



ASSOCIATION FOR WOMEN IN SCIENCE
PALO ALTO CHAPTER
<http://www.pa-awis.org/>
<http://www.awis.org/>
January/February 2005

From the President

by Mirella Bucci

Hello all! The New Year marks the end of a great year and the beginning of an even greater one. 2005 is the International Year of Physics! Can you imagine? Most causes only get one day or one month, but one year?! The excitement stems from the 100th anniversary of Albert Einstein's prolific year of publications. To this day, his theories are being revisited, refined and reproved. Relativity, the photoelectric effect... Can you think of a better reason for a yearlong celebration!

So where are our physicists? I've been asking this question since I took office as President of PA-AWIS. Let's all try to reach out to our physics community as a sort-of New Year's resolution. Find one and bring them to a meeting, invite a speaker – whatever it takes! I'll see you next year in the Year of Physics.



Editor's Note

by Angelie Agarwal

In this issue, look for exciting opportunities to get involved in PA-AWIS, and great programs for January and February—including the NCC-AWIS Winter Workshop. Happy New Year!

PA-AWIS Chapter Directory

Palo Alto-AWIS is developing a Chapter Directory that will be published in the spring, and will be available only to members. We need current members to update their information **before February 10**. To update your information, please visit our website (www.pa-awis.org) and click on the highlighted button titled "Chapter Directory".

Benefits of Membership

Palo Alto-AWIS is a local nonprofit organization with programs for mentoring, community outreach and professional development. By becoming a member, you can network and receive support from other women in science, develop leadership skills, and exercise your commitment to foster the next generation of women in science—to name a few!

To join AWIS-Palo Alto and National AWIS, please visit our web page: www.pa-awis.org

Upcoming Programs and Events

JANUARY

Jan 12 – PA-AWIS Chapter Meeting: Decision Making for Self-Empowerment

Jan 19 – PA-AWIS Mentoring meeting on "Giving and Receiving Feedback"

FEBRUARY

Feb 22 – PA-AWIS Chapter Meeting: Executive Development and the Evolution of Leadership

Feb 26 – NCC AWIS Winter Workshop, Genentech

For more information on these upcoming events, please see flyers on pages 5 and 6, and Calendar of Events on page 8.

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November Meeting Highlight: What Women Want (to eat)

by Staff Correspondent

In a world of the Atkins diet and the South Beach diet, not to mention the plethora of other fad diets, it is difficult to determine which is best. Even we scientists need to be better informed. Enter Gerda Endemann, nutritionist to fill us in. Gerda runs her own business providing nutrition education, counseling and therapy. We were fortunate enough to hear her speak at our November program meeting.

Gerda's strength comes from her extensive research in various biomedical environments. Her "No White Diet" is one based on nutrition and avoiding drastic changes in blood sugar. Changes, either increases or decreases in blood sugar, can cause obvious symptoms like headaches and confusion and less obvious ones like Dumping Syndrome. The key, according to Gerda is to monitor the glycemic index of foods—the ability of a food to cause an increase in blood glucose. A lower glycemic index is best because it means that a slow, steady supply of sugars reach the blood. So which are the best foods? Beans, fruits and dairy products are great because they have a low glycemic index. Carbohydrates should not be shunned, though some of us might be tempted to do this because of all of the Atkins hype. The best "carbs" are those from whole grains that also include fiber. Fats should also not be feared – they provide energy without inducing ups and downs in blood sugar levels. Fats like those found in olive, canola and soy oils, as well as many nuts, mayonnaise, avocado, flax and flax are part of any healthy diet. Look for unsaturated fats, advises Gerda.

The other basic tenet of Gerda's advice is to obtain the correct minerals. It turns out that even if you are not anemic, you can still be iron deficient. Foods like shellfish, molasses, liver, beans, beef, spinach, almonds and apricots are rich in iron. From some vegetables, the iron is not well absorbed by our bodies. There is also an interesting interplay among the various minerals. For instance, absorption of iron may be reduced by tea and would you believe it, by excess calcium, phosphorus, manganese and zinc?! As it happens, the people with the highest intake of fruits and vegetables have fewer bone fractures.

In addition, "there's more to bone health than dairy," according to Gerda. The levels of vitamin A (too much is correlated with bone fractures) and vitamin D (needed to absorb calcium) are also important. Vitamin D is so critical that Gerda envisions Vitamin D as becoming "the next big nutrition story."

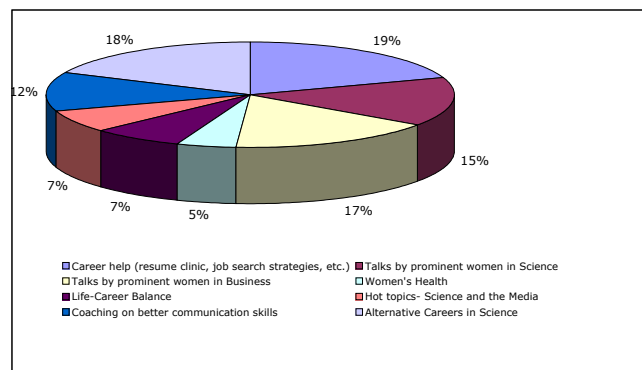
Check out Gerda's web site for some more great advice and some delicious recipes – including the one for chili, which we sampled before Gerda's presentation. www.healthyfat.com

December Meeting Highlight: Winter Networking Social

by Staff Correspondent

Our winter Networking Social was FUN!! Many fresh faces, mostly Stanford graduate students and postdocs looking for ideas and contacts to help in their career development, attended the festive gathering which featured sushi and shrimp platters, as well as a Holiday Gift Exchange. A Networking Game led by Katie Templin allowed attendees to meet and chat with almost everyone in a very informal and friendly atmosphere. It was great to feel the energy in the room full of people with common backgrounds and interests, sharing their ideas and experiences. New contacts were made and old friends were happily reunited.

We gave out many door-prizes in return for filling out a Programs survey. The results of the choice for future topics are summarized in the chart below. Most people were interested in hearing more on Career development, which is not surprising considering that most attendees were job seekers. Interestingly, the second most popular choice was Alternative Careers in Science, while talks by prominent women in Business and Science took the third and fourth places. These suggestions will definitely be taken into account by the Programs committee for planning our monthly meetings in 2005. We always appreciate your feedback and hope you will enjoy next years' programs. Best wishes for a Happy New Year!



Job Opportunities

Affymetrix: Marketing Writer

Affymetrix is dedicated to developing state-of-the-art technology for acquiring, analyzing and managing complex genetic information for use in biomedical research. To keep pace with our accelerated growth, we continue to expand our resources and people. We offer an excellent benefits package including medical, dental, vision, 401K, and more!

The Marketing Writer will possess a strong writing, editing, proofreading expertise in producing a broad range of marketing and scientific communications including (but not limited to):

- Marketing brochures, data sheets, direct mail and presentations designed to articulate complex scientific concepts and findings in a manner digestible by both scientific and lay audiences.
- Technical notes based on findings from internal research and technologies.
- Will act as a contributing writer for the monthly electronic newsletter featuring product launch/product update information and summaries/ highlights of recent Affymetrix research based on genomics collaborations.

This individual will possess a strong understanding in one or more life science disciplines, excellent marketing, science and journalistic writing capabilities, and the ability to communicate at levels appropriate to a wide target audiences (scientists, journalists, investors, lay people). Similarly, this person will have the character to interact favorably with diverse internal partners including Product Marketing, Marketing Communications, Genomics Collaborations, Business and Corporate Development, Investor Relations, Research and Development, as well as senior company executives.

Requires a BS in a life science discipline such as biochemistry, genetics, or biology. PhD in these disciplines a plus. Exposure to gene expression and DNA Analysis required. Exposure to drug discovery and development process, FDA regulations and more a plus. Masters Degree in Journalism or English preferred. Must possess three or more years experience as a marketing/scientific writer, editor, or content manager within the life sciences/biotech environment. Scientific graphic design experience preferred. Must have prior experience managing cross-functional teams to produce project goals on time.

Interested applicants should e-mail their resume to connie_vanlieu@affymetrix.com. For more information, please visit us at www.affymetrix.com

The Princeton Review: Teach Science Review

Teach science review courses to students studying for the MCAT or other exams. Design your own lectures based on TPR textbooks; teach a complete course to small classes of 15-25 students (typically one lecture per week). Courses run during the Winter (Jan - April) and Summer (May - August).

We've posted additional information on the PFF website:

<http://www.ucsf.edu/pff/princetonreview.htm>

The Princeton Review's official website:
www.princetonreview.com

(click on "employment" at bottom of page)

Questions? Contact the Princeton Review:
Info.SF@review.com

News and Happenings

Recognition Awards

Each Spring, hundreds of women from the Northern California Chapters of AWIS will gather together to celebrate the annual NCC-AWIS Awards Banquet. Three awards will be presented: the Judith Poole Award, the Ellen Weaver Award and the Distinguished Professional Award.

Who will this year's recipients be? This is ***your chance*** to nominate a fabulous woman who deserves to be praised and recognized. Guidelines are general so that women with different life experiences can qualify (see description of awards that follows). The nomination process is easy. Please send a letter to your chapter President, NCC chapter rep or directly to Mary Alice Yund (yund@worldnet.att.net) describing the nominee's accomplishments. A formal CV is not required. Nominations are accepted during January and February.

About the Awards

The Judith Pool Award is named after the first President of National AWIS who was a Professor of Medicine (Hematology) at Stanford and mother of three until her death in 1975. The Judith Pool award is given to a senior scientist who has a distinguished research track, and been an active role model and mentor for other women in science.

The Ellen Weaver Award is named after a Palo Alto member who is past-President of National AWIS and Professor Emeritus of Genetics at San Jose State University. The Ellen Weaver award is given to one who is a junior level scientist, who has been an active role model and mentor for other women in science.

The Distinguished Professional Award honors a woman using her science outside the laboratory, who has mentored and promoted the careers of other women in science.

Volunteer Opportunities

Wanted: Staff Writers for PA-AWIS Newsletter

We are looking for volunteers interested in contributing to the PA-AWIS newsletter. Our bi-monthly newsletter features information on News and Happenings in the organization, updates on our Mentoring Program, Volunteer Opportunities in AWIS and the community, and Chapter Programs.

Topics can be assigned, or you can freelance! Please contact the editor for details: angelie_agarwal@hotmail.com

Vacancy: Chapter Secretary

Chapter Secretary. Attend 2-3 Board meetings per year. Distribute the Agenda before the Board meetings, and write minutes to document Board decisions and actions. This position on the Executive Board has a 1-year term that will be confirmed in the April 2005 elections. This is a great way to learn about how the chapter works! For more information, please contact Mirella Bucci: mirellabucci@yahoo.com.

Mentoring

Update on Mentoring: 2004-2005

by Susan Bernhard and Adina Paytan, Mentoring co-chairs

The Mentoring program, supported by AWIS Palo Alto, met for the second time on Stanford campus on November 16. About 50 people came to share supper and listen to Ms. Sharon Ellison speak about 'Asking Better Questions'. Our next program will be held on Wednesday January 19, 2005. The speaker will be Dr. Jacquelyn Chang, a psychiatrist in private practice and assistant clinical professor of psychiatry at UCSF. Her topic 'Giving and Receiving Feedback' will be of interest and practical use for both mentors and proteges. RSVP required by Jan 17 to mentoring_awis@yahoo.com. AWIS Mentoring is a program that pairs ~50 Stanford women graduate students and postdocs each year with more senior women for conversations about life and work issues, communication skills, general support and networking.

Association for Women In Science

Palo Alto Chapter

"Decision Making for Self Empowerment: A Seven Step Guide"

**By Neerja Raman, Director,
Imaging Systems Lab, HP Labs, Palo Alto, CA**

Making decisions can be difficult in today's technology-driven environment where career and family goals may compete for your personal energy and time. Success is a choice. Happiness is a choice. Self-confidence is a choice. "Choice is an action that puts you in the center of your being", says Neerja Raman in her recently published book on decision-making. This is especially true for women and even more so for women in a technical arena where the playing field is still evolving. Neerja Raman presents a structure and process for decision-making in the technology workplace that is adaptable to individual needs. The structure is based on a process of dialog, analysis and personal values guided by "dharma" – the idea of action, self-discipline and knowledge. Neerja Raman was born in India, did graduate studies in the US and her work experience has been diverse: spanning university research to a five-person start-up.

DATE:	Wednesday, January 12, 2005
LOCATION:	PARC Auditorium 3333 Coyote Hill Road, Palo Alto
RSVP:	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!! This Meeting is free. You don't need to be a Member to attend.
All scientists, students, and their friends are welcome. Men too! We ask for a \$5
donation to cover the cost of food.***

Directions from the North:

Take Hwy 280 SOUTH, exit at Page Mill Rd and at the bottom of the ramp turn LEFT and head towards Palo Alto. Turn RIGHT onto Coyote Hill Road. PARC (formerly Xerox PARC) is on the left, just past the crest of the hill. Enter main door and look for signs to the Auditorium.

Directions from the South:

Take Hwy 280 NORTH, exit at Page Mill Road, turn RIGHT at the bottom of the off ramp and head up hill towards Palo Alto. Turn RIGHT onto Coyote Hill Road. PARC is on the left, (follow directions above).

ALTERNATE: Take Hwy 101, exit at Oregon Expressway heading west towards Stanford. As you cross El Camino, Oregon is renamed Page Mill Road. Follow Page Mill Road WEST, cross Foothill Expressway, and take a LEFT on Coyote Hill Road. PARC is on the left, (follow directions above to Auditorium).

LOCAL (from Stanford): Take Foothill SOUTH towards Los Altos, and turn RIGHT at Page Mill Road heading WEST. Turn LEFT onto Coyote Hill Road. PARC is on the left, (follow directions above to Auditorium).

See also <http://www.parc.com/company/directions.html> for map/directions

Association for Women In Science

Palo Alto Chapter

"Executive Development and the Evolution of Leadership"

By Sally Wilder

Executive Consultant, Wilder Consulting, Los Gatos, CA

www.wilderconsulting.com

Sally Wilder will speak about career development and the executive's journey through its different stages. She will address common problems that block the full expression of on-the-job creativity and demonstrate strategies for positive change. Sally will inspire you to take the next steps in your career with confidence and increased self-knowledge.

Sally has over 25 years experience working with individuals and teams in the high-tech and bio-tech world. For the last 13 years she has specialized in executive development, teambuilding, coaching, organization assessment, and managing change. She has worked closely with venture capital firms, board members and executive teams to help them achieve their organization's goals. Her experience includes working with over 80 companies, including 30 start-ups.

DATE:	Tuesday, February 22, 2005
LOCATION:	PARC Auditorium 3333 Coyote Hill Road, Palo Alto
RSVP:	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
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See also <http://www.parc.com/company/directions.html> for map/directions



Association for Women in Science
San Francisco Chapter
www.sfawis.com



Hosts the 2005

NCC-AWIS WINTER WORKSHOP

Powerful Non-defensive Communication

with

MADY SHUMOFSKY

Mady Shumofsky has worked with numerous organizations and individuals as a conflict mediator, meeting and retreat facilitator and trainer for more than 25 years. She was trained by Sharon Ellison, and is a member of the Consortium of PNDC Trainers. Mady also serves on the Board of Directors of the Association for Dispute Resolution of Northern California.



Saturday, February 26th, 9am – 2pm
Genentech Corporation, Bldg 5, Rm 5Q
1 DNA Way, South San Francisco

\$40 general registration; \$25 for students, postdocs and AWIS members

Breakfast, lunch and all workshop materials provided

If you are looking for effective tools to use when co-workers, friends, or family are attacking, blaming, withdrawing, justifying, surrendering, sabotaging—or when YOU are—this Winter Workshop was designed for you. This is a wonderful opportunity to communicate honestly and clearly, without escalating power struggles.

Register at **www.acteva.com/go/sfawis**

Mail-in payments accepted until Weds, Feb 16th

Credit card payments through Weds, Feb 23rd

CALENDAR of EVENTS

**ebAWIS Chapter Meeting:
January/February**

January 25, 2005

Lynda Deschambalt
Program Manager, EPA

<http://www.ebawis.org/ebevents.htm>

**Palo Alto Chapter Meeting:
January/February**

Wednesday, January 12, 2005
7:00-9:00 pm

Decision Making for Self-
Empowerment: A Seven Step Guide
Neerja Raman

PARC Auditorium
3333 Coyote Hill Road, Palo Alto

Tuesday, February 22, 2005
7:00-9:00 pm

Executive Development and the
Evolution of Leadership
Sally Wilder

PARC Auditorium
3333 Coyote Hill Road, Palo Alto

See flyers on page 5 and 6 for details

BioScience Forum

www.bioE2E.org

**sfAWIS Chapter Meeting:
January/February**

NCC AWIS Winter Workshop
Career Development Workshop on
"Powerful Non-defensive
Communication"
Mady Shumofsky

Saturday, February 26, 2005
9am – 2pm
Genentech Corporation

WILS

Women Leaders in Science
Seminar Series

Parnassus HSW 300
UCSF

For details, please visit:
<http://itsa.ucsf.edu/~wils/WILS.html>

**Institute for Women and
Technology**

www.iwt.org

**Sacramento AWIS Chapter
Meeting**

[www.nccawis.org/chapters/sacvalley/
sacvalleyhp.html](http://www.nccawis.org/chapters/sacvalley/sacvalleyhp.html)

**Professional Business
Women of California**

www.pbwc.org

**Healthcare
Businesswoman's
Association**

www.hbanet.org/chapters/sanfran.asp

**Women Chemist's
Committee**

www.calacs.org

**ASSOCIATION FOR WOMEN
IN SCIENCE
PALO ALTO CHAPTER**

<http://www.pa-awis.org/>

<http://www.awis.org/>

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Chapter dues \$25.00 per year. Student/unemployed \$10.00. Membership in National AWIS required. Pick up an application at a chapter meeting or visit the web site!



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ASSOCIATION FOR WOMEN IN SCIENCE
PALO ALTO CHAPTER

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