

# **My Career Path:**

## **Waitress, Scientist, Senator**

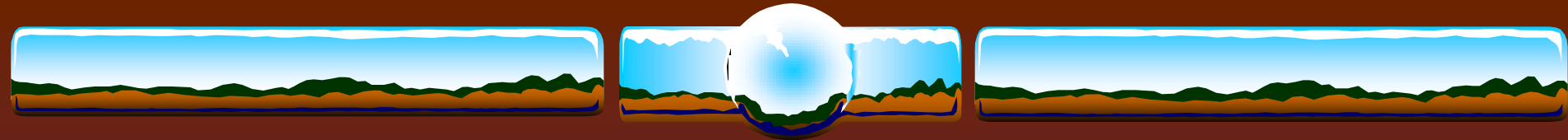
**Lillian Eva [Quan] Dyck, PhD, DLitt**

**Senator**

**and Professor Emerita, Psychiatry**

**University of Saskatchewan**

**ASC, UofS, Sept 25/08**



**Growing up WAITRESSING and doing other jobs:  
the Regal café, Killam, Alberta**

A decorative header at the top of the slide. It features a central white globe with a blue and white pattern, set against a background of a stylized landscape with green hills and brown ground. The globe is flanked by two rectangular panels, each containing a similar landscape scene. The entire header is set against a dark blue background.

# Mom's Tombstone in Killam, Alberta

A decorative header consisting of three rounded rectangular panels. The left and right panels show a landscape with green hills and brown ground under a blue sky. The middle panel features a white globe with blue oceans and green continents, set against a similar landscape background.

# Dad's Tombstone in Swift Current



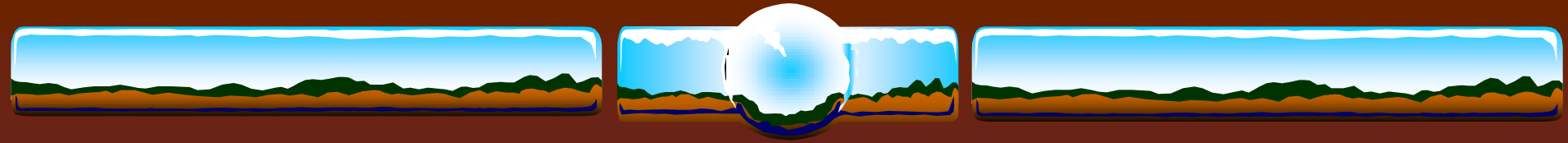
# Jobs that I had before University

- ❖ Waitress, dishwasher, etc in my dad's café
- ❖ Cleaning lady for Mrs. Kentucky Fried Chicken
- ❖ Waitress at the Southside Diner in S.C.



# Jobs that I had as an UG university student:

- ❖ Waitress in the CNR café in Jasper, AB
- ❖ Summer student in Chemistry-Horticulture
- ❖ Summer student in Biochemistry
- ❖ Lab demonstrator in Biochemistry



Convocation, 1966, B.A., Chemistry



# I quit after getting a B.A.

- ❖ I was confused about what to do.
- ❖ I was young and in love but ...he graduated.
- ❖ I had the 1950's view of what 'girls' do.





# My first jobs, 1966-67

- ❖ Departmental assistant, Biochemistry UofS
- ❖ Lab technician, Biochemistry, UofC



# Working wasn't much fun

- ❖ I went back to university – my marks went way up!
- ❖ Honors certificate, 1968
- ❖ Started a Master's degree – and got PAID all year long! To have fun in the lab!

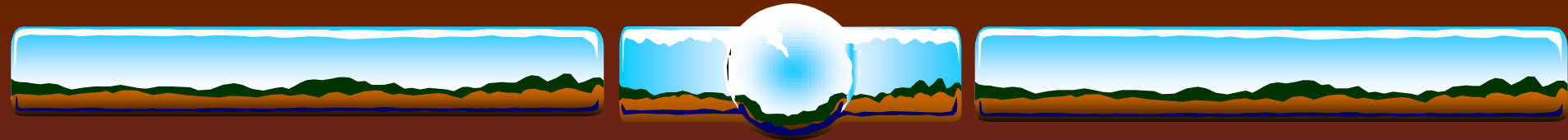


1970

❖ M. Sc. Biochemistry

❖ Marriage

❖ Entered the College of Education, UofC



I dropped out of  
the College of Education,  
UofC, 1970.

I was too anxious to go practice teaching,  
so I quit.



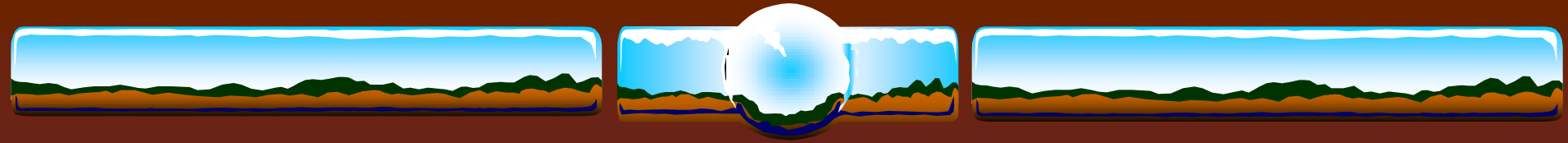
# Jobs after Master's degree

- ❖ Volunteer ESL teacher, YWCA, Calgary
- ❖ Research technician, Medicine, UofC
- ❖ Lab scientist I – III, Sask Health



# Why I went on to get a PhD

- ❖ \$\$\$\$
- ❖ Recognition for my work
- ❖ Wanted 'equity'



**Convocation, 1981, PhD, Biol Psychiatry, U of S**



# Jobs after PhD

- ❖ Research Scientist, UofS
- ❖ Associate Professor without term
- ❖ Full Professor without term
- ❖ Associate Dean, CGSR, 2002-05
- ❖ Senator, 2005-2020!



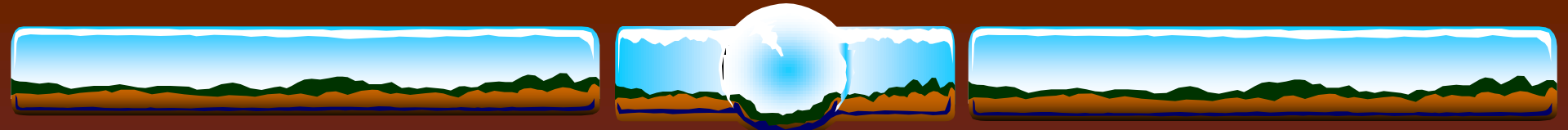


# Atypical career path

- ❖ AKA “the not recommended career path”
- ❖ I obtained all my degrees from 1 university
- ❖ I took time out – quit a couple of times
- ❖ Dropped out of Education, UofC, 1970
- ❖ I did not do postdoctoral work
- ❖ I worked in the same place that I got my PhD

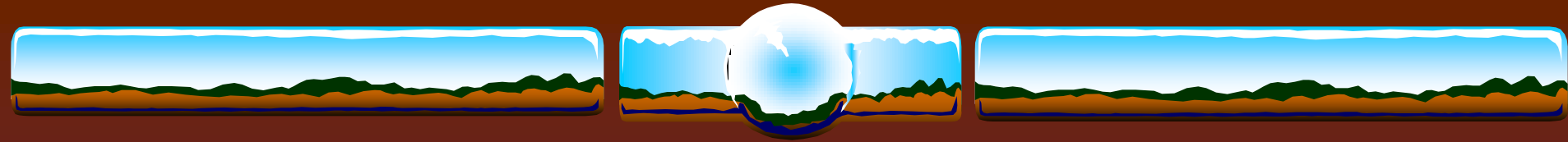
A decorative header at the top of the slide features a central white globe with blue and green details, set within a horizontal frame. The frame is divided into three sections, each showing a stylized landscape with green hills and brown ground under a blue sky. The entire header is set against a dark red background.

A Supportive and Inclusive workplace is  
essential for success.

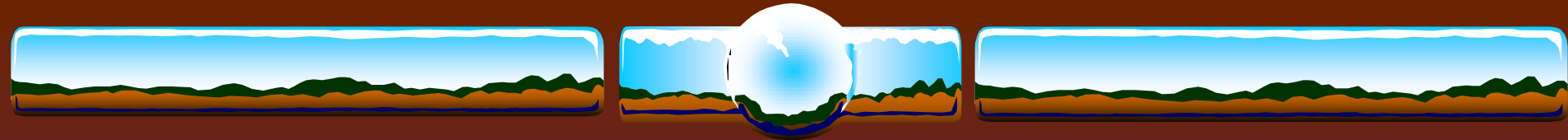


# Often overlooked but very important aspects of 'success'

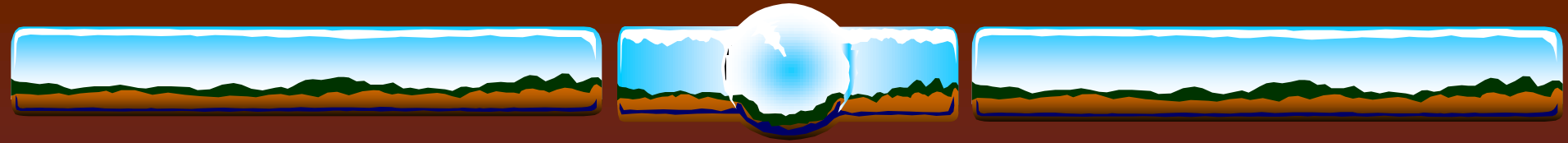
- ❖ Ideally, someone recognizes your potential and helps you achieve your goals.
- ❖ Ideally, this happens during your learning, training and on the job activities.
- ❖ Ideally, people see your strengths and help you build on them.
- ❖ Ideally, people are willing to give you a break!



- ❖ Success requires discipline and effort.
- ❖ Success is a team effort – it's best to have helpers, trainers, mentors, good teachers, etc.



**The phone call from  
Prime Minister Paul Martin.**



# The Senate of Canada

**After the Person's Act of 1929, women became "Persons" and thus could become Senators.**



The Famous Five Monument in Ottawa

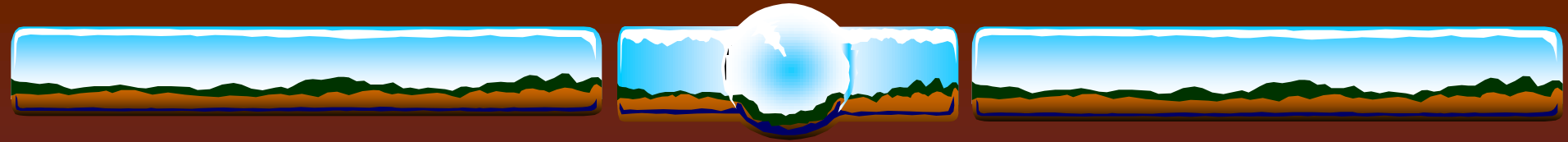


# Being sworn in as a Senator, April 2005

Speaker Hays, me, Clerk Belisle

Nathan, me, Winston



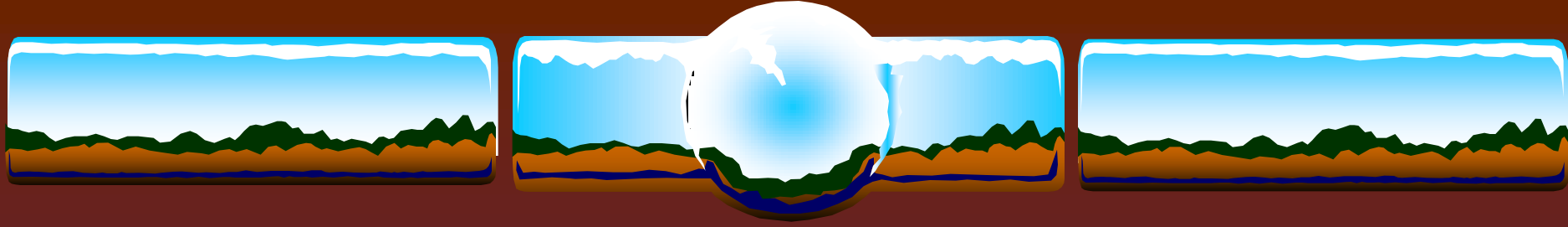


Selected highlights  
from my career as a neurochemist



# My research interests

- ❖ As a member of a research unit:
  - transmitters in the brain and their role in mental health and disorders.
  - mechanism of action of antidepressants and antipsychotics
  - development and patenting of new drugs to treat neurodegenerative diseases, such as Alzheimer's.
- ❖ As an individual researcher:
  - lack of differences in alcohol metabolising enzymes in Sask Indians compared to Caucasians

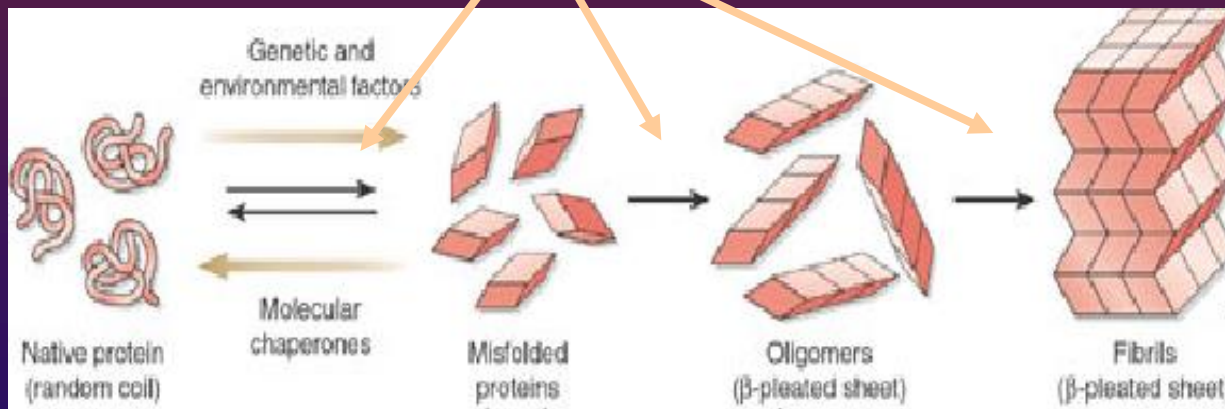


Some of our recent research on  
Alzheimer's disease

# Hypothesis:

Atypical antipsychotics interfere with A $\beta$  self-aggregation

Atypical antipsychotics



Neuronal cell  
Oxidative stress

Cell death

The header consists of three horizontal panels. The left and right panels show a landscape with green hills and brown ground under a blue sky. The middle panel features a white globe with blue oceans and green continents, centered over the landscape.

It's not all work and no play!

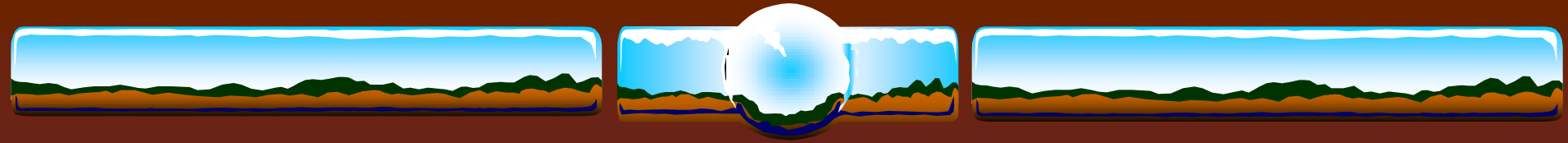
The Trace Amines Satellite Meeting, 1987

Isla Margarita



# Tips for Survival and ‘Success’

- ❖ Obtain the necessary education
- ❖ Find supportive friends
- ❖ Don't give up!
- ❖ Find other kinds of support – Elders, groups
- ❖ Don't worry about taking the right path – make mistakes; that's how you learn what's right.
- ❖ Know when to quit!
- ❖ Trust your intuition
- ❖ Have faith in the Universe, the Creator



*Thanks for listening. Questions?*