Message from WEH Section Chair Michael J Ryan

Welcome to the Water & Electrolyte Homeostasis section of the APS. It is truly an honor to serve as the chair of this section that has been, and remains, one of most active across the entire society. One reason for this is that our members place value on service for the good of others and the good of science. Another reason for the success of our section is related to the cross-cutting, integrative nature of the physiological work by our members that is not restricted to a single organ system. A past chair of the section, Dr. Jennifer Pollock, wrote an excellent editorial on the importance of WEH research and what it means to be in the WEH section¹. I encourage you to revisit that article for additional historical perspective. With the exceptional track record of the WEH section in mind, it is critical that we seek ways to improve and innovate. This can be accomplished by continually expanding our membership to promote the diversity of ideas that is required to grow and improve. Throughout my term as chair, I am looking forward to developing strategies with the WEH steering committee that will further increase the visibility of the WEH section, expand its membership, and continue building on the great initiatives of past section leaders. Please keep in mind that you do not need to be on the steering committee to help. You can start to make an impact by promoting WEH to your colleagues, submitting your work to WEH sponsored featured topics and symposia at Experimental Biology 2019 (see report from JPC Representative in this issue), attending our annual Trainee Awards Symposium and luncheon at EB, and all other WEH sponsored programing.


Wednesday November 14, 2018
- Experimental Biology 2019 Abstract Submissions Deadline

Wednesday November 21, 2018
- Juan Carlos Romero Post-doctoral Research Award
- WEH Data Sciences International New Investigator Award
- WEH Portland Press Pre-doctoral Research Award

Tuesday January 8, 2019
- WEH Steering Committee Nominations Deadline

Saturday January 19, 2019
- WEH Leonard Share Award Nominations Deadline

Tuesday February 5, 2019
- EB Early Registration Discount Deadline
WEH Section Joint Programming Committee

Kathryn Sandberg
WEH Joint Programming Committee Representative

We have a terrific program lined up for EB2019 in Orlando Florida. EB19 starts on Saturday April 6 and ends on Tuesday April 9. Note the 2019 meeting is now shortened by one day.

The meeting is earlier this year and there will be NO abstract submission deadline extension

Abstract Submission DEADLINE is a month EARLIER
WEDNESDAY November 14, 2018

• Submitting your abstracts to the WEH Featured Topics increases your chances of being selected for a platform presentation.
• Submitting your abstracts to the WEH poster sessions increases your chances of standing in the midst of other ongoing exciting research in water and electrolyte homeostasis!
• SO do not forget to designate WEH in your abstract submissions!

WEH FEATURED TOPICS
1350-APS Effect of diet on metabolism, cardiovascular and renal physiology and pathophysiology
1351-APS Therapeutic and adverse effects of pharmacological agents on integrative physiology and pathophysiology
1352-APS Hormones and receptors in homeostatic control of physiology and during allostasis in pathophysiology
1353-APS Environmental and epigenetic contributions to disease origin

POSTER SESSIONS
1354-APS Blood pressure and fluid volume regulation in pregnancy
1355-APS Developmental programming and cardio-renal function in adults
1356-APS Cardiovascular and renal mechanisms in diabetes and metabolic syndrome
1357-APS Renin-angiotensin-aldosterone system in regulation of blood pressure and renal function
1358-APS Sex differences in blood pressure and fluid volume homeostasis
1359-APS Translational physiology in water and electrolyte homeostasis research

It is also not too early to Start thinking about EB 2020 (April 4-7, 2020; San Diego) AND send me, Kathryn Sandberg (sandberg@georgetown.edu),all your ideas for future programming (email subject category EB2020). This is YOUR meeting and we want to ensure your ideas are represented!

I look forward to seeing all of you in Orlando in 2019!
Please consider making a tax-deductible contribution to support the activities of the WEH section. There are three APS Funds that directly support WEH members and information for each can be found at http://www.the-aps.org/mm/hp/Audiences/Giving

- **Carlos Romero Memorial Fund**
  (under “Memorial and Award Fund”)

- **Water & Electrolyte Homeostasis Section Leonard Share Endowment Fund**
  (under “Matching Endowments”)

- **Water & Electrolyte Homeostasis Section Fund**
  (under “General Section and Group Funds”)

Support the WEH Section !!!

Please save the date for the Water and Electrolyte Homeostasis annual luncheon business meeting at EB

**Date:** Sunday April 7, 2019

**Time:** 12:00-2:00 p.m.

**Location:** CUBA LIBRE RESTAURANT & RUM BAR
9101 International Drive
Orlando, FL

Tickets will be available for purchase at the APS website when you register for the meeting. Seats are limited so please get your ticket early to reserve your spot. We look forward to seeing you in Orlando!

Many thanks to all who contributed to WEH section funds in 2018

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Magdalena Alonso-Garcia
Carrie Annalice
Peter Bie
David Brooks
Denise C Cornelius
Allen and Theresa Cowley
Carmen De Miguel
Michael Richard Garrett
Eric Matthew George
Sailesh Harwani
Joseph R Haywood
Carmen Hinojosa-Laborde
Dao Ho
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Birdie Lamarca
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David M and Jennifer S Pollock
Jane F Reckelhoff
Richard J Roman
Michael J Ryan
Kathryn Sandberg
Joshua S Speed
Frank T Spradley
Jennifer Case Sullivan
Catherine Uyehara Yamauchi
Clintoria Richard Williams
Jan M Williams
Nadezhda Zhieznova
It is time to polish up your abstract and CV and apply for an WEH award!
Deadline: NOVEMBER 21, 2018

2019 WEH New Investigator Award: The New Investigator Award recognizes an outstanding investigator that has made meritorious contributions to the areas represented by WEH and is in the early stages of their career. The investigator should not be above the rank of Assistant Professor (or comparable) and in a research track at an academic institution or industry. Any member of the APS in good standing with a primary affiliation in the WEH Section is encouraged to apply. Award: The recipient of the award will present a lecture on their research during a WEH sponsored session at the annual EB meeting, and will receive $1,000, reimbursement of the advance registration fee, complimentary ticket to attend the WEH Business Luncheon meeting, one year of APS membership dues, and an invitation to publish a manuscript on their work to the American Journal of Physiology-Regulatory, Integrative & Comparative Physiology. The awardee must attend both EB 2019 and the WEH Business Luncheon to collect the prize. Application materials are due November 21, 2018 and must include: (1) a current CV of the nominee including a complete list of publications; (2) a brief one-page summary and analysis of the research contributions of the nominee; (3) two letters of nomination from members of the APS. Selection process: Candidates will be judged by the WEH Awards Committee on their publications, how their work relates to the WEH Section, letters of recommendation, evidence of independence, engagement and future promise as a researcher (grant funding, peer review activities, etc.). How to apply: For more information and to submit your online application, see our website: http://www.the-aps.org/mm/awards/sections/weh.aspx, or contact Carrie Northcott or Ruisheng Liu with questions. Please consider nominating your colleagues, former trainees, or asking a fellow WEH section member to nominate you!

TRAINEE AWARDS (Check the Awards box during EB abstract submission):
Juan Carlos Romero, WEH Section Postdoctoral Research Recognition Awards and WEH Section Predoctoral Research Recognition Awards:
- Applicants must be either a postdoctoral/predoctoral research trainee and first author on an abstract submitted to a WEH Section sponsored topic category at the EB meeting. All past finalists are welcomed to apply again, however the previous award winner is ineligible to win the same award twice.
Award: The WEH Awards committee will select three finalists for each award who agree to attend EB, and as well as give an oral presentation in a WEH sponsored session. Finalists will receive $300 and a complimentary ticket to the WEH Luncheon and Business meeting. The overall winners will receive an additional $300 and will be invited to submit a Featured Topic for the following EB meeting under the direction of a steering committee member or the recipient of the WEH New Investigator Award.
Selection Process: The WEH Awards Committee will evaluate abstracts based on the criteria available on the WEH Section website (http://www.the-aps.org/mm/awards/sections/weh.aspx); Finalists will be judged on both their abstract and oral presentation.

WEH Research Distinction Awards: These awards will be given to high-scored abstracts submitted by pre-doctoral and post-doctoral trainees to a WEH Section sponsored topic category at the EB meeting. The Section Awards Committee will grade all submitted abstracts based on criteria available on the WEH Section website (http://www.the-aps.org/mm/awards/sections/weh.aspx); the high-scored abstracts that are not selected for oral presentations will be considered for Distinction Awards. Award: The winners will be announced at the WEH Luncheon and Business meeting at the EB meeting and will receive a complimentary ticket to the WEH Luncheon and Business meeting for the following year.
How to apply: To be considered for these Awards please check the box during the submission of your abstract to EB.
**WEH / AJP: Regulatory, Integrative, and Comparative Award:** This award will be given to a pre-doctoral or post-doctoral trainee who has received a high-scored abstract in a WEH Section sponsored topic category and who has evidence of promise based on their CV. The Section Awards Committee will grade all submitted trainee abstracts based on criteria available on the WEH Section website ([http://www.the-aps.org/mm/awards/sections/weh.aspx](http://www.the-aps.org/mm/awards/sections/weh.aspx)); the high-scored abstracts that are not selected for oral presentation will be considered for this award. **How to apply:** To be considered for this award, trainees must submit a current CV with a complete list of publications at the time of abstract submission (November 21, 2018). **Award:** The award winner will be announced at the WEH Luncheon and Business meeting at the EB meeting and will receive $250 and an invitation to submit a mini-review to the American Journal of Physiology-Regulatory, Integrative & Comparative Physiology.

**ALL TRAINEE APPLICANTS are strongly encouraged to read “Scoring WEH Trainee Award Applications” before submitting their application ([http://www.the-aps.org/mm/awards/sections/weh.aspx](http://www.the-aps.org/mm/awards/sections/weh.aspx)).** The document provides the metrics by which all abstracts and oral presentations will be judged so be sure to cover them in your submissions.

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**WEH Parliamentarian Report**

**Dao Ho, WEH Parliamentarian**

We are now soliciting nominations for the following WEH Steering Committee positions:

- Joint Programming Committee Representative
- Councilor At-Large, Membership
- Councilor At-Large, Translational
- Councilor At-Large, Parliamentarian
- Councilor At-Large, Data Diuresis Coordinator
- Trainee Advisory Representative

Terms for positions will start at the close of EB2019, with the exception of Joint Programming Committee Representative, and Trainee Advisory Representative positions. The Joint Programming Committee Representative term will start at the close of EB2020, and the Trainee Advisory Representative term will start January 2020.

If you would like to serve in any of these positions or would like to nominate someone for the position, please send names to mjryan@umc.edu. Candidates for the open positions of the Steering Committee will be determined by the WEH Executive Committee from those nominated by the Section members. These will be elected by ballot by the Steering Committee. Being a member of the Steering Committee is a great way to become involved in your Section, so I encourage you to consider serving! **Nomination deadline is January 8, 2019.**

Revisions of the Section’s Statement of Organization and Procedure (SOP) were approved by majority vote of the Section membership at the 2018 April Business Meeting. Approved revisions include, addition of the Leonard Share Award, and the FAPS Committee Representative, as well as other changes to procedures.

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**Send us photos from your PhUn Week event**

If you participate in PhUn Week 2018, please send us photos of your event for inclusion in the Spring WEH newsletter! If you are interested in participating in next year’s event, check out the APS website: [http://www.theaps.org/mm/Education/K12/EducationProjects/PhUn-Week.aspx](http://www.theaps.org/mm/Education/K12/EducationProjects/PhUn-Week.aspx)
Are you interested in becoming more involved in the APS? Committee involvement is a great way to meet other APS members, network, and give back to your scientific home. Fall is the time to nominate yourself for committee service in the APS. Or, if you know of a colleague or trainee that might be interested, encourage them to get involved!

Who can be involved? The WEH section has a strong history of APS involvement and this extends to all career levels. There are trainee specific slots on most of the APS committees so it is never too early in your career path, pre- or post-doctoral level, to get involved.

So what does an APS committee do? There are a wide variety of duties that extend from mentoring, education, professional development and promotion of career opportunities in physiology and industry, to advocacy, international membership, APS sponsored conferences, finance, animal care and use of animals, awards, and more!

What are APS committee expectations? Most committees include a three-year membership. Attendance at the annual EB meeting is a requirement for some. For all, enthusiasm, a love for the APS and a commitment to give back are required.

The application process is easy. You can contact me to assist in identifying upcoming openings on committees. You can also check out committees that fit your interests at http://www.the-aps.org/mm/hp/Audiences/APS-Committees. The committee website provides an overview of committee duties and responsibilities. I can help you navigate the committee selection process and also assist with your nomination forms so please contact me if you are interested.

How do you apply? All applications are submitted via the APS awards module (www.the-aps.org/awardapps). You will need to identify an APS member to fill out an Endorsement Form for you. I can provide assistance with all of your forms. Nominations will be due in January 2019 for Committee appointments beginning in 2019. So please, do not hesitate to contact me (balexander@umc.edu) if you have questions or need help with your application selection and nomination process!

EB 2019 WEH Data Diuresis

Data Diuresis Coordinators
Aaron Polichnowski & Paul O’Connor

As the abstract deadline for Experimental Biology draws near, we would like to remind you of some of the benefits of submitting your abstract to a Water and Electrolyte Homeostasis section topic category. All abstracts submitted that are not selected for another award will be considered for the 11th annual Data Diuresis Session. This session provides authors with a platform to give members a quick taste of their work as we kickoff the WEH programming on the Saturday at Experimental Biology in a relaxed forum with refreshments and an attentive audience. In 2019, a much improved MC team consisting of Michael Hulstrom and Christopher Banek will be taking over the session from Paul O’Connor & Aaron Polichnowski. We hope to see you all again at this wonderful session!

Visit us at our web page!!
For general information related to the activities and organization of the WEH Section of the APS, please visit us at our web page
http://www.the-aps.org/mm/hp/Audiences/Sections/Water-Electrolyte
Greetings Trainees! A big thank you to all the mentors and trainees who participated in the EB2018 Mentoring on the Go program. Again, we are excited to report that the program was successful this year. Also, we would like to thank those of you who participated in the Survey. Your feedback is important to us as we continue to make this program a success. We will offer this program again at EB2019. Please look out for future email from TAC inviting all WEH trainees presenting a first-authored abstract to Experimental Biology to participate. If you have any questions about this program, please contact Ijeoma Obi at iobi@uab.edu or WEHTAC@gmail.com. As we prepare for EB2019, please note the following deadlines:

**WEH Trainee Award for EB2019:**
WEH Portland Press Pre-doctoral Research Recognition Award: **November 21, 2018**
WEH Juan Carlos Romero Post-doctoral Research Recognition Award: **November 21, 2018**

For further information on the WEH Award, scoring criteria and conflict of interest policy, please visit: [http://www.the-aps.org/mm/awards/sections/weh.aspx#pre](http://www.the-aps.org/mm/awards/sections/weh.aspx#pre)

**Other APS trainee awards:**
Caroline tum Suden/Frances Hellebrandt Professional Opportunity Awards: **November 14, 2018**
Translational Research Awards: **November 14, 2018**
Martin Frank Diversity Travel Awards: **November 21, 2018**
Graduate Student Ambassadors: **November 21, 2018**
Porter Physiology Development Fellowship: **January 15, 2019**

To apply for these awards, please visit: [http://www.the-aps.org/awards](http://www.the-aps.org/awards)

Please note that active APS membership is required to apply for these awards.

**Leadership opportunities:**
Leadership opportunities are available for the positions of:
Trainee Advisory Committee (TAC) Representative (1 position available), and
Subcommittee members (2 positions available)
Detailed responsibilities of the TAC representative are listed here: [http://www.the-aps.org/mm/hp/Audiences/APS-Committees/tac](http://www.the-aps.org/mm/hp/Audiences/APS-Committees/tac) in addition to serving on the WEH Steering Committee. Members of the subcommittee would assist the TAC representative to ensure that the needs of WEH trainees are met. I encourage you to apply. This is an awesome leadership opportunity, and a chance to understand how APS functions as a Society. These positions are open to graduate students and postdoctoral fellows only. Interested applicants should send a copy of their application to Ijeoma Obi at iobi@uab.edu or WEHTAC@gmail.com.
WEH Trainee Advisory Committee (continued)

CV and a one-page letter stating why you should be chosen for the position that you are applying for. Please send all application materials or additional questions to jobi@uab.edu by December 1, 2018.

Writing opportunity for trainees: If you are interested in blogging about your research or any research topic of your choice for I Spy Physiology blog, contact Erica Roth at eroth@the-aps.org.

For more information and resources, please visit our Facebook page: https://www.facebook.com/APSWEH. Don’t forget to “like” our page to receive updates on your newsfeed! For suggestions on how we may better serve you, please contact us at WEHTAC@gmail.com

WEH Membership Report

Frank Spradley, WEH At-Large Councilor for Membership

HAPPY FALL, Y’ALL! It’s time to report on the membership status of our WEH Section. There are exciting numbers! Presently, there are 991 total members, which has grown from 662 total members since the beginning of 2018! When breaking these numbers down, we currently have 236 primary, 348 secondary, and 407 tertiary members affiliated with our Section. These are up from 147 primary, 207 secondary, and 268 tertiary members since this past January. Therefore, we have had 89 primary, 141 secondary, and 139 tertiary members join our team at Regular, Graduate, Undergraduate, and Affiliate ranks this year! Keep up the good work with renewing your APS memberships and spread the word about joining our Section. This includes mentioning our many on-goings including our excellently programmed sessions at Experimental Biology 2019 in Orlando, which have been developed by WEH members of all career stages. We will provide free entry to attend the WEH luncheon for all of those folks that have joined as primary members between the abstract submission deadlines for EB 2018 and 2019. Please welcome these new faces at EB 2019 in Orlando. I look forward to working with our members and Steering Committee to grow the support and membership of OUR section. Do not hesitate to contact me with ideas regarding this purpose. Encourage your colleagues to join the WEH section of the APS.

Updates from the Career Opportunities in Physiology Committee

The APS Local Undergraduate Research Awards in Physiology (LURAP). LURAP allows APS Members to recognize excellence in undergraduate physiology research at their home institutions. The award fosters interest in physiological research for undergraduates, encourages them to continue with physiological studies, and provides networking with APS members at their home institutions. The award package includes a certificate, an APS t-shirt, and a free one-year undergraduate membership. Visit www.the-aps.org/lurap for more information.

Check out awards from the APS. There are a number of awards for various career stages from undergraduate to senior physiologists! Visit www.the-aps.org/mm/awards to see the list and the fall deadlines!

Undergraduate Summer Research Fellowships (UGSRF). The UGSRF program supports up to 12 full-time undergraduate students ($4,000 stipend, $1,300 EB travel support, $300 grant to research host) to work in the laboratory of an APS research host for 10 weeks during the summer of 2019. The intent of this program is to excite and encourage students with little or no research experience to pursue a career as a basic research scientist. Research hosts must be members of APS in good standing. The criteria for applications have been updated, so be sure to visit www.the-aps.org/ugsrf for application instructions. The deadline to apply is February 1st.

Professional Skills Training (PST). The APS PST Program promotes the development of key professional skills among graduate and postdoctoral students and new investigators by offering effective live and online interactive courses. Visit http://www.the-aps.org/pst for more information. The next live course offered is Writing and Reviewing for Scientific Journals, which takes place January 10-13, 2019 in Orlando, FL.
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