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○ Volume 3 | ○ Issue 4 | ○ January 2008



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Réseau des aliments et des matériaux d'avant-garde
ADVANCED FOODS & MATERIALS NETWORK

Inspiration from the ground up | Aux racines de l'inspiration

The HQPA

Insider

THE OFFICIAL NEWSLETTER OF THE HIGHLY QUALIFIED PERSONNEL ASSOCIATION
AS PART OF THE ADVANCED FOODS AND MATERIALS NETWORK

From India to Canada: The Journey of an HQP

It was the month of December 2006, and I was desperately searching for a post-doctoral position after submitting my Ph.D thesis. I had completed my graduate studies at the Materials Science Center, Indian Institute of Technology - Kharagpur, India. On the second week of December, I got an e-mail with the subject title "Prospective PDF." I read the e-mail and was excited to see an offer from Dr. Rousseau to do a post-doctoral fellowship at Ryerson University, but at the same time was a bit nervous as I had never heard of this institution. I consulted my mentors and they had suggested that I go to the Canadian embassy website to check the credibility of the University.

Now, I am here. I landed in Toronto in the middle of a snowstorm in February 2007. After checking out from the airport, I confronted a large crowd and was a bit excited about the proceedings. Suddenly a face from the crowd emerged and greeted me, "Hello Kunal," in a typical North American style. It was Dr. Rousseau along with Dr. Misael. He then dropped me off to my temporary residence. After only 1 week, Dr. Rousseau told me "you are flying to Dalhousie University in two weeks to work with Prof. Paulson for a week."

My stay in Halifax was quite fruitful as I learned about microencapsulation from Marta, a grad student at Dal.

Though I knew about the theory of the method, actually performing experiments strongly impacted my research skills. Since then, I have not looked back in terms of travelling. Since my arrival, I have visited Waterloo, London, Quebec City and Winnipeg. Next on my list is Saskatoon! Three cheers to AFMNet.



Kunal Pal, School of Nutrition, Ryerson University



R2B Corner: The DOs and DON'Ts of Laboratory Notebooks

When considering commercial applications for your research, your laboratory notebooks provide a vital record.

Good documentation helps to demonstrate (a) inventorship by identifying the contributions of all researchers, (b) novelty by documenting relevant dates – from conception through development – of the invention, and (c) non-obviousness by attesting to not only successful, but also unsuccessful, attempts at the invention.

With this in mind DO:

- make comprehensive records
- label each page with the date and subject matter
- sign and date the entries
- have the entries independently witnessed
- use permanently bound notebooks
- permanently affix attachments
- index and safely store completed notebooks.

DON'T: remove any pages,

DON'T: modify entries without adding a date, signature and witness.

Last Issue's R2B Quiz: What is an MTA?

An MTA (“Material Transfer Agreement”) is a contract that governs the transfer of tangible research materials between your laboratory and that of an outside organization.

The MTA defines the rights of each party with respect to the materials and any derivatives. Biological materials, such as reagents, cell lines, plasmids, and vectors, are the most frequently transferred materials, but MTAs may also be used for other types of materials, such as chemical compounds and even some types of software.

**What is “Freedom to Operate”?
Prizes will go to the first 3 people who email Paul with the correct answer.**

Three types of MTAs are most common at academic institutions: transfer between academic or research institutions; transfer from academia to industry and; transfer from industry to academia. Each call for different terms and conditions.

Unfortunately, I received no correct answers to the last question. Yet I am hopeful I can award a terrific prize to the first 3 people to email me (paul.truscott@afmnet.ca) a correct response to this issues question.



Paul Truscott

Watch for the recurring quizzes in each article. This Issue's R2B Quiz: With respect to IP, what is “Freedom to Operate”?

Check out the R2B webpage: <http://www.afmnet.ca/index.php?fa=R2B.showHome>. Here you can find out more about R2B and future R2B programming coming to a university near you.



AFMNet - Nutrition Outreach

Are you curious why the childhood obesity rates in Canada are growing at such an alarming rate? One potential reason is that in today's fast paced society, it's easy for parents and children to be oblivious to the advantages and disadvantages associated with what they're eating. My work with AFMNet (as part of my final year in the University of Manitoba's Human Nutritional Sciences undergraduate practicum) is to target this issue by raising awareness of students to the possible effects of poor nutrition and portion control. With the aid of modules geared at all grade levels, students are made to realize the importance of healthy eating practices (according to Canada's Food Guide), as well as the core nutritional and physical activity principals. Last month at the AFMNet Winter School; I presented my first nutrition module to members of the HQP.



*Nisha Ramberran, Nutritional Sciences,
University of Manitoba*

The HQP offered me much assistance in further developing the module for presenting to high school students. Building on the experience of presenting at the Winter School, I took the initiative to present my module to the targeted group of high school students (Gr. 11) at Maples Collegiate. The response was amazing, and the students really appreciated the information while enjoying the interactive presentation. Through nutrition education initiatives, such as my work with AFMNet and similar other initiatives, I believe we can all work together towards a decline in childhood obesity rates in Canada.

- Nisha Ramberran,
Nutritional Sciences,
University of Manitoba

HQP learn about Career Civility

If you are invited to a 'social' function with work/business associates, is it okay to bring along a friend or spouse/date? Those of you who attended the latest Winter School already know the correct answer, thanks to a talk given by Karen Mallett from the Civility Group Incorporated. The Civility Group Inc. was founded in 1999 by Lewena Bayer and Karen Mallett. Bayer and Mallett are nationally recognized as North America's leading Experts on Civility, so you may recognize her name from her many books, newspaper and magazine writings



Taking a Pop Quiz

and television appearances. At our Winter School she gave a talk entitled 'How to Avoid Being a Cocktail Weenie.'

Based on the title of the talk, HQP were not sure what to expect. What they got was a dynamic and interesting talk that sparked conversations for the rest of the Winter School. Karen discussed the importance of making a good first impression and how to do so...

...Continued on page 4

Career Civility (continued from page 3)

...She also gave a quiz on mixing business and pleasure, which most of the HQP failed! For example, if you have to make a quick exit at a work/business function in order to attend another function, you should not make a point of explaining yourself to the host (because the host is very busy with all of his or her guests). Who knew?

As HQP, we are now attending business meetings and conferences that could help shape our careers. It is important to know how to behave at these events, and sometimes the most appropriate behaviour is quite different from how we are used to behaving

in school and social situations. We are all nice, polite HQP, but apparently, based on our reaction (shock and awe at times) to Karen's talk, we need a little help sometimes.

“If you are invited to a ‘social’ function with work/business associates, is it okay to bring along a friend or spouse/date?”

For more information on Karen's work with The Civility Group, visit:
<http://www.thecivilitygroup.com>.

Oh, and, it is not okay to bring along a friend or a date when you are invited to a ‘social’ function with work/business associates. Did you know this?

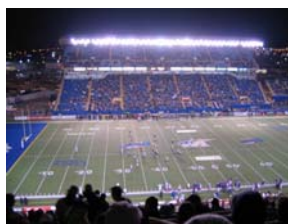
Photos From The 2007 AFMNet Annual Winter School



*The Ice Breaker Moments
 6 Degrees of Separation*



*Tiny Bubbles...
 Dr. Scanlon on Bubbles,
 Foams and Foods*



*Winnipeg Blue Bombers
 Vs.
 Montreal Alouettes*

- Check out these and other pictures on our website: <http://www.afmnet.ca/HQP/>

Upcoming Events!

Third Annual HQPA Research Competition

Date: Early March or May: Specific Date TBA

Location: Ryerson University, Toronto, ON

Description: A 1-Day competition providing HQP an opportunity to showcase their cutting edge research through oral and written communications while honing their ability to collaborate across the themes and disciplines of AFMNet

The Advanced Foods and Materials Network



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 Inspiration from the ground up. | Aux sources de l'innovation

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