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Highlights of Upcoming Events:

- Executive Meeting June 8th
- Summer Social June 26th
- AGM September 25th

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DAWEG News

By Manjit Neger

With winter slowly subsiding and the new freshness of spring upon us, it is apparent that we are experiencing the breakthrough of a new season. Many weeks have passed since the last DAWEG newsletter and it is with great pleasure that we present to you the May Issue of The EDGE Newsletter.

DAWEG members were busy organizing and participating in various exciting, informative, and fun events throughout the month of February. With the awesome leadership efforts of Caroline Dayyani, DAWEG was able to put on a Salary Seminar and a Wine and Cheese Networking Social Event. Both events were positively received and well attended, with approximately 80 students and 11 professionals representing various companies.

The Annual Engineering Feets Fun Run closed the month of February in style. With 36 runners, 10 walkers, 20 sponsors, and many dedicated volunteers, the Fun Run was a great success in bringing the community together to celebrate National Engineering Week. The money raised from the Fun Run helps support DAWEG activities and initiatives throughout the year. Extra special thanks to Cynthia Zhou, Davinder Rai, Desiree Bowes, Nancy Hill, and Rhonda Hyslop for their dedication and organizing efforts.



Sign in Station at the Fun Run

An on-going activity that members have been actively participating in is the Tri-Mentoring Program at the University of British Columbia (UBC). This mentoring pilot program at UBC was initiated in January 2004 in order to match junior students with senior students and women from industry. Mentoring is an effective way for junior/senior students to ask more experienced students and professionals career impacting questions. Mentoring assists in career discovery, decision-making, and strategizing. Though this round of mentoring has come to an end, mentoring is a very rewarding experience. If you are interested in participating in similar mentoring projects as either a mentor to junior/senior students or if you are a student interested in being mentored, DAWEG's mentoring committee would love to hear from you.

On March 27th, DAWEG Executive Committee Members attended an Executive Teambuilding Event on Granville Island. The objective of the event was to bring the Executive together in a fun environment to get to know one another better, to identify personal reasons for joining and staying involved with DAWEG, and to generate ideas to make DAWEG a more successful and more effective organization for all members.

Upcoming events to mark on your calendar include the highly anticipated Summer Social on June 26th. This year the Social/Event Committee has planned a fun potluck BBQ Social Event at Diana and Saman Cheng's home in Burnaby. Diana has volunteered her wonderful husband, Saman, who used to be a chef for a Greek Food Restaurant to help prepare the food for us. See text box at the top of the next column for complete details.



Summer Potluck BBQ Social Event

Who: You, friends, and family

When: Saturday, June 26, 2004

Time: 5:00pm - 8:00 pm

Where: Diana and Saman Cheng's backyard at 7231 17th Ave, Burnaby (10 minutes walk from Edmonds Skytrain station).

Please RSVP: diana_cheng@telus.net by June 13, 2004. We need to know # of adults, kids, and what you would like to bring (appetizer, entree or meat for BBQ, dessert, drinks).

Other important dates to mark on your calendar include the next DAWEG Executive Meeting on Tuesday, June 8th, and the DAWEG Annual General Meeting (AGM) scheduled for Saturday, September 25th. Details regarding the AGM will follow in the next newsletter.

Like the "spring" forwarding of the clocks, DAWEG is moving forward. As you have just read, DAWEG has put on several events in the last few weeks, and has several planned for the upcoming months. These activities are more than just the events themselves. They are opportunities to interact with the powerful DAWEG network – the best source for ideas and support that will help you to advance. Get out and get involved! The more you put in, the more you get out.

Monthly Informal Coffee Talks

Do you need to get something off your chest, need to voice your opinion? Do you have an idea for a conversation topic that others would like to participate in? Well you're not alone. DAWEG members have expressed they want informal opportunities to get together and socialize. If this sounds like something you'd be interested in, then Monthly Informal Coffee Talks (MICTs) are for you.

What makes this idea so great is that you, as a member, can decide to host a MICT. As the host of a MICT, you decide the conversation topic, where and when you'd like to host the MICT (your place, a coffee shop, etc.), how many people you can comfortably host (limit to conversation size, approximately 8 to 10), what you'd like your guests to bring, etc. Phyllis McIntyre has volunteered to be the contact person for MICTs. So if you're interested in hosting a MICT, contact Phyllis at: pmacintyre@telus.net. As soon as Phyllis hears from a member who wishes to host a MICT, she will send out details to the DAWEG membership via e-mail, and then those wanting to attend the MICT can contact the host directly. What a great way to connect with others!

Spotlight on Tracy Rockwell, P. Eng.

By Jennifer Richards, EIT

As a young professional working in the Civil Engineering consulting field, I tend to get excited about working with new people; especially professional women. Tracy Rockwell recently joined our firm and I bombarded her with questions on her first day at work! Luckily, Tracy was enthusiastic about our informal 'interview' and provided great insight and commentaries on some key topics.

Backgrounder

Tracy is a professional engineer who has taken the road less traveled to arrive at her current profession. Originally showing a great interest in carpentry, Tracy was convinced by her peers to pursue a career with higher educational requirements. While leafing through program information, civil technology caught Tracy's eye and she soon graduated from her new field. Although Tracy greatly enjoyed her career, she felt that her work could be enhanced by gaining a deeper technical knowledge of her civil applications and she pursued an engineering degree at UBC. Since graduation, Tracy has worked in the field of community development; specifically for First Nations communities.

Why First Nations Engineering?

As a First Nations person, Tracy is strongly committed to the concept of community. By offering her technical skills to enhance First Nations communities, Tracy feels that she is capable of both giving and receiving in this application.

What challenges do you see for both maintaining and attracting women to the engineering field?

"I was interested and continue to stay because I believe I can make a positive difference in people's lives. The challenges we face as engineers require creative solutions. Perhaps the social or humanitarian aspects of what we, as engineers, do are less known. Attracting and maintaining women in engineering is a multi-layered question that does not appear to have a simple solution, and like any challenge, requires creativity. "

Do you have any suggestions for how to maintain a healthy work/life balance?

"Women have been branded as super-achievers. When we can be average, we will have succeeded."

YOUR ENVIRONMENT – YOUR HEALTH

Compiled by: Manjit Neger

Interesting Facts

According to Canadian studies, DDT and DDE residual levels in the breast milk of Inuit women in the Eastern Arctic are 1210 parts per billion, compared to 171 parts per billion in women in Southern Ontario. The extreme levels of persistent pesticides in Arctic people and animals high on the food chain are largely a result of trans-boundary transport and bioaccumulation. Similar build-ups of other harmful pesticides have been recorded in various parts of Canada including the Great Lakes, the St. Lawrence River and the Prairies.

--Source: *Sierra Club of Canada Website*

Did you know an average person travels more than 9,000 miles (14,484 km) a year by car, compared with less than 4,000 miles (6,436 km) four decades ago? The average driver spends 443 hours a year behind the wheel.

--Source: *Christian Science Monitor*

Alternative Air Fresheners

Plants such as golden pothos, English Ivy, and spider plants help to purify the air! To freshen the air, simmer 1-tablespoon cloves, 1 orange peel, and 2 cinnamon sticks. Put a few drops of an essential oil on your vacuum filter before vacuuming or ... essential oil(s) in a spray bottle with water. However, the best air freshener is fresh air!

--Source: *Sierra Club of Canada Website*

**DAWEG Opens the 2004 Engineering and Geoscience Week
with Another Successful Engineering Feets (Fun Run)**

By Maggie Wojtarowicz, E.I.T., DAWEG Chair

Early Sunday morning, on February 29, 2004, DAWEG volunteers gathered in a light drizzle at Lumberman’s Arch in Stanley Park in Vancouver to begin setting out the route for the Annual Fun Run – DAWEG’s main fundraising event. The remaining of the fifteen volunteers were joined on site by a Running Room representative to set up the food and water stations, on-site registration, and the start/finish line. With a 7:30 am start, to keep warm and wake up, they eagerly put up posters, set up tables, and brought out the electric generator to brew some fresh hot coffee and hot chocolate.

The course marshals headed out to mark the route for the walkers and the runners, and as the water station volunteers were getting ready to head out to their spots, the Fun Run “headquarters” received a call from the marshals indicating that we would have to change the planned route due to construction closures on the Seawall. It turned out to be a false alarm, as a more awake volunteer read the small print on the construction sign – “Seawall Closed – March 1st”. We were safe – it is a leap year, and we were still on the last day of February.

First runners began arriving for registration at around 8 am, with the drizzle letting up, stopping completely with sunshine poking through by the start of the race. All in all, we had about 50 participants: 40 runners and 10 walkers, with one gentleman pushing a stroller.

Our youngest and fantastically organized DAWEG volunteer, Erin (12), armed with a pair of long tongs in hand, had oranges, bananas, muffins and cinnamon buns all very neatly arranged in rows on trays for our runners and some shivering volunteers. She made sure to follow the food safety permit by leaving enough space between food articles to ensure that anyone picking up one food item did not accidentally touch another food item.

A few minutes before 9 am, Claudio Arato, P.Eng., our returning MC and trusty Council member, gave our racers last words of encouragement and reminded them about the turnaround points for runners and for walkers, before giving a loud “bang” indicating the start of the race.



DAWEG Booth at the Fun Run



Cynthia Zhou showing off the Fun Run T-Shirt

About 30 minutes later, our first 10 km runner, Phil Green, came in (at 36.18 min.), followed by Geoffrey Holan at 42:00 min., with the third place winner, Tom Rafa, coming in at 44:12 min. Our top female 10 km runner, Lisa Heddna, was not far behind, crossing the finish line at 46:55 min. Our top female 5 km walker, Sandra Moffat, made it in 44:37 min.

Young Erin exhibited her multi-tasking abilities by taking temporary leave of the food station to announce the runners and walkers as they finished, and later, assisting our MC with handing out the medals to the race winners, and generously donated prizes to draw prize winners.

Our sponsors included EarthTech, Dayton & Knight, UMA, Associated Engineering, Creo, Jacques Whitford, the Running Room, Canadian Springs, Horizon Engineering, Nortrak, eGlobe, UBC, BCIT, and APEGBC, to name but a few. One of our sponsoring companies (Nortrak) participated in full force having entered about 10 of its employees in the Fun Run. The participants indicated having really enjoyed the event, with the chief organizer of Nortrak's team indicating that they were eager to enter again next year.

Thanks to all the volunteers who made this event happen both on the day of the event, as well as in all the organizational work that went into raising funds through this event for the many DAWEG activities that we undertake throughout the year.

Some of the DAWEG initiatives that are made possible with the raised funds include:

- sponsorship of BC Provincial Science Fair Awards (Grade 7 to 12 students);
- organization of school visits by students from the Massachusetts Institute of Technology (MIT) (high school students);
- sponsorship of student attendees at conferences such as the National Conference for Women in Engineering (WIE), and the Canadian Coalition for Women in Engineering, Science and Technology (CCWEST) (university students);
- mentoring and networking events for students and professional women; and
- addressing on-going and new issues facing women in engineering and geoscience.

We are very happy to report that we met this year's Fun Run fundraising targets.

On a subsequent weekend, as thanks to our fierce volunteers, Cynthia Zhou, the Fun Run Coordinator, organized a debriefing and celebration party at the APEGBC office, adding a little professional development (PD) into the mix, by having Margaret Li, P.Eng., another trusty Council member, present some Writing and Presentation Tips.

We look forward to your support and participation in the Fun Run in the years to come!!



DAWEG Executive Teambuilding Event ~ Highlights

Jennifer Richards, EIT

A brainchild of Maggie (chair) and Nancy (Vice-Chair), the first DAWEG Executive teambuilding event was held on Saturday March 27, 2004 at Granville Island.

Several members of the executive partook in a busy day of strategizing, brainstorming and dragon boating in an effort to enhance executive coordination and communication.

For the greater part of the morning executive members discussed their personal goals and motivations for being on this year's executive. Although each member had unique reasons, some common ground was detected and is summarized:

- Helping to provide direction to DAWEG;
- Wanting to get to know other female Engineers;
- Seeking peer mentoring or to help mentor younger Engineers and peers;
- Wanting to network;
- Desiring to learn from other women's experiences;
- Developing new skills;
- Seeking opportunities for exposure to industry members; and
- Wanting to improve communications among DAWEG members.

This in turn led to lengthy and lively conversations on how to further DAWEG's mission and to more actively engage the membership.

A new initiative stemming from the event is to ensure more regular communication with members by way of a bi-weekly email (aptly coined DAWEG TGIF). The intent of this email is to provide a brief update on DAWEG events, and initiatives and to provide factoids, juicy tid-bits and maybe even discussion topics.

The idea of hosting a greater number of workshops was also discussed. In general, the executive feels that by hosting a greater quantity of smaller-scaled workshops and seminars over the year, DAWEG members will become more active participants in their organization. The idea of hosting regular 'coffee talks' was debated. The executive agreed that informal meetings where a single topic is discussed would be beneficial to members who would like to be able to discuss important issues in a relaxed and informal atmosphere.

Send us your ideas for workshops/seminar topics! Do you have a speaker you've been interested in hearing? Email us at dawegnews@yahoo.com. We'd love to hear from you!

Why Did you Join DAWEG?

DAWEG Executive Committee Members attending the DAWEG Executive Teambuilding Event were asked what their reasons are for joining DAWEG? Some of the reasons given (in addition to the reasons given in the above article) are:

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| <ul style="list-style-type: none"> • to meet new people. • opportunity to use non-technical writing skills. • to practice organizational skills. • for opportunities for exposure to industry members • peer mentoring. • to help with achieving personal goals while helping achieve DAWEG's objectives. • to help build on DAWEG's past successes. • to help find ways to do things differently. | <ul style="list-style-type: none"> • to participate in the transition from "motherhood issues" to "advocacy." • to challenge people to undertake new things. • to learn from other women's experiences. • to use involvement with DAWEG as a stepping-stone for other leadership positions. • Karen • to be a part of this effective and efficient organization |
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What are your reasons for joining DAWEG? As your organization, DAWEG wants to hear from you. What would you like to see from DAWEG? What types of events/activities are you interested in participating in? Write us and tell us your thoughts and visions for DAWEG. The newsletter committee welcomes your submissions and ideas for its next issue. We can be contacted by email at dawegnews@yahoo.ca.