



UPDATE

The mission of BCIT is to provide British Columbians with world-class, job-ready skills for career success.

VOLUME 2, ISSUE 9



FEBRUARY 27, 1995

BCIT Events to Come

Tuesday, February 28

■ Red Cross blood donor clinic in Town Square A&B from 1000 to 1530.

Wednesday, March 1

■ Red Cross blood donor clinic in Town Square A&B from 1000 to 1530.

■ A workshop on addressing harassment and discrimination in the classroom will be held in SE6 Rm 202 from 1200 to 1400. Pre-registration is required at local 8841.

■ A WITI brown bag lunch will feature Patricia Woertz, president of Chevron Canada Ltd., speaking on the challenges faced in today's science and technology career field. The session will be in SE6 Rm 206 from 1230 to 1330.

Thursday, March 2

■ A new employee orientation session will be held from 0830 to 1630. If you are new to BCIT and have missed your orientation, call Dina Bedard at 8824 to register.

Saturday, March 4

■ Penny Priddy, Minister of Women's Equality, will speak at Breaking Down the Barriers.

Wednesday, March 8

■ A workshop on addressing harassment and discrimination in the classroom will be held in Town Square C from 1200 to 1400. Pre-registration is required at local 8841.

■ Computer Resources has arranged for Microsoft to present its long awaited product — Windows 95. The release date is scheduled for this August, and the presentation will take place in the BC Tel Theatre in SE6 (IBM Building) from 1230-1330. All are invited to attend.

Today's Chuckle

Another computer virus to watch for:

Elvis virus: Your computer gets slow and lazy, then self destructs, only to resurface at shopping malls across rural America

BCIT grad plays for the whales



BCIT Grad Rebecca Fasihi

Bert Schendel photo

Hearing her music accompanying the movement of whales was quite a spectacular moment for BCIT grad Rebecca Fasihi. When the Institute of Open Sciences presented a video at their open house, it was Fasihi's original new age composition that provided the background.

Fasihi graduated from BCIT's Broadcast Communications department in 1994. She is currently pursuing her career in radio and television at Shaw cable in Victoria, while maintaining her interest in music composition and performance. A cassette of her music has been available on campus at the This 'N That stores since its release in November 1993. This past Christmas she released it on CD and plans are already in the works for a second CD.

"I really enjoyed my time at BCIT," says Fasihi. "It was the first time that I lived away

from home. I made some great friends, and my experience of coping with life at BCIT has made me more confident. I realize how important it is to let people know what you're all about and for me that means communicating with other people through my music."

While music has been an important part of Fasihi's life since she began playing the piano when she was six years old, she did not choose to study it at a post-secondary level. "I wanted to pursue a career in broadcast communications because my goal is to eventually become a television presenter," explains Fasihi. "As long as I can continue to use my music in positive and creative ways and others can find enjoyment from it, then I feel it has fulfilled its purpose."

— from Sheila Rees

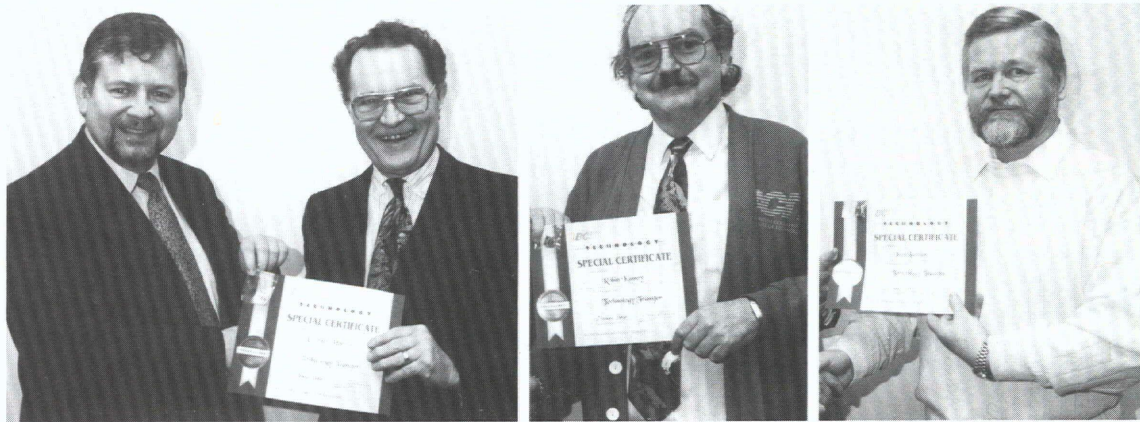
Workshops and lunch offered

Maggie Ross, BCIT harassment and discrimination advisor, will facilitate two workshops addressing harassment and discrimination in the classroom. The sessions will include a light lunch, and pre-registration is required, so call 8841 now to make sure your place is reserved. Workshop times and locations are as follows:

March 1: 1200 to 1400 in SE6, Rm 202

March 8: 1200 to 1400 in Town Square C

Applied research at Tech Centre



Several hard-to-corner faculty were presented with certificates and pins at the Technology Centre's manager's meeting on Tuesday January 10. From left: Norman Streat presents certificates to Gordon Harris, Robin Kinney, and Lars Larsson.

Bert Schendel photo

For the past eight months, Norman Streat, director of the BCIT Technology Centre, has been dropping in on faculty department meetings to present faculty members with special certificates and applied research and development pins

recognizing their contribution to BCIT's applied research and technology transfer mandate.

To date, Streat has presented awards to more than 50 faculty members. "There are still many more to deliver once an

appropriate meeting can be found or scheduled, and the list is growing every month as more and more faculty become involved in applied research with the centre," says Streat.

— from Kelly Gervais

BREAKING DOWN THE BARRIERS

A seminar for women considering non-traditional careers

A seminar for women considering non-traditional

careers will be held on Saturday, March 4 in the IBM building's BC Tel theatre.

Penny Priddy, Minister of Women's Equality will deliver the keynote address, and panelists Sylvia Sam, president of Bacor International; Monique Frize, professor, University of New Brunswick; and Kate Braid, director of Labour Programs, SFU, will be on hand to discuss the challenges and rewards of careers in engineering, trades or small business.

Discussions will include such topics as stereotyping, adapting to change, daycare, education costs, employment opportunities, and how our provincial government is adjusting to the needs of women.

Admission is free, and light refreshments will be provided. Registration begins at 0900, and the seminar will run until 1300.



Sam Mulligan, PMTC's new administrative officer Bert Schendel photo

STAFF PROFILE

New officer expects new challenges

After more than six years of service in PMTI's Registration office, Sam Mulligan has a new job with BCIT.

On Friday, February 3, VP Education Brian Gillespie announced that Mulligan was the successful candidate in the competition for PMTC's administrative officer.

Mulligan has been working as a clerk in PMTI's Registration office since she began at the institute in 1989.

"The Registration office on the North Shore was also responsible for a variety of student services such as financial assistance, student loans, government sponsorships, some program advising, as well as Student Records and Reports. "In my previous position I had a lot of contact with students, but as administrative officer I won't have as much student interaction. I look forward to new challenges and I'm ready for the change."

Mulligan is in the process of familiarizing herself with the requirements of a new position, and adapting to changes brought on by the PMTI/BCIT merger. "I see

the merger as a positive move," she says. "I think that becoming part of BCIT will especially affect the female support staff at PMTC by offering them more opportunities and greater possibilities for career progression."

Not only is Mulligan beginning a new job, she is also pursuing further studies. She has combined work with study at different stages of her career and her latest challenge will be BCIT's Administrative Management program.

Prior to joining PMTI in 1989, Mulligan earned her Bachelor of Arts degree at Simon Fraser University while she was working in the office of an indoor swimming pool complex with a Municipal Recreation department.

"I've moved from working with swimmers to working with sailors," she jokes. Although not a sailor herself, Mulligan's interest in the marine world is not limited to her job at PMTC. In her spare time she enjoys volunteering at the Vancouver Aquarium.

—from Sheila Rees

Retirement Planning Seminar Series

The Retirement Planning Seminar Series will offer five informative sessions on various aspects of retirement. Plan to attend all five sessions, or take the ones that interest you most.

So you are thinking about retirement

Tuesday March 7, 1430-1630
Location: Town Square D

If you are remotely thinking about retirement, you are certain to have plenty of questions and may find the first of this Retirement Planning Series useful. As a broadbrush overview of the retirement process and entitlements, members of the Human Resources department will provide general information on

BCIT's and the various Superannuation Plan's retirement benefits. Timelines, administrative pieces you need to be aware of, general information on Old Age Security and Canada Pension Plan, and a rundown of answers to typical questions asked will be incorporated into the session. Please note that this is not intended to replace either the half-hour personal interview or the one-day information session scheduled by the Superannuation Commission.

Retirement and financial planning

Tuesday March 14, 1430-1630
Location: Town Square D

The psychological aspects of ageing and retirement

Tuesday March 21, 1430-1630
Location: Town Square D

Is there life after work? — Lifestyle issues in retirement

Tuesday March 28, 1430-1630
Location: Town Square D

Our own experiences—panel discussion with four BCIT retirees

Tuesday April 4, 1430-1630
Location: Town Square D

Watch Update for more detailed information on the retirement sessions, or contact Susan Ney at 8899.

Brown bag lunch on the menu

Another session in the Women in Technology Initiative's successful brown bag lunch series will be offered on March 1. The topic of challenges being faced in today's science and technology career fields will be addressed by Patricia A. Woertz, president of Chevron Canada Ltd., headquartered in Vancouver.

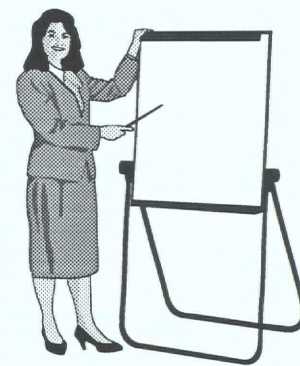
Woertz began her oil industry career in 1977 with Gulf Oil Corp. in Pittsburgh, Pennsylvania. She has worked on asset divestitures as part of the debt reduction process, and

in 1989, became manager of finance with Chevron Information Technology Co., moving, in 1991, to manager of strategic planning for Chevron Corp. In 1992, she led the corporate planning process team activities in their efforts to redesign Chevron's strategic planning process.

As a member of the Business Council of B.C.'s board of governors, the American Institute of Certified Public Accountants, and the executive committee of Canadian Petroleum Products Institute's board of directors, she is a well

rounded speaker who is bound to spark some interesting discussion.

Plan to attend this WITI brown bag session in SE6 Rm 206 on March 1 from 1230 to 1330.



PAWWS



(Personal and Workplace
Wellness and Safety)

The five takes of stress management

Take a break

Physically remove yourself from the situation if possible. Go for a walk or find a quiet spot and do some deep breathing. Switch to an unrelated task. Although the stress trigger will still be there when you get back, you'll feel differently after you take a break.

Take action

Once you know where your stressors lie, you can create an action plan for meeting them head-on. Learn new job skills, practice time management, or work on interpersonal skills for getting along with difficult people.

Take stock

You may be exacerbating your stress triggers by being a perfectionist, being hurried, worrying too much, trying to control everything, or exaggerating things. You must take stock of your stress-creating habits before you can eliminate them.

Take it (as it is)

If you truly cannot take action against stress, then take it as it is. Focus on what you can change and the long-range picture rather than what you cannot change and day-to-day annoyances.

Take care (of yourself)

Because stress takes such a devastating toll on your body, you need to take care of yourself first and foremost. This means exercising regularly, eating properly, getting enough sleep, and exploring your spiritual self.

—from *Adapting to Change*, printed with permission from BC Tel Corporate Health & Safety

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Enviro tip

Don't buy over-packaged products—cut waste and speak out! For more information on this week's environmental topic, call 8288 (option 2).



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