

TMMSA Newsletter

October 2024

Volume 2



TMM • MMT
Translational and Molecular Medicine
Médecine moléculaire et translationnelle



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Message from Dr. Lee

Welcome everyone! I love the Fall. September and October always feel like New Year for me; a time for new perspectives and new opportunities. For the 3rd year students, I hope you are having fun with your phage. Science is fundamentally about the joy of discovery and I hope you are enjoying this part of TMM. For the 4th years, I hope that you have settled into your lab and have had the chance to discuss your project in full with your supervisor. Research is hard and sometimes frustrating work, but please work hard, enjoy the experience and follow the data no matter where it leads you. Don't be afraid of failure and telling others about it. Someone in your lab has likely encountered the same issues before and might have a solution.

For many of you, October is also medical school application time. TMM has a strong record of placing its graduates in medical schools in Canada, the US and around the world. But as you all know, getting a place in a medical school is exceptionally hard. In fact, most currently enrolled medical students have applied multiple times. I ask that those of you who have a career path as a physician in mind think about alternate plans. Perhaps think about graduate school. It is my hope that at least some of you will consider becoming a research scientist and appreciate the joys (and hardships) of doing science as a career. I've spent almost 30 years as a professor and I have no regrets.

So once again, welcome back to school. Work hard, don't skip classes, spend as much time in the lab as you can and enjoy as much of the TMM experience as you can.



Sincerely yours,

Jonathan Lee, PhD

Academic Dates and Deadlines

Oct 10th

Exam schedule
posted in uoZone



Oct 14th



Thanksgiving
(no classes)

**Oct 13th -
Oct 19th**



Reading week
(no classes)

**Oct 1st -
Nov 30th**

Period for
making changes
to your program
for the Winter
2025 term



Upcoming TMMSA Events

TMM Fall Spirit Week!

Monday, October 28th – Friday, November 1st

Celebrate diversity, relax in style, boost your wellness, rock your best costume, and ride the waves or hit the slopes – it's all happening during the **TMM Fall Spirit Week!**

Participate in each themed day to win points for your cohort (3rd years vs. 4th years). The cohort with the most points will receive a prize... it may or may not involve free food!

How to participate and earn points:

- 1) Take a picture of yourself following the theme of the day
- 2) Make a social media post with the picture (eg. Instagram stories)
- 3) Use the hashtag #tmm3rdyears or #tmm4thyears **AND** tag us @TMMSA_AEMMT in your post
- 4) Take a screenshot of your post and DM it to @TMMSA_AEMMT on Instagram with your full name before 11:59 PM each night to win points for your cohort!



@TMMSA_AEMMT

Here are the spirit week days:

Mon, Oct 28th: Multicultural Day

- Show up to school dressed up in cultural clothing to earn points, or share a photo of yourself enjoying food from your culture!



Tue, Oct 29th: Comfy Clothing Day

- Share a photo of yourself dressed down in your favorite comfy clothes – sweatpants, hoodies, PJs, bunny slippers, etc.!



Wed, Oct 30th: Wellness Wednesday

- Recovering from a slew of midterms? Earn points by sharing your favourite way to practice self-care and decompress!



Thur, Oct 31st: Halloween

- Trick or treat! Post your Halloween costume to win points so your cohort can get a treat!



Fri, Nov 1st: Surfers vs. Skiers

- There are two types of people: those who can't wait for it to snow and those who can't wait for summer to come again. Dress up as a surfer or skier based on which group you identify with!



Don't forget to use the hashtag #tmm3rdyears or #tmm4thyears **AND** tag us @TMMSA_AEMMT in your post! May the best cohort win!

TMM Halloween Candy Raffle

Thursday, October 31st

Do you think you have what it takes to guess how much candy is in a jar? Test yourself by entering the TMM Halloween Candy Raffle for a chance to win some sweet rewards!

On Thursday, October 31st in the RGN 2nd floor atrium, come and guess how much candy is in our jar — the person with the closest guess wins it all! It costs just \$1 to play.



Day in the life of a 4th year TMM student

Monthly Instagram series

Curious about what a typical day is like for a TMM 4th year? Introducing the “Day in the life” monthly series!

Each month we will feature one TMM 4th year student who will show you what a regular day in their life looks like. Follow along as we dive into their routine, from classes to labs and everything in between!

Stay tuned and follow along on our Instagram: @TMMSA_AEMMT



Philanthropic Opportunity

Volunteer at



CHEO, short for the Children's Hospital of Eastern Ontario, is the pediatric hospital that serves the Eastern Ontario region. It is a vital part of the community and offers a large array of volunteer opportunities to students and other members of the community.

Opportunities range from volunteering with Child Life and directly interacting with patients to helping busy doctors and scientists complete cutting-edge research projects. As a volunteer at CHEO, you get the opportunity to make a big impact on patients, clinicians, researchers, and the community around you. So what are you waiting for? Join today!

Links for two of the most popular programs:

- [SUPPORT](#)
- [General volunteering](#)

Club of the Month



At Learning for Charity (LFC), we're committed to helping students succeed while giving back to the community. Each year, we raise over \$13k for pediatric research at CHEO, thanks to our team of 100+ tutors. Here's what we offer:

- **Affordable Tutoring:** 1-on-1 sessions for popular first- and second-year courses like MAT, CHM, BIO, and more. Just \$12/hour, with all proceeds supporting pediatric research at CHEO.
- **Become a Tutor:** Volunteer to tutor uOttawa courses or high school students. Earn official uOttawa volunteer hours, gain leadership experience, and enjoy flexible scheduling – you set your own hours!

Learn more or sign up today at learningforcharity.ca and follow us on Instagram @learningforcharity!

Resource of the Month



BioRender!

BioRender is a web-based tool that enables scientists and researchers to create professional-quality scientific figures and diagrams quickly and easily. It offers an extensive library of over 50,000 scientifically accurate icons and templates covering various fields like biology, chemistry, and medicine.

BioRender allows users to design complex visuals for publications, presentations, and educational materials without requiring advanced graphic design skills!

Restaurant of the Month

Kara Mia



Kara Mia is the restaurant of the month, located in Elmvale Shopping Centre, just a 10-minute drive from RGN. This vegan and halal-friendly, Italian-inspired spot adds a unique twist to every dish. It is dine-in only with reservations required, but the experience is worth it. I highly recommend the spicy Cajun fettuccine!



October Holiday Shoutout



Thanksgiving

Monday, October 14th

Our first holiday, Thanksgiving, is celebrated across North America and some other parts of the world as a special opportunity to give thanks for the yearly harvest. Modern celebrations are family-oriented and serve as a more general expression of gratitude for all that we have.

This year, Thanksgiving falls on Oct 14th, which will be during reading week, another holiday for university students. Make sure to relax and refocus during your week-long break, but don't let tasks pile up!



Halloween

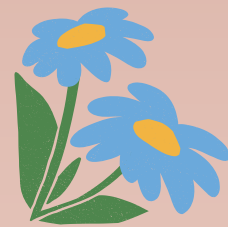
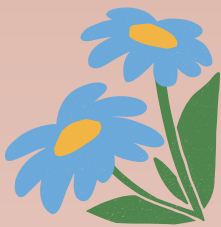
Thursday, October 31st

October 31st is Halloween, which TMM takes very seriously. Keep an eye out for costume competitions in your labs, a candy raffle from the TMMSA, and winning spirit week points. Stay spooky!



Lab Shoutout

The Lee Lab



Dr. Seung-Hwan Lee is a professor at the Department of Biochemistry, Immunology, and Microbiology and is the principal investigator of Lee Immunology Laboratory. His lab focuses on optimizing natural killer (NK) cells for use in immunotherapies, exploring their potential to enhance treatment outcomes in cancer and other diseases.

Some of his lab's current research includes understanding the regulation mechanisms of NK cells, engineering NK cells to target specific cells, and conducting screening projects to improve NK cell functions.

Dr. Lee also teaches TMM3105 – Introduction to Immunology where you can learn more about the immune system!

Meme of the Month

**If you didn't love
me I was
methylated**

**Then you don't
deserve me
when
I am Acetylated**

