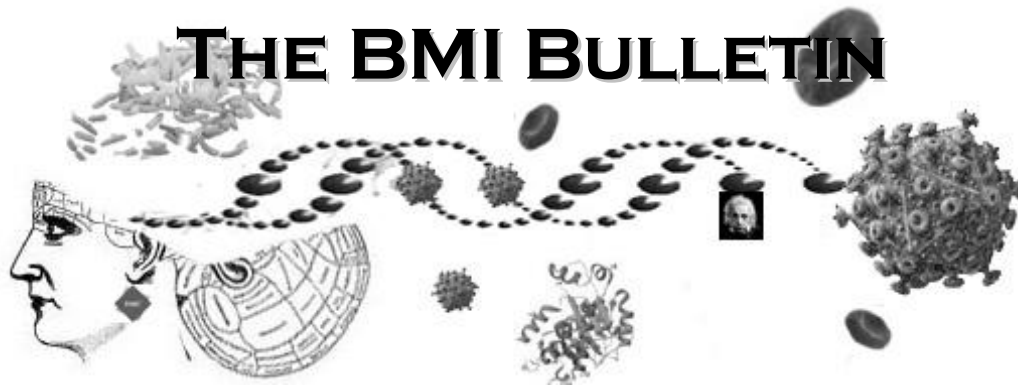


THE BMI BULLETIN



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EVENTS

BMI BBQ
Friday September 16th
Free for all BMI Grads but all are welcome!

BMI PUB NIGHT
Hooley's
Wednesday Sept 21 6PM



Editor
Megan Tu

Welcome to the start of the academic year! This is my first issue as editor since I'll be taking over for Nicole Forbes, who has been our supercalifragilisticexpialidocious (yes, I did have to Google how to spell that) editor since issue 90. Thank you Nicole for all your help during this transition! I'm looking forward to continuing the Bulletin with the continued support of all our contributing writers.

For those who haven't heard yet, the BMIGSA website has recently undergone a makeover and acquired a new home. You can now find us at www.bmigsa.ca or www.bmigsa.org. Some upcoming events organized by the BMIGSA for this September are the BBQ and pub night. The BBQ is this Friday, September 16th from 12-1 p.m. in the RGN courtyard. The BBQ is free for all BMI students but everyone is welcome! There's also going to be a pub night at Hooley's (Elgin St.) on Wednesday, September 21st. Tickets are only \$2, and don't forget to come early for the free appetizers and prize draw. The annual BMIGSA hosted Christmas Party is also in the works. It'll be held at

the Heart & Crown in the Byward Market on Thursday, December 8th – more details to come.

In this issue: Nicole meets with the directors of the graduate programs: Dr. Alain Stintzi and Dr. Andrew Makrigiannis. Doo discusses three useful applications which will make our lives easier. Thienny tells us all about Freecycle. Sandy provides us with another great recipe – hot spinach and artichoke dip. Happy reading!

A PRAYER FOR GRAD STUDENTS



WWW.PHOBOSCOMICS.COM



Meet the BMI graduate program directors

by Nicole Forbes

Interview with Dr. Alain Stintzi, Director of the Biochemistry Program



Q: As director of Biochemistry Graduate Program, what are your responsibilities? Well I only just started! I essentially follow the student through their growth of study and research, and ensure they get their diploma. I enforce the departmental guidelines and also help to recruit good students.

Q: When did you join the BMI department?
In July of 2005.

Q: Before joining the BMI faculty, where were you previously conducting your research?
I was a faculty member at Oklahoma State University in the College of Veterinary Medicine.

Q: What are your lab's research interests?
My lab has two primary research interests:

1. For the past ten years or so, we have been studying the pathogenesis of *Campylobacter jejuni*, in particular the colonization in the gastrointestinal tract.

2. Since three years ago, we have also been researching the role of gut microbiota in human

health diseases, especially pediatric inflammatory bowel diseases.

Q: What's your favourite thing about being director of Biochemistry?

I don't know, it's been only a few months, but it does seem to be quite a lot of work! I will tell you in six months from now.

Q: What was your favourite stage of academic life so far and why? (grad school, post-doc, PI, or Grad Program Director?)

Obviously it was when I was a post-doc, because you are independent, on your own, with your own idea, and you try to do what you want to do, with absolutely no other responsibilities besides your own experiments. It's a good life, just science.

Q: What are your non-science hobbies and interests?
Wine making; I was born on a winery. I basically buy grapes and make my own wine from scratch in my cellar. I obviously also like to drink wine as well.

Q: What was your best conference experience? (Where, why does this conference stand out from others, ect)

I really select very few conferences to attend. Maybe one stands out. It was in Germany in 2001. At that time I was only starting to work on Campy. It was a good conference, because it was specific to Campy and since my previous expertise was in bio-inorganic chemistry, I went to the conference not really knowing anything about Campy and left after learning all the important aspects of the bacteria that allowed me to develop my own research.

Q: If you could tell the department one thing about yourself that would really let us know what you are about, what would it be?

I will be always here for you if you want help, but you should ask for help.

Interview with Dr. Andrew Makrigiannis, Director of the Microbiology & Immunology Program



Q: As director of Biochemistry Graduate Program, what are your responsibilities?

I make sure admitted students have the proper background, and that current students are progressing well in terms of courses, research, and in the

case of transfer exams and comprehensive exams, successful and timely completion. In addition, I am responsible for the graduate courses that are offered through our program. I also have to mediate supervisor/student conflict, but these cases are few and easily resolved.

Q: When did you join the BMI department?

July of 2009.

Q: Before joining the BMI faculty, where were you previously conducting your research?

I was at the IRCM, which is a research institute in Montreal affiliated with the University of Montreal.

Q: What are your lab's research interests?

My lab is interested in molecular immunology. We employ mouse models to study Natural Killer (NK) cells and the receptors they use to differentiate healthy from abnormal cells, the major histocompatibility class I (MHC-I) receptor family termed Ly49. We also are interested in other cells of the innate immune system, including plasmacytoid dendritic cells, which are tricky to study as they are unculturable.

Q: What's your favourite thing about being director of Microbiology and Immunology?

Ha ha ha... Actually it's getting to know the students. For me my primary interest is my research, but it's good to interact with the students because it's starting to feel like I am less connected with this new generation. I started my lab in 2002 and I am

definitely feeling more akin to professors now than post-doctoral fellows or students.

Q: What was your favourite stage of academic life so far and why? (grad school, post-doc, PI, or Grad Program Director?)

PDF easily was my favourite stage. This was at the National Cancer Institute in Frederick, MD, a branch of NIH. With no courses, I was left to sink or swim on my own. I could do my own thing in terms of planning research projects. This was the time I gained the confidence and saw I could actually do independent research for a living.

Q: What are your non-science hobbies and interests?

Sports- I love soccer. I was a referee for a long time in Nova Scotia, at the Tier 1 and university level. I wrecked my knee playing soccer when in the States, but was always a better ref than a player. I also like to read science (especially paleoanthropology) and non-science books. The last great book I read was Human Evolution. I also like computer games.

Q: What was your best conference experience? (Where, why does this conference stand out from others, ect)

It was when I was a postdoc at my first NK cell conference, in Marseilles (France) directly on the beach. It was beautiful there. That was when I got to meet people in my field, and gave my first talk to a strict NK-cell crowd. It was really funny- I thought I was a confident speaker, and it is easy to act "the expert" when giving a talk to non-NK audience. But this time I looked out at the crowd and it was 300+ people who were The NK cell experts. I froze. It was about 10 seconds, then a P.I. from my own institute started to laugh, that got me going and it was all right after that.

Q: If you could tell the department one thing about yourself that would really let us know what you are about, what would it be?

I have no idea, I'm just a regular guy! I'm a bit of a perfectionist though. To give you an idea, I recently completed a 'no death/reload' game of Baldur's Gate I and II (an old, but excellent game), which is pretty amazing considering it takes about 50 hours to finish.

Three applications for Graduate Students



by Doo Yang



Dropbox is a free service that lets you bring your photos, docs, and videos anywhere and share them easily. Never email yourself a file again!

It syncs! Once you install this application on computers you are using, the files in the Dropbox folder are synced automatically across the installed computers. So you don't need to move the files saved in a USB stick or worry about multiple copies of different versions. For instance, if Dropbox was installed on your desktop in the lab and your laptop, whenever you save the data in the desktop, the file is synced in the laptop. So you don't need to use a USB stick or email the files.

The files are synced on the Dropbox server as well, which can be accessed through a web browser. Let's suppose you are about to give a presentation and find your USB stick has a problem. Just open a browser, connect your account and download the presentation file. Voila! It saves the day.

One of the great features of Dropbox is that all the files are available even when the computer is offline. All of the files are saved locally so you can work on them anytime. Once the computer is connected to the network, all the edited files are updated across the computers automatically. The fact that all the files are synced locally as well as on the server means you have multiple copies of the files. No matter what happens to your hard drive, your files are safe. What can be more important to graduate students than your data?

Website: <http://www.dropbox.com>
Up to 2 GB of storage space free, available on Windows, Mac, Linux



Free reference manager and PDF organizer

Forget about clunky and expensive reference managers from the 20th century. This free application manages citations for your papers and organizes PDF files for you to view and make comments. My favorite feature is citation extraction from a PDF. Drag and drop a PDF file of a published article, and then Mendeley automatically extracts the citation information. It can even change the PDF file name according to the citation. This way, you don't have to open a file named "ng906.pdf" to figure out what it is. You can view and comment on the PDF files. The comments can be saved on each PDF file or can be printed separately from the PDF files - which I personally found to be very useful while writing a paper. It has a plug-in for MS Word to insert references and format bibliography. It also generates LaTeX citation key and export as BibTeX format so LaTeX users can use this.

Website: <http://www.mendeley.com>
Free, available on Windows, Mac, Linux



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This application controls other computers remotely. You can view the same desktop and control a computer as if you are sitting in front of it. It'll save you lots of time by eliminating the commute from one computer to another - the computers can be in the same room or as far as the other side of the world. You can monitor the status of your column running from your office desk or working on your own computer at home while you are at school. You need to install LogMeIn on the computer you want to control and then you can access it from any computer through web browser.

Website: <http://www.logmein.com>
Free for basic view and control, available on Windows, Mac

Being Green - Tip #24

By Thienny Mah

Friends of mine in Hanover, New Hampshire were telling me about a great recycling initiative that is spreading through the US: Freecycle. What is Freecycle? The word combines “free” and “recycle”. Here is what they say about it on the website (<http://www.freecycle.org/about/background>):



“On May 1st, 2003, Deron Beal sent out the first e-mail announcing The Freecycle Network™ to about 30 or 40 friends and a handful of nonprofits in Tucson, Arizona. At the time Deron founded The Freecycle Network, he worked with a small nonprofit organization, RISE, which provides recycling services to downtown businesses and transitional employment to Tucsonans in need.

As the team recycled, rather than watching perfectly good items being thrown away, they found themselves calling or driving around to see if various local nonprofits could use them. Thinking there had to be an easier way, Beal set up that first Freecycle e-mail group in a way that permitted everyone in Tucson to give and to get. Freecycle was off and running.

The Freecycle concept has since spread to over 85 countries, where there are thousands of local groups representing millions of members -- people helping people and 'changing the world one gift at a time.' As a result, we are currently keeping over 500 tons a day out of landfills! This amounts to five times the height of Mt. Everest in the past year alone, when stacked in garbage trucks!

By giving freely with no strings attached, members of The Freecycle Network help instill a sense of generosity of spirit as they strengthen local community ties and promote environmental sustainability and reuse. People from all walks of life have joined together to turn trash into treasure.”

The idea is that you find a local group, sign up and then watch for posts of free things that you might want. You can also post things yourself. There is an Ottawa group (<http://groups.freecycle.org/OttawaON-Freecycle/description>), as well as a more specific Ottawa-Glebe group (<http://groups.freecycle.org/glebefreecycle/description>).

There are also many groups across Canada (<http://www.freecycle.org/group/CA/?bounce=back&noautodetect=1>), and the rest of the world (<http://www.freecycle.org/group/?noautodetect=1>). Tell your friends about it.

Green Tip #24: Use Freecycle to give and get free stuff!!!

Recipe of the Day

By Sandy Szeto



Hot Spinach and Artichoke Dip

Ingredients

- 20 oz. fresh or frozen spinach
- 4 tbsp unsalted butter
- 1 c chopped onion
- 1 tbsp minced garlic

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- 1 tsp salt
- 1/2 tsp ground black pepper
- 1/4 tsp cayenne
- 1/4 c. all-purpose flour
- 1 c. milk
- 1 c. heavy cream
- 2 tsp lemon juice
- 1 c. of 1/2-inch cubes of rindless Brie
- 1 c. grated Monterey Jack
- 6 ½ oz. marinated artichoke hearts, drained and chopped
- 4 strips bacon, fried crisp, drained and chopped
- 1/4 c. grated Parmesan
- Assorted chips for dipping (pita chips, tortilla chips, bagel chips)

Directions

Preheat the oven to 350°F. Lightly grease a 9-inch round chafing dish and set aside. Bring a medium pot of water to a boil. Add the spinach in batches and cook until wilted, 2 to 3 minutes. Remove and refresh under cold running water. Squeeze to remove all excess water and chop. Set aside. In a medium pot, melt the butter over medium-high heat. Add the onions and cook, stirring, for 3 minutes. Add the garlic, salt, pepper, and cayenne, and cook, stirring, for 1 minute. Add the flour and cook, stirring constantly, to make a light roux, about 2 minutes. Add the milk and cream in a steady stream, and cook, stirring constantly, until thick and creamy, 2 to 3 minutes. Add the cooked spinach and lemon juice, and stir to incorporate. Add the cubed and grated cheeses, artichoke hearts, and bacon, and stir well. Remove from the heat and pour into the prepared dish. Top with Parmesan and bake until bubbly, about 10 minutes. Remove from the oven and serve hot with chips.

JOURNAL CLUBS

The RNA Club is a gathering of researchers with common interest in various aspects of RNA biology, (i.e. splicing, translation, RNA binding proteins, RNA viruses etc). The Club meets every second week to present and discuss latest data from participating laboratories in a "work-in-progress" format. The goal of the RNA Club is to bring together researchers with

common interest, to allow graduate students and postdoctoral fellows to interact and talk about their projects with their peers, and to identify and foster collaborations among different research groups within the University of Ottawa. For more information, or to get involved in the fall, please contact Dr. Martin Holcik.
e-mail: martin@mgcheo.med.uottawa.ca

UPCOMING DEFENCES

Catalina Soare, PhD Candidate

Supervisor: Dr. F Diaz-Mitoma & Dr. K Wright
"Characterization of Liver Damage Mechanisms Induced by Hepatitis C Virus"

Date: Monday, Sept 19 at 10AM

Room: RGN 3001

Examiners: Dr. Bhagirath Singh
Dr. Earl Brown
Dr. Ken Dimock
Dr. Sean Li

Chair: Dr. Timothy Ramsay

Felicity Stark, PhD Candidate

Supervisor: Dr. Lakshmi Krishnan & Dr. Lionel Filion
"The Role of CD8+ Cell Phenotype and Function on Cancer Immunotherapy"

Date: Wednesday, Sept 21 at 10:30AM

Room: RGN 2029

Examiners: Dr. Jonathan Angel
Dr. Ashok Kumar
Dr. Jamshid Tanha
Dr. Jonathan Bramson

Chair: Dr. Vladimir Hornof

RECENT DEFENCES

Tammy Porter, PhD Candidate

Supervisor: Dr. Ilona Skerjanc
"Molecular Mechanisms of Myogenesis of Stem Cells"

Date: Wednesday, August 3 at 2PM

Room: RGN 2111

Chair: Dr. D. Gandhi

Examiners: Dr. Robin Parks
Dr. Laura Trinkle-Mulcahy
Dr. Valerie Wallace

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Dr. Lorrie Kirshenbaum

Rashmi Seth, MSc Candidate

Supervisor: Dr. John Bell

“Surgical Stress Promotes the Development of Cancer Metastases by a Coagulation-dependent Mechanism in a Murine Model”

Date: Tuesday, August 16 at 1:30PM

Room: OHRI C3101

Examiners: Dr. Barbara Vanderhyden
Dr. Jonathan Angel

Chair: Dr. Martin Holcik

Tanya Guimond, MSc Candidate

Supervisor: Dr. Jim Dimitroulakos

“Enhanced sensitivity of pan-ErbB tyrosine kinase inhibitor CI-1033 in combination with lovastatin in squamous cell carcinoma”

Date: Monday, August 22 at 1 p.m.

Room: RGN 2012

Examiners: Dr. Christina Addison
Dr. Luc Sabourin

Chair: Dr. Ken Dimock

FOCUS ON SEMINARS

Dr. Stephen Anderson

NIH-Frederick

“Regulation of class I MHC receptor expression by non-coding transcripts and probabilistic switches”

Tuesday Sept 13th, 2011

3:30 p.m.

RGN Room 2003

Dr. Victor Dzau

Chancellor for Health Affairs, Duke University and President & CEO of Duke University Health System

2011 Henry G. Friesen International Prize in Health Research Public Forum

Wed, 14 September,

16:00 – 17:00

Fairmont Chateau Laurier Hotel, Ottawa (Free admission)

Dr. Arshad Desai

Ludwig Institute and UC, San Diego

TBD

Tuesday, Sept. 20, 2011

RGN Room 2003

3:30 p.m.

Chris Kennedy

Vascular Health Seminar Series; TBD

Wed, 21 September 2011,

16:30 – 17:30

Sprott Seminar Room, 5th floor Critical Care Wing Room 5225 -501

Dr. Julie Lessard

Dept. of Pathology and Cellular Biology IRIC-University of Montreal

Laboratory of Chromatin Structure and Stem Cell Biology

“A Role for BAF Chromatin Remodeling Complexes in Normal and Leukemic Hemopoiesis”

Mon, 26 September, 2011

16:00 – 17:00

Sprott Seminar Room, 5th floor Critical Care Wing, Room 5225, 501 Smyth Road Videoconferenced to the Moses and Rose Loeb Research Centre, (Conference Room # 3) 725 Parkdale Avenue

Lee-Anne Ufholz

Director, Health Sciences Library

“Literature Review Strategies for Researchers” (This seminar is compulsory for all new students)

Tuesday, Sept. 27, 2011

RGN Room 2003

3:30 p.m.

FOCUS ON BMI RESEARCH

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Congratulations to all members of the department who have seen their work published! If we have overlooked anyone, please, e-mail us at BMIGSA@uottawa.ca so we can add your paper to the next BMI Bulletin issue.

BMI BULLETIN

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