

Tanya Dapkey & Kelly Ramirez to Host

Date & Time: February 16th, 12 PM EST

Attendees: Jody Daniel, Adriana Coppola (Hamburg), Deb Morrison (Salish Sea - BC/WA), Rose Borden (Knoxville), Ana Carvalho (Gainesville/Leadership), Alison Marklein (Leadership), Nicole Baran (Atlanta), Christa Trexler (San Diego), Raz Abdulqadir (Harrisburg/State College), Monica Muir (St. Louis), Lillian Lamech (NYC), Wendy (West Chester, NY), Alison (Denver Pod), Adriana (Oldenburg), Emily Lesak (Alaska/SciMom Journey), Marina Ramalhete de Souza (), Caity Hines (Amherst/Leadership), Juniper (Portland/Leadership), Zainab (Columbia, SC), Mary Beth (Tampa, FL), Rachel (St. Louis), Stephanie Pitt (Greeley)

Agenda:

- Positive Pod Story: Illinois, Group was awarded an RU Grant, because of her relation to 500WS is the reason she got the grant. Pods are really making a difference! What you do matters!
- New Pod [website!!](#)
 - Password: waymorethan500
 - Public vs. Private
 - Password protected - why did we do this? How often will it change? - About every 6 months.
 - What else are we doing to ensure security and data protection?
 - Pod Info Spreadsheet and Pod email lists redesign Under Construction
 - International Pods are the ones most affected by this
 - St Louis Pod Q: trying to build their own website. Google cumbersome but free. Can we somehow piggyback on professional National 500WS website? Can we make satellite websites for Pods?
 - We have looked into SquareSpace, but we don't have the ability to do it off of our website. We can add a page, but it would be basic. If you have further info on formats or affordable options, please let us know.
 - San Diego has Weebly - free and easy to use
 - Would be a good idea to have Pod websites listed in one place? Be good for a cohesive polished look for all Pods who would like this.
 - Alison could do a Weebly template for Pods (will work with Monica & Rachel from St. Louis Pod).
 - Add links to Pod Page
- [SciMom Journey](#) - share the survey with your Pods
 - Compiling stories first. Launch in March. Removing the stigma and offering support for moms dealing with pregnancy, infertility, breastfeeding.

- Slack Workspace: 500ws-scimoms.slack.com
- In January we posted a series of Social Media Guides, were they helpful? Are short videos like this something you find useful? Wendy B only completed one webinar, will touch base with her for the 2nd installment.
 - ‘How to handle strange responses to events?’
 - Respond with direct “This is not an appropriate place for this comment. Our mission is to support women in science. Period.”
 - Work together in Slack to brainstorm issues
- We now have a Quarterly Newsletter! [January 2019](#) featured some great Pods like St. Louis and our Youth Pods. Email [pods@500womenscientists.org](mailto:Pods@500womenscientists.org) if you are interested in being part of the editing team, it’s only 4 issues a year!
 - Also helpful because we can use this info to show the impact of 500WS
- Still looking for [Regional Coordinator](#) help! We have divided the US and the globe into regions, it would be great to have one person for each Region. Sign up [here](#)
 - Christa Trexler Regional for California - coordinated a Regional meeting for tomorrow. Pods pretty spread out in Cali, so Christa trying to figure out how to connect and share ideas.
 - Ana - will create a Brazilian Pod Slack Channel
 - Slack is a GREAT way to communicate - we use it all the time!
- 2018 Annual [Survey](#) is now live, please fill it out by March 1st.
 - Need to know fundraising, activities. Again, we are trying to compile data on the impact Pods and 500WS has in the community
- We need help with the 2019 Pod Coordinator Meetings - if you have an idea you would like to share with Pods, or have a successful event you want to talk about (so other Pods can too), please let me know. Hosting a meeting means you set the date and time, and run the agenda. You can either present an idea, or ask another Pod to present their idea.
 - Send us a message on Slack :)
 - Make pod coordinator [spreadsheet](#)
- If you are an Adult Pod, we need you to sign the [Pod Agreement Form](#). An Adult Pod is a Pod with
 - 1 to 3 Pod Coordinators
 - Pod Agreement Form Signed
 - More than 10 members
 - Has been an active (meeting at least once a month) for 6 months
 - Eligible to be a mentor Pod and take new pods under their wing
 - Eligible for a Pod email Account (created by leadership so we can create paypal accounts)
 - Need to set up a Mentor Pod system - just have adult pods have one or more meetings with the new baby pod. Then stay connected on Slack

- Please share with your Pod Members: Alison Karasz, PhD reached out to us and asked us to share her study. “I am a clinical psychologist and health researcher at Albert Einstein College of Medicine. We are conducting an exploratory study on culture, stress and the perinatal period. We are looking for mothers who have experienced stress during pregnancy or the post partum to participate in a qualitative interview on stress and health. We are interested in exploring how culture and community shape mothers’ health and experiences. The study will consist of a brief screen and telephone interview. A \$25 Amazon gift card will be provided to those who participate in the full interview, which may last up to 1 hour. If interested, please email: Nilifa.desilva@einstein.yu.edu.”
- Pod Mentorship! How can we get this started?
 - Going to start a Slack channel for this. Reach out if you need mentorship or can mentor a Pod
- St Louis Pod fundraising event: 2nd year of Beer with a Woman Scientist. It’s an evening weekday event, family friendly. Got a space that was donated (no cost), then had raffles, activities for people to interact with Pod Members. Had a silent auction and a t-shirt sale. Made \$3000 !!! It was a bad weather event, but they had 200 people. A lot of work went into it, but it was most successful event to date. Two years of work went into this - be patient, building a good Pod Team takes time.
- Maybe start a folder of lesson plans/activities for kids and adults that Pods have done in festivals, fairs, or other events.
 - Lesson Plans [Folder](#) Share your successful lesson plans here
- Adriana: International Pod, speaks English in most meetings. Needs a way to connect with community but there is a language barrier as they are in Germany and people there expect German to be spoken. How do they interact with local community and make an impact?
 - Reach out to local science groups and see if you can partner with them. That way the local group can handle the communication aspect
 - Reach out to other Pods in Germany to see how they have handled this issue