

August 11, 2008

Diary

A day in the life of...



Hedy Lamarr



Why follow women in technology on August 11?

11 August 2008 is nominated, as this is the day that the Hedy Lamarr's Spread Spectrum Patent was approved (in 1942). http://en.wikipedia.org/wiki/Hedy_Lamarr

Spread Spectrum is the basis of frequency hopping, wireless and mobile communications we use today. While a glamorous Hollywood star, Hedy Lamarr was key to the patent, and using this date draws further attention to the role women in technology have played historically.

Some valuable Hedy information may be located at:

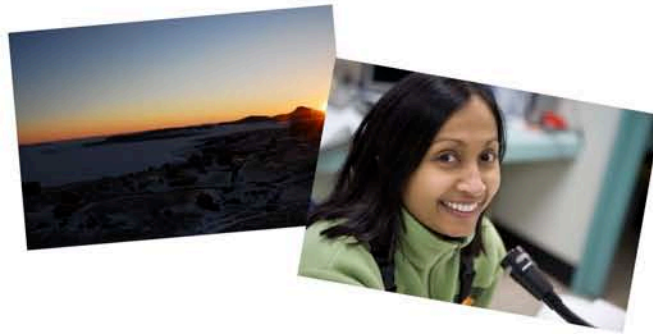
http://www.youtube.com/watch?v=YM1tEO3_09g&fmt=18

<http://hedylamarr.org/>

<http://www.quotographs.com/>

<http://www.hedylamarr.at/indexe.html>

Antarctica - Roselín



8:00–10:00 With a temperature of minus -15° Celsius and 25 knot winds, Monday began with rugging up in thermal layers, boots, gloves and a down coat to trek across to my office in the Operations Building. First were the daily admin' tasks: backing up tapes, downloading and printing out the daily newspapers, checking emails.

10:00–10:30 Back on with the coat to return to the Mess and deliver the newspapers. There, I joined the Tradies for their morning 'smoko'—a traditional hot breakfast. I spoke with Dominic, the Plant Inspector, about a strategy for retrieving the second half-tonne tide gauge lying on the seabed of the nearby harbour.

10:30–12:30 Extracting scientific data from the first tide gauge. Last week Dominic, another expeditioner Andrew, and I set out in the Hägglunds over-snow vehicle across the frozen surface of Horseshoe Harbour to the vicinity of the tide gauges. With the help of an excavator, Dominic broke a hole in the 1,400 mm-thick sea ice and we were successful in locating and hauling out one of the tide gauges.

12:30–13:00 Off to the Satellite Dome to carry out regular system maintenance, which involved recording data and checking for any system errors.

13:00–13:45 Each day, the station chef prepares several hot dishes for lunch, including a vegetarian option for myself and several others on station.

More Roselin “Day in my Life 11 August Diary”

14:00–16:30 Over to the Geomagnetic Buildings where my first task was to clear away the buildup of snow that had found its way inside after a blizzard. I can’t use anything magnetic, so I have a plastic dustpan at hand, and a non-magnetic screwdriver to clear snow and ice from the observation window. The Absolute building was first stationed at Heard Island, Australia’s most remote sub-Antarctic scientific base and then relocated to Mawson Station. My responsibility throughout the year is to take a set of observations that provide weekly magnetic readings to scientists back in Australia.

16:30–17:00 The final project of the day was to install a GPS unit in the Hägglund, programmed with safe travel routes across the sea ice and plateau. On returning to the Mess I checked for the sunset—unfortunately, obscured by heavy cloud.

17:00–17:30 Off with the coat and on with the joggers for some time-out on the treadmill at the station gym.

18:00–18:30 Dinner in the Mess with fellow expeditioners. After dinner we all help clear and wash the dishes.

19:00 One last trek over to the Operations Building to conduct the daily radio communications with the science party who are working with emperor penguins at Auster Rookery. Each evening the party return from the rookery to stay at a field hut, where they check in with the station on HF radio. I received their situation report and provided them with the latest weather forecast and messages from station. Evening: A three-minute shower (we’re on water rations) and some R & R to finish off a busy Monday!

Fiji ~ Anju



When I wake up every morning, I realise that this is the best day of my life. Everyday is a beautiful day – a day to celebrate. I celebrate the life I have had so far - the accomplishments, the many achievements, and hardships because they have served to make me stronger and more confident. I go through each day with my head held high, with a happy and content heart. With the work I do, I want to make people smile. I want to go out of my way to help someone I don't even know. As the day ends and when lay my head down on my pillow, I want to be grateful for the best day of my life. And I will sleep peacefully knowing that I have helped people and made a difference to at least one person. I will then be happy to embrace the next day as another beautiful day in my life.

New Zealand - Shasha



11th August was spent like a typical day – although I must say I was slightly nervous about what to wear for the photoshoot in the morning! I think I spent 2 hours trying to figure out whether to wear this purple top I bought over the weekend (from designer WORLD – a coincidence with this global initiative?) and worrying about my hair! It went great - kudos to photographer Sheryl Campbell for making me look fantastic.

The photoshoot was at our reception so I had quite a few curious people asking me jokingly afterwards why I was modelling and whether this was going to be my next career move! It was very amusing indeed.

It was also the week of our eagerly anticipated Annual Sales Conference which was an occasion to commemorate our company's achievements for the year. So for me personally, it was the beginning of a rewarding week to come.

Australia (Qld) - Kim



Started the morning with clearing my 80+ emails and prioritising my day. First meeting was a brainstorming session on the whiteboard working on a pricing model for a financial point of sale software solution. New product to market, we needed to analyse the competition and what they charge and how they market from their website.

By mid morning my first meeting was a client review. A health Check process where I interview the client and analyse how we are engaging, servicing and communicating to them, and look for ways to improve.

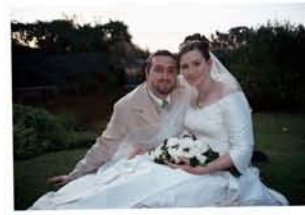
Lunchtime ... a quick stop to the Women in technology office where we are preparing for the annual gala awards night. I am judging so I needed to collect the brief and my schedule.

In between stops I have had to take a call in my car and discuss a pitch I am preparing for a major Australian bank. A lot of my time is spent consulting in my car....

By the afternoon I am working back on strategy plans for the new website and theme designs.

5pm arrives and I am in transit again back to my home office. I break for dinner, spend some time with my partner Phil and our son Jozey.

Australia (NSW) - Pía



On August 11th was a pretty chilled out day. I started by looking at my very long todo list and planned out my week. Then I sat down and wrote a newsletter for a Macquarie University research project called ASK-OSS (the Australian Service for Knowledge of Open Source Software). I also started responding to a potential Government contract for work, which involves a lot of writing and research. I spoke to Jeff about some of the awesome web sites he is working on and gave some input. I had lunch with a friend in Newtown (Sydney) and went onsite to a client where I fixed their new faster Internet connection. I sat down and wrote up the experiences of a recent trip to a Pacific Island where I set up servers and wireless access points to service all the children on the island who would be receiving special education laptops from One Laptop per Child, so they could access the Internet and great resources like Wikipedia. I replied to lots of email (about 200) and then approved some comments on my blog post (<http://pipka.org>). I then coordinated a trip to set up some OLPC laptops for an Australian primary school, and responded to some conferences who want me to speak about Open Source in education. I planned out a trip to Canberra and Melbourne for some work. Then I did some invoicing of clients from previous work completed. Running your own business can be a lot of work but it is fun, satisfying and ultimately you make your own hours and decide for yourself what you want to work on :)

Australia (SA) - Lisa



8am Arrive at work and check the previous nights backup, change tapes etc.

9am Greet team as they arrive, chat with Senior Technical Officer and IT manager about any issues.

10am Call a random team meeting to discuss resolving an issue with a virus which changes the web browser's homepage.

11.00am Spend a few minutes explaining our new standard image to an end user who wants to know why he can't have a particular model of a laptop.

11.15am Review procedures for how to use the new 'smart phone' to download emails.

11.30 check the Service Call queue to ensure the team is working on all urgent jobs and that everyone is on task with their ongoing duties.

12.00 Call an end user to explain about the delay re support for her request for training on how to use an application

12.15 Respond to emails requesting advice, asking questions about support procedures or other IT related issues.

12.30pm Help one of the team troubleshoot a wireless networking issue

1.00 Lunch

1.30pm Research and work out how to use a USB memory stick to boot up and run software from

2.30pm Afternoon tea with the team. We have a cake as it's a team member's birthday

3pm A team member has to go home early as she's sick, everyone else is busy, so I delegate some of her jobs to other team members.

4.00pm Helpdesk call me to ask if I can send someone to a client whose PC is not responding at all. Decide to visit myself since everyone else is busy.

4.30pm Check the Service Calls and make sure all urgent calls have been responded to in timely fashion.

4.45pm update the Asset database and file some new equipment forms

5pm tidy up the kitchen, build room and ensure all equipment is turned off before going home.

6pm - relax by the fire, glass of wine, nice chunky soup and a good book will keep me busy for the rest of the evening.

Japan - Nobuko



6:00 wake up, then check e-mails

(7:30-8:15am driving to the hospital)

8:30-12:15 work at outpatient's clinic for pediatric surgery and women's health clinic in Omura Municipal Hospital

In this hospital the ordering systems are online via PC.

(12:15-13:30 driving to go back to private clinic)

13:30-14:00 work on PC & check e-mails

14:00-18:00 work at private clinic

I have innovated PC and IT into our private clinic patients' medical charts and medical receipt system since June 2008.

19:00-20:30 attending to BPW-Nagasaki club's monthly meeting

BPW means Business and Professional Women. I am one of the original members of this group. This women's group has been acting to empower local women with an aim, since 1987, for advancement of women locally and globally.

20:30-22:00 dinner with the members of BPW-Nagasaki

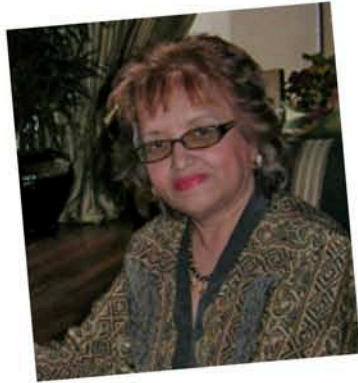
22:30-24:00 prepare for the lecture at university in the coming weekend on PC.

Singapore ~ Irene



As there was an urgent new project that needs attention, some of my team members have agreed to have a meeting at the office. As I have other off-site projects running concurrently, I need to make many phone calls to various other team members to ensure that the off-site projects are on target. Due to confidentiality of the projects and our company has signed non disclosure agreement, I am not in a position to disclose the details of the work involved and the project nature, therefore I cannot elaborate more. Anyway, most of the time spent on this day is discussion of projects and input of new ideas from the team to resolve issues. I am happy that all turn out well and you can see the satisfied smiles from the pictures.

Malaysia ~ Farida



Talking to my technical staff and analysing our production process, went to the exhibition plot of Jatropha , visit and have discussion with the Vice Chancellor of a university for R&D collaboration , meet with a Women Entrepreneur's group about a collaboration with them.

Greece - Androula



As Director of IMEL, my days are always full of meetings, discussions with people, writing and signing of documents and traveling to meetings in Europe. One of the most important duties is the search for funding. People management is also a complicated task. Research activities are more relaxing. Read and write papers, follow research activities, discuss research results, organize new experiments and create experimental facilities. Search for funding and exploitation of research results are currently within the obligations of every researcher.

August is usually the month of holidays in Greece and most of the people is out of work. I

was on holidays in Samos, a beautiful Greek island, for 2 weeks. On the 11th of August I was traveling back to Athens, where I arrived early in the morning. In the afternoon, I passed to my office to have a look and discuss with the Institute staff. My photos show two pictures from Samos and some pictures from my Institute.

Serbia - Mary



Somewhere in the world it is 11th August as I cross the finishing line in our family boat, a 5.50 metre Microtoner. After five days of fierce competition sailing in Golubac, a village on the Danube near Romania, we have won second place in the Serbian national championship. We have made history - my 11 year old son is the youngest ever skipper. I have also made personal history - this my first ever sporting medal. Within an hour, digital pictures are online and we are on national television. A great moment!

15 hours later I am at work in Implementek <http://www.implementek.com> on a Monday morning. We have seven people in the office today - the rest are on holiday or working at home. We operate with a smallish staff in the office itself and a bigger circle of freelancers and consultants who are largely based in Serbia. In the world of web-consulting people can work in teams from several locations and for each project we put together different combinations of people.

I clear the weekend's emails and note down three important things to deal with later - a contract query from Montenegro, an enquiry from someone in Romania who wants to open a branch of our office, and an application from a programmer who looks very interesting indeed. I then send off my regular column to the British Medical Journal. Written during the regatta, the piece reflects on what makes a good manager. The article is called, 'There is nothing like the real thing' http://www.bmj.com/cgi/content/full/337/aug20_1/a1346?ijkey=i86Zb1TuqG1p5Ht&keytype=ref

Continued - Mary “August 11 - A Day in my Life Diary”

Our staff meeting starts at 11 am and is chaired by Vanja Al-halidi, our project manager who closely resembles the genie from Aladdin's lamp - large, bald, with a gold earring and a usefully wise smile when problems arise at work. The meeting opens with joint issues - a discussion on contracting out our system maintenance, new ideas for our company wiki, problems encountered by US and Australian clients over the weekend and the planned company outing to the Belgrade Beer Festival on 22nd August. We then move on to everyone's key tasks for the week.

I catch up on overseas clients after that - we send a progress table to US clients before they wake up in the morning. I look at our current pro-bono project rppoint.org.uk, a truly amazing project where Roma kids from around Serbia create hip/hop rap and so challenge prejudice. Some of the band videos will not upload, so request a fix. Our office is quite stunning, one window frames the spire of the local church and we look out over red roofed old houses under a preservation order. Looking around I remember we will need to hang up our pictures, and send a reminder to our sister Agency Razor that work should start soon on our hall of fame: images of our best work for the stairway to the office.

During lunch - takeaway pancakes eaten beside the well in our cobbled courtyard - I recount the race and catch up on what everyone else has been doing at work and over the weekend.

During the afternoon, I send some emails to new media designer Ivan Aleksic <http://www.sroown.com/>, he will be coming on board next week as our creative director and I think it will be like having a rocket in the office. Am brought back to earth as there is something going wrong on an ecommerce car wheels database. I have a look with the programmer and we figure out some options. I finalise details on a big new online film project Implementek has just signed and review our online Salesforce account to see how our current leads are doing. The American Chamber of Commerce IT committee has send some things to review on national IT policy so I jot down some notes on why ecommerce can never take off in Serbia until the electronic signature law is passed. I finish up a post description for a new position in the office and send it for review to the other owner of Implementek - Nikola Mickic - who lives in Los Angeles. He graduated from Harvard in computer sciences and at 32 is a recognized name in IT and web consulting. We correspond most days, either by email or Skype.

My day in the office ends around five when I drive our president, Uros Pajic home. Just 22 and still a student, he already has four years in the industry and is typical of the new generation of IT business leaders. At home, the family discusses our successful sailing campaign on skype and webcam with my mother, retired doctor Rita Black, also known as Cybergran.

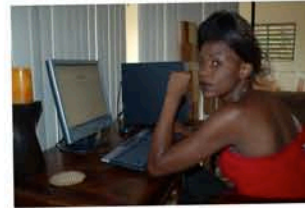
My working day is variable in time, duration and location. Today it ends at home at 11 pm when I quickly check my emails and spot two messages. Trevor Croft, one of the world's leading demographers is working on the Multiple Indicator Cluster Survey, UNICEFS 21 million USD global survey of children and women http://www.unicef.org/statistics/index_24302.html. I am managing (wearing one of my other professional hats as an International Health consultant) the external evaluation of this survey and he is one of the consultants. He thanks me for my article on sailing and management but wonders why I sent it to him? Trevor Jackson from the British Medical Journal emails that I have missed the deadline for my opinion column. I realize that this morning I sent the article to the wrong Trevor. Ah, the wonders of technology in the fallible hands of a human being!

Russia - Anya



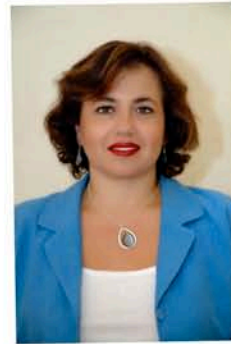
wake up at 6:15am, left home at 6:45am, got to my working place at 8:45 am,

Africa - Sarah



The day started with my one hour morning power-walk at 5.45am in the chilly August Nairobi weather! This was followed by my usual routine of getting ready for work and breakfast as i caught up on the latest in Olympics and world news. I then had 30 minutes of my PHOTOSHOOT. I got to the office at 9:00AM in time for the management meeting. This was followed by a number of client visits, then to a lunch with a friend. The afternoon was spent refining a proposal and quotation for a potential client. In the evening, i went wining and dining at my favourite indian restaurant with some family members. Once home, i caught up on the day's events at the Olympics and then bed!

Malta - Angele



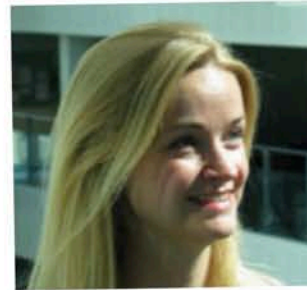
Monday 11th August fell directly within the annual summer holidays and shut down that we do at my company. However on that day we organised a social event where some of us from work went together to a water-park in Malta with families and friends. I took with me my 5-year old son Daniel and both of us enjoyed the day with the rest of the gang going down slides, scary water rides (I cannot resist dares), doing aqua-aerobics, swimming and playing beach volley. It was a wonderfully hot day and we all ended up soaking up as much sun as possible. In the evening we went out for some drinks, however we were all so tired that by 10pm everyone was back home resting.

Italy - Alessandra



My day begins at 7am with check/answer email and check/run some programs. My usual routine proceed with to take my baby Michael to nursery school and go back work by train. However 11th August marks the beginning of holidays for him so at 9am I go to swimming pool with him and we play and swim all morning. At 1pm we have lunch. At 2pm he go to sleep and I telework until his wakening. At 5pm Michael's father arrives home and we bike ride in the nature trail. At 8pm we have dinner and then we all play. At 10pm Michael go to sleep and we watch films or check/answer email and check/run some programs. Around 11pm-midnight we go to sleep.

Denmark - Mette



I took my bicycle to work as I always do when the weather is nice. In Copenhagen it would take me longer to go by car and find a parking space. Arriving at 9 I fuelled up with good coffee and the chef's homemade bread.

I started the day's work at my desk after greeting colleagues that were back from holiday and had a quiet day emerged in writing tests for a software enhancement. No meetings or seminars scheduled this day. Lunch was enjoyable as always, we have an amazing team of chefs that spoil us. In July they actually won an award for the best marinated Christmas herring at the annual World Santa Claus Congress. In the afternoon a new colleague was greeted with coffee and cake and after work I took my boyfriend tango-dancing followed by late dinner at a cafe.

France - Marion



Like many French people who go on holiday in August, I happened to be on vacation on 11 August 2008.

13:00 we drive towards the mountains surrounding Sophia Antipolis, to go to a place I booked into for a couple of days with my family

15:00 we arrive at the meeting point. A young man is waiting for us with two donkeys that will carry our extra luggage. We then follow a path on foot.

15:45 we arrive at a tiny village - more just a group of houses - where our hosts live from organic farming and tourism, far from "civilization". We are then taken to our "room": a [yurt](#) which is set in a hollow by a lovely river.

17:00 we settle into our camp. The yurt is big enough for a double bed for my husband and me (the bed is very nicely decorated, as is the rest of the furniture), mattresses for 4 kids (my son and his 3 cousins) and a cot for our daughter. My brother and his wife set up a "normal" tent next to the yurt.

19:00 we spend the rest of the evening cooking sausages, toasting marshmallows, and the usual stuff you do around a fire (though no one had a guitar :-)).

Ironically, I think that that day, I was as far away as I could be from technology (no phone, no car, no electricity).

England - Margaret



It was a leisurely and relaxed day for me; the morning was bright and sunny. I decided to cycle to all the places I had to go to

- Returned some folders to staff at a client site
- Met with my Accountant to discuss my finances
- Went to the library and took a non fiction book out to read

Went to a friend's home who was taking my photos for the day, spent most of the afternoon with her and had a bit of chit chat about family work and anything that came to mind, so it was quite a relaxed time and the photos were taken in between

England - Gillian



Monday 11 August started with a short drive, 10 minutes, to my office. First thing is to PUT THE KETTLE ON while I have a chat with my team about our respective weekends. Then I turn my PC on and check emails and my calendar for the week so I know what I have to do this week. Then I have a review with my Accountant about cashflow, credit control and other financial issues. I am very lucky with her - she keeps everything tight and somehow conjures up invoices and payments every month.

I then spend time working on our marketing strategy and dealing with any customer related issues that may arise. I have a great team of technicians and Help Desk staff, but we have over 200 customers using our software to pay their employees - so they can't wait if there is a problem. I make a big point of going out at lunchtime even if it's usually to run an errand. It could be to go to the bank in town, coffee with a friend, going to the library or meeting my Dad for lunch.

In the afternoon, I had a demonstration. When I started out in IT, a meeting with a customer involved a long drive, followed by a face-to-face meeting and then a long drive back. We can now do so much of this online and that is great for a whole number of reasons. I do always try to visit the customers as when I am selling though as I need to see those body language signals to see how things are going!

This evening I have a committee meeting for a new and buzzing local charity I am involved with. It is The Centre for Computing History www.computinghistory.org.uk and we have amassed a massive and important collection of vintage computers. As we are located in the Cambridge Silicon Valley area, we are placed in a perfect position. I am keen to give something back to my career in IT and this is a way of doing it. We have a multi-skilled and enthusiastic committee and we already have exhibits on display and will be creating a super-centre for this heritage. There are 'museums' for computing but we are most interested in the social history aspect of computing - there are so many stories to tell.

England - Debbie



8:20am A dreary start to this auspicious day! I normally like to cycle to work in the summer but today was cloudy again with rain threatening so I hopped into my car instead.

9:00 Checking my emails and having a coffee at my desk to wake me up.

09:30 Down to the new Target Station building for the regular Monday morning meeting where all the engineers and scientists involved with the assembly of the 7 new instruments discuss the work that it going to be done over the next few weeks.

One of the instruments is called SANS2D. It has lots of moving parts for which my Division has to write all the control software (see photo of me in the end of SANS2D with two of my control software engineers in my album).

12:15 Off to play rounders in the Semi Final of the local Campus Rounders Tournament. Today I am excited as the team I play for has reached the semi-final. [Read more about the Harwell Campus and our Rounders Tournament in my album](#)

13:30 We won by 1 rounder! The final will be on Thursday.

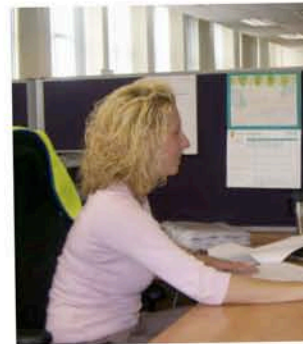
Spent the next hour or so developing a short overview course about Project Management.

16:30 Just got back from a visit to the main ISIS experimental hall to check up on an instrument called Merlin (see photo of me with the scientist responsible for this instrument in my album). [Read more about Merlin in my album.](#)

17:00 Worked on some project documentation.

17:30 Back home to feed my teenagers and then out to our weekly bellringing practice

Northern Ireland - Ali



| Time | Activity |
|------|------------------------------------------------------------------------------------------------------------------------------------------------|
| 0620 | Get up and get ready |
| 0700 | Leave the house |
| 0710 | Meet my car pool in our meeting carpark and travel to work together |
| | There are four of us that travel to work together and we each take one week in the month to drive - I'm not driving this week |
| 0755 | Arrive at my desk and get set up for the day |
| | Check my emails and my calendar |
| 0800 | Start Work |
| | Plan my day - prioritise my work load and check for approaching deadlines |
| | Make sure that all projects and issues have been closed from the last week |
| 0815 | Get my new project (C1.5/2.2 - this is a project title) set and ensure I have all the required information |
| | Read over the information and specification provided with the ECN (Engineering Change Notification) and make sure I understand the new project |
| 0830 | Morning Team Meeting |
| | A quick update on what we are all working on |
| 0845 | Start work on the C1.5/C2.2 |
| | Create 6 Bill of Materials on SAP (System Applications and Products) |
| | Update 5 Bill of Materials on SAP due to drawings being upreved |

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|------|------------------------------------------------------------------------------------------------------------------------------|
| 0915 | Attend the Bay A meeting for the daily information/issue update |
| 0945 | Return to my desk and raise an issue on the issue log DCC (Design Calibration Centre) relating to the C1.5/2.2 |
| 1000 | Break time - go to the canteen |
| 1015 | Check the generator (genset) builds on Bay F and to see the finished products before they are shipped to the customer |
| 1030 | Return to my desk and work on the C1.5/2.2 ECN (Engineering Change Notification) |
| | Create 11 BoM's |
| | Update 5 BoM's |
| 1130 | One to One meeting with my new team leader |
| | The whole of the Engineering Department has recently undergone a total restructure |
| | My job role has not changed but I now report to a different person so this was an introductory/handover meeting |
| 1210 | Catch up with a colleague on the issue I raised for C1.5/2.2 project |
| 1230 | Lunch - go to the canteen |
| 1300 | Return to my desk and work on the C1.5/2.2 ECN (Engineering Change Notification) |
| | Create 10 BoM's |
| | Update 3 BoM's |
| 1400 | Attend the 6000 panel Introduction (a project title) into Larne, Newberry, Brazil, Tanjin Control Meeting |
| | Attendees: 5 colleagues from Larne and 1 colleague representing each of the other plants |
| | A meeting to clarify timelines and department availability for the Introduction of the 6000 panels starting in December 2008 |
| 1500 | Return to my desk and work on the remainder of the Pes (a project title) ECN (a project from last week) closing out the ECN |
| 1530 | Create 7 Bill of Materials on SAP |
| | Update 4 Bill of Materials on SAP due to drawings being uprevd |
| 1600 | Travel home with my car pool and pick my own car up at our meeting carpark and drive home |
| 1700 | Home |

Republic of Ireland - Andrea



My 11th August didn't turn out as planned but in the end was pretty typical! The plan was to travel from Murrietta in California where I was staying with an old school friend, down the I15 South to San Diego to see tall ships and old aircraft carriers. However, I foolishly (!) chose to pinch the blue cable out of the back of their home computer, plug it into the side of my laptop and see what the world of email had in store for me, it having been four days since my last "email fix"! But lo, Windows needed to do a *huge* Vista update so there went nearly 2 hours waiting for the poor laptop to chug through the multiple megabytes of download and update; and then I received over 300 emails – far too many of which were spam but in equal measure a large number needed to be read, understood and responded to. When you work for yourself, you can't afford to let too long a timeline disappear or an opportunity to contribute or to pick up a project may have slipped through your fingertips. So suddenly it was lunchtime and husband was encouraged into producing something edible – and then luckily I found 3 x DVDs he hadn't seen so he was a happy bunny watching scary movies whilst I carried on wading through and sorting out.

As a thankyou to my friends, I then set about giving their home PC a health check, them having complained that it was just too slow to bother using at all. This of course took hours as they were a great example of a couple who never allowed the automatic updates to do their thing, tut tut! The first 15 updates later....a full virus scan which took 5 hours; a defrag and a disk cleanup; removal of applications from their desktop to the Programs file and their machine was practically purring compared to 7 hours earlier. Honestly, no wonder the poor thing was sluggish as the "desktop" was so overloaded with actual programs, not just shortcuts....

And two firewall programs were running and cancelling each other out.... So actually as a "woman in IT" my 11th August included a "good turn" and at least I was able to share some hints and tips that I've picked up along the way and have made the lives of my friends better – and given a new lease of life to a PC that was set to be replaced in despair!

Wales - Beti



The 11th August I had the regular team meeting with colleagues in Swansea and Bangor using Skype technology where topics and presenters for next years ITWales Business Club and Software Developer Group events programme were discussed.

Jamaica - Sophia



Mexico - Cecilia



A "Day in my Life" for 11 August 2008 began leaving Florencia, my daughter at her school. After an hour travel from Cuernavaca to the Corporate Office in Mexico City I assisted to the Weekly Director's Meeting. The purposes of these reunions are to share results and information between areas, to present and discuss deviations from the goals or budget, to coordinate plans and to take executive decisions and commitments.

Close noon I reviewed the status of the technology's projects with my CEO.

Once I Finished I returned to the Technology Office in Cuernavaca.

After review some requirements from Operation and Marketing, I joined to my team in our laboratory to control and manage the actual projects and fix some deviations.

After measuring some technical results about current trials I started with more needed analysis in my private office.

Before going home I dedicated some time to the e-mails that I didn't write during the day.

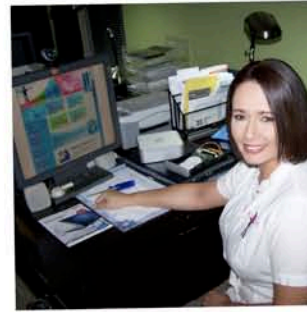
Once at home I enjoyed time with my two loves, my daughter and mi cello.

Brazil - Claudia



6 AM - get up, have breakfast, go to work
8-10 AM - teach undergraduate database class (70 students)
10-12 AM - attend talk by Stu Feldman (former ACM president, now at Google)
12-13:30 - have lunch with Stuart and some colleagues
14-17:30 - have meetings with undergraduate students, answer email, prepare draft of paper, review accounts of a project
17:30-18:30 - weekly meeting with all graduate and undergraduate students that work in the lab I coordinate and take picture for the folder
18:30-20:00 - review paper for a conference, go home
21-23:00 - watch news on TV, write draft of a document to justify hiring new faculty in my department
23-midnight - watch Olympics on TV, go to sleep!

USA (Florida) - Christa



I had a computer with a bad mother board & power supply. I was not so sure about the hard drive until I removed it and tested it. Nothing, it was dead as well. Since the PC had numerous problems that would cost too much to replace along with the labor to do so I recommended a new PC.

A dentist needed a cat5e run in one of his offices so I took a helper out and we ran and terminated a new line which took under an hour to do.

I had to reboot a server and all equipment to flush them out as they were having some issues and the connections where slow. After reboot, they said they couldn't get in after I announced that all was ready. I had to show the lady up front how to re-synch her connection and she was back on in seconds.

USA (Maryland) - Claudia



South Africa today. Yesterday Norway and tomorrow back to the "States." My job is not focused on technology but rather the users of technology. Today I and six of my colleagues are visiting a high school to talk about entrepreneurship and innovation.

Technology's value is the ability to solve problems in innovative ways. Too often it is seen as something as expensive or hard to implement, but then I think we have forgotten the key ingredient - innovation. So, today I am talking with young people to encourage them to think about old problems and finding new solutions available through innovation.

Technology is simply a tool of innovation. In school it means going beyond rote memorization to developing creative thinking, problem solving, valuing diverse people with diverse ideas, and working in teams. It means getting messy, forgetting self and ego, and caring first about the shared greater goal.

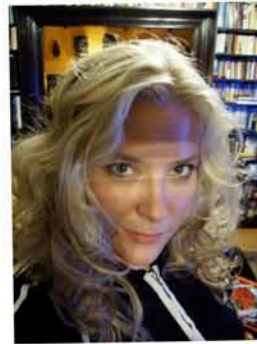
They got the message and celebrated it with hugs and cheers. And I walked away with a renewed sense of hope for our future. When we look at issues of AIDS and world hunger, it can get overwhelming. But when I look into the face of a young person, I am filled with a passion to support them and ensure they are part of the knowledge society. We need them all. Woo hoo!

USA (Massachusetts) - Margaret



Monday 11 August 2008 day is typical in that I am multi-tasking what with one immediate deadline and many future deadlines. Computer time, teaching time, and meeting with colleagues is the summary of my typical day.

Canada - Christine



- Roll out of bed and pretend to be excited about my 6:30AM workout.
- Shower and get to the office to review my calendar of activities for the week.
- Interview candidates for upcoming positions within the company.
- Start a draft marketing document for a program we are presenting to two partners.
- Spend time working with my vendor contacts and organizing two joint vendor executive workshops that focus on a successful project we recently completed.
- Weekly sales team meeting to review our status and to do's.
- Showcase an idea for a new technology platform our company needs to assess; identify the team members who will become the subject matter experts to further vet the proposed platform.
- Continue driving one of our business initiatives that, although rewarding, is a push uphill before we will see the results.
 - Go home around 6PM, have a beer / glass of wine while gardening and chatting with my husband about current affairs and ideas for interactive media art projects.

Chile - Carola



I wake up with my cell phone alarm while it's still dark outside, prepare a small breakfast and take a shower. I walk about 15 minutes to the bus stop and ride a bus and metro for about an hour.

After greeting my secretary and colleagues, I prepare myself a coffee and then check my e-mail. Normally, on Monday I have department meetings so I prepare to report what I've done during the week. After the meeting, my colleagues and I walk a couple of blocks to have lunch. During the afternoon, I have meetings with students and advise them on their thesis project. I also have meetings with my colleagues to work on a specific research project or paper. I teach an introductory course on GIS, thus I revise the class from previous semesters.

If I have time, I read papers to keep myself updated on my research interests. I leave my office around 7pm, take the metro and then the bus to my yoga class that ends at 9pm. I walk back home, eat something, and then go to bed around 11pm.

Peru - Carmen



5:30 : I WAKE UP MEANWHILE 03 ALARM CLOCKS ARE RINGING **6:15 :** I GET UP

6: 20 - 6:40- PREPARE BREAKFAST FOR MY YOUNGEST SON (13 YEARS OLD), EGGS, MILK, -HAVE BREAKFAST

6: 45 : GO TO SCHOOL AND WORK **7:30 :** LEAVE SONS TO SCHOOL AND THE INSTITUTE

7:45 – 7:55: ARRIVE AT WORK AND HAVE A BREAKFAST (a CUP OF COFFEE, SANDWICH AND DESSERT)

8: 00 –8:30 :STARTED TO WORK TURN ON MY PC, CHECK MY EMAILS, PRESSING F5 TO RECEIVE THE LAST ONES, CLEAN SPAMS, READ MY EMAILS AND CLASIFFY IN FILES BY URGENTS, MY EMAILS AND OTHERS ONLY PRINT THE VIP ONES SO I DONT FORGET , PLACE THEM ON MY DESK,

8:30- 10:30 - I RECEIVED A PROJECT OF AGREEMENT BETWEEN CHINA AND PERU ABOUT COOPERATION REGARDING ALLEVIATION POVERTY, THUS, I TRANSLATED IT FROM ENGLISH TO SPANISH, AND GAVE MY RECOMENDATIONS

10:30- 13:00 - HAVE A MEETING WITH OTHER OFFICES TO REVIEW AND HAVE A PHONE CONFERENCE WITH INTERNATIONAL ORGANIZATIONS TO ORGANIZE INTERNATIONAL MEETING RELATED TO CHILDREN IN AMERICAN REGION.

13:00- 13:30 HAVE A LUNCH

14:00–16:00- I RECEIVED A PUBLICATIONS ABOUT PERUVIAN INTERNATIONAL COOPERATION, THUS I STARTED TO ANNALYZE CHARTS, REVIEWED INTERNET AND WEB SITE OF THIS INSTITUTION TO MAKE A PROPOSAL, AND CONSOLIDATE THE LAST FLOW CASH OF COOPERATION TO PERU, INCLUDING CLASSIFICATION OF DEPARTMENTS, REGIONS AND KIND OF PROJECTS TO INCORPORATE OUR SECTORIAL PROJECTS AND STRATEGIES TO EXECUTE INTERNATIONAL COOPERATION PROGRAME - IT TOOK 4 DAYS, REVIEWING ALL CHARTS AND DOCUMENTS.

16:00-17:00 I INCORPORATED INFORMATION IN MY DATABASE OF AGREEMENTS AND COOPERATION FLOW CASH SYSTEM TO MAINTAIN IT UPDATED.

17: 30-18:30 I WENT TO NGO WOMEN IN SOCIETY TO COORDINATE ABOUT THE PROJECT TO INCORPORATE MORE WOMEN ENTREPRENEURS IN TECHNOLOGY- THEY PROMOTE WOMEN ENTREPRENEURS AND HAVE PRODUCTIVE PROJECT, PROMOTING LECTURING COURSES OF CLOTHING DESIGNS, USE OF TECHNOLOGY, PROMOTING WOMEN RIGHTS.

18:30- MY HUSBAND AND SONS PICK ME UP AND GO HOME,

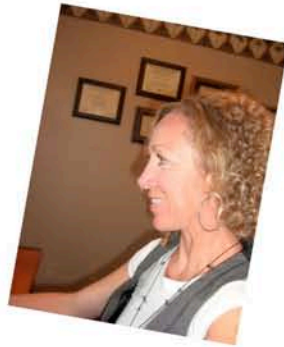
19:30 – ARRIVE AT HOME HAVE A COFFEE BREAK

20:30 - PREPARE TOGETHER (SOMETIMES A MEAL (DINNER) FOR SONS, (BUT THE MEN WASH THE DISHES)

21:30 – 10:30 HAVE DINNER (SONS) MY HUSBAND AND ME DISCUSS ABOUT SOME TOPICS RELATED TO SCIENCE, WITH OUR SONS, AT THAT ALL THE THEM ARE RELATED TO TECHNOLOGY, BECAUSE THEY ARE ADDICTED TO COMPUTER TOOLS, GAMES, SOFTWARES, ETC. OLDEST (ME AND HUSBAND) INTRODUCED DISCUSSION ABOUT THE BOOK OF STEPHEN HAWKINS “THE HISTORY OF TIME”, RELATED TO EINSTEIN THEORY TO RELATIVISM (IN FRONT OF OUR LUNCH/DINNER TABLE WE HAVE A WHITEBOARD - TO EXPLAIN ALL OF OUR DISCUSSION WITH SONS)

10:30 : SONS WENT TO SLEEP **11:30 –11:45-** WATCHED NEWS- DISCUSS ABOUT NEWS AND WORK DAY **11:30-12:30 –** FALL ASLEEP

USA (Los Angeles) - Kate



At 6am, the family is up and in action. I shower and get dressed while my husband wakes the kids and makes lunches; then we swap and he showers and gets dressed while I get the kids dressed, make breakfast, eat breakfast and then out the door we all go by 7am. Four bodies ready for the day in one hour – it's quite a system of teamwork.

I often head off to meetings with clients; however, most often I get to enjoy one of the nicer perks of a virtual environment - the commute. I head straight through the house to my home office. And while I can often go to work in pajamas, you will never see me that way. One of my commitments when I started Green Tea Creative was to always compose myself the same way I would if I were heading to a traditional office environment. This stems as far back as college days

.I would dress for class and for exams. Why? If I felt good and put together, I was likely to do better. Sounds silly, I know, but sometimes these little things play a significant role in the modus operandi and standards we set for ourselves.

USA (Silicon Valley) - Nilofer



7:00 a.m. Tired after late night (1:00 am) of writing the book. Up and checking email while chugging 2 cups of coffee.

8:00 a.m. Weekly meeting with personal assistant and husband to coordinate our lives and what is going on. Discussion ranges from household matters (have we hired someone to fix the fence), synching up travel schedules (husband is traveling on Wednesday to Houston and I've got a late client meeting), school and childcare coverage, and other items. 30 minutes with everyone making notes and figuring out how to make the puzzle pieces work.

8:45. Jump in the shower and down to the office. Only a .7 mile commute. Glad I made the office so close to home.

9:00 a.m. Business needs discussion via phone for an hour with a potential client who found us through following the company blog. We offer help in three areas – strategy, pricing and internet community. I start to do the problem architecture for him, live. He agrees with it, and likes our approach. Looks like a good fit. I have a staff member start the scope of work proposal that I'll review tomorrow before it goes out the door.

9:50 a.m. Make a call to the VP of Marketing of a current client to review recent internal strategy dilemmas, and check on progress of a proposal for a new project.

Continued - Nilofer “August 11 - A Day in my Life Diary”

10:00 a.m. Weekly staff meeting at Rubicon with all hands. We go over our client work list. Team members provide progress on client engagements. Group review and input provides resolution for sticky issues. Discussions of how things fit with methodology and where people need to follow it more closely. Preparation work for Rubicon’s Spark continues – invitation list reads like a Who’s Who of Silicon Valley. 75 people confirmed with room for 100. Looking forward to an exciting event. Review any operational / strategic gaps in-house to continue testing processes on ourselves first. Direct team re. client interaction and closing the loop. Executive director sets up weekly priority sheet and we’re off.

10:30 a.m. One on One meeting with company principal. Review of client work, discussion on 2 new accounts, conversation about email from client CEO and their needs. Detailed direction on completion of current engagement and smooth shift into new one.

Noon – 1:00 p.m. Lunch with principal to discuss book contract work with O’Reilly Media. He tells me negotiations are going well. Can’t wait to get the contract behind us so we can get to real work.

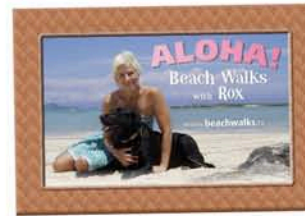
1:00 – 5:00 p.m. Half-day meeting with client. Overview of findings along with recommendations to VP for change within the business unit. Must connect that with overall corporate brand. Potential for increased revenue based on new strategy we’ve developed. Client is on board and buys-in during critical portion of the presentation. Says he’s ready to execute.

5:00 p.m. – 6:00 p.m. Quickly change into hiking clothes and charge the St. Joseph’s hill next to the office, fueled by the successful afternoon. Must be home at 6:00 for childcare handoff.

6-8:00 pm. Eat dinner with kiddo, do some drawing, play junior monopoly then his bath where we tell stories of the day (hard to describe life of CEO to 5 year old), 3 books, prayers and bed.

8:30 pm – 9:00 pm check email and triage a few that need attention right away. Early to bed tonight by 10:00. Husband reads aloud to me (current book: Water for Elephants) as we fade off to sleep.

Hawaiï - Roxanne



I usually check email first thing. With many of our clients 3-4 hours ahead of us, I make sure there are no emergencies and get my Inbox organized for the day (about an hour task). Some days I use Twitter (www.twitter.com/roxannedarling) to check in with my network of colleagues. Business leads or speaking opportunities often appear. I think the internet has some strong soul energy deep in its bones!

I then go to the beach for my morning exercise and film Beach Walks. On the way back, I visit the p.o. box and bank. I like working at home and limit my outside errands as much as possible. I find it hard to leave my computer once I get going!

For the next 8-10 hours (except for lunch) I am at the computer. I edit web sites, blog about business topics, and trouble-shoot client problems. I work in HTML and CSS.

After dinner, at least 3-4 nights a week, I continue on my computer. It takes time to stay up-to-date in the trends and I also do volunteer web work for a number of non-profits.

Hawai'i ~ Jamie



On August 11, 2008, I began my day as I normally would. My first priority was checking e-mail before my six year old son woke up. It's not the ideal way to start a morning, but it is tremendously helpful since many of my colleagues on the west and east coasts of the United States have been at work for a few hours when I am just waking up in Hawai'i. I also decided to Twitter my activities that day which you can see at <http://www.twitter.com/jamiehatch>

On this particular morning, I planned to be out of the office until noon to take care of some personal business. After preparing breakfast for my son and getting us both dressed for the day, we walked to school. Spending time with my son is always the highlight of any day, and certainly this day was no different.

After returning from my walk, I drove to downtown Honolulu to sign some paperwork, after which we decided to head to Aloha Tower for an early lunch. There is no place on earth quite like Hawai'i, and being able to have lunch on the waterfront is one of my favorite things to do. After lunch, though, it was back to work.

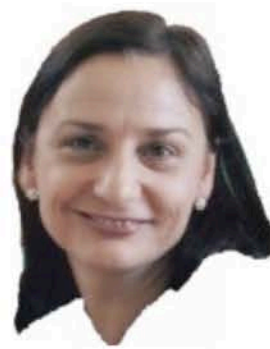
When I arrived at the office, I had already received a few text messages from my teammate, Arlana, informing me that the meeting I had with the boss (Rear Admiral Joseph Mulloy, our Chief Knowledge Officer) had been rescheduled. This gave me a bit more breathing room and I needed it because when I sat down at my desk, the whole team was full of exciting updates they needed to share. Teammates Jamie C. and Calvin were able to update me on the status of a few important projects and I was reminded about just how much CAN be done in a 4 hour period (not to mention how much one can miss!)

More Jamie “A Day in my Life – 11 August Diary”

As it turns out, the rest of the afternoon was quite busy. My meeting with the Admiral was rescheduled for a later date, but it gave me more time to work through a few issues with my colleagues and examine some of the communication problems we had been observing between certain parts of the organization. Then, rather unexpectedly, I was called into the Admiral's office and given some great news. Up until very recently I had been working for the Pacific Fleet as a contractor with Computer Sciences Corporation. It was on this afternoon that I was 'unofficially' informed that I had been selected for the federal civilian service position of Knowledge Management Officer for the Commander, U.S. Pacific Fleet. The process was long and it did a great number on my nerves, so receiving even 'unofficial' good news was a tremendous relief. I was and am very honored to have been given the opportunity to serve the Navy in this capacity. It was a little while longer before I could really share that news so I had to keep it to myself on that day.

After work, Arlana and I decided to go to Ko'olina Beach and capture some photos of the beautiful Hawaiian sunset since her husband Dan and his parents were already there. It is not too often that I get to go out to the beach right after work, but on this particular day, it seemed a fitting end to a series of stressful and wonderful events. Upon returning from the beach, I once again checked my email, caught up on the news with Anderson Cooper 360, enjoyed a sushi dinner and went to bed. It was a marvelous day.

Project Headquarters - Sonja



August 11 2008 was the longest 'DAY' in my life – from midnight to midnight across the globe it spanned 44 hours for me!

To ensure that I was readily available for any last minute hitches role models may have I had my schedule cleared for that 'day' (which for me was Monday 11 and Tuesday 12th August by the time the sunset on our last location).

I had my VOIP and mobile communications and web meeting room technologies ready to go to assist, and was available to swiftly respond to any last minute urgent requests. As it turned out everything went smoothly with no middle of the night calls on me.

There was 1 item I could not move from my schedule so at midday on August 11 I had a phone conference call to the IBM Diversity Council meeting to provide an update on the many girl and women in technology outreach and intervention projects and programs that the IBM/AWISE partnership had delivered. I was meant to travel to Sydney to deliver this presentation live –however due to my Doing IT Commitments I had it changed to a call in. My report was well received

Apart from being on stand by for the project I prepared for some technology awards I was to judge, and worked through prioritising some product development items. All in all a long "DAY" but incredible relaxing with no project urgent issues to address



August 11 from sunrise in antarctica ~ across the globe
~ to sunset in Hawaiï ~ The End