

NEWSLETTER



Events

[NWABR Speak Up for Research Gala](#) June 9th, 2016
[WBAALAS Summer Picnic](#) August 6th, 2016
[Am. Veterinary Medical Assoc. Annual Meeting](#) August 5-8, 2016
[National AALAS Meeting - Charlotte, NC](#) October 30th–Nov 3rd 2016
[WBAALAS Winter Member Event](#) December 3rd 2016
[D8 Meeting Salt Lake City Utah](#) March 22nd–24th 2017
[Spring Educational Trade Fair](#) April 13th 2017
[LAMA/ATA 33rd Meeting– Seattle, WA](#) April 26th –28th 2017

2016 Spring Educational Trade Fair Summary



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The 2016 Spring Educational Trade Fair was well attended by over 140 members. Our keynote speaker, Cindy Buckmaster, spoke regarding the importance of establishing the [Homes for Animal Heroes](#) – the first and only **Nationwide Research Friendly Animal Rehoming Network!**

This year's event also had four additional speakers discussing work with ferrets, gnotobiotic mice, BL4 lab work and online education. The planning committee has openings for volunteers to help plan the next Trade Fair on Thursday, April 13th 2017! Contact president_elect@wbaalas.org for more information and to join.

President Message



Meet Andrea S.

2016 WBAALAS President
& Newsletter Editor

Check out WBAALAS [Home Page](#) for all the latest branch information and events!

president@wbaalas.org

newsletter@wbaalas.org

Dear members,

What a great start to this year. The board has been busy planning new events and educational activities for our members. My goal for the branch this year has been to increase our member involvement. I encourage members to attend and participate in the board meetings. All members are invited to join us by either attending in person or by free conference call. The meeting dates are posted on our website under the [Events tab](#) and emailed out to the membership. Several members have been attending our board meetings regularly and it has been terrific to have new attendees and participation during the open discussions.

The experience gained through participation can be rewarding and add to your professional development. **We have openings on the planning committees** for members to help with organizing our upcoming events: Summer Picnic, Winter Member Event and Spring Educational Trade Fair. **Joining a planning committee is a great way to start participating in the branch, learn more about the leadership, gain CEUs, and become a champion for the LAS field!**

We will soon announce the new educational events being organized within the next several months. Please contact me if you want to attend our board meetings, join a planning committee or share your ideas for the branch.

president@wbaalas.org

Sincerely,

Andrea S.

WBAALAS President 2016

We need your help!

Join a committee at WBAALAS

Contact by email: president@wbaalas.org

Time Commitment: 1–2 hours a month

Where: From the comfort of your own home

Committees: Programs, Events, Elections, Awards,
Management Information Systems, and Newsletter

Newsletter Submission Deadlines

Main Topic	Issue Month	Submission Deadline
<ul style="list-style-type: none"> • Summary from Picnic • Featured branch member • In the news • AALAS elections –who won! • Event– Winter Member Dinner 	September 2016	August 17th
<ul style="list-style-type: none"> • Summary from National Meeting • Featured branch member • In the news • Event–Tech Appreciation Week 	December 2016	November 16th
<ul style="list-style-type: none"> • Summary from Member Dinner • Featured branch member • In the news • Event–Spring Educational Trade Fair 	March 2017	February 17th
<ul style="list-style-type: none"> • Summary from Trade Fair • Featured branch member • In the news • AALAS elections VOTE! • Event–Summer Picnic 	June 2017	May 18th

Save the Date Summer Picnic!

When: Saturday August 6th, 2016

Where: Gas Works Park, Seattle

Event information will be sent out via email

Any questions or to rsvp please email

secretary@wbaalas.org

Washington Branch
AALAS

LAT Certification Study Course



LAT CERTIFICATION STUDY COURSE HAS BEEN LAUNCHED!

Enrollment is free with a WBAALAS membership and CEUs can be earned each week (a great course for maintaining Registry status)

Enrollment in this 7-week course is simple:

- (1) go to <https://wbaalas.learnupon.com/> to sign up
- (2) click the Catalog tab
- (3) enroll in the LAT Certification Study Course

Please email education@wbaalas.org with questions.

WBAALAS 2016 AWARDS

Congratulations to Mercedes J.

Awarded the Bette J. Varnam

**Washington Branch Technician of the Year Award for
2016**

&

Congratulations to Elizabeth C. (photo)

Awarded the Ron Orta

Washington Branch Member of the Year Award for 2016



Member Highlights

Congratulations to our WBAALAS member Mercedes J. who recently earned her ALAT Certification!



Q: Based on your recent experience, do you have any tips to share?

A: I studied 1-2 hours a day, most days of the week. And I did most of my studying while I was at work on my breaks and my lunch. It was never a perfect schedule, some days I went without studying and other days my nose was in the book on my off days. I felt I was ready to take the test when studying became boring and repetitive and I felt like I knew the answer before I was finished with the question.

I really recommend using the [AALAS Learning Library](#), the practice quizzes on there really helped me a lot. And do the book work. The bookwork helps formulate the question differently than the AALAS library- ALAT practice tests do, so it helps the brain to solve answers better. I have never been one to like book work, but it did not take too long to finish, and if you have a child you can study while they

nap, do your "homework" as they do their homework or multi-task preparing dinner, with studying with supervision. It's something I had to do with my 20 month old. I also suggest **familiarizing yourself with the small details** you wouldn't think you'd need to know (like room temperatures certain species need to be kept at), and **know your Metric system and Celsius conversions**. As for the workbook, I skimmed it and studied the questions and answers in the back.

Q: Why did you want to earn your certification from AALAS?

It was a goal I wanted to achieve as an animal tech.

Q: Would you recommend earning a certification from AALAS to other members of WBAALAS?

Of course, it makes you feel smarter, even if you have tons of schooling behind your name.

Q: Anything else you would like to share with our membership about your experience? What are your next steps?

My next steps is to take the LAT and the LATG.

TBR News & Views

Quarter 1 2016

Hello District 8 Members, Welcome to the first edition of the 2016 TBR News & Views. This article is a collection of what branches from around our district have been up to for the last few months. Please give it a read and join each branch in celebrating their accomplishments and you may find terrific ideas for your own branch or institutions. Each branch's section is written and submitted by the branch Technician Branch Representative (TBR). Thank you all for participating!

If any of you readers have ideas about what information you would like to see in future editions or other types of articles you would like to see please let me know.

Sincerely,
Amber Carte
District 8 Trustee
acarte@fredhutch.org

Southern California

SCB-AALAS has started out the year with a very successful membership drive! We welcome all of our new and returning members as well as our new Board members, and we're looking

forward to what 2016 has in store for our branch! One of the exciting opportunities we have for our members this year is a branch-sponsored travel award for the AALAS National Meeting. The award will cover travel costs to allow an SCB-AALAS member to attend this important meeting, which might otherwise be financially out of reach. Be on the lookout for a flyer with award details coming out soon! Additionally, we are in the planning stages of some fun (and educational) activities that may include an exotic animal workshop, advanced surgical workshop, and, along with the Palms to Pines Branch of AALAS, a Fall Symposium.

Sacramento Valley

The Sacramento Valley branch was very active for tech week this year. Genentech provided a catered breakfast for the entire department and also received customized beach towels. The Jackson Laboratory West had a full line up of fitness challenges, trivia, scavenger hunts, auctions, and provided breakfasts and box lunches! UC Davis also provided breakfasts and lunches to its tech's as well. At the end of tech week we wrapped up the year with an amazing awards banquet with the very inspiring key note speaker AALAS Vice President Paige Ebert. Awards were presented to Marlea Lamoureux for Technician of the year, Ted Tracy for Member of the year, and the Genentech Reproductive Technology Team for the Purina Award. Congratulations to all of the winners! Our next meet and greet will be in Davis on March 11th. Please check our Facebook page for details for those interested. We are all very excited to start 2016 with monthly lectures, wet-labs, and meet ups!

San Diego

We will be hosting our very own Mini Leadership Academy on April 16th. With inspiring guest speakers Laura Conour (AALAS President) and Ann Turner (AALAS Executive Director), along with a few of our SDAALAS committee members. This event is focusing on expanding member's leadership skills as well as AALAS knowledge and ways to get involved.

The **SDAALAS Outreach Team** participated in a unique outreach event this fall. The event was Encuentros Education and Career Exploration Conference held at Mira Costa College. The event focused on education and careers in STEM, which was attended by over 600 Latino boys from middle schools and high schools around North San Diego County. Outreach in this community is critical as the dropout rates have been alarmingly high. The Encuentros mission is a result of collaborative efforts made with partners in the community resulting in the common goal of ensuring males of Latino descent will become contributing and participating citizens of this nation through improved educational opportunities, personal commitment and community involvement. Encuentros Leadership was organized in 2003 to address the alarmingly high dropout rates of Latino males.

Tech Week 2016:

Genomics Institute of the Novartis Research Foundation One day, we engaged in a taco luncheon. On another day, a supervisor brought in homemade banana bread for the technicians to enjoy. We also served chips and dip, donuts, Girl Scout cookies, a basket of fruit and homemade cookies on a separate day. On the final day, each employee was given a Bistro card (Bistro- GNF Gourmet restaurant) containing a set amount of money for a special catered breakfast. In addition, each employee was given a goodie bag containing gift cards and various items from different vendors. A get-together was organized after for the group to relax and enjoy.

Sanford Burnham Prebys Medical Discovery Institute

We invited all labs and close collaborators to join us in taking the time to offer special recognition to those hardworking individuals at SBP who care for our animals and ensure their humane treatment in the name of science. There was an overwhelming response and many demonstrated their generous support of this year's motto "Technicians Champions of Research." The week started off with lots of catered snacks and lunches by our partners in the labs and industry supporters. As the SBP community knows, besides recognizing the efforts and contributions of vivarium personnel, the Animal Resources Department has made it a tradition to single out one individual during tech week as our Employee of the year. This took place during a breezy noontime lunch sponsored by the Animal Resources Department with special catering brought in from Porkyland, La Jolla. The day and setting were perfect as team members enjoyed their lunch outdoors under the shade of Torrey Pine trees. In bestowing the award, the qualities we look for are individuals that are exceptional in what they do and exhibit a team player attitude. We also look for a strong work ethic, professionalism, and commitment to SBP's 5 core values: Commitment, Collaboration, Communication, Community, & Compassion. This year Elizabeth Chappell was recognized with that distinction. Elizabeth's excellent work ethic and attitude have helped the department make it through some tough operational challenges in the past year. The success of our department is largely dependent on having resilient and capable staff members such as Elizabeth Chappell. We truly believe in the significance of making this designation during Tech Week.

Oregon

Oregon AALAS has had a busy couple of months. In January we held our annual Awards Banquet. We were thrilled to celebrate Cassie Stodieck being recognized as the 2015 Technician of the Year, and Dr. Tom Chatkupt as the 2015 Arthur Hall Leadership Award recipient. Other honors recognized were Dr. Lauren Drew Martin being presented with the 2015 ACLAM Henry & Lois Award, and Kati Marshall receiving both the 2015 ANCARE ILAM Scholarship as well as the 2015 D8 Ron Orta Humanitarian Award. AALAS certifications were also recognized; the Branch now has 8 new ALATs, 7 new LATs, 3 new LATGs, and 1 new CMAR. We also celebrated the addition of a new Surgical Research Specialist.

International Technician Appreciation Week was celebrated at all of the OAALAS facilities. Activities included: Daily treats, raffles, pizza parties, a taco potluck, donuts, meals delivered to the staff daily (fajitas, breakfast, tapas, and pizza), and a breakfast made for the staff by the management team.

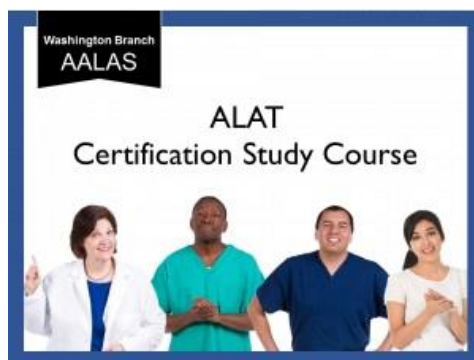
Gifts are always a highlight! Area technicians were presented with mini First-Aid kits (complete with an emergency stash of M&Ms), coffee cards, and candy and gift card goodie bags.

Speakers were also invited to discuss topics relevant for technicians, including a presentation on animal models of Duchenne Muscular Dystrophy, and a talk by Dr. Helen Diggs titled *A Kindness of Animal Technicians*.

The fun didn't stop at work – a couple of facilities took their techs out for fun at Happy Hour – in one instance the research staff covered the cost

Want FREE Help Earning Your Certifications? Or Help Keeping Track of Your CEUs?

FREE for WA Branch AALAS members



We have a new training page! <http://www.wbaalas.org/training/>

You'll find information about our certification courses and new offerings in the pipeline. Email education@wbaalas.org with comments and questions

Want help earning your **ALAT** or **LAT** certifications? Sign up for our online learning portal classes. We offer self-paced **ALAT** and **LAT** study courses with quizzes, worksheets, videos, games and access to a **personal eTutor** to help technicians earn their first certification. Website: wbaalas.learnupon.com

Set-up your **FREE** account https://wbaalas.learnupon.com/users/sign_up

AALAS 67th National Meeting—Charlotte, NC

Stay current on the news. Click [here](#) for the latest National Meeting email.

Plus, read our latest [LAS Pro newsletter](#) and [Election 2016 update](#).

2016 Winter District 8 Trustee Report

Dear District 8 Membership,

The Board of Trustees (BOT) for AALAS recently held our winter meeting with President Laura Conour presiding.

The big item at this meeting was the continuing review of the AD Hoc Membership Committee Recommendations. The AD Hoc Membership Committee was formed and partnered with McKinley Advisors to study the association's current membership model and recommend changes to strengthen the structure and ensure long-term viability for AALAS.

At the 2015 National Meeting we discussed some of the proposed modeling changes and in the time since we have been collecting and sharing feedback from AALAS members. McKinley tested various membership scenarios and the most recent recommendations were reviewed

by BOT at the winter meeting. The BOT elected to support these recommendations to restructure the current AALAS membership model. Please note we elected to support the recommendations, we have not elected to make any changes as of yet.

At this time all AALAS Members are encouraged to review the suggestions and provide feedback by April 15th. More information and the current proposal can be seen here: [AALAS Membership Study](#). The BOT will consider the proposed changes along with all of the feedback during the June BOT meeting.

The BOT also reviewed and voted on the following items:

- Changes to the Policy and Procedures Manual (PPM) to reduce the ILAM committee member terms from 5 to 3 years.
- Approval of a survey of AALAS membership to be conducted under the direction of the American Society of Association Executives (ASAE) Foundation's Achieving Mutually Beneficial Volunteer Relationships research.
- Changes to the PPM to clarify that all paid staff, consultants and contractors of AALAS report to the Executive Director.
- Approval of the proposed 2017 Committee Chairs

The minutes for the meeting should be posted on the AALAS website (www.aalas.org) soon. To find past meeting minutes, scroll to the bottom of the sign in page and in the blue section click on Leadership, on that page, in the left column, you will see BOT Minutes Archive and in there you will find the minutes from many of the past meetings.

The 2016 AALAS elections will open as of June 1st and our district will be electing both a Trustee and an Alternate Trustee this year. Please make sure that your email contact information is up to date with AALAS as ballots are only sent via email.

It is an honor to serve as your Trustee so please call on me for any assistance you or your branches may need and provide me with feedback on any aspect of AALAS, so I can serve you to the best of my abilities.

Sincerely,

Amber Carte

acarte@fredhutch.org

2016 NWABR ANNUAL GALA



JOIN US AT THE 2016 SPEAK UP FOR RESEARCH GALA

JUNE 9TH, 2016, 6:30 PM to 10:30 PM

With all the positive breakthroughs occurring in life science research, it is hard to imagine that public trust in the field is on the decline. In fact, public opinion on a number of issues contrasts sharply with the scientific evidence - look no further than the recent vaccination challenges. However, innovations in research depend on this trust, and NWABR knows that this requires openness, transparency, and honesty. It also requires a concerted effort to tell compelling stories and to advocate on behalf of biomedical research.

At the 2016 Speak Up for Research Gala we will highlight the need for better story telling, stronger advocacy, and bridge building. We hope you join us to share your compelling story and to advocate strongly for biomedical research.

NWABR is a 501(c)(3) organization. Tickets for the Speak Up for Research Gala will be \$95.00, and \$65.00 of each ticket is tax deductible. Proceeds from the gala will be used to support the continuation of NWABR core programs, services, and advocacy.

[REGISTER NOW FOR THIS PREMIER LIFE SCIENCE RESEARCH NETWORKING EVENT.](#)

Guests are invited to join us for an evening of good food, entertainment and socializing.

If you would like to place your name on the reservation list, purchase a ticket, or sponsor a table, please contact Ken Gordon at executivedirector@nwabr.org or call 206-957-3337 to speak with someone from NWABR's friendly staff.

Proceeds from the gala support NWABR's educational work, engagement with students and the public, financial aid for programs and to support NWABR's mission *to promote the public's trust in biomedical research and its ethical conduct.*

GEMS FAIR at WWU



Over 150 girls of all ages participated in extracting strawberry DNA, while learning about cellular biology and the positive impacts that animal research has on the field of medicine at a table hosted by Members of WBAALAS, at the GEMS Fair at WWU on May 14th.

The girls were happy and engaged while extracting Strawberry DNA, and those who had seen Jurassic Park were enthusiastic to start their own extractions at home in the entrepreneurial spirit. While some girls felt inspired to try to extract DNA from household pets (strongly discouraged by WBAALAS), others and their parents engaged in thoughtful discussions with the hosting WBAALAS members about the



morals and efficacy of animal research¹. Many were surprised to hear about how many regulations there are governing animal research, and many more came around when introduced to the three R's. The highlight of the day was when a woman came to the booth with her ~10 year old granddaughter and asked Board Member, Sarah W. what grade she was in; Sarah replied that she was in grad school through Miami University and works as an Animal Research Technologist at Fred Hutchinson Cancer Research Center.

¹Handsouts and information regarding research with animals was provided by [AALAS Foundation](#)

The women explained that 12 years ago she was diagnosed with inoperable cancer and Fred Hutch "Saved her life, thanks to gene therapy".



GEMS fair was a huge success, upon leaving, WBAALAS members were told that their booth was the favorite among polled girls leaving the fair. Girls left the fair feeling inspired to extract DNA and learn more about biology, parents felt inspired to reassess their feelings about animal research, and for WBAALAS members, we felt inspired by that grandmother having been given the chance to know her granddaughter because of people's work in animal research.



National AALAS Elections

The [AALAS National Election](#), conducted through the Simply Voting web portal, will open June 1 and close June 30. The candidates listed below is only a preview of those running for office; voting will take place through Simply Voting's web portal.

Who's running for office?

Vice President-Elect

Morag Mackay, RLATG

Robert H. Quinn, DVM, DACLAM

At-Large Trustee position 3

Gary L. Borkowski, DVM, DACLAM

Thomas T. Chatkupt, DVM

Sonja T. Chou, DVM, DACLAM

Richard B. Huneke, DVM, DACLAM

Todd A. Jackson, DVM, DACLAM

Jane M. Olin, DVM, DACLAM

District 5 Trustee

Gregory P. Boivin, DVM, DACLAM

Linda A. Unrue, BS, CMAR, RLATG

District 6 Trustee

Tricia L. Rump, CMAR, RALAT

Marilyn M. Watson, BA, RLATG

District 7 Alternate Trustee

Kristen A. Flora, RLATG

Morgan A. Holmes, RLATG

Christopher T. Southern, CMAR, RLATG

District 8 Trustee

Amber Carte, CMAR, RLATG

Charlie C. Hsu, VMD, PhD, DACLAM

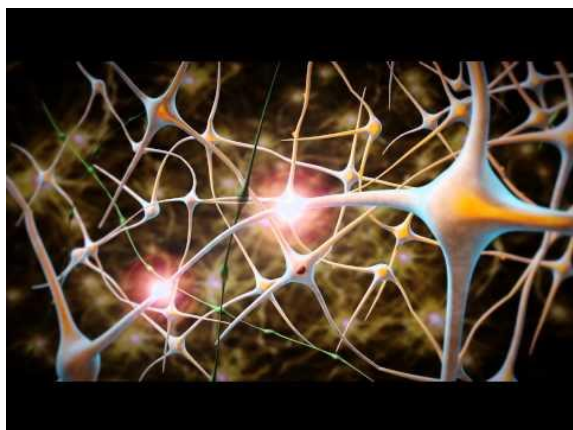
District 8 Alternate Trustee

Roy E. Hoglund, RLATG

Foundation for Biomedical Research (FBR) News

Bench to Bedside: Season 2 Trailer

Bench to Bedside is a television series that tells the inspirational stories of people living with serious illness and the incredible biomedical research that could save their lives. Bench to Bedside - where science meets reality TV.



<https://www.youtube.com/watch?v=jB2Kde7IHJw>

To watch more videos please look at the [FBR Media YouTube Page](#)

ALN Magazine News

Zika Virus

Mouse models are being studied to find the effects of the Zika virus in people. It was confirmed by scientists Zika does in fact cause microcephaly and other birth defects. Mouse models are currently being used in studies looking for a vaccine and other medicines.

<http://www.alnmag.com/news/2016/05/zika-causes-microcephaly-other-birth-defects-mouse-studies-confirm>

Development Tips

2+1 Rule to Choosing Sponsors

Are you ready for a sponsor?

[Take this brief assessment to find out](#)



You need more than one mentor/sponsor who works within your institution. Ideally three sponsors, both within your team

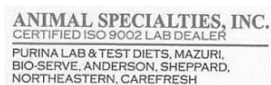
and also outside of it. One reason for this is, what happens if your one and only sponsor leaves the company? Or, what if your boss is collaborating with outside teams? How do you reach your full potential if no one is recommending your work to others?

Depending on the size of your company you can pick two insiders and one outsider (larger company) or vs. versa. In addition to seeking sponsors within your own institution, build a diverse portfolio. Take a leadership role at your institution or professional association, attend conferences and develop talks to become a speaker, panelist or facilitator.

Form your network from both inside your institution and outside of it. Your sponsors are a great source for advice and help in developing your ideas and projects. Meet regularly with your sponsors (quarterly) and bring them up to speed on your past and current projects. Your sponsors can then relay the information and speak on your behalf when opportunities arise.

The 2+1 rule can help provide stability to your network, career survival and opportunity to show your skills. Full article *To Diversify Your Network, Follow the 2+1 Rule*, by Sylvia Ann Hewlett <https://hbr.org/2013/10/to-diversify-your-network-follow>

COMMERCIAL MEMBERS



INSTITUTIONAL MEMBERS

[Allen Institute for Brain Science](#)

[Center for Infectious Disease Research](#)

[Fred Hutchinson Cancer Research Center](#)

[Novo Nordisk, Inc.](#)

[Presage Bioscience](#)

[Seattle Children's](#)

[ZymoGenetics, a Bristol-Meyers Squibb Company](#)

About Us

At WBAALAS, we believe the involvement of laboratory animals is necessary for effective scientific and medical research. Discoveries made utilizing research animals has allowed for a greater quality of life for us all. We are dedicated to ensuring these animals receive proper care and treatment by providing members of the local lab animal community training, forums for discussion, recognition and community networking opportunities.

WBAALAS is the Washington Branch of the American Association for Laboratory Animal Science. The AALAS includes many branches across the US and even extends internationally through global partner affiliates. Through AALAS, members are offered technician certification programs, access to award-winning publications, political advocacy and support, outreach materials and more

AALAS members have adopted a specific code of ethics to guide their actions in their professional and personal lives.

Each member is required to follow the standards listed below.

1. Maintain the highest standard of personal conduct.
2. Promote and encourage the highest level of ethics within the profession of laboratory animal science.
3. Maintain loyalty to the profession of laboratory animal science and pursue its objective in ways that are consistent with the public interest.

4. Recognize and discharge my responsibility and that of my position to uphold all laws and regulations relating to the profession of laboratory animal science.
 5. Strive for excellence in all aspects of the profession of laboratory animal science.
 6. Use only legal and ethical means in all professional activities.
 7. Maintain the confidentiality of privileged information entrusted or known to me by virtue of my position.
 8. Refuse to engage in, or countenance, activities for personal gain at the expense of the profession of laboratory animal science.
 9. Always communicate associated internal and external statements in a truthful and accurate manner.
 10. Cooperate in every reasonable and proper way with others and work with them in the advancement of the profession of laboratory animal science.
 11. Use every opportunity to improve public understanding of the role of the profession of laboratory animal science.
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