

PA-AWIS upcoming events:

Delivering drugs needle-free using iontophoresis

SPEAKER: Kathy Farinas, Ph.D.

DATE: Thursday, 23 October 2008

**LOCATION: PARC Auditorium
3333 Coyote Hill Road, Palo Alto**

RSVP: <http://www.acteva.com/go/pa-awis>

Fall 2008



PA-AWIS Newsletter



**ASSOCIATION FOR WOMEN IN SCIENCE
PALO ALTO CHAPTER
WWW.PA-AWIS.ORG
P.O. BOX 2641, SO. SAN FRANCISCO
CA 94083-2461**

President's Note

Thanks to all members and non-members for your continued support of AWIS-Palo Alto. We have an exciting year of programs and activities planned for the coming year. Our excellent and hardworking team of volunteers has been working to arrange programs of most interest for all of our meeting attendees.

The year began with our annual picnic at Ryder Park on August 9th. The picnic provided a great meeting place for old friends to reconnect and to make some new ones. We hope to continue this annual networking activity over the coming years and if you were unable to attend this year, stay tuned for the next one. We also had our first raffle at the picnic with a giveaway of a beautiful themed-basket put together by our volunteers. All the proceeds from the raffle will be go towards our scholarship for local community college students to be given during our annual banquet around April 2009. We also intend to sell raffle tickets during Sept-Dec with another themed raffle basket to be given away in December. This would be an excellent chance to support our AWIS goal of recognizing and supporting women students. Our 2008 program is being kicked off by a great talk by Rossella Derickson and Krista Henley on "Effective Boss Management." In the coming months, we have planned a wide array of talks ranging from business in science, personal development and scientific and environmental issues. Details of these upcoming talks will be provided in our newsletters. I would also like to invite our readers to think about becoming an AWIS volunteer or provide contributions to our newsletter.

Thank you and I look forward to meeting you and your friends at future AWIS meetings.

Neesha Suverna

AWIS Palo Alto President

Reasons to Join AWIS Palo Alto

As an AWIS member you can:

* **Network!** Receive support from other women in science in several ways:

- 1- online through awis.org (search for contacts by discipline, geographic area, or employment sector)
- 2- online in our LinkedIn group only for members
- 3- in person at our monthly meetings
- 4- at our fun fall picnic -- free admission for members and their families

- * Attend our monthly chapter meetings for a discounted rate
- * Connect with an online mentor free through Mentornet.net, a convenient matching service founded by one of our own chapter members
- * Problem-solve with others who have been where you are now
- * Develop leadership skills to advance your career. You must be a member to be on the board and to borrow career books from our dedicated library.
- * Project a voice with impact on national issues like science education
- * Promote opportunities for women in science
- * Exercise your commitment to foster the next generation of women in science
- * Recognize and hear from distinguished women in science

AWIS Palo Alto is a local nonprofit organization affiliated with National Association for Women in Science and AAAS. Your membership supports our committee work (Scholarship, Outreach, Mentoring, Newsletter) and our programs (chapter meetings, awards banquet, workshops, etc.).

Our goal is to double the number of members this year. To join, please see <http://www.awis.org/about/join.html>. For more information, please visit our chapter website at www.pa-awis.org, or email awis.pa@gmail.com.

Let AWIS be "a network, a resource, a voice" for you!

AWIS Palo Alto 2nd Annual Picnic Fun

by staff correspondent



About 40 members and their families and friends took advantage of a breezy and sunny summer Saturday in August to share a BBQ lunch, chat and start-off our new Scholarship fundraiser. We met in San Mateo Ryder Park, and there was plenty of good camaraderie, good food, and good conversation as photos accompanying this article will illustrate. Katy Korsmeyer's husband Dave showed off his Texan roots with masterful grilling of meats and veggies. No one went hungry! Members brought a variety of colorful fresh ethnic salads and desserts – brownies, cookies, pie, fruit salad, strawberries and watermelon. Volunteers helped with set-up and clean up. We saw people there we haven't seen in years!



A wonderful prize basket was raffled off during the picnic to kick-off new fundraising to support our Chapter scholarships. The basket included an assortment of food, and an elegant sushi place setting for two. Sandra Biroc, who works at the Jackson Laboratory in West Sacramento, was the lucky raffle winner. Sandra was surprised and delighted with her winnings, as were her daughter, who is a research technician at UCSF, and her son, who is a math major at UC Davis.

More tickets will be sold at all chapter meetings. Ticket cost is \$1 each. The grand prize drawing will be held in December. You do not need to be present to win.

If you missed the 2nd Annual Picnic, please plan to join us in the summer of 2009. Ryder Park has shaded tables near a big BBQ grill, fields for kite flying, a water play area and jungle gym for kids, and a bridge by a creek where anyone can observe some wildlife.



September Meeting Highlights

"Effective 'Boss' Management: Winning Strategies for Managing 'Up'" by Rossella Derickson and Krista Henley

"Managing UP means focusing on the relationship with your boss to obtain the best results for you, your boss and your organization."

This inspiring presentation by Rossella Derickson and Krista Henley addressed various key points

- Understanding what it means to manage up and why it is important,
- Diagnosing your manager's work style and your own work style
- Developing strategies for managing your manager

The presentation is posted on our website at www.pa-awis.org



Rossella Derickson and Krista Henley, M.A., LMFT, principals of www.Corporate-Wisdom.com, have translated their business and organizational psychology experience into Wisdom in the Workplace, consulting, training and coaching modules that support healthy group and company dynamics.

AWIS Mentor Recruiting Letter

Calling All Mentors

- The AWIS Mentoring Program will kick-off its 18th season with two dinner meetings at Stanford on October 7th and November 18th.
- The first seminar on ‘The Importance of Mentoring and Mentoring Well’ will be delivered by Dr Andrea Goldsmith who received an SUPD award for mentoring this summer.
- In our Mentoring program, grad students and post-docs are paired with a scientist/engineer volunteer mentor who works in academia or industry to provide **one-on-one mentoring**.
- There are five meetings on campus during the academic year at which we offer talks or panel discussions on work-life balance, interviewing skills, making career decisions such as academia versus industry, communication skills, etc. and always include a light supper.
- Mentoring takes a little bit of time, but there is no special training required, and the impact of sharing your experience with a graduate student can be really tremendous.

Sign Up to Be A Mentor, 2008-09

This year there is a NEW online profile form for mentors, and we need to ask EACH of our MENTORS to take a few minutes to fill out a new profile and send it back to us.

To sign up or for more information email mentoring_awis@yahoo.com or visit: http://www.pa-awis.org/activities/Mentoring/ment_protege.htm The new profile form is in Excel, which will let us handle fewer paper copies of the form and facilitate the pairing process.

We need your continued support as mentors, so please fill out a profile today, mark you calendars and we hope to see you at the first meeting on campus in early October.

Sincerely,

Mentoring co-Chairs
Susan Bernhard, Jenny Saltzman and Lucia Mokres

And the Mentoring Committee

Calendar of Events

DATE: October 7, 2008
EVENT: Mentoring Meeting
LOCATION: Hartley Conference Room on Stanford Campus
TIME: 7-9pm
SPEAKER/TOPIC: Dr Andrea Goldsmith on ‘Mentoring Well’
RSVP: mentoring_awis@yahoo.com by October 5th

DATE: November 18, 2008
EVENT: Mentoring Meeting
LOCATION: Hartley Conference Room on Stanford Campus
TIME: 7-9pm
SPEAKER/TOPIC: Small group Discussions on Careers
RSVP: mentoring_awis@yahoo.com by November 16th

DATE: January 20, 2009
EVENT: Mentoring Meeting
LOCATION: Hartley Conference Room on Stanford Campus
TIME: 7-9pm
SPEAKER/TOPIC: Dr Sue Desmond-Hellman on ‘Inspirational Mentoring’
RSVP: mentoring_awis@yahoo.com by January 18th

Sunset Walks, Over for the Season

by Susan Bernhard

A core group of six or seven walkers soaked up the summer sunsets on 1-2 hour hikes in a number of local Parks. The Sunset Walks have become a tradition each June, July and August. The folks who participate vary from week to week, but each walk provides a chance to meet new friends, do informal networking and gently wind-down after work. This year we hiked trails in Rancho San Antonio, the Baylands, the Dish, Wunderlich, Edgewood and Pulgas Ridge park.

**AWIS thanks our
corporate sponsors:**

**Bio Rad
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On Assignment Lab Support



Delivering Drugs Needle-free using Iontophoresis

Speaker: **Kathy Farinas, Ph.D.**

Is there a better way to deliver drugs than to ingest or inject them? Can we administer drugs locally instead of systemically? How can we meet the challenges of ophthalmic delivery? These are some of the questions that have driven Kathy Farinas' work at a variety of drug delivery companies in the bay area. She will tell us the story of the development and design of ALZA's IONSYStm Fentanyl Iontophoretic Transdermal System for management of acute postoperative pain. The talk will also describe the opportunities and challenges associated with ophthalmic drug delivery and will include proof-of-concept preclinical data for needle-free delivery to the back of the eye. Both delivery systems utilize low levels of electrical current to enhance drug delivery.

Kathy Farinas holds a PhD in Chemical Engineering from Stanford where she performed research on self-assembling nanoparticles. She has since worked on drug delivery including transdermal systems, pulmonary dry powder formulations, and ophthalmic iontophoretic systems and polymeric implants to address sight-threatening diseases.

Raffle Ticket Sale: At our September - December meetings, we will be selling Raffle tickets for "Curl up with a Book Basket"; winner will be announced at our December event. All proceedings from the raffle will support our scholarship program for women majoring in science at local community colleges.

DATE:	Thursday, October 23rd, 2008
LOCATION:	PARC Auditorium 3333 Coyote Hill Road, Palo Alto
RSVP:	online http://www.acteva.com/go/pa-awis

Schedule

7:00-7:30 pm	Networking and light supper
7:30-7:45 pm	Announcements
7:45-8:45 pm	Program
8:45-9:00 pm	Discussion

Welcome!! You don't need to be a member to attend.
All scientists, students, and their friends are welcome. Men too!
Members pay \$4 and non-members pay \$7 to offset the cost of food.

Directions from 280:

Take Hwy 280 and exit at Page Mill Rd and go East towards Palo Alto (if coming from the South, turn right, if coming from the north, turn left onto Page Mill. Turn RIGHT onto Coyote Hill Rd. Turn LEFT into PARC (formerly Xerox PARC). Follow signs to the Auditorium on your left at end of parking area, down flight of outdoor stairs.

Directions from Stanford: Take Foothill SOUTH towards Los Altos. Turn RIGHT on Hill view and PARC is 2nd driveway on the right. Park and follow signs to the Auditorium (walk uphill through parking lot then down a flight of outdoor stairs).

East Bay Chapter of the Association for Women in Science Presents:

*Have you ever tried to persuade someone of something and couldn't,
only to find later that another person had been able to do so?
Or have you ever thought you had a personality conflict with a person?*

*Come join us to learn how to communicate more effectively
with your manager, coworkers, and friends.*

Personal Communication Styles Workshop

Saturday October 18th 2008

9am – 12noon

AWIS Members: \$20.00 Non-members: \$30.00

Continental breakfast will be provided

Novartis Inc. 4560 Horton St , Emeryville , CA 94608*

Register at <https://www.acteva.com/go/ebawis> by Oct 16th 2008

You should attend if you wish to communicate more effectively with your team members, clients, vendors, and partners. This workshop is especially valuable if you are in a leadership role and need to motivate and clearly communicate with associates.

By participating in this workshop, you will:

- **Discover your preferred personal communication style**
- **Learn about the four principal communication style traits**
- **Practice effective communications with other participants by role playing in situations that you may encounter at work**

This workshop will be facilitated by **Dr. Pi Wen Looi**, a licensed Coaching Clinic[®] facilitator and founder of Novacrea Research. Dr. Looi has 12 years of experience consulting with Fortune 500 and non-profit companies and a Ph.D. in applied quantitative psychology from Ohio University .

<http://www.NovacreaResearch.com>

Scientists, Non-scientists, Men and Women Are All Welcome!

If you are not an AWIS member yet – please join us!

Visit: www.ebawis.org

***Novartis security procedures require check-in at the guard station on 53rd St at Chiron Way prior to parking. Meeting is held in building 4 (5300 Chiron Way), Room 104. Enter the doors nearest the big yellow stucco ball. Sign in with the security at the front desk.**

AWIS Palo Alto Board Members, 2008-2009

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Chapter dues \$25 - Student/unemployed \$10 - Membership in national AWIS is required

Pick up an application at a chapter meeting or visit www.awis.org

