfort tactics are especially important when panic attacks strike.

Kass understands panic attacks all too well. Having been struck by a truck during

her senior year at Marquette University, Kass suffered both debilitating panic attacks and post-traumatic stress disorder (PTSD) for the years following her graduation while working in the hazardous waste remediation field, surrounded daily by large construction equipment. Having graduated with a degree in environmental engineering, Kass was thrilled to be working in the field about which she was so passionate. However, she found herself struggling daily with the fear that triggered her PTSD. "At the time, I still had a big fear of large trucks, and when you work on a construction site, there's dump trucks everywhere. There's cranes. There's all this big machinery," she explains. "So to be OK with being there, even though I loved what I was doing, turned every day into a mental battle."

It was then that Kass was diagnosed with depression. Her therapist helped her recognize that, even though she had never exhibited clear signs of depression, her body was physically reacting to mental challenges posed by the PTSD. Ultimately, Kass came to the exceptionally difficult decision to quit a job she loved, directing her talents and knowledge to founding her own technical writing company. "It's been a great fit because I work from home if I have a bad day," says Kass. Having her own company allows Kass to work hours that are within her control—"probably working more hours than I was when I was at a company," she reflects—but this also allows for the much-needed flexibility she craves to properly address her self-care. "And, you know, if I want to work in my pajamas on the couch, I could do that and on a bad day, sometimes that's what you need."

Getting what you need is critical in managing and coping with the roller coaster ride of a mental health illness. Sometimes something as simple as sending a funny cat gif or meme to a friend will be just the ticket to move Sieg's mind from a particularly anxious moment to a more calming, focused one. But most of the time, support from family and friends is key, and asking for help can be difficult. "Just knowing that friends are there for me, and here to talk" is essential for getting through a rough patch, according to Sieg. "The hardest part is asking for help,"



It's during times of high anxiety that Sieg turns to her go-to list of coping strategies, like touching up her nails with a fresh coat of polish, indulging in a true crime podcast, checking in with her Moodpath app or simply chatting it up with her fiancé.

Megan Sieg
Mu, 2012

says Kass. "That's always very tough. You don't want to be dependent on other people." Fortunately, friends don't need to be certified therapists—they just need to be present, lend a shoulder or ear, and well, be *friends*.

Both Sieg and Kass agree one of the most important questions a friend or family member can ask of them is a simple one: how can I help? "Because sometimes I don't even realize I'm having a bad day," relates Kass. "Sometimes you're halfway through the day and you're just not feeling yourself, but someone else will notice and be like 'What can I do? What do you want to do?' and just hanging out helps."

Both Sieg and Kass recognize and are grateful for the unconditional support of



“Having a stressful day at work is not even remotely close to having a bad anxiety day,” says Kass.

Rachel Kass
Alpha, 2011

family, as well. Sieg, not only a first gen college student in her family, but also one pursuing a Ph.D. in the STEM field, says her parents were very understanding when she sought the assistance of a counselor in her undergraduate years at NIU. Kass, whose parents are “super supportive and willing to do anything” for her, notes that it’s still hard for some people to fully understand the complexity of the illness and its hold on a person. For example, Kass points out how stress and anxiety—although related—are inherently very different. “Having a stressful day at work is not even remotely close to having a bad anxiety day,” says Kass. “It’s those non-physical components of mental illness that kind of trip up my parents sometimes.”

Sieg voices a similar frustration regarding the lack of understanding about mental illness. “It’s no different than heart disease,” points out Sieg. “It’s an invisible illness that affects your life and is still a real problem.” Which is why talking about it and educating

the public that mental illness is a *medical problem*—similar to heart disease or diabetes—is so vital.

Think about it. Would the average person, after breaking an arm, not seek proper medical attention? Highly unlikely. Sadly, the same cannot be said for the potentially hundreds of thousands of U.S. adults suffering daily from often treatable, manageable—and sometimes preventable—mental health illnesses, only because they are too afraid, too ashamed to seek treatment. It is the unwarranted stigma assigned to mental illness—unfairly perceived as a weakness or a condition that a person can easily “snap out of” or one that might heal on its own over time—that must be quashed, once and for all. Unlike the very visible broken arm in a cast, the invisible barrier of mental health illness can be broken down only through those who share their stories and make it known that “it’s okay to not be okay.”

Thanks to AQE sisters like Sieg and Kass—who are willing to openly share their stories of their struggles—public awareness and education about this very real disease is becoming more relatable, understood and most importantly, validated. Mental illness should not be something of which to be ashamed any more than accidentally breaking an arm would be. It is only through increased knowledge and improved attitudes—coupled with a big dose of old-fashioned compassion—that mental health illness will be respected as a medical condition like any other. It’s time—now—for the negative and persistent stigma attached to mental health illness to be eliminated, and the disease respected—allowing those suffering in silence to seek the care and treatment they need and deserve. ■



Need Help?

**For 24/7 help:
Call the free and
confidential National
Suicide Prevention Lifeline
at 1-800-273-8255.**

A three-digit suicide prevention hotline number will soon make seeking emergency mental health help more like calling 911, announced by the Federal Communications Commission in August of 2019.

You're Not Alone

According to the Anxiety and Depression Association of America:

- Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18.1% of the population every year.
- Anxiety disorders are highly treatable, yet only 36.9% of those suffering receive treatment.
- People with an anxiety disorder are three to five times more likely to go to the doctor and six times more likely to be hospitalized for psychiatric disorders than those who do not suffer from anxiety disorders.
- Anxiety disorders develop from a complex set of risk factors, including genetics, brain chemistry, personality, and life events.

ADAA, 2019



Lots to Like—Have you found us on Facebook yet? "Like" the Alpha Omega Epsilon Facebook Page for updates on Sorority happenings.

YouTube University of Maryland - AΩE Recruitment Video | Spring 2020



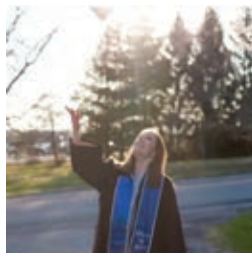
After checking out University of Maryland's recruitment video, who *wouldn't* want to be an AΩE candidate?



280 Characters and Counting—AΩE in the Twittersverse



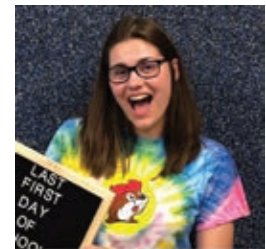
We're so thankful to the women who raised us! This weekend we celebrated the women in our life who made us who we are today! Mom's Day was a blast, thanks, Sam Davis for working hard to make it great!



Senior spotlight: Christy Ash! Christy will be working for Nestle's Factory Management Development Program for Production in Ohio after graduation. Congrats!!



In case that midterm didn't go quite as well as planned. Waffles vs Pancakes is TOMORROW! Come down your sorrows in syrup with AΩE.



Paige needs YOUR vote to be homecoming queen! Vote for Paige Phillips on Oct 1-2 on wvuengage!

#alphaomegaepsilon

Some of our favorite photos from chapters on Instagram



♥ AΩE Virginia Polytechnic Institute & State Univ.



♥ Merry Christmas from the women of AΩE University of British Columbia Vancouver.



♥ AΩE University of Missouri.

SHARING THE PASSION

Keeping the future of STEM bright through community connections



BETA ALPHA CHAPTER

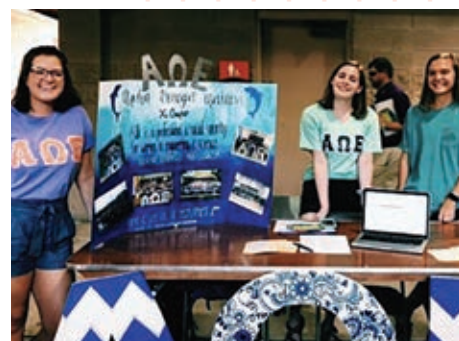
The Beta Alpha Chapter annually partners up with the local education hub, Science Spectrum, for our WISE event. For this event, we invite middle school girls that are up to 5 hours away from Lubbock, TX for them to participate in learning about what it is like for women in STEM. To do this, we create many fun activities that showcase how fun STEM is and encourage the girls to think about going into these fields for their careers. Some of the activities have been building a roller coaster out of pool noodles, building a rocket out of paper and shooting it off with a bottle, building a structure with wooden pieces, watching a chemistry experiment that is performed by a Texas Tech chemistry professor, and many more. Many girls are not exposed to engineering in rural West Texas towns and WISE opens up a whole new world of possibilities for them. Seeing the light in their eyes after just eight hours of learning with AQE



B



A



C

is what made it all worth it. It is a wonderful opportunity for AOE members to share their passions with young girls. We are blessed to be presented with the opportunity to influence and teach girls who will eventually be the future of the STEM fields.

XI CHAPTER

Here at the Xi Chapter of Alpha Omega Epsilon at Clemson University, we encourage our sisters to become leaders, grow relationships with each other, and reach out to the greater community to share our passion for engineering, science, and our future professions.

We highlight our sisters who have stepped up as leaders and support them in their endeavors, such as our Vice President, Taylor Casey, who heads Clemson's Habitat for Humanity branch. This past fall during Homecoming week, sisters gathered together to help construct a house for the community (Image A).

We promote Alpha Omega Epsilon in university events such as the First Friday Parade (Image B), TigerProwl (Image C), and the Clemson Club Fair. As our growth over the last few years has shown, our high sister participation in these events allows us to successfully share our ideals and objectives with the greater Clemson community and grow relationships with potential new members.

As women in engineering and technical sciences, we always strive to share our passion with younger generations. Our past two Philanthropic Chairs have reached out to establish a relationship with a local school where sisters work with the children to share their love of science through small experiments they can do together. We call this endeavor Helping Hands. Sisters' dedication and compassion to this effort has been greatly appreciated by the local Clemson community. ■

IT'S ALL TALK!

Effectively navigating a digital communications world by Kat Neis

It's 2020. Modern workplaces are becoming increasingly high-tech, digitally-focused, and fast-paced, resulting in many employees receiving a ceaseless number of messages, emails, and other work-related communications.

With such a wide array of digital mediums available for both personal and professional expression and discourse, young professionals entering the workforce and seasoned career women alike may find themselves forced to navigate this often overwhelming world.

From a purely human standpoint, communication is one of the greatest assets we have. Respectful, generous dialogue in the workplace not only makes us feel good but can impart trust, empathy, and ownership in environments that may be stressful at times.

So, how do we do it? How do we acclimate ourselves to a world that depends on instant messaging apps in the office, emails around the clock, and calls with clients across the globe? How do we respect one another and communicate in a way that is both efficient and productive?





1.

Master The Art of the Email

Even though we're in the midst of a new decade full of new technical possibilities, email still reigns king in most professional pursuits. Master the professional email with a few tips.

- **Get to the point.** Pare down when you can. Although you may feel the need to write "sorry," "just," or "need" in a work email, reconsider this impulse. For women in particular, it can be all too easy to soften a message with filler words—but be formidable. You can be polite, firm, and professional. So scrap the exclamation point and the "I'm so sorry!" unless you're really feeling it.
- **Understand email etiquette.** Tackling a full inbox of demanding emails every morning can be exhausting. Understand that everyone is constantly inundated by data and don't be afraid to divide your email with bullet points or even bolded sentence or two. Above all, aim for precision and brevity in every form of communication you send. Time is truly of the essence.
- **Consider cross-generational differences.** You and your friends might love sending a GIF or two when you're chatting—but if you're reaching out to an older professional acquaintance, make sure to adjust your tone appropriately. Likewise, if you've developed a strong rapport with a client and know they'd love to receive a cute emoji, by all means, go ahead and pop one in.

2.

Learn Which Platform Works Best

Many offices utilize a plethora of communication platforms. From Slack to Basecamp to Asana, you might find yourself overwhelmed and confused at what kind of message should go on which platform when you first start at a new job.

Typically, internal messaging applications such as Slack are best used for rapid, on-the-go communication and building team unity. These are the right places for social chats, requests that require a quick response, or real-time conversations regarding pertinent work, such as a clarifying question to your boss or a team member.



Internal messaging apps can function more or less as a social app with work built-in. You have the capability to send GIFs, memes, photos, and more. Although these features can be entertaining, it's important to remember that these are still workplace platforms. For high-level discussions or in-depth feedback, a project management tool, a word document, or just an old-fashioned in-person meeting is likely your best bet.

3. Set Communication Boundaries

We've all been there. It's 6:30pm on a Thursday, you're just getting dinner on the table, and your boss calls or Slacks you, expecting an immediate response. Maybe you've set a precedent before and taken a work call after-hours, leading your team to believe that you're readily available or even still at the office.

When you can, set boundaries on your availability and your response time (yes, it's hard). During the day, if you're head-down in an intensive project and want to avoid distractions, mute your notifications or set "Do Not Disturb" on your computer for an hour or two. You can also try time management techniques such as the Pomodoro Method to manage (and minimize!) distractions.



4.

Use Social Media to Your Advantage

Although social media can have a negative reputation in the workplace, platforms such as LinkedIn, Twitter, and many others, offer potential networking opportunities. Follow and interact with companies, brands, or leaders you admire. It shows that you're actively involved in your field and on the prowl for new knowledge. Plus, set a calendar reminder every few months to update your LinkedIn profile—even if you're not actively on the job hunt, maintaining an updated LinkedIn presence is just good practice.

5.

Understand Communication Styles

Even if you're not chatting face-to-face, it's important to stay present and accepting of your clients, coworkers, and superiors when immersed in digital communication. And if you work with people of all ages, you might find yourself navigating interesting generational norms.



When it comes to email etiquette or other forms of communication, such as internal messaging, understanding these distinctions can be crucial. For many millennials, using exclamation points and other friendly notes of greeting—even emojis or GIFS—can be seen as a way to connect and empathize with the receiver. But individuals belonging to Generation X, Baby Boomers, or Traditionalists might see this conduct as overly friendly, cutesy, and unprofessional, opting to stay a bit more stoic in daily communication.

6.

Provide Space for Human Connection

It seems that more and more companies are attempting to appeal to millennials and young professionals through intensive digital communication strategies. If you're part of such a company, rest assured that human connection—whether that be in real-life or through a video or conference call—is still paramount.

Consider real-time collaboration as an opportunity to connect and bond with teammates. If you're in the mood to shake it up, consider "walking" meetings to get out of the office and, hopefully, stumble across some inspiration.



7.

Embrace the Importance of Digital Communication

Digital communication via messaging platforms is no longer optional—but using them effectively in the workplace can be challenging. What doesn't change is the importance of positive, respectful, and productive communication across all channels. Next time you sit down at your desk, take a moment to evaluate how you're contributing to the digital age of communication and take inventory of how you might step up your game.

As millennials increasingly become the majority of the workforce, the future of digital communication is only gaining momentum. Figure out which platforms work best for your needs—and consider how you might be able to support productive practices within your own environment. ■

ALPHA OMEGA EPSILON RISK MANAGEMENT POLICY

Effective Date: 01/01/2015

INTRODUCTION

The Alpha Omega Epsilon risk management policies are intended to assist the Sorority in reducing exposure to risks and losses by increasing risk awareness among our chapters, colonies, and members. The Sorority will provide educational assistance to help chapters, colonies, and members establish sound risk management practices that will minimize their exposures.

Alpha Omega Epsilon members are the future of the engineering profession. Therefore, the Sorority is dedicated to developing the intellectual, leadership, and professional skills needed to maximize their potential and strive for their personal best. We are very proud of the professional nature of our Sorority. We expect that our chapters, colonies and members will address the area of risk management in an equally professional and proactive manner. Our chapters, colonies, and members must evaluate their operations in each of these areas and respond with positive and responsible actions to reduce risk and prevent losses.

Compliance with our policy stresses the individual responsibility of each Alpha Omega Epsilon member and collectively their chapter or colony. It is to be followed in addition to any host institution policy requirements.

WARNING

Failure to abide by the Sorority's Risk Management Policy will result in the loss of any insurance coverage that may otherwise be available under the Sorority's insurance. Failure to abide by the Risk Management Policy may also result in the following:

- Placement of a chapter or colony on probation
- Suspension or revocation of a Chapter's Charter and/or prolongation of colony status or colony disbandment
- Placement of an individual member of the Sorority on probation
- Expulsion of a member from the Sorority
- Denial of initiated membership to a candidate

RISK MANAGEMENT POLICY AWARENESS

- Upon association, each member shall be advised of and provided with a copy the Sorority's risk management policy.
- Each chapter and colony shall review the risk management policy at the first chapter or colony meeting of each school term, and shall record the risk management policy review in the minutes of that meeting.
- A copy of this policy shall be posted on the Sorority and chapter / colony websites.
- A copy of this policy shall be posed at the door of all events.
- A copy of this policy shall be published annually in the Sorority newsletter.

ALCOHOL AND DRUGS

The Sorority will take responsible and good faith measures to assure that our members abide by law and policy and that our actions reflect in a positive way on ourselves and on Alpha Omega Epsilon. As stated earlier, none of these actions can provide an adequate substitute for personal responsibility for risk on the part of those who opt to consume or to provide alcoholic beverages.

1. The possession, use and/or consumption of alcoholic beverages, while at any Sorority event, whether local, regional, provincial, national, or international in scope; or in any situation sponsored or endorsed by any chapter, colony, or alumnae chapter, or by the Sorority, or at any event an observer would associate with the Sorority must be in compliance with any and all applicable laws of the country, state, province, county, city, or institute of higher education.
2. No alcoholic beverages may be purchased through or with chapter or colony funds nor may the purchase of alcoholic beverages for members or guests be undertaken by anyone in the name of or on behalf of Alpha Omega Epsilon.
3. The purchase or use of a bulk quantity or common source of alcoholic beverage, for example kegs or cases, is prohibited.

4. No member individually or collectively, shall purchase for, serve to, or sell alcoholic beverages to any minor (i.e. those under the legal drinking age).
5. Under no circumstances may an Alpha Omega Epsilon collegian or alumna act as the server of alcohol at an event.
6. The possession, sales and/or use of any illegal drug or controlled substance at any Sorority event or any event an observer would associate with the Sorority is prohibited.
7. No Sorority chapter or colony may co-sponsor or co-finance an event where alcohol is purchased by any host chapter, group or organization.
8. Open Sorority-sponsored events where alcohol is present are prohibited. Open events are those at which non-members are provided unrestricted access without specific invitation.
9. When alcohol is served at Sorority events, the service of alcohol must be conducted on cash bar basis utilizing the services of a properly licensed and insured company providing professional bartender services.
10. No chapter or colony may co-sponsor an event with an alcohol distributor or tavern (tavern is defined as an establishment generating more than half of annual gross sales from alcohol) at which alcohol is given away, sold or otherwise provided to those present. This includes any event held in, at or on the property of a tavern as defined above for purposes of fundraising. However, a chapter or colony may rent or use a room or area in a tavern as defined above for a closed event held within the provisions of this policy, including the use of a third party vendor and guest list. An event at which alcohol is present may be conducted or co-sponsored with a charitable organization if the event is held within the provisions of this policy.
11. The following general provisions apply:
 - a. Reasonable precautions will be taken by the alcohol service providers and

host chapters to prevent the excessive consumption of alcohol and to prevent the service of alcohol to underage persons by anyone.

- b. Members or guests who arrive at an event in an intoxicated state will not be permitted to attend.
 - c. At each event, there shall be designated non-drinking members.
 - d. Ample non-alcoholic beverages shall be provided at each event.
 - e. The service of alcoholic beverages shall end at a specific time which shall be established and clearly published in advance of the event.
 - f. No "drinking games" shall be permitted.
 - g. It is recommended that events which include alcohol not be held on two consecutive days.
12. The following apply to recruitment events/ events with candidates/chapter/colony membership events:
- a. All recruitment activities and contacts associated with any chapter or colony, either formal or informal, will be alcohol-free. Recruitment activities associated with any chapter or colony may not be held at or in conjunction with a tavern or alcohol distributor as defined in this policy.
 - b. No alcohol shall be present at any candidate program, activity, or ritual of the chapter or colony. This includes, but is not limited to activities associated with bid night, big sister – little sister events or activities, "family" events or activities and initiation.
 - c. There shall be no alcohol permitted at any event specifically planned for candidates.

HAZING

"HAZING" refers to any activity expected of someone joining a group (or to maintain full status in a group) that HUMILIATES, DEGRADES or risks EMOTIONAL and/or PHYSICAL HARM, regardless of the person's willingness to participate.

"Hazing" may include but is not limited to the following: binge drinking and drinking games; personal servitude; sleep deprivation and restrictions on personal hygiene; yelling, swearing and insulting new members/pledges individually or collectively; inappropriate consumption of any substances or smearing of such on one's skin; brandings including the use of markers; physical beatings; paddling in any form; creation of excessive fatigue; physical and psychological shocks; sexual simulation and sexual assault; kidnapping and

blindfolding; being forced to wear apparel which is embarrassing, humiliating, or not morally in good taste; quests; treasure hunts; scavenger hunts; morally-degrading or humiliating games and activities; engaging in public stunts and buffoonery; road trips; and/or any other activity which is inconsistent with academic achievement, fraternal, college or university policy, or applicable city, county, state, province, tribal federal or country law.

CONTRACTUAL AGREEMENTS & ADDITIONAL INSURED

No chapter, colony or member, may enter into any written or oral contract or financial agreement using the name of Alpha Omega Epsilon Sorority. This includes without limitation such agreements as leases, contracts, hold harmless agreements, liability releases, account statements, purchase orders, and hotel or banquet contracts. As the Sorority's insurance does not afford protection for outside parties, no chapter, colony or member may enter into any written or oral agreement under which the responsibility or liability of some party other than the Sorority is assumed. Additional Insured status under the Sorority's insurance requires the prior agreement of both the Sorority and its insurers.

AUTOMOBILES AND TRANSPORTATION

To minimize our exposures to automobile related claims, the Sorority strongly recommends that hired transportation (i.e. bus, limousine, taxi) be used when transportation is necessary for Sorority events or activities. We also recommend against "Safe" or "Designated Driver" programs because while they are well intentioned, they present significant claims potential.

Any individual who drives or provides transportation in conjunction with Sorority activities shall obey all applicable motor vehicle laws, including, those concerning vehicle safety, vehicle operation, financial responsibility, and the transportation and consumption of alcoholic beverages. Operators shall ensure that vehicles are properly maintained, and are operated in a safe manner. Rental vehicles shall be operated in accordance with rental contracts.

Use of personal vehicles shall be strictly voluntary and the sole responsibility of the vehicle owner/operator. Financial Responsibility laws generally impose responsibility for accidents on the Driver or Owner of vehicles. The Sorority assumes no responsibility or liability and provides no insurance to Drivers or Owners of vehicles for accidents or injuries, or for any damages to vehicles not owned by the Sorority that may be used in conjunction with Sorority activities.

SEXUAL HARASSMENT, ABUSE, OR MISCONDUCT

The Sorority will not tolerate or condone any form of abusive behavior on the part of its members, whether physical, mental, or emotional. This includes any actions that are demeaning to women or men, including but not limited to date rape, gang rape, verbal harassment, discriminatory slurs, unwelcome sexual advances or comments, harassment of any kind, or any jokes, remarks or conduct that creates a hostile environment.

MEMBERS PERSONAL PROPERTY

Use of personal property in Sorority activities shall be strictly voluntary and the sole responsibility of the owner. The Sorority assumes no liability or responsibility for any loss or damage to any personal property of members even if used in conjunction of Sorority activities.

WEAPONS, FIREARMS, AND PERSONAL PROTECTION ITEMS

For the safety of its members and guests, no Sorority member or guest may carry a weapon or firearm of any kind while conducting Sorority business, and/or acting on behalf of, or attending any event in the name of the Sorority.

Personal protection items such as pepper spray, alarms, or whistles may be carried and used if needed.

HIGH-RISK EVENTS

Chapters cannot afford the exposure of sponsoring, organizing, endorsing or participating in events or activities which involve a high-risk of physical injury or damage to property. While no definitive list of such events can be given, Chapters must take a common sense approach to evaluating the risk of a particular event or activity. Examples of high-risk events include, but are not limited to the following: bungee jumping, parachuting, low ropes courses, athletic events such as boxing, roof-top functions, water skiing or other water-related activities, especially those activities which related to any type of temporary pool or water slide.

RISK MANAGEMENT VIOLATIONS

Violation of Alpha Omega Epsilon Constitution and Bylaws or other Sorority policy, failure to implement plans as approved or failure to observe the prescribed planning procedures may result in disciplinary action up to and including revocation of a chapter and/or individual member disciplinary action up to and including expulsion. ■



North facade of Haggerty Hall and the Olin Engineering Center, where it all began.

AΩE was founded by 27 empowering women on November 13, 1983.

(Nineteen are pictured here)



First Row: Kim Hubbard, Felice Roberts, Mary Szews, Lou Ann Agvon, Vicki Schlicht, Cathy Lewis. Middle Row: Lori Sienicki, Ann Mahnke, Deborah Hoffman, Teri Williamson, Carmeen Velazco, Patty Rogers. Back Row: Eileen Robarge, Kristin Schneider, Brenda Herold, Susanne Koth, Linda Kresmer, Maureen Kerrigan, Lily Ying. Not Pictured: Margaret Denzin, Tu Quynh Tran, Kris Ludwig, Sheri Weber, Susan Wimmer.

HOW IT ALL BEGAN

MEET TWO AΩE FOUNDING MEMBERS

I had the honor of interviewing two founders, Deborah Hoffman and Brenda Herold. Both continue to live out the ideals of Alpha Omega Epsilon and were inspiring to talk with. The conversation felt less like an interview and more like catching up with friends, even though we have never met! My favorite question was, did you ever imagine AΩE would be this big? And the overwhelming answer was, no! Brenda and Deborah are incredibly accomplished in both their personal and professional lives and have a lot to offer Actives and Alumni alike.

By Rachel Kass
Vice President,
Board of Directors

DEBORAH HOFFMAN



Deborah Hoffman is one of the Founders of Alpha Omega Epsilon. After graduating from Marquette University, she worked for Douglas Aircraft Company (later acquired by McDonnell and finally Boeing) and volunteered overseas in Thailand. She now works for Rockwell Automation where she has held many roles, most recently as a Global Program Manager.

Deborah has four children, her oldest daughter was born in Thailand, and her other three daughters were born in the United States.

What is your advice to current college students and young professionals?

Go travel. Go get your passport and leave the US for a while. It will expand your mind-set. Changing your perspective opens new ideas for everybody and it makes us more accepting of all people.

Take some chances in your career and in your current education. Make as many connections as you can and branch out into areas where you think you might be uncomfortable.

Why did you start AOE?

In my high school years, no one encouraged me to go into Engineering. One of my teachers even made a joke of me taking the only drafting course that was offered at our school. Each individual founder had this feeling that we were on our own, following what we wanted to do, but in most cases not necessarily having the support of our society or family. Remember, this was the 1980s and women were expected to follow a certain path. University education was not always encouraged and STEM was not a thing! AOE dispelled a lot of those doubts and we all came together to form a community, our Sorority.

How did the Sorority start?

Many of the core group of AOE Founders were originally an organization within Triangle, an engineering fraternity, and we ran all of our meetings and events separately. We would meet on Sundays for meetings and a

meal together. We found many benefits of being an Engineering organization and an all-women's group. Many of us finally felt like we had a home, a group that was familiar, a community.

We discussed a new organization—an Engineering Sorority—geared toward women coming together in a professional and social way, studying together, living together, socializing together. Originally, we met in very small spaces in the old Engineering building at Marquette University. We drafted a constitution and talked about current possibilities and the future of AOE. We had no idea there was such enthusiasm for an engineering and science-oriented women's organization!

Take some chances in your career and in your current education. Make as many connections as you can and branch out into areas where you think you might be uncomfortable.

BRENDA HEROLD



Brenda Herold is a founder of Alpha Omega Epsilon. She graduated with a degree in electrical engineering and computer science. After graduation, Brenda headed to a software development job at Motorola that evolved over the years into systems engineering, standards, product management and business in telecoms, public safety and security. She is currently the Vice President for Market Segments at Wind River delivering embedded software to Aerospace/Defense, Industrial, Medical, Telecom, and Auto customers.

Brenda considers herself blessed to be married to her husband, Jeff Kohley, of 33 years. He is a partner, supporter and most importantly, cheerleader on those down days. She has three kids. Her oldest son is a risk manager in Houston. Her daughter is currently in medical school in Illinois, and her youngest son is going to school for business in Arizona. As a family, they have visited all seven continents.

You have traveled a lot, what is your favorite place?

The world is a small place and there is so much to explore, learn and discover no matter where you go. We had a fantastic opportunity to move as a family overseas for my job. Four years and countless more adventures to add to our list of experiences. I've learned more than I can imagine whether it was in a small village in rural India, a local village in Kenya or a Russian Orthodox Church in Antarctica. The last places that have been high on the recommendation list would be Cambodia and Iceland.

What is your advice to current college students and young professionals?

Believe in yourself and you can do it. Surround yourself with positive people and organizations to keep the balance. It is important to keep perspective, because life can be all-consuming. Church and volunteering have always provided a grounding and reminder of how blessed we all are. The visual to think of is the spinning plate juggler—all the plates have to spin, not at the same rate and some won't break if they fall, but not everything can be your highest

priority always. I am fortunate to have a husband and partner who supports me. When life and kids and careers were too crazy, he took the giant step to be at home and ground himself to the house for the family. This allowed me to make the choices, work travel and commitments that have been part of my career. There are always ways to make things work and find a solution. Life is too short—enjoy!

How has starting AOE impacted your life?

1. The relationships you form and bonds that you share in crossing paths is incredible. You can build and rekindle relationships.
2. Fostering the drive and determination that you can accomplish what you want is empowering.
3. Going back to reconnect and talk with people, including alumni and actives, is great.
4. Seeing it flourish and the longterm pride that goes with that sticks with you. ■

Believe in yourself and you can do it. Surround yourself with positive people and organizations to keep the balance. It is important to keep perspective, because life can be all-consuming.

VOLUNTEER WITH AΩE

After spending your college years in your Alpha Omega Epsilon Chapter, it can be hard to say goodbye—but thanks to AΩE's volunteer program, you don't have to. Through a variety of volunteer opportunities, it's easy to stay involved with the Sorority and support the community that shaped your own college experience.





"AOE was something that got me through school and was really important to me as an undergrad," says SAM Munich, Volunteer Coordinator. "As cheesy as it sounds, it made me who I am today. I volunteer to make sure everyone else has that same opportunity I had."

And because of SAM's organization efforts, more and more members are joining the ranks to help the Sorority run smoothly across the world for all women involved. Both alumni and current students can take on various volunteer roles that both match their interests and their level of availability.

SAM notes that the positions themselves are flexible and can mesh to fit career and family obligations. "We're looking for anyone willing to commit a few hours a month to a couple hours per day," she explains.

AOE BY THE NUMBERS

> 100

Volunteers
Worldwide

> 60

Chapter Advisors
Worldwide

> 7,000

Total Committed
Hours Yearly

AVAILABLE POSITIONS

Although many volunteers commonly serve as a chapter advisor for a school, AOE also offers positions that are available outside of this singular role. "We need general volunteers for our operations committees," says SAM. "The positions we need help with are fun and integral to the success of the Sorority as a whole."

Organized under the Board of Directors, these committees offer a wide range of involvement and responsibilities. From social media upkeep to event planning to risk management, the possibilities for volunteers are limitless.

President Committees

- Member Relations
- Convention
- Nominating Committee
- Programming

Vice President Committees

- Judiciary
- Elections
- FIRST
- Outreach

Secretary Committees

- Risk Management
- Documentation
- Chapter Audit
- History

Treasurer Committees

- Financial Activities
- Promissory Note

Director Of Chapter Services Committees

- Membership Data Study
- Elections
- Outreach

Foundation Committees

- Director of Financing
- Director of Development
- Grants
- Scholarships
- Alumni Relations
- Newsletters/Emails

Special Committees

- Alumni Activities
- Alumni News
- Member Relations
- Volunteer Coordination
- Database Management
- Expansion
- Merchandise
- Newsletter
- Website
- Social Media

COULD YOU BE AN AOE VOLUNTEER?

Yes! You'd be a great fit to volunteer for AOE if you...

- Loved your chapter
- Made lifelong friendships
- Learned and grew, both as a person and as a professional

You might be...

- A detail-driven, analytic introvert
- A bubbly, outgoing extrovert
- Anything and everything in between

READY TO GET INVOLVED?

Visit the AOE website at alphaomegaepsilon.org/alumnae/volunteer-opportunities or contact SAM Munich directly at a.o.e.volunteercoordinator@gmail.com to learn more about available positions and how you can get involved.

We look forward to meeting you!

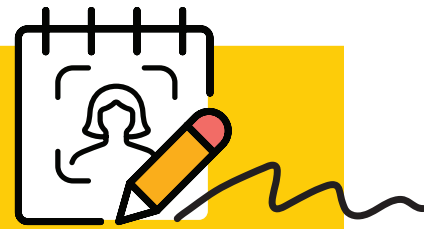
HOW TO SUBMIT NOMINATIONS

1. **ALL** nominations must be made through the Alumni Relations Officer at jschaper@alphaomegaepsilon.org
2. The 2020 submission deadline is **Sunday, June 21st.**
3. **Late submissions will not be considered.**

Krista May

**2019
VOLUNTEER
OF THE
YEAR**





INTRODUCING A NEW CONFERENCE/ CONVENTION SCHEDULE!

Starting with the 2020 Conference in Houston, a large international Convention will be held *every other year*. In years when there is not an international Convention, each of the four regions will host a Regional Conference. 2020 will be an exception, with Regional Conferences taking place once more, along with the international Convention, before switching over to the new every-other-year model in 2021.

AN AOE FIRST IN REGIONAL CONFERENCES

AOE SISTERS ENJOYED REGIONAL CONFERENCES IN *EVERY* REGION IN 2019, A SORORITY FIRST! ACTIVES AND ALUMNI ALIKE COLLABORATED TO PLAN AND PARTICIPATE IN MANY AWESOME EVENTS. CHECK OUT THESE RECAPS FROM THE 2019 REGIONAL CONFERENCES:

CENTRAL REGIONAL CONFERENCE THETA CHAPTER - UNIVERSITY OF ILLINOIS

Hosting the first-ever Central Regional Conference was such a pleasure for the Theta Chapter. The day was spent discussing with sisters from around the region the various issues we have, as well as the things we love about Alpha Omega Epsilon. The conference ended with a very inspiring talk from Sakshi Srivastava, the woman behind a female engineer statue erected on our campus in 2017 with the intention of providing representation for a minority group within the engineering community. We ended the conference by holding our Founder's Day Formal in honor of our 20th anniversary as a chapter of Alpha Omega Epsilon.

SOUTHERN REGIONAL CONFERENCE XI CHAPTER

The second Southern Regional Convention was a unique experience for all sisters, turning out to be a very professional and sisterhood-based event. Overall the event went very well, yielding

valuable feedback that sisters would like more AOE-focused activities and more structured chapter mingling.

We had 71 people attend Southern Regional Convention throughout all three days from 10 chapters and one colony. 52 people were from visiting chapters and 19 were from Clemson's Xi Chapter. Speakers at the conference included Dr. Erin Cech, the University of Michigan, Assistant Professor of Sociology and Dr. Heidi Sherick who is a Faculty Development and Leadership Specialist for the College of Engineering and Medical School at the University of Michigan.

EASTERN REGIONAL CONFERENCE BETA THETA

In Spring 2019, the Stony Brook Beta Theta Chapter of Alpha Omega Epsilon hosted the very first Eastern Regional Conference. The event was spearheaded by president Jessica Ju, who organized and planned the conference with the Board of Directors. The conference offered sisters from 12 Eastern regional chapters the opportunity to network and learn

from one another. There was a multitude of informative events, such as a Board Presentation, Chapter Presentations, Presentation on Sorority History, an Alumna Panel, breakout sessions on networking, management, and presentation skills, and much more! The conference provided all the attending chapters not only an opportunity to grow and learn from one another but also the opportunity to connect with an even larger network of sisters.

Eleven other chapters participated in the conference. Each of these 11 chapters sent at least a few representatives, and our own chapter had 20 of our active members participate. Also, both of our advisors were in attendance and even participated in the alumni panel. In addition, a few of our own chapter's alumni attended.

WESTERN REGIONAL CONFERENCE BETA UPSILON

Last year's Western Regional Conference was a great opportunity for us to meet and connect with sisters from other chapters in the western region. We started the conference with some fun ice breakers to familiarize ourselves with new faces. We also had some professionals come and talk about their journey. Another guest was Rosie "the Closer" Zepeda, who spoke about effective communication. Finally, there was a networking session with some professionals until the end of the conference. ■

ALUM
PROFILES

KARIN HANSON

Omega Chapter
2013

Senior Show Mechanical Engineer
with Walt Disney Imagineering

STEM INFLUENCE

Star Wars: Rise of the Resistance is a groundbreaking immersive attraction that recently opened at both Walt Disney World Resort in Florida and Disneyland Resort in California. Guests are transported into their own *Star Wars* adventure where they try to escape the First Order with the help of some of the heroes of the Resistance.

Working on *Star Wars: Rise of the Resistance* was such a thrill in so many ways. Not only were we working on such a classic and iconic story like *Star Wars*, but we had some of the most creative and talented people working beside us. The scale and level of detail in this attraction is unparalleled, so it was a challenge to ensure every piece came together seamlessly. What an honor to be a part of the team that could help over 40 years of fans step into this galaxy and be a part of this beloved saga.

AQE INFLUENCE

Through Alpha Omega Epsilon, I learned so many valuable skills that directly translate into my everyday career. From communication and collaboration to leadership and conflict resolution, AOE helped me become a better-rounded engineer in order to successfully perform my role as a Senior Show Mechanical Engineer today.



DAWN BROOK

Alpha Chapter
2000

Volunteer
Extraordinaire

STEM INFLUENCE

- 20+ years with mathcounts.org
- 10-year chair of Salt Creek, IL chapter of the National Society of Professional Engineers
- longtime Girl Scout leader for Troop 70907

I truly care and invest my time with organizations that have an impact on kids, especially girls.

As a decades-long volunteer with Mathcounts, I love being able to create a competitive environment for middle school students—their energy and passion amazes me! Three years ago, a girl won the competition, and I might have been more excited than the winner!

As a Girl Scout leader, watching these girls work through challenges as a team to overcome obstacles is rewarding. This past year we cooked breakfast with a box oven, earned our Bronze Award by planting a garden outside of the middle school, and started the steps toward earning Cyber Security Badges. The best part is that the meetings and activities are truly *girl-led*.

AQE INFLUENCE

To this day I'm still meeting and making friends at Convention. I'm a firm believer in "you get out of it what you put into it." I've gotten a *lot* out of this lifelong sisterhood and I'm happy to support the next generation of leaders in STEM.



Dawn and her daughter.



EXPLORE HOUSTON, TEXAS

**Come for a fulfilling and valuable Convention 2020.
Stay to find out what fun and adventure awaits you in Houston!**

1



The Shuttle Independence atop the Shuttle Carrier Aircraft

Space Center Houston

STEM sisters unite! One of Houston's top attractions, the Space Center Houston showcases the past and future of America's human space-flight program, while also granting you access to the NASA Johnson Space Center.

Museum District

Don some comfy kicks and check out one of the 19 museums (eleven of which are free!) that add to Houston's culture and history in the downtown area.



2

The Hobby Center for the Performing Arts



3

Buffalo Bayou Park

Break away momentarily from city life and enjoy the great outdoors in this urban 160-acre green space—perfect for walking, biking, kayaking, canoeing, paddleboarding or just relaxing!



Downtown Houston view from Buffalo Bayou Park

4

Houston Theater District

Ready for some Houston nightlife? This 17-block area comes alive with food, drink and entertainment the southern way.

5



One-of-a-kind shopping awaits!

Shopping on 19th Street in The Heights

Whether you're ready to open your wallet or "just looking," shopping in this funky area will be as entertaining as it is fruitful!