MESSAGE FROM THE CHAIR

Thank you to all the participants who joined us at our Department’s Retreat last week at The Old Mill. We are so grateful you were able to join us for a day of learning, idea sharing and networking. The presentations were outstanding!

Congratulations to the top 3 Lightning Presentations:

1st: Dr. Denise Belsham  
2nd: Dr. Shuzo Sugita  
3rd: Lukasz Wlodarek (Ren-Ke Li Lab)

Many thanks to Drs. Helen Miliotis, Denise Belsham, Pat Brubaker and Brian Cox on updating us on the NEW Professional Master’s Program in Medical Physiology. I would like to extend our gratitude to Dean Trevor Young for presenting highlights of the 2018-2023 Academic Strategic Plan. Thank you also to Danny Nashman and Cate Creede of The Potential Group for helping us chart Physiology’s future together. I encourage everyone to participate in the various consultation group meetings that are being scheduled. Your input during the strategic planning process is crucial as we chart our priorities and action plans for the next five years. Finally, please join me in thanking Dr. Scott Heximer and Jenny Katsoulakos for their tremendous support in organizing the day.
Graham L. Collingridge, FRS, FMedSci, FRSB, FBPhS
Ernest B. and Leonard B. Smith Chair
Department of Physiology
The Department of Physiology Seminar Series

Michael D. Wilson, PhD
Canada Research Chair in Comparative Genomics
Senior Scientist, Genetics & Genome Biology Program,
SickKids Research Institute
Associate Professor, Department of Molecular Genetics,
University of Toronto

Title: Comparative epigenomics: evolution and function of cardiovascular enhancers

Thursday, January 31, 2019 — 4:00 PM
Medical Sciences Building — Room 2170
Host: Cardiovascular and Respiratory Platform
The Department of Physiology
Special Neuroscience Seminar 2019

Dr. Karim Nader
Professor of Department of Psychology
McGill University

Specific impairments in consolidation, reconsolidation and long-term memory maintenance lead to memory erasure

Tuesday, February 12, 2019 - 3:00 - 4:00 PM
Best Institute, 112 College Street, Room 114

Host: Neuroscience Platform

***Eligible for the PSL1000/2000 Seminars in Physiology Course***
The Department of Physiology Seminar Series

Prof. Jack Goodman
Faculty of Kinesiology and Physical Education
University of Toronto
Goldring Centre for High Performance Sport
Adjunct Scientist
Clinical Cardiovascular Research Laboratory
UHN/MSH Division of Cardiology

Exercise-Induced Cardiac Remodeling:
The good and the Uncertain?

Thursday, February 14, 2019 — 4:00 PM
Medical Sciences Building — Room 2170

Host: Cardiovascular and Respiratory Platform
GRADUATE BROCHURE – Updated!

Physiology’s Graduate Studies Brochure has been updated! Please have a look! https://www.physiology.utoronto.ca/sites/default/files/Grad%20Brochure.pdf

Many thanks to the Chair’s Executive Committee members for their input in updating the brochure, and to Eva Eng for her fantastic artistic assistance/design.
NEW!!! Professional Master of Health Science (MHSc) in Medical Physiology

The Master of Health Science (MHSc) in Medical Physiology represents an innovative and relevant alternative to pursue graduate education in Physiology with an explicit focus on the physiology relevant to medicine and human health.

The MHSc in Medical Physiology was created to address the need for graduates who will be interested in the implementation of newly discovered physiological knowledge relevant to human health and put it into practice. The application of the knowledge can be in direct health care delivery or in an industry related to medical sciences. Graduates will obtain a skill set that would give them opportunities in the many expanding areas that directly and indirectly affect health care delivery, management and scientific exploration. The program is 1-year (full-time for 3 terms) with one point of entry each September.

Further information is available at: http://www.physiology.utoronto.ca/news/mhsc-medical-physiology-apply-here
MACALLUM & FIP 2019

We are excited to announce that Dr. Richard D. Palmiter from the University of Washington and the Howard Hughes Medical Institute will be our Macallum and FIP Speaker 2019!

Dr. Palmiter is internationally renowned for his work on specific neuronal populations that control appetite. Interestingly, he is considered by many to be the "founding father" of transgenic mouse technology from his seminal paper on growth hormone transgenic mice in Nature in 1982. He currently studies the neurons that reside in the parabrachial nucleus that mediate virtually every threat examined, including real threats (pain, itch, food poisoning) to potential threats (novel food or cues associated with pain). These neurons have been shown to mediate the unconditioned stimulus in classic taste- and fear-conditioning experiments. His lab uses innovative genetic and viral transduction techniques to discern neural circuits that control mouse behavior.

Dr. Palmiter will deliver Physiology’s Macallum Lecture on May 1st, 2019 (3-4 pm, location TBA), and will be with us on May 2nd for Physiology’s Annual Research Day (FIP). Location TBA. As one of our biggest events, FIP showcases our department’s strength in research, and serves to encourage new collaborations and partnerships within our department and affiliated institutions.

Please join us on May 1 & 2!

Stay tuned for more information.
GASP News

Rivoli Recap

2018 ended without a scratch (maybe a few)! Graduate students and (one) faculty* had a chance to recharge with great company, great food, and great games of pool at Rivoli! Looking forward to what’s in store for 2019!

*Where’s Waldo?

Department of Physiology Trainee Seminar Series

DoPTSS provides the perfect opportunity for trainees to practice and receive feedback on work related to their projects. Join us for free coffee and snacks!

Registration for all dates open:  
https://goo.gl/forms/NwtL2YhtvGTWZudM2  
For more information, Contact  
Yasaman: yasaman.mostafaie@mail.utoronto.ca

Frontiers in Physiology 2019

**PHYSIOLOGY/MoveU COMMUNITY RUN/WALK PROGRAM**

All students, staff, post-docs and faculty are invited to become more active this winter. Join us for our Physiology Community Runs or sign up for our Learn-to-Run program. Here are the details:

**Physiology/MoveU Community Run/Walk:**

Join us on the Athletic Centre indoor track. Runs start on January 16 and end April 5 (no runs during Reading Week).

Times: Wednesdays 3:30 – 4pm and Fridays* 4-4:30 pm

Cost: Free (you must have an Athletic Centre membership)

No need to register – just show up with running shoes and dressed ready to run (bring a lock to store your valuables in the locker room.)

**Learn-to-Run Program:**

A 10-week learn-to-run program in partnership with The Runner's Academy and Hart House will be held at the Hart House indoor track. Learn about appropriate running technique, clothing, nutrition, etc. The program runs from January 21 - April 1 (except for February 18). It is not too late to join this program.

Time: Mondays 6:10-7pm

Cost: $40.00

Register here: [https://uoft.me/run5k](https://uoft.me/run5k)

*All community runs take place on the Athletic Centre indoor track except for the following dates: Feb 8, 15, Mar 15 – on those dates please join us on the indoor track at Hart House.

(MoveU is a tri-campus initiative that aims to inspire students to engage in a healthy lifestyle by helping them to find physical activity opportunities that fit into their busy lives. It is our belief that when students take time to move during their day, they become their most productive selves.)
IN THE NEWS – Paul Frankland

Why Forgetfulness Might Actually Help You

An absent-minded moment may actually be a sign of a healthy level of creativity or focus.

A report quotes UTSC’s Blake Richards and Physiology’s Paul Frankland on how memory systems work.

Many people worry that forgetting names, facts or tasks on their to-do list is a sign of aging or mental decline. A growing body of research offers a more welcome excuse: Forgetting stuff can actually be a byproduct of rigorous thinking, smooth decision-making or heightened creativity.

Keep reading... (Wall Street Journal)

We want to hear about the great things happening in Physiology!

Please share your accomplishments, awards... Send news items to the Chair’s Office c/o e.katsoulakos@utoronto.ca