



SHPE Dallas-Fort Worth Newsletter

January 2011

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Board Retreat

On January 8th, 2011 (midpoint for the SHPE year), the SHPE DFW board of directors gathered to assess the chapter's progress in meeting our annual goals and plan the remaining half of the year's activities. The board brainstormed events to cover the five, key SHPE categories: community outreach, professional development, chapter development, student-professional chapter interaction, and leadership development.

The slate for the remaining half of our SHPE year will include: two networkers with one to be held in Fort Worth, two technical speaker sessions similar to the one hosted by Bell Helicopter last November, an event for E-Week in February (Engineers Week), a fundraiser event, a community outreach event, a training session (topic TBD), another family-friendly event similar to our Rangers Night Out, and chapter support and attendance for the Regional Leadership Development Conference (RLDC) to be hosted in Houston in April.

SHPE DFW's 2010-2011 goals:

- *To raise \$5,000 for SHPE DFW scholarships for Spring 2011*
 - *The chapter has raised this amount*
- *To sponsor one community outreach event per quarter*
- *To partner with local corporations to host one technical speaker per quarter who will also provide employment opportunities*
- *To host two training sessions per year*
- *To host one networker per quarter*
- *To host two family friendly events per year*
- *To recruit members in Fort Worth by hosting two FW events per year*
- *To increase paid membership to 50 members by June 2011*
 - *The chapter currently has 52 paid members*
- *To send one SHPE DFW Board member to NILA in August 2010*
 - *Our Vice-President, Gabe Villarreal, attended*
- *To host a Board Retreat in August 2010 and January 2011*
- *To have five (10%) SHPE DFW members participate in SHPE Conference*
 - *10 members attended*
- *To have five (10%) SHPE DFW members participate in RLDC 5*

Meet Your Mentor

SHPE DFW Professional Chapter and the University of Texas at Dallas will be sponsoring a luncheon to kick off our 2011 SHPE DFW MentorSHPE Program. Join us on Saturday, January 22nd to be part of this great program! The luncheon will provide you an opportunity to meet students that are searching for a professional mentor. You have the ability to enrich others and contribute to the personal growth of a local engineering student.

events

[E-Communications](#)

For feedback or questions about our website, newsletter or social media

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Event Details

What:

Luncheon to meet students interested to connect with an experienced engineer.

When:

Saturday, January 22, 2011 at 1:00 PM

Where:

The University of Texas at Dallas
800 West Campbell Road, Richardson, TX 75080
ECSS Building- South Engineering and Computer Science
Conference Room-Osborne

Lunch will be provided.

Please RSVP by sending us an email to professionaldev@shpe-dfw.org by Tuesday, January 18th.

January Networker

Join SHPE DFW for our January networker on Tuesday January 25th at Brackets in Dallas. Brackets is a unique dining experience that fuses the excitement of a sports bar with a modern social club. It is located on Mockingbird and Central at the Palomar Hotel ([map](#)).

Professional Development Corner

The Truth about Personal Discipline

By Mariano Rivera

How many times have we committed to restrictive diets? We tend to obsess with diets and workout routines for weeks or perhaps months! But just after we reached our "goal" we start to gain them back.

Intentions create reality...

Experts agree the key to lasting and fulfilling results is to know the emotional factors (or true inner reasons) of your actual state. How did you get where you are? Why?

If you lost weight by punishing yourself (or any other reason than to become healthier- spiritually and physically), then most likely you will return to your old eating habits. The same applies if you selected a career just because of the income potential. Most likely you are or will be unhappy doing work you don't love.

Next time you set a personal or professional goal (either about weight, quitting smoking, a new position, or just reading a book), make sure to identify your motives, be aware of your intentions, and establish realistic expectations.

I bet you will be happier once you reach your goal and you will want to keep the habits that led you to success!

Navidad en el Barrio

In December SHPE DFW volunteered with Dallas based non-profit Navidad en el Barrio. Volunteers gathered at Dallas Fair Park and prepared book and sport equipment donations which went to elementary schools in the Dallas Independent School District. Donations were for the school libraries and physical education programs which will promote literacy and health and wellness initiatives.

Thank you to all the volunteers who came to support the efforts and special thanks goes to Raytheon's HOLA ERG who was a large supporter of the event.



SHPE Fact of the Month

Did you know...that in addition to the SHPE National Conference, SHPE hosts regional conferences in the Spring? The Region 5 Regional Leadership Development Conference (RLDC) will be held in Houston April 15-17, 2011 and is open to college and professional members. Stay tuned for details on RLDC.