



**fELLOWS
& YOUNG
INVESTIGATORS
NEWSLETTER**

Volume 5 Issue 1

September 2006



From the Editor's Desk:

Welcome to the fall edition of the CCR-FYI Newsletter! For those of you who attended this year's CCR-FYI Retreat in Ocean City, MD, we hope that you enjoyed the retreat and hope that you will attend the next CCR-FYI Retreat in spring of 2007. Please be on the lookout for the abstract and registration deadlines for the 2007 CCR-FYI Retreat in the coming months. We also want to congratulate and welcome our elected CCR-FYI officers for this year. The chair-elect is Arti Santhanam, Ph.D., vice-chair is Girish Patel, M.D., and secretary is Haiqing Li, Ph.D. As always, your news and comments to nciccrfyi@mail.nih.gov are welcomed!

*Kevin W. Chang, Ph.D.
Stephen G. Maher, Ph.D.*

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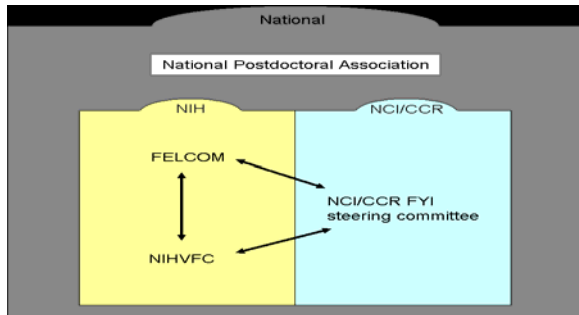
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ARTICLES

Swinging with a Safety Net...

All postdocs should consider joining the NCI/CCR-FYI steering committee, FELCOM, NIH-VFC and NPA. But who are these groups? Why should you join?

The different groups are aligned to various management strata.



But they all have one thing in common; they are run by post-docs to provide support for post-docs.

At just over 8 years old, the NCI/CCR-FYI represents more than 1,000 basic science and clinical fellows, graduate students, and other investigators-in-training at NCI and is the largest organization of its kind on the NIH campus. Its goal is to foster the professional advancement of its members by organizing and promoting career development activities, assisting in the orientation of new trainees, and identifying employment opportunities in traditional and non-traditional career paths. Another very important aspect is that the CCR-FYI committee is fully supported by the director of CCR, through the CCR office of training and education, and therefore serves as the link between the CCR office of the director and the young investigators at CCR.

The NIH Fellows Committee (FELCOM) was set up in 1994 and consists of representatives from each institute. Their goals are to enhance the intramural training program, to foster communication among fellows and the NIH community, and to serve as a liaison to administration programs affecting the training experience.

The NIH Visiting Fellows Committee (NIHVFC) is just 2 years old. It is a self-governing body composed of NIH postdoctoral visiting fellows from all around the world. Its goal is to help visiting fellows transition to life after NIH, as well as to create opportunities for visiting fellows in maintaining continuity in their research upon returning to their home countries. An annual international career fair for NIH visiting fellows and the creation of an intramural NIH postdoc database are some of the strategies it is using to achieve this goal.

The National Postdoctoral Association (NPA) was founded in 2003 and CCR-FYI members played a major role in the creation of the NPA. It is a member-driven organization that provides a national voice for postdoctoral scholars. Working in collaboration with the entire research community in the U.S., as well as the U.S. government, the NPA envisions changing the culture of individuals and institutions engaged in the U.S. research enterprise so that the contributions of postdoctoral scholars are fully valued and recognized.

The post doctoral training period is a key stepping stone, yet there are no standards to evaluate the quality of training. Therefore, positions can vary greatly both in terms of what they offer and deliver. The NCI is a nationally and internationally acclaimed training institute. Certainly no one coming to the NCI/CCR should feel that their time spent here was not worthwhile. These groups are all here to insure that at the grass-roots of the organization the postdoctoral experience is fulfilling. Thus providing you with a safety net as you swing onto greater things. Even better, join and make a difference!

*Girish Patel, M.B.B.S., M.D., M.R.C.P.
Dermatology Branch, NCI-Bethesda*

What is FELCOM and what does FELCOM do?

The National Institutes of Health Fellows Committee (FELCOM) represents the interests of more than 3,800 postdoctoral fellows at the NIH. It consists of basic science and clinical representatives from each of the Institutes and Centers of the NIH, who are appointed by election and on the recommendation of the Scientific Director. FELCOM offers a wide range of programs and resources for the benefit of postdoctoral fellows.

The Career Development Subcommittee presents monthly workshops to educate and prepare fellows for life after postdoctoral training. Seminar topics in this survival skill series include: interview and negotiation skills, grantsmanship and careers, scientific writing and speaking skills, among others. Each year FELCOM sponsors a day-long job fair as part of the fall NIH Research Festival. This brings to campus potential employers from industry, academia and government agencies, looking to recruit NIH fellows.

Perhaps most importantly, FELCOM serves as a liaison to the NIH administration and seeks to inform fellows regarding NIH policies that may affect them. One of the primary aims of FELCOM is to promote communication among fellows and with the wider NIH community. A valuable resource in this effort is the FELLOW-L listserv, which provides a forum for the discussion of educational, scientific and employment issues.

For more information regarding FELCOM, and how to subscribe to the listserv, see <http://felcom.nih.gov/>

*Gillian Whittaker, Ph.D.
Lab. of Experimental Immunology, NCI-Frederick*

The Fellows' Editorial Board

What is FEB?

The Fellows' Editorial Board (FEB) was created in the spring of 2002 to fulfill the scientific editorial demands of post-doctoral and clinical fellows in the NCI Center for Cancer Research (CCR). FEB expanded in 2005 to include fellows from the entire NIH. The objectives of FEB are twofold: to provide NIH fellows with an editing service for their scientific documents, and to provide training and editorial experience to Board members. Editorial Board members confidentially edit manuscripts, grant proposals, abstracts, and other scientific documents for grammar, structure, and style.

Who can join FEB?

FEB is an all-volunteer organization composed of post-doctoral and clinical fellows, professional science writers and editors, and scientists trained in editing. FEB now accepts members from all NIH institutions. Editorial experience is not required; FEB is here to train you!

How does the editorial process work?

The entire editorial process is confidential. The Senior Editor with the help of three Associate Editors solicits FEB members to serve as primary editors for each submission. All Board members review the submission and during the weekly meeting (which is video-conferenced to Frederick, Baltimore and Research Triangle Park), three primary editors lead the discussion of that manuscript. The editors' comments are then compiled into an electronic report and a hard copy, which are returned to the author within 10 business days.

Who can submit documents to FEB?

All NIH fellows can submit their scientific documents to FEB.

What are FEB's accomplishments thus far?

FEB has edited over 250 scientific documents. FEB-edited manuscripts have been published in high impact, peer-reviewed journals including *Molecular and Cellular Biology*, *Cancer Research*, *Oncogene*, *Journal of Biological Chemistry*, *Molecular Cell*, and *Neuroscience Research*. FEB has also organized workshops in its *Become Your Own Best Editor* series to help fellows improve their scientific writing as well as seminars on English as a Second Language and Scientific Editing as a Career.

Where can I find more information about FEB?

Check out the FEB website (<http://ccr.cancer.gov/careers/feb/>) for submission instructions and membership applications or email us at ncieditors@mail.nih.gov.

*Aarathi Ashok, Ph.D.
Senior Editor, FEB
Unit on Protein Biogenesis, NICHD*

Tips for Talks

The Immunology Interest Group (IIG) organizes activities designed to promote information exchange and interactions among NIH scientists interested in the field of immunology. Held every Wednesday at 4:15pm in the Lipsett auditorium, Bethesda, IIG seminars are available for remote viewing from the [NIH Videocast](#) website. Recently, Dr. Warren Leonard, Lab. of Molecular Immunology, NHLBI,

and Dr. Howard Young, Lab. of Experimental Immunology, NCI-Frederick, developed a series of guidelines to optimize the effectiveness of oral presentations:

1. As a rule, assume the audience is broad in its background. Avoid jargon and abbreviations that are unique to your specific field.
2. Avoid overly-verbose text slides – bullet statements are often best.
3. On data slides, only include information that you will actually discuss. Panels that are not discussed are distracting and are not useful. This often includes much of your control data, and such data is better left for posters.
4. Every data slide should have a descriptive title that summarizes the CONCLUSION of the slide rather than only the type of experiment that was performed. Lettering should be large (titles are often best if 36 point or larger, and lettering on figure panels at least 12 point and ideally larger) – many use lettering far too small to be seen from the back of the room.
5. Conclusions should be concise and probably no more than 4 per slide. Again, lettering should be very large (e.g. 22 point).
6. Future plans/directions – a slide with future plans/directions is recommended. This may lead to better questions and collaborations.
7. Color – Your color combinations must be able to project well in a large room that is not completely dark! There is nothing wrong with black and white slides.
8. Include your poster time and number (if applicable) on your last slide.
9. Practice, Practice, Practice! – Formally practice in front of colleagues at least several days in advance of the meeting so you have time to alter the slides. There is no excuse for typing/spelling mistakes! Bring junk food to your practice sessions to ensure attendance by many of your invitees. ALL MENTORS SHOULD PARTICIPATE IN SUCH PRACTICE SESSIONS.

*Stephen G. Maher, Ph.D.
Lab. of Experimental Immunology, NCI-Frederick*

The NIH Pathway to Independence (PI) award: K99/R00

Currently, the proportion of NIH grant recipients under the age of 35 is approximately 4%. The

average age of award of an investigator's first NIH grant is now 42 for Ph.D. recipients and 44 for M.D./Ph.D. recipients. For me, given this is my first postdoc and assuming the statistics are correct, these numbers mean that I will likely have to wait another 15 years before I can successfully receive an R01 grant (the primary mechanism for investigator-initiated funding)! So do junior faculty members just continue being postdocs until then? Sure your ideas might be great, your publication record might be consistent, and your grant looks impressive, but you're young and your grant application still sits in a tall stack on some seasoned scientist's desk. Of course right on top of yours is that of a 42-year old who has 15 years of experience and dozens of papers to his or her name, and let's face it there's safety in numbers. The bottom line is younger postdocs are having a hard time getting onto the financial ladder to independence.

Luckily, all is not lost, there's no need to go looking for a job outside of science just yet. On January 27th of this year the NIH announced the release of a new award, the NIH Pathway to Independence (PI) Award, or simply the K99/R00 grant. As an NIH postdoc you probably keep your head down, work hard, and like me, don't really know what's going on around the NIH or anything about this new award and what it could mean for you.

Basically, the new 'PI' award program will provide postdocs with up to 5 years of both mentored and independent research support from the same award. The award is available to postdoctoral researchers who propose research relevant to the mission of any of the NIH institutes/centers. The support is divided into two phases. The first phase will provide 1-2 years of mentored support for highly promising, talented postdoctoral researchers. The second phase will be up to 3 years of independent support. Obviously, this second phase of support is reliant on the candidate securing an independent research position. Each of the award recipients will be expected to submit an R01 grant during the career transition award period.

It is estimated that 150-200 awards will be offered during the initial year of this program. The amounts and duration of each award will vary and will depend upon the number, quality, durations and overall costs of the applications received. New applications for the PI award are accepted on June 1st, October 1st, and February 1st. Revised applications can be submitted on July 1st, November 1st, and March 1st.

Detailed information on this grant can be found at: <http://grants.nih.gov/grants/guide/pa-files/PA-06-133.html>

Answers to frequently asked questions about this award can be found at: http://grants.nih.gov/grants/new_investigators/QsandAs.htm

For institute/center-specific contacts and information regarding the PI award go to: http://grants.nih.gov/grants/guide/contacts/pa-06-133_contacts.htm

Stephen G. Maher, Ph.D.

IN THE SPOTLIGHT:

Christopher Buck, Ph.D.

Dr. Christopher Buck was the first recipient of the Outstanding Postdoctoral Fellow award at this year's 2006 CCR-FYI Retreat. A former postdoctoral fellow in the Laboratory of Cellular Oncology, Dr. Buck is now an assistant professor at the University of Maryland, College Park. Here are some Questions and Answers with Dr. Buck from earlier in the year.



Image provided by M. Margaret Pratt, Ph.D.

What is your scientific background?

“I’ve had a long-standing interest in viruses and immunology. I did my graduate work in Dr. Bob Siliciano’s lab at Johns Hopkins, where I studied cytotoxic T-cell responses to HIV-1 virion proteins.

Eventually that project incorporated analysis of the translation and assembly of HIV-1 structural proteins. When my current mentor, Dr. John Schiller, came to Hopkins to give a lecture concerning the assembly of the structural proteins of human papillomaviruses (HPVs), it’s fair to say I was dazzled by his talk. So I decided it might be interesting to switch viruses for my post-doctoral work. The structure and assembly of HPVs is currently one of my core interests.”

What made you choose the current laboratory that you are in?

“Despite the fact that HPV-induced cervical cancer kills a quarter of a million women per year worldwide, the HPV research community remains relatively small and close-knit. Much of the molecular biology of HPV remains uncharted. In other words, it’s a collegial community where there’s plenty of room for young investigators to tackle important questions.”

What projects have you been working on in your laboratory?

“Papillomaviruses cannot easily be propagated in vitro. I therefore developed a system for producing infectious HPV reporter vectors (pseudoviruses). HPV pseudoviruses have made it possible to address a variety of topics involving viral structure and assembly, as well as infectious entry into host cells.”

How do you feel about your fellowship experience at the CCR?

“My fellowship at the CCR has been overwhelmingly positive. My mentors, John Schiller and Doug Lowy, have given me tremendous guidance and support. The free availability of scientific resources and collaborators on the NIH campus has also been a joy. One disadvantage of the CCR is the relative scarcity of graduate students. I did a lot of peer-mentoring in graduate school and I’ve sort of missed that aspect of life in the lab.”

Do you have any advice for new fellows?

“Stay scientifically flexible – don’t get too wedded to your hypotheses. I had so many initial hypotheses broken on the rocks of the pseudovirus that humility is now ingrained in my thinking. Being open to the concept that a cherished idea may be totally wrong can be a crucial (though sometimes painful) part of hearing what nature is trying to tell you.”

What are your future plans?

“Late this fall I’ll be starting a tenure-track faculty position at University of Maryland in College Park. The University has offered me a generous startup package and I am currently preparing a K22 grant application. I hope to have a separate R01 grant written and ready to submit by the time I change positions. The frightening current extramural funding situation brings up possible CCR disadvantage / bit of advice number two for new fellows: start thinking about funding (for example the new K99 award) during your fourth or fifth year as a fellow. Although intramural NIH researchers enjoy shelter from the extramural grant-making process, this is not necessarily entirely a good thing for fellows, since effective grant-writing may be one of the most important skills a young investigator will need.”

*Kevin W. Chang, Ph.D.
HIV DRP Retroviral Replication Lab.*

We are currently looking for candidates for the 2007 Outstanding Postdoctoral Fellow Award. P.I.s, if you wish to nominate a fellow in your laboratory, please send a C.V. and a letter of nomination explaining why you think the fellow should be nominated. Deadline for applications is Oct. 1st 2006. Please see the attached flyer on page 13 for details.

OF INTEREST

The Food Offense: A Technique for Reducing Stress in the Laboratory

Maintaining positive interactions between laboratory personnel is a crucial aspect of managing a laboratory. As laboratories become more crowded, personality conflicts invariably arise and when they do, the entire laboratory can suffer from the increased stress and tension that may occur. I report here a novel and unique method for reducing stress in the laboratory. This method, termed a FOOD OFFENSE, has been utilized by my laboratory for a number of years and has proven successful in defusing the occasional stressful laboratory incident. The original FOOD OFFENSE was previously published in the Life Technologies newsletter, *Focus* (15:21, 1993). Here I update it for the 21st century.



A FOOD OFFENSE is defined as being a situation where the actions of one member of the laboratory lead to the disruption of the work of other members of the laboratory. While there may be a strong debate regarding whether or not a specific act is a FOOD OFFENSE, a majority vote in the lab is sufficient to declare a FOOD OFFENSE. Examples of FOOD OFFENSES are as follows:

1. Using up a common reagent (e.g. gel electrophoresis buffer) and not remaking it before the next person needs it.
2. Leaving common equipment (e.g. tissue culture hood) so messy that the next user must clean it before it can be used.
3. Using isotope and not recording its' removal such that the next user winds up not having as much as expected.
4. Stripping a blot for someone but forgetting about it such that the blot burns after the buffer boils away (this actually happened in the older days when people actually did blots).
5. Providing the wrong restriction map with any plasmid (or not providing any restriction map at all).
6. Tearing a journal article out of a journal before anyone else has read it.
7. Providing the wrong control sample for the latest microarray experiment.
8. Scheduling a lab meeting but forgetting to show up despite the fact everyone else managed to remember.
9. Neglecting to tell the lab that the cell line you work with is mycoplasma contaminated.
10. Starting a gel for someone but plugging the electrodes in backwards.
11. Forgetting to turn off a gel for someone.
12. Spilling radioisotope and not cleaning it up or telling anyone that a spill occurred (a MAJOR FOOD OFFENSE).
13. Leaving a big, heavy rotor in a centrifuge when you know the next person to use it is 5' 2" tall, weighs 90 pounds and needs the smaller rotor.

14. Breaking any piece of equipment and not telling anyone.
15. Leaving the flow cytometer on all night.
16. Not showing up for 2 days and never telling anyone that you were going to be away.
17. Holding a manuscript that you promised to review well beyond its due date.
18. Playing really bad music on the lab CD player (this is often subject to a major debate).
19. Falling asleep in a lab meeting when a member of your group is presenting data (people over 55 may be exempt from this rule).
20. Borrowing a reagent from another lab and either never replacing it or replacing it 6 months later.

When a FOOD OFFENSE is committed and the individual is identified, the individual is given two options:

Option #1. Start looking for another job.



Option #2. Bring in food for the lab.



Since choice #2 is the preferred response, the type of food which satisfies a FOOD OFFENSE is somewhat restricted. The rules are as follows:

1. Homemade food, preferably containing chocolate, is desirable but not absolutely required.
2. Certain foods, such as Vegemite from Australia or gefilte fish, do not satisfy a food offense.
3. Healthy foods might qualify, but only if they taste like something fattening.
4. Trying a recipe for the first time should generally be avoided, unless you are absolutely sure it is wonderful.

There are a few additional rules that apply to a FOOD OFFENSE:

1. New students are exempt for the first two weeks in the lab as they are generally expected to mess something up.
2. FOOD OFFENSES only apply to incidents where other lab members are affected. If you use up the isotope, but no one else in the lab uses it, that is not a FOOD OFFENSE.
3. No one is exempt from FOOD OFFENSES, including the head of the lab.
4. Poverty cannot be claimed as a reason to avoid providing food. A dozen donuts will not break anyone.
5. The person who commits the FOOD OFFENSE is allowed to partake in the eating. In fact, one might well be wary of food that is avoided by the individual who provided it.
6. One cannot prepay FOOD OFFENSES. However any food brought in for the lab is always welcome.
7. If the FOOD OFFENSE payment is really bad, the individual committing the FOOD OFFENSE should be required to try again.

Finally, if your laboratory has any individuals who commit FOOD OFFENSES but absolutely refuse to cooperate, it might be well to invoke option #1. Anyone who cares so little about the other members of a laboratory and constantly creates stressful situations is probably more trouble than they are worth and might be better off somewhere else.

I wish to acknowledge all the past and present members of my laboratory who have cooperated fully with me in reducing stress and tension in the lab. However, I cannot imagine that I could have ever committed any of the FOOD OFFENSES that I have been charged with.

Howard A. Young, Ph.D.

Lab. of Experimental Immunology, NCI-Frederick

Are you working in a lab at NCI that has an unusual policy like the FOOD OFFENSE? How is 'bad laboratory practice' dealt with by your supervisor? Please send your tales of strange and unusual lab policies to maherst@mail.nih.gov. The editor is a member of the Young laboratory and a veteran offender. It should be noted that the FOOD OFFENSE has been adopted in institutions as far away as Italy and Australia!!!

ANNOUNCEMENTS

CCR Fellows' Seminar Series

If you are interested in improving your presentation skills, you should plan on attending and participating in the CCR Fellows' Seminar Series sponsored by the Office of Training and Education. Polishing your presentation in these seminars is an ideal preparative strategy for upcoming interviews, national and international meetings, or other seminars. The seminars are held every Thursday between 1 and 2pm in building 37, room 4041 (4th floor conference room). If you have any questions, or would like to sign-up for the seminar series, please contact Dr. Maarten Leerkes (leerkesm@mail.nih.gov) or Dr. Jonathan Wiest (wiestj@mail.nih.gov).

Career Development Seminar

“Resume Critiquing and Career Counseling”

*presented by the
Federation of American Societies for Experimental
Biology (FASEB)*

**Oct. 4th, 2006
2 – 3pm
Bldg 10, Lipsett Auditorium**

After the presentation, please sign up for one-on-one resume critiquing sessions that will take place on Oct. 18th, 2006.

*******You must sign up Oct. 4th, there will be no resume critiquing at the Job Fair*******

Visa/Legal Seminar for International Postdocs

On Tuesday, Oct. 3rd, 5-7.30pm, there will be a seminar held at the Bethesda Hyatt Regency Hotel (1 Bethesda Metro Center), Crystal Laliqee Room, for

postdocs. The seminar, sponsored by Leavy & Frank, LLC, who are specialists in immigration law, will cover such topics as:

Recent developments in immigration law & regulations

Your legal rights as temporary residents

J-1 vs. H1-B and the two-year home residence requirement

Other temporary visa options

Permanent residence: self-sponsored & institutional sponsorship

*******You must register at www.nationalpostdoc.org/legal to attend this free event*******

CCR Women Scientists Meeting

Invitation to ALL CCR Postdocs

The CCR Women Scientists Advisors, Sheue-yann Cheng, Susan Bates, and Nancy Colburn, are pleased to invite you to join them at the upcoming meetings at 12pm on Sept. 19th, building 549 auditorium in Frederick, or on Oct. 3rd, building 10 Lipsett auditorium.

Please contact your WSA representative (Arti Santhanam, Frederick, sanathanama@ncifcrf.gov or Heidi Erickson, Bethesda, ericksoh@mail.nih.gov) for further information. See also the flyer on page 13.

Job Fair for NIH Postdoctoral, Research & Clinical Fellows

NIH FELCOM is proud to announce the 2006 Job Fair and Career Development Seminar! Besides the fabulous job opportunities, and career development resources, we are honored that Dr. Elias Zerhouni is going to kick off the Job Fair with an inspiring presentation entitled “*Embarking on the Future*” from 10:30-11:00am on Thursday, Oct. 19th. We NIH Fellows are fortunate to have a Director who recognizes Fellows for the valuable contributions we

make and who is actively interested in preparing us for our futures! All NIH Fellows attending the Job Fair need to be at this presentation. The Job Fair will be held from 11am to 3pm in the Natcher Conference Center, building 45, on Oct. 19th.

To help Fellows be at their best for presenting themselves at the Job Fair, this year we will have a FREE continental breakfast from 10-10:30am prior to the opening activities. So....Mark your calendars and begin embarking on YOUR future!

For more details please visit <http://www.training.nih.gov/jobfair> and <http://researchfestival.nih.gov>



*Heidi S. Erickson, Ph.D.
Lab. of Pathology and Urologic Oncology*

2006 CCR-FYI Retreat Travel Awards

Congratulations to the eight \$1,000 Travel Awards winners at the 2006 CCR-FYI Retreat at Ocean City,

Maryland. Photographs from the retreat can be found on page 12.

The awards are sponsored by the CCR Office of the Director.



Oral Presentation Winners

Cristina Bergamaschi
Stacey DaCosta Byfield
Ai-Min Hui
Atsushi Terunuma

Poster Presentation Winners

Scott Martin
Frank Comer
Lauren Shapiro
V. Ashutosh Rao

The 2007 CCR-FYI Retreat will again be held at the Clarion hotel in Ocean City on Feb. 28th to Mar. 2nd. The deadline for abstract submissions and registration is Dec. 18th 2006. Keep watching the website for updates on registration opening!

<http://ccr.cancer.gov/careers/fellows/retreat.asp>

2006 NCI-Frederick Spring Research Festival Awards

Congratulations go out to all those who participated in this years spring research festival and in particular the winning poster presenters!



<http://web.ncifcrf.gov/events/springfest/>

Associate Director
Ester Rozenblum

Associate Scientist
John Roman

Investigator Category
David DeShazer
Farivar Eskandari

Postdoctoral Fellow Category
Cassio Baptista and Kelly Banfield
Cristina Bergamaschi
Cyril Berthet
Laura Carim-Todd
William Dunty
J. Mohamad Fakruddin
James Gattis
Veronica Hall
Rashmi Jalah
Joseph Manimala
Melissa McKay
Olga Nikolaitchik
Galina Nikolenko
Ana Romero-Weaver
Zhen Xiao
Hongzhan Xu

Student Category
Sean McCann
Kimberly Shafer-Weaver

Research Associate
Erik Harris

Senior Research Associate
Claudia Stewart

Technical Support
Alma Arnold
Craig Cavin
Danielle Fink
Wei Gao
Christopher Gibson
Theodore Luck
Vickie Marshall
Jennifer Meyers
Wendel Miley
Krishna Moody
Carrie Saucedo
Jeff Subleski

DID YOU KNOW?

The Guide Doc Program

You know how it is...you've worked hard, you did a fantastic interview, you got the position, and you've traveled all the way from wherever to the U S of A for a really exciting postdoc. At the airport you pick up your single suitcase, re-purchase the bottle of water they wouldn't let you take on the plane, walk outside, look around and think "what do I do now?"

For many new postdocs and trainees, particularly those of us coming from overseas, getting started at the NIH, indeed figuring out how America works, can be a very time-consuming, difficult, and daunting process. Fear not! Did you know the guide doc program was established with the specific aim of assisting new postdocs in adjusting to life in the US and at the NIH? The program will set you up, whether in Frederick or Bethesda, with a guide, for at least 3 months, to help you settle into your new environment. Typically, your guide doc will be from your home country. Your guide can assist you in such areas as the NIH campus: where to find the library, faculties, stores, cafeterias, etc. Your guide can also help you with off-campus issues, everything from finding housing, obtaining a driver's license and social security number, to where to find foods similar to that in your home country! For those with spouses, the guide doc program also has a spouses' group. If you would like the assistance of a guide doc, or would like to volunteer as a guide doc, please visit the CCR-FYI website at <http://ccr.ncifcrf.gov/careers/fellows/guidedoc.asp> for further information.

Stephen G. Maher, Ph.D.

If you would like to get involved with any of the activities of the CCR-FYI or would like more information please visit us at the CCR-FYI website: <http://ccr.ncifcrf.gov/careers/fellows/default.asp>

If you would like to submit an article, if you have an announcement, or have any comments you would to see in the CCR-FYI newsletter, please contact the editor directly at maherst@mail.nih.gov

The Lighter Side...



JUST ANOTHER USED AND ABUSED TECHNICIAN

For some the face will seem familiar, it is of course Jay Linton, who has been at the NIH for more than 30 years. Jay is the laboratory manager in Dr. Stephen Katz' lab. We thank Jay for letting us use this picture.

If you have a humorous picture that you would like to submit to the newsletter, please email it to maherst@mail.nih.gov

6th Annual CCR-FYI Retreat



Images provided by M. Margaret Pratt, Ph.D. and Kwang S. Suh, Ph.D., both from the Lab. Of Cellular Carcinogenesis and Tumor Promotion, NCI-Bethesda



**2007 CCR-FYI
Retreat
Ocean City, MD
Feb. 28 – Mar.
2nd**



Nominations for an Outstanding Post-doctoral Fellow

**CCR Fellows and Young Investigators steering committee is
seeking nominations
for an outstanding post-doc/ research fellow speaker for
2007 Retreat**

The ideal candidate should be a well-rounded, accomplished, and an articulate senior fellow who can present her/his research from multiple perspectives and make the presentation interesting for a diverse audience. He/she should also be able to showcase his/her talents alongside the other keynote speakers who are renowned for their scientific research, leadership, and/or service to the scientific community.

**All nominations should include:
An updated CV
PI recommendation letter
Title of the topic
Nominations are due October 1st**

Send nominations to:

Elena Ambrosino, PhD
Post-doctoral fellow
NIH/NCI Bld10, room 6B12
9000 Rockville Pike
Bethesda, MD 20892
301.435.8339; (fax) 301.402.0549
ambrosinoe@mail.nih.gov

NCI ANNOUNCES:

CCR Women Scientists Meeting

*September 19, 2006
12 Noon
Bldg 549 Auditorium
Frederick, MD*

*October 3, 2006
12 Noon
Bldg 10 Lipsett Auditorium
Bethesda, MD*

CCR Women Scientist Advisors:

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*"How can I get my ideas and proposals to be taken seriously?"
"How can I prepare to be competitive for the job market?"
"How can I build my CV?"
"How can I effectively juggle career and family?"
"How can I prepare for a successful Site Visit?"
"How can I set and achieve career goals?"*

A G E N D A

12:00 noon	Welcome	Sheue-yann Cheng, Susan Bates, Nancy Colburn
12:05 pm	WSA & CCR	Jeffrey Strathern, Deputy Director, CCR Robert Wilttrout, Director CCR
12:15 pm	Issues impacting Women Scientists In 2006	Susan Bates, Nancy Colburn
12:25 pm	Perspectives	CCR Fellows: Arti Santanam, Heidi Erickson, Krista Zanetti CCR Staff Scientists: Jill Slattery Staff Clinicians: Lauren Wood CCR Tenure Track Scientists: Esta Sterneck, Brigitte Widemann
12:50 pm	Survey/Feed back	Nancy Colburn
1:00 pm	Q&A/Discussion	Sheue-yann Cheng, Susan Bates, Nancy Colburn
1:15 pm	Wrap up	Sheue-yann Cheng
1:30 pm	Meeting Ends	