



NEWSLETTER HELP

Dear Washington Branch AALAS Members (and Potential Members),

Our branch needs your help! Not your money—Just a little time and enthusiasm, to participate in making our events and activities happen. We are a volunteer organization, and we need more volunteers.

WHY DOES WBAALAS EXIST?

WBAALAS is dedicated to advancing responsible care and use of laboratory animals, and we do that by providing educational activities for our members (like the annual Spring Trade Fair), recognizing our members' achievements (like the Technician of the Year Award), and providing means for our members to network (such as our picnic).

WHAT'S IN IT FOR YOU?

Volunteering in WBAALAS is a way to show pride in what you do. It's a way to demonstrate to your colleagues (and supervisors!) and family and friends that you care enough about animals and the people who work with them to give a little of your time and talent beyond what is required. Volunteer service looks great on your resume. WBAALAS volunteering is a gentle way to gain experience in being a leader. It's a terrific way to meet people. And best of all, it's fun.

WHAT KIND OF TIME COMMITMENT IS NEEDED?

Our board of directors meets 4 times a year, for about 1.5 hours each meeting, typically getting together just after work. We put in time the day of the Trade Fair, and at special events such as the picnic or holiday parties. Our newsletter editor, webmaster, secretary, and treasurer put in individual time to get their tasks done, typically averaging out to a few hours each month.

WHAT KINDS OF POSITIONS ARE AVAILABLE?

President [elected] (leads the association, calls the meetings)

Vice President [elected] (becomes president the next year, leads when the President is not available)

Secretary [elected] (keeps our membership records and minutes of our meetings)

Treasurer [elected] (keeps track of our bank accounts, deposits money coming in, writes checks for our expenses)

cont on next page

2009 Institutional Members

Amgen

Fred Hutchinson Cancer
Research Center

Infectious Disease Research
Institute

Benaroya Research Institute
at Virginia Mason

NWABR

VWR

ZymoGenetics

Calendar

November 8-12, 2009

60th AALAS National Meeting
Denver, Colorado

December or January 2009/10

Winter Gathering
Watch email and website for details

March 4, 2010

IACUC Regional Education
Conference
Seattle, WA

March 24, 2010

Spring Educational Trade Fair
Seattle, WA

May 6-7, 2010

District 8 Meeting
Tempe, AZ
Page 8 <http://www.district8.org/>

October 10-14, 2010

AALAS National Meeting
Atlanta, Georgia

Some Simple Steps for the Stressed-Out

By James S. Gordon
Special to The Washington Post
Tuesday, September 29, 2009

A middle-aged, working-class woman recently came to my medical office complaining that her back had "seized up." Her husband had lost both his jobs and was feeling quite disheartened; not long after, her blood pressure had "jumped though the ceiling" and she began sleeping poorly.

Another patient came to see me suffering from crippling anxiety attacks. He had lost the better part of his considerable fortune in the economic collapse. Now he was waking in the middle of each night feeling his chest crushed, unable to breathe, half fearing and half wishing he would die.

I have been practicing psychiatry for 40 years, but I've never seen this much stress and worry about economic well-being and the future. There is a sense that the ground is no longer solid, that a system we all thought would sustain us no longer works as we were told it would. In the past, when patients reported job-related stress, it was from unfulfilling work and the anxiety of making choices. "Should I stay in this job that I can't stand and keep feeling so unhappy?" they would say. Now, I hear about unmeetable mortgages, months without work, fears of ending life in a low-paying, entry-level job. "What went wrong?" my patients say. "What could I have done?" "How can I manage?"

In this uncertain time, symptoms of chronic illnesses -- hypertension, back pain, diabetes -- that were controlled or dormant are erupting. Low-level depression, whose hallmarks are feelings of helplessness and hopelessness, is endemic.

Large numbers of people across the country are trying to quiet their apprehension with drugs or drink, or have turned to antidepressants, anti-anxiety medications and sleeping pills. But after decades working not only in Washington but also with war-traumatized populations overseas, I've found there are simple strategies for helping people cope that are easy to learn, practice at home and, in these stressful times, free.

1. *Begin a simple meditation practice.* Loss -- of jobs or economic security, as well as of a beloved person -- is perhaps the greatest and most common of stressors, and the most frequent cause of anxiety and depression. Slow, deep breathing cont next page . . .

... cont from previous page

Board Members [elected to 2 year terms] (we have two: help plan our activities, support the other board positions)

Committee Chairs (leads activities related to specific committees, such as the following)

Newsletter Editor (puts together the newsletter, coordinates with Secretary to include advertisers, and notify membership when the newsletter is posted to the website)
Program Chair (leads organization of branch activities)

Webmaster (manages our website. Check it out at www.wbaalas.org)

Awards Chair (reviews the award nominations, selects the winners)

WHAT WOULD MOTIVATE YOU TO VOLUNTEER?

What do you want out of your WBAALAS membership? Are there things you'd like to see happening here that we can make real? Other AALAS branches around the country offer events such as weekend workshops, certification study sessions, outings, parties, competitions, community volunteer opportunities... What would you like to be part of, and would you work with us to make it happen? Interested? Contact secretary@wbalas.org and join us at our next board meeting on November 18, 6PM at FHCRC

2010 Registration will soon be open.

Watch your email and/or our website
WBAALAS.ORG for information.

. . . cont from previous page

-- in through the nose, out through the mouth, with the belly relaxed and soft, and the eyes closed -- is a sure "evidence-based" antidote to the stress response that uncertainty provokes. Practicing this "soft belly" technique several times a day for several minutes each time quiets the "fight-or-flight" response that makes people anxious and agitated, and brings us what cardiologist Herbert Benson famously called "the relaxation response." Financial advisers, child-care workers and soldiers back from a second tour in Iraq with whom I've worked have all found, in this simple practice, a source of calm.

2.Move your body. With the possible exception talking with a sympathetic, skilled human being, physical exercise may be the single best therapy for depression. It's very good for anxiety as well. Exercise has been shown in animal studies to increase cells in the hippocampus, a region of the brain concerned with memory and emotion, which can be depleted by significant psychological trauma (and financial stress is one of the most significant traumas) or chronic depression. Exercise increases mood-enhancing neurotransmitters in our brains, and decreases the levels of stress hormones that exacerbate chronic illness.

It may not be easy to get moving when you're feeling defeated, but every step you take, literally as well as figuratively, will encourage you to take the next one. Make sure you do something physical that you enjoy or once did enjoy. Aerobics or yoga classes may feel overwhelming or too expensive. Don't worry: Dancing at home by yourself works just as well, and so does walking. Exercise is often the first item on my prescription pad.

3.Reach out to others. Human connection -- to family, friends, co-workers in the same boat -- is an antidote to the sense of aimlessness and isolation that may come from job loss or unexpected economic insecurity. Social connection also helps prevent the chronic illness that can often follow prolonged stress. I see the healing power of group membership every day in

mind-body skills groups that colleagues and I organize, when a group member, demoralized and humiliated by job loss, realizes he or she is not the only one. Acknowledging and sharing (but not indulging) this sense of grief and pain is a remarkable source of strength for many people.

4.Find someone who will listen and help you take a realistic look at your situation. When the middle-aged woman with the "seized-up" back came to see me, we discussed her finances as well as her feelings. Although her husband had lost his jobs, her own job, in the health-care industry, was still secure. She and her husband would have to give up some of the "little luxuries" to which they'd been accustomed, but it was clear they could still manage. She needed to relax (using the soft-belly technique), recognize what she could and couldn't do, give her husband a fair share of the household chores while he looked for another job, and generally unburden her mind, body and spirit. This simple exploratory conversation -- and a subsequent heart-to-heart with her husband -- allowed her to turn aside the cascade of anxious emotions. Her body began to repair itself.

5.Let your imagination help you find healing -- and new meaning and purpose. The wealthy man who came to see me last winter paralyzed by anxiety attacks after losing much of his fortune was able to put his own trauma in perspective by using his imagination.

Though he still was, by most standards, wealthy, his sense of himself as a wise, sure-footed investor had been shattered. He did soft belly breathing to relax and began to cut out and copy pictures from magazines that seemed to him somehow hopeful. He spent days, he told me, copying a photo of a man his age, a grandfather apparently, standing with his arm around a young boy on the verge of the hole where the World Trade Center had been. "The tragedy in the picture is so much greater than my own," he said, "and I realized that what's really important is the connection between this man and boy, the hope for the future. I drew it, and . . . cont next page

... cont from previous page

I really started looking for this connection in my own life -- a connection with meaning now, not money."

Other patients find relief and assistance from imagining themselves in a safe place and consulting their inner "wise guide" to help them find peace, direction and meaning. This may seem kind of strange at first, but it's an ancient process used in many indigenous cultures and is actually pretty easy.

First, after breathing deeply and relaxing, imagine someplace safe and comfortable, one you know or one that just arises at the moment in your imagination. As you sit there, you allow your "guide" to appear. Accept whatever image appears -- a wise old man or, a relative, a figure from scripture or literature, or even an animal. Mentally introduce yourself, and ask this guide a question about what's troubling you, and then "listen" to the response that comes into your mind. Let the dialogue with you and this guide continue. Often helpful guidance will emerge from your own intuitive understanding.

6. *Speak and act on your own behalf.* Sometimes this produces rapid and even material benefits: One patient, a financial analyst, talked to her colleague

about impending cutbacks; they forestalled a layoff by offering their supervisor a job-share alternative. Often speaking up for yourself produces valuable information and greater peace of mind and clarity: An anxious nanny finally asked her employer, who was herself experiencing a significant decrease in income, if her own job was secure and discovered it was; an IT consultant, asking his boss for a straightforward response, discovered his job was likely to be eliminated and began the search for another job, early, unsurprised and still employed.

There are two common denominators to these six strategies for dealing with and healing from financial setbacks and the unnerving feeling that the ground has shifted. All of them remind us, in times when the economy has made us feel powerless, that there are things we can do to help ourselves. And none of them costs money.

James S. Gordon, author of "Unstuck: Your Guide to the Seven-Stage Journey out of Depression," is a clinical professor of psychiatry and family medicine at Georgetown Medical School and director of the Center for Mind-Body Medicine in the District.

Comments: health@washpost.com.



Introducing...

A new species of giant rat, about as big and furry as an opossum, turned up earlier this year during a BBC-sponsored expedition to Mount Bosavi in Papua New Guinea. Weighing some 1.5 kilograms and stretching 82 centimeters, this animal still may not be the largest in the rat-and-mouse family, says codiscoverer Kristofer Helgen of the Smithsonian Institution in Washington, D.C. Helgen and colleagues are preparing to publish the official name of the Mount Bosavi rat, which belongs to the genus of woolly rats, *Mallomys*. Helgen first met one on a rainy night. "Just like a dog, it did a body shake and sent water flying all over us from this thick fur," he says.

Does the idea of another safety meeting send chills down your spine?

Wouldn't it be nice to have a safety meeting without people falling asleep? Well now is the time of year to have some fun with safety by spooking it up a bit! With a little creativity and a trip to the Halloween aisle you can put on a safety training session to be remembered. Here are some quick and simple ideas:

- ☠ Serve up tasty snacks such as gummy body parts (Walmart -45 pieces \$5), or bake up some Salty Bones or Finger Cookies (recipes below).
- ☠ Get your staff involved by letting them do safety skits such as Safety Sally and Accidental Adam show the right and wrong way to do things.
- ☠ Spice up chemical safety demos by dropping a Mento or Smartie into some soda for a mysterious foaming chemical.
- ☠ Props or décor such as fake bloody gauze and dismembered appendages can be purchased at local dollar stores.
- ☠ Decorate with comical home made "Stickman in danger" and Mr. Yuck warning signs (Stickman in Peril stickers are also available at Archie McPhees).



- ☠ If you must do a standard slide show, throw in some goofy surprises to keep up attention. For example:



In all of your fun don't forget to get your safety message across, just try to do so in a fun and memorable way!

2009 SPRING EDUCATIONAL TRADE FAIR

A Huge Success

This year's Trade Fair was another fun event. Almost 100 members were in attendance and 15 vendors had tables set up to display their wares and meet with customers. The morning started out with coffee, fruit and pastries and time to mingle with everyone. The talks started at 9:00 and ran until lunchtime, with a break mid-morning for refreshments and more "shopping" at the vendor tables.

Congratulations to Colt Domingo for being this year's recipient of the Betty J. Varnum Washington Branch Technician of the Year Award.

Thank you to Jackson Lab, Lab Products and Tecniplast for sponsoring the refreshments.

Thank you for all the donations to the raffle. There was lots of hootin' and hollerin' and there were lots and lots of prizes handed out.

- * Absorption Corp.
- * Ancare Corp/
- * Cintec Inc.
- * Edstrom Industries
- * ErgoFit Consulting
- * Harlan
- * Lithgow Laboratory Services
- * Lynx Product Group
- * PHarmacal Research Labs, Inc.
- * Rees Scientific
- * SciMercor
- * World Courier



**Congratulations to Colt
from the VA, the 2009
Technician of the Year**



The 2009 Spring Educational Trade Fair





Embryo and Sperm Cryopreservation: Protecting Your Colony

Losing your experimental strain entirely from a natural catastrophe, facility catastrophe or contamination can present significant roadblocks to your research and can consume valuable funds. By cryopreserving your strain you are creating a stable and reliable repository for producing live animals and restarting your colony. At Charles River, we strongly recommend cryopreservation of embryos and/or sperm as part of any colony protection initiative.

For more than 20 years embryo cryopreservation has been a mainstay within the industry for strain archival. The cryopreservation procedure involves mating live animals and then performing a surgical incision into the oviduct to extract embryos. *In vitro* fertilization (IVF) is also an option for collecting embryos and entails incubating sperm from euthanized males with oocytes of common inbred or hybrid donors in a fertilization dish to form two-cell embryos. Embryos are treated with a cryoprotectant to inhibit ice crystals from developing and then frozen down by a controlled process of decreasing temperature at a specific rate so that the embryos dehydrate before cellular damage occurs while simultaneously preventing ice crystals from forming. The embryos are loaded into straws and stored in liquid nitrogen. All research suggests that frozen embryos (and sperm) have an indefinite shelf life in liquid nitrogen.

Sperm cryopreservation has recently become a popular alternative for backing up non-homozygous mouse strains with single mutations. Sperm is collected from two euthanized males, pooled and then examined for motility, morphology, percent live/dead and rate of movement using a computer analyzer. A report is generated based on the findings to confirm the success of the cryopreservation and pinpoint any issues that may occur during reconstitution. The sperm is treated with a cryoprotectant and then frozen down at a controlled cooling rate.

When choosing which cryopreservation option works best for your strain, there are a few factors to consider. Embryo cryopreservation is the best method for retaining homozygosity, since WT oocytes are generally used during sperm reconstitution to form embryos. Additionally, we have found that embryo cryopreservation is a better option for models with multiple constructs or where phenotype issues with your strain affect fertility. Recovery from frozen embryos is easier and more universally known and practiced than sperm reconstitution.

Sperm cryopreservation is often utilized for single gene mutations where homozygosity is not important or if an insufficient number of animals is available to meet the animal requirements for embryo cryopreservation (two carrier males for sperm cryopreservation vs. five to eight males and 30 – 40 females for embryo cryopreservation). Sperm cryopreservation is also typically a less costly and faster alternative to embryo cryopreservation.

Cryopreservation is always an important measure for safeguarding your precious animal strains from loss and can ensure that your research will still continue despite any roadblocks you may face. For more information about how embryo and sperm cryopreservation can help protect your colonies, contact us at 1.877.CRIVER.1 (1.877.274.8371) or askcharlesriver@crl.com or visit www.criver.com.

Job Opportunities



LAB SUPPORT

A DIVISION OF ON ASSIGNMENT

Lab Support is seeking a (3 month) Temporary **Associate Scientist- CNS/Behavior** for their client in Bothell, WA.

This position will be responsible for in vivo research associated with their CNS/Behavior group, along with cross-training and opportunities with other groups such as Husbandry, Surgery, and Histology. Is responsible for the development, implementation, and validation of new behavioral models as needed. Will also assist in the interpretation and analysis of behavioral data.

Responsibilities will include:

- Performs other non-behavioral technical functions, including drug administration, bleeds, necropsy, and surgical procedures as needed.
- Conducts laboratory research and studies. Must be able to perform all behavioral tasks used in the facility with a high degree of inter-rater reliability with other staff.
- Maintains high level of professional expertise through familiarity with scientific literature.
- Maintains broad knowledge of state of the art principles and behavioral techniques.
- Daily care of research animals in accordance with GLP and other regulatory guidelines.
- Will assist with model development and validation.
- May perform simple surgeries and provide pre and post surgical care
- Conducts preventive maintenance of facility equipment, as well as being responsible for the maintenance of behavioral equipment.
- May conduct daily rounds and observations to check animal health status.
- Understands and may help develop standard operating procedures.
- Maintains records to comply with regulatory requirements. Perform and participate in quality control and quality assurance procedures.
- Fully complies with all company health and safety procedures and practices.
- Uphold and promote the client's values.
- Other duties may be assigned
- Requirements:
 - BA or BS degree with 2+ years related experience or equivalent. Prefer Bachelors Degree to be in psychology or biology. Experience may substitute for degree.
 - An AA or Vet Tech degree with behavioral experience would also be acceptable.
 - Must be able and willing to work some weekends, evenings and/or holidays with advanced notice.
 - Prior experience in a GLP environment preferred.
 - Use fundamental mathematical concepts.
 - Familiarity with computer systems.
 - Must be able to lift at least 50 pounds and stand for prolonged periods of time.

Contact: maya.skolnik@onassignment.com www.labsupport.com

Job Opportunities



LAB SUPPORT

A DIVISION OF ON ASSIGNMENT

Lab Support is seeking a (3 month) Temporary **Associate Scientist- Formulations Lead** for their client in Bothell, WA.

You will work closely with both operation staff and project management and will be responsible for the execution, the preparation and formulation of test and control articles for project/contract related experimental work for new drug discovery and development in support of In Vivo Pre Clinical Efficacy studies. The successful candidates will have experience in chemistry, formulation or test article preparation preferably in a GLP environment. This individual will also be responsible for maintaining general lab equip, such as pipettes, balance, etc for the operational group. Animal handling experience relevant to in-life experimentation would be a plus. The ability to follow laboratory protocols and perform procedures in an independent manner would be required.

As a member of this team you will have the opportunity to maintain, organize, present, and discuss data with your supervisor and internal study groups.

Requirements:

- Bachelor's degree in Life Sciences or Chemistry
- Two to three years' relevant formulation and testing article preparation experienced preferred
- Prior experience in a GLP environment preferred
- Experience in data entry/analysis, computer software and scientific literature reading comprehension skills desired.
- Must be able to lift at least 50 pounds, stand for prolonged periods of time
- Must be able and willing to work some weekends, evenings and/or holidays with advanced notice.

Contact:

maya.skolnik@onassignment.com

www.labsupport.com

COMMERCIAL MEMBER ADS



Your work is worth it:

David Blocker - Region Sales Manager

P.O. Box 457 • Saraland, AL 36571

Phone: 251.679.9515 • Fax: 251.679.1394

Cell: 251.604.3663

David.Blocker@PurinaLabDiet.com • www.labdiet.com

LabDiet® is a registered trademark of PMI Nutrition International, LLC.



**Washing
and
decontamination
systems**

Russell Braxtan
Sales Representative

LYNX Product Group, LLC
18 Mill Street
Middleport, NY 14105

Direct: (858) 272-9814

Cell: (619) 888-5765

Lynx Phone: (716) 735-9857

Lynx Fax: (716) 735-9859

E-Mail: rlbraxtan@netzero.com



BIORESOURCES

Andy Smith
Vice President

Marshall BioResources
5800 Lake Bluff Road, North Rose, NY 14516 U.S.A.
Phone: 315.587.2295 Fax: 315.587.2109
asmith@marshallbio.com



Mark Pavano
Technical Sales Consultant

Allentown, Inc.
165 Route 526, PO Box 698
Allentown, NJ 08501-0698

Corp. Office: 800-762-2243
Fax: 609-259-0449
Cell: 714-614-8510
mpavano@AllentownInc.com
www.AllentownInc.com



Bozeman, MT
cell 484.798.9494
leng@tecniplastusa.com

LETA ENG BS, RLATG, ILAM
Client Representative

HOUSING | WASHING | SUPPORT | EDUCATION

NORTH AMERICAN HEADQUARTERS

PO Box 1457 • Exton, PA 19341 • toll free: 877.669.2243 • fax: 484.875.0511



Bruce F. Henninger
Laboratory Sales Specialist

EcoFRESH™
CareFRESH® Ultra™
CareFRESH®
Natural™

6960 Salashan Parkway
Ferndale, WA 98248
Tel: (360) 734-7415 Ext. 3006
Customer Service: (800) 242-2287
Fax: (360) 671-1588
bhenninger@absorption-corp.com



4753 22nd Avenue SW
Seattle, WA 98106 USA
206-938-1149
fax 206-938-3542
mobile 509-318-8335
smcdonald@contecinc.com
www.contecinc.com

Samuel McDonald
Area Manager - PNW

An ISO 9001:2000 registered company



laboratory equipment co.
Pacific Northwest

2506 technology drive
hayward, california 94545
web: www.labequipco.com

office (800) 303-4040
fax (800) 684-9339
cell (206) 550-7747
email: rob@labequipco.com



Bo Smith
Senior Account Representative
bo@innoviveinc.com

Innovive, Inc.
8262 Clairemont Mesa Blvd.
Ste 202, San Diego, CA 92111
M (619) 778-2808
F (858) 309-6621

ANIMAL SPECIALTIES, INC.

CERTIFIED ISO 9002 LAB DEALER

PURINA LAB & TEST DIETS, MAZURI,
BIO-SERVE, ANDERSON, SHEPPARD,
NORTHEASTERN, CAREFISH

BILL HALTER
CALVIN YOUNG

503.981.4738
FAX: 503.981.4528
PO BOX 328 HUBBARD, OR 97032



Robert Drye
(702) 413-0832

Lithgow Laboratory Services
Representing

THOREN
CAGING
SYSTEMS



BETA STAR

TBJ
INCORPORATED

SMC UP

robert@lithgowservices.com

www.lithgowservices.com

Fax (702) 363-4981



4678 BETHESDA ROAD
THOMPSONS STATION, TN 37179
tel: 615.790.2349
fax: 615.794.9263
toll free: 1.800.424.9511
e-mail: rebecca@myrtles.com
website: www.myrtles.com



Jack Turner
Sales Consultant

jack.turner@edstrom.com

720 963 0800
Cell 720 988 4343
Fax 262 534 5184
Voice Mail
800 558 5913 ext 354

819 Bakke Avenue
Waterford WI 53185
www.edstrom.com



Teri Gevry
Regional Sales Manager

(510) 594-0900 / (800) 986-0556 ext. 13
Fax: (510) 595-7210
For Courier Pick-up 1-800-221-6600
tgevry@worldcourier.com

5845 Doyle Street, Ste. 106, Emeryville, CA 94608

Kristi Robertson
IDEXX Reference Laboratories
Preclinical Research Client Manager

2825 KOVR Drive
West Sacramento, CA 95605 USA
idexx.com

tel 916-731-4017
customer support 800-444-4210, opt 5
fax 916-372-2783

Kristina-Robertson@idexx.com

IDEXX
LABORATORIES

**Change is Good.
Constant Improvement is Better.**



Selection of the proper cabinet should be based upon the safety and application required: sensitive handling of small animals, cage changing or disposal of bedding materials, procedures, surgeries, necropsy, or transfers. NuAire has the right product to meet your applications.

2100 Fernbrook Lane • Plymouth, MN 55447
800.328.3352 • nuaire@nuaire.com



Best Products • Best Performance • Best Protection

PAUL CHAVEZ

West Coast Sales U.S.A. & Canada



pharmaceutical
RESEARCH LABORATORIES, INC.

Animal Environmental Control Products

562 Captain Neville Drive
Waterbury, CT 06705
Tel: (800) 243-5350
Cell: (203) 233-1562
pchavez@pharmaceutical.com

P.O. Box 369
Naugatuck, CT 06770
Fax: (203) 755-4309
www.pharmaceutical.com

GETINGE

Frank E. McFadden, II
Regional Accounts Manager

Getinge USA, Inc.
1777 East Henrietta Road
Rochester, New York 14623-3133
www.getingeusa.com

cell 760-518-9198
fax 585-272-5116
voice mail 800-475-9040 ext. 4608
e-mail frank.mcfadden@getingeusa.com

Ancare
Better Products. Better Science.

2647 Grand Avenue
P.O. Box 814
Bellmore, NY 11710
Phone: 800.645.6379
Fax: 516.781.4937
www.ancare.com

Ben Roseberry
Sales Representative

ben@ancare.com
Phone: 408-710-6488