Note from the GSC Communications Officer

Hello Fellow Grad Students!

By: Shilpa Dogra

This our first newsletter of 2009 and we can't wait to fill you in on all the new and exciting things going on with the CSEP GSC (graduate student committee) this year.

The first thing is that we are giving away 4 free student memberships this year! In each newsletter (4 per year) we will have a word scramble game. The first person to email gscnews@csep.ca with the find wins a free membership. There will be one CSEP or exercise physiology related word scrambled up in one of the articles (i.e. an anagram of the word). We will let you know what word you are looking for in the introduction of the newsletter. This edition's word is CSEP....so let the hunt begin. Deadline: March 13, 2009.

The second exciting thing we are doing with the newsletter is a lab feature section. If your supervisor or someone in your department is looking for graduate students or postdoctoral trainees, they can email Shilpa (shilpad@yorku.ca) and be featured in our May edition of the newsletter. This month we are featuring Dr Russ Hepple’s lab at the University of Calgary (see article Postdoctoral training with Dr Russ Hepple).

The final exciting piece of information for this newsletter is that we have a new Graduate Student Committee. Meet them below.

Cheers,

Shilpa Dogra

Team GSC 2009

By: Shilpa Dogra

Chair

Lianne Dolan, PhD Candidate at UBC

Research Interests: Clinical exercise physiology, i.e. using exercise as a therapeutic tool to ameliorate the side effects of breast cancer treatments.

Favourite exercise or sport or activity: Adventure racing (and actually finishing)
| The weirdest or funniest or oddest name for an exercise: The English terms for Yoga Poses... honestly, do I have to explain why???
| Most annoying thing about research/academia: SPSS - b/c I always have to spend a week relearning it, before I run anything |

| Chair Elect | Amanda Rossi, MSc Candidate at Concordia University |
| Research Interests: Exercise physiology; Blood flow; Nitric Oxide; Adenosine; Hypoxia. |
| Favourite exercise or sport or activity: Soccer!!!! |
| The weirdest or funniest or oddest name for an exercise: Burpies... We used to do them in circuit training for soccer... I never understood why they called them that!! |
| Most annoying thing about research/academia: Grants writing... Ouf! Don't even get me started! You work and work and work, and then you still have to beg to get the money to have a chance to continue working!!! It's a vicious cycle of paper work! |

<p>| Communications Officer | Shilpa Dogra, PhD Candidate at York University |
| Research Interests: Exercise in special populations: asthmatics and older adults |
| Favourite exercise or sport or activity: love to watch basketball and tennis... only thing I am talented enough to do... run :( |
| The weirdest or funniest or oddest name for an exercise: Bird dogs... there’s no barking or flying involved... what a let down! Speaking of flying... do pecs fly? Then why a pec fly? |
| Most annoying thing about research/academia: Rejections from funding agencies... its like Seinfeld said, for once I wish they would just tell me I wasn't even close! |</p>
<table>
<thead>
<tr>
<th>Members at Large:</th>
<th></th>
</tr>
</thead>
</table>
| **Natalie Dies**, MSc Candidate at Brock University | **Research Interests:** Field re-warming techniques from hypothermia, adaptation to cold water immersion and human systems integration  
**Favourite exercise or sport or activity:** Tennis for sure!  
**The weirdest or funniest or oddest name for an exercise:** A "smear" in rock climbing is where your metatarsals are just against the wall to support your body instead of stepping on a hold (rock). I usually end up slipping and smearing my body into the wall instead! Ironic?  
**Most annoying thing about research/academia:** Not being able to save certain PDF files! What's with that? |
| ![Natalie Dies](image1) |  |
| **Julia O. Totosy de Zepetnek**, MSc Candidate at the University of Waterloo | **Research Interests:** Integrative bone and muscle physiology; osteoporosis, spinal cord injury and rehabilitation  
**Favourite exercise or sport or activity:** Adventure Racing or Bicycle Touring  
**The weirdest or funniest or oddest name for an exercise:** Good Mornings - it's a hamstring exercise; bar on your back, legs straight (knees soft), bend at the waist until torso is roughly parallel to the floor (keeping back arched and head up), twist from the waist. What is "good morning" about that?  
**Most annoying thing about research/academia:** The idiosyncrasies of guidelines/policies regarding clinical trials... and getting everyone on the same page when there are changes in these policies. And/or all the paperwork involved in accepting a scholarship. |
| ![Julia O. Totosy de Zepetnek](image2) |  |
| **Elias Tomaras**, MSc Candidate at the University of Calgary | **Research interests:** Human exercise physiology, muscle physiology, sport performance, warm-up for sprint performance |
| ![Elias Tomaras](image3) |  |
| **Favourite exercise or sport or activity:** | Football. Real football, not "North American football". |
| **The weirdest or funniest or oddest name for an exercise:** | Hack Squat. The squat involves no sort of hacking (e.g., rough dry cough or to cut or chop with repeated and irregular blows), you just hold the bar behind your legs during a squat. Apparently it was invented by the early 20th-century strongman and professional wrestler Georg Hackenschmidt. |
| **Most annoying thing about research/academia:** | Ethics applications because there is always a problem and they take forever to be approved. |

| **Ayesha Saleem,** PhD Candidate at York University |  |
| **Research Interests:** | p53, muscle, mitochondrial biogenesis, exercise |
| **Favourite exercise or sport or activity:** | Tennis and cricket |
| **The weirdest or funniest or oddest name for an exercise:** | Head caves. Because if you drop the weight your head would literally be caved in! |

| **Jane LaBreche,** PhD student at UBC |  |
| **Research Interests:** | Pulmonary function and respiratory mechanics during exercise in spinal cord injured athletes |

| **Andrew Levy,** a PhD Candidate at the University of Waterloo |  |
| **Research Interests:** | My current research is focused on thiols and the intact coronary circulation. I am examining how acute and chronic changes to glutathione impact coronary vasomotion and coronary vascular tone. I am also interested in the interaction between nitric oxide and reactive oxygen species. |
| **Favourite exercise or sport or activity:** | I really don't have a favourite *per se*, but I do enjoy running |
The weirdest or funniest or oddest name for an exercise: Thighmaster

Most annoying thing about research/academia: There are lots of little annoyances, including scholarship applications, writing grants, but in the end, they are only annoying at the time

Paying Tuition as a Grad Student

By: Elias Tomaras

With the ever increasing amount of student debt in Canada, it is likely that many students will resort to paying their tuition with credit. Not that there is anything wrong with paying with a credit card or student line of credit with a decent interest rate. But there are other ways to pay your tuition without digging yourself deeper into debt. Presented within this article are a few suggestions on how to earn some extra cash to pay off pesky tuition fees.

Research Assistant Positions
Attaining part-time work within your research field as a research assistant is a great way to earn some extra cash, beef-up your CV, and enhance your research skills. How do you find this type of work? Simply ask your supervisor if they have any funding available, and they may be hire you to work on a small project. If not, perhaps they know someone within the faculty/department looking for a research assistant. Networking with faculty and staff definitely comes in handy for finding such positions, so beef up your CV and start schmoozing at the departmental meetings.

Scholarships, Awards, Funding
I won't get into a lengthy description of how to attain scholarships within this article. This article is meant to make you think outside the box. There are funding opportunities other than the most common and well-publicized (i.e., CIHR, NSERC, SSHRC). Apparently, small scholarships are often over-looked and receive little to no interest. If you are a member of an underrepresented group or have certain financial needs (e.g., you support a family), you might qualify for a particular scholarship. Take the time to look for smaller scholarships and awards, or see your academic advisor. The graduate studies faculty might have some inside scoop as well.

Student Work Programs
Some universities offer student work programs to part-time and full-time students as a way to supplement their income. These programs are often located on campus, may be within your field of study, and may consider your unique schedule. Some examples of student job opportunities that are offered are: Research Assistant, Daycare Assistant, Library Support, Website Assistant, Administrative Assistant, Media Library Clerk, or Personal Trainer. Your university’s career services would be the place to ask about such opportunities. Example: Student Work Program at McMaster University - http://sfas.mcmaster.ca/work_study/jobs.html

Temp Agencies on Campus
Your university may also be looking for people to fill temporary positions around campus. Often these positions are administrative in nature (e.g., Clerical, Customer Service, Reception roles) and are short-term. Unlike the ideas already mentioned within this article, working as an administrative assistant for a couple months will not necessarily enhance your CV, but it will definitely help pay off your tuition. Example: Temp Agency at York University - http://www.yorku.ca/hr/services/applicants/yuta.html

Freelance Writer
It was only in researching this article that I came across freelance writing as a reasonable method of supplementing one’s income. Freelance writing opportunities are abundant thanks to
the internet. Simply Google freelance writing and you'll find all the information you need to get started. Most graduate students are (arguably) somewhat well-versed in a particular area to be capable of writing an article on their topic of interest. Why not put all those hours of manuscript writing to use? Example Website that Hires Freelance Writers: http://www.ehow.com/write.html

There you have it, emergency calls to your parents aren't necessary, and you definitely don't need to slide deeper into the red to pay off your tuition. It just takes a little bit of imagination. Who knows, maybe you'll even enjoy yourself.

What is important to include on my CV?

By: Andrew Levy

This is probably one of the more difficult topics to address because it's really difficult to know what an employer/advisor/granting agency is going to be looking for. I would like to start by referring everyone to the website commoncv.net. This website, allows researchers to generate an online CV that can be automatically formatted to meet the criteria for several different granting agencies. It can also generate a generic CV for your personal use.

Let start with the basics:

1. **Name and address**  
   Make sure that you use your current mailing address or permanent mailing address. This can become confusing when you are looking for a place for people to send you information, especially considering that students can wander from several different addresses over the course of a degree. Make sure that you update your address when you move.

2. **Academics**  
   Simply list the post secondary institutions you have attended. It is important to list degree completed or in progress as well as intended date of degree completion. At this point in your career there is no need to include you secondary school location. Include major/area of specialization; this will help clarify what your area of expertise is.

3. **References**  
   While many people choose to put the line "references available on request", it is helpful for you to have these references in mind before hand. Make sure you ask people before you use them, it's polite. Usually 3 references are sufficient.

Here is where it is up to you to decide what you want to include. There are different orders that these next few topics could be arranged in. I leave this in your capable hands as you will be able to decide what is important to include given where you will be sending your CV.

1. **Publications**  
   If you have them, show them off. List them in reverse chronological order (most recent first). Headings can help to distinguish journal articles accepted/in press, under review and in preparation. This last one is often excluded from many scholarship applications, but this is your CV. Also add headings for refereed conference presentations i.e, CSEP and non-refereed conference presentations OEP, APES. To make your name stand out, consider bolding it when in a list of several authors.

2. **Scholarships**  
   If you have scholarships that means other people recognize your potential, as they are peer reviewed. Be sure to enter them in reverse chronological order, with the amounts beside them.

3. **Research expertise**  
   This could be tricky, but if you have volunteered in a lab or have had a summer studentship, include it in this section. Highlight the skills and techniques you have and will be bringing to your job.

4. **Extra curricular activities**  
   This is where you can highlight your well roundedness. Serving on student government, student run associations, departmental/faculty positions etc. Highlight your willingness to
help out.

5. Previous jobs
You don’t need to list all of them, just the relevant ones. If you were a bus boy in a
restaurant in high school, it doesn’t need to make this list unless is it relevant to the
position you are currently applying for. Previous research jobs should be listed here.

I hope this has been a helpful list of suggestions for you. It is important that you take the time to
generate a CV that is personal, professional and designed specifically for its needs. It may be
helpful for you to keep a word document with everything that you would ever think to include on
your CV and then remove what you don’t need when it comes to forwarding your CV.

If you are looking for other CV references, check out your university’s career services, as they
typically have examples of academic and non-academic CVs on file.

Dress Code and the Graduate Student

By: Julia O. Totosy de Zepetnek

Clothing is an important aspect of personal presentation as it encompasses social significance.
Whether they are written or unwritten, dress codes are ubiquitous and understood by most
members of society. The clothing a person wears as well as how they wear it conveys a visible
message, although perhaps not always the one intended! In addition, what one wears can
they just not care?

In the academic world, many layers of acceptable and unacceptable dress exist. These layers
depend on both the level of education, as well as the function being attended.

The dress code for graduate students is somewhat complex. As graduate students, we
participate in an array of events that call for differing apparel: classes we attend, classes we
teach, seminars, lab research, a conference, a meeting with a supervisor, a job interview with a
potential supervisor or a potential employer, a departmental meeting, an official function in the
department, a departmental or student party, the list could go on. What is overdressed? What is
underdressed?

In very general terms, for graduate students the preferred dress code is more-or-less
unanimously smart casual. When teaching a class, speaking in front of an audience or
presenting at conferences, the idea of this style of dress is to find a balance between conveying
a level of informality as well as a modicum of professional appearance necessary for proper
scientific communication, while still commanding a certain degree of authority and respect.

The Teaching or Meeting Look:
For women, smart casual dress can include: dress shoes, dark jeans, khakis, a collared shirt
combined with a wool sweater, and perhaps accessories such as jewellery, a scarf, or a watch
that match the outfit.

For men, dress pants or crisp jeans with a collared shirt and a jacket to provide a pulled together,
harmonious look. Running shoes (while many wear such) would be better to replaced with some
dress shoes.

The Conference or Important Meeting Look:
At conferences a more formal approach appears to have become standard, sometimes including
a suit for men. Brown or various shades of gray and blue are characteristic of smart casual
dress, whereas black may be considered too official. However, at interviews for a position in the
academe or in the “real world” a more formal dress is advisable. For women, pay attention that
perfume (if at all) is not too strong and make-up is subtle. Cleavage and short skirts should be
avoided; for men, unbuttoned shirts should be avoided.

On a day filled with multiple events (as often is the case in grad school) take your knapsack with
some items you can use to change. Or, leave a change of clothes and shoes at your office in case something comes up last minute. We had a photo shoot in our lab with a device we are using for research; I chose to wear white pants and a red shirt that day. Turns out everyone else chose to wear black or grey….

The take home message: There is no simple answer as to what you should be wearing at any particular event as a graduate student. However – in the academic world, smart casual is a safe bet. When teaching a class, you can always use the professor’s dress as a guideline. As a general rule, wear something you feel comfortable and confident in. Also: it never hurts to ask a fellow student what they are going to wear – then at least you won’t stand out!

**Postdoctoral training with Dr. Russ Hepple**

Applications are invited for a Postdoctoral Fellow position in the Muscle and Aging laboratory run by Dr. Russ Hepple at the University of Calgary. The successful applicant must be highly organized, a quick learner, possess effective written and oral communication skills in English, be willing to perform and/or be involved with testing of human and animal biological specimens, and have a strong ability to work in a team environment. The ideal candidate will also have a background in cell biology, biochemistry and physiology. Salary will be commensurate with experience.

About the Hepple Laboratory: Dr. Hepple’s goal is to identify strategies to combat the structural and functional declines in skeletal muscle and heart muscle with aging. A variety of interventions are employed including exercise training, caloric restriction, and other dietary or pharmacological modifications. Methods used in the lab include whole body exercise evaluation, in situ muscle/organ function, isolated muscle bundle/mitochondrial respirometry and reactive oxygen species measurement, in situ immunolabeling and confocal microscopy, biochemistry, and Western immunoblot. Exceptional lab facilities are in place for all of these methods, and many others not listed here.

To Apply or for More Information: Applicants should submit a CV with the names and phone numbers of at least two professional references, and a statement outlining research interests, to Dr. Hepple at hepple@ucalgary.ca, or call 403 220-8549 for more information.