



VALLEY FORGE CHAPTER
PENNSYLVANIA SOCIETY OF PROFESSIONAL ENGINEERS
P.O. BOX 585 WORCESTER, PA 19490-0585



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(Read the COMPASS online at www.pspe.org/valleyforge)



President's Message
By Ben Foster, PE

Welcome back to another year (the Chapter's 70th!) of events and gatherings to help like-minded engineers thrive. I hope that everyone had a great summer and got to relax and focus on the important thing in life, whatever that may be to you.

I am proud to serve as the chapter's newest president and continue in a long line of great engineers. As president, I seek involvement and feedback from the chapter members and with the help of a dedicated chapter board, most of whom are past-presidents themselves, build upon our past success. Thanks to our two-term immediate Past-President Kevin Killoran and the chapter board members for laying the groundwork that we will build upon!

As in years past, we will continue to offer presentations that provide PDHs and learning opportunities. We will be sending out reminders and invites as the events get closer, so stay tuned!



Are you looking for a volunteer opportunity? Are you interested in what makes an engineer *Professional*? Do you want to see different subject matter at engineering events? Do you want to get involved in MATHCOUNTS, the State's premier math competition for middle school age kids? How about, serve to protect the professional engineer's license? If the answer to any of these questions is yes, you should reach out to us or visit a board meeting or membership event.

Please see my bio below and that of some of our fellow board members. I look forward to seeing everyone at some upcoming events.

Sincerely,
Benjamin M. Foster, P.E.



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2019-20 Valley Forge Chapter Officers & Board of Directors

Below are your Valley Forge Chapter officers and directors for 2019-20. You can contact any of us with suggestions for a dinner topic, a column in the Compass, or any other issues relevant to our work and professional activities.

<u>POSITION</u>	<u>NAME</u>	<u>EMPLOYER</u>
• President	Ben Foster, PE	Cedarville Engineering Group, Pottstown
• President-Elect	Lindsay Musselman, PE	Johnson & Johnson Consumer, Ft Washington
• Vice-President	Mike Fischer, PE	Site Safe, LLC
• Treasurer	Jim Thompson, PE	Retired, Plymouth Meeting
• Secretary	Kurt Leininger, PE	Retired, Malvern
• Immediate Past-President	Kevin Killoran, PE	Boeing Company, Ridley Park
• State Director	Tony Dougherty, PE	Traffic Planning & Design, Pottstown
• Chapter Director	Paul Dugan, PE	Millenium Engineering, Malvern
• Chapter Director	Dan Humes, PE	VanCleaf Engineering Assoc, Doylestown
• Chapter Director	Randy Cleaver, PE	RPC Engineering, West Chester
• Chapter Director	Mike Kissinger, PE	Pennoni, West Chester

Biographies of Board Members

(See the April 2018 Compass for others at <https://www.pspe.org/valleyforge/id1.html>)

Ben Foster is a transplant from the Land of Enchantment, having spent the first twenty-four years of his life in New Mexico. He graduated from New Mexico State University in 2002 with a degree in Civil Engineering. While attending university he met his soon-to-be wife and moved to Pennsylvania to start a life together. Ben worked for Carroll Engineering, consulting for the Bucks County Water & Sewer Authority on matters of sanitary sewer design and inflow and infiltration abatement. Most recently, Ben has been sharpening his skills in the emerging area of green stormwater infrastructure.

Jim Thompson has been a member of PSPE since 1971, and is a retired electrical engineer. He is a 1965 graduate of the University of Maryland (College Parks) with a BSEE degree along with graduate EE courses at MD and PSU. He spent many years in the emerging field of data communications, first in security-classified areas and then in commercial areas. Working for various development and manufacturing companies, he was exposed to ever-changing systems and technologies. Jim finished his active career with The Raymond Corporation (now part of Toyota) leading the product support engineering activities for their extensive material handling products and systems.

Mike Kissinger is a Drexel graduate Civil Engineer who has spent 20 years with Pennoni to date. He grew up in Delaware and worked for Landmark Engineering while in high school and college. Mike and his wife, Megan, live in Tredyffryn Township and have two kids in Tredyffryn/Easttown Schools. Mike manages a Site Design/Land Development Group in West Chester, PA for Pennoni and balances a large client list while coaching as many of his kids sports as he can.



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May 2019 Awards Dinner

Valley Forge Chapter was again proud to have awarded \$200 scholarships to deserving high school graduates who intend to pursue an engineering degree. This year's awardees were:

Temple University: Brian Whiteford, Bishop Shannon High School
Drexel University: Gina Brown, Phoenixville High School, and
Julia Hirs, Bishop Shannon High School

Editor's Notes
By Kurt Leininger, PE

Your Valley Forge Chapter's activities and membership meetings last year continued a tradition of interesting and well-attended events. Last year we also published three editions of this Compass newsletter, which we intend to continue doing for the foreseeable future. (Some of us old-timers remember when this newsletter was printed and snail-mailed to over 200 chapter members.)

Below is a summary of where we were and what we learned and enjoyed last year.

- Nov. 30, 2018: Presentation by Brookes Britcher, PE and past President of VFC, on the food industry at Bertucci's in Plymouth Meeting.
- Jan. 31, 2019: Presentation on engineering ethics by Frank Stanton, PE, at Cutillo's Restaurant in Sanatoga (joint meeting with Reading Chapter).
- Feb. 27, 2019: Annual meeting with Villanova engineering students, with a presentation on the recently-completed campus expansion.
- March 19, 2018: Presentation on Floodplain Development & Regulations, by Josh Lippert of Philadelphia Water Department at Phil's Tavern in Blue Bell (joint meeting with Bucks Chapter).
- March 22, 2019: VFC special awards judging at the annual Montgomery County Science Fair, held for the first time at Germantown Academy in Fort Washington (formerly at Ursinus College).
- April 3, 2019: VFC award judging at the annual Delaware Valley Science Fair, in Oaks, PA.
- April 17, 2019: Presentation by Dave Fleisher on the Market Street Demolition Accident next to the Salvation Army building in Philadelphia, held at Pepper's in King of Prussia.
- May 17, 2019: Annual golf outing at the Turtle Creek Country Club (with Reading Chapter). This outing was again a financial success, thanks to the organizational efforts of Mike Fischer and Dan Humes and the participation of the Reading Chapter.
- May 29, 2019: Annual dinner for Mathcounts and Science Fair awards, and scholarships, held at Bertucci's in Plymouth Meeting.



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It was a busy year, and we all thank Past-President Kevin Killoran for arranging almost all of our dinner meetings, each of which was very well attended. (And he did it for two years in a row!) All VFC members can feel free to send any articles or news items you consider worthy of publishing. You can always contact me at kvleininger@icloud.com, or call or text me at 610-996-2003.

PSPE & NSPE News

Visit www.pspe.org for the latest information available to PEs in Pennsylvania. The PSPE Board of Directors held their annual meeting on Sept. 21, 2019, immediately following their 2019 Annual Conference in Bethlehem. Some of the major issues discussed were as follows.

- NSPE report: Rich Guerra, PE, F.NSPE, is the 2019-20 NSPE Vice-President who spoke on some NSPE updates.
 - 1) The new Strategic Plan has been adopted by the House of Delegates. It has new committees that have many openings for PE volunteers, including one promoting greater diversity of membership. Committee volunteering is a good way for PEs to become eligible for “Fellow” status. A typical committee has only 3 or 4 meetings per year (by telephone), and the deadline for applying for a NSPE Fellow is Feb 1, 2020.
 - 2) The 2019 NSPE annual conference in Kansas City was a success with over 350 attendees, representing all 50 states and Puerto Rico. The 2020 NSPE annual conference will be in Philadelphia.
- State Legislation: John Wanner, President of Wanner Associates, discussed some pending legislation bearing on engineering practice.
 - 1) House Resolution 473 “Put the Brakes on Fatalities Day” will be observed on October 10, 2019, to highlight traffic safety in Pennsylvania.
 - 2) House Bill 1177, “License by Endorsement” would make reciprocity easier for new PA licensure. This would create a new “provisional license” for a limited term, as determined by the applicable registration board.
 - 3) House Bill 1163 “Registration Act Amendments” proposes to allow an applicant to take the EIT and PE exams close together without waiting 4 years to take the PE exam. The applicant would still need 4 years of practice before being licensed as a PE. After much discussion, the Board voted to approve this legislation “in concept” while needing more time to review the details.
 - 4) House Bill 1106 on “Permitting Changes” would allow the PA Dept. of Environmental Protection to enable a permit applicant to attest that their permit application is “administratively complete.” (This is likely due to reduced PADEP staff in recent years, and an increased permitting workload.) The Board is remaining neutral on this and would expect the Governor to veto such legislation if it was passed.



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- 5) Un-numbered House bill proposing “Multiple Municipal Engineers” that would allow for competitive bidding rather than qualification-based selection (QBS) for some engineering assignments.
- Miscellaneous Items: Jen Summers, PSPE Executive Director noted additional news.
 - 1) The PA State Registration Board has two vacancies, one for civil engineering and one for public representation. Frank Stanton, past-President of VFC, is now President of this board.
 - 2) The new NSPE liability insurance program now offers the same coverage for all state societies and their chapters at no charge. This is because the insurance industry considers engineering to be a relatively “low risk” group to insure.
 - 3) PSPE dues distribution among all Chapters will remain as is, and chapter input is encouraged to confirm they are satisfied with the new distribution schedule. (“No news is good news.”)

Miscellaneous News

The below items seemed to be interesting and worth sharing with members of our profession.

Update on Pennsylvania bridge repair work:

<https://www.forbes.com/sites/fernandezelizabeth/2019/08/06/engineering-ethics-isnt-always-black-and-white/#35b647e81b1d>

Update on Three Mile Island:

<https://www.usatoday.com/story/news/politics/2019/09/20/three-mile-island-closes-meltdown-changed-nuclear-energy-america/2352254001/>

Article in a national financial newspaper on engineering ethics:

<https://www.pennlive.com/news/2019/07/pas-four-year-long-partnership-to-fix-558-bridges-approaches-its-conclusion.html>

Update from Associated Press on state-by-state flood damage from March-July 2019:

<https://www.apnews.com/97022e8aff2e418fa8706dd3aaa347a8>

NSPE’s brand new website:

<http://www.responsiblelicensing.org>

A report on occupational licensure that we don’t hear from our NSPE news:

<https://thehill.com/opinion/civil-rights/441193-occupational-licensing-has-become-a-major-regulatory-burden-on-our>

Finally, how “green” electrical power is becoming competitive with fossil fuel-based power:



<https://www.greentechmedia.com/articles/read/artificial-intelligence-pushes-commoditized-wind-and-solar-power-into-the-m#gs.0mh0oc>

Article of the Month

Feeling Overwhelmed at Work?

Remember down time? Apparently, that's a concept as old as a Remington typewriter. It just doesn't exist any more. With technology speeding things along, with companies doing more with fewer workers, and with customers becoming more and more demanding, there isn't down time. Not in any field (so don't think of leaving yours!).

Working in a fast-paced environment trying to keep balls in the air and multitask effectively, it is easy to feel overwhelmed. In fact, thinking about your workload can make you feel defeated before your workday even begins. Those feelings can eat away at you, resulting in poor health, irritability, and less than quality work.

All is not lost, however. You can get a grip. Here are some simple techniques that will take you from "out of control" to "in control."

- If possible, arrange your workspace for optimum efficiency.
 - Keep your monitor turned away from a door or open area where passersby might drop in to interrupt you.
 - De-clutter your work area.
- Prioritize your work
 - Differentiate "must-do" tasks from "can-wait" tasks
 - If possible, do your hardest task at your peak energy time
 - Keep track of what was completed, partially done, and yet to do
- Avoid being "victimized" by your e-mail
 - Check your email and decide which ones to act on at that moment and which ones can wait
 - Organize and de-clutter your inbox
- Manage your time
 - Use your calendar for everything, blocking out times to prepare, plan, etc.
 - Be realistic about how long things take (traffic, interruptions, chatty bosses, etc.)
 - Leave white space on the calendar for unexpected tasks
 - Don't procrastinate
- Take care of yourself
 - Exercise regularly, eat well, and sleep well
 - Practice deep breathing
 - Give up perfection; aim for excellence.
 - Take mini-breaks if you can.
- Learn what you need to know to make your job easier
 - Maximize the use of your software packages and equipment.
 - Ask for help when you need it.

We have choices. We can complain and look for others who will join us in our misery of feeling overwhelmed, or we can do something about it. We can't stop the work from coming, we can't control our managers, clients, or colleagues, but we can control ourselves. It just takes self-discipline and practice.

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