

Muscle Health Research Centre (MHRC)

Executive Meeting – September 1, 2009. 2:30-4:15pm.

Location: R342 Farquharson Building

Executive Committee members in attendance: David Hood, Rolando Ceddia, Michael Riddell, Robert Tsushima, Michael O’Leary.

MHRC Coordinator: Ayesha Saleem

Meeting Agenda:

Minor:

1. Progress on room renovations; use of the room by MHRC members;
2. Discussion of brochure and poster;
3. Yearly report content: a) Grants received, b) Publications, c) Awards, d) List of current collaborations and shared equipment between members of the MHRC;
4. List of current major equipment items for MHRC publicity and information sharing among members;

Major:

1. MHRC Launch:
 - a) idea from the Dean is to showcase the F of H;
-- we need to discuss the type of event (eg. luncheon with a few speakers etc.);
-- what type of speakers do we want: a) prominent scientist; local scientist, prominent, articulate athlete to speak on health/exercise issues, the president)
 - b) we need other ideas on the above: who should be invited? is this a "knowledge translation " event?
2. Other events for the upcoming year:
i.e. colloquium; student posters, individual speakers, larger symposium;
Knowledge translation

Meeting Minutes:

Minor Topics

1. Progress on renovation, MHRC center (342 Farquharson)

- D. Hood welcomed the members and gave a brief update on the renovations for MHRC: 2 desk spaces created, equipment purchased includes freezer, fridge, autoclave, biopsy table, furniture.
- D. Hood outlined rules for usage of MHRC room by MHRC members:
 - Room can be used for lab meetings. Rooms should be booked in advance through MHRC Coordinator, i.e. Ayesha. Keys can be obtained through contacting Ayesha as well.
 - Equipment (LCD projector, screen) are available for usage. Should be booked when booking the MHRC room. Members need to bring a laptop.
 - Room should not be used as a social venue for grad students
 - Room has two available desk spaces. One can be used on a permanent basis by a post-doc from one of the labs. The other can be used on a rotational basis by any lab member needing extra space.
 - o R. Ceddia asked what would the post-doc do during a lab meeting for another lab. D. Hood replied that post-doc would have to leave the room temporarily during any lab meetings held.

2. MHRC brochures/posters

- D. Hood displayed the poster and brochure currently under work. Discussed current pics on the brochure. Need more scientific pics instead of the ones given by York to D. Hood.
- MHRC website: D. Hood asked members to send pics of lab members doing research etc. Surgical pics may not be very appropriate because of the sensitive nature of animal care.
- Poster: picture of human body with red margins on top and bottom.
 - Everyone liked the idea, however M. Riddell was in favour of a more realistic picture of human body showing its skeletal muscle groups (not a mannequin).
 - M.O'Leary suggested the use of a picture from Bodies: the Human Exhibition. D.Hood/M.Riddell: that would involve dealing with copyright laws etc.
 - R.Ceddia: suggested using a rat running, while VO₂ max is measured.
- Brochure: everyone ok'd the picture of myotube. Everyone agreed that the massage therapy picture should be excluded as inappropriate.
 - R. Ceddia: what is the required resolution to get pictures published?
 - D.Hood/M. Riddell: suggested to get York printing services people to come and take pics.
 - D.Hood: poster is 2' by 3' so the resolution has to be very high.
 - M.Riddell/R. Ceddia: buy good camera from budget.
 - D.Hood: ACTION ITEM: find out required resolution for any images from York website/printing office.

3. Yearly report

- D. Hood gave a printed version of the report for all members to look at. Explained that the Office of the VPRI gets the Yearly Report. In addition, MHRC will have a 3 year review (to ensure that MHRC is following its mandate) and a 6 year review.
- **ACTION ITEM: Yearly Report should be emailed to all PIs** instead of being put on the website as it contains sensitive information. This should allow for greater transparency within the MHRC.

4. Creation of equipment list

- D. Hood suggested that we should have a list of shared equipment or collaborations between MHRC members. The goal is to point out the relationship between the members and to emphasize that the MHRC is greater than its individual parts.
- **ACTION ITEM: Make a list of special equipment @ MHRC and post it on the website.** Approved by everyone.

Major Topics:

1. Launch of MHRC

1. D. Hood: understanding is that the office of the VPRI will pay for it. Dean Skinner insists on having a launching event for the MHRC so as to publicize its unique nature as the first center dedicated to muscle health research.
2. D. Hood has to liaise with Kim Warner (from Faculty of Health, York Foundation) to organize this event.
3. R. Ceddia inquired if MHRC was part of Faculty of Health? D. Hood confirmed that MHRC is an ORU within the Faculty of Health.
4. The launch will tentatively include: a luncheon, a small speech by the President of York, and some other prominent speakers (scientist, and some sport personality).
5. D. Hood suggested prominent scientists to speak at launch: John Holloszy and Bengt Saltin. Seconded by M. Riddell. Invited thoughts by members.
6. D. Hood suggested sport personalities to speak at launch: Ken Dryden and Pinball Clemons. Invited thoughts by members.
7. M. Riddell: Good idea to have Ken Dryden as he is both a political figure and a sport personality.
8. M. O'Leary: Pinball is a very good speaker. Also suggested that we could get the Minister of Sport to come down from Ottawa for the launch.
9. R. Ceddia: suggested to have the President/CEO of CIHR to highlight the CIHR funding many MHRC members hold.
10. M. Riddell: could invite president of Institute of Musculoskeletal Health and Arthritis (IMHA) from CIHR.
11. R. Ceddia inquired who will be attending the launch?
 - o D. Hood replied that attendees include, but are not limited to: MHRC members (PI + student), President, administrative people

from Faculty of Health, and will have York media coverage for sure and possibly other news coverage as well.

- M. Riddell suggested that we should invite colleagues from Guelph, Waterloo and McMaster universities as well to the opening, and perhaps F. Booth.
 - A. Saleem suggested that this would be a good way to attract post-docs to come to MHRC.
 - M. O’Leary suggested getting an Olympian to come to the launch.
 - R. Tsushima: cautioned that the more prominent speaker we invite, the higher the honorarium that would have to be paid.
 - D. Hood summarized list of speakers at **launch of MHRC** as approved by the executive committee:
 - a. President Mamdouh Shoukri – York University
 - b. Dean Skinner – Faculty of Health
 - c. CIHR representative – either president or an IMHA rep
 - d. Prominent scientist – J. Holloszy, B. Saltin, or Frank Booth
 - e. Sports personality – Ken Dryden, or Pinball Clemons, or a prominent Olympian (Winter preferably, possibly Summer)
- D. Hood presented possible format of the Launch: luncheon plus talk for ~ 2 hours. M. Riddell thinks 2 hours is more than sufficient.
- R. Tsushima: should the day end with talk or end with a luncheon? Suggested that the launch start around midday (10am) and finish with lunch. Idea was approved by all.
- D. Hood, M. O’Leary, M. Riddell: suggested **Schulich** as the most appropriate venue and that it should be a buffet lunch. Approved by all.

2. Events for upcoming year

- Muscle Awareness Day
 - One day symposium held on a yearly basis. Would include local speakers from York, Guelph, McMaster and/or Waterloo universities.
 - Brief outline of what the symposium day would look like was circulated to all members.
 - Would include student oral and poster presentations.
 - Could be held at Schulich.
 - Colloquium series:
 - 3 speakers (York PIs) per term.
 - Would be modeled on the Biology Colloquium series.
 - External speakers – 1 per term (invited from outside Ontario/Canada)
- D. Hood presented possible events that could be organized as listed above.
- M. Riddell/R. Tsushima: the symposium outline is too overwhelming...the program is full of talks.

- M. Riddell: Muscle Awareness day should have some kind of a sport related activity (like playing road hockey during the Barrie OEP conference).
- M. Riddell suggested combining event no. I and III. Idea was seconded by all other members. Therefore, a **Muscle Awareness Day/year** that hosts:
 - o 1 keynote speaker (external),
 - o Local speakers,
 - o Student posters (posters from EB, or other conferences can be presented at York),
 - o Schulich as possible venue for the event.
- It was decided that one MHRC Colloquium be held per term in the reading week (i.e. one during fall, and one during winter reading week). D. Hood suggested that each colloquium would have 2 speakers who will detail what they are doing in their labs and open up their research for discussion/collaboration.
 - o R. Ceddia: voiced concern that Kine student presentations give Kine faculty a good insight into the research that is conducted in labs. Perhaps the talks should be proposals and not summaries of personal research.
 - o M. Riddell suggested that members could propose collaborative research proposal ideas that can be used to apply for grants.
 - o D. Hood: can't force people into collaborations. Besides the Bio PIs may not necessarily know what the Kine researchers are doing.
 - o All members agreed to hold one MHRC Colloquium per term:
 - a. 20 min talk + 10 min Q/A
 - b. 2 PIs per term
 - c. Only during Fall and Winter Reading weeks
 - d. On Wednesdays at 4pm.
 - e. **ACTION ITEM: D. Hood would email MHRC members and ask for volunteers to speak during the colloquium.**

3. MHRC business

- D. Hood asked for suggestions on how to report back meeting minutes and Yearly Report to the membership – post on website or email?
- M. Riddell suggested doing a 10 min session on MHRC business at the start of each colloquium
- A. Saleem suggested that not all PIs may be present at the colloquia.
- **It was decided to send the meeting minutes and Yearly Report via email to all MHRC members.**
- M. Riddell asked how membership is determined?
 - o D. Hood: for student members, send an email to Ayesha. Membership is free for student members

- Faculty members: MHRC council votes on a new member after executive selects a possible member
 - R. Ceddia: membership should be open to all, no need for votes. Membership should not be restricted.
 - D. Hood/M. Riddell: if membership opens to everyone it will become too diffuse.
 - A. Saleem: suggested that membership can be granted by invitation of the executive committee.
 - R. Tsushima suggested that new members can write a letter of intent specifying how they will fit into the MHRC. Seconded by M. Riddell, D. Hood and M. O’Leary. Majority decision: each interested faculty member should write a short blurb on how they fit into the MHRC mandate and email it to MHRC.

Meeting concluded at 4:15pm.