

Additional November 30th Meeting Information

Dr. Brian P. Grady leads the polymer characterization group at the [University of Oklahoma](#). He is a faculty member of the [School of Chemical, Biological and Materials Engineering](#) in the [College of Engineering](#).

Dr. Grady also teaches courses and co-advises students at [Chulalongkorn University](#) in Bangkok, Thailand.

He is also the Faculty Advisor for [Triangle Fraternity](#) at the University of Oklahoma.

He is the Vice-President for Research and Development for [Star-Labs](#), a small company specializing in the development of materials and devices for the [Future Force Warrior Program](#).

He maintains the [webpage](#) for the Oklahoma City Section of the Society of Plastics Engineers.

Selected List of Awards and Honors for Dr. Grady

[IUPAC Young Observer](#) (2001)

[Alexander von Humboldt Research Fellowship](#) (2000)

[National Science Foundation CAREER Award](#) (1998)

Advisor of the Year, [Interfraternity Council, University of Oklahoma](#) (1998)

[National Defense Science and Engineering Graduate Fellowship](#) (1990)

[University of Illinois](#) Bronze Tablet (1987)

[Phi Beta Kappa](#) (1987)

[Tau Beta Pi](#) (1986)

Luncheon at Halliburton: Tuesday, November 14, 2006

Come join the Mechanical Engineers at Halliburton on Tuesday November 14th at 11:30 in Duncan. Please contact Vladimir Yun at vd_yun@yahoo.com by Friday, November 10th if you plan on attending.

Date: Tuesday, November 14, 2006

Time: 11:30am - 1pm

Location: Halliburton Duncan Technology Center, Duncan, OK

Sequence of Activities

11:30am Sandwich Lunch (Lunchroom)

12:05pm Welcome & ASME Update (Auditorium)

12:15pm Speaker: Mr. Dan Provo, Director of Oklahoma Museum of History and Oklahoma History Center (See below for background information.)

1:00pm Adjourn

For more information and directions, go to <http://sections.asme.org/CentralOK/Events/ASMEDuncanLunch.pdf>

Applicants Needed: ECLIPSE

Applications for the Early Career Leadership Internship Program Serving Engineering are due by Dec. 1 for internships beginning at the 2007 Summer Annual Meeting. Women, non-traditional engineers and engineers in the workforce between three and 10 years are encouraged to apply.

For additional information and an application, go to http://www.asme.org/Governance/Volunteer/Early_Career_Leadership.cfm. ASME staff contact: Mary James Legatski, legatskim@asme.org

Chair's Corner

Dear ASME-Central Oklahoma Section Members:

The October program was a hit with everyone in attendance. Unfortunately for those not in attendance, you missed some very exciting history and facts pertaining to the surveying of Oklahoma. I hope we didn't scare you off by asking if you were "up to the challenge" or not. The early surveyors of Oklahoma definitely had to deal with some challenges: measuring distances with chains, trying to level off the chain with a line flying in the Oklahoma wind, gathering and hunting for your food, rationing water, and avoiding being killed when the tribes controlled most of the Oklahoma Territory. Many of us were surprised to hear why there are "jogs" in the north-south bound roads, such as those found crossing Wilshire...and that it dated all the way back to the late 1800's!

As you are aware, an industry luncheon has been planned for the month of November. We hope that this meeting will reach out to some of our members located in the southern portion of the state. Be sure to reserve your spot with Vladimir ASAP for this meeting, as **November 14th** is fast approaching. See page 2 for more information pertaining to this program.

Our last program before 2007 arrives will be held the Thursday following Thanksgiving, November 30th. This special program will earn you 1.0 PDH and will be held on the OU campus in Norman. Have you ever wondered what all of this nanotechnology stuff is all about? Now is your chance. The first two pages of this newsletter contain more details concerning our **November 30th** program.

As we wrap up 2006, the ASME Central Oklahoma Section was honored with a grant from Halliburton in the amount of \$400! This grant will be used to help fund the annual symposium in the spring, and it will also aid in other student outreach programs. We are very excited to have received this grant, and we're looking forward to the programs that will benefit from it. Thank you Halliburton for your generosity and John Heaton for nominating ASME COS for this grant.

Nathan A. Weber -- Chair

Call for Volunteers

Do you like to do fund raising? If so we are still looking for a **fundraiser chair** to assist not only with the golf fundraising but with other creative ways to raise funds both for student scholarships and for additional funds for the Central Oklahoma Section.

If you like talking to the media, we have an open position for the **public relations** spot.

Also, it is not too soon to be thinking about the 2007-2008 year. We are in need of a new **vice-chair** and also other **board members** to meet once a month and help plan the wonderful activities for the 2007-2008 calendar year.

Please contact Nathan Weber if you are interested in serving with ASME in one of these positions.

Finally, E-week is right around the corner and the **E-week** committee is looking for a few good people to help coordinate all of the activities. Please contact Albert Janco if you are interested.

Central Oklahoma Section Receives Halliburton Foundation Grant

A grant of \$400 was received last month from the Halliburton Foundation, which will be used to fund educational and outreach programs promoting the mechanical engineering profession within the Central Oklahoma Region. As such, the Executive Committee voted to earmark \$300 towards funding next spring's ASME/AIAA Symposium and \$100 to defray student meal costs in our sponsored college outreach programs.

We would like to take this opportunity to thank the Halliburton Foundation their contribution and especially John Heaton for submitting the application for this grant. The time he took to do so and consideration he has for the outreach programs sponsored by our Section is greatly appreciated.

If your company has similar non-profit assistance programs, please consider nominating the ASME Central Oklahoma Section for a grant award. Every bit counts, as we are attempting to make your section more self sufficient and relevant in the promotion of our profession in Oklahoma.

ASME Student Chairs

OSU ASME MET

Chair: Peter Allen petercallen@sbcglobal.net

Vice Chair: Andrew Sippy a_sippy@okstate.edu

OSU ASME MAE

Chair: Mary Bruce mary.bruce@okstate.edu

Vice Chair: Richard Wilson richard.wilson@okstate.edu

OU ASME

Chair: Chance Mullins cmullins@ou.edu

Vice Chair: Drew Walton golddrum11@ou.edu

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Chair: Kirby Dunagen

Vice Chair: Marshall Warren

Are You Juggling More Tasks and Enjoying Life Less? The Key to Work-life Balance May Lie "Beyond Juggling"

A new book, *Beyond Juggling—Rebalancing Your Busy Life* offers alternative strategies for achieving work-life balance

By Shari Lifland

If you're like most people, you wear a lot of hats — manager, employee, parent, community member, friend, etc. And to handle all of these competing responsibilities, you've probably refined the delicate art of "juggling." But according to a new book, *Beyond Juggling: Rebalancing Your Busy Life* (Berrett-Koehler Publishers, Inc. 2002), although 80% of workers use juggling as the "default" approach to work-life balance, the truth is, juggling just doesn't work.

The authors, Kurt Sandholtz, Brooklyn Derr, Kathy Buckner and Dawn Carlson, are a team of consultants, educators and researchers who have identified five alternative strategies (Alternating, Outsourcing, Bundling, Techflexing and Simplifying) for achieving work-life balance:

Alternating: They want it all but not all at once. They switch back and forth between intensive focus on their work and intensive focus on non-work life.

Outsourcing: They want to have it all, not do it all. They prioritize those activities in which they want to be personally involved, then find ways to hire out the rest.

Bundling: They involve themselves in fewer activities, but they get more mileage out of them. They look for activities that cover multiple purposes at one time.

Techflexing: They leverage technology so they can conduct their work from almost anywhere, anytime. As the name implies, the key to this strategy isn't just technology, but flexibility. They don't use technology to increase the work hours in a day, but rather to liberate those work hours from a rigid structure.

Simplifying: They have decided they don't want it all. They are willing to make some sacrifices in order to gain greater freedom, from stress, minutia, and the rat race.

According to the authors, "Successful rebalancers use these alternatives in combination to stay on course toward their definition of work-life satisfaction." **For the rest of this article please go to the ASME website under ME Today**



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Revised Boiler Code companion guide now available

Nearly 80 pressure vessel and piping experts collaborated on the newly revised "Companion Guide to the ASME Boiler and Pressure Vessel Code, Second Edition," a three-volume collection that will help you gain insight into the code through compelling commentary, graphics, and notes.

This new edition of the companion guide, now available from ASME Press, has been fully updated to the current 2004 Code, except as noted in the text. The 2,000-page guide is a tool you can use to strengthen your understanding of code application through high-level discussions of the codes' underlying rationale, current trends, and long-term issues for piping and pressure-technology professionals.

With insight from the 78 contributors — all possessing professional expertise in the full range of pressure vessel and piping technologies — the handbook will provide answers to questions about the 12 sections of the ASME Boiler and Pressure Vessel Code, as well as the B31.1 and B31.3 piping codes.

The guide also examines a number of special topics, including rules for accreditation and certification; perspectives on cyclic, impact, and dynamic loads; functionality and operability criteria; fluids; pipe vibration; stress intensification factors; stress indices and flexibility factors; code design and evaluation for cyclic loading; and bolted-flange joints and connections.

Volume one comprises five parts covering power boilers (Code Sections I and VII), materials and specifications (Code Section II), rules for construction of nuclear power plant components (Code Section III, Divisions 1, 2, and 3), power piping (B31.1 Code), process piping (B31.3 Code), and heating boilers (Code Sections IV and VI).

The second volume of the guidebook is split into six sections that examine nondestructive examination (Code Section V); pressure vessels (Code Section VII, Divisions 1, 2, and 3); welding and brazing qualifications (Code Section IX); fiber-reinforced plastic pressure vessels (Code Section X); rules for inservice inspection of nuclear power plant components (Code Section XI); and special topics of interest to ASME Boiler and Pressure Vessel Code users and practicing engineers.

Volume three is organized into three segments: Current Issues of B&PV Codes & Standards, International Codes & Standards Related to ASME B&PV Codes, and Ongoing Issues of Public Safety. This volume also addresses the new ASME Section XII Transport Code, which was not included in the earlier edition.

Each volume is available to ASME members for \$180. Nonmembers can purchase each volume of the guide for \$225. All three volumes of the companion guide can be purchased together at a special discount price: \$440 for members, \$550 for nonmembers.

ASME Press also recently released "The Guidebook for the Design of ASME Section VIII Pressure Vessels, Third Edition." The cost for this book is \$64 for ASME members, \$80 for nonmembers.

For more information on these and other ASME Press publications, visit http://catalog.asme.org/books/PrintBook/Companion_Guide_Boiler.cfm.

GMET - Meet the Challenges of Globalization

Globalization affects everyone, particularly engineers. In order to help companies cope with issues resulting from globalization, ASME has developed a global training program: Global Management for Engineering and Technology (GMET), consisting of four courses developed by well-known subject matter experts.

GMET has received a positive global response since its launch in April this year. In China, ASME has signed up three top universities and one national training company to offer GMET training. ASME also signed two more agreements on GMET with Malaysia and Kuwait. GMET has also met with enthusiasm from universities and professional institutions in Hong Kong, Singapore, South Korea, India, and some parts of Europe. China Petrochemical Corporation (SINOPEC) has decided to provide GMET program to its engineers. Boeing and other American companies are also considering its adoption. To view GMET demo courses, visit: <http://gmetdelivery.asme.org/demo/>. For more about GMET, visit: http://www.asme.org/Education/Courses/GMET/Global_Management_Technology.cfm

J. Andrew Baker Wins the 2006 Old Guard Early Career Engineer Essay Competition

J. Andrew Baker, PE has been chosen as the 2006 winner of the Old Guard Early Career Engineer Essay Competition.

This competition, sponsored by [The Old Guard](#), was developed to engage early career engineers in communicating advice and guidance based on their own personal/professional experiences and their relationship with ASME to new ME/MET graduates.

Currently, Mr. Baker is a structural engineer with The Boeing Company. He graduated from Oklahoma State University School of Mechanical and Aerospace Engineering with a B.S. in Mechanical Engineering. He has served ASME in many capacities, including Central Kansas Section Chair, Regional Representative for the Committee on Membership, and his most recent position as the Northern Plains Region Representative.

J. Andrew Baker provides valuable words of advice to our members just starting their engineering careers.

Future ASME-Central Oklahoma Section and Other Events

DATE	LOCATION	DESCRIPTION
November 14th	Halliburton (Duncan)	Luncheon
November 30th	University of Oklahoma	Nanotechnology
January 25th	Oklahoma Engineering Center	Joint meeting with AIAA Speaker
February	TBD	E-Week Banquet
March 22nd	TBD	Ethics in Engineering
April 26th	Oklahoma Engineering Center	Honors and Awards Banquet
May	Field Trip	TBD

FOR UPDATES ON THESE AND OTHER EVENTS, VISIT OUR SECTION WEB SITE AT

<http://sections.asme.org/CentralOK>