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September Meeting of the East Bay Chapter of the
Association for Women in Science

Susan Regan

Founder and Director of Bay Area Children First (BACF)

Family and Work: Achieving a Balance in Life

Thursday, September 8TH, 2005

Chiron Corp. Room 4.104, Emeryville

6:30 pm Light Supper (suggested donation, covers cost of food: \$10 non-members, \$5 members)

7:00 pm Meeting Begins

See www.ebawis.org or p. 3 for directions

Ever wondered how to improve balance in your personal/work life?

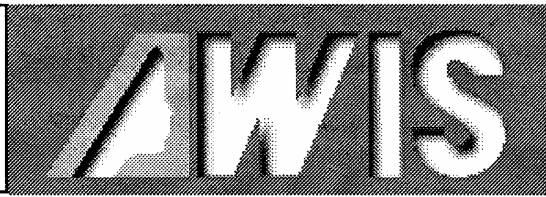
Be fully present for your children while striving toward your own career goals?

Improve time management skills and ways of coping with stress?

Everything in life is a balance, creating and maintaining that balance can be tricky. We invite you to join us as Susan Regan, licensed Marriage Family Therapist, guides us through an interactive meeting where we learn about parts of our life that may be out of balance. We will identify our areas of stress and competence. We will learn tools to gain control of time and schedules.

Susan Regan is the founder and director of **Bay Area Children First (BACF)**, a non-profit organization dedicated to impacting the lives of children by supporting the people who raise them. In 1999, she founded **The University for Working Parents**, a program of BACF that facilitates parent-focused groups onsite at various companies in the Bay Area. Her special interest is helping mothers' transition back to work. Susan graduated from University of Massachusetts, Amherst, and San Francisco State University, and holds a Master's degree in counseling. She also has a private practice in San Francisco where she counsels individuals, couples and children.

Come and enjoy this talk as it is not only for parents. Learn to be the person/parent you envision while having a successful and satisfying career. Hope to see you there!



President's Message

As September approaches, many of us are involved in the annual cycle of preparing for another school year. As we put away summer vacation and ready for shorter days and cooler weather...

For ebAWIS it is also the start of another year. We have elections - don't forget to cast your ballot. The topics for September, November and January chapter meetings will be work-life balance, a panel of alternative careers (Regulatory, QA/QC and Project Management), and our annual networking event, respectively.

Those interested in Mentoring should watch for an e-mail from Laura McDevitt. We anticipate holding the fall event with the UC Berkeley students in October.

I encourage you to consider becoming more active in the chapter. We have simple activities like setting up for chapter meetings, to publicity and more. If you are interested, please speak with or e-mail any of the board members.

Terry Calarco

Board Election Results:

The votes are counted, and all nominees for the EB AWIS. Board have been elected. Thanks to all the members who returned their ballots on time. And remember—if you would like to be on the Board next time around, do let us know.

EB AWIS Board Elections

The election for next year's Board members opened in July this year. All current members received the ballot via snail-mail, and ballots were due back (postmarked by August 15th, 2005). All members are urged to vote—this is your chance to have influence on the AWIS organization when it counts!

The people standing for election this year are:

President: Terry Calarco

Vice-President: Roopa Ramamoorthi

Secretary: Estelle Paysinger

Treasurer: Harjot Sahwney

Member-At-Large: Jamie Narberes

Member-At-Large: Laura McDevitt

The new Board will serve a one-year term beginning 1st September, 2005.

You, too, could be active and work with our board this coming year! Some non-elective positions are still available. Contact Terry Calarco or Paula Shadle for more information.

Mea culpa: Our sincere apologies to Jamie Narberes, whose last name was inadvertently misspelled on this year's ballot. Sorry, Jamie!!

East Bay AWIS



East Bay AWIS 2005 BOARD

BOARD MEMBERS

President

Terry Calarco Terry_Calarco@yahoo.com

Vice President

Roopa Ramamoorthi roopa.ramamoorthi.b@bayer.com

Treasurer

Harjot Sawhney harjotj@hotmail.com

Secretary

Paula J. Shadle SHAD1357@aol.com

Member-At-Large

Jamie Narberes Jamie_Narberes@chiron.com

Non-elected Positions and Committees

Corporate Fund Raising Coordinator

Miriam Valesco mvaluesco@holonet.net

Membership Chair

Paula J. Shadle SHAD1357@aol.com

Newsletter

Suzanne Canada srcanada2005@yahoo.com

Web Site Coordinator

Alison Bolton allyinfo@comcast.net

E-Mail list distributor

Position Available!

Publicity Committee

Laura McDevitt lauramcdev@yahoo.com

Position Available!

Mentoring Program Coordinator

Laura McDevitt lauramcdev@yahoo.com
510.932.2279

Outreach Coordinators

Jamie Narberes Jamie_narberes@chiron.com

Scholarships

Cathie Magowan cathiemagowan@yahoo.com

Program

Position Available!

NCC-AWIS representative

Kitty de Jong kdejong@chori.org

Taking volunteers!

Meeting Setup Coordinator

Need a volunteer!

Meeting and Newsletter Sponsors

OPEN!

Directions to Chiron Corporation

4560 Horton St, Emeryville, CA

From San Francisco: Take 101 North/I-80 East towards San Francisco. Continue on I-80 across the Bay Bridge. I-80 then joins I-580 (left lanes). Immediately move to the far right lanes and take the Ashby Avenue exit, the next exit past Powell Street. Exit at Ashby Avenue and proceed under the railroad overcrossing, then turn right on 7th Street at the light. Turn right on Folger Avenue and follow the road as it turns left and becomes Hollis Street. Continue on Hollis, across Powell Street, and turn right on 53rd Street. Chiron is the third driveway on the left (4560 Horton Street).

From Oakland: Take I-880 North. Continue past Oakland to the I-980 interchange towards Walnut Creek. Proceed to I-580 West to San Francisco then to I-80 East. Stay to the right and proceed towards Berkeley on I-80 East/I-580 West. Exit Powell Street and turn right on Powell at the light. Continue on Powell over the overpass to Hollis Street. At the light turn right on Hollis and then right again on 53rd Street. Chiron is the third driveway on the left.

From Walnut Creek: Take Highway 80 East toward Berkeley from Highway 24 Westbound, Exit Powell Street and turn right on Powell at the stop light. Continue on Powell over the overpass to Hollis Street. At the light turn right on Hollis and then another right turn on 53rd Street. Chiron is the third driveway on the left.

From the South Bay: Take I-880 North. Take I-980 exit towards Highway 24/Walnut Creek. Take the I-580 exit towards San Francisco/Hayward. Take the I-580 West exit on left towards San Francisco. Merge onto I-580 West. Turn slight right at the intersection of I-80 West Ramp to stay on I-580 West. Take the Powell Street exit towards Emeryville and turn right on Powell at the stop light. Continue on Powell over the overpass to Hollis Street. At the stop light at Hollis turn right, then right again onto 53rd Street. Chiron is the third driveway on the left.

Park for the AWIS meeting in the visitor parking area you will see immediately after turning off 53rd Street into the Chiron driveway. Our meeting takes place in the large brick façade building with purple and yellow stucco located across 53rd Street from visitor parking. Enter at the doors nearest the big yellow stucco ball. We meet in room 4.104.

May Meeting Report: Speaker Professor Mary Dallman

By Suzanne Canada

Mary Dallman started off in a self-sufficient style, by giving a personable biographical overview of her adult life, in which she had balanced a number of academic institutions in her professional life with a very active family life. She majored in Chemistry at Smith College, and later focused on the physiology of stress steroids during her PhD work in Physiology at Stanford, and as a post-doctoral fellow and then as a faculty member in Physiology at UCSF. Then Professor Dallman launched into an overview of work that had been done in her laboratory over the last 5 years.

Starting with a basic explanation of how various stimuli lead to a physiological release of hormones to the pituitary gland in the brain. She reviewed the specific physiological pathway that is triggered by the responses to stressors, which includes increased activity of the adrenocortical system that secretes glucocorticoids. As the studies focused more on the feedback regulation of the brain-pituitary-adrenal stress axis by its final product, corticosterone, Mary explained the data that demonstrated a spike in glucocorticoids occurs in response to prolonged stress.

In most vertebrates, glucocorticoids act on body tissues to promote breakdown of protein and fat in the extremities and increase glucose production by liver. These hormones act together with insulin to promote storage of extra calories rather selectively in abdominal fat. She showed how the rat model correlated the increase in abdominal fat storage by in stressed animals. When presented chronic stressors, rats preferentially increase comfort food (those high in fat and sugars) ingestion at the expense of the usual chow. These studies examined the effects of chronic stress on corticosteroids, and their effects on feeding behavior and obesity in rats. Professor Dallman explained how in nature the preference for “comfort” foods (those high in fat and sugars) would be a naturally advantageous behavior, if individuals chose food that would allow them to go further for longer.

Heads up Mentors!

The mentoring program is starting back up again to coincide with the local college semester. We will have a planning and information social on August 23rd, 6:30-7:30pm~1 hour in the weekday evening,

Location: Pyramid Alehouse on Gilman Street in Berkeley,
<http://www.pyramidbrew.com/alehouses/berkeley.php>.

Here we will toss around ideas for new events and go over what has worked well in the past for our mentors.

The next event with students is scheduled for late September or early October with the UC Berkeley SAGE scholars students on a weekend date. Check your calendar's now for your availability during these times. More details will be coming soon!

Laura McDevitt, Mentoring Program Coordinator

Benefits of joining a local AWIS Chapter:

Enhance your career

- Meet women in our local area who are in influential positions
- Attend networking events at local universities and companies
- Attend seminars by leading scientists on a variety of topics
- Participate in panel discussions on topics relevant to women in science
 - Develop your presentation skills
- Develop leadership skills outside of your regular job

Expand your network

- Attend networking dinners and events hosted by local chapters
- Get involved as a chapter committee member
- Take on a leadership role as a chapter board member
- Find a mentor, friend, or new contact

Enhance your life

- Participate in forums discussing topics relevant to women in science:
 - Balancing work and family life, maternity leave issues, harassment and discrimination, and women's perspectives on science and science-related issues
- Attend group tours of local museums and gardens
- Outreach to local girls in their scientific growth and achievement
- Help a young woman reach for a career in science, math, or engineering

Coming Up: Wednesday, November 2nd, 2005

“Being a Consultant” A Panel Discussion

What is it like to be a consultant? How does a scientist become a consultant? What skills and personality traits can help a consultant succeed? Listen to the stories of women who have, among others, worked as consultants. What’s it like? How did they get to these jobs? Is it difficult? Bring your questions!

Panelists:

Paula Shadle, Ph.D., is currently Secretary of EB AWIS, and a quality consultant in the biopharmaceutical industry. She trained as a biochemist, and worked in research, process development, QC and QA before founding Shadle Consulting in 2001. She specializes in “helping the science departments communicate with the quality control/quality assurance groups”.

Elizabeth Leininger, Ph.D., is currently Vice President of Regulatory Affairs at BAS Medical. Formerly a consultant with The Biologics Consulting Group, Lizzie has also worked for the FDA, Chiron, and SmithKline Beecham Pharmaceuticals.

Mary Davis, certified QA auditor, is currently the head of her own consulting firm. She performs QA audits and other services for pharmaceutical and biopharmaceutical firms. Mary has over 25 years of experience in the industry, working in positions of increasing responsibility.

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East Bay AWIS

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