

WASHINGTON BRANCH AALAS



Save the Dates!

WINTER MEMBER APPRECIATION EVENT

DATE/TIME: DECEMBER 9, 5:00PM-8:00PM

LOCATION: CANVAS PAINT.SIP.STUDIO



Learn how to paint with WBAALAS on Saturday, December 9 at CANVAS paint.sip.studio in Kirkland. Keep your eye out for an email from WBAALAS with details or contact president@wbaalas.org.

VIVARIUM MANAGER ROUNDTABLE

DATE/TIME: JANUARY 18, 12:00PM-1:00PM

LOCATION: APTEVO THERAPEUTICS



Join the managers roundtable for lunch and networking with your local peers! This is an opportunity to share solutions, challenges, and methods for making LAS a better place for animals and employees. Seating is limited, so contact roundtable@wbaalas.org to be included or to host a future roundtable.

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CATCHING UP WITH WBAALAS

WBAALAS SUMMER PICNIC AT GOLDEN GARDENS

Thank you to everybody who attended the 2017 Summer Picnic at Golden Gardens! Thank you to our sponsors who helped make this day awesome for all in attendance.



Top photo: Members hoping for a winning raffle ticket.

Left: Tony G. and Tim D. overseeing the grill.

Right: Enjoying the beautiful weather, great food, and good company.

MEET OUR NEWEST WBAALAS BOARD MEMBERS

TONY: SECRETARY



I am so excited to have the opportunity to be the Washington Branch Secretary. I am proud to say I have over 30 years of biomedical experience and through the years I have worked at some great institutions and have worked with so many fantastic people. I was born in Washington D.C. and as a little boy I always loved animals. I remember carrying my animal books around with me all the time and if anyone would listen I would talk to them about animals. I feel privileged to have the responsibility to care for animals especially because they cannot talk so we have to speak for them. I even have a daughter that wants to be a veterinarian. I also have a beautiful wife of 20 years and 4 amazing children. I will do my best to be a great secretary for the branch but I know I have some tough shoes to fill.

JOE: BOARD MEMBER 3



Hi All! I'm an Account Manager for Medline Industries and have been working with lab animal science professionals for the last year and a half. I've been honored to serve as an appointed member of the board for the past year and am super excited to continue serving! I have learned so much about this industry in the last year and I have many of you to thank for that. I hope to continue to build my knowledge and experience while also creating many more friendships while I'm at it. This is going to be a great year and I'm excited for some of the events we have planned. I hope to meet you all at some point!

CATCHING UP WITH WBAALAS

WBAALAS PRESIDENTS MESSAGE by Jennifer K.

It has been a pretty great year so far for the Washington Branch AALAS.

The beginning of the year started with our annual **Spring Educational Trade Fair** which was a great success. So much so, that next year we will be at a new *larger venue*.

Weather was on our side for our mid-year event, the **Summer Picnic** at Golden Gardens, where we had food, games and time to hang out with fellow animal care professionals and their families.

Be on the lookout for information on our **Winter Event** coming in December to round out our year.

I would like to thank all of the WBAALAS board members who volunteer their time and who help put together these events for the branch membership. Without all of you, we wouldn't be able to do any of it!

WBAALAS BOARD MEMBER ELECTIONS

Watch your email for a ballot in December. This is your chance to vote for who will lead Washington Branch AALAS in 2018! Here are the open positions:



PRESIDENT-ELECT



TREASURER



**TECHNICIAN
BRANCH REP**



**BOARD
MEMBER 1**



**BOARD
MEMBER 2**

GUITAR ANIMAL HEROES

Sound Check...One, Two, Three!

This year, the AALAS Foundation held a "Guitar Animal Hero" contest at the 2017 AALAS National Meeting in Austin, Texas. Contestants were challenged to creatively paint/decorate a wooden 10" guitar. Submissions from Washington State were outstanding!

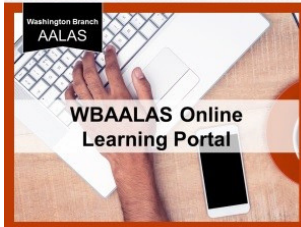
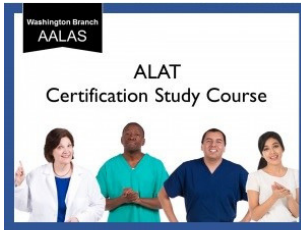
Left: "The Evergreen State" from Washington Branch AALAS; Decorator: Sakara P.

Right: "Piggy Hendrix - Seattle's Greatest Guitar Animal Hero" from VA Puget Sound Health Care System; Decorator: Susan C.



LEARNING WITH WBAALAS

TRAINING AND THE WBAALAS LEARNING PORTAL



Check out our training page at wbaalas.org/training! You'll find information about our certification courses and new offerings in the pipeline. All learning materials are FREE for WBAALAS members. Email education@wbaalas.org with comments and questions.

2018 SPRING EDUCATIONAL TRADE FAIR, MAR 15

Join nearly 200 of your peers + exhibitors at the University of Washington HUB Ballroom in Seattle. Coffee, breakfast items and lunch are all provided along with spectacular speakers.

2017 TRADE FAIR RECAP

Presentations:

- Coping with Research Animal Death
- Personal Development in LAS
- Exhaust Air Dust PCR – A One Year Anniversary
- The Care and Use of Trout in Research
- Rescue Dogs to Detection Dogs – Applications for Conservation

If you missed out on hearing these great speakers, visit wbaalas.org/training to review available presentations.

Sponsors:

Thank you to our 2017 sponsors!

- Medline, Animal Specialties, Edstrom, The Andersons, Lab Products, Ergofit, Alternative Design, Thoren, Ancare, Jackson Labs, Allentown, Tecniplast, and VWR.

Visit wbaalas.org/commercial-members to check out all of our amazingly supportive Commercial Members.



COOKING WITH WBAALAS

TONY'S FAMOUS BBQ CHICKEN

WBAALAS Secretary Tony shares his secret to easy (and tasty) BBQ.

Ingredients:

- 1 rotisserie chicken already prepared (Costco)
- Your favorite BBQ sauce (Sweet Baby Rays)
- Dom DeLuise Magic BBQ Seasoning

Day before:

Cut chicken in desired sections
Place sections in container
Sprinkle Magic seasoning (to your taste) over chicken
Pour BBQ Sauce (to your taste) on chicken
Cover container and place in refrigerator over night

Day of:

Place chicken on grill by *qualified* chef and enjoy!



KICKIN' CORNBREAD

Ingredients:

- 1 cup cornmeal
- 1 cup plain white flour
- 2 tablespoons sugar
- 4 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 teaspoon cayenne pepper (optional)
- 1 cup yogurt or 1 cup buttermilk
- 4 ounces butter, melted
- 1 egg, lightly beaten
- 1/2 cup jalapeno pepper, drained and chopped

Directions:

Pre-heat oven to 400F and grease a 12 hole muffin tin. Mix all the dry ingredients together and then add the yogurt or buttermilk, melted butter and the egg. Mix until all the ingredients are combined - do NOT overmix! Add the jalapeno peppers and mix gently again. Spoon into pre-greased muffin tin and then bake for 20 to 25 minutes or until well risen and pale golden brown. Serve with chili, chilli con carne, stews, soups or split and spread with savoury butter or dips.

DO YOU HAVE A RECIPE TO SHARE? CONTACT NEWSLETTER@WBAALAS.ORG.

BETTE J. VARNAM BRANCH TECHNICIAN OF THE YEAR AWARD

Congratulations to Alma R. for being recognized as the WBAALAS Technician of the Year in 2017. Alma was chosen for her accomplishments and contribution to the promotion of laboratory animal care. She was recognized as an integral member of her research team.

RON ORTA WASHINGTON BRANCH MEMBER OF THE YEAR AWARD

Congratulations to Dean R. for being recognized as the WBAALAS Member of the Year in 2017. Dean was chosen for his contributions to the field of laboratory animal science, his dedication to mentoring staff, his positive, "can do" attitude, and involvement in Branch activities.

Do you know someone from the local research community that meets the spirit and intent of each of these awards?

Nominate them!

Check out the awards page on the WBAALAS website at wbaalas.org/awards for more information and a nomination form.

WBAALAS AWARDS



ANOTHER TOOL IN YOUR TOOLBOX

Evaluating nest quality to judge mouse well-being

By Kari K.

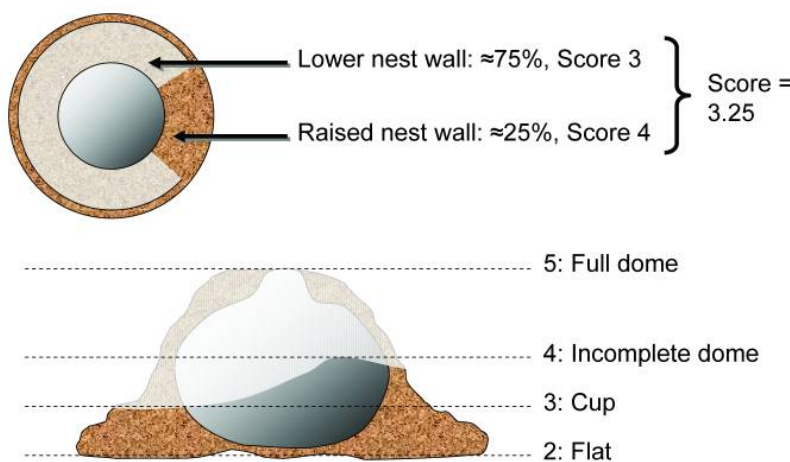
The most important job animal caretakers do every day is the health check. We commonly judge mouse health by looking for ruffled fur, hunched posture, low activity etc. But did you know that nest quality may be used evaluate mouse health?

Mice are expert nest builders who use nests to provide shelter, protection from predators as well as to control their environmental temperature. Mice in the lab don't have to worry about shelter and predators, but still **use nest to control their environment.**

In fact, researchers are now using nest quality to assess everything from post-operative pain control to discomfort caused by disease models. Another test that researchers use to judge mouse health is called "time to integrate into nest". In this test, they give mice some new nesting material and time how long it takes the mice to incorporate the new material into the nest. Mice that are not feeling well will often not use the new nesting material or will take much longer to incorporate it into the nest than healthy mice.

What does a quality mouse nest look like? As you can see from the figure and pictures below, the ideal nest is a dome shape with raised walls, with just a small open for the mouse to peek out. However, nests can range from very flat, to cup-shaped to partial dome to full dome.

A factor that has a big influence on nest quality is the **materials** given the mice. Wild mice use a variety of materials to make a nest, and researchers have also found that mice in the lab make much better nests when given a variety of materials to use. It turns out that traditional compressed cotton nestlets do not make a great nest. Mice make much better nest when given **tissue paper and a shredded paper** such as envirodroy.



Nest quality diagram. From Hess et al JAALAS V.47 No 6 pg 25-31.



Mouse nest in the wild.



Lab mouse domed nest.

Next time you do mouse health checks, **take note of nest quality.** If your facility does not provide a variety of nesting materials for mice, request that more variety be supplied. Some mice are better nest builders than others. If you carefully observe your mice, you will get to know what is normal for the mice you care for. If you suspect a mouse is not feeling well, you might try to put some extra nesting material in the cage and seeing if the mouse incorporates the material into the nest.

Since nesting is so **central to normal mouse behavior**, if mice are given proper nesting materials, judging nest quality can be one more tool you use to assess mice in the daily health check.

CATCHING UP WITH DISTRICT 8

TBR NEWS & VIEWS

SOUTHERN CALIFORNIA

The Southern California Branch of AALAS has been very busy this summer. In July, our branch sponsored an Avian and Exotics Handling Workshop at Cal Poly University in Pomona. Participants had the opportunity to gain hands-on experience with chickens and reptiles (monitor lizards, corn snakes, gopher snake, boa constrictor, gecko and tortoises) using various methods of restraint. They also practiced various common techniques including physical exams, toe nail/feather trims, and body condition scoring. Later in the summer our branch members enjoyed the annual members appreciation event. This year almost 100 members and their families gathered at the popular California Science Center. We were all fascinated with inner workings of the human body at the Body Worlds: Pulse exhibit and got up close and personal with the space shuttle Endeavour.

We are looking forward to the end of the year and our branch's holiday meeting which will be held at the Pomona Valley Mining Company. We are also working hard on the details of the exciting District 8 meeting coming up in May 10-11, 2018 in Newport Beach, CA!



SAN DIEGO

The San Diego Branch of AALAS has been keeping busy. Our public outreach team participated in several events this year from middle and high school science fairs and panel discussions to the San Diego Festival of Science and Engineering held at PETCO Park! We also participated for the first time, in the State Future Farmers of America Career Conference in Fresno. These events were a huge success and we made a lot of positive contact with various teachers, parents, students and other organizations. Additionally this spring, we held a Basic Rodent Tech-niques Workshop. This workshop was a collaborative effort between the PIMA veterinary technician program in Chula Vista, SDAALAS, and Envigo.

Our summer event this year was so much fun! It was held at the beautiful San Diego Mission Bay Boat and Ski Club. Attendees enjoyed sunshine, volleyball, horseshoes, carne asada tacos and delicious drinks. We greatly appreciate our sponsors Tecniplast, Allentown, Edstrom, Idexx and Innovive for helping make this event a success.

Our annual Fall Symposium & Trade Show is right around the corner! It will take place on September 22nd at the Salk Institute. Our Keynote Speaker this year is Dr. Cindy Buckmaster who is an active and passionate advocate for animal welfare and biomedical progress. Additionally we will have a special presentation on "What Can SDAALAS DO for YOU?" and also, our brand new mouse mascot has arrived and will be introduced at the event. Our summer event this year was so much fun! It was held at the beautiful San Diego Mission Bay Boat and Ski Club. Attendees enjoyed sunshine, volleyball, horseshoes, carne asada tacos and delicious drinks. We greatly appreciate our sponsors Tecniplast, Allentown, Edstrom, Idexx and Innovive for helping make this event a success.

We have a great rest of the year planned such as our first ever SDAALAS T-shirt design contest, a Paw-fect pet photo contest, Lunch and Learns and our annual Holiday event for our members, volunteers and commercial members to celebrate another successful year.



CATCHING UP WITH DISTRICT 8

DISTRICT 8 TRUSTEE REPORT

By Amber C., District 8 Trustee

Greetings District 8 AALAS members,

The AALAS Board of Trustees (BOT) held our summer meeting in Memphis in late July. The full minutes from the meeting have been posted on the AALAS website under Leadership/BOT Minute Archive.

We started off by selecting the location of the 2023 National Meeting which lands in our District and we hope to see you all in Salt Lake!

There is also an update on the 2019 Denver meeting we have had to change the dates of the meeting so it will now be held October 13-17 rather than November.

We also welcomed the Association for Gnotobiotics and Laboratory Animals Limited as affiliate organizations to AALAS.

We approved disbursements of excess funds to GLAS, CMAR, AALAS foundation, and to help cover some of the additional costs for housing and shuttles in Austin.

With the 2017 elections we welcome our new BOT members:

Vice President Elect: Tracy Lewis

At-Large Trustee: Jim Macy

Alternate At-Large Trustee: Bob Dauchy

District 1 Trustee: Bob Quinn

District 2 Trustee: Pam Straeter

District 2 Alternate Trustee: Erin Vogelsong

District 3 Alternate Trustee: Carolyn Pelham

District 4 Trustee: Mark Sharpless

District 4 Alternate Trustee: Tim Mandrell

District 6 Alternate Trustee: Tricia Rump

District 7 Trustee: Lindsey Holmes

WANT TO GET MORE INVOLVED IN THE LOCAL LAS COMMUNITY?

Consider joining a WBAALAS committee!

Minimal time commitment for a HUGE impact on your Branch.

Contact president@wbaalas.org for more information.



Time commitment:

Up to two hours a month.



Location:

From the comfort of your own home.

EVENTS CALENDAR

SAT/DEC 9

WINTER MEMBER APPRECIATION EVENT

5:00PM-8:00PM AT CANVAS
PAINT.SIP.STUDIO IN
KIRKLAND

Learn how to paint with WBAALAS!
Keep your eye out for an email
from WBAALAS with details or
contact president@wbaalas.org.

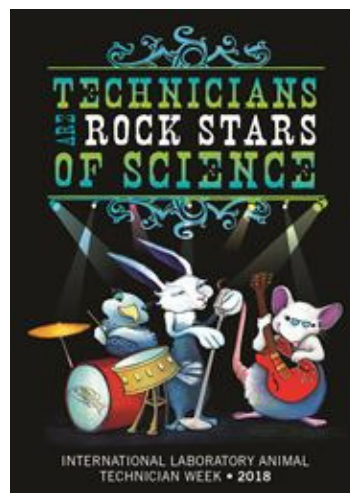
THU/JAN 18

WBAALAS VIVARIUM MANAGER ROUNDTABLE

Join the managers roundtable at
Aptevo Therapeutics for lunch
and networking with your local
peers! This is an opportunity to
share solutions, challenges, and
methods for making LAS a better
place for animals and employees.
Seating is limited, so contact
roundtable@wbaalas.org to be
included.

JAN 28-FEB 3

INTERNATIONAL LABORATORY ANIMAL TECH WEEK



TUE/ JAN 23

IBC: INSTITUTIONAL BIOSAFETY COMMITTEE CONFERENCE

Dual focus of ensuring that current
systems are well run and that
committee members are prepared.
A key theme this year will be risk
assessment. Visit nwabr.org for
more information.

NWABR.ORG
Northwest Association for Biomedical Research

TUE/FEB 22

IACUC REGIONAL EDUCATIONAL CONFERENCE

Covering hot topics related to
animal care and use, led by
facilitators + exhibitors from around
the United States! Visit nwabr.org
for more information.

NWABR.ORG
Northwest Association for Biomedical Research

THU/MAR 15

WBAALAS TRADE FAIR

Attendance is included in your 2018
WBAALAS membership! Join nearly
200 of your peers + exhibitors at the
University of Washington HUB
Ballroom in Seattle.

Keep an eye out for emails from
WBAALAS with details.

TUE-THU/APR 17-19

LAMA ANNUAL MEETING

LAMA is an association dedicated
to advancing the quality of
management and care of
laboratory animals. Join LAMA and
ATA for the annual conference at
the Hilton Virginia Beach
Oceanfront, Virginia Beach, VA.
Visit lama-online.org for details.

Lama

SUN-FRI/MAY 6-11

AALAS ILAM PROGRAM

The Institute for Laboratory Animal
Management (ILAM) is an AALAS
educational program developed to
provide instruction in management
concepts and to enhance
communication, team building, and
networking. Visit aalas.org for more
information.

WED-FRI/MAY 9-11

DISTRICT 8 MEETING

The District 8 meeting brings
AALAS branches together to hold
an educational and informative
event for technicians and others.
The 2018 meeting will be held at
The Duke Hotel in Newport Beach,
California.

Keep an eye out for emails from
WBAALAS with details.

INSTITUTIONAL MEMBERS



ALLEN INSTITUTE *for*
BRAIN SCIENCE



BENAROYA
RESEARCH INSTITUTE
Virginia Mason™



**Center for Infectious
Disease Research**
PEOPLE. SCIENCE. HOPE.



FRED HUTCH
CURES START HERE™



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION



presage
BIOSCIENCES



WANPRC
WASHINGTON NATIONAL PRIMATE RESEARCH CENTER

COMMERCIAL MEMBERS



INTERESTING IN JOINING WBAALAS?

Visit the Washington Branch AALAS website at wbaalas.org/join for information on membership fees, benefits, and other perks!