

NEWSLETTER

SPRING 2010



**ATHENA
SAN DIEGO THANKS
ITS SPONSORS!**

Parting Thoughts from Retiring Board Chair, Helen Adams

It has been a joy to serve as Chairman of this vibrant and wonderful organization. With this, my last message to you as chair, I extend congratulations and my wishes for every great success to Deborah Jondall, your incoming Board Chair.

I would like to extend special thanks to all of you who volunteer your time and energy to making Athena a vibrant organization. Through initiatives such as our wonderfully successful Pinnacle event, our affinity programs, board and leadership training, mentoring of ascending professionals and community outreach, I believe we are developing a culture par excellence. Each one of your contributions and the feedback you provide helps the Athena staff and the Board make better decisions about the commitment of our resources. In turn, we

believe your active participation in Athena's programs broadens your horizons to things outside of your own workplace, enhancing your professional experiences and those of your colleagues. Over the past year, we added new programs to our calendar and rounded out our professional staffing with the addition of Emily Wilson, Athena Administrative Assistant. We remain committed to enhancing the leadership experience of executive and rising management women.

My wish for our members is that you take great care of yourselves and your colleagues, and always remember to make time for what is important to your happiness and well being. I wish each of you the greatest personal and professional success!



Helen Adams
Chairman of the Board
June 2009 - May 2010

“Not everything that can be counted counts, and not everything that counts can be counted.” – *Albert Einstein*

UPCOMING EVENTS

06/24/10

Summer Social

brought to you by the
Bioscience Affinity Group

5:30p - 7:30p

Cooley Godward Kronish

[Click here](#) to register

7/14/10

“Are you ready to be an Entrepreneur?”

brought to you by the
Entrepreneur and CFO
Affinity Groups

stay tuned for more details

7/20/10

The Age of 3DTV!

brought to you by the
Technology Affinity Group
Hear from Warner Bros.,
Motorola, Sony & Cox
Communications

stay tuned for more details

*To register for these and
other Athena San Diego
events, visit:*

www.athenasd.org/activities

Executive Director's Corner

So far 2010 has been an exciting year for Athena San Diego. A new “On Board” series, FEW Topical Mentoring sessions and Community Outreach volunteer opportunities have been added to our offerings. These new programs successfully launched thanks to our dedicated volunteers, generous sponsors and active members. Thank you all for your incredible support! We are also pleased to welcome our newest staff member, Emily Wilson, Athena Administrative Assistant. Be sure to stop by the registration desk at the next Athena program and introduce yourself. If you are interested in getting more involved with programs or committees, please reach out to us 858-481-0710.

Have a wonderful summer!



Amy Bergen
Executive Director



You will rise by lifting others.

Robert Green Ingersoll

2010 PINNACLE AWARDS

CONGRATULATIONS 2010 PINNACLE AWARD WINNERS

Individual in Bioscience
Rhonda Rhyne, Assn for Innovative
Cardiovascular Advancements

Individual in Technology
Nancy Aitkenhead, SAIC

Individual in Services
Teresa Young, Deloitte

Individual in Education
Jackie Trischman, PhD
CSU San Marcos

Corporation/Organization
Qualcomm Incorporated

Chairman's Award
June Chocheles, Chocheles
Consulting Group

CONGRATULATIONS TO OUR EXCEPTIONAL GROUP OF PINNACLE SCHOLARSHIP WINNERS!

Sheta Chatterjee
San Dieguito HS Academy

Anna Kornfeld Simpson
Patrick Henry High School

Alessandra McDowell
San Marcos High School

Jordan Marie Thayer
Francis Parker School

Caroline Yu, Torrey Pines High

Special recognition and congratulations to our stellar group of Pinnacle nominees!

Individual in Bioscience:

Hazel Aker, Cadence Pharma
Amanda Clardy, Life Technologies
Cathy Cooney, CareFusion Corp
Anna Crivici, PhD, Amylin Pharma
Judy Davidson, Scripps Health
Beth Hoffman, PhD, Vertex Pharmaceu-
ticals

Pamela Jackson, SeQual Technologies
Denise Jackson, AMN Healthcare
Pamela Klein, Intellikine, Inc.
Elizabeth Morgan, Mpex Pharma
Nancy Pratt, Sharp Healthcare
Catherine Stiefel, Freedom Meditech
Naishu Wang, MD, PhD, Alfa Scientific
Designs, Inc
Janet White, Kyowa Hakko Kirin Cali-
fornia, Inc.

Individual in Technology:

Nancy Aitkenhead, SAIC
Dawn Andrews, Sempra Energy
Kuan Collins, SAIC
Jaye Connolly, A-Life Medical Inc.
Karen Conti, Lockheed Martin
Ed Cotter, Sony Electronics
John Deal, BAE Systems
Kim Folsom, ShowUhow, Inc.
Delia Haust, PhD, General Atomics
Aeronautical Systems
Deborah Lawrence, Cox Communica-
tions
Deanna Lund, Kratos Defense &
Security Solutions
Gioia Messinger, Avaak, Inc.
Barbara Noerenberg, Qualcomm
Linda Routson, Microsoft Corp
Navrina Singh, Qualcomm

Welcome to
our newest
sponsors!

Bank of America



Individual in Services:

Suzanne Biggs, Duane Morris LLP
Barbara Borden, Cooley Godward
Alice Campbell, Barney & Barney
Elke Chenevey, Merrill Lynch
Cynthia Cwik, Latham & Watkins
Darrah DiGiorgio Johnson, Planned Parenthood San Diego/Riverside Counties
Celeste Ferber, Morrison Foerster
Pamela Gardner, Biotech Vendor Services, Inc.
Patricia Guerrero, Latham & Watkins
Sarah Hardwick, Zenzi Communications
Vanessa Herbert, PricewaterhouseCoopers
The Hon. Vallera Johnson, State of Calif., Office of Administrative Hearings
Helen Lipka, The Marlin Alliance, Inc.
The Hon. Margaret Mann, formerly with Sheppard Mullin Richter & Hampton, LLP
Olivia Montano, Synteract, Inc
Pamela Naughton, Sheppard Mullin Richter & Hampton, LLP
Maggie Osburn, Intercare Insurance Solutions
Laurin Pause, Community Resource Center
Jeni Schrimsher, Alexandria Real Estate Equities, Inc.
Stephanie Seidman, PhD, K&L Gates
The Hon. Rupa Singh, 9th Circuit Court of Appeals
Camille Sobrian-Saltman, CONNECT
Kris Wilkes, Latham & Watkins
Teresa Young, Deloitte LLP

Individual in Education:

Margarita Baggett, UCSD Medical Ctr
Michael Brunker, Jackie Robinson YMCA
Lisa Curtin, San Diego Community College District
Charlene Dackerman, Bridgepoint Education, Inc
Robin Darmon, UCSD
Terry Gaasterland, PhD, UCSD
Eloisa Haudenschild, Haudenschild Garage
Roberta Imbimbo, Francis Parker School
Christine Kane, Nubia Academy
Joanne Pastula, Junior Achievement
Jim Rohr, PhD, SPAWAR SSC PAC
Barbara Sawrey, PhD, UCSD Academic Affairs/Undergrad Education
Ericka Senegar-Mitchell, PhD, Junipero Serra HS
Matt Singley, Solana Pacific Elementary
Jackie Trischman, PhD, CSU San Marcos
Sally Ann Zoll, United Through Reading

Corporation/Organization:

Academy of Our Lady of Peace
EDCO Waste Management
Larrabee Mehlman Albi Coker LLP
LRAD Corporation
National University
PricewaterhouseCoopers
Qualcomm Incorporated
Reuben H. Fleet Science Center
SPAWAR SSC PAC
The Seany Foundation
Young Survival Coalition

“If your actions inspire others to dream more, learn more, do more and become more, then you are a leader.”

John Quincy Adams

COMMUNITY OUTREACH UPDATE

On March 27th, Athena San Diego participated with a booth at the San Diego Science Festival, which was attended by over 50,000 people. Volunteers at our booth made individualized DNA bracelets, had kids answer five quick questions and, based upon their responses, were given five beads of corresponding colors. It was interesting to note that siblings’ bracelets looked almost identical. Volunteers enjoyed explaining to the kids why that occurred.

Our presence at the festival provided an opportunity to highlight Athena and our Community Outreach efforts.

Grace Chui Miller, CFO of Correlation Ventures, and a member of the Community Outreach Committee, had this to say about her volunteer experience at the festival: “The event really helped promote an interest in science among kids of all ages.”

Stay tuned for more information about volunteer opportunities with our established partners: San Diego Science Alliance, Girl Scouts and Elementary Institute of Science. To learn more, contact the Athena San Diego office at 858-481-0710.

A “FEW” TIDBITS

Peer-to-peer mentoring is the heart of FEW. To provide even more value and additional resources to FEW members, Athena has developed two new programs:

General mentoring

General Mentors (GMs) are provided to new FEW groups to guide them through their first meetings, as members work through the initial logistics and start to get to know one another. GMs are also offered to existing groups that bring on new members, to help facilitate the integration process. Starting this January, GMs are available to any existing group that feels they would benefit from having a mentor attend a couple meetings.

Topical mentoring

Topical Mentors (TMs) are a new offering for FEW groups. TMs leverage their subject matter expertise to develop and lead interactive workshops on a particular topic. Members from two or three FEW groups join together to participate in the sessions; the workshops therefore provide both a forum to learn more about a specific topic and enable networking opportunities among FEW groups in an intimate setting.

Current TM workshops are Career Planning, Womens’ Leadership Styles, Public Speaking, Negotiations, and Personal Branding. In addition to the live events, materials from the workshops will be made available to FEW groups online. This information will allow groups to use the content for a mini-workshop at one of their own regular meetings, if they are unable to attend a TM session of interest.

Many thanks to the fabulous women who volunteer as General and Topical Mentors!

Tips & Tools

Does your FEW group like structured discussions, but have some quieter members who may not always get a chance to speak up? Try rotating the meeting coordinator. Each month have a different member lead a discussion on a topic of her choice. This approach provides each member an opportunity to practice facilitating a meeting and hone her public speaking skills, while enabling group members to get to know each other better!

Icebreaker (use it at your next FEW meeting, if you like!): If you had to choose a different profession, what would you do?

Join FEW!

Our next FEW orientation will be in October. If you haven’t yet joined FEW, please consider submitting an application. If you are in a FEW group, share your experiences with other Athena members and encourage them to join!

For additional information on FEW or anything in this article, please contact Elaine Weidenhammer, at eweiden@hotmail.com.

INSIGHTS FROM FEW MEMBERS



Gemini Babla

Gemini has been a member of Athena for about 1.5 years and joined the Jasper FEW group in 2009. She also volunteered to be a general mentor and has been the Aquamarine FEW Group’s GM for the past 5 months.

How has FEW enhanced your life and/or your Athena experience?

Being a member of the Jasper FEW group has been rewarding on both a personal and professional level. The caliber of women in the group (and Athena as a whole) is tremendous. They have given me advice and strategies regarding my career, as well as support dealing with my personal life. Having this group of women in my life has expanded my networks in San Diego and given me exposure to industries I would normally not have insights into. More importantly, we meet monthly and we have a terrific time as a group. We enjoy each other’s company, and the diversity of the group keeps us all engaged and supportive of each other’s progress and lives. I know we will stay together as a group for a long time.

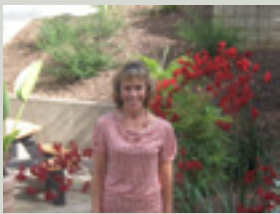
What is the best advice you could give to a new FEW group?

FEW groups are like any new relationship. You have to get to know each other and, initially, you may not feel like you have much in common. So—stick with it! It sometimes takes time to gel as a group. Also, use your mentor to help drive the initial meetings and set the stage. That’s what they are here for! It

also helps to have a group that is committed to showing up (physically and mentally) on a regular basis, and is willing to be honest with each other. You may also decide as a group on a mission statement, e.g., professional growth? Mentoring? Social? There are no right or wrong answers! It depends on the group's objective.

Any other comments or advice to share?

Being a FEW mentor has been highly rewarding. I have been able to help establish a terrific group (shout out to Aquamarine!). It has given me exposure to more professional women in San Diego, and allowed me to give back in a small way to Athena San Diego.



Melanie Showalter

Melanie has been a member of Athena San Diego for five years and

part of the Amethyst FEW group since it was created about two and a half years ago.

How has FEW enhanced your life and/or your Athena experience?

FEW offers women an experience that can't be found with other networking groups. It is focused on careers, but also focuses on life as our careers change and opportunities and challenges occur. We've gleaned so much from each other. I think six out of the eight of us have had changes in our careers or positions we have held during the time we've been together. I've been super charged by the entrepreneurs in my group. I feel lucky to know these women; they are dynamic, resourceful, conscientious, and multi-dimensional. We can feel confident that our issues remain confidential and that we can count on each other for advice and feedback.

What is the best advice you could give to a new FEW group?

The process that the FEW organizers go through to match you with a group is really important. I would recommend that everyone be honest on the application and make sure to answer all of the questions related to your group placement. While our group meets at lunch, other groups meet at other times like evenings. Determining a time for the group that works best for its members is important to your overall experience. It took me a couple of years to decide I could carve out the time for FEW. Like most people, I feel stretched to the limit. I'm really glad I found the time and love being part of my group.

Any other comments or advice to share?

I have a project unrelated to work, called Golden Thread Memoir. I interview people, capturing their memories and family stories on video DVD. My FEW group has encouraged me on this project, as I learn the in's and out's of technology and equipment. As one example of their support, I was connected through a woman in my group to a young father who had terminal brain tumors. We were put in touch; he and his family liked the idea of the video memoir. I had the lovely opportunity of interviewing him and capturing his wonderful story before he passed away. His incredible attitude and extraordinary life is an example for all who love him. I was able to have this experience because of the encouragement from my FEW group.

THANK YOU RETIRING BOARD MEMBERS!

Many thanks to the following individuals who are retiring from the Athena Board for their talent, dedication and tremendous service to Athena San Diego. They will still be among our ranks as Emeritus Members.

Helen Adams
Deloitte, Retired

Kay Chandler
Partner
Cooley Godward Kronish LLP

Magda Marquet
Co-Founder
AltheaDx



"The greater danger for most of us lies not in setting our aim too high and falling short; but in setting our aim too low, and achieving our mark."

Michelangelo

ATHENA SAN DIEGO BOARD OF DIRECTORS

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Deborah Jondall

Director, Life Sciences/Pharma
Practice
PricewaterhouseCoopers

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AMN Healthcare
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Foundation

Diane Goostree

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Rhonda Rhyne

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Cardiovascular Advancements

Faye Russell

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