

TMMSA Newsletter

November 2024

Volume 3



TMM • MMT
Translational and Molecular Medicine
Médecine moléculaire et translationnelle



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Message from Dr. Lee

I spent a late night November 5th anxiously watching the US election results. Like so many others, I am aghast that an amoral, hateful, misogynist will become President. Again. US, Canada and the world will once again face strange and difficult times. But I console myself with Winston Churchill's famous words after losing the UK elections two months after leading his country to victory during the Second World War: "Democracy is the worst form of government, except for all the others." I also find inspiration from Kamala Harris' concession speech: "While I concede this election, I do not concede the fight that fueled this campaign... Hear me when I say: the light of America's promise will always burn bright, as long as we never give up."

And never giving up is a winning attitude for all of us. The trajectory to career and personal success is not a linear one. Giving up in the event of failure is the easy way out. Ultimate achievement is the net combination of both successes and failures. There are lessons in both. When I was an undergraduate at Western, I came within a hair of failing my 2nd year Cell Biology class. Who would have thought then that I would have ended up a professor actually teaching cell biology. Certainly not my lecturers. It would have been easy to leave the BSc program and do something else. But I put that poor mark behind me and slogged forward, never forgetting what slouching on homework and studying would bring.

I hope you are all having fun in your labs. For the third years, I hope you got your phage isolated. For the fourth years, I hope you have settled into the routine of working in a functioning research lab and perhaps you might have generated some data already. Congratulations to those that have done so. Good luck to all on your final exams and assignments!

Sincerely yours,

Jonathan Lee, PhD

Academic Dates and Deadlines



**Nov
15th**

Last day to
withdraw from a
course but no
financial credit

**Nov 18th -
Nov 29th**

Course
evaluations



Upcoming TMMSA Events

After the BSc with Dr. Mah

Wednesday, November 20th from 12:30–1:30 PM in RGN 2113

Join us for an informative session led by Dr. Mah and other esteemed faculty members from the Faculty of Medicine! Discover a range of graduate programs and explore the diverse career paths available to you after completing your BSc.

This is a great opportunity to gain valuable insights into what lies ahead and how to prepare for the next steps in your academic and professional journey.



Rotation Information Session

Thursday, November 28th from 11:30–1:00 PM in RGN 3248

Hosted by 4th-year TMM students, this session will cover everything you need to know about research rotations — how to choose the right labs, make the most of your rotation experience, and navigate the selection process. You'll also have the chance to connect with current and former students from various labs, gaining first hand insight into lab projects, environments, and expectations.



Don't miss this opportunity to ask questions and find the best fit for your interests!

Dooly's Pool Night Recap

Thank you to everyone for another successful annual pool night! And congratulations to Sahib M. for winning the ultimate prize: a gift card to Escape Manor, valued at \$72!





Research and Career Opportunities

This month we've curated a selection of graduate program opportunities that offer a variety of paths for professional growth, so take a moment to review and discover the possibilities that await!



Pathy Foundation Fellowship

Applications open until December 15th, 2024!

The Pathy Foundation Fellowship is a 12-month experiential-learning program in youth leadership and community engagement. Each year, up to 12 selected Fellows receive state-of-the-art training, extensive support, and \$50,000 in funding to support their growth as leaders, make a meaningful impact in a community they care about, and acquire skills that will benefit them for a lifetime.

This is the only program in Canada that provides young people with a fully-funded opportunity to dedicate a year of their early career to a project they are passionate about, in any field, sector, and community across the world.



Applications are open until December 15th, 2024! Learn more and start your application at www.pathyfellowship.com!

The Rosalind and Morris Goodman Cancer Institute (GCI)

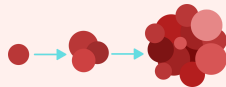
McGill University, Faculty of Medicine & Health Sciences

The Rosalind and Morris Goodman Cancer Institute (GCI) at McGill University is accepting applications for 2025. This opportunity is ideal for students in any biomedical science field who are considering graduate studies with a focus on cancer research.

Selected applicants will have their expenses covered to visit the GCI in Montreal, where they'll participate in activities, meet with potential supervisors, and connect with current graduate students.

You can find more information at the following link:

<https://www.goodmancancer.ca/en/recruitment>



Department of Medical Biophysics

University of Toronto, Faculty of Medicine

The Department of Medical Biophysics (MBP) in the Faculty of Medicine at the University of Toronto offers one of Canada's top graduate programs (MSc and PhD) in molecular oncology, medical imaging, and cancer genomics. They also offer a paid summer program that gives undergraduate students an opportunity to gain experience in biomedical research.

Research in the Department is very interdisciplinary, and welcomes applicants with backgrounds in any of the biological or physical sciences, including biology, biochemistry, chemistry, computer sciences, engineering, genetics, immunology, medicine, physics and any other related sciences. If this sounds like something you'd like to pursue, more information is available here:

<https://medbio.utoronto.ca/graduate-program-overview>

Philanthropic opportunity

Become a Volunteer with



Empower Youth Through STEM Education

Join Let's Talk science, an impactful STEM outreach initiative partnered with the University of Ottawa, Carleton University, and the Translational and Molecular Medicine (TMM) program. Make a difference by guiding children and youth through interactive, hands-on STEM activities in classroom and community events across Ottawa.

Exciting Volunteer Opportunities:

- **Classroom Volunteering:** Engage with students in classrooms across Ottawa by leading STEM activities
- **TMM High School Phage Labs:** Help the TMMSA and Let's Talk Science introduce high school students to the TMM program and biomedical research. Gain valuable experience as a volunteer TA
- **Rural Outreach Trips:** Help expand STEM education access by volunteering on outreach trips to rural Ontario and Northern communities
- **Carleton University Chemistry Magic Show:** Get involved in the annual Chemistry Magic Show, where you'll help entertain and educate over 500 attendees with thrilling chemical demonstrations.

Join the Let's Talk science Volunteer Team Today!

Create your volunteer account using the following link: [Let's Talk Science Volunteer Account Creation](#) (Referral: Daniel Nguyen)

Resource of the Month

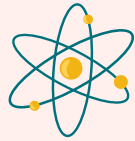


The RGN Food Bank



The RGN Food Bank, located on the 4th floor, is accessible to students year-round. Feel free to take what you need, and if supplies are running low, please inform us so we can promptly restock.

November Holiday Shoutout



National STEM Day

Friday, November 8th

STEM Day celebrates all things Science, Technology, Engineering, and Mathematics. It's a great chance to recognize the power of diversity in these fields and to consider how inclusive innovation can lead to solutions that benefit everyone. Don't forget to take a minute and appreciate how far you and your peers have come in their STEM journeys, TMM or otherwise!

Remembrance Day

Monday, November 11th



On Remembrance Day we wear poppies, which often grew on the battlefields of World War I, to signify our respect and admiration for the soldiers who gave their lives fighting for the freedoms we enjoy as Canadians.

While we honour our veterans, it is also important to remember the countless innocent victims of war, oppression, and imperialism, especially when it is conducted by Canadian forces. Since Canada's establishment as a country, the military has been used to conduct the genocide and suppression of the indigenous populations of Turtle Island. Our patriotism should not blind us from the fact that military might can just as easily be wielded for evil as it can for good.



International Students' Day

Sunday, November 17th

International Students' Day is all about celebrating the resilience, diversity, and achievements of students from all over the world. It's an opportunity to appreciate the cultural richness international students bring to our campus and a reminder of the importance of creating an inclusive environment for everyone.

You may know a few international students from your labs or classes, be sure to wish them a happy day!

International Men's Day

Tuesday, November 19th



November 19th is International Men's Day, with the entire month of November being focused on men's physical and mental health, nicknamed "Movember". Educate yourselves on men's health struggles and rock those beards TMM!

Lab Shoutout

The Beug Lab



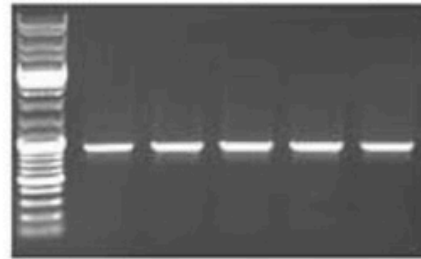
Dr. Shawn Beug is an assistant professor at the Department of Biochemistry, Microbiology, and Immunology and is a scientist at the Apoptosis Research Centre at CHEO Research Institute. His lab is focused on understanding the molecular and cellular regulators that control cell death, signaling, and immunity to develop targeted therapies for cancer and immunological diseases.

Some members of the lab currently investigate cytokine signaling, particularly the role of TNF α , in immune response and its impact on diseases like cancer and autoimmunity. The lab also focuses on advanced techniques being used to understand immune cell functions and develop therapies that enhance immunity against cancer and other immune-related disorders.

For TMM, Dr. Beug teaches TMM4914 Advanced Methods in Biomedical Research – Flow Cytometry and Immunophenotyping, as well as TMM4101 Introduction to Cancer Biology.

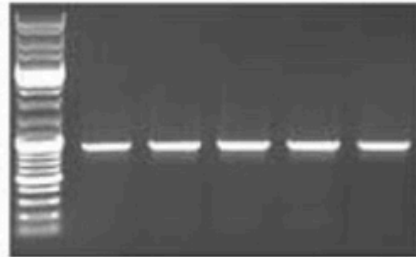
Meme of the Month

Mom, can we have

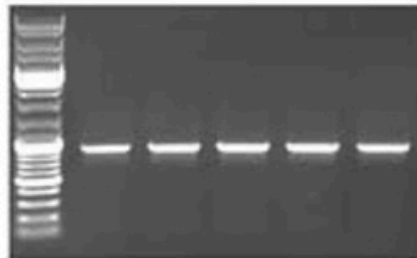


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No. There is



At
Home



At home:

