



**ASSOCIATION FOR WOMEN IN SCIENCE**

*Los Angeles / Ventura County*

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#### **AWIS WELCOMES NEW BOARD MEMBERS**

The Association for Women in Science announced the addition of four new members to its Board of Directors. Susan M. Fitzpatrick, PhD, Vice President of the James S. McDonnell Foundation, will begin her term as President-Elect in January 2011. Rita R. Colwell, PhD, recipient of the National Medal of Science, and Ann Lee-Karlon, PhD, Genentech Vice President will serve as two newly-elected Board Councilors.

Committed to continuing the implementation of the AWIS strategic plan so that all professional women in STEM can achieve career satisfaction, the three women will begin their term effective January 1, 2011. They join national board members: Treasurer Jodi Weseman, PhD; Executive Director, University of Pennsylvania, Treasurer; Councilors Laurel Haak, PhD, Susanne Neuer, PhD, Janet White, and Lillian Wu.

### **Upcoming Events for the LA/Ventura County Chapter of AWIS**

#### **HBA DEVELOPING LEADERSHIP CHEMISTRY FOR SUCCESS**

Amgen

Thursday, December 9, 2010

Register at [www.hbanet.org/home.aspx](http://www.hbanet.org/home.aspx)

#### **CAREERS IN CLINICAL SCIENCES**

Talk by Rebecca Anderson

Thursday, January 20, 2011

5:30 pm, Amgen B24 Conference Center

#### **BIOFUELS: SCIENCE AND CAREER PANEL DISCUSSION**

March, 2011

Be sure to check our webpage, [www.awislavc.org](http://www.awislavc.org) regularly for updates to our events calendar, both professional and social! Dates, places, and times will be posted for all our upcoming events as the details become available.

#### **Inside this issue...**

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# LA/VC AWIS Congrats! Column

Dear AWIS Members,

This forum is a way for us to recognize the achievements of our members, and give them the hurrahs they have earned. We are very proud of our amazing members, and want to promote their hard work. This also helps demonstrate how we achieve our mission to: support women at all stages of their careers, promote a collegial environment where women feel confident to share their experiences, and cultivate the next generation of women in science to be confident and ready to pursue their full potential.

Please email us at [webadmin@awislavc.org](mailto:webadmin@awislavc.org) with the name of the person you want to recognize, how long they have been a member, their achievement and where they are from. In the subject line indicate "AWIS Congrats Column". We look forward to hearing about your latest accomplishments!

**The AWIS Congrats Column is now taking submissions...want to recognize yourself or another LA/VC AWIS Member?** Just click below to send an email to:

[webadmin@awislavc.org](mailto:webadmin@awislavc.org)



## Congrats!

### Tracy Blois, Ph.D.

Current AWIS LA/VC President  
New position as principal scientist in Quality Control Methods Development and Validation at Grifols, Inc.

### Sophia Tsai, Ph.D.

Current AWIS LA/VC Communications Committee member  
New postdoc position at UCLA

### April Shiflett, Ph.D.

Current AWIS LA/VC Secretary  
Article published in Annual Reviews in Microbiology

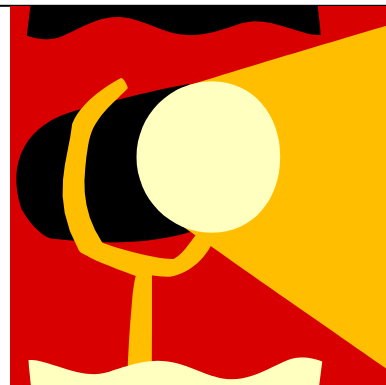
## Call for Committee Members

Interested in becoming more involved in AWIS LA/VC but not sure where to start, or what may be available? Not to worry! Committee chair email addresses and committee duties will soon be posted to our website, [www.awislavc.org](http://www.awislavc.org). Check there for what duties committees need assistance with, and email the committee chair to let them know what you would like to help out with! You can dedicate as much or as little of your time as you would like – we just want you to get involved with your chapter! Our chapter's success is directly tied to member involvement, so help to make AWIS LA/VC a smashing success!

## AWIS Member Spotlight

The AWIS Member Spotlight will be a recurring feature in our quarterly newsletter.

If you know a member who you would like to see featured, please let us know! If you are a member and would like to be featured, please contact us at [newsletter@awislavc.org](mailto:newsletter@awislavc.org)◆



# AWIS Members Connect

Networking leads to success, so come on out and practice your networking skills at one of our social events! You get a chance to meet other outstanding AWIS women, and have a little fun while you practice those key networking skills. It's a win-win!

## STEP-OUT 5K WALK TO FIGHT DIABETES

On Saturday November 13, AWIS members and their supporters "Stepped Out" to walk and raise funds for the American Diabetes Association and its ongoing goal to fight diabetes. The annual Step Out: Walk to Fight Diabetes event was held in the Backlot of Universal Studios. During the 5K walk, participants were given the opportunity to view and enjoy areas of Universal Studios not usually open to park-goers. Participants strolled through areas reminiscent of Rome, Europe and Mexico and were rewarded at the end of their walk with a celebration complete with balloons, vendors passing out free products and happy co-participants. All in all, the ladies of AWIS had a wonderful time, raised money for a great cause and got the opportunity to mingle and take pictures in front of some really cool movie backdrops! Thank you to everyone who was able to make it out and we will hopefully have the opportunity to do it again next year! – by Melina Grigorian



Interested in becoming more involved in the chapter? Do you have an idea for a networking event? Is there a great speaker you would like to hear? If yes, please let us know!

Send an email to [webadmin@awislavc.org](mailto:webadmin@awislavc.org)

## Annual AWIS LA/VC Holiday Party

On Friday, December 3<sup>rd</sup>, the annual AWIS LA/VC Holiday Party was held at the UCLA University Village Sawtelle Community Center. Several chapter members brought a potluck dish and a gift for a white elephant exchange. Members also enjoyed playing a "guess the holiday movie" game, and the winner brought home a Peet's Coffee gift card! It was a fun and festive atmosphere, and a great way to kick off the holiday season. Thanks to all who attended and we hope you had a wonderful time!



## Unable to attend networking events, but interested in expanding your professional network?

LA/VC AWIS Chapter members can begin taking immediate advantage of the networking opportunities provided by this organization by getting "LinkedIn". Note, this opportunity is for members only. If you still need to join, see page 2 for details.

It is easy! Just follow these simple steps:

1. Join the LA/Ventura County of AWIS
2. Go to <http://www.linkedin.com/>
3. Sign in to your account or if you are new to LinkedIn, create your account
4. Search for the group "LAVC AWIS"
5. Select "Join this group" ♦

## CALENDAR OF EVENTS

### NEXT MEETING

WE HAVE REGULAR TELEPHONE CONFERENCES TO PLAN UPCOMING EVENTS, BOTH PROFESSIONAL AND NETWORKING. IF YOU WOULD LIKE TO BE PART OF THIS PLANNING COMMITTEE, JOIN US ON OUR NEXT CALL ON MONDAY, JANUARY 3 AT 7 PM. SIMPLY CALL NUMBER 702-473-3463, ACCESS CODE 294705#. WE'D LOVE TO HAVE YOU DROP IN!

### UPCOMING EVENTS

CAMPUS COFFEE CLUBS – MONTHLY

AMGEN/HBA SPEAKER PANEL – DECEMBER

CAREERS IN CLINICAL SCIENCE - JANUARY

BIOFUELS SPEAKER PANEL –MARCH

### NETWORKING EVENTS

WE WILL BE PLANNING UPCOMING NETWORKING EVENTS – CONTACT US IF YOU ARE INTERESTED IN HELPING TO ORGANIZE THESE EVENTS! GO TO [WWW.AWISLAVC.ORG](http://WWW.AWISLAVC.ORG) FOR ANNOUNCEMENTS AND DETAILS.

## Keck Graduate Institute

Save the Date

Women Innovate conference

April 3-5 2011

Southern California

Details to follow

AWIS LA VC sponsor Keck Graduate Institute will again host its annual conference for female leaders in life sciences in southern California.

Stay tuned for more details or contact Diana Bartlett, Director of Corporate Partnerships, [Diana.bartlett@kgi.edu](mailto:Diana.bartlett@kgi.edu), 909 607 9864

### Career Opportunities in Clinical Drug Research Thursday, Jan 20th, 2011 6:00pm, Amgen B24 Conference Center

Please join us for a career development hosted by AWIS (Association for Women in Science) Los Angeles and Ventura Country Chapter and AWIN (Amgen Women's Interactive Network). The seminar will be given by Rebecca Anderson. Rebecca has worked in the biopharmaceutical industry for more than 25 years in jobs spanning pharmaceuticals, biotechnology, medical devices, and contract research organizations. As a hiring manager in all of these organizations, she has reviewed and screened thousands of applicants for clinical research positions. Rebecca holds a Ph.D. in pharmacology from Georgetown University and was an MRC Postdoctoral Fellow at the University of Toronto. Prior to her career in industry, she conducted basic research in pharmacology and toxicology and served on the faculties of the George Washington University Medical Center and the University of Michigan School of Public Health. She currently works as a freelance writer. A networking event will follow the seminar. Cookies and refreshments will be provided.

### AWIS Coffee Clubs

Coffee Clubs are now being hosted at UCLA the second Tuesday of each month, and a new Coffee Club is beginning in East Los Angeles! Check our website for more details and look for fliers. If you would like to host one, let us know! It's a great afternoon pick-me up of caffeine and camaraderie.





## A Word from the President

Greetings scientists, future scientists, friends and family of scientists, all!

Autumn. A time to be thankful. There are many things to be thankful for this time of year. First of all I am extremely grateful for all of my fellow officers. Not only are they incredibly dedicated to the success of our chapter, but they are each wonderful individuals who I enjoy to spend time with. Secondly, I thank all of our new committee members for helping us achieve our goal of increasing committee involvement in the 2010-2011 year. And, lastly I thank all of you who have attended an event in the past year, contributed an idea through a survey or conversation, or called in to a planning meeting to help us execute those wonderful ideas. I would like to personally thank each and everyone one of you who make up our Los Angeles Ventura County chapter. We are a growing organization covering the vast regions of Los Angeles and Ventura Counties (with even some far reaches to Santa Barbara) working to promote the development and success of present and future women in science. Recent happenings have included a planning session picnic in the park, a financial planning seminar with Brittney Castro, a walk through downtown checking out the LA ArtWalk, a visit to the Griffith Observatory, and a 5K walk for Diabetes work. We have a couple of events left in 2010 and are looking forward to the exciting events coming up in 2011!

Can you believe it is almost 2011? Have you begun to think about resolutions? How well do you stick to them? If any are career or personal growth related please let us know what events AWIS can offer to help you keep your resolutions in the New Year! Are you interested in learning about the latest innovations in the field of Biofuels? Or have you wanted to work in clinical research, but were not sure if that is an option without a medical degree? Maybe you find that as stress creeps into your life your productivity decreases even as you try to work harder to bring it back up? Or, perhaps you are just looking for a group of science-minded women to socialize and network with? We are excited to offer events covering each of those topics in 2011! Please feel free to join us for any or all of our happenings. We'd love to meet you or see you again. And, if you ever have comments or suggestions for events you would like to see happen please do not hesitate to let me know.

Wishing you all an enjoyable holiday season and a wonderful new year,

*Tracy*

[president@awislavc.org](mailto:president@awislavc.org)



### Campus Liaisons Wanted!

We are looking for campus liaisons to help draw our chapter together. Campus liaisons assist the chapter in reserving spaces for seminars and events on various campuses, advertising upcoming events with fliers and email lists, and help to promote AWIS at their institutions. If you would like to see more involvement on your home turf, or host an AWIS event at your site, let us know! Email Tracy at [president@awislavc.org](mailto:president@awislavc.org) and become a new campus liaison for our growing chapter!

## **AWIS LAVC is launching an Outreach program and we need YOUR help!**

What sparked your interest in science? Was it something in school? A teacher or a mentor? Have you ever wanted to spark a young student's interest in science?

Our outreach committee aims to promote the interest amongst students in many diverse professional degrees and opportunities provided by a career in science. We believe that the key to success is reaching students at a young age – middle school – to foster their interest in science through mentorships and outreach programs. To achieve this objective, we are developing a program of bringing female scientists into local middle school and high school classrooms to discuss their areas of science, what they do, and how they became involved in science programs. These presentations will provide students the opportunity to ask questions and receive key advice from local experts in the scientific community.

We have been contacting local middle and high school teachers throughout the Los Angeles area and are ready to launch our new program by visiting classrooms. We would love your involvement in this exciting new outreach program!

You can help us by just taking a couple of minutes to fill out a short survey on your availability and interest with participating with us in launching the outreach program. Your responses will allow us to estimate how many classrooms we can visit and to schedule visits with the teachers who are excited to have us!! Visit our outreach committee webpage and then click on the survey link:

<http://www.awislavc.org/Home/committees/mentoring-committee>

-by Allison Sargoy

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### **Stretching for Success!**

Do you ever feel sluggish, sleepy, or stressed while you are at work? It can be difficult to make yourself focus at times, but getting up and moving can help. Diana Bartlett, a life style coach, offered some simple stretching tips to help combat these feelings. On October 7<sup>th</sup>, at UCLA, several AWIS members met with Diana and got moving. We learned several simple stretching techniques that can be incorporated into your daily routine that help get your heart pumping and your mind clearer. These stretches can easily be done in the lab or the office, and when done regularly can help boost productivity. Remember to always warm up, never stretch a cold muscle! A quick walk around campus or the halls can help.

