The National Postdoctoral Association (NPA) held its seventh annual meeting last March. Among the issues emphasized at the meeting were the current incarnation of the science career path and the education that parallels it, since it is relatively new—mostly coming into its current form during the buildup of the Cold War. As such, the field of science needs to be malleable to correct for embedded mistakes that young fields can have; likewise, the field of science needs to be robust so that those educated within it can thrive despite changes in the economy, government policy, or the field of science. The NPA, though young itself, is meant to help shape the science career path as it matures, while also helping those who are trained within it.

The stated mission of the NPA is to maximize the effectiveness of the research community and to enhance the quality of the postdoctoral experience. As such, they tend to cater to the needs of graduate students at the end of their dissertation training, and to the needs of postdocs, both US citizens and internationals, in all phases of their training. The NPA has three major functions: gathering information about current postdoctoral life, advocating for positive changes in science policy through grassroots organization (although the NPA does have close ties with policy makers at the NIH), and providing resources for people in all stages of their scientific career.

Summaries of nationwide postdoctoral surveys and historical perspectives on the postdoc workforce are available at the NPA website. The summaries include the demographics of the current postdoctoral workforce, the average duration of postdoctoral training across disciplines, funding sources, and statistics about the benefits postdocs receive. This information is intended to be used to help inform people when making career choices and to help NPA shape science policy. The NPA is also developing a database which shows what policies and benefits individual institutions have implemented. This will facilitate benchmarking for individual institutions and Postdoctoral Associations as well as provide graduate students and postdocs with more information as they seek postdoctoral training.

The current policy goals of the NPA are aligned with the mainstream desires of most postdocs: to make salaries and benefits commensurate with training and experience, to renew emphasis on training, to facilitate research, to help students and postdocs establish their career options, and to facilitate the transition to one’s career. Additionally, the NPA aims to incentivize better mentoring, to increase the financial independence of postdocs, to re-examine the projected science and technology labor shortages, to enact reforms that increase the mobility of international postdocs, and to increase access to professional development that supports non-traditional career paths. Their progress and attempts in reaching these goals are described on their website. They also offer mechanisms by which you can enact these aims.

The NPA has gathered and developed a bounty of useful information for graduate students, postdocs, and even administrators and faculty. These include, but are not limited to, an overview of the tax issues that postdocs face and how to handle them, resources dedicated to diversity issues, and links to handbooks and manuals on mentorship. With regard to the mentorship, the NPA strongly encourages postdocs and their mentors to use the Individual Development Plan (IDP) worksheet on an annual basis. As stated in the IDP, these plans provide a “process that identifies both professional development needs and career objectives.” Furthermore, IDPs serve as a communication tool between individuals and their mentors.” While it is unlikely that Rockefeller University will implement a mandatory performance review between a postdoc and their mentor, the IDP provides a template, which those who are interested in improving their mentorship, can implement themselves.

For international postdocs, the NPA has developed a “Survival Guide” to living in the US. Upon request, the NPA will also send immigration lawyers to the institution to provide legal seminars that teach international postdocs about recent developments in immigration law, legal rights as temporary residents, visa options, and pathways to permanent residency.

Finally, the NPA is a tool itself. The NPA is currently looking to fill leadership positions to help lobby the government, develop new resources for postdocs, and improve outreach to the public. One of the trends in our career paths is that scientists need to improve both their networking and proactivity. Becoming a member of the NPA puts one in direct contact with those who will shape the field of science. Indeed, members become one of those people.

References:
2. Statements about the NPA are derived from attendance at their annual meeting and from their statements on their website: http://www.nationalpostdoc.org/.
3. The reader is encouraged to explore their website. If you would like to see information that is available to NPA members only, please contact the RU PDA.
Spring Cleaning and Volunteering

Richard Templeton

In early April, members of the Rockefeller Volunteer Service Organization (rvso)\(^1\) encouraged the campus to clean out their cupboardboards and empty their closets for the rvso Spring Cleaning Food and Goods Drive. The ru community donated over 400 pounds of food to City Harvest\(^2\) and scores of clothes, books, dvds, toiletries, and other merchandise to Goodwill.\(^3\)

During the drive, we also recruited about a dozen people to join us in Hands On New York Day, a day of volunteering organized by New York Cares, which took place on Saturday, April 25. We painted an office and a classroom at the Future Leaders Institute\(^4\) (FLI), a charter school in Harlem. Despite an initial limit in supplies (two brushes for twelve people was a bit of a logistical problem) and issues with balance (one of us stumbled off a counter, another broke a vase, and I nearly face-planted into a vat of yellow paint), we finished the paint jobs and had a great time doing it. Most importantly, the FLI employees were ecstatic and extremely thankful that their rooms got some much-needed work. Other ru people also participated in different Hands On New York activities including a clean-up of Tompkins Square Park. In addition, we raised $500 for New York Cares, a non-profit that "meets pressing community service needs by mobilizing caring New Yorkers in volunteer service."\(^5\)

Great job, Rockefeller! @

References
2. www.cityharvest.org
3. www.goodwillnewyork.org
4. www.futureleadersinstitute.org
5. www.newyorkcares.org
For the Love of Boids!
ReVathy U. Chottekalapanda

My first bird watching experience was during a trip with my friends to Kokkarebelur ("village of storks") in South India. We had heard about large flocks of painted storks and spot-billed pelicans returning year after year to this village in early January. We decided to go and see the huge flock of birds. Unfortunately, when we arrived, the whole village was filled with overwhelming sadness. The birds had not yet come! One dweller commented "we do not even worry whether we get enough rainfall for our crops, but if the storks failed to come, then something is really wrong. We feel depressed." We could not decipher as to why the villagers were filled with such overwhelming emotion until we visited the site when the storks finally arrived. The storks and pelicans lived comfortably with the village dwellers. They walked around freely in and out of their homes, gardens, trees, and shrubs, as though the whole area belonged to them. We were touched by the whole experience, and that inspired us to watch birds ever since.

When I came to NYC, I thought I would be abandoning my hobby for the next few years. A visit to the Natural History Museum changed my perspective of birding in NYC. I was attending a gallery talk and I learnt that they have regular bird walks in Central Park. How absurd is that! A city of skyscrapers attracted by birds? It appears that the big green patches in the heart of the city, and the surrounding areas, attract a lot of birds since these areas lie along their migrating path, and next to a huge water body. The entire East Coast is a haven for bird watching. In the NYC area, birds are found in Central Park, Prospect Park in Brooklyn, the wonderful Jamaica Bay Wild Life Refuge on Long island, and the list goes on. During my first bird walk in Central Park, organized by the Natural History Museum, I was amazed at the number and kinds of birds we encountered. We met a large number of early birds, a group from the New York City Audubon (NYC Audubon), and a group led by one of the master birder’s in the city, Star Sapphire. Since then, I became a member of NYC Audubon.

My best experience for learning to identify new bird species is to go birding in spring time. We went once a week, and the number of birds coming into the park grew exponentially during each visit. We spotted new birds as soon as they came, and it was the best way to learn. The NYC Audubon has many programs and bird events throughout the year. I volunteered for two summers for the Harbor Herons project to count the number and kinds of wading birds and to understand their foraging habits. The man-made islands, which were formerly utilized to segregate people afflicted with disease in the early 20th century now serve as habitats for wading birds. (I thank all researchers who helped in the understanding of infectious diseases thereby ending the lamentable practice of isolation for disease-afflicted people). We would go to these islands (Goose Island, North and South Brother Islands which is south of the Bronx, Canarsie Pool, and Hoffman Island situated across from South Beach in Staten Island) via public transport on weekends. Along with a coordinator from the NYC Audubon, we would set up our spotting scopes and binoculars to start monitoring the birds. By observing their flight direction we were able to evaluate their source of food and what attracts them to these areas. Volunteering is so valuable for me since I meet native New Yorkers, whose voices narrate the history of this city, and it helps me orient myself in the area.

Last summer, I had an exciting experience volunteering for the Bird Breeding Census (BBC) in Central Park. The whole park was divided into fifteen parts, and each part was surveyed by two volunteers. We were all given a “patch” to monitor, and to my excitement, I was assigned a part of the Ramble including the Oven, the Point, the area around the Boathouse along Bethesda Terrace until Cherry Hill. In addition, my partner was Ben Cacace who had been birding in the city for years. As an expert, he has focused on red-tailed hawks for five long years. We all know how excited we have been about Pale Male and Lola in recent years. The only crit-
the hawk. The hawk was very strong, and plundered the nests to satiate its hunger.

The NYC Audubon has detailed reports from each one of our visits, and based on the bird species and the activities we documented in the specific areas, they have put together a database on the survey. Hence they have a history of the birds breeding in the park through the years. I was happy to get to know the park in utmost detail since we walked through every trail in the park, and documented breeding activities by marking the spot where we found the nests of birds, and where they were making a call, and where they were singing.

This is the ideal time to start birding or learning about the birds in this area. Get yourself a good pair of binoculars if you want to watch birds. Find out why mocking birds can mock the ambulance siren. Find out how the non-native birds, like starlings and sparrows, survive in this area!

Go birding with NYC Audubon (http://www.nycaudubon.org/home) or with the other birders in the city (Natural History Museum, Linnaean Society). There are many independent, obsessed, passionate birders who are birding all through the year. You can sign up for bird alerts, join ebirds (ebirdsnyc@yahoogroups.com), or call the bird hotline for updates 212 691 2003. Get acquainted with birds of NYC.

Every year, starting in April or May, Rockefeller University (RU) offers a lottery for employees to get a chance to rent one of the two cottages located in the town of Fort Montgomery, New York. The lottery questionnaire asks applicants to select their first and second choice dates spanning from two and three night stays. The Housing Department receives over 250 entries per year. Winners of the lottery are given the Cottage Information sheet, which provides general information (addresses, amenities, etc) and house guidelines concerning clean-up, waste disposal, recycling rules, and such. Each cottage is named after its previous owner: the Hostage cottage which sleeps four, and the MacInnes cottage which sleeps six.

Board games are just one of the surprising amenities offered at the “rustic” Rockefeller cottages, located in the Hudson Valley. (Indeed, it was nice to find the chess table with pieces set as if it was left in mid-game, upon arrival.) Visitors will be delighted to find modern kitchens and bathrooms, dishware, utensils, extra blankets, toilet paper, a modern stereo, and comfy furniture on which to lounge.

The cottages are 53 miles north, or about an hour’s drive, from Manhattan. They are also accessible via public transportation (plus a short taxi ride). The train ride from Grand Central to Peekskill is an hour long. (This train trip cost $9 at the time of this writing.) Conveniences are available at a local store (M&R Store), plus a larger supermarket nearby, detailed in the Cottage Information Sheet.

Approximately four miles from the cottages, is a bird sanctuary on Iona Island. According to the Town of Highlands website, http://historichudsonhighlands.org/town_of_highlands.htm, Iona
How long have you been living in New York? Although I currently do not live in NYC, I was born and raised in Brooklyn and received most of my education in NYC. Most of my extended family still resides in Brooklyn, NY.

Where do you live? Tarrytown, NY

Which is your favorite neighborhood? The neighborhoods that I grew up in, Midwood and Park Slope.

What do you think is the most overrated thing in the city? And underrated? Overrated: That NYC is a loud and noisy place; that is a misnomer. There are many areas in this city that offer quiet solitude and tranquility. You can sense that right here on the scenic campus of Rockefeller University. Underrated: I think the most underrated thing about NYC is the community spirit and generosity of New Yorkers.

New Yorkers are very community-based individuals who work to make their community, their city, a better place to live. New Yorkers’ commitment to community never fades during good or challenging circumstances.

What do you miss most when you are out of town? The diverse cultural offerings of this wonderful city.

If you could change one thing about NYC, what would that be? I would encourage more open space and parks development in NYC.

Describe a perfect weekend in NYC. A perfect weekend is a trip to the Bronx Zoo or Botanical Gardens with my family.

What is the most memorable experience you have had in the NYC? The birth of my daughter.

If you could live anywhere else, where would that be? The Adirondack State Park. Upstate New York has some breathtaking natural scenery.

Do you think of yourself as a New Yorker? Why?

Having grown up in NYC, I had the opportunity to witness the city grow and develop through its achievements and its challenges. This city has a large and vibrant spirit and the people who live and work in this city each and every day contribute to its greatness by their dedication and hard work and their spirit of building a community that looks to serve all of its members.

I am honored to be a part of that community that makes this such a great city.

—

island extends “[o]ver 100 acres of land, just below Bear Mountain State Park. In the winter, it serves as home to the American Bald Eagle.” In my short visit there, I saw red-winged blackbirds, black and white warblers, yellow warblers, mocking birds, yellow cardinals, turkey vultures and others.

Interesting birds can be seen without ever leaving the cottages. The MacInnes cottage is set on a hill, with an outdoor dining table. The effect is that one is practically dining in the tree tops. This is ideal for bird-watching. Over lunch, my company and I spotted eastern phoebes (conveniently nesting in the eaves of the cottage’s slanting roof), black-capped chickadees, white-breasted nuthatches, and my most exciting viewing: a red-headed woodpecker!

Two hiking trails begin not far from the cottages. About two miles down the road, there is a playground. Past the playground are two trail markers, one is red, and one is blue. The red trail marker brings one around the circumference of a lake. The blue trail marker promises a more challenging hike. While the location of these trails is within walking distance of the cottages, it is recommended that visitors drive there, as the walk up the steep hills leading back could be more challenging than most leisurely hikers might enjoy.

Next door, Bear Mountain State Park offers a wide-range of activities. From basic hikes, marathons, swimming, boating, to child-friendly activities like the Bear Mountain State Park Zoo, and the merry-go-round featuring “42 hand carved seats of native animals including black bear, wild turkey, deer, raccoon, skunk, Canada goose, fox, swan, bobcat, rabbit and more.” The merry-go-round seemed fun for kids, but my group of visitors found the zoo a bit depressing; the image of a lonely encaged coyote comes to mind.

For those interested in the arts, there are at least two locales worthy of a visit. Just a ten minute drive will bring visitors to the Russell Wright Design Center. Here one can tour Manitoga, a National Historic Landmark, exhibiting Wright’s designs in housewares, as well as his design of the landscape and home on which he worked for over 30 years. “[U]ntil his death in 1976, he carefully redesigned and re-sculpted Manitoga’s 75 acres using native plants, his training as a theater designer and sculptor, and his innovative design ideas. Though the landscape appears natural, it is actually a careful design of native trees, rocks, ferns, mosses, and wild flowers.” Additionally, there are over four miles of paths, open to the public for hikes, “…that wind over creeks, into woods, among boulders, and through ferns and mountain laurel.”

A twenty-minute drive from the cottages is Storm King Art Center. This beautiful sculpture park was recently written up in the New York Times, “Storm King Art Center is a museum that celebrates the relationship between sculpture and nature. Five hundred acres of landscaped lawns, fields and woodlands provide the site for postwar sculptures by internationally renowned artists. At Storm King, the exhibition space is defined by sky and land. Unencumbered by walls, the subtly created flow of space is punctuated by modern sculpture. The grounds are surrounded by the undulating profiles of the Hudson Highlands, a dramatic panorama integral to the viewing experience. The sculptures are affected by changes in light and weather, and white birds, black-billed magpies, and more.”
My friends and I spent about two hours roaming the grounds in a beautifully overcast day. The gray mist made the colors of the sculptures and the green surround seem all the more vibrant. Tours and tram transportation are available.

History buffs might like Fort Montgomery’s legacy. Per the Fort Montgomery State Historic Site, http://nysparks.state.ny.us/sites/info.asp?siteID=36, “Fort Montgomery was the scene of a fierce Revolutionary War battle for control of the Hudson River. Visitors today can tour the remains of the fourteen-acre fortification, perched on a cliff overlooking the magnificent Hudson.” From here one can walk along the Fort Montgomery footbridge, and see views of the Popolopen Creek train trestle and the Bear Mountain Bridge.

After all of this hiking and site-seeing, I advise visitors to partake in the more indulgent activity of cheese-tasting. The foodie of my group of friends led us on an hour-long drive to Sprout Creek Farm. “Sprout Creek Farm is a 200 acre working farm in Dutchess County, New York that provides an integrated context for educational and spiritual development programs for young people and adults.” After visiting with baby goats, and watching pigs cool in the mud, we entered the shop for an impressive cheese tasting of at least 9 varieties, ranging from hard to soft. Some of the cheeses are named after the animal (goat or cow) from whose milk it was made. I highly recommend the Sophie cheese.

Closer farms/greenmarkets are available. The closest being the West Point/Town of Highlands Farmers’ Market, located at the Municipal Parking lot across from West Point Visitors Center, Highland Falls. (For Internet mapping, enter: 48 Ondaora Pa. Highland Falls, NY 10928.) According to on-line resources, this market is open Sundays, 9 A.M. to 2:30 P.M., July through October. Others include: Warwick Farmer's Market (~45 Minute Drive) http://www.warwickinfo.net/farmersmarket/, Goshen Farmer’s Market (~30 minute drive) http://www.goshennchamber.com/farmersmkt.html, and Stone Barn Center for Food and Agriculture (~30 minute drive) http://www.stonebarncenter.org/sb_about/mission.aspx. A local winery which might compliment your food purchases could be: Brotherhood Winery (~35 minute drive) http://www.brotherhoodwinery.net/index.html.

The Rockefeller Cottages provide a weekend escape from the city. Whatever your interest you’ll never be bored! ⚫

References

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Email: naturalselections@rockefeller.edu

MacInnes Cottage. Fort Montgomery, New York

Image provided by the author

NATURAL SELECTIONS

NEEDS YOU!
It's a somewhat cynical view of literature indeed to say that it's all been done before. Of course we will argue (we must!) that this is a silly and overly-pessimistic outlook to take. But it's true that a lot's been done, and much of it done well, and it's an ambitious and self-assured writer who opts to head down those well-trodden literary roads, in effect claiming that there are still new views to be seen along the way.

The dual themes of the immigrant experience in America and the desire to re-connect in a post-9/11 New York City are just such tricky roads. One imagines he'll encounter the familiar sights and sounds: the musings of characters struggling to redefine themselves in the midst of social or emotional upheaval, the recognizable nostalgia for a personal or public past that can never be fully recovered, the sense of alienation and disorientation in a new indecipherable world.

For this reason, *Netherland* is a risky venture. But in Joseph O'Neill's skilled hands, the novel succeeds, not least because of the way in which its memorable characters enliven the ghostly city landscape in the process of navigating it.

*Netherland* is the story, told retrospectively, of Hans van den Broek, a Dutch-born banker who has moved from London to New York City with his English wife, Rachel, and their young son. When the events of 9/11 force the family out of its comfortable TriBeCa home and into a temporary residence at the quirky Chelsea Hotel, the relative stability that has characterized their transplanted lives thus far begins quickly to unravel. The marriage soon falls apart and Rachel returns to London with their son. Hans, in turn, suddenly finds himself very much alone, marooned in a country he had come to feel at home in. Wearily, he plods through his days without pleasure or energy, musing that "a life seemed like an old story."

It is in just such a miserable state that Hans stumbles upon the vivacious Chuck Ramkissoon, who volunteers as an umpire in the games.

The talkative and vivacious Chuck quickly takes shape as the other major character of Hans's story, and it becomes clear that the two men, from very different backgrounds but both immigrants in America, may simply be different sides of the same coin. Chuck is a charismatic entrepreneur-gangster, who makes a living dipping his toes into a wide array of mysterious business involvements, including a gambling operation and his own grand plan to open a world-class cricket stadium in Staten Island. Despite his relative invisibility in mainstream American culture, Chuck dreams large. Yet we read of his plans and plots with the knowledge we've gained at the outset of the novel that Chuck is doomed to meet a tragic and grisly end. A dreamer, his dreams are destined never to be realized.

Meanwhile, Hans, a successful transplanted banker of Dutch origin—financially stable and fair in appearance—seems as though he should filter into New York society with little resistance. But infuriating scenes that unfold at a number of government agencies (the DMV, for one) thwart a smooth assimilation; Hans, too, is not exempt from the most trying aspects of the immigrant experience.

Some of the most poignant and intelligent parts of the novel occur in the course of Hans's troubled musings. What is to become of the dreamer in this post-9/11 world? What is to become of the American dream itself? Hans is a realist in the end, and perhaps this is what saves him, but he is not without an appreciation for the courageous mind that seeks what is just beyond the horizon:

"Who hasn't known, a little shamefully, the joys [such dreamlike scenarios] bring? I suspect that what keeps us harmless from them is not, as many seem to believe, the maintenance of a strict frontier between the kingdoms of the fanciful and the actual, but the contrary: the permitting of a benign annexation of the latter by the former, so that our daily motions always cast a secondary otherworldly shadow and, at those moments when we feel inclined to turn from the more plausible and hurtful meanings of things, we soothingly find ourselves attached to a companion far-fetched sense of the world and our place in it."

He continues: "It's the incompleteness of reverie that brings trouble—that, one might argue, brought Chuck Ramkissoon the worst trouble of all. His head wasn't sufficiently in the clouds. He had a clear enough view of the gap between where he stood and where he wished to be, and he was determined to find a way across."

In the end, it is his involvement in cricket, and the relationship he develops with the Gatsby-like Chuck, that enable Hans to recover some sense of himself as he fumbles to regain his footing. Cricket is both a nostalgic experience for him—it recalls his boyhood days of playing the sport in the Hague—and a kind of outlet as well.

But what Hans comes to recognize is that for the immigrant players, cricket is not merely an escape from the difficulties of the real world. It is an alternative version of the world altogether, in which the player could act, take charge, and have a chance at success on American soil. "There are hornier dilemmas a man can face," he says, "but there was more to batting than the issue of scoring runs. There was the issue of self-measurement. For what was an innings if not a singular opportunity to face down, by dint of effort and skill and self-mastery, the variable world?"

*Netherland* presents a New York and an America eerily transformed by the events of 9/11, though these events are seldom referenced outright. The landscape of the novel feels darkly surreal, a world traversed by oddball characters, like the cross-dressing angel that inhabits the Chelsea Hotel. It is also a world inhospitable to love.

What I've come to find is that the story of the immigrant experience is often a story of questing for the meaning of home, and the complicated role that a home plays in one's sense of himself. O'Neill's protagonist, by way of unforeseeable circumstances, comes to inhabit a hotel, where an odd mélangé of temporary and semi-permanent residents drift about with no real connection to place. Without wife or child, a nostalgic Hans finds himself plumbing the depths of his memories of a home long ago. Recollections of his mother and his boyhood in Holland provide temporary anchors that eventually help him recover a sense of himself and his place in the world. These memories are a refuge. Perhaps tellingly, it is only when he leaves New York to return to London, reuniting with Rachel and his son, that he becomes whole once again, grounded, reconnected—home.

Thus, with the benefit of hindsight and from the safety felt in the present, Hans's attention becomes intensely focused on what, or who, had kept him afloat during his dark bachelor years in New York:

"[Chuck] was right; we got caught up in a jam on the nq below Brooklyn Heights. It didn't matter. The clouds in motion over the harbor had left a pink door ajar and surface portions of Manhattan had prettily caught the light, and it appeared to my gaping eyes as if a girlish island moved toward bright sisterly elements. I was still receptive, apparently, to certain gifts."
Life on a Roll

Tongue by Adria LeBoeuf

Window in the stairs - New Orleans, 1850 House
by Elodie Pauwels