

The AWIS CHRONICLES

www.awis-lsc.org

2006—2007 Issue I

October 2006



Calendar of Events

- October 25, 6 p.m.: Planetarium Outing
- November 14: Craft making for Women's Shelter Gift Donation
- November 28: Book Club
- December 7: Winter Social
- January 23: Potluck & presentation

CALENDAR ON P. 3

Welcome New AWIS President
Ginny Snarski

Read Ginny's
From the President's Desk article
on the next page.

An Introduction to AWIS-President Elect

Lucia (Lu) Barker has been an assistant professor at the University of Minnesota Medical School in Duluth for 6 years. She did her undergraduate work at UM-Twin Cities and graduate work at the University of Tennessee, Memphis and the University of Missouri, Columbia. Her postdoctoral research centered on mycobacterial pathogenesis (e.g., tuberculosis, leprosy, and other diseases) at Stanford University and at the NIH Rocky Mountain Laboratories in Montana, and continues today. Between her graduate and post-doctoral work, she taught science to children at the Children's Museum of Manhattan and has since created curriculum material for the PBS show "Nature." She spent

two months in Paris on a Pasteur fellowship and dreams of returning one day. Her major research emphasis is on biofilm formation by the mycobacteria and screening natural compounds for anti-mycobacterial activity.



Lu Barker

Her goals for her tenure at AWIS include increasing intra-member visibility and collaboration and increasing AWIS interactions with young women scientists and science educators.

A member directory is included in this newsletter if you are a current AWIS member.

Keep up with the latest.
Visit our
Chapter web site
www.awis-lsc.org

WANTED:
Craft projects to make and donations for Gift Bags to give to Women at the local shelter

At the AWIS November 13 meeting we'd like to make crafts to give to the women at the shelter. If you have any item you'd like to suggest we make, let us know. Money and material donations are also welcome. Contact Ginny. See calendar on page 3.

Your AWIS
Executive Council

- Ginny Snarski...President
- Lu Barker...President-Elect
- Laura Solem...Treasurer
- Anett Trebitz...Secretary
- Valerie Brady & Stacey Stark...Webmasters
- Wendy Grethen...Newsletter Editor

On this wet and overcast day, with even wetter and colder weather in the 5-day forecast, I

welcome you warmly to another year of AWIS activities. As I write this, we've already had our fall Kickoff meeting, a group hike on a newly-constructed Duluth section of the Superior Hiking Trail, and an AWIS Book Group gathering. We had great attendance (estimated to be 35+ continuing, new or potential members) at the Kickoff, packing hostess Jean Regal's home, and ten members at Book Group. Great discussions, some even on the book, and good food at the India Palace made for a great evening. If the attendance and the enthusiasm of those at these events are indicators, this is shaping up to be another full and productive year for our chapter.

When you check out the calendar in this newsletter, you'll see we've already planned a wide array of meetings and activities, many of which we've embraced in past years. Shortly after you receive your newsletter, we'll have our October field trip: a visit to the UMD Alworth Planetarium for planetary system talk. This program was arranged especially for our AWIS chapter members (free to groups of 10 or more) so please join us. Perhaps we can adjourn to Bixby's for coffee and conversation right after since we'll need to make room for the 7 p.m. general public Planetarium program immediately following ours. As we did last year for the first time, we decided to donate Christmas gift bags to the women at a local women's shelter. To

try to tap into some of the creative ideas and talents of our members and get a head start on this worthwhile activity, we will meet in November to share ideas, instructions, expertise, and perhaps materials for making some of these gifts. If you can't stay, just stop in for a short time if possible. We'll also have plenty of

time to discuss other ongoing and planned Chapter activities at this gathering and time to get to know one another, an aspect of AWIS that I and, I'm sure, others appreciate. We'll continue our involvement in the Science Fair, judging and awarding prizes to several junior high girls to try to encourage them to pursue an interest in science. Marsha Patelke is stepping down as Chapter coordinator for this activity after many years of dedicated service. **Thank you, Marsha.** Thanks also to those who have already volunteered to coordinate or

From the President's Desk :

By Ginny Snarski

be Science Fair judges. It's a big job and more judges are always needed. Several



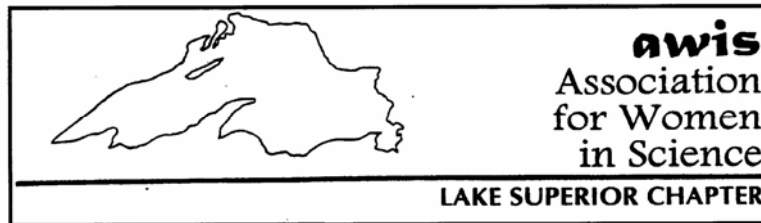
members agreed to address the issue of how to best distribute our scholarship money to encourage young women toward science careers, either through scholarships to local science teachers or young women. Because of the difficulties we had last year in getting members able to go on our planned Spring Retreat last year and the amount of effort and the expense needed to set a overnight retreat up, we've decided to skip an overnight, out-of-town retreat this year. **We owe Deserae Hendrickson a large thank you** for all her work on last year's and

many past years' retreats. A local one-day activity was suggested as a possible alternative. If you have suggestions or opinions or want to be involved in this or other chapter activities, please email me or, better yet, share with all chapter members by emailing through the AWIS listserve. Efficient communication is necessary for keeping members up-to-date on our activities and for sharing ideas and information. With only two newsletters a year, we rely heavily of two tools, our chapter's AWIS list server and our website. We use our email list server for sending meeting reminders, job opportunities in the sciences, and ideas and information we wish to share among members. If you are a current member and are not on our email list, please contact Stacey Stark (slstark@d.umn.edu) and she'll help get you registered. Our website address is: www.awis-lsc.org. It is maintained periodically by Val Brady and Stacey Stark.

We need your ideas and opinions, your attendance, and your participation.

Before I close, I want to get up on my President's soapbox for a bit. Although our many planned meetings and activities look good on paper, they won't be useful or successful if they don't have good member support and involvement. We need your ideas and opinions, your attendance, and your participation. As president, one of my

primary jobs is to help develop an agenda of value to our membership. Please try to find time in your busy schedules to join in as many activities of interest to you. As I said at our Kickoff meeting, it's your chapter and you can make it even better and more useful to you. Help your AWIS chapter better meet its goals of providing or facilitating networking and support opportunities for women in science and supporting outreach activities which encourage girls to consider careers in the sciences. **Please get involved:** share your ideas, your opinions, your enthusiasm and your time.



PLEASE KEEP IN TOUCH!

- Sign up now to get on the AWIS-LSC group e-mail list by visiting <http://groups.yahoo.com/group/> or send a blank e-mail to AWIS-LSC-subscribe@yahoogroups.com This is our main way of communicating between newsletters.
- A membership form for you or a friend is available on the back side of this newsletter.
- Please check your mailing label— the date and year listed are the date and year you last paid dues. If it has been more than one year since you paid your dues, please pay them and help support the cause.

UPCOMING AWIS-LSC EVENTS	WHAT & WHERE
<p>October Field Trip (Wed. Oct. 25, 6 p.m.) Alworth Planetarium at UMD</p>	<p>AWIS Planetarium Outing Jesse Irwin will present a special program for our event: Our Planetary System. The program will last about 45 minutes. We can then go for coffee, if anyone is interested. A general public program will begin at 7 p.m. The planetarium's website is www.d.umn.edu/~planet <i>Parking: You may park in the lot directly next to the Planetarium if you come in and get a parking permit from Jess to put in your car while at the meeting. You may also park at the meters in the street.</i></p>
<p>November Meeting (Tues. Nov. 14, 5:30 p.m.) St. Michael's Church Hall, 4901 E. Superior St.</p>	<p>Mini-workshop/Crafting Activities We'll be making items for the Holiday baskets which we will donate to the women at the emergency shelter. Please consider what kind of crafts you might be able to make and show others how to make. Bring donations (items or \$ to buy things) for the holiday gift bags. Contact: Ginny Snarski vsharski@cpinternet (or dbathel@cpinternet.com) 525-5037</p>
<p>November Book Club (Tues. Nov. 28, 5:15 p.m.) Thai Krathrong, 114 W. 1st St.</p>	<p>AWIS Book Club Book discussion: The classic: <i>Their Eyes Were Watching God</i> by Zora Neale Hurston. Please RSVP patelke@cpinternet.com</p>
<p>December Meeting (Thurs. Dec. 7, 5:30 p.m.) Party room at the Green Mill, 340 S. Lake Ave.</p>	<p>AWIS-LSC Holiday Gathering at the Green Mill Share what's happening with your work and efforts. Enjoy the evening. Some food nibbles will be provided by the chapter.</p>
<p>January Meeting (Tues. Jan. 23, 6 p.m.) MN Pollution Control Agency 4th Floor, Paulucci Bldg Canal Park</p>	<p>Potluck & Talk by AWIS Member, Jane Wattrus "Environmental Ethics, Evolution and Intelligent Design: What Would Darwin Say?" Bring a dish to pass for a potluck dinner. AWIS will supply plates & drinks. Presentation, discussion & conversation.</p>
<p>Sporadic</p>	<p>Check your email and the AWIS website www.awis-lsc.org for AWIS outings and announcements that may spring up.</p>

Book Club — Read a Classic

The next book group meeting will discuss the classic:

Their Eyes Were Watching God

by: Zora Neale Hurston

We'll meet **November 28th** about 5:15 p.m. at
Thai Krathong at 114 W. 1st Street

This book was also made into a movie by Oprah
Winfrey Film Productions.

Hope to see you all next month!

The book club is organized by Marsha Patelke.

"Zora Neale Hurston is one of the greatest writers/ anthropologists of the 20th century. She could write about the most ordinary things and make them infinitely gorgeous. In Zora Neale Hurston's books, the reader empathizes, loves, hates, and mourns, because Zora makes her characters so real and human it is impossible not to. She has the rare power to write fiction that is timeless and vibrant. the relationships, the glory, the trauma, the power struggles; everything just sears itself into your consciousness."

From i.am/zora website.

Great source for more information on her life and publications.

"Those that don't got it, can't show it. Those that got it, can't hide it."

Zora Hurston

A Summer in Scotland by Nancy Nelson

Scotland. It's not just the home of bagpipes, Highland clans, Harris tweeds, Sean Connery, and single malt scotch – it's also the Birthplace of Modern Geology. This summer I was lucky enough to spend 7 weeks in Scotland teaching introductory physical geology through a University of Wisconsin program creatively titled "Wisconsin in Scotland."

Our 28 students and 3 instructors came from 5 different UW campuses. We all lived and worked in Dalkeith House, a 300-year old palace that the University leases from the Duke of Buccleuch. Located about 7 miles southeast of Edinburgh's city center, the 1000-acre estate surrounding the house served as our outdoor classroom.

Dalkeith is located within the Midland Valley, a broad undulating lowland that stretches across the heart of Scotland from the Firth of Forth (near Edinburgh) to the Firth of Clyde (near Glasgow). It's a rich agricultural area underlain by Devonian and Carboniferous sedimentary rocks that are covered by glacial till except where isolated crags and hills of erosion-resistant volcanic and intrusive rocks protrude several hundred feet above the surrounding plain. The city of Edinburgh's landscape is dominated by two of these isolated volcanic hills, known as Castle Rock and Arthur's Seat.

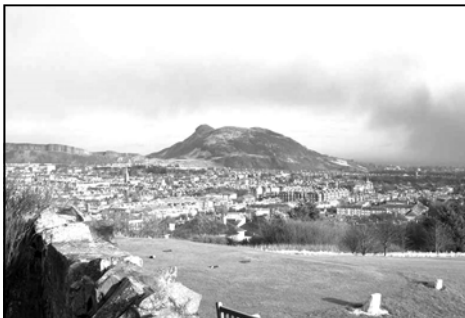
Other small hills scattered throughout the region are man-made. Called "bings" in Scotland, they are

piles of waste rock left behind by the numerous oil shale quarries and coal mines that served as a major part of the region's economy from the Industrial Revolution through the middle of the 20th century.

We followed in the footsteps of James Hutton, an 18th century Scotsman known as the Father of Modern Geology. Once a week we ventured beyond the walls of the Dalkeith Estate on field excursions to geologic sites that are famous for providing Hutton with evidence to support his revolutionary theory, which proposed that the Earth is dynamic and the geologic processes that shape the landscape act slowly, leading to the conclusion that an incomprehensible amount of time was necessary for the creation of the rock strata that are exposed on the Earth's surface. This was a bold proposal for a time when the accepted explanations for the formation of the Earth were based on information found in the Bible. Although Hutton's theory has been refined somewhat over the past 200+ years, it still

serves as the basis of current geological interpretations of the processes that form the landscape.

It was a great summer filled with rocks, beaches, mountains, ancient carved stones, garden centers, the best strawberries and raspberries in the world, clotted cream, tasty cheeses, cappuccino, generous Scottish hospitality, trains, buses, and lots of walking!



Isolated volcanic hill known as
Arthur's Seat in Edinburgh, Scotland

Give Yourself the Credit You Deserve

By Jean F. Regal, Professor, University of Minnesota Medical School Duluth

We were drawn to science because we are curious and love to learn. We have stayed in science because we are stubborn and we love playing in the lab or field and the continual challenges it brings. Very few of us went into science so that we would become famous. However, in this day and age of science, your absolutely greatest experiment ever can get buried and never noticed! "So what," you say. "It is *their* loss if they don't know the amazing things that I have done."

WRONG

Society loses and you lose if they don't know all the amazing things that you have done. You need the notoriety so you can continue to play in the lab or field and do what you love to do every day. So get out there and let people know what you are doing!

Don't assume your work speaks for itself.

We live in an age of information overload so you need to help people see your important accomplishments. If you are uncomfortable focusing



on 'you', start by talking about what 'we' did. It is also important to spread the credit to your team and co-workers.

If you undervalue what you do, so will the world.

Blow your own horn. Practice telling a story of your most important achievements and use a colleague as a sounding board.

Let your supervisor know how your productivity and success benefit your institution and your profession.

Promote your colleagues' accomplishments and take opportunities to nominate deserving individuals for awards.

New opportunities and growth come with recognition. Give yourself the credit you deserve for your accomplishments!

Two Bits of Advice From Carol Andrews, P.E. Barr Engineering

1. *Work someplace exotic before you get too tied down.* My three years spent in Antarctica were some of the most fun years of my life. I was lucky to have a job (as both a Project Engineer and Environmental Engineer) that provided great variety, technical challenges, and opportunity for loads of travel. For more info on the US Antarctic program go to: www.usap.gov/ To see job postings for the main NSF contractor, go to www.rpsc.raytheon.com/Employment/

2. *Find a first job that requires use of lots of technical skills so you can use them before you lose them.* After graduating as a civil engineer I went to work for the MPCA. I learned a lot and enjoyed my time there. I needed my technical knowledge to review other people's designs for landfills, etc., but I didn't do any design myself. Fifteen years later when I was asked to design something I thought "right, design something from scratch. I'm an

engineer, I can do that. Right... How the heck do you do that?!"

[Email the editor wendyupnorth@yahoo.com if you would like to share advice in the next issue.]

Science News Web Sampler

Here are a few sites to read the latest science news. Some offer e-newsletters.

www.sigmaxi.org/enews/
www.sciencedaily.com/
www.scitechdaily.com/
www.livescience.com/
www.sciscoop.com/
www.whyfiles.org/
www.futurebrief.com/
www.scienceweek.com/

A Fall Hike on the Superior Hiking Trail

By Diane Desotelle

The Superior Hiking Trail now spans 42 miles across Duluth. Sunday Oct 8th started out rainy and cool and I wondered not only who would brave the odd weather, but if we would be able to take in some glorious vistas. Then the weather broke and the sun came out! Deserae, Zandy, Andrew (my husband), and I enjoyed a glorious hike up along the ridge from Haines Rd to Piedmont Ave. The colors and views filled our souls. Zandy raised her arms up in the air as she stood overlooking the landscape, river, and lake and said "I am so GLAD I am here"!

This hike is just short of six miles...one of the longer stretches in the City. Both the Superior Hiking Trail Association's executive director and trail coordinator have said it is one of their favorite stretches along the Duluth segment. In addition, however, there are many more wonders right here in the city to see and explore including climbing to the top of Ely's Peak, meandering through the glacial formations from Jay Cook State Park to the Munger Trail, and exploring a fabulous new route in Hartley, etc.

Thank you Deserae for organizing our outings. Do not miss out on the next adventure - I can pretty much guarantee, it will be grand. Especially, with the good company of an AWIS member and, of course, husbands are always welcome!

[Maps of the new SHT in Duluth can be picked up at the Visit Duluth office on Superior St. or visit www.shta.org to find out about SHT events.]



Diane, Deserae, and Zandy on the trail.



Voices of the Lake Speaker Schedule

Nov. 9, Cindy Hale, UMD
 "Great Lakes Worm Watch: citizen scientists help monitor the spread and impacts of exotic earthworms"

Dec. 7, Donn Branstrator, UMD,
 "Exploring the ecology of one of Minnesota's latest invasive species, the spiny waterflea"

Jan. 11, Heidi Bauman, MPCA
 "Lake Superior Beach Monitoring Program: Wave of the Future"

Feb. 8, John Pastor, NRRI/UMD
 "Moose and the forests of Isle Royale, Lake Superior"

March 8, Chel Anderson, DNR
 "Bogs and Fens: What's what in northeastern Minnesota's wetlands"

April 12, Erik Simula, Grand Portage National Monument
 "Traditional birch bark canoe building and use"

Presentations begin at 6:30 PM

MEMBER AND COMMUNITY ANOUNCEMENTS

Great Lakes Aquarium “Voices of the Lake” Speaker Series:

SEE PAGE 6 for the SPEAKERS/TOPICS/DATES

The presentations will take place on the 2nd Thursday of each month at 6:30 p.m. at the Great Lakes Aquarium. Cost for the general public is \$3 and Great Lakes Aquarium members are free. For more information, contact Sara Towne at stowne@glaquarium.org or 740-3474 ext. 1019.

University of Minnesota—Duluth Nov. 16 GIS DAY

Thursday, November 16, 10 a.m. - 3 p.m.. "GIS DAY: GIS in our Region" UMD Ballroom
Organizations from the Arrowhead Region will present posters and demonstrations of how they use Geographic Information Systems. A great opportunity to share data, network, and learn! Everyone is welcome. Polar Explorer Lonnie Dupre will be speaking from 12-1 about navigating the Arctic.

Wild Ones

Wednesday, October 25, 7:00 p.m. “Tales of a Native Plantscaper”
Sarah Boles, a landscape designer based in Cable, WI, will present a slide show and discuss design, planting and maintaining native plant gardens. Sarah is owner of Northern Native Plantscapes. Meeting held at Hartley Nature Center.

WO Meetings are held the 4th Wed. of each month, 7 p.m. at Hartley Nature Center and are open to the public. For more information go to www.d.umn.edu/~wildones, or contact Carol Andrews at carol_andrews@hotmail.com or 727-9340.

Duluth Sustainable Business Tour Friday, Oct. 27, 1-4:30 p.m.

Tour five Duluth businesses that are leading a more sustainable and earth-friendly business practice. By learning more about these businesses and being aware of their services you can lighten your impact on the environment. This bus tour includes stops at Common Ground Reuse Center, Lifecyclers Electronics Recycling, TrueRide, Duluth Timber Co, and the Whole Foods Co-op. The tour begins at 1 p.m. at the Whole Foods Co-op (the bus will LEAVE there are 1 p.m. Arrive early, please.). Tickets are available at the Green Mercantile. Please purchase tickets by October 24. Call 525-5098 for more information. Tickets are \$15 each, \$10 for students. The tour is co-sponsored by Sustainable Duluth and the City of Duluth.



17th Annual Duluth Energy Design Conference and Expo—Feb. 27 & 28

See the website www.duluthenergydesign.com for more information.

DocTalks

DocTalks is a monthly public lecture series addressing current issues in medicine. DocTalks are offered on the 2nd Tues. of every month at 7:30 p.m. in Room 142 of the School of Med. building. Lectures are free and intended for the public. Contact 726-7012 or go to somed.umn.edu/DocTalks/ for more info.

AWIS Lake Superior Chapter
c/o Anett Trebitz at US-EPA
6201 Congdon Blvd.
Duluth MN 55804
www.awis-lsc.org

Don't forget to renew membership!

Your dues (only \$5-\$10 per year) help support the newsletter, website and AWIS activities you enjoy.

Please check the mailing label on this newsletter to make sure your dues haven't expired.

use the membership form to update your information or send in dues, if needed.

AWIS-LSC MEMBERSHIP FORM

Enclosed is my payment \$_____ Enclosed is my contribution \$_____ for the AWIS Scholarship

Name: _____

Address: _____

Where would you like to receive the newsletter? (home / work)

Phone: _____ Email: _____

Affiliation: _____ Area of Interest/Expertise: _____

Can we include your contact information in a published directory? (yes / no) On our website? (yes / no)

Please return to:

Laura Solem, AWIS Treasurer
4734 Mc Comber Road
Duluth, MN 55803

Dues:

\$10.00—Professional Member
\$5.00— Student Member
The membership year runs from Sept to June