

HHNews

VOLUME 5, ISSUE 2
May 2008

MESSAGE FROM THE CHAIR

As always when I prepare to write an introduction for our newsletter, I am amazed and very proud of the contents. We have a great Department. What do we put first? Breanne Anderson's scholarship, Kate Smolina receiving the Rhodes Scholarship, Swati Saxena getting the NSERC Canadian Graduate Scholarship, the Sun Life award winners well I think it is none of these but rather to say congratulations to the parents of the new babies - it makes me very happy. Among the many events that I have attended last term, I was very pleased with the success of the undergraduate symposium and very impressed and moved by the memorial service for the donors in our anatomy program. It is exciting to see the new HNRU coming together quickly and now the Department of Food Science is interviewing candidates for a food sensory faculty position. This will be a welcome addition. I could go on - and usually do! What a great group. While it is always true that we have to accept change and it is exciting to see new, young, dynamic faculty joining us, I deeply regret the pending retirement of Bill Woodward. I will save my detailed comments for his retirement party and will just say for now, that it has been wonderful to have had him in our Department. He gave us so much more than 'merely' excellent teaching, research and service. He has been a critical part of our foundation, the base from which we built. He has been a remarkable resource and support for me as chair and no doubt for all of us. Bill does not leave shoes that will be hard to fill, he leaves shoes that can't be filled. I wish him all the best and have no doubt that he will remain as part of our 'extended' family.

Terry Graham
Chair

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CONGRATULATIONS

Breanne Anderson (HonBSc - Biomed Sci, Guelph) has been awarded a Canadian Breast Cancer Foundation - Ontario Region Master's Level Fellowship. This prestigious fellowship is valued at \$55,000 over 2 years. Breanne's supervisor for the MSc fellowship is Dr. David. Ma.

Prof. Lorraine Jadeski is this year's recipient of the College of Biological Science Award for Excellence in Teaching. Lorraine has more than earned this recognition.

The award was presented at the the CBS Awards Recognition on May 12th at 4 pm in the Science Complex Atrium.

MSc coursework students **Lynsey Walker, Kelsie Leaman, Lauren Hill** and **Amar Kuruganti** won first prize for the product they developed and showcased, called SoCoa Beans, in the annual Project SOY Competition, held Wednesday, March 26th at the OMAFRA building. Project SOY (Soybean Opportunities for Youth) is an annual competition supported by the University of Guelph and industry representatives from Agriculture and Agri-Food Canada, Dekalb Brand Seeds, the Ontario Ministry of Agriculture, Food and Rural Affairs, and the Ontario Soybean Growers. Through the program, student teams are invited to create new products or marketing strategies using soy-based products.

NANS student **Cristina Cuda** led a group that won second prize at Project SOY for a very tasty gluten-free pasta called Pastoya. Cristina's group also included Trang Gui, Malin Borg and Frida Gustavsson.

Laura Moulton (HK grad) has been recognized as U of G's top scholar-athlete and the U of G's representative for the Women of Influence Luncheon held at the Metro Toronto Convention Centre, January 23, 2008 by OUA (Ontario University Athletics). Laura sustained an 83.4% academic average in HK and had a sensational 06/07 cross country season - OUA All-Star, CIS All-Canadian, CIS Academic All-Canadian, OUA Bronze Medalist and CIS Silver Medalist. She was also named the 06/07 University of Guelph President's Award winner for athletics and academics excellence.

Prof. Terry Graham was named the Canadians for Health Research "Researcher of the Month" for September, 2007.

Loriann Hynes (PhD candidate, advisor - Jim Dickey) won the best research paper award from the Ontario Athletic Therapists Association for her work titled "Head and Neck Kinematics during Horizontal and combined Vertical Low Velocity Whiplash-Like Perturbations" which she will present at the Canadian Athletic Therapists Association National Conference in Montreal, May 21-24, 2008.

Congratulations to the following HHNS faculty who were success in this year's TPSI -

Drs. **Lori Vallis, Lindsay Robinson** and **Leah Bent** have received tenure.

Drs. **Coral Murrant** and **Jim Dickey** have been promoted to Associate Professor.

Congratulations to **Arend Bonen** and **Graham Holloway**, who have been awarded a France-Canada Research Grant to collaborate with a group in Paris on mitochondrial function using a permeabilization technique. The award will cover travel and accommodation.

PhD candidate, **Brianne Thrush**, received the best oral abstract award from the Canadian Society of Endocrinology and Metabolism, at the Diabetes Conference in Vancouver, October 26-28. The title of the talk was "Palmitate acutely induces insulin resistance in isolated skeletal muscle from obese but not lean humans regardless of the presence of adiponectin".



Ekaterina (Kate) Smolina (Bio-Med major) was honoured with the Young Woman of Distinction Award for her academic excellence and volunteer work, on May 8, 2008. Kate was a President's Scholar in 2004, won the Lionel Bradley Pett Scholarship (for highest average in biomedical sciences during her third year and graduated this year achieving 90 to 100% in her courses. Kate has also been involved in a number of organizations related to health care, peace building and international development.

RECENT FUNDING:**ABIP (Agricultural Bioproducts Initiative Program) -**

Dietary fibre and health - \$ 1.76 M/yr - 3 yr term - PI Steve Cui, HHNS Members Robinson, Ma, Mutch

Nutrigenomics and metabolic disorders - \$88,000/yr - 3 yr term - PI Marica Bakovic, HHNS Member Kelly Meckling

Nutraceuticals emerging from agriculture - \$85,000/yr - 3 yr term - PI Kelly Meckling

Neat-hemp oil - \$ 10,000 - PI Peter Jones, HHNS Member David Ma

NSERC Equipment Grants:

- ◆ A. Bonen et al. - rotor - \$21,415
- ◆ D. Dyck et al. - Spectrophotometric/fluorometric plate reader for metabolic assays - \$42,151
- ◆ D. Ma et al. - gas chromatograph - \$54,200
- ◆ C. Murrant - intravital microscope - \$50,370
- ◆ L. Spriet et al. - metabolic cart - \$53,397 (on hold)

NSERC Operating Grants:

- ◆ D. Dyck- \$36,000 - The role of FA metabolism in the impairment of insulin signalling
- ◆ T. Graham - \$47,750 - Regulation of muscle glycogen
- ◆ J. Kirkland - \$33,770 - The metabolic etiology of niacin deficiency.
- ◆ K. Meckling - \$45,830 - Regulation of cell fate by hormones and nutrients

OMAFRA: Food Program -

Operating grant - \$150,000 Terry Graham "Enhancement of breads to optimize carbohydrate management in adults with type 2 diabetes" May 1, 2008 to April 30, 2009

Operating grant - \$50,000 Alison Duncan "Exploration of soy isoflavone-enriched bread in relation to improved formulation and sensory attributes, cardiovascular disease risk and economic market feasibility" - May 1, 2008 to April 20, 2009

Marica Bakovic received \$553,140 to conduct a five-year study on the behaviour of lipid genes in order to find ways of overcoming malfunctions. Improper lipid balance is the main risk factor for developing chronic diseases such as insulin resistance, obesity and atherosclerosis (clogging, narrowing and hardening of the arteries).

RENOVATION UPDATE:

We are surrounded by renovations and plans for renovations. The new home for the HNRU is almost complete and the \$1.6 million project had an excellent review in At Guelph recently. It will move our work in Nutraceuticals to a much higher level with a modern lab, a metabolic kitchen and a sensory lab. Being housed between GFTC and Food Science and right next door to ANNU is wonderful. Given the initiatives in AAFC and OMAFRA, there can be no doubt that it will have a tremendous future. This will also be a huge boost to our lab teaching for NANS majors

At the same time, we are on the brink of starting renovations to our facilities in Powell and ANNU. Phase 1 this summer will be to renovate the biomechanics teaching space and to relocate and incorporate the applied physiology teaching unit as well. Simultaneously we will establish research labs for Lori Vallis and John Zettel in ANNU. This will result in one unified laboratory teaching space in Powell for biomechanics, physiology and anatomy and also all of the biomechanics research and faculty will be based in ANNU.

While this seems (and is) a lot of action, it should be just the beginning. Phases 2 and 3 will be to have large renovations to anatomy in Powell and to create research labs in ANNU for David Ma, David Mutch and others.

Every year the students of human anatomy organize a memorial service. It is a chance for them to reflect on their experiences in anatomy, to share their thoughts, and to express their appreciation to the people who graciously donated their bodies to medical science, and thus directly contributed to their educational training. This year the service was held at 6:00 pm on Wednesday, April 2nd in War Memorial Hall. Below is a speech given at the service by one of our human anatomy students,

One Last Journal Entry

By Jaime-Lee Munroe

I'll always remember my first day in the anatomy lab. At around 2:30 on that sunny September afternoon, the TA's had fifty or so of us file in and line up at the front of the room, our backs against a set of white desks. A blanket of solemn silence laid over us. No one spoke above the volume of a dull whisper. Less than five feet away from us stood several rows of metal tables, and on top of each one sat a telltale shape covered with a sheath of white plastic.

It was just a few minutes later when we all got to meet our donors for the first time, and since that day in September, our lives have been dotted with the unique and incredible experiences we could only find in JTP Room 214.

There was a lot I wanted to talk about today.

I wanted to acknowledge the amazing team of professors, TA's, and volunteers who guided us through this year. Who put hours of their spare time into the lab every week, were always there to help us out, and whose number one goal truly seemed to be for us to enjoy learning about the human body.

I wanted to say how much I loved the learning environment in the lab, where we were all there to learn together, and to teach each other. Where I got to know a group of fun and interesting people- both within my lab groups, and within the entire lab itself. It was the kind of environment where you could talk to and learn with a perfect stranger as if you'd been friends for years.

I could talk about all the reasons why, as one of our TA's pointed out, it seemed like every day I was in the lab, I found myself saying something like "I think that might be the coolest thing I've ever seen". And I guarantee that was a sentiment shared by many other students.

But, it's hard to find words to describe what it's like to hold someone else's heart in your hands. And how cool was it to see 'evolution in action', as Lorraine put it, in the forearms of some of our donors? Or to cradle someone's brain- the sum total of their existence, the physical representation of every smile they ever made, every joke they ever told, every memory they ever created -in your palms.

The truth is, every avenue I turned down when searching for something to say always lead me back to the same place. Our donors.

Even though they were no longer alive, no longer able to speak or even gesture, they managed to teach us so much in eight short months.

They taught us that there's rarely such a thing as 'textbook' anatomy. We're all full of anomalies and little genetic blips that make us as unique on the inside as we are on the exterior. Every donor had something that made them special, even if it was just a single tiny artery in a place it wasn't usually found. They were things our donors probably didn't even know about, but to us it was almost part of their identity.

They also helped make it clear that there are no descriptive labels, or figure references, or handy colour coded diagrams in the human body. How many times did we find ourselves asking the TA's this year 'so, uh... nerve, artery, or fascia?'. Which brings me to another important thing we learned that our textbooks never mention, which is that there is always, *always more fascia*.

I truly believe that it would've been difficult to learn as much as we did this year if it wasn't for our donors. Nothing compares to seeing all of those structures in real life. During our written tests, more often than not I found myself thinking back to the things that I'd seen in the lab rather than in my textbooks. Just the other day, my friend said to me 'you know, it's a lot harder to learn this stuff when I haven't seen it for real yet'. There's just no substitute for seeing the real life, 3-D image. Having something that you can pick up and touch and study from all possible angles.

Our donors make up a group of people that in life, may have had absolutely nothing in common with each other. They have been brought together now though by the sacrifice they made. By the courage that they had to entrust their whole selves- every freckle and every scar, every little flaw they might've despised, arms that hugged their loved ones and legs that chased grandchildren through the park during a picnic, lungs that burned as they raced back and forth across a basketball court in high school decades ago, hands that gripped the steering wheel as they sat in the driver's seat of a car for the first time –all of that left in the hands of perfect strangers.

They're people who must've come from extraordinary and brave families. Their children, siblings, spouses and friends have had to wait at least a year to say good-bye to them for the last time.

They're people we never met, but who, in a

sense, we now know better than we know ourselves.

It wasn't unusual to find yourself wondering what sort of lives they led. With some of them having spent over ninety years on this earth, you can't help but imagine the sort of things they must've seen. One or two World Wars. The invention of the television and the refrigerator, and other winning products like the lava-lamp. When they were growing up, the Canadian flag didn't exist yet. They raised their families in the days of the Andy Griffith Show and the first moon landing.

Each one of them links us to a past that we'll never know, and in the same way, we link them to the future. Because I'm standing in front of two hundred people who, as I've heard many of us say before, have had their lives changed forever by what we did and saw and touched in the anatomy lab. We've been humbled and we've been educated by the gift that our donors have given us.

We're going to carry these last eight months with us for the rest of our lives. You might become a doctor or a physiotherapist. You might go to graduate school and do research, or head off to teacher's college. Or maybe you'll decide to go to trade school after this and become a carpenter or mechanic. Perhaps *you'll* become a donor someday and give this opportunity to a new crop of students.

No matter what you do or where you go, you're going to use these experiences and these lessons to make a difference someday. Whether it happens just once, or every day, you're going to make a difference.

For that, and for everything else they've given us, I know that we're all forever grateful to our professors, our TA's and volunteers, our peers, the families of our donors, and most importantly of all- because none of this would exist without them – our donors themselves.

PRESENTATIONS

Dr. Arend Bonen - Invited Presentations: 1) Fatty acid induced insulin resistance: contributions of fatty acid transporters. Endocrine Fellows Seminar, University of Colorado, Denver, March 26, 2008, 2) Regulation of fatty acid transport and transporters. Seminar, Faculty of Medicine, University of Colorado, Denver, March 26, 2008, 3) Linking fatty acid transport with insulin resistance. International Congress of Lipid Biology, Maastricht, The Netherlands, August 26-30, 4) PGC-1alpha: role in exercise and exercise prescription. Can. Soc. Exercise Physiology, Banff, October 15-19, 2008.

Dr. Jim Kirkland— **Jim Kirkland, Liz Pask, Emma Babij and Alex Kocenas** travelled to the Eleventh International Congress of Toxicology, in Montreal, in July, presenting two posters. Jim also travelled to the University of Pennsylvania in June and Universite Laval in October to give invited talks on niacin status and ADP-ribosylation reactions. Dr. Kirkland also spoke on "Phytochemicals, meats and GI cancers: antioxidants or modulators of xenobiotic metabolism?" at the NFH Nutraceutical Science Symposium, held March 29th in Toronto.

Dr. Terry Graham - attended the Congress of Aboriginal Peoples - Seventh Annual Type 2 Diabetes Workshop in Ottawa, March 17 and 18, 2008. This workshop focuses on prevention and education and participants include type 2 diabetes prevention and education program coordinators and representatives from across Canada. The title of his talk was "Coffee, bread and type 2 diabetes".

Dr. Alison Duncan—Nov. 3, 2007 Royal Agricultural Winter Fair entitled "Functional Foods for Health", part of the Journey to Your Good Health Display.

Brianne Thrush (PhD candidate) - attended the Diabetes Conference in Vancouver, October 24-26th where she presented her talk "Palmitate acutely induces insulin resistance in isolated skeletal muscle from obese but not lean humans regardless of the presence of adiponectin".

M.Sc. Coursework students **Laura Beaton, Branden Deschambault** and **Jesse Veenstra** gave presentations on healthy eating to students at Erin District High School on March 27, 2008.

Dr. Bruce Holub - Invited Lectures:

- ◆ January 4, 2008 - Grey Bruce Farmer's Week, Elmwood, ON. Title: Agri-foods containing DHA omega-3 for human health: the dairy sectors.
- ◆ January 16, 2008 - Health Canada. Title: DHA/EPA omega-3 from food and supplement sources for human health: evidence and potential concerns?
- ◆ January 19, 2008 - FarmSmart, Guelph. Title: Agri-foods containing omega-3 fatty acids for human health.
- ◆ February 19, 2008 - Nutri-Net Canada 1st Annual Conference, Quebec City. Title: Potential role of functional foods and natural health products in reducing health care costs in Canada
- ◆ March 14, 2008 - Turkish Heart Foundation, Istanbul, Turkey. Title: Omega-3 fatty acids in cardiovascular care.
- ◆ March 15, 2008 - Meeting of Turkish Pharmacists, Istanbul, Turkey. Title: DHA/EPA omega-3 fatty acids for a healthy human lifecycle and the modification of chronic health conditions.
- ◆ March 18, 2008 - Humber Regional Hospital, Weston, ON. Title: DHA/EPA omega-3 fatty acids from fish, functional foods, and supplements in support of a healthy life cycle.
- ◆ March 29, 2008 - NFH Nutraceutical Science Symposium - Advanced Research Understanding. Application in Health Practice, in Toronto. Title of talk "Omega-3 fats: EPA/DHA for heart and brain health, a 2008 update.

**UNDERGRADUATE AWARD WINNERS 2007-2008
PRESENTED AT THE ANNUAL UNIVERSITY OF GUELPH
AWARDS PRESENTATION -
DECEMBER 4, 2007**

Rol-Land Frams Scholarships (\$2,000 University-wide entrance awards presented each year to outstanding students entering undergrad degree programs with a minimum 80% avg): 2007-2008 recipients from our majors:

Lauren Cuthbertson, Bio-Medical Science

Laura Koehler, Human Kinetics

Laurel MacGray, Bio-Medical Science

**UNDERGRADUATE AWARD WINNERS 2007-2008
PRESENTED AT THE GRAD BASH -
SATURDAY, MARCH 15**

The Gary Partlow Prize for Leadership and Academic Performance - \$500 - Matt Teeter and Shelly Burton

Ken Fisher Award for Histology and Embryology - \$200 - Subhani Rangunathan

Peter Eyre Pharmacology and Toxicology Award - \$200 - Shannon Clarke

David Porter Memorial Award in Physiology - \$200 - Octav Cristea

Chair's Award - Human Kinetics - \$500 - Jennifer Ethier

Chair's Award - Nutritional and Nutraceutical Sciences - \$500 - Andrea Bunker

Chair's Award - Biomedical Sciences - \$500 - Ekaterina Smolina

High D. Branion Memorial Scholarship - \$500 - Stephanie Mousseau

Brian Walker Memorial Award - \$500 - Eryn Pleson

Isabella Anderson Conway Award - \$500 - Laura Flick

HK Alumni Association Award - \$250 & Lifetime Alumni Membership - Melissa Hyland

Jack K. Barclay Physiology Award - \$500 - Adam Lewandowski

Alex Peepre Memorial Scholarship - \$500 - Karen Pulsifer

W.H. Boyd Award - \$1,000 - Jennifer Ethier / Teresa Flaxman

Canadian Society for Exercise Physiology Award - \$500 - Matthew Bylow

Powell Award - \$500 - Justine Kanneneberg

Human Health and Nutritional Sciences - Graduate Student Awards and Scholarships



The following HHNS graduate students are the first group of recipients of the Sun Life Financial HHNS Research Fund - Graduate Student Awards. The award is valued at \$4,000 for the Winter 2008 semester:

Sean Leonard - PhD - (C. Murrant, advisor)

Mark Dekker - PhD - (L. Robinson, advisor)

Brianne Thrush - PhD - (D. Dyck, advisor)

Kathy Mackay - MSc - (L. Robinson, advisor)

Morgan Fullerton - PhD - (M. Bakovic, advisor)

NSERC CGSD, PGSD and PGSM Awardees (2008/2009):

Breanne Anderson - Alexander Graham Bell Canada Graduate Scholarship - (4th yr undergraduate)

Nicolette Bradley - PGSD3 - (L. Spriet, advisor)

Kim Cullen - PGSD3 - (J. Dickey, advisor)

Elizabeth Kuczynski - CGSM - (4th yr undergraduate)

Graeme Ross - PGSM - (C. Murrant, advisor)

Swati Saxena - CGSD3 - (A. Bonen, advisor)



OGS Awardees (2008/2009):

Marie-Soleil Beaudoin - MSc (T. Graham, advisor)

Nicolette Bradley - PhD (L. Spriet, advisor)

Kim Cullen - PhD (J. Dickey, advisor)

Elizabeth Kuczynski - 4th year undergraduate

Sean Leonard - PhD (C. Murrant, advisor)

Anthony Pino - 4th year undergraduate

Ian Ritchie - MSc (D. Dyck, advisor)

Graeme Ross - MSc (C. Murrant, advisor)

Brennan Smith - MSc (D. Ma, advisor)

REVERSION LIST:

Morgan Fullerton - PhD (M. Bakovic, advisor)

Maxime Paquette - MSc (L. Vallis, advisor)

THANK YOU

- the following is an email sent to President Summerlee from Megan Fisher, Human Kinetics graduate

Hello,

I am a University of Guelph alumni from the Human Kinetics department. I graduated last year, and am currently in the first year of my masters of physical therapy at the University of Toronto.

I have been thinking about my experience at Guelph, and I wanted to say thank-you for it. I chose Guelph because it was a smaller school, with a great reputation, and it was the only place that offered my initial program (biomedical tox, coop). In first year, I had the opportunity to meet the most amazing group of friends who supported me all the way through my undergrad and with whom I still keep in close contact with. In terms of athletics, I was always able to find some sort of team to join or fitness class to participate in.

Academically, Guelph really excels. I have come to the conclusion that it is abnormal to have access to the library as often as I did at Guelph. Thanks so much for that. The classes that I took have allowed me to enter into my masters with a relatively easy transition. I feel much more prepared than my class mates for the academic courses I am now taking. In particular, the applied human biology class, cardiorespiratory physiology, human physiology, nutrition/exercise/metabolism, neuromuscular physiology, and anatomy. Working with cadavers has given me a huge advantage in my program and I hope that future students will always have the same great anatomy experience at Guelph that I did.

I am sorry this thank you is so late in arriving, but I figured it was better late than never. I got together with other friends from my undergrad this weekend who have also gone on to masters programs, and we have all decided that we didn't realize how lucky we were to attend Guelph. Thanks so much and keep up the great work!

Megan Fisher

Megan's letter was highlighted in the Winter 2008 edition of The Portico - "The President's Page"



HHNS GRADUATE STUDENTS!!!

Applications are being accepted for the Human Health and Nutritional Sciences Travel Grant - up to \$2,000

Eligibility : Students enrolled in a graduate program in the Dept of HHNS and who are travelling to one of: the University of Copenhagen, Denmark; University of Maastricht, Netherlands; Deakin University, Royal Melbourne Institute of Technology (RMIT), or the University of Melbourne, Melbourne Australia.

Selection criteria: Selection will be based upon a detailed research plan that demonstrates a unique opportunity to complete research abroad. The student's proposed budget and appropriate sources of funding will be taken into consideration.

Method of Application: apply by the end of the third week of the semester preceding the planned semester of departure to the Chair of HHNS. Applicants must present a clearly described schedule of study/research plan for their time abroad as well as a budget for their personal expenses. The outline should justify how the time abroad will complement their academic program and enhance their educational goals. Within the budget, the applicant should identify how the grant will be used and students should demonstrate financial support from their University of Guelph adviser. Students must also include an official letter, fax or email from their supervisor at the host institution confirming that an academic/research position has been confirmed.



Human Health and Nutritional Sciences
ANNUAL UNDERGRAD SYMPOSIUM

Boost your Juice!

Nutritional Supplements
 for Human Health
 and Performance

Tickets: \$20.00 (\$15.00 for students)
 Includes: hot catered lunch and wine and
 cheese reception

Date: Sat. Feb. 2nd, 2008
 Time: Registration begins at 8:30 a.m.
 Location: OVC Learning Centre

Contact: Anne Lovett-Hutchinson
 alovett@uoguelph.ca
 519-824-4120, Ext. 56171
 or hhnsymp@uoguelph.ca



This year's annual undergrad symposium was once again a great success.

There were approximately 100 attendees at the symposium.

Speakers included:

Dr. Stuart Phillips - Protein and recovery

Colleen Gobert, PhD candidate - Fat replacers

Dr. Lawrence Spriet - Sports Drinks: CHO and electrolytes

Brad Pilon, MSc candidate - Industrial overview of supplements

Dr. Cynthia Richard - Weight loss supplements

2008 CAMPBELL LECTURE - March 3, 2008 9:00 am - 3:30 pm - UC 103

The Campbell Lecture is a symposium dedicated to bringing experts to the University of Guelph to promote interaction and discussion in the area of food, nutrition and human health. This is a free seminar open to students, staff and the public. This year's mini-symposium included a special focus for students interested in career insights in the food, nutrition, agriculture, and health industry.

The schedule for the day began with a "meet the speakers" from 9:00-10:00 am. This was followed by a panel discussion "How To Get an Industry Job: Expectations and Challenges".

11:00-12:00 - Dr. Laurie Drozdowski: "Transitioning from Research to Industry: A Career in Disseminating Nutritional Information to Colleagues, Health Care Professionals and Consumers"

2:00-3:00 - Dr. Marco Di Buono: "From Labs to Boardrooms: How to Apply the Learnings of Graduate Training in the Life Sciences Outside of Academia"

THESIS DEFENCES

MSc

Kristen Thomas (*Advisor: L. Bent*) - March 27, 2008

“The interaction of vestibular and cutaneous information in the modulation of posturally inactive muscles”



Matthew Chronowic (*Advisor: K. Meckling*) - December 4, 2007

“The effects of pomiferin on growth rate and vascularization of MDA-MB-435 tumour xenografts in athymic nude mice”



Kristen Pandke (*Advisor: D. Dyck*) - December 4, 2007

“Chronic effects of beta-guanidinopropionic acid on skeletal muscle fatty acid and glucose metabolism”

Kathryn Junkin (*Advisor: D. Dyck*) - November 27, 2007

“The acute effects of recombinant resistin on glucose transport and fatty acid metabolism in rodent skeletal muscle”



PhD

Lin Zhu (*Advisor: M. Bakovic*) - April 8, 2008

“Molecular mechanisms for the cellular regulation of ethanolamine phospholipids by CTP:phosphorylethanolamine cytidylyltransferase (pcyT2)”

MSc Coursework and Project Graduates

December 2007

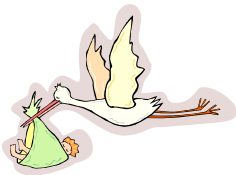
Colin Garrioch
Stephanie Clarke
Christina So

April 2008

Vesna Jelovac
Brad Pilon
Fiona Zhang

BABIES!!!

Lucas Andoni Zettel (pictured here with big brother Alex) was born on August 30, 2007, weighing 7 lb, 9 oz, to new faculty member, John Zettel and wife Paulina.



David, Soo Min and big brother Noah announce the arrival of Mattea Cheek Yee Ma, born Thursday, March 27, 2008. Mattea weighed 6 lb, 14 oz and measured 19.5" in length.



Aidyn Noei - born on March 18, 2008 at 10:12 pm - 3505 g and 53 cm to proud parents Anita Mofidi Najjar and husband Vahid.



Jordan Sophie Foster Lloyd was born May 5, 2008 at 9:48 PM to parents Leah Bent and Jesse Lloyd. She weighed 6 lbs 7 oz (2.9 kg) at birth.

HHNS HAS A NEW WEBSITE URL and A NEW LOOK

<http://www.uoguelph.ca/hhns>

IN THE



- ☛ “U of G Staff Member to Chair Women of Distinction Awards - January 14, 2008 in At Guelph - Cyndy McLean was named the honorary chair of the 13th annual Women of Distinction Awards by the YMCA-YWCA of Guelph.
- ☛ The March 19th edition of the National Post featured the article “Two Ontario Institutions To Team Up, Create New Degree in Battling the Bulge” regarding the new University of Guelph-Humber program - Honours Bachelor of Applied Science in Kinesiology/Diploma in Fitness and Health Promotion.
- ☛ March 18, 2008 - News Release: “Rising Obesity Rates Prompts New Fitness Degree” announced the new University of Guelph-Humber Kinesiology program .
- ☛ February 13, 2008 - News Release: “A Third of Hockey Players Are Significantly Dehydrated, Research Finds” highlighted Lawrence Spriet’s research looking at the dehydration rates of hockey players. This research was also featured in an article in At Guelph titled “More Water With Your Ice?”
- ☛ The January 30, 2008 edition of At Guelph featured an article on Terry Graham’s bread study entitled “Break Bread - But Not Just Any Bread - At Breakfast (CBS study finds sourdough bread tops, whole wheat on the bottom when it comes to daily health benefits).
- ☛ David Ma’s research on nutrition, breast cancer and prostate cancer was highlighted in the article “CBS Prof Explores Diet, Cancer Links” in the November 21, 2007 issue of AT GUELPH.
- ☛ “Gotta Run and Eat!” headlined an article in the May 7, 2008 AT GUELPH regarding Prof. Lindsay Robinson’s studies on how exercise affects body’s response to fatty foods.

NEW GUELPH-HUMBER PROGRAM

KINESIOLOGY - BEGINNING FALL 2008



HONOURS BACHELOR OF APPLIED SCIENCE IN KINESIOLOGY
DIPLOMA IN FITNESS AND HEALTH PROMOTION

For Fall 2008, the University of Guelph-Humber has a projected enrolment of 60 students for the new Kinesiology program.

The human body is a phenomenal and complex mechanism and to truly use it, we must understand it. The study of Kinesiology is just that. The new Kinesiology program focuses on understanding the science of human movement, including the areas of functional anatomy, physiology, biophysics and biomechanics, motor learning and neural control, biochemistry and nutrition, and fitness and lifestyle assessment. In this new program students will gain the knowledge, skills and practical experience necessary for employment in a variety of fitness and health fields, as well as in clinical settings. Upon completion of the program, students may choose to pursue a national certification as a Personal Trainer or an Exercise Physiologist. Students will also be well positioned to further studies in professional schools, graduate programs or within the Faculties of Education (Teacher's College).

Workplace Experience

In third and fourth year, students will complete two industry internships which will provide real-life experience and networking opportunities to prepare for a career in the fitness industry. Placements will come from a broad range of fitness and rehabilitation facilities that will foster development of transferable skills. Throughout placements, students will participate in weekly seminars and professors and classmates, to critically analyze experiences and develop skills required for professional work.

Physical Requirements and First-Aid

Kinesiology students will require Level A, CPR and Standard First Aid certification. Students will require a higher level of CPR certification in their final semester if they wish to write the CEP examination (level C is required). The University will provide access to these courses on campus - these certification courses are offered in addition to the regular schedule of study for the program and are traditionally offered in a short condensed weekend format.

As the Kinesiology program involves active participation in CPR, First-Aid and physical assessment labs, students should be aware that there is a physical mobility requirement for the program.



Potential Careers:

- Fitness Training
- Sports Medicine
- Health Promotion
- Business or Education



*As seen live on TSN on Saturday, March 15th, **Heather Logan** (PhD candidate, HHNS - pictured above, behind the "E" in Esso), and her Mississauga Chiefs won the 2008 Esso Women's National Hockey Championships in Charlottetown, PEI by beating the Brampton Canadettes 3-2 in double overtime! Heather had a lot of air time on TSN along with Cassie Campbell talking about when she used to play with Heather! Well done Heather - now you can get back to dehydrating people in the lab and concentrating on winning Canadian Cycling medals!*

VISITORS

Drs. Louise Burke and John Hawley visited HHNS Monday, November 12 to Wednesday, November 14.

Dr. Burke is a world renowned sports dietician/nutritionist who has worked with elite athletes for more than 25 years. She is the founder of the Dept. of Sports Nutrition at the Australian Institute of Sport in Canberra and has served as head for the past 18 years.

Dr. Hawley is head of the Exercise Metabolism Group in the School of Medical Sciences at RMIT University in Melbourne, Australia.

An informal discussion with HHNS grad students and Drs. Burke and Hawley was held on Tuesday, November 13th. Research experiences in Australia, goals of present research plans, experimental models for research, and future frontiers of research, etc. in the fields of exercise and nutritional sciences as it relates to normal and diseases populations and athletes were discussed.

Dr. Joseph Hibbeln, a leading omega-3 research from the NIH (US) visited HHNS and met with members of the department on Thursday, March 6th prior to his appearance at the DHA/EPA Omega-3 for Health Symposium (March 7th).



Hilary Tulk - has joined the Human Nutraceutical Research Unit as Clinical Trials Manager, starting March 1st. Hilary is a graduate of the MSc program in the Dept. of Human Health and Nutritional Sciences and takes over for Dawn Robinson (also an MSc graduate from HHNS) who has left the University for a position in R&D with Kraft Canada.

Stefanie Attardi - joined the department in January as our new Anatomy Lab Technician. Stefanie completed her MSc in Anatomy at Queen's University..

Dr. John Zettel - has arrived! John began his position as an Assistant Professor - Biomechanics (Guelph-Humber) in January. John received his HonBSc (Kin) from the University of Waterloo, MSC and PhD (Inst. of Medical Sci. & Inst. of Biomaterials & Biomed. Eng.) from the University of Toronto. He then completed a postdoctoral position at the Centre for Vision Research, York University.

Dr. Bill Woodward, Professor, HHNS - is retiring at the end of August. Stay tuned for details regarding the retirement party (Thursday, September 11th).

Albert Thibodeau—has joined HHNS as a biomechanics/physiology laboratory technician. Albert is a graduate of the University of Guelph Biological Engineering program, and has several years of relevant industrial experience. He has particular expertise in the areas of biomechanics, instrumentation, computers, hardware and software. His primary role will be support of the biomechanics and physiology laboratories and lab equipment. He will also be providing technical support for various research projects. Albert will have an office in the renovated Powell teaching area as of Sept 2008, but will be temporarily housed in ANNU 371B until the Powell space is complete. Please contact Albert directly to evaluate whether his skills could be helpful in assisting with your teaching labs or research.

DEPARTMENT OF HUMAN HEALTH AND NUTRITIONAL SCIENCES COLLEGE OF BIOLOGICAL SCIENCE

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