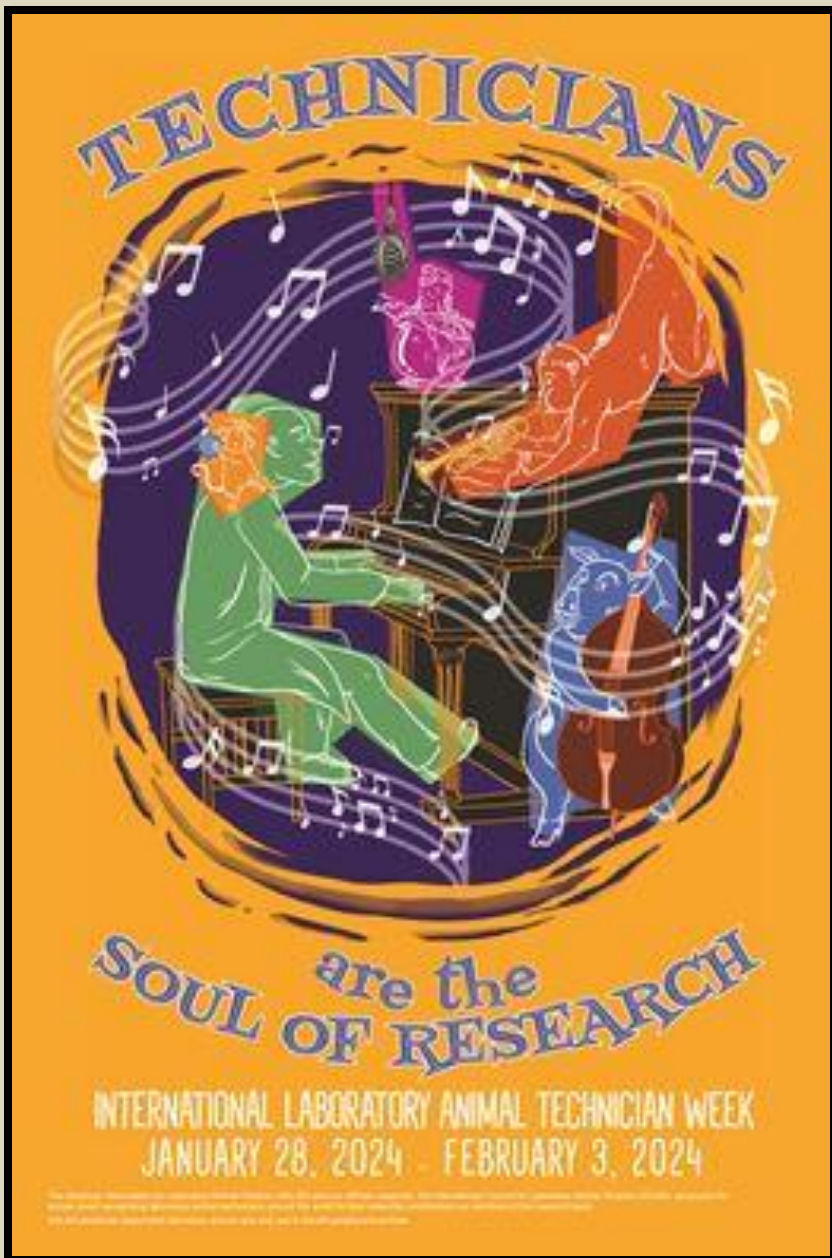


DECEMBER 2023

WASHINGTON BRANCH AALAS

2024 International Laboratory Animal
Technician Week

January 28 - February 3, 2024



SNEAK PEEK

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Outgoing WBAALAS Board Members

For the last 2 years I've served as your WBAALAS Treasurer and it has been a truly rewarding experience. Not only was I able to learn and oversee the financial operations of this wonderful organization, but I was also given the opportunity to continue to give back to this amazing community of laboratory animal professionals. WBAALAS runs on the hard work and collaboration of volunteers and for anyone seeking for a way to give back to our profession, I would highly recommend reaching out to learn more. Thank you, WBAALAS!

Thanks,
Dave



Advertisement for Ancare Nestlets. The text reads: "Show 'em you care. with Nestlets™". Below the text is an image of a mouse sitting on a nest of white, fluffy nesting material. At the bottom of the advertisement, it says: "Nestlets™ are the perfect nesting material for mice, hamsters, gerbils, rats and other small rodents. Clean, dust-free, economical and autoclavable, the one and only Nestlets™ are available from the one and only Ancare." The Ancare logo is at the bottom left, and the phone number 800.645.6379/516.781.0755 and website www.ancare.com are at the bottom right.

Advertisement

I have had the privilege of serving the last three years in various roles with WBAALAS, ending 2023 as your Past-President. I cannot express what a joy it has been to be involved with WBAALAS over the last few years and I look forward to continuing to be involved. There is a wonderful group of volunteers who make this fun, and I encourage all of you to get involved in some way. There are many volunteer opportunities such as serving on the board to as small as just assisting us with Trade fair set up.

This upcoming year will bring new and fresh members to our board, as well as connect us further with AALAS as we host the District 8 meeting at the Sheraton Grand in Seattle April 22nd-24th.

I will be continuing with WBAALAS, serving as your Newsletter Editor and Technician Branch Representative (TBR). Please feel free to reach out with any ideas you guys would like to see. I can be reached at newsletter@wbaalas.org or tbr@wbaalas.org.

All the best,
Ashley R.

SAVE THE DATE!

The Northern Rocky Mountain, Oregon, and Washington AALAS branches are proud to host

the 2024 D8 meeting April 22-24 in Seattle, Washington!

Mark your calendars and plan to attend D8 Caring toward Cures meeting at the Sheraton Grand Hotel Downtown Seattle!



Keynote speaker: Dr. Jeff Meldrum, Idaho State University - Sasquatch: Legend Meets Science

Dr. Jeff Meldrum is a Full Professor of Anatomy & Anthropology at Idaho State University. He teaches human anatomy in the graduate health professions programs. His research encompasses questions of vertebrate evolutionary morphology generally, primate locomotor adaptations more particularly, and especially the emergence of modern human bipedalism. His co-edited volume, *From Biped to Strider: the Emergence of Modern Human Walking, Running, and Resource Transport*, proposes a more recent innovation of modern striding gait than previously assumed. His interest in the footprints attributed to sasquatch, was piqued when he examined a set of 15-inch tracks in Washington, in 1996. Now his lab houses well over 300 footprint casts attributed to this mystery primate. He is author of *Sasquatch: Legend Meets Science* which explores his and other scientists' evaluations of the contemporary evidence, and also affords deference to tribal people's traditional knowledge of this subject.

[REGISTER HERE](#)

Additional exciting topics include: Positive Intelligence, Enrichment, Digital transformation, anesthesia and analgesia, Primate Echocardiography, Oral Drug Self-Admin vs IV Self-Admin, Operational Efficiency, and more.

Workshops: Mini-Leadership, Team building, ALAT/LAT prep, Zebrafish Husbandry, facility tours, primate enrichment and laser therapy, and more.

Networking events, Exhibitors, Poster Session, Technician Fun Fair, Silent Auction, and opportunities to see Seattle.

The meeting runs from Monday at 9 am with workshops and concludes on Wednesday at 3 pm

SAVE THE DATE!

2024 District 8 Trade Fair will be in Seattle!

Call for Poster Abstracts

The District 8 AALAS Annual Meeting program committee is accepting abstracts for poster presentations!

Submit your poster abstract for the following categories:

- *Clinical*
- *Husbandry/Management*
- *Animal welfare, Animal Training, 3Rs*

Abstracts should be a single paragraph, no longer than 300 words, with an informative title limited to 20 words. Format and content should follow the guidelines for the AALAS National Meeting (Presenters: www.aalas.org/national-meeting.)

Abstracts are due February 16, 2024. Submit abstracts via email to: Jourdan Brune jourdi@uw.edu.

Notification of acceptance by March 4th

Call for Topics/Speakers

The District 8 AALAS Annual Meeting program committee is announcing its call for speakers and/or topics for the District 8 AALAS 2024 meeting taking place in April in Seattle, WA.

- Do you know someone who is working on cutting edge research projects?
- Do you care for unusual animal models? Know any motivational speakers?
- Is there a topic you want to hear about? Read an interesting article lately?

LET US KNOW!

This is your District 8 Annual Meeting, and we want to know what **you** are interested in learning about. Please reach out with **your** suggestions, topics, and/or speaker information by email to Traci Weber at traci.weber@va.gov or Mia Benkenstein at miabenkenstein@isu.edu.

If you need accommodations in Seattle for this event, we encourage you to stay at the Sheraton Grand Seattle and identifying yourself as part of **WBAALAS District 8 2024 Conference Apr2024** when you make your reservations. *Please do your best to stay at the Sheraton Grand Seattle as we need to meet our quota for the meeting. Rates will be available 3 days prior and 3 days after the meeting: Traditional Single/Double - \$239.00, Occupancy tax, 15.7%, and \$4.00 per room per night tourism assessment fee at check out. Additional Person \$25.00.*

[Reservation link HERE](#)

HeroRAT Explained

Our HeroRAT Carolina is part of APOPO's non-profit organization that uses African Giant Pouched Rats to test for Tuberculosis in Tanzania, Ethiopia and Mozambique.

About Carolina

Name: Carolina (CAH-RO-LEE-NAH)

Sex: Female

Date of birth: 5th September 2016

Job title: Tuberculosis Detection Rat

Birthplace: Morogoro, Tanzania

Current Location: Dar es Salaam, Tanzania

Length: 64 cm

Weight: 1.01 kg

Favourite food: Watermelon

Personality: Cheeky and dedicated

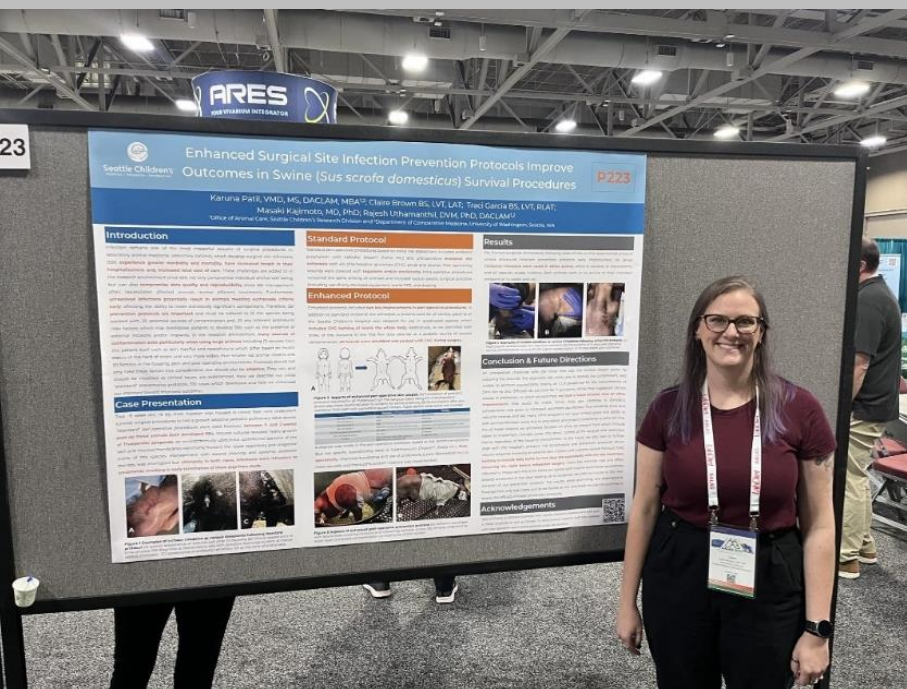


TOP 5 FACTS

1. Tuberculosis ranks as the world's leading cause of death from an infectious disease, claiming 1.4 million lives worldwide every year.
2. For every additional patient placed on TB treatment, HeroRATs like Carolina potentially help halt the spread of TB to up to 15 other people per year.
3. A TB detection rat can check 100 sputum samples for TB in as little as 20 minutes. This would typically take a lab technician up to 4 days using conventional microscopy. Any suspect samples are then re-checked using WHO endorsed confirmation tests.
4. Carolina and the HeroRATs have helped raise detection rates in our partner public clinics by 40%.
5. In Sub-Saharan Africa, half of the TB patients remain undiagnosed or untreated and globally this number is as high as **2.9 million**. These 'missed' TB positive patients usually include the most vulnerable and those without proper access to care

CATCHING UP WITH NATIONALS

AALAS 74th National Meeting: Utah



Favorite session/activity/event of nationals?

My favorite session I attended was a lunch and learn where a vet from the local zoo went through interesting cases she's seen throughout her career. Everything from elephants, giraffes, ostriches, to small reptiles. It was so interesting to hear her talk through diagnostics, treatments, outcomes, and all the collaboration that goes into working with exotic species.

What is one take-away you have?

I think the biggest take-away I have after attending the meeting was how large of a field this is. It can feel quite isolating doing this work since we aren't collaborating daily with other institutions, and it isn't a field that is often spoken about publicly. It was nice to be surrounded by others with similar experiences, struggles, and values for the week.

Any tips for those wanting to go?

I think anyone who is planning to go should use each day to the fullest. There were definitely a few mornings where I didn't want to get up at 7AM to attend sessions, but I'm glad I did. I was able to take away something from every talk and presentation I went to.

Thanks!

Claire B.

WBAALAS Scholarship Recipient

CATCHING UP WITH NATIONALS

AALAS 74th National Meeting: Utah



Favorite session/activity/event of nationals?

My favorite session was The Path Forward For Openness and Expanded Communication about Animal Research. This talk offered great information on what different organizations are doing to be more open about the use of animals in research, as well as information you can use to help your institution be more open.

What is one take-away you have?

For me, the biggest take-away I have is the connection we have with each other in our field. It is easy to feel isolated within our job roles at times. Going to Nationals connects you with so many like-minded people. Having those connections is invaluable!

Any tips for those wanting to go?

Ask Ask Ask! Let management know you have an interest in attending. Give them reasons why it would be great (Networking, expanding knowledge, meeting vendors). I also encourage getting involved at your local branch level, or volunteer at a national level.

Ashley R.

2023 WBAALAS Past President



CATCHING UP WITH NATIONALS



Episode 2 of The LAST Word Available Now!

On this episode of The LAST Word, Dr. Ashlee Vaughn spoke with a giant in our organization, Dr. Robert "Bob" Dauchy. Robert Dauchy is the Co-Director of the Laboratory of Chrono-Neuroendocrine Oncology at Tulane University.

Bob's award-winning research over the past 50 years focuses on understanding the bioenergetics and metabolism of normal and neoplastic tissues and the role of pineal neurohormone melatonin in regulating cancer growth and proliferation. Bob helped establish the Circadian Cancer Biology Group and the Tulane Center for Circadian Biology and continues his many collaborations in studying melatonin regulation of human tumor growth and proliferation. His recently published paper "Dietary Linoleic Acid: An Omega-6 Fatty Acid Essential for Liver Regeneration in Buffalo Rats" can be found in *Comparative Medicine* 73(4).

You can now listen to The LAST Word podcast on the following platforms:



CATCHING UP WITH NATIONALS



Our organization is celebrating our 75th anniversary in 2024, and we are elated to have hit that milestone! First and foremost, we want to thank you, our amazing members, for your dedication to our organization. We would not be here without you.

To honor and celebrate your contributions to our association, we invite you to tell us why you feel at home with AALAS. Our #IAmAALAS campaign allows you to share your story with our audience in a brief video clip. Submissions opened in Salt Lake City, and they will close on July 31, 2024.

Need some ideas for what to submit? Check out the teaser video below!

[I Am AALAS Teaser Video](#)

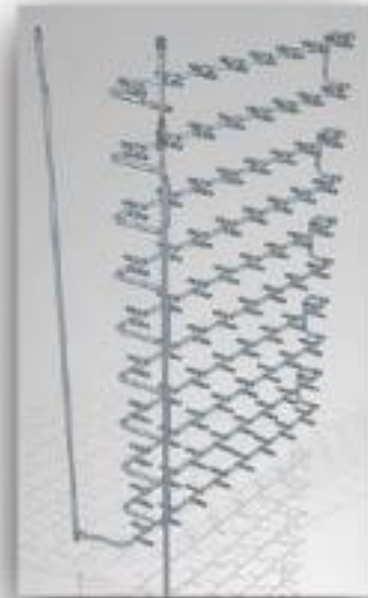
To begin the process, you'll first need to fill out the AALAS Video Agreement form listed on our website. After that is completed, you'll agree to our terms of service, and you're ready to send us your video!

[I Am AALAS Submission](#)



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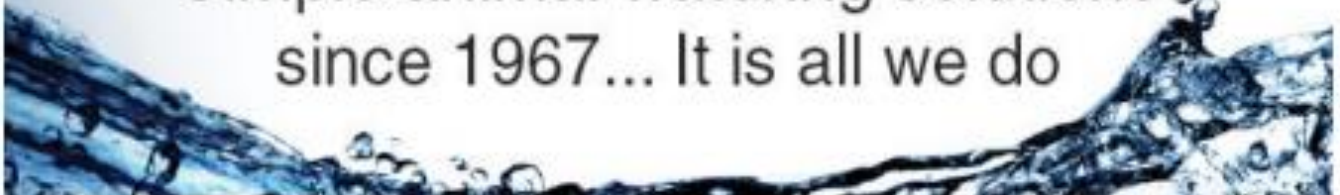
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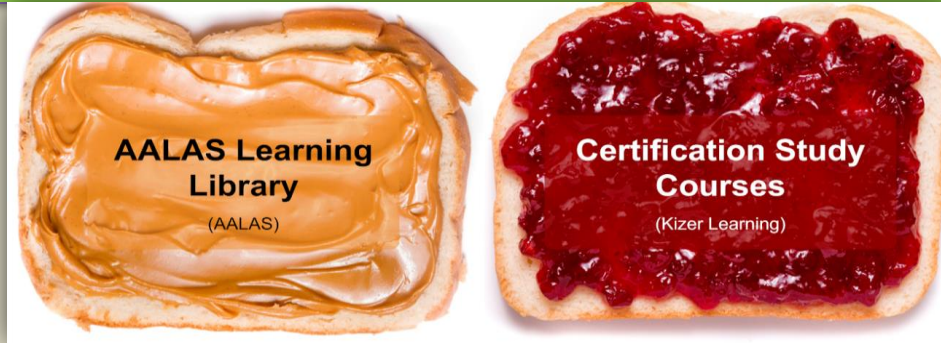
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LEARNING WITH WBAALAS

Washington Branch AALAS offers members access to **TWO** learning portals!



The AALAS Learning Library provides training that is essential for technicians, veterinarians, managers, IACUC members, and investigators working with animals in a research or education setting.

Washington Branch AALAS is proud to be able to offer free access to the AALAS Learning Library to all Branch members!

Research, husbandry, and veterinary staff can earn continuing education credits to maintain certification and licensure (up to 34 courses approved by AAVSB for RACE CEs). Check out the over 238 courses available by downloading the [course catalog](#).

ALAT course

The WBAALAS ALAT Certification Study Course is a 16-week, paced course conducted fully online (on-demand option available).

LAT course

The WBAALAS LAT Certification Study Course is a 7-week, paced course conducted fully online (on-demand option available).

LATG course

The WBAALAS LATG Certification Study Course is fully on-demand, fully online.

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IN THE COMMUNITY

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TCD - It's Not Just Semantics

NOV 29, 2023 SEASON 3 EPISODE 30

Cindy Buckmaster

There's no such thing as compassion fatigue and we should drop it from our vocabulary immediately! This term, along with most of the others used to describe the emotions we battle when working with research animals, just makes things worse. Confused? Our guest from the Two Truths episode, Lisa Kelly, returns today to spell it out for us...on GetReal!

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IN THE COMMUNITY

INTRODUCING NEW PODCAST'S



LAB RAT CHAT



Lab Rat Chat is a podcast dedicated to providing the public with factual information about the importance of humane and ethical animal research. It was made possible through the Michael D. Hayre Fellowship in Public Outreach, which is sponsored by Americans for Medical Progress.

Lab Rat Chat was created by AMP Hayre Fellow Jeff Marshall, a student at the Virginia-Maryland College of Veterinary Medicine. In each episode of the podcast, Jeff and his cohost Danielle Dady, Senior Research Compliance Coordinator at Old Dominion University, examine the importance and applicability of animal research to both veterinary and human medicine. The podcast features easy-to-understand, engaging conversations with a variety of guests including veterinarians, animal care and welfare specialists and researchers.

You can listen to Lab Rat Chat below or on [iTunes](#), [Spotify](#), [Tuneln](#), [Stitcher](#), or wherever you get your podcasts. You can also [find it at Buzzsprout](#). Help increase the visibility of this podcast by listening and leaving a review on iTunes. Thanks in advance for helping to increase opportunities for the public to engage in productive conversations about the important role of animals in research.

LAB RAT CHAT

News Bite - November 2023

NOV 16, 2023

Lab Rat Chat



Ever felt curious about the behind-the-scenes of animal research and the fascinating technologies being leveraged? Well, strap in as we embark on an enlightening journey, unveiling the intriguing world of animal research and its advancements through the lens of CRISPR-Cas9. We're discussing how a team at the University of Basel is revolutionizing gene-editing to minimize the use of mice in muscle disease studies.

Our discussion doesn't stop at gene editing! We dive into the nitty-gritty of how Harvard Medical School researchers are utilizing cells to control excessive muscle inflammation. We'll unpack how this could potentially assist elderly individuals in maintaining endurance and muscle tone for longer. We spice it up a notch with a captivating study showcasing how rats are trained to visualize routes and tasks in a virtual reality environment. We're not just discussing the science, we're exploring its fascinating implications on animal behavior and focus.

We conclude on a thrilling note, calling out to our listeners for exciting future guest suggestions and more engaging content. Keep your ears open for news about giveaways and bonus content.

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