



Society for Canadian Women in Science and Technology

Empowering and Supporting Women in Science since 1981

SCWIST Newsletter

April—June 2006

Message from the President



This is an extra special anniversary year for SCWIST, we are turning 25! As we plan for our anniversary gala in the fall it has been amazing to think about all of our achievements. Some of these are highlighted throughout this edition of the newsletter.

This year, the Board of Directors, with the help of our hardworking and dedicated staff focused efforts on connecting members. We continue to improve our member sign-up, renewal process and databases. Thanks to support from Hilda Ching, our website has been revitalized. If you haven't renewed your membership why not visit <http://www.harbour.sfu.ca/scwist> and check out our new online system.

We have held numerous member events with great attendance that included: Love and Work, Women's Lives: Transitions and Turning Points, Facing Conflict with Confidence: A workshop for professional women, Creating Connections: Building bridges between Students and Industry—Women in Biotech Roundtable, Job searching workshop for women engineers and, of course, our annual XX Evening.

Our upcoming AGM on June 7th is also shaping up to be an excellent event for networking and information sharing. Margo Moore is our keynote speaker and she'll answer the question: "Does Living with Stress Cause Ulcers?"

I would like to take this opportunity to thank members, volunteers, staff and directors for their never ending support, positive reinforcement and jobs well done in 2005-06. I look forward to another year working together to enhance the lives of women and girls in science and technology.

Amanda Smith

2005/2006 President of SCWIST

Save the date!

SCWIST AGM

Wednesday, June 7, 2006

6pm—9pm

The Welch Room

YWCA

535 Hornby Street

Vancouver BC

SCWIST Resource Centre
scwist@sfu.ca

Ms. Infinity
msoo@sfu.ca

Immigrating Women in Science
iwis2@sfu.ca

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**SCWIST
turns 25.
Help us
plan the
party!**

"The scent of large white clematis filled the air as we sat and made our plans on the front porch" wrote Hilda Ching recalling the foundation of SCWIST in 1981.

With SCWIST's 25th Birthday this year we have a chance to reflect on our history and celebrate the women who have invested their time, energy and vision into the society.

If you would like to help us plan a party in the autumn, please contact the SCWIST coordinator at scwist@sfu.ca.

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Love and Work

Elsie DeVita and Delyse Ledgard

Barriers to Intimacy: Lack of Time (excerpts from Love and Work presentation)

Intimacy takes time. The longer you are in a relationship the more trust is developed, the more you get to know about your partner. Time also relates to making time to spend in each others presence, where you have time to have fun together, as well as address feelings within the relationship. It is important to give yourselves enough time to transition from the rest of your life to really 'be here' with your partner, to experience co-presence.

In all relationships there are times when things outside the relationship take priority, such as work, school, family commitments, etc. Problems arise when there is a pervasive pattern of not making time to be present with one another. The more time goes on where both partners have not connected in an intimate way, the more likely certain experiences in the relationship go unaddressed. These may be resentments and conflict issues and feeling unloved. Decisions start to be made without the full involvement of both parties, and there are fewer and fewer shared experiences. As these barriers build up, the motivation to spend time together decreases because there is so much to repair. Over time, couples tend to avoid one another and the minefield of unresolved issues. Ultimately, "lack of time" can be a red herring, a euphemism for avoidance of relationship issues and fear of intimacy.

It takes courage and risk to love another person. Rainer Maria Rilke described the challenge:

For one human being to love another human being: that is perhaps the most difficult task that has been entrusted to us, the ultimate task, the final test and proof, the work for which all other work is preparation.

Delyse Ledgard (M.A.) and **Elsie DeVita** (Ph.D. R.Psych.) help couples and individuals explore relationships. They lead a series of groups called "What's love got to do with it?" Delyse and Elsie presented "Love and Work" to SCWIST members in March 2006.

Upcoming Events in 2006/2007

After Glass Ceilings: Supporting Working Women

We welcome your suggestions for workshops, lectures or events topics and speakers for our upcoming series "After Glass Ceilings". Have you been to a thought-provoking talk? Have you participated in a useful workshop? Did you want certain groups of women in science and technology to meet at an event? We would love to hear ideas that would interest women in industry, academia or government.

Ambitious Woman: insult or compliment? **Lil Blume**



When I told a woman manager that I was giving a speech on woman and ambition, she said defensively, "You're not going to say money and success – the male ideal – are the only valuable ambitions are you? Women have other ambitions that are equally valid – like bringing up a family and supporting their schools and community." Note how she associated male ambition with personal gain: money and success. Female ambition was other-directed: family, school, and community.

Psychiatrist and author, Anna Fels, in her book *Necessary Dreams: Ambition in Women's Changing Lives* defines ambition as the desire for both mastery and recognition. "Without an element of mastery," she said, "we have little control over our destiny. Without recognition, we feel isolated and, ultimately, demoralized." Fels observed that women feel ambivalent about both seeking and accepting recognition. She claims that there is a lot of pressure on girls and women to provide recognition to males while deflecting it from themselves.

My speech looked at the evidence that many women are ambivalent about recognition, and demonstrated how this ambivalence can be expressed in their professional lives with negative consequences. I concluded that organizations such as SCWIST can support, train, or help younger women clarify and achieve their goals.

These thoughts led to the creation of an interactive workshop supported by the JADE Project in which women explore their attitudes towards personal ambition, examine the blocks they may face in achieving their goals, and identify tools they can seek to overcome their blocks.

Lil Blume (M.A.) is a communications consultant based in Toronto, ON. She presented "Women and Ambition: Insult or Compliment" to SCWIST members in October 2005 thanks to Vancity's support.



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Ms Infinity Update

Autumn of 2005 was less busy than usual due to a teacher's strike. Despite the setback, since October we have had conferences in Trail, Vernon, Prince George and North Vancouver.

The 7th telementoring season kicked off in January with 16 students participating from 6 different communities. This year many of the students were interested in being matched up with Veterinarians and Architects. Ms. Infinity Role Models have also been active doing workshops for Girl Guide groups.

The next few months will be busy for the Ms. Infinity programming. In May we will hold the Nanaimo Ms. Infinity conference and in July, Role Models will be presenting workshops for YWCA camps.

This spring we will be promoting Ms Infinity programs at the Catalyst conference which is put on by the B.C. Science Teachers Association. In the summer we will be presenting a poster at the CCWESTT (Canadian Coalition of Women in Engineering, Science, Trades and Technology) conference.

This is the last of our three years of NSERC funding and we will be looking into other funding sources to ensure that the Ms Infinity program continues to be a success in the years to come. We welcome ideas from our members for governmental, private or corporate sponsors.

We always welcome volunteers. If you would like to be a Role Model for Ms Infinity conferences, a panelist or Keynote Speaker for Quantum Leaps, a mentor for Telementoring, or become a member of the Ms Infinity committee, please email us at msoo@sfu.ca.

SCWIST Scholarships

Each year SCWIST offers three awards to women pursuing post-secondary education in sciences.

Congratulation to this year's winners!

Michelle Chen, BCIT
Computer Systems Technology
Margaret Lowe Benston Memorial Award (\$500)

Sarah Kaehn, UNBC
BSc Biochemistry
SCWIST Michael Smith Scholarship (\$500)

Vicki Wong, BCIT
Technology Support Professional
Debbie Gervin Scholarship, BCIT (\$1,000)

Giving out Scholarships Erin Young

On a rainy wintry day, I took the SkyTrain to BCIT Burnaby. It was my first time to BCIT and I was interested to see what it was like and to meet some of the students.

When I arrived, the venue was full of hundreds of people. There was an appetizing reception with punch, sandwiches, fruits and desserts. I was directed to a table where I was seated with the award recipient Michelle, and her guests, two of her classmates. It was inspiring to see the number of awards presented for the level of achievement demonstrated by the students. All the students were at the top of their class and they were so young!

Michelle and her friends talked about the challenges of their programs, how they solved problems in teams, and what they wanted to do in the future. They were interested to learn about SCWIST, our mission and programs.

I felt proud to represent SCWIST in supporting these talented young women.



IWIS Update

In September, IWIS co-organized an inspiring panel discussion with DAWEG called the [Internationally Trained Women in Engineering \(ITWE\)](#) Workshop. Participants heard from a panel of internationally trained women engineers currently working in Canada. The fifty women attending were able to make connections with employers and with each other through the day.

To be able to continue to offer meaningful benefit to the IWIS community, Immigrating Women in Science (IWIS) is undergoing some changes.

We have an active committee composed of women from universities, colleges and industry: Lynette Sigola (Douglas College), Shauna Paull (former IWIS coordinator), Daniela Constantinescu (UVic), Erin Young (UBC) and Pilar Bonilla (Polyhomes). We are currently working to prioritize and secure funding for IWIS related programs.

Our strength and vision continues to be the networking and mentoring opportunities available through our membership.

We will continue to provide you with a monthly e-newsletter to help you stay abreast of IWIS news and developments. If you would like to subscribe, please email the IWIS coordinator at iwis2@sfu.ca. In addition, if you wish to volunteer, we would welcome your contributions.

If you have an urgent request, please contact our SCWIST Resource Centre directly at scwist@sfu.ca.

SCWIST also supports
Regional Science Fairs
to help enhance
the science curriculum.

Congratulations to winners
Jen Stacey and Sarah Marriott.



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Overview of Members Events

October 20.2005;
SFU Harbour Centre
Ambitious woman:
Insult or compliment?



Presented by Lil Blume, MA
Generously Supported by Vancity, Ker-
risdale Branch

SCWIST members were treated to an evening of provocative discussion on how ambition plays in the lives and minds of women engaged in the fields of science, engineering and technology. (See article on page 2.)

October 22.2005; YWCA Vancouver
Facing Conflict with Confidence: A work-
shop for professional women
Facilitated by Lil Blume, MA

In this full-day workshop, participants learned to build awareness of our choices in conflicts and developed further skills in dealing with conflicts.

October 24.2005;
The Segal Centre, SFU
Creating Connections: Building bridges
between Students and Industry—Women
in Biotech Roundtable
Co-organized with the Student Biotech
Network (SBN—www.sbn.ubc.ca)

In partnership with the SBN, SCWIST hosted a tremendously successful networking and mentoring event at the Segal Centre. Over 100 students from UBC, SFU and BCIT as well as over 30 mentors joined us for this event. SCWIST Director, Nancy Hawkins, opened and moderated the panel of women working in the field of science and technology.

The panel included Dr. Julia Levy (keynote, QLT), Karole Sutherland (VP Clinical Operations, Allon Therapeutics), Dr. Lynne Quarmby (Associate Professor, Molecular Biology & Biochemistry, SFU), Joan Sheehan (VP Sales & Marketing, StemCell Technologies Inc), and Beth MacDonald (Partner, McCarthy Tetrault LLP).

November 28.2005; BC Hydro, Burnaby
Job searching workshop for immigrant
engineers
Sponsored by BC Hydro

This workshop provided an opportunity for underemployed immigrant engineers to visit a

major employer in BC and to listen to insights of practicing Canadian Professional Engineers. Engineering managers at BC Hydro explained how they hire engineers and what they look for from their candidates. This was also a chance for immigrant engineers who now work for BC Hydro to share their job searching stories and advice. This was a joint event between SCWIST, the Association of Chinese Canadian Professionals, and several multicultural and immigrant services organizations in the Lower Mainland.



January 19.2006; YWCA Vancouver
Women's Lives: Transitions and turning
points

Facilitated by Sally Halliday (MSc
Counseling Psychology)

SCWIST members were inspired to think differently about the changes and transitions they encounter in their lives. Sally engaged the participants in a way of thinking about change so they can move through it creatively and with purpose. The workshop was based on her popular course called *Working on Purpose*.

March 6.2006; TELUS World of Science
XX Evening
Organized with the TELUS World of Sci-
ence

What an event! Our annual XX Evening was a roaring success attended by over 100 participant, including 35 Wonder Women. Over slices of pizza, students had the opportunity to mingle and network with as many Wonder Women as they could— from Chemist to Meteorologist to Genetic Counselor. Our sincere thanks to The TELUS World of Science and the Wonder Women for their continuous dedication.

March 30.2006; YWCA Vancouver
Love and Work
Presented by Delyse Ledgard and Elsie
DeVita

Read the article on page 2 for a taste of the ideas from this thought-provoking evening. Check out www.elsiedevita.com for contact information.

Board of Directors 2005/2006

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Director

Head of Biology, UCFV

Perveen Biln

Director

Research Assistant, Biomedical
Research Centre

Contact board members through the Resource

Coordinator:

scwist@sfu.ca

Want to be more involved?
Consider joining a
committee.

Membership Benefits

Communications

Events

Human Resources

Finance

Fundraising

Immigrating Women

Ms. Infinity

Your Own Ideas...



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SCWIST Member Benefits

Are you getting all you can out of your SCWIST Membership?

- **Workshops** for women in science and technology (receive reduced rates for members)
- **Leadership opportunities** in a supportive environment (telementor a girl interested in science, volunteer for a committee, offer an idea for an initiative or event)
- **News from our website** (post and learn about events of interest for women)
- **National communication** (contribute articles or ideas to the newsletter)

SCWIST's charitable status

SCWIST is a registered charity and issues tax receipts for all donations.

We invite you to contact scwist@sfu.ca if you wish to make a gift to support our programs for girls and women.

What's the difference between a Sustaining and Professional Membership?

A sustaining membership (\$100) combines a professional membership (\$40) and a \$60 (tax-deductible) donation to SCWIST. Sustaining members truly sustain SCWIST by supporting the charitable programs we run.

Who we are

The Society of Canadian Women in Science and Technology is a non-profit, voluntary association established in 1981 to promote, encourage and empower women working in science and technology.

Our Mission Statement

- To promote public awareness of the opportunities for women in science and technology by providing information and resources which aim to influence public policy and present positive messages about women's achievements and potential in this area.
- To encourage the full participation of girls and women in all aspects of science and technology education, through the provision of programs and activities which are developed and implemented in partnership with relevant community members.
- To increase the representation, retention and status of women in the science and technology workplace by providing networking and mentoring opportunities and advocating for women-friendly workplaces and education policies.

Membership Dues

Dues can now be paid online—link through:

<http://www.harbour.sfu.ca/scwist>

Student	\$20/year
Professional	\$40/year
Sustaining (see panel)	\$100/year (including \$60 tax receipt)

Let us know what you think

SCWIST Resource Centre

scwist@sfu.ca

Ms. Infinity

msoo@sfu.ca

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