

**Listing of All Events (more info on each event found below):**

- [Public Speaking Workshop: Presenting Yourself Nonverbally](#)
- [OPA website, Events Calendar, LinkedIn group, and Facebook page](#)
- [Morningside Campus Postdoc Council Member Recruitment](#)
- [CU Schools of Public Health and Social Work Training Grant Funding Opportunity](#)
- [CU Proteomics Shared Resource Facility Open House](#)
- [New York Academy of Sciences \(NYAS\) Genetic Code Symposium](#)
- [NYC STEM VersatilePHD](#)
- [Postdoc Coffee/Tea Hour - Morningside](#)
- [Postdoc Summer Movie Nights Out](#)
- [New Postdoc Orientation](#)
- [Postdoc Tropical Happy Hour](#)
- [Postdoc Mailing Lists – Social, Equipment, Families, and Housing](#)

**Career Development Events:****Office of Postdoctoral Affairs**

- **Public Speaking Workshop: Presenting Yourself Nonverbally**

Many people feel uncomfortable when they stand up to speak, and much of what we “say” comes from how we say it with our bodies and our voices. Therefore, in this highly interactive session, we focus on speech anxiety before moving to the nonverbal elements of public speaking. We discuss and model body language and vocal traits that are often linked to enthusiasm, confidence, and professionalism.

This 90 minute workshop will be led by Joann Baney, of the Executive MPA program at Columbia University's School of International and Public Affairs (SIPA). She has taught courses in Columbia's Executive MBA program, the University's Speech Department and at the Graduate School of Public Health. She is co-founder and Vice President of the Professional Development Company, Inc., a communications consulting firm in New York City. She coaches senior executives and presents customized communication training programs to organizations such as: JPMorgan Chase, The Wall Street Transcript, Del Monte Foods, Trinity Church Wall Street, Takeda Pharmaceuticals, Cornell Medical Center, the FAA, Lend Lease Americas, the RobinHood Foundation, and UPC Wind Management. Additionally, she is the author of *Guide to Interpersonal Communication* through Prentice Hall.

Date: Tuesday July 29<sup>th</sup>

Time: 12:00 – 1:30 PM (Lunch Provided)

Location: (CUMC) Hammer Building LL204

Registration:

- **OPA Website, Events Calendar, LinkedIn group, and Facebook page:**

OPA wants you to hear about our events through the medium that is the most convenient for you. For many of you this might be through email and the emailed weekly postdoc digest. For others though, perhaps seeing our events advertised on our office's website, our LinkedIn group, or our facebook page might be more appealing.

Did you know that the Office of Postdoctoral Affairs (OPA) has a website? Go to <http://postdocs.columbia.edu/> to view all of the resources and information that OPA has to offer you. On the OPA website you should check out our events calendar (<http://vesta.cumc.columbia.edu/postdoc/calendar/index.php>) for upcoming events.

Are you on LinkedIn? If you are, you should join the Columbia University Postdoc and Postdoc Alumni Group: (<http://www.linkedin.com/groups?gid=3814461&trk=group-name>). We will be posting to this group page event descriptions as well as relevant career opportunities. If you are not on LinkedIn, you should set up an account, as LinkedIn provides a tremendous platform for networking, career exploration, and job searching.

Do you spend even a few minutes on Facebook a day? If so, then you should join the Columbia University Postdocs and Postdoc Alumni facebook group: [http://www.facebook.com/#!/home.php?sk=group\\_137677722958203&ap=1](http://www.facebook.com/#!/home.php?sk=group_137677722958203&ap=1). We will be posting upcoming events on this facebook group page, which will show up in your facebook feed and allow you to receive group invites to our events.

- **Morningside Campus Postdoc Council Member Recruitment:**

Are you interested in representing your fellow postdocs and gaining leadership experience? If so, you might be interested in joining the Postdoctoral council we have recently formed for the Morningside campus (Medical Campus Postdoc council is currently full). The postdoctoral council will meet once a month (usually over free lunch) with the Office of Postdoctoral Affairs to discuss, plan, and help carry out social and career development events. Postdoctoral council members also represent their postdoc communities and can relay any suggestions/feedback to the councils and the Office of Postdoctoral Affairs. As a token of appreciation for serving on the postdoctoral council, Postdoctoral council members receive an annual membership to the New York Academy of Sciences (NYAS). If you are interested in serving on the Morningside Campus Postdoctoral Councils, please send me an email at [rf2531@columbia.edu](mailto:rf2531@columbia.edu).

### **Columbia University Schools of Public Health and Social Work Training Grant (T32) Funding Opportunity:**

HIV, Substance Use, and Criminal Justice Research Training Fellowship Program (T32)

Co-Directors: Dr. Nabila El-Bassel and Dr. Lisa Metsch  
Funded by the National Institute on Drug Abuse (NIDA)

Columbia University is looking for promising scientists interested in HIV, drug abuse, and criminal justice research for their unique multidisciplinary pre- and post-doctoral T32 Program.

Mission: The multidisciplinary T32 program is funded to the Schools of Public Health and Social Work to train the next generation of researchers in the skills necessary for the conceptualization, planning, and conducting of research on bio-behavioral HIV and drug abuse prevention, treatment, and care for individuals involved with the criminal justice system.

Unique and Innovative Program

- Multidisciplinary training program
- Biomedical and behavioral research
- Emphasis on the criminal justice system

**T32 Training Fellow Program Activities**

- Individual Mentorship that covers research and career development
- Methods and Data Analysis Workshops
- Criminal Justice Journal Club
- Criminal Justice Seminar Series
- Conference Travel Support
- Criminal Justice Community Roundtable
- Grantwriting and Peer Review Clinic
- Peer Support

For more information about deadlines and application materials, email [swpht32@columbia.edu](mailto:swpht32@columbia.edu)

**Columbia University Proteomics Shared Resource Facility Open House:**

Does your research involve proteomics? The Columbia University Proteomics Shared Resource Facility is holding an open house for the research community to come and learn about cutting-edge mass spectrometers for proteomics analysis. The open house will feature great food & raffle prizes (iPad mini, ipod Shuffle, facility voucher, etc.)

Host: Dr. Emily Chen

Date: Thursday, July 10

Time: 2pm – 5pm

Location: ICRC (Herbet Irving Comprehensive Cancer Center), Conference Room 117

RSVP: please RSVP for the facility tour to [ec2974@columbia.edu](mailto:ec2974@columbia.edu)

**New York Academy of Sciences (NYAS)**

- **Fifty Years of the Genetic Code: A Symposium to Honor the Legacy of Marshall Nirenberg**

In the fifty years since the landmark presentation of the preliminary identification of all 64 codons that make up the genetic code (at the IUB meeting in New York City, July 31st, 1964), the deciphering of the code has opened a universe of opportunity in scientific and medical discoveries. Exactly fifty years later, this symposium will honor the legacy of Nobel Laureate Marshall Nirenberg for his discovery and its impact on many aspects of science. The cutting-edge work of other scientists at the frontiers of today's ongoing research as a result of the code being deciphered will be showcased. Speakers will explore the current state of the genetic code and the use of the many tools and principles within the field of chemistry to probe the molecules and processes of living cells, flow of genetic information from DNA to RNA to protein, and the broader impacts of the application of this knowledge in therapeutic areas such as cancer, Alzheimer's Disease, and age-related cognitive decline. A panel of experts will turn the focus to legal, ethical, and social considerations that surround applications of the genetic code. Join us for this 50th year anniversary honoring Marshall Nirenberg, reflect on the impact of his discovery, and explore the frontiers of current research as a result of unraveling the code.

**Thursday, July 31, 2014 | 8:30 AM - 5:00 PM**

The New York Academy of Sciences (<http://www.nyas.org/>)

**Register:** [https://ams.nyas.org/nyasssa/evtssareg.custid?p\\_program\\_nm=8206](https://ams.nyas.org/nyasssa/evtssareg.custid?p_program_nm=8206)

## NYC STEM VersatilePHD

NYC STEM VersatilePhD will provide monthly networking opportunities for science, technology, engineering and mathematics (STEM) PhDs, Postdocs, ABDs and students who are considering, or have followed, career paths outside of academia.

Our LinkedIn group now includes over 250 members in the New York area and beyond who work in areas as varied as advertising, analytics, editing, electronics, the environment, ethics, ethnography, film, finance, healthcare, history, law, marketing, museums, neuroscience, nonprofit, policy, publishing, real estate, strategy, teaching and translation. Come check out our network!

Please join us for the first meeting of NYC STEM VersatilePhD on July 17 at the Whole Foods Cafe on Columbus Avenue at 97th Street (convenient to the 1, 2, 3, and C trains). Look for the sign on the table. We invite you to prepare a thirty-second "elevator speech" describing your post-academic story. After introductions, we will devote most of the meeting to informal networking.

RSVP by e-mail to [nyc.vphd@gmail.com](mailto:nyc.vphd@gmail.com)

or on Meetup: <http://www.meetup.com/NYC-VersatilePhD/>

## Social Events:

### Office of Postdoctoral Affairs

- **Postdoc Weekly Coffee/Tea Hour – Morningside**

These coffee/tea hours are a great way for you to meet other postdocs and hear about upcoming events. The coffee/tea hour is informal and you can stop by for as long as you would like.

#### Morningside

Date: Wednesday, July 7<sup>th</sup>

Time: 10:00-11:00 AM

Location: 301 Philosophy Hall (Graduate Student Center) - look for us in one of the alcoves

- **Summer Movie Nights Out**

Last call to sign-up for the upcoming July movie! OPA is providing free movie tickets. Then after the movie, Postdocs are invited to stay with the group and go out for some drinks or food at the individual's expense. There will be additional movie nights in August and September.

#### July Movie Night Out\*

**Date:** Thursday, July 10<sup>th</sup>

**Movie:** 22 Jump Street (<http://www.22jumpstreetmovie.com/site/>)

**Time:** Around 7pm

(Further details will be emailed out to those interested with specific time and place)

*\*There are only a few tickets remaining. To sign-up, email: [cupostdocs@gmail.com](mailto:cupostdocs@gmail.com) no later than Tuesday, July 8<sup>th</sup>.*

- **New Postdoc Orientation (with Tropical Themed Happy Hour to Follow)**

In an effort to acclimate new postdocs to Columbia University, we would like to offer a first look at the resources available at the university. Discussion includes a brief rundown of benefits and the services available to Postdocs University wide and through the Office of Postdoctoral Affairs. Postdoc orientation is held every other month and rotates between the Morningside Campus and the Medical Center campus. Our July orientation will be held at the Medical Center Campus. If you know a new postdoc here, please share this information with them, as they might not yet be on the postdoc mailing list.

CUMC

Date: Friday, July 11<sup>th</sup>

Time: 5:00pm – 6:00pm (stay for happy hour from 6-8pm to meet current CU postdocs)

Location: Hammer Building, room 404

- **Postdoc Happy Hour! Tropical Themed with special food and drinks**

It's that time again! Take a break from your research and join us at our next Happy Hour! This will be a special summer happy hour with a tropical theme. Food will be provided by Malecon Restaurant and an assortment of beverages will be served.

Enjoy a few beers, tropical drinks, or wine... on OPA!

CUMC

Date: Friday, July 11<sup>th</sup>

Time: 6:00pm-8:00pm

Location: Hammer Building, River View Lounge (4<sup>th</sup> floor)

- **Postdoc Mailing Lists**

To help facilitate communication between Postdocs and to only receive communication about the items you are interested in receiving from fellow Postdocs, you can join one of the four mailing lists. Please read about each group below and follow the steps below to join as many of them as you would like. Once you receive access to the group, you will be able to email other members of the mailing list.

[postdoc\\_social@lists.columbia.edu](mailto:postdoc_social@lists.columbia.edu)

Share, plan and discuss social events going on at Columbia or around the city. Connect with other CU postdocs. Invite other postdocs to attend social activities and events around New York City, or alert the community when something is happening at Columbia that is not hosted by OPA.

[postdoc\\_equipment@lists.columbia.edu](mailto:postdoc_equipment@lists.columbia.edu)

Do you have a piece of equipment that you are not using in your lab? Do you need something, but don't know where to get it, or don't want to spend a lot of money purchasing something? Send an email to this list to see if anyone can help you out. Of course, all exchanges should be legal and allowed by your lab or PI. OPA does not endorse selling/collecting money through these lists.

[postdoc\\_families@lists.columbia.edu](mailto:postdoc_families@lists.columbia.edu)

Get in touch with other postdocs who have children and families. Learn about events and social activities for parents, and kid-friendly events for families. Exchange opinions and recommendations for babysitters, schools, after school activities, etc.

[postdoc\\_housing@lists.columbia.edu](mailto:postdoc_housing@lists.columbia.edu)

Are you moving? Looking for housing? Post here and see if other members of the postdoc community have any information to share!

To Sign Up for the Mailing Lists:

1. Visit the following link(s) corresponding to the list(s) you would like to join.
  - o [https://lists.columbia.edu/mailman/listinfo/postdoc\\_social](https://lists.columbia.edu/mailman/listinfo/postdoc_social)
  - o [https://lists.columbia.edu/mailman/listinfo/postdoc\\_equipment](https://lists.columbia.edu/mailman/listinfo/postdoc_equipment)
  - o [https://lists.columbia.edu/mailman/listinfo/postdoc\\_families](https://lists.columbia.edu/mailman/listinfo/postdoc_families)
  - o [https://lists.columbia.edu/mailman/listinfo/postdoc\\_housing](https://lists.columbia.edu/mailman/listinfo/postdoc_housing)
2. Fill out the form at the website, and submit it
3. Subscription to these lists requires approval, and you will be notified once our office approves your subscription. If you are using a non-columbia email address, please also send an email to [cupostdocs@gmail.com](mailto:cupostdocs@gmail.com) to alert us.

Once you are member, you will receive emails from other members. To send an email to the mailing lists, simply write an email to email address (listed above).

To unsubscribe, visit the same website you used to subscribe to the mailing list. Scroll to the bottom of the page, where you will see an unsubscribe option.