



NEWSLETTER

Mission Statement: The Association for Women in Science, Inc. (AWIS) is a non-profit organization dedicated to the achievement of equity and full participation of women in all areas of science and technology.

NEWS

Letter from AWIS-SD President Karin Zeh



Preparing for the next step in a professional career requires changing your mindset. Starting a career in industry after completing graduate or postgraduate work requires an adjustment from working mostly alone to being part of a team. A promotion to director or vice president requires interacting with departments outside your area of expertise and with non-company stakeholders, and an appointment to professor requires running your own laboratory, budget and all, and leading and mentoring a team of young researchers.

By now you might ask yourself why I am writing about this. Here is why.

A few weeks ago I participated in an online survey that asked three simple questions:

- Do you currently volunteer?
- Do you plan to volunteer this year?
- Do you have no plans to volunteer this year?

After I answered the questions I was directed to the results page. To my surprise 25 % of all respondents indicated that they were currently volunteering, 50 % were thinking about it, and only 25 % answered that they had no plans to volunteer this year. Although this was a non-scientific survey, the results are a reflection of our chapter. Out of our 320 members, 80 are currently volunteering. This is exactly 25 %.

There are many reasons why we volunteer for AWIS-SD. Let me pick a few:

- to encourage and mentor girls and young scientists to fulfill their potential
- to develop skills for our professional lives
- to learn from the experiences of our peers

What does this have to do with preparing yourself for your next step in your career? A lot more than you might think!

Mentoring girls and young women provides tools to support members of your team in your professional life. Volunteers for our 11 committees practice and develop a wide range of skills. These include soft skills such as teamwork, communication and negotiation as well as hard skills such as fundraising, public relations and website development. Committee chairs lead committees toward common goals, facilitate committee meetings,

manage projects, interact with other committee chairs and act as a conduit between the AWIS-SD Board and committee members. Board members share responsibilities for the entire organization and represent AWIS-SD at outside functions.

Compare this to the scenarios described above and you will notice many similarities. But there are also profound differences. AWIS-SD members volunteer for activities they enjoy most, and there is no experience needed. Fellow committee members provide an instant network to all areas of the San Diego scientific community. Discussing how best to achieve goals gives you insight into the experiences of your peers. Best of all, volunteers pick the amount of time and level of involvement. There are no performance reviews and no papers to write as we all want to enjoy working toward a common goal: the advancement of women in science and science-related fields.

At the most recent Strategy Session workshop AWIS-SD Board members discussed with workshop attendees skills they developed while volunteering and how these skills enhanced their professional lives. Each Board member had to pick one skill out of 10. I am sure that we all agreed it was difficult to stick to only one, as volunteering for AWIS-SD has provided us with more than one tool for our professional and personal development.

So if you would have answered the online survey with: “Yes! I am planning to volunteer this year,” I encourage you to visit our website at www.awissd.org or contact me at awis_sd_president@yahoo.com to learn how to become active in AWIS-SD and to benefit from your volunteer activities.

I hope to meet you at a committee meeting!

With warm regards,

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Upcoming Events

Compiled by Janice Payne

March 22: Stem Cell Panel Discussion. Education is the key to resolving this controversial issue. Come learn about the latest therapies and debates behind the use of stem cells. Details TBA. Open to members and non-members.

March 29: Outreach Event. Greater San Diego Science and Engineering Fair, Balboa Park. AWIS members will be judging a wide variety of girls' projects to determine who will receive the AWIS awards. If you are interested in judging contact the Outreach Committee at outreach_awissd@yahoo.com

April 3: Strategy Session: Team Membership, Playing to Win. Salk Institute, 6 – 8 p.m. Members only

April 29: AWIS Scholarship Gala. Orfila Vineyards & Winery, Escondido. Time: 11 - 2:30 p.m. Join AWIS-San Diego as we recognize and honor our 2006 scholarship award winners and celebrate the achievements of women in science. Keynote speaker: Dr. Vivian Pinn, Director of the Office of Research on Women's Health at the NIH. Guests will enjoy an outdoor buffet lunch, wine tasting and tour of the Orfila Vineyard & Winery. Members \$40, non-members \$60. The last day to register is Friday, April 14. For registration and directions visit <http://awis.npaci.edu/committees/gala2006mail.html>.

May 6: Outreach Event: Expanding Your Horizons, UCSD. The conference is aimed at girls in grades 6-10 and is intended to encourage them to pursue science, math and engineering. For more information, contact the Outreach Committee at outreach_awissd@yahoo.com

Science Writing Course UCSD Extension April 4 – May 30 (Nine meetings)

Lynne Friedmann, an AWIS Fellow, is offering her popular science-writing course through UCSD Extension for the third consecutive year. Previous students have gone on to successful careers as newspaper journalists, freelance writers, book editors, and science public relations professionals. This course is an introduction to science journalism with a focus on writing techniques and strategies to help an audience of general readers understand scientific information. Also covered are opportunities for science writing, constraints that shape science coverage, ethical issues that govern the reporting of scientific information, and the cultural place of science in our society. Visit www.extension.ucsd.edu (search "Science Writing") or call (858) 534-3400 to enroll. You can also contact Lynne at lfriedmann@nasw.org with questions about the course.

Don't Miss the Maria Goeppert-Mayer Symposium!

By Hima Joshi

The 11th annual Maria Goeppert-Mayer Symposium will be on Saturday, April 8, 2006 at the University of San Diego (USD). This year's Symposium will feature four speakers from a variety of scientific disciplines. Linda Hsieh-Wilson from the Department of Chemistry at Cal Tech will give a presentation entitled "Decoding Structure-Activity Relationships of Carbohydrates in the Brain." Jilly Evans of Amira Pharmaceuticals and Marilyn Perrin from the Salk Institute for Biological Studies will also give presentations. Rhonda Morgan of the Jet Propulsion Laboratory will give a lecture entitled "A History of Orion through the Eyes of Telescopes and the Future Prospects for Detecting Life." After the speaker sessions, attendees will enjoy lunch and a poster session.

Symposium founder, Kim Baldrige, formerly of the University of California, San Diego (UCSD) and the San Diego Supercomputer Center (SDSC), is currently at the University of Zurich. Baldrige founded this yearly symposium to honor the memory of UCSD Nobel Laureate Maria Goeppert-Mayer.

Goeppert-Mayer came from a long line of scholars. After she received her doctorate in 1930, Goeppert-Mayer moved with her husband to Johns Hopkins University, where he became a professor. Although Goeppert-Mayer published 10 papers and a textbook at Johns Hopkins, her only compensation was an attic office and an honorary title. Goeppert-Mayer eventually moved to Columbia University, and then to Chicago, where she again worked for no pay. In 1956, she was elected to the National Academy of Sciences, and in 1959, she and her husband became professors at UCSD. Goeppert-Mayer received the Nobel Prize in physics in 1963 for developing the nuclear shell model of atomic nuclei. She passed away in 1972.

Faculty, postdoctoral fellows, students and scientists from all levels of industry are invited to attend the Maria Goeppert-Mayer Symposium. The event is free, but registration is required. To register or to submit a poster, visit the following website: <http://www.sdsc.edu/MGM/>

AWIS-SD 2006 Scholarship Gala

By Holly Heaslet

Please join us at the 2006 AWIS-SD Scholarship Gala as we honor our scholarship recipients and celebrate the achievements of all women in science. Awards will be presented to our highly gifted, energetic, and motivated scholarship winners by our keynote speaker, Dr. Vivian Pinn, Director of the Office of Research on Women's Health at the National Institutes of Health. Guests will enjoy a gourmet lunch, wine tasting, and vineyard tour from Orfila Vineyard & Winery. Bring your family and friends, and join us in this celebration!

DATE: Saturday, April 29, 2006

TIME: 11 a.m. - 2:30 p.m.

LOCATION: Orfila Vineyards & Winery

For more information and to register, please visit our website at <http://awis.npaci.edu/committees/gala2006mail.html>



AWIS Scholarship Gala Speaker

Dr. Vivian Pinn

By Holly Heaslet

Dr. Vivian Pinn will give the keynote address at the AWIS-SD Scholarship Gala on April 29. Since 1991, Dr. Pinn has been the Director of the Office of Research on Women's Health at the National Institutes of Health. She is a highly accomplished woman who came from humble beginnings in the segregated south of Lynchburg, Virginia. After caring for her ailing mother, Pinn decided she wanted to be a doctor and an advocate for patients' rights.

She graduated from Wellesley College in 1962 and entered medical school at the University of Virginia as the only woman and the only African-American in her class. Dr. Pinn began her residency at Massachusetts General Hospital in pediatrics but quickly became interested in pathology. She has had a distinguished career which includes teaching at Tufts University and Harvard Medical School, chairing the Department of Pathology at Howard University Medical College and serving as the 88th president of the National Medical Association.

She has been recognized with numerous awards and eight honorary degrees. In her current position as the first full-time director of her department at the NIH, Dr. Pinn is in a unique position to advocate for access to good health care for women and minorities.

Strategy Session Workshop Management Skills

By Ying Liu

The December AWIS Strategy Session, *Management Skills – Up and Down the Ladder*, was a big success. The Strategy Session got off to an interesting start with the 40 participants divided into groups of four to discuss their individual experiences with bad management. Within four minutes, each AWIS member spoke freely about her bad management experiences. Some spoke about situations at work; others brought up management issues at home (yes, dealing with family members is also a form of management).

This was followed by a group discussion led by four panelists who introduced themselves and shared their own bad and good management experiences. The four panelists were: Barbara Sawrey, Professor of Chemistry and Biochemistry at UCSD; Anke Kretz-Rommel, Director for Cellular Immunology at Alexion Antibody Technologies; Suezanne Parker, Principal Investigator in Pharmacotoxicology at Biogen Idec; and June Chocheles, Vice President of Corporate Engineering and Technology Office, SAIC. These women came from diverse academic and industrial backgrounds, but the one common characteristic they share is that they all have years of experience managing people. They understand how to manage people they report to (managing up), people they supervise (managing down), and people working as a team (managing sideways).

Panelists and participants agreed that there are a few key components for successful management. First of all, effective communication is the most important factor in managing people. Parties should set expectations (define roles and responsibilities) at an early stage; give each other frequent feedback, both positive and negative; and be honest and constructive when giving feedback.

Secondly, trust and mutual respect are also very important in successful management. People tend to work better when they feel like their colleagues trust their ability to get the job done. Another crucial element for a productive working relationship is to know the people who work with you and their personal styles. As a manager, it is best to lead by example and to try to foster a positive team environment. Sharing credit with team members is also a good trait of a successful manager. If problems arise, try to intervene early before things get out of hand. Don't let bad feelings build up, and always have an improvement plan when delivering criticism. And finally, realize that things don't always work out. When the parties don't have a mutual interest anymore or the personality conflict becomes problematic, you should know when it's time to move on.

The highlight of the session was the 'Q-and-A' part. AWIS members who participated were asked to write down any questions they might have for the panelists, and the questions were drawn randomly. Several difficult management situations that AWIS members were facing in real life were brought up. The panelists gave useful suggestions on issues such as delegating versus taking personal responsibility and recognizing people's abilities and limitations. At the end of the night, the Strategy Session participants went home armed with managerial tools that could make their professional and personal lives more efficient.

AWIS Holiday Social: Casino Night

By Sama Tamrakar

The atmosphere inside Fishman Auditorium at the Burnham Institute had a festive air on December 15, 2005. People, food, and betting - the three vital ingredients of casino merriment - replaced the usual scientific excitement of the Burnham. AWIS members and their guests attended the Annual Holiday Social to wind down the year.

After the initial socializing and refreshments, people warmed up for the games. Tables were set up for roulette, blackjack, poker, and craps. The dealers, some experienced from their prior casino trips, and others who were trained shortly before the event, conducted the games. The attendees began gambling with chips provided at the entrance. Pretty soon, several players had their chips spilling over the bags, and some had barely enough to fill their fists. Periodic outbursts of cheering after a big win could be heard across the tables. Fun was in the air.

By the end, everyone appeared to have learned a new game or honed her/his skill enough to want to go to Vegas soon. The tables were busy until the end. Everyone exchanged their chips for the coupons to be entered in the drawing. Various gift baskets and the games used for the evening also were given away at this drawing. A few members turned out to be extremely lucky. After a few words from Karin Zeh, the newly elected president of AWIS-SD, the final event of the year concluded with everyone looking forward for another eventful year with AWIS.

The holiday social was organized by the Events Committee and sponsored by the Catalyst Law Group.

The Science Behind the Brew January AWIS Event

By Janice Payne



Is your dream to work in a lab surrounded by beer bottles? Our January tour of the Karl Strauss Brewery in Pacific Beach made me realize just how much science goes into beer making. Our “brewery ambassador,” Melody Daversa, pictured above on the left, began our behind-the-scenes tour with an enlightening history of the life of Karl Strauss and how the brewery got started. Karl Strauss, now 93 years young, opened the brewery in 1989 in partnership with his cousin Chris and his friend Matt. Krauss is still actively involved in brewery operations in Wisconsin.

There are four ingredients necessary to make a good brew. The process begins with barley, which gives beer its flavor. We tasted four varieties of barley. Barley is first malted, or allowed to germinate by soaking in large water tanks. Water is the second key ingredient, and before it can be used to make beer, it must be boiled to remove chlorine and other minerals. Hops, which contribute the bitter flavor, are then added to the barley after it has been ground or “mashed.” Finally, yeast is introduced to feed on the sugar from the malted barley to produce alcohol and carbon dioxide.

Along with the best ingredients, proper temperatures are critical to a successful batch. The barley must be held at a constant temperature for several days to allow germination. It is then kiln dried at a high temperature followed by boiling once the hops are added. A heat exchanger then cools the mixture before it can be added to the yeast. Once fermentation is complete, the beer is filtered and stored in the cold for a week before it is ready to drink.

The quality of each batch is then tested by Graciella Cervantes, Karl Strauss Quality Assurance manager. Cervantes is a microbiologist who spends her day analyzing beer color, pH, and alcohol levels. She also confirms the strain of yeast by plating samples on selective media. Cervantes even supervises a team of expert tasters. We all enjoyed our own taste of an excellent batch of Red Trolley Ale straight from the giant serving tank.

The Karl Strauss Brewery now incorporates local San Diego landmarks into their beer names and logos. Next time you’re in the mood for a nice cold mug of Woodie Gold or Black’s Beach Extra Dark, visit a local Karl Strauss restaurant. Locations are listed at www.karlstrauss.com. Thanks to Melody Daversa, Graciella Cervantes and the Events Committee for a great event.

A Different Kind of Olympics

By Alicia Bradbury and Amber Dance

Early on the morning of February 4, hundreds of people – parents, students, and volunteers alike – gave up sleep on a Saturday to participate in, or help with, the San Diego Regional Science Olympiad Competition. In the Science Olympiad, teams of 15 students from local middle and high schools contended for medals in a variety of subjects, covering various areas of science. Through preparation and delivery, students were introduced to the research and application of science as well as the aspects of teamwork and competition.

In an event called the Scrambler, high school students were charged with creating a vehicle that would carry an egg as close to the finish as possible in the quickest amount of time. The trick was that “the finish” was a wood plank, and if the egg broke, the students were disqualified. Two girls had an enviable machine, but they also displayed great maturity, communication, understanding and preparedness. The importance of these other qualities was demonstrated by the fact that another pair with the same machine didn’t do nearly as well.

The girls’ first run was great, fast with a quick brake, and within inches of the finish. They were excited but adjusted their brake mechanism to allow for the extra distance on their second run. Though they appeared to know what they were doing, no one expected perfection; this was a raw machine and, these were young minds. They released the vehicle, and it flew. Before anyone could think much of anything, it stopped. It had not hit the finish wall. It was not a few centimeters shy. It was at the wall. The judge said he could barely measure one millimeter between the vehicle and the wall. The judges were stunned and excited. The girls smiled wide and said “thank you,” to the numerous congratulations, their faces attempting a look of proud maturity to mask the excited giggles bursting forth. There stood two young, still impressionable girls on the verge of adulthood, soaking up encouragement we were happy to bestow. I don’t know if two scientists were born in that moment, but I know that two girls walked out of that gym with a little more knowledge, the thrill of success and the pride of a job well done.

AWIS volunteers administered five of the tests used in the Regional competition, covering subjects such as food science and chemistry. Designing, critiquing, and revising these tests took “hundreds of hours,” according to Kirsten Vroom, who wrote the food science exam, which contained difficult questions on the chemistry of consumables. Students had to understand the structures of carbohydrates, proteins and lipids and be able to accurately interpret a nutrition label. In hands-on experiments, they tested food samples for density and catalase activity. At the end of the day, some of the scores were quite close, and the final placement came down to the tiebreaker question – how many calories are in a single Hershey’s Kiss? Though many undoubtedly guessed, those who understood the concepts probably came closest to the truth, which fortunately for chocolate lovers, is only 29.

In addition to running several of the events, 15 AWIS members – a quarter of the total volunteers – helped out on the day of the competition. Volunteers proctored exams, tested students’ devices, and scored answer sheets.

AWIS was recognized for its support of the event at the awards ceremony at the end of the day, and students were publicly awarded

for their performances. Although medals were given, ribbons were awarded for more than just first, second, and third place. The top 16 were also eligible to compete in more national competitions. This set-up is evidence of the greater mission of the Science Olympiad, which is to encourage and promote interest in science and improve the quality of science education.

Strategy Session Explores Tangible Benefits of AWIS Volunteering

By Valerie Uzzell

On February 6, AWIS-San Diego kicked off a new year of Strategy Sessions with the workshop "Putting your volunteer activities to work." The workshop, led by Fran Putkey and the Strategy Sessions Committee, considered the question of how volunteering opportunities like those in AWIS can help us improve vital career skills. To help with this intriguing discussion, we were joined by six members of the 2006 AWIS-San Diego Executive Board, including Jenny Chaplin (Secretary), Susan Fitch, Holly Heaslet, Liz Yoder (Academic Liaison), Janet White (Past President) and Karin Zeh (President).

On first entering, participants were presented with six tables marked with important career skills: Managing People, Networking, Self-promotion, Leadership, Communication and Negotiation. Each participant was asked to choose a skill she wished to improve, and to choose a table accordingly. Each table was presided over by a member of the AWIS-SD Board, who had chosen the topic. At each table, we were asked to consider the skill we had chosen to improve and which aspects we felt needed work. For example, a fellow participant at the Networking table wished to improve her networking in order to meet possible investors for her start-up company. At our tables, we then brainstormed ways in which AWIS could help us meet our self-improvement goals.

In the course of these discussions, we tossed around a lot of ideas about how to improve our career skills, both within AWIS and outside of it. We had the opportunity to meet the new Board and elicit their advice as well as the valuable advice of each other. One of the main messages to come out of our discussions was that AWIS could be a valuable career-building tool because it is a safe place for experimentation and for stretching ourselves beyond what we feel we are capable of. Our colleague with the start-up company, for example, might try joining the Corporate Sponsorship Committee. Calling up CEOs to solicit donations for AWIS should be excellent practice for asking people to invest in her company.

FEATURES / OPINIONS

A Women's Choice

By Siobhan Malany

Most of my female acquaintances who have become pregnant in the last couple of years with their first children delivered their babies by cesarean section. Then I became pregnant and I really wondered, *is delivery by cesarean section the trend for women in their thirties who are starting families?*

I was surprised to find that 27% of pregnant women today undergo cesarean sections. That is one out of four women. This percentage reflects the rise in repeat c-sections, as the risks are lower than a

vaginal delivery for women having children after a prior c-section. But the number also reflects the recent increase in first-time cesareans. According to the National Vital Statistic Report (2005), the incidence of primary c-sections has increased 5% per year from 1998 to 2003. Why the rise? *As first-time moms, are we just older and not as healthy? Have we entered an era of maternal-choice caesarean?* I consulted the literature and asked two obstetricians, Wendy Buchi, M.D., who practices in San Diego and Katrina Hendricks, M.D., who practices in the San Francisco area, for their thoughts on this controversial subject.

Statistically, the older the woman, the more likely she is to have a c-section. This is due in part to the higher incidence of health problems such as diabetes, high blood pressure, and increased obesity among women over 30. In addition, an increase in infertility treatments has led to an older age for first-time moms and a higher rate of multiple pregnancies and thus a higher incidence of surgical deliveries.

Fetal monitoring has also contributed to the increase in c-sections. Despite the fact that electronic monitoring hasn't decreased unfavorable neonatal outcomes such as cerebral palsy, it has become the standard of care. "MD's are more likely to jump to a c-section if there are any 'bad heart tones' even if they resolve," says Buchi. This highlights another cause for the high incidence of cesarean sections - medical-legal issues. "Big settlements are made for babies with problems, not for surgical complications, and c-section has the lowest fetal complication rate," says Hendricks.

Cesarean delivery has become safer with improvements in anesthetic and surgical techniques. The rate of stillbirth is decreased for a planned cesarean section at 39 weeks. There is less pelvic floor trauma, resulting in less urinary and anal incontinence. Despite the improvements in surgical safety, the risk of dying during childbirth is still fourfold higher with a cesarean section than with a vaginal delivery. The risks to the mother of infection, bleeding and blood clots are also higher, and respiratory problems in the newborn are more common with a cesarean section. Also, the recovery period is longer.

Taking into account the pros and cons of cesarean section, many physicians and patients are treating delivery by c-section as an elective surgery. In the UK, 68% of obstetricians are willing to perform an elective c-section in response to a woman's request according to the American College of Obstetricians and Gynecologists (ACOG, 2004). The U.S. is following the same trend. A major debate in discussions covering the ethics of elective primary cesarean delivery is whether it is a maternal choice or a form of medical control.

Many women fear labor pain, vaginal tearing, future incontinence, and damage to the baby. "With a change in the medical culture away from a paternalistic paradigm and toward a culture of medical autonomy, more women are requesting primary elective c-section," says Hendricks. On the other hand, she says, "if patients don't follow a strict contraction or dilation pattern, they [MD's] are likely to proceed with c-section, when the patient may need more time due to the epidural or because they are a first delivery." Vaginal deliveries are unpredictable, and they require physicians to cancel appointments and rearrange their schedules. Physicians often plan c-sections to maintain regular work schedules and avoid malpractice suits. "I have heard many doctors say that, 'you don't get sued for performing a cesarean section,'" says Buchi.

Hendricks and Buchi both side with the position of ACOG that performing elective cesarean sections is ethically justified as long as the patient has been informed of the risks and benefits of cesarean section and of vaginal delivery and that the physician believes that cesarean delivery promotes the overall health of the woman more than a vaginal birth. "I do have a lot of patients who request a cesarean section as soon as they get pregnant," says Buchi. "But as the pregnancy progresses and they become better informed, most change their mind and want to try to achieve a vaginal delivery." Hendricks states, "A bit of education goes a long way and can really empower a woman to make an informed decision."

DEPARTMENTS

Book Review

Earth Democracy:

Justice, Sustainability, and Peace

By Alice Budai

Vandana Shiva is a female physicist in India who is also a leading environmental activist. She has written many books on globalization, sustainable agriculture, and women. In 1993 she won the Alternative Nobel Peace Prize.

In her latest book, "Earth Democracy: Justice, Sustainability, and Peace," Shiva tells us everything that is wrong with globalization. She speaks of the imbalance created by our focus on the market economy when we should first be considering nature's economy, and she identifies the World Bank, International Monetary Fund, and the World Trade Organization as large forces that facilitate the growth of corporations but do not benefit the people. She explains the importance of commonly owned land and resources for the livelihood of people, and she stresses the negative effect that privatization has on a community.

By sharing statistics, Shiva informs us about overpopulation in countries that are poor due to exploitation, and she suggests that women are having more children under harsh conditions because of a lack of sense of security. Even terrorism is a symptom of an unhealthy culture, and Shiva is bold enough to call the exploitation of third world countries a form of modern genocide.

Much of Shiva's book focuses on agriculture and the pressures that are placed on small farmers. Subsidies benefit large corporations not directly involved with the growing of food, and the subsidization creates a myth of cheap food that makes it hard for farmers to sustain their livelihood. Additionally, Monsanto is a company that claims intellectual property rights to genetically modified crops that are forced on farmers who cannot afford them. More importantly, biodiversity is threatened through modern farming practices, and farmers become more reliant on pesticides, fertilizers, and excessive water because of the nature of mono cropping and the types of crops promoted. Shiva makes the important point that agriculture is truly resource limited and not labor limited, meaning that we should focus on environmental sustainability, and she calls for a shift in perspective when approaching farming practices, locally and then globally.

Amongst all of the disheartening facts, Shiva praises not only the farmer but also the woman who fits so awkwardly into this patriarchal world. In the midst of the power-scavenging and aggressive materialism, optimistic women are working together and winning in their small movements. Shiva states that such idealism, something that is excluded in a society based on violence, is a

necessity for survival. This particular idea was significant to me because I often struggle with the conflict between my values and those rewarded by the society I live in. Hearing somebody acknowledge difficulties for women in a book published in 2005 serves as a reminder that it's okay to feel like we are struggling because there is still progress to be made. Earth democracy is a movement that counterbalances the overly profit-driven nature of our world today.

AWIS-SD Thanks Corporate Sponsors

By Robin Rosenfeld

AWIS-San Diego thanks our corporate sponsors for their generous support. Donations from corporate sponsors help us fund scholarship awards, monthly events, Strategy Sessions, community outreach efforts, the Newsletter and the website.

For more information about how your company can support AWIS-SD, send an e-mail to fundAWISsd@gmail.com.

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AWIS Member News

In this section of the Newsletter, we report on the accomplishments (new jobs, promotions, awards, publications, etc.) of AWIS-SD members. If you have any news to report, send it to Hima Joshi at hjoshi@sandiego.edu or Janice Payne at Janice_payne@hotmail.com and write "AWIS Member News" in the subject heading.

Siobhan Malany and Mario Garcia have a new addition to their family. Lucas Mario Garcia was born on December 24, 2005. Congratulations to Siobhan and Mario!

Celeste Ozaki and husband Terrence became the proud parents of Elizabeth Susan B. on October 19, 2005. Congratulations!

Not getting AWIS-SD member e-mails?

Update your contact information!

Go to the member services page using the following link:
<https://www.sgmeet.com/awis/memberlogin.asp>

You will need your member ID and password. If you need assistance, please contact AWIS Member Services by phone (866-657-AWIS) or by e-mail (membership@awis.org).

About the AWIS Newsletter

The AWIS Newsletter is published six times per year and provides AWIS members and supporters with information on Chapter activities, career development, and issues related to women in science.

March/April Newsletter staff:

Alicia Bradbury	Alice Budai	Hima Joshi
Ying Liu	Siobhan Malany	Joanne Mullen
Janice Payne	Sama Tamrakar	

If you are an AWIS-SD member, we encourage you to contribute articles to the Newsletter. Please send articles as MS Word attachments to Hima Joshi (hjoshi@sandiego.edu) or Janice Payne (janice_payne@hotmail.com). News articles should not exceed 250 words, and event summaries may be between 500 and 1000 words. Feature articles (special-interest stories and profiles) should not exceed 1000 words. The submission deadline for the next issue is April 7, 2006.

IMPORTANT INFORMATION ABOUT**San Diego Chapter**

Website: <http://awis.npaci.edu>
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IMPORTANT CONTACTS

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Past President	Janet White
Treasurer	Kathy Ogilvie
Secretary	Jenny Chaplin
Member at Large	Sheela Talwalker
	Hima Joshi
	Holly Heaslet Soutter
	Susan Myers Fitch
	Elizabeth Yoder

To contact the Board, visit the following website:
<http://awis.npaci.edu/officers/biographies.htm>

AWIS National Councilor (San Diego Chapter)

Sonya Summerour Clemmons

To contact Sonya, visit the following website:
<http://www.awis.org/network/board.html>

<u>Committee</u>	<u>Chair(s)</u>
Book and Movie Club	Alice Budai
	Amy Cullinan
Corporate Sponsorship	Robin Rosenfeld
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	Holly Heaslet
	Susy McKay
Public Relations	Laura Waggoner
Scholarship	Jenafer Evans
Strategy Sessions	Frances Putkey
Website	Barbara Armstrong

To contact the committee chairs, visit the following website:
<http://awis.npaci.edu/officers/committeechairs.htm>