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Sent: Thursday, September 10, 2020 1:10 PM
To: Cara ODonnell
Subject: September Newsletter

September Newsletter



Hello everyone!

How are you doing? I hope that your time has been filled with many positive activities and nice moments, so you are able to manage to lighten up a bit of the challenging times that have spread around us.

September has already come. We just had the record hot summer month in August. Snow in September is not too uncommon, but always be ready of the white stuff. The seasons change in the blink of an eye.

Last month, our ITE Section had a successful continuing education for the first web meeting in our simulation Web Series on the topic of VISSIM basics. Kudos to Qichao Wang and Chris DeRosia. We also joined forces with Engineers Without Borders (EWB) for a fundraiser for their Ecuador program with a virtual cooking class.

We will have our [first meeting on September 18th](#). This meeting will feature a presentation on the I-25 South Gap Project Update. Further, you can hear speeches from our two solid candidates for the Secretary-Treasurer position: Ben Davis (CDOT) and Cara O'Donnell (Douglas County). We have included a short bio from each candidate in this newsletter. Please keep an eye out for voting information and take the time to vote.

The call for nominations for the 2020 [Lifetime Achievement Award is now open](#). Nomination deadline is October 2nd, please consider nominating someone who is committed to our profession.

Also, [Leadership ITE is in full swing, find out more here](#).

Finally, I look forward to seeing everyone virtually at the September Meeting.

Susi Marlina
President
Colorado-Wyoming Section ITE

In This Newsletter:

- September Luncheon
- Secretary/Treasurer Elections
- Nominate a Colleague for the Lifetime Achievement Award!
- Virtual Yoga

September Luncheon Goes Virtual

Join us on **September 18th** as our luncheon goes virtual!

Tentative Schedule includes:

- Welcome & Announcements from the CO/WY Section Leadership
 - Upcoming Events & Activities
 - News from the Mountain District
- 2021 ITE CO/WY Section Elections:
 - Secretary/Treasurer Candidate Speeches
 - Membership Voting Details
- Technical Presentation: I-25 South GAP Project Update from Paul J. Neiman III, PE, Project Director

This is a meeting you won't want to miss!

When?

September 18th, 12PM to 1:30PM

Register Now!

Link will be available once you register.

Registration is **FREE**, register at the link below:

REGISTER

Secretary/Treasurer Election

As you may know, each year we elect a Secretary/Treasurer, who then advances through the ranks: Secretary/Treasurer, Vice President, President, and Past President. This year's candidates bios are shown below. Each person will make a quick speech at the September 18th virtual meeting. A link to vote will be released afterwards.



Benjamin Davis, PE, PMP

Benjamin was introduced to ITE while working at URS after making the transition from a dirt kicking contractor to a roadway design nerd. He was told that if you really wanted to be a true transportation nerd, ITE was the place to be! They were not wrong. Benjamin quickly saw the benefits of becoming an active member of ITE.

Benjamin is currently a Project Manager for CDOT in Region 1 West Program in Golden, CO and works on projects across Jefferson County. He also gives some extra time at CDOT to volunteer with snow team (winter road closure) efforts and development of training programs including Work Zone Safety and Work Hour Estimation.

Benjamin will be graduating from CU Denver with his master degree this fall after starting so long ago (2015, I think?) thanks



Cara O'Donnell, P.E., PTOE, RSP1

Cara O'Donnell is a traffic engineer for Douglas County, focused in the Traffic Management Center ensuring the health of the County's transportation network and the safety and mobility of its road users. Cara participated in the Virginia Section of ITE while a Civil Engineering student at Virginia Tech, but really got involved when moving to Colorado and taking the job at Douglas County, which is very supportive of ITE participation.

Cara is involved in maintaining and improving the County's robust fiber network which provides connectivity to the traffic signals and Intelligent Transportation Systems deployed on County roads. She is currently managing a project to install ten new miles of fiber, replacing most of the wireless radio devices that have caused communication challenges, and

in part to ITE's amazing scholarship program (thank you to all of you). While at CU Denver, Benjamin is serving in his third year as a Teaching Assistant for the Construction Methods and Materials course. He cherishes the opportunity to help educate the next group of engineering professionals.

Benjamin takes volunteerism to heart, in the recent past he served on Jefferson County Public Library Board of Trustees. Currently as co-chair on the activities committee for the section, he has worked on planning events and coming up with ideas to facilitate networking for our members (thanks for being a great co-chair Negar!). As Secretary-Treasurer Benjamin plans on continuing the great efforts of Lisa Nguyen (congrats on the Rising Star Award!) and helping our section provide great opportunities to our members. Benjamin believes this section has prospects for growth and challenges to adapt to that will take leadership and energy to tackle head on. One of the strongest facets of the CO WY Section is that we have a great executive committee full of people that bring excitement and ideas to our group, and are also willing to take on challenges too. It has been amazing to over the past several months to see a number of people step up and say they want to be more involved.

Lastly, Benjamin wants to let you know that he loves to spend time with family, camping, traveling, playing dungeons and dragons, and skiing (YAY Ski bus!).

re-designing the network for increased redundancy. Prior to this role with Douglas County, Cara's career was focused on transportation research for the Federal Highway Administration's Offices of Safety and Operations. She conducted a wide variety of research, spanning from cutting edge connected and autonomous vehicle technology, traffic incident management performance measures, to low cost safety treatments for rural roads.

Cara lives for snowboard season, which is why it is so perfect to live in a place that (usually) offers that for 2/3 of the year. When she's not working or snowboarding, she's probably traveling! Either to Virginia or Washington to visit family, or overseas to as many new countries as possible.

Cara took over the role of website chair last year and designed the new Starchapter website that we migrated to this year. Being involved in the ITE executive committee has had such a positive influence on Cara's life and career. The executive committee is filled with dedicated and driven transportation professionals, who are also really fun and kind people! She is extremely grateful for the relationships and opportunities that this organization cultivates.

As Secretary/Treasurer, she hopes to have the opportunity to give back to an organization that has already given so much to her in a short amount of time. She feels her organizational and communication skills will allow

Thanks for taking your time to read Benjamin's candidate statement, he appreciates it.

her to excel in this and future roles on the board. She looks forward to continuing to be involved in the CO/WY ITE executive committee in any capacity and will be very excited if provided the opportunity to serve you as Secretary/Treasurer next year.

Thanks for your consideration!

Seeking Nominations for Lifetime Achievement Award!

It's that time of the year again when the Awards Committee looks forward to selecting this year's recipient for the Lifetime Achievement Award. The Awards Committee strongly requests that each member consider submitting a confidential nomination for this year's consideration.

The ITE Colorado/Wyoming Section Lifetime Achievement Award is the highest award the section can give a member. It recognizes a member who, for an extended period of time, has contributed in an outstanding manner to the advancement of the transportation engineering profession, the Institute of Transportation Engineers, and the Colorado/Wyoming Section. Established in 1989, past recipients of this award are Jack Bruce, Al Pepper, Dan Cronin, Gene Wilson, Dave Hattan, Jim Hauck, Dan Centa, John Bemelen, Bob Kochevar, Dick Bauman, Mark Schaefer, Ron Hensen, Pat Noyes, Alex Ariniello, Allen Albers, Larry Corcoran, Bill Hange, Fred Lantz, Gene Putman, Jim Richey, Bob Watts, Dave Baskett, Eric Bracke, Douglas Eberhart, and Greg MacKinnon.

Please consider honoring one of your deserving colleagues.

Minimum requirements are:

- Member of ITE and a member in good standing.
- Active in the field of transportation engineering for ten years or more.
- Significant continuous contributions to the transportation engineering profession for at least five years.

If you know of any member that should be considered for this year's award, please contact John LaSala at (720) 913-4534 or email at john.lasala@denvergov.org. Nomination forms and more info can be [found here](#).

Nominations are due no later than **October 2nd**.

Virtual Yoga



SARAH BEECHLER YOGA

- Denver based yoga teacher, nature enthusiast, travel and adventure addict -

Tuesday September 22nd at 6pm

Namaste ITE! Throw on those yoga pants (if you're not already wearing some) and engage in some relaxing yoga with your ITE crew! Yoga is a great way to combine exercise and meditation. If you've never tried, now is the time to start!

This class will be taught by Sarah Beechler. Sarah grew up on St. John, U.S. Virgin Islands and has lived in Denver since 2012. Sarah began her yoga practice in 2005. She is a 200 hour certified yoga teacher and teaches corporate yoga classes, small group (online and in person) and private yoga classes in Denver. Learn more about Sarah and her classes: <https://sarahbeechleryoga.com/>

[Click here to Register!](#)

Any Questions? Reach out to [Negar](#) or [Ben](#)!

Employment Opportunities

[Please check out our website for the most recent job postings!](#)

Thank you to our Section sponsors! To find out more about Section Sponsorship, please contact [Lisa Truong Nguyen](#).

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