February 2017

Message from the Steering Committee

Greetings AOCS Young Professionals! We hope this message finds you well and that your year is off to a great start! The AOCS Young Professional - Common Interest Group (YP-CIG) has been busy so far this year.

We recently launched our inform|connect community and are posting regularly on topics like: professional development, industry news, and many others. Join the conversation!

We are also in the process of organizing our 2017 Annual Meeting events. This year the reception on Sunday, April 30, will include corn hole and ladder toss for some added fun! And don’t forget to sign up for the Joint CIG Luncheon, a new luncheon we’re organizing with the Student CIG and the Professional Educator CIG on Wednesday, May 3, when you register for the meeting.

Can’t attend the Annual Meeting? We will be setting up a Skype call for the Young Professional-CIG Business Meeting on Tuesday, May 2. Stay tuned for details!

We are excited for this year’s Annual Meeting, and we, along with the entire Steering Committee, look forward to seeing you all in Orlando!

Best Regards,

Sarah Echols and Leann Barden
AOCS YP-CIG Co-Chairs

Young Professional CIG 2017 Annual Meeting News & Events

New: Reduced Rates!
Register early to take advantage of the exceptional savings available for young professionals:
- Register before February 24: $355
  Save $200 off the YP full registration rate and $400 off the full standard registration rate!
- Register between February 25 and March 31: $455
  Save $100 off the YP full registration rate and $300 off the full standard registration rate!
- Register after March 31: $555
  Save $200 off the full standard registration rate!

Young Professionals’ Networking Reception
Sunday, April 30 | 7–8 p.m.
Toho Room and Deck
Make the most of your Annual Meeting attendance and start developing important professional connections at this year’s Young Professional CIG Reception! The AOCS Annual Meeting is a great investment in your career and your industry knowledge, and the Young Professional CIG Reception is a great way to jump-start your meeting experience. Join us outside for drinks and appetizers along with corn hole and ladder toss!
Young Professional CIG Business Meeting  
Tuesday, May 2 | 5–6 p.m.  
Wekiwa 5
Help set the priorities for next year’s meeting events, outline year-round events and activities, review engagement on our inform|connect community, and discuss membership involvement at the Young Professional CIG Business Meeting. This is open meeting is an opportunity to help lead and direct future Young Professional CIG programs. Can't attend? Skype call-in information will be provided in our next newsletter.

Joint CIG Luncheon  
*Remember to sign up when you register for the meeting!*  
Wednesday, May 3 | Noon – 1:45 p.m.  
Wekiwa 6/7
Foster valuable connections with other members of the Young Professional CIG as well as the Student and Professional Educator CIGs at this is joint luncheon. You'll have the opportunity to learn how to get involved in your group while you talk to the other groups to learn what they are doing.

Don't eat alone  
Conferences are great – but if you are new to the industry or traveling from afar, you often find yourself eating lunch or dinner alone. We know that it isn’t any fun, but don’t worry. This year we will be putting together a few informal lunches and dinners for those who want to strengthen their connections with other young professionals. More to come in our next newsletter.

YP Focus Story: Getting Involved in Your Division  
Meet Michelle Peitz  
ADM Oils; AOCS member since 2008
The AOCS Annual Meeting! I've only missed one meeting in my nine years in the oils industry and it was because my daughter was only six weeks old when the Long Beach meeting was held. Every January when I get my annual ADM planner, marking down the dates for the AOCS conference is part of the routine. However, thoughts of the AOCS meeting are no longer regulated to just one week in May.

Annual Meeting emails now start late the previous summer and continue until it’s time to head to the latest destination to collaborate and learn with some of the greatest minds in the industry. Why, you ask? Because I am a session chair for the LOQ division and have been since 2011. I became involved via a rather quick succession: in 2009 I attended my first AOCS Annual Meeting (I was not a student member), in 2010 I gave my first presentation, and in 2011 I chaired my first session.

My involvement in AOCS is not part of my professional requirements but a part of my personal development. It's something I enjoy and have gotten a lot out of in the last nine years.

As a new member coming in, it was intimidating. I didn't know nearly enough and didn’t have the connections in industry that the more experienced members of AOCS would have. I was unsure what I would have to contribute, but was fortunate to have a great mentor. Tom Tiffany provided the initial encouragement I needed to feel confident in my contribution. His initial recommendation? “Go to a roundtable.” While I took another newbie with me because I didn’t want to be the only new person that showed up (I wasn't), I realized my anxiety was for nothing.
The leadership team at the LOQ roundtable was welcoming and encouraging and really all I had to do was raise my hand and suddenly I was a session co-chair! I was paired with an experienced co-chair, Shane Zhou.

Now, after 6 years of chairing sessions, I have met many of the experienced AOCS members and have worked side-by-side with them in preparing sessions. I have also had the privilege of helping new chair persons come on board to the divisions and gain experience. I’m proud I have had a hand in shaping the Annual Meeting and voicing my opinion on what specific program content would be based on an industry perspective.

Depending on the session topic, some years of co-chairing are easier than others. A session can be comprised of abstract submissions and/or invited speakers. Inviting speakers takes more effort, but can be helpful in bringing in a new perspective or round out a session with missing information. It’s also allowed me to meet new people I may not have otherwise. Ideas for invited speakers have come from everywhere: from reviewing white papers to contacts I’ve made in industry. It never hurts to ask someone to share their work at AOCS!

Similar as to how I started my involvement in AOCS, my future involvement I know is as easy as raising my hand. It is really all it takes. Even with having 9 years as an AOCS member, it is still nice having mentors in the organization to give guidance on involvement or to provide that gentle nudge to take the next step. Having met so many awesome people at AOCS, I know there are many encouragers and mentors are out there.

My recommendation to you? Attend the Annual Meeting and participate in networking events, join a common interest group, or introduce yourself to the person sitting next to you in a session. A great conversation starter? Ask the person with 12 ribbons attached to their name tag “how did you get all of those?” I’m sure you will meet some great people, but along with you may find just the right opportunity to expand your involvement with AOCS beyond just meeting attendance.

**Seeking Peer Reviewers**

Whether you are fresh out of school and starting your career in industry, research, or academics, or if you are already half-way up your career ladder, staying abreast of the latest science in your field will always be an important component of your career development and continuing education.

One way to keep abreast of the latest developments is to conduct peer reviews of manuscripts submitted to academic journals. The editors of the AOCS journals the *Journal of the American Oil Chemists’ Society (JAOCS)*, *Lipids*, and the *Journal of Surfactants and Detergents (JSD)* are always seeking new reviewers for submitted manuscripts. However, if you are a young scientist with only a few publications, you may be overlooked in the normal search process, which sometimes largely relies on database searches for scientists with published records in the field of interest.

Peer reviewing will provide immeasurable insight into your own research and writing and is of enormous importance to maintaining scientific quality and integrity. There are many guides and suggestions for how to write a peer review. This guide, written by Kimberly Nicholas and Wendy Gordon (Eos, Vol. 92, No. 28, Pages 233-240, 2011), is very helpful for scientific journal peer reviews: [http://publications.agu.org/files/2012/12/PeerReview_Guide.pdf](http://publications.agu.org/files/2012/12/PeerReview_Guide.pdf)
If you want to get your foot in the door and become a part of the important peer-review process, please send a short resume describing your academic background, a short description with key words or phrases to describe your research or knowledge expertise, and a list of publications to Janet Brown, Director of Membership at AOCS (janet.brown@aocs.org).

Meet an AOCS YP

Each newsletter will feature a different YP. Do you want to be featured next? If so, send your bio to Sarah at sarah.echols@csmbakerysolutions.com.

This month features Leann Barden, a Sr. Scientist at Kraft Heinz Company.

Although she started as a bacteriology major, Leann’s degrees are all in food science chemistry (with an emphasis on public policy during her Ph.D.). Throughout her studies, she has developed thickened beverages for people with swallowing disorders (dysphagia), calculated how the rheology of Cheddar cheese changes with fat content, and studied lipid oxidation in low-moisture foods (i.e. crackers). This latter research occurred at the University of Massachusetts where her advisor, Dr. Eric Decker, encouraged her to join the AOCS. She earned both the Hans Kaunitz and AOCS Honored Student Awards in 2013. Upon graduating, Leann began working as a subject matter expert at Kraft Foods, where she tackled lipid issues – everything from structure/function to quality tests to natural antioxidant platforms and more – in Kraft’s broad portfolio of products. She co-chaired her first AOCS session at the 2016 Annual Meeting and is excited to be more involved with the YP CIG. When she’s not nerding it up in the lab, Leann enjoys reading, cooking, going to history museums, camping, and traveling. She recently returned from Thailand and is already planning 2017 trips to Colorado and Chile.

Young Professionals Moment

Everyone has those blunders or memorable “ah-ha” moments that mark their careers. Do you have a fun YP moment to share with the CIG? Send to it to Sarah at sarah.echols@csmbakerysolutions.com for a chance to be featured in an upcoming newsletter!

“One of biggest lessons I learned when I entered the working world is dealing with change. When you are in school, you get used to a routine with classes, professors, and extracurriculars that doesn’t dramatically change. Once you start working, you realize that change is constant--whether it is projects, colleagues, or managers. Learning to be flexible and roll with it has helped me out a lot!”

– Maxine Roman

AOCS YP-CIG Resources

- **Career Services** – Remember you can post your résumé to the AOCS Career Services page, free of charge. At the Career Services page, you can browse the current listing of job openings.
- **Our website** - Don’t forget to visit our YP-CIG website!
• **YP-CIG InformConnect** – Visit and post in our [YP-CIG InformConnect Community](#)! If you are not a part of our community, please [email us](mailto:sarah.echols@csmbakerysolutions.com) and we will get you added!

• **Be Involved!** - Want to become involved in AOCS YP-CIG? Contact Sarah at [sarah.echols@csmbakerysolutions.com](mailto:sarah.echols@csmbakerysolutions.com)