

## MHRC Executive Meeting – May 30, 2013

Present: David Hood, Olivier Birot, Rolando Ceddia, Michael Connor, Sobia Iqbal, Heather Carter

Regrets: Robert Tsushima

### A) Meetings and Membership

D. Hood began the meeting by discussing committee membership for next year.

M. Connor – will serve one more year

O. Birot – on sabbatical next year but at the end of the meeting he agreed to stay on the committee for the coming year

R. Ceddia – will continue for 1 year, until his sabbatical

R. Tsushima – will be asked to remain for another year

Student Representative replacement needed as Sobia will be finishing and unable to serve for next year

Should there be more meetings?

- Yes, once every three/four months of the MHRC Executive Committee so that there will be more participation from other members for decisions and to increase transparency
- General MHRC meeting of all members should be in September after the CIHR deadline (Sept 15)
- Executive Committee Meeting tentative dates?
  - o Occur a few days before general meeting in September
  - o January
  - o Before and after MHAD
  - o Before – judging abstracts selection for poster award – can be done via email
  - o Impose deadline date for abstract submission to be considered for the poster award so abstracts can be sent ahead of time to committee members for selection

### B) Agenda (see attached sheet)

#### **1)MHAD4 improvements**

(Of the MHRC Executive Committee members present, only R. Ceddia attended MHAD4)

- The location was good and the speakers were ok
- He suggested that for future MHAD meetings to give people a taste of York by having at least one internal speaker
- It was noted that there was little participation from York and having an internal speaker may promote participation
- This can be reviewed in the January Executive meeting
  
- The length and type of talks were discussed, including the following possibilities:
  - Length of Talks: too long, need a bell or a signal to enforce the time limit, stricter on time
  - Short vs Long talks; keynote speaker vs short communication
  - Invite students for talks
  - More talks – shorter, same talks – strict or mix it up
  - Featured talk and student talks (w/ posters)
    - o 25 + 5 for featured and 10 +5 for students
    - o Similar format to EB sessions
- It was suggested that more time needed at poster breakout sessions, make the lunch longer
- Lunch at the posters – bring the food to the venue?
  - o Will Albert/Orange Snail cater?

- Discussion panel for an interactive themed session was raised
- Student session – ask the supervisor re: a student that could give a talk
- MHAD meeting themes include the following possibilities:
  - o Performance
  - o Nutrition
  - o Stem Cells
  - o Vascular
  - o Metabolism
  - o Applied vs Molecular
- Suggestions for sponsorship ideas for future meetings
  - o CSEP booth for becoming a member
  - o Would CSEP donate \$?
  - o Promote MHAD at OEP
  - o Prize raffle from a sponsor to be drawn at the end of the day

## 2) Fundraising for MHRC

- It was suggested to get into education about Fitness/training/nutrition as there is more \$ and people in these categories
- Where does the interest lie for people to pay money to learn?
- Politics at York University/CSEP; Could the MHRC contribute to certification of personal trainers etc through offering education about nutrition, muscle adaptation or exercise physiology to help them prescribe the exercise if they know why – give them the science behind the activity
- Use the MHRC to promote themselves (ie. Personal trainers etc)
- Offer a certificate from the MHRC after a weekend course and charge a fee for the course; Certificate in Advanced Exercise Science and Health was a suggestion
- The course could apply to disease – diabetes, aging, obesity etc and the information offered should be translational in nature and the sessions should be marketed as unique from the MHRC
- Perhaps make contact with the Running Room/Good Life/YMCA other gyms (M. Connor has a contact) to advertise the education sessions

## 4) Grant Crafting Workshop

- Internal workshops for students or faculty, some are already offered by the FoH
- CREATE grants
  - o Industry/student/post-doc funding about \$150000/yr
  - o To learn more a seminar done by Sheryl Giblon about industry/research grant collaborations to the MHRC faculty members and this could happen in late September – D. Hood will make contact

## 6) Professional development for the trainees

- It has been suggested that we make better use of the Career Centre on campus:
  - o Videotape and critique student presentations, perhaps not
  - o Other career options post-graduation, that are unrelated to academia – this would be good

## 7) Other items raised

- a) Student Colloquium or Faculty
  - An internal speaker session organized and chaired by students or should the seminars be from external speakers only
- b) It was proposed that the York MHRC faculty have a round table research discussion/call for proposal and the objective is to initiate collaborations
  - Proposed ideas for the format of the session:
  - Open or closed to students
  - Largely about generating ideas

- Faculty and post-docs?
  - 3 hours in the afternoon – 8 ppl 15 minute presentation each
  - Have faculty volunteer to present
  - Have two per year – one fall and one winter
  - Challenges to starting collaborations are time and money
- c) KT
- Fine-tuning of website
  - Start a facebook page for the MHRC