Welcome summer students
Dr. LaMarre's 25th year!
Matt down under!
Welcome to all of our summer students!!
Wellness@Work funding!
Give a DOGBONe?
SONA, SORB, ICCI and Swine Research Day!
And much more...

Busy time of year!
Funny how friends and family STILL think we get summers off! As you will see below, we had a flurry of activity this past month with SONA, SORB, ICCI Symposium and Swine Research Day (yes, we help pigs too!).

We hope you get as much out of your laboratory and academic experience as you put into it!
Dr. LaMarre recognized for his 25 yrs of service!

Congratulations to Dr. Jon LaMarre on joining the ranks of those among us that have served this institution for a quarter of a century!

Thank you Jon for your incredible contribution and investment in the future of Biomed, OVC and UofG!

25 yrs..., seems like it was only yesterday that you still had hair!
Welcome to all of our Summer Students!

The department welcomed our newest additions that will be working in the department over the summer. We all enjoyed some coffee (until we ran out!) and Timbits, and the interaction room was buzzing and bursting at the seams with all the people!

Of course, I was too busy yapping and forgot to take a picture, but I do want to welcome everyone to the department and wish you all the best in productivity over the summer!

Please keep in mind, Kim Best (Admin Assistant), Holly Illman (Operation Manager) and myself are here to assist you with any of your needs!

Jibran @ CSPT

Dr. Jibran Khokhar was an invited speaker at the Canadian Society of Pharmacology and Therapeutics/Canadian Society for Pharmacological Sciences in Toronto May 24: Growing Up High: Long-Term Consequences of Adolescent Cannabis Use
Dr. Jibran Khokhar was an invited speaker at the 38th annual Southern Ontario Neuroscience Association held in Rozanski Hall on May 4th speaking on "Substance Use and Schizophrenia: Cracking the Chicken-or-Egg Problem".

Ari Mendell (PhD student with Dr. Maclusky) received the PhD level poster award at SONA. Congratulations Ari!

Kate Nicholason (left) and Eric Lawton (above) presented their research with Dr. MacLusky at their first ever meeting!
Also new to the conference scene, Lauren Isaacs (above) and Hayley Wilson (above-right) presented their research from Dr. MacLusky's lab.

The Vickaryous lab (Stephanie Bradley (above) and Rebecca MacDonald and Lauren Austin (above-right) get very creative with their poster displays ("The wrap-around" and "in-the-groove")...nice job!
Okay, so they didn't quite make it all the way to Australia, but they did make it to **San Diego, California** to present at **Experimental Biology**!

Matt Vickaryous took his family (and extended family) to **Joshua Tree National Park**.

*Did anyone listen to Matt's advice about sunscreen??*

Stephanie, Laura, Rebecca and Kathy Jacyniak at EB!
Wellness@Work funding received!

Thanks to the collective effort of faculty, staff and students in the department, our proposal to achieve a healthier (mentally & physically) workplace in the department has received $2,000 in funding ($1600 from the VP and $400 from the department)!

Our kick-off event was to hold a T-shirt design competition. Another initiative was to publish a monthly healthy recipe idea. This month’s submission comes from our Wellness committee representative, Sarah LePage. Two easy, stipend-saving healthy recipes are detailed below.

Other wellness events will include "get moving!" where we will provide pedometers to anyone in the department interested in getting their step count up! This could be a great way to encourage "healthy" competition between lab mates, or between labs/lab groups. The way to standardize your numbers to generate a "per person" count for your group. That way, an individual or a group of 10 could potentially compete against each other. Prizes for the winner(s) will be awarded monthly!

We would like to keep track of the competitors and winners (think of creative names for your group/team!), and your names and steps will be published in the newsletter for all to see!

Once the departmental "logo" for the T-shirt has been finalized, you will be able to order one in your size, as well as sign-out your personal pedometer for the fitness challenge. Stay tuned!
Butternut Squash Chickpea Curry
(adapted from Sweet Potato, Chickpea and Spinach Coconut Curry, Oh She Glows Every Day)
This is a hearty, vegetarian meal that’s easy to whip up on a busy weeknight. To save time, I like to chop my butternut squash, prep the rice, and mix my spices in a separate bowl on the weekend for even easier cooking.

REAGENTS
1 tbsp coconut oil or olive oil
½ cup sweet onion, finely chopped
3 large garlic cloves, minced
1 tbsp cumin seeds (can be found at Bulk Barn or larger grocery stores in the Ethnic section)
¾ to 1 tsp sea salt to taste
1 tbsp grated fresh ginger, or 2 tsp ground ginger
1 tsp garam masala (can be found at Bulk Barn or larger grocery stores in the Ethnic section)
1 tsp ground turmeric
1 tsp ground coriander
¼ tsp red pepper flakes, or to taste
1 medium butternut squash, peeled and de-seeded, cut into 1/4 to 1/2 inch pieces (about 3 cups; you can also buy pre-cut squash to save time)
14-oz (398 ml) can chickpeas (drained and rinsed), or 1½ cups of cooked chickpeas (no BPA!)
14-oz (398 ml) can diced tomatoes, with juices
14-oz (400 ml) can light coconut milk
5-oz (142 g) packaged baby spinach (optional)
Chopped fresh cilantro leaves (optional)
Lemon or lime juice (optional)

For the rice:
1 cup uncooked basmati rice
1 tsp butter (optional)

I made it! Soooo good!

PROTOCOL
Cook the rice: Add 1 cup of rice to two cups of water and bring to a boil. Add the butter (if using), reduce heat to low, and cook for about 10 minutes. Remove from heat and let sit for 5 minutes, then fluff with a fork.
In a large saucepan, heat the oil over medium heat. The oil is hot enough when a cumin seed sizzles when tossed into the pan. Add the cumin seeds and toast for about a minute, until fragrant and lightly darkened in color (be careful not to burn them). Immediately stir in the onion, season with a pinch of salt, and cook for 3 to 5 minutes, or until the onion is soft and translucent.
Add the garlic, ginger, turmeric, coriander, and red pepper flakes. Stir to combine and sauté for a couple of minutes, until the garlic softens.
Add the butternut squash, chickpeas, tomatoes with their juices, and coconut milk. Stir to combine, cover, and simmer over medium heat for 20 to 30 minutes, until the squash is fork tender. At this point, mash one-third of the mixture to thicken the sauce (using a potato masher), but this step is optional.
Stir in the spinach (if using) and cook until wilted. Season with salt and black pepper to taste.
Serve on rice and add chopped cilantro and lemon or lime juice if using. Store the cooled curry in an airtight container in the fridge for 4 to 5 days, or in the freezer for up to 1 month.
Recipe #2!

Bulk Barn Granola
(adapted from My Favorite Granola, UnDiet)

Wouldn’t be very Guelph of me not to include a recipe for homemade granola. This stuff is DELICIOUS, cheaper and healthier than store-bought, and you can get all the ingredients at Bulk Barn. Did you know they have 10% off on Wednesdays for students??

**REAGENTS**
- 2 ½ cups rolled oats
- ¼ raw pumpkin seeds
- ¼ sunflower seeds
- 1 tbsp chia seeds
- ¼ slivered almonds
- ¼ cup unsweetened coconut
- ½ cup large-flake dried coconut
- 1/3 cup honey
- 2 tbsp coconut oil
- 1 tbsp cinnamon
- ½ tsp sea salt
- ¼ cup cranberries
- Parchment paper

**PROTOCOL**
Preheat oven to 300°F.

In a large mixing bowl, combine rolled oats, seeds, almonds, coconut, cinnamon, and sea salt.

In a small glass bowl, melt the coconut oil in the microwave until liquid. Mix in the honey, then pour over dry mixture and stir well.

Spread mixture on parchment paper-lined baking sheet and bake for 20 minutes. Stir around and bake for another 20-30 minutes or until light brown (before it burns!). Remove from oven and let cool.

Mix in the cranberries. This granola can be stored at room temperature for about a week, or in the fridge for longer.
MBS students, **Benji Baker** (faculty advisors **Pawel Bartlewski** and **Laura Favetta**) and Chetna Sharma (faculty advisors **Pawel Bartlewski** and **Tarek Saleh**) presented posters at the Swine Research Day Conference held on the UofG campus on May 16th.

Benji presented on "The influence of azaperone treatment at weaning on reproductive function in sows: ovarian activity and endocrine profiles during the weaning-to-ovulation interval" and Chetna's poster was titled "Measurements of circulating progesterone (P4) and estrone sulfate (E1S) concentrations as a diagnostic and prognostic tool in porcine pregnancy revisited". Chetna's abstract was one of seven selected (out of 40 submissions) for the poster competition (+2 minute pitch to all participants). In addition, a paper co-authored by Benji has been accepted for publication in the journal ANIMAL (https://www.cambridge.org/core/journals/animal/article/influence-of-azaperone-treatment-at-weaning-on-reproductive-function-in-sows-ovarian-activity-and-endocrine-profiles-during-the-weaning-to-ovulation-interval/9C4E4DCDF5B7A6659355A514933CBCD9).

**Congrats Benji and Chetna!**
On May 18th, the reproductive biologists in the department all took part in the Southern Ontario Reproductive Biology (SORB) Conference. This year, the event was organized by Dr. Jim Petrik (which probably means Kathy, Madison and Allyssa did a lot of work!) and held at the Arboretum down the road.

BACK row from left to right: Stacey Del Castillo, Jaqueline Reiter-Saunders, Angela Saleh, Kathy Matuszewska, Madison Perreira, Diana Carvajal, Cynthia Chong
Front row from left to right: Jim's summer student, Allyssa Hooper, Reem Sabry, Jyoti Sharma
Hamed Alizadeh (PhD candidate with Dr. Thomas Koch) won Best Poster for Basic Biological Advances in Musculoskeletal Health at the Canadian Bone and Joint Conference at Western University on May 11th out of a field of ~100 presenters!

The title of his poster was titled: "micro-RNAs as prognostic markers for chondrogenic differentiation potential of equine cord blood-derived mesenchymal stromal cells".

Congrats Hamed!!
Dr. Tami Martino was invited to the inaugural University of Florida Circadian Symposium (May 11, 2018), alongside keynote speaker Dr. Michael Young (winner of the Nobel Prize in Physiology or Medicine for his discovery of circadian rhythms) and alongside 5 special guest speakers who are leaders in circadian biology worldwide.
Dr. Tami Martino was honoured to be a Women of Distinction for Guelph 2018. The awards ceremony was held at the River Run Centre, May 3 2018. In fact, 4 UofG faculty received awards as well as Crystal Chung (current Bio-Med major). Congrats Tami!

Martino Lab lunch at the Bread Bar in Guelph, welcoming new members, and celebrating lab members and achievements.

Photo from left to right Ryan Waines (4th year honours project), Priya Mistry (MSc student), Cristine Reitz (PhD student), Dr. Tarak Nath Khatua (Postdoc), Dr. Mina Rasouli (Postdoc), Dr. Tami Martino, Jessica Joshua (MBS student), Khizer Khurram-Hafeez (MSc student).

Congrats on a stellar year of success!
Dr Viloria-Petit was among the 20 Hispanic Canadian invited to participate in the Hispanic Day at Parliament Hill on April 30. During the day, the group met with various government representatives, including senator Rosa Galvez, MP Pablo Rodriguez, MP Julie Dzerowicz, Minister of International Trade François-Philippe Champagne, and Minister of Science, Kirsty Duncan. The main purpose of this visit was to discuss ideas for the enhancement of the Hispanic community in Canada, as well as Canada’s exchange with Hispanic countries at various levels. Dr. Viloria-Petit presented two of the eleven proposals, one on strategies for humanitarian help to Venezuelans, and one on a program to improve cancer education and care of Hispanic patients within and outside Canada. At the meeting with the Hon. Kirsty Duncan, Dr. Viloria-Petit presented and discussed her pioneer work as a member and co-leader of DOGBONe (see next article!!).
A team of researchers called the "Dog Osteosarcoma Group – Biomarkers of Neoplasia (or DOGBONe)" have teamed up to determine more accurate ways to assess bone cancer. The researchers will be exploring liquid biopsies (blood, serum and plasma) and other potential biomarkers for canine cancer.

The differences between osteosarcoma tumour samples in dogs and humans cannot be distinguished based on gene expression patterns. This makes research into canine osteosarcoma ever more valuable from a One Health perspective. Because the cancer in dogs and humans is so similar, any progress in developing better treatments for one means progress for the other as well.

“The dogs are a model for the worst of the human disease,” said Prof. Geoff Wood, Ontario Veterinary College’s (OVC) Department of Pathobiology. “Right now, the information we find out in human osteosarcoma serves as a model for the dogs. There’s an opportunity to go both ways between the species, for the benefit of both.”

DOGBONe comprises U of G’s top osteosarcoma researchers from across all four departments at OVC, including co-leaders Wood and Alicia Viloria-Petit of the Department of Biomedical Sciences. Other members include Profs. Brigitte Brisson, Tony Mutsaers, Michelle Oblak and Paul Woods from the Department of Clinical Studies, Byram Bridle from the Department of Pathobiology and David Pearl from the Department of Population Medicine.
The Ontario Veterinary College Alumni Association (OVCAA), selected **Dr. Brad Hanna** for **2018 OVC Alumni Association Volunteer Award**.

The OVCAA Volunteer Award is presented to an alumnus who has demonstrated loyalty and commitment to their alma mater by supporting the college through volunteer work. The recipient has made significant contributions of leadership and service to their community and profession.

Brad's dedication to his profession and community, along with his support of the Ontario Veterinary College and the University of Guelph, is exemplary, and is now among the University’s most distinguished alumni.

The OVC Alumni Association will present the Volunteer Award to Brad during our Annual General Meeting on Saturday, June 23, 2018 as part of Alumni Weekend.

*Congrats Brad...keep up the great work!*
This Sunday, the Koch lab will be participating in the Walk for Arthritis, and we are looking for more donations!

In the Koch lab, we work on regenerative cell-based therapy strategies to treat osteoarthritis and cartilage injuries in the horse, which has sparked some new and exciting collaborations with nearby human arthritis labs. As such, we have been approached by a representative of the Canadian Arthritis Society to act as arthritis research representatives at the Walk for Arthritis in Kitchener on June 3rd.

We are honored to be participating in this event, and donations of any amount would be greatly appreciated! Stay tuned for pictures from the walk, and fingers crossed this amazing weather continues!

**Please use the following link to make your donation:**

http://tascad.convio.net/site/PageServer?pagename=WalkforArthritis_Home&s_locale=en_CA&utm_source=Search_Ad&utm_medium=Google&utm_campaign=walk_18&utm_content=Stage_2_EN
As usual, my door is always open...

so pop in for a chat anytime!!

Tarek Saleh
Dept. Chair