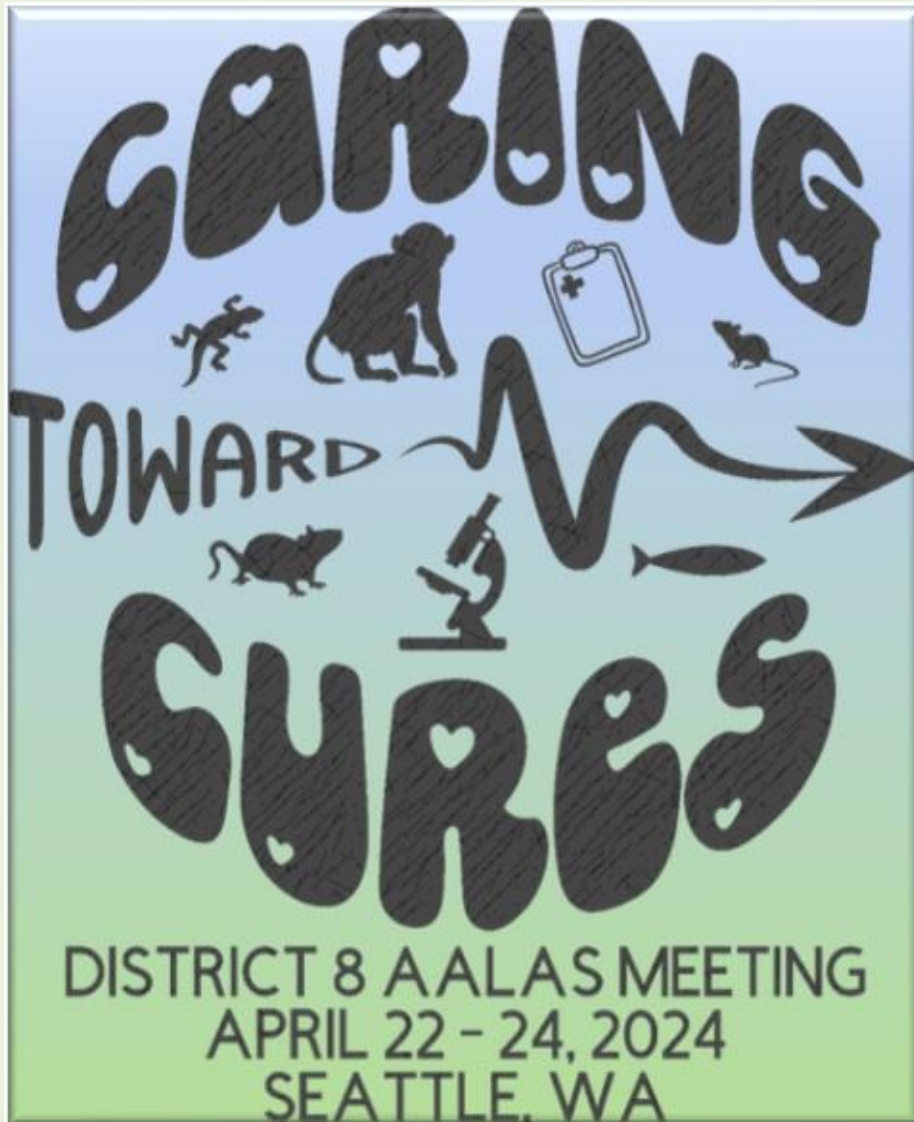


MARCH 2024

WASHINGTON BRANCH AALAS

SAVE THE DATE!
**2024 District 8
Trade Fair**



SNEAK PEEK

02

President's Message

03-05

WBAALAS Updates

05-08

Lab Animal Tech Week!

09-10

Save the Date: District 8 Meeting

11

Sponsored Advertisement

12

HeroRat Update

13

Learning with WBAALAS

14-15

In the Community

16

Institutional Memberships

17

Commercial Memberships

PRESIDENT'S MESSAGE



Hello WBAALAS Members!

2023 was a great year for WBAALAS. We had the Trade Fair in June with a phenomenal turnout of WBAALAS members, vendors, and speakers! I hope everyone enjoyed the event as much as I did. Other events included the summer picnic, manager and technician roundtables, as well as tech week trivia and prizes.

2024 has even more in store. We are again hosting the District 8 AALAS Meeting in Seattle at the Sheraton Grand Hotel in downtown. If you haven't registered yet there is still time! We are looking for volunteers to help with this event on-site, if you are interested, please email me at president@wbaalas.com. Tech week this year was fun as always. The majority of winners came from Seattle Childrens. The challenge is on for next year to catch up to them! We will again be sponsoring a technician to attend the National AALAS Meeting, in Nashville this year. Keep an eye out for the application soon. You can look forward to in person manager roundtables this year. The first one is starting out at the Allen Institute and will include a tour of the facility. Technician roundtables will start off virtual with a screening of the webinar *"Embracing our Emotions in the Workplace."*

I would also like to take this opportunity to welcome our new incoming board members. Dante D is serving as President-Elect, Devin M. is joining us as Board Member 2. Also, I would like to thank the existing board members who continue to serve and bring you all the programs and events from WBAALAS! This is my first time serving as President and I hope to be able to add to the great events and opportunities already provided. I joined WBAALAS as a board member two years ago. Being involved has provided many growth opportunities, networking, and fun times getting to know the amazing people on your board. I continue to learn new things all the time! I recently had the opportunity through WBAALAS to attend the Ben Cohen Branch Management Summit at AALAS headquarters. It was an incredibly rewarding experience, meeting people in our field from all over the country! I hope you will get involved. You don't have to join the board to get started. Come to a board meeting, volunteer to help with an event, come to a roundtable, or help with a committee. I am excited to be your WBAALAS President this year, and I can't wait to see how the year unfolds.

CATCHING UP WITH WBAALAS

INTRODUCING OUR NEW BOARD MEMBERS

President-Elect

Dante D., BS, ALM, LATG

He is the Manager for the Office of Animal Care at Seattle Children's Research Institute. He received his BS in Marine Science from Eckerd College, and ALM in Environmental Management and Sustainability from Harvard University. He has 16 years of experience in laboratory animal science. He previously served on the executive board for the Zebrafish Husbandry Association. He regularly attends and has previously presented research at the Zebrafish Husbandry Workshop in Aquaculture America, the International Zebrafish Society Conference, the Massachusetts Society for Medical Research, as well as local, regional, and national AALAS meetings. He has been a member of the WBAALAS community for five years, currently serving as the Workshop Chair for the 2024 District 8 AALAS Meeting. Dante is passionate about innovation in Lab Animal Science as well as creating growth opportunities and developing talented animal technicians. A position as President-Elect for WBAALAS is my opportunity to give back to a field that has given me so many incredible career opportunities.

Treasurer

Traci G.

Hello!

My animal welfare career began 25 years ago, working in animal shelters, and I became a licensed veterinary technician. In 2018, I wanted a career shift and was introduced to lab animal medicine at Seattle Children's Research Institute, where I continue animal welfare work as a licensed veterinary technician. I am looking for an opportunity to become more involved with the lab animal science community. I have spent the previous 5 years as treasurer for a fellowship group so running for WBAALAS treasurer seemed like the next step for me.

Board Member #2

Devin M., LVT

I am a licensed Veterinary Technician with a career in the laboratory animal science field for over twelve years. I am currently the Facility Supervisor for Seattle Children's Research, but I have grown into this role through my various other positions at the Institute including Animal Care Technician and Veterinary Technician. I have several years of experience as a board member for various groups and charitable organizations outside of animal care.

CATCHING UP WITH WBAALAS

INTRODUCING OUR NEW/CURRENT BOARD MEMBERS

Technician Branch Representative (TBR)

Ashley R.

I have been fortunate enough to be involved with the Board since 2021, serving as your President-Elect, your President for 2022, and Past President for 2023. I am excited to continue on as the Technician Branch Representative (TBR).

Part of being a TBR involves staying connected between technicians, the branch and national AALAS by working with and sharing activities, ideas and suggestions. I enjoy our WBAALAS group, and meeting everyone at our trade fairs. I also am the WBAALAS Newsletter editor, so if you ever want something added, let me know! tbr@wbaalas.org or newsletter@wbaalas.org

And of course, the following members continuing on with their roles:

President: Melissa R.

Past President: Traci W.

Board Member #1: La' Akea S.

Board Member #3: Leandra M.

Secretary: Emily F.

Honorable Mention: Past Treasurer and current helper wherever we need (as well as Webmaster): Dave R.

WBAALAS ROUND TABLE

RSVP for our upcoming Virtual Technician's Round Table!

When: Wednesday March 21st, 12-1:30PM

Where: Teams

We will be viewing the Webinar:

Embracing Our Emotions in the Workplace

Presented by Morag Mackay

It's normal to experience emotions at work: frustration, anxiety, anger, fear, excitement, and joy, to name a few. However, how leaders handle these feelings can be crucial to building up or wearing down employees. And leaders must develop the ability to regulate their own emotions and the emotional well-being of their team members, to help reduce the levels of negative and useless emotions in the workplace.

[RSVP HERE](#)



Want to know more, and aren't afraid to ask?
Contact us at 516-781-0755/800-645-6379 or
info@ancare.com

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**Join us for our
upcoming Vivarium
Manager's Round Table
Meeting**

**When: Thursday March
14th from 12-2pm**

**Where: Allen Institute
([615 Westlake Ave North,
Seattle, WA 98109](#))**

[RSVP Here](#)

TECH WEEK 2024



LAB ANIMAL TECH WEEK
JAN. 28 - FEB. 3
POST YOUR WORDS OF APPRECIATION HERE!



Happy Lab Animal Tech week! Your work is vital to scientific progress. I really appreciate your commitment and dedication to animal welfare! You are the backbone to our research success! THANKS. - Jerry.

Thanks for all help, contribution, & efforts to enable great science helping our team, company & -- society at large -- Chambers

Thank you all so much!
Our work wouldn't be possible without you!
-Nat + Cagat

I'm so fortunate to work with such dedicated and caring technicians. Thank you for all that you do, and Happy Tech week!
-Dave

Thank you so much Animal Techs! All your efforts (seen or unseen) don't go unnoticed! You rock!
-Jina @ Alltop

Happy International Animal Tech week! You are all so supportive, helpful, and friendly, and we would be unable to do our job without your help. Love you all! Thank you!
-Madel

You guys rock! Thanks for all the taking care of the...
-Madel



TECH WEEK TRIVIA

TRIVIA TUESDAY ANSWERS

Wednesday Tech Week Trivia Answers

The Prefix "Centi" means one hundredth.

Axolotls are an aquatic species that reach maturity without undergoing metamorphosis.

GLP stands for: **Good Laboratory Practices**.

True or False. Mice Can Vomit: **False**.

Compared to other laboratory rodents, Hamsters are very aggressive.

What is the gestation period for *oryctolagus cuniculus*? **Rabbit gestation period 31-32 days**.

Young calves can best be cast to the ground by a method called Flanking.

According to the guide, Un-relieved pain may lead to Wind Up a phenomenon in which central pain sensation results in a pain response to otherwise non-painful stimuli.

A grant application is prepared and submitted by the Principle Investigator to a granting agency.

Antibiotics are drugs that treat infections caused by bacteria.

The root term "entero" means **Intestine**

Name one of the 6 (six) phases in the Research Process:

Identifies a question to be solved by the research, develops the experimental design to answer the question, prepares the study protocol, conducts the study and collects data, analyzes the data and draws conclusions as to whether the results answer the question, writes a report that describes the findings.

What is the oldest inbred mouse strain? **DBA**.

What monkey can carry the *cercopithecine herpesvirus*? **Macaque**.

What is the scientific name for the Zebrafinch? ***Taeniopygia guttata***.

What pain category would the following be under: Experiments, teaching, research, or tests causing pain or distress to the animals, for which appropriate anesthetic, analgesic or tranquilizing drugs were used? **Category D**.

What part of the integumentary system open to the surface of the skin and secretes fluids that protect, lubricate and help regulate body temperature? **Glands**.

The **left** atrium collects blood entering the heart from the lungs.

What is the formula to calculate the size of an area? **Length x width**.

Suture material can be classified by what characteristic? **Material**.

BONUS POINTS What would you love to see more of from WBAALAS? **Summer picnic, Winter Event was the number one answer, Webinars were second.**

TECH WEEK TRIVIA

Tech Week Trivia Thursday Answers



How many inches (in) are in a meter (m)? **39.3 Inches.**

Ergonomic Injuries are the most common type of injury in the animal facility.

Cage washers have programmable cleaning cycles, consisting of prewash, wash, rinse, and a final **180°F** rinse.

Polysulfone is the most common plastic used for rodent caging and fish tanks.

Fiber is the indigestible form of carbohydrate that provides no calories for energy for most animals.

In some species, dehydration may be assessed from a change in the elasticity of the skin, using a procedure called **Skin Tenting**.

Fixed costs are typically costs that are consistent throughout the budget period. An example would be rent or utility costs.

What does the directional term "rostral" mean?
Towards the nose.

The opening of the stomach which leads to the intestines is called the **Pyloric Sphincter**.

****Bonus Points**** What is your preferred way to be notified by WBAALAS?
Email won by 84% but there was no wrong answer!

CONGRATULATIONS!

Winners!

Winners are:

1st Cheryl H.

2nd Cindy H.

3rd Lisa S.

Grand prize: D8 sponsorship
Stephanie S.



Thank you to all who Participated.

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 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.

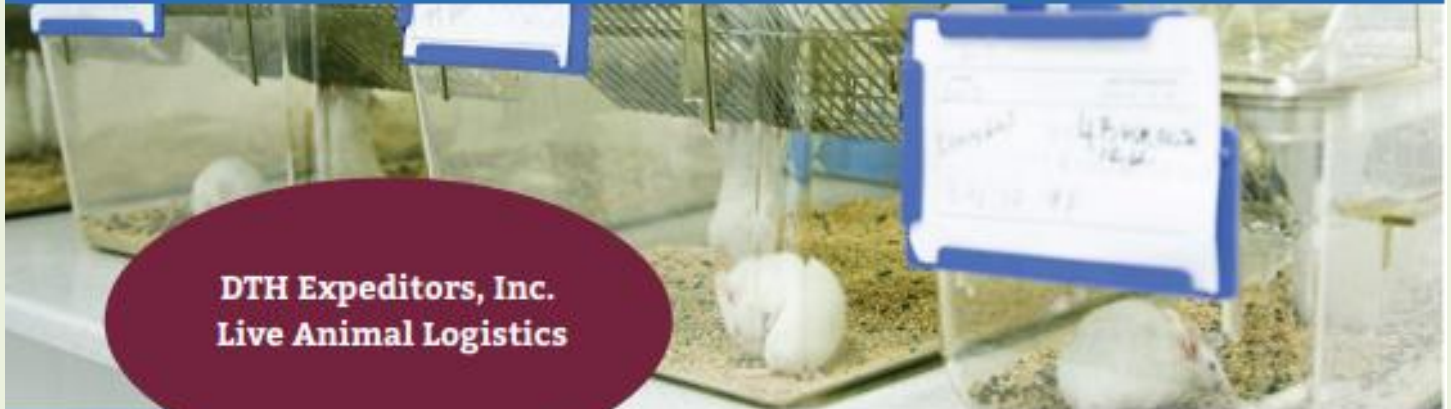
VOLUNTEERS NEEDED!

Do you have an hour or few to help day-of event? Please Reach out to president@wbaalas.org with your name, contact info, and what/when you can/cannot help. This can look like helping in the morning with registration (checking names/passing pre-printed badges), setting up signage, or assisting with table set ups. More opportunities available. Please don't hesitate to reach out.

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](#)

SPONSORED ADVERTISEMENT



DTH Expeditors, Inc. Live Animal Logistics

DTH Expeditors, Inc. is a nationwide logistics provider in the field of Live Animal Movement (LAM), offering Next Flight Out (NFO) and Expedited Courier Services for these specialized moves.

DTH, with its team of professional and seasoned staff, understands the seamless, time critical, temperature controlled and sanitized environment which makes for a safe and comfortable journey from pick-up to delivery. DTH has strict standards of operation that regulate these live animal moves along with checks and balances that produce 100% results and customer satisfaction. All drivers are experienced, trained and continue the educational process of live animal movement as regulated by private or government agencies. DTH monitors flight schedules for delays and potential weather patterns that can cause last minute routing adjustments for the safety and care of the animals involved in transit. DTH gets it done fast, safe, humanely and customized to our customer's needs.



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Kathy Blomquist
Vice President of Sales
Live Animal Shipping Specialist

kblomquist@dthx.net
Mobile: 949-706-4055

HeroRat UPDATE



As 2024 gets into full swing, we want to acknowledge and thank you for your invaluable contributions to APOPO's ongoing mission.

This first newsletter of the year shares some uplifting stories, showcasing a positive beginning to the year. It's your ongoing engagement and commitment to our mission that make these extraordinary stories a reality.

We're truly thankful for your continued interest in and support for APOPO and for being an essential part of our global family

In December 2023, APOPO, with over two decades of history in humanitarian mine action, reached a landmark in landmine clearance: 100 million square meters of land released as free of landmines and other explosive remnants of war!

None of this incredible work would have been possible without the continuous generosity of our donors and supporters over the years. Thank you for helping us make the world a safer place.



LEARNING WITH WBAALAS

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



Learning Library
(AALAS)



Exam Prep Courses
(Kizer Learning)

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, LAT, and LATG Exam Prep Courses

We've partnered with Kizer Learning to offer free enrollment in their innovative exam prep courses.

Here's what makes them effective:

- On-demand access
- Comprehensive study plans and study nudges
- Knowledge pre-check insights
- Concept-driven chapter summary videos
- Note-taking worksheets for active learning
- Reduce anxiety with test-taking strategies
- Flashcards that adapt to you

These courses equip you with lifelong learning skills you won't find in any other program. They're crafted to transform your approach to learning, ensuring success on any exam.

IN THE COMMUNITY

GetReal!®

The Dose Makes the Poison

JAN 31, 2024 SEASON 3 EPISODE 31

Cindy Buckmaster

Today we stop ignoring the truth about how new treatments make it to our medicine cabinets and face the hard facts...together...on GetReal!

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In Episode 4 of the LAST Word (an AALAS podcast) we were joined by Dr. Matthew Breed. Dr. Breed has recently started a new position at Clemson University and is currently the attending veterinarian and director of the Office of Animal Resources and Godley-Snell Research Center. At the time of this interview, he was the Senior Animal Program Veterinarian at Frederick National Laboratory for Cancer Research. Dr. Breed is a diplomate of the American College of Laboratory Animal Medicine, an accredited veterinarian by the U.S. Department of Agriculture, and a member of the American Veterinary Medical Association, the American Association of Laboratory Animal Science, the American Society of Laboratory Animal Practitioners and the Association of Primate Veterinarians. He earned his Ph.D. from the Tulane University School of Medicine, his veterinary degree from the University of Queensland in Australia and his bachelor's degree from the University Adelaide, also in Australia. In this podcast we discuss Dr. Breed's recent article in Comparative Medicine "Bacterial Genotype, Carrier Risk Factors, and an Antimicrobial Stewardship Approach Relevant To Methicillin-resistant Staphylococcus aureus Prevalence in a Population of Macaques Housed in a Research Facility." Methicillin-resistant Staphylococcus aureus (MRSA) remains a significant problem for human and animal health and can negatively affect the health status of macaques and other nonhuman primates (NHP) in research colonies. Please join us as we discuss implementing strategic antimicrobial stewardship practices.

IN THE COMMUNITY

INTRODUCING LAB ANIMAL 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

You can listen to Lab Rat Chat [Here](#) or on [iTunes](#), [Spotify](#), [Tuneln](#), [Stitcher](#), or wherever you get your podcasts. You can also [find it at Buzzsprout](#).

Advertisement

LAB RAT CHAT

News Bite - February 2024

FEB 15, 2024

Lab Rat Chat

Hold onto your lab coats as we delve into the astonishing medic skills of the Matabelle ants and their natural antibiotics, a discovery with implications that could ripple through human healthcare. We'll chuckle together at AI's attempts at artistic genius and its more practical uses in the operating room, and then ponder the ethical maze surrounding a pioneering pig liver medical procedure.

Allergies got you sniffing? We've got the scoop on how nanoparticles might be the game-changer we've been sneezing for, thanks to groundbreaking research from Northwestern University. While we're at it, let's not forget about the superhero in the room: breast milk. Discover how this liquid gold is rewriting the rulebook on infant immunity. Prepare to be both enlightened and entertained as we merge cutting-edge science with hearty humor throughout our latest episode.

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washing equipment

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AALAS UPDATE



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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HOSPITAL · RESEARCH · FOUNDATION



**Office of
Animal Welfare**
Research Support Services
UNIVERSITY of WASHINGTON

INTERESTED IN JOINING **WBAALAS** AS
AN INSTITUTIONAL MEMBER?

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

COMMERCIAL MEMBERS



INTERESTED IN JOINING **WBAALAS** AS A COMMERCIAL MEMBER?

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