

2010 october

a monthly publication of the
department of chemistry
university of alberta

chemNEWS

BUILDING UPDATES

Karen McKinley

Building Envelope Project

This project is on schedule and is expected to be complete by the end of October 2010.

Chemistry West 5N Renewal Project

Block wall demolition started September 15 and will continue until October 15. This will create some loud banging while the blocks hit the floor and electric chipping will be going on to remove linoleum flooring during the same time frame. Stay tuned for noise and vibration updates.

Chemistry East Control Valve Project

Heat is on, valve replacement is complete, filled and tested. There have been a few kinks and the plumbers are working to iron out the problems.

Building Maintenance

780-492-4833 is the number to call for immediate response or let Karen McKinley know at 780-492-5741.



Healthy Workplace Tip

Less Coffee, more water

The number one cause of fatigue is dehydration. While coffee may provide a temporary boost, the caffeine is an ADH receptor antagonist – it fools your kidney into releasing more water than it should be. Instead, drink more water throughout the day. It's cheaper, healthier, and will help you stay energized in the long term.

Contributions Welcome

This newsletter belongs to the department of Chemistry. So submissions of interest to our department are welcome.

Submissions can be up to 1000 words and are subject to editing. Send your submissions to: newsletter@chem.ualberta.ca

Please send submissions by the 20th of the month to ensure they can be featured in the next month's newsletter.

Did You Know?

The University of Alberta has more than 210,000 alumni worldwide and has alumni branches or branch contacts in 46 areas around the world.

From UofA Facts

Important Dates & Events

October 6th: Presidential Town Hall 8:30 am - 9:30 am in TL-BI. All faculty, staff, and students welcome.

October 18th: Department of Chemistry Professional Development Series presentation
"How to Effectively Manage Your Time" (see attached)

ANNOUNCEMENTS

CONGRATULATIONS TO....

...last weekend's "CGSS Kekulé Cup" Ultimate Frisbee Tournament (Sept. 18th) winners: Champions "Team Discovery Blue Balls" and Consolation Bracket Champions "Keyur Bears."



Champions Team Discover Blue Balls:

Back Row: (L-R): Teague McGinitie, Jeremy Gauthier, Mike Reid, Jeremy John, Jared Curle, Lars Laurentius, Lauren Poole

Middle Row (L-R): Laura Zilke, Greg Kaufman, Brittany Dever

Front Row: John Toman

Absent from photo: team captain Jesse Li.



Consolation Bracket Champions Keyur Bears:

Back Row (L-R): Stephen Cochrane, Drew Hawranik, Rachel Agnew, Larissa Petriw, Caitlin Hurd, Prof. Gabriel Hanna

Front Row (L-R): Justin Thuss, Nico Gernigon, Kyle Sabourin, Landon Kymson

Ahh...Massage!

The Social Environment Committee would like to introduce a new initiative with the goal of promoting work/life balance and awareness of what our benefit plan entitles us to. We have booked a student masseuse to come in to the department and give 15 minute seated back and neck massages at no charge.

Mrs. Crystal Gartman has volunteered to perform seated back and neck massages for our department as part of her practicum towards her schooling. Since she is doing this at no charge, if you enjoy Crystal's services please leave her a tip as a means of making the seven days she will be here worth her while.

Crystal will be starting her practicum on Wednesday, September 15th and will be in the department every Wednesday until November 3rd, with the exception of September 29th.

Appointments start at 8:30am and the last appointment of the day will be at 4:10. Crystal will take her lunch break from 1:00pm until 2:00pm so that she will be free for appointments during the lunch hour for those of you who are unable to take a 15 -minute break during the rest of the day. The massages will take place in room E3-38A.

To book an appointment please call or e-mail:

Marcel Munroe, (780)492-4781,

socenvcomm@mail.chem.ualberta.ca

For your information, our benefit plan covers %100 of massage therapy treatments up to a yearly maximum of \$1000, with a per treatment maximum of \$90 for a one hour session. These claims can be submitted online at www.sunlife.ca

If you know a Chemistry staff member who does not get departmental e-mails please forward this to them or let them know to get ahold of me.

Do You Have an Idea...

...for a cost-saving measure or revenue-generating plan? We now have a new e-suggestion box.
Email: suggestions@chem.ualberta.ca

HAZZARD WARNING



Links:

[CBC Story](#)

[Central Science - Sepracor](#)

Attention Chemists!

TWO YEARS AGO NEXT MONTH, SEPRACOR CANADA CHEMIST ROLAND DAIGLE DIED AT AGE 46 AFTER BEING EXPOSED TO TRIMETHYLSILYLDIAZOMETHANE. ACCORDING TO NEWS REPORTS, DAIGLE WAS INEXPLICABLY WORKING IN A LAB WHEN THE FUME HOODS WERE DOWN BECAUSE OF ROOF WORK."

CENBLOG.ORG, SEPT 24, 2010

Following the anniversary of this fatality in an industrial laboratory, the attention of all chemists in the department is drawn to the following hazard warning from Organic Syntheses:

Organic Syntheses, Coll. Vol. 8, p.612 (1993); Vol. 68, p.1 (1990).
Caution! Trimethylsilyldiazomethane should be regarded as extremely toxic and should only be handled by individuals trained in its proper and safe use. All operations must be carried out in a well-ventilated fume hood and all skin contact should be avoided.

My advice is that the substance MUST be used in a fumehood and all inhalation or skin contact MUST be avoided. This means that the reaction must be worked up in the fumehood and any excess of the reagent should be destroyed; for that purpose the following comment from EROS is worth knowing: "TMSCHN₂ instantaneously reacts with carboxylic acids in benzene in the presence of methanol at room temperature to give methyl esters in nearly quantitative yields."

The statement in EROS that the reagent is a "safe substitute for diazomethane" is fatally misleading.

Derrick Clive



Best Summer Ever!

Bonnie Gover

"Best Summer Ever." These are the words Rachelle Bowen and Jennie Vegt use to describe their experience designing the winning entry in the 2010 Arts Mural Competition. By now, you will no doubt have seen the 3 bluish panels that went up September 1 in the Chemistry Centre atrium. Jill and I caught up with the two Fine Arts students later in September at the informal unveiling of their collaborative mural called "Visual Alchemy."



"This is a really big deal for us," Jennie says, and Rachelle nods emphatically. But it wasn't such an easy road for the pair who normally do figurative art on their own. There was a sizing complication. They were worried about transporting it. And the day they wanted to hang it, the door [to bring it through] was being painted.

The most difficult thing to do was the proposal, says Rachelle, and they spent 11 hours tossing ideas around. "The biggest challenge...was getting used to the way that collaboration works...both Jennie and I had to learn how to make decisions together without compromising our individual artistic integrity." Luckily, the two were friends before the project so they knew they made a great team.

And it's clear that mega planning session was well spent. At the event, Jill congratulated the students and spoke about the colour and flow of the mural, it being a welcoming sight for students and staff moving north through the corridor. Jill also gave Jennie and Rachelle the news that she is having a plaque done in their honour, to be put up next to one of the panels.

To read more about the ideas behind the design and how it was chosen, see [chemNEWS 2010 June](#).



At left, artists and selection committee:

L to R: Collette O'Brien, Jennie Vegt, Rachelle Bowen, Ray Gosselin, Jill Bagwe, Ben Louie, Sheila Cameron, Allen Ball (in front)

Bottom: Jennie Vegt, Rachelle Bowen

Photos courtesy Rose Litzenberger
Facilities and Operations



BUILDING A MORE EFFECTIVE YOU^U

Providing you the tools to deal with Life's challenges



Building a More Effective You is a professional development series created specifically for the **Department of Chemistry**. The series will address issues that many of us face in our daily lives including time management, effective communication, stress and depression.

All department members are welcome, so bring your lunch and learn how to handle issues that we face on a regular basis.

Fresh fruit and water will be provided as a healthy snack.

NEXT PRESENTATION

HOW TO EFFECTIVELY MANAGE YOUR TIME

Many people experience not having enough time to accomplish the things they feel they have to achieve. Time management is not about learning how to do more in less time but, rather, is about how to accomplish the right things in the time available. This workshop focuses on creating value for the time you spend.

Monday, October 18, 2010

Irene Spelliscy, Human Solutions

12:05pm-12:55pm

Room E3-25

UPCOMING PRESENTATION DATES

HOW TO SET BOUNDARIES AND BE ASSERTIVE

Monday, November 15

MAKING WORK A QUALITY EXPERIENCE

Monday, December 20



If you have any questions please contact the Social Environment Committee at: socenvcomm@mcfely.chem.ualberta.ca

University of Alberta Lunch and Learn Program

Avoid the Bulge, Don't Overindulge!

Jennifer Livingstone, Wholesum Nutrition Consulting Inc.
Wednesday, October 6, 2010—Education South 213

Holidays are a time of family and friends, but do you find yourself dreading the bountiful food and drink? Are you worried if you overindulge you may add to the bulge? Come and learn some ways to avoid the pitfalls of holiday eating before you find yourself having that extra serving of pumpkin pie this Thanksgiving!

Identifying Individuals at Risk

Kris Folwler, Office of Safe Disclosure and Human Rights & Melanie Goroniuk, Health Promotion and WorkLife Services
Wednesday, October 13, 2010—Education South 213

Any one of us may come across an individual whose behaviour is troubling. It could be a student, friend or colleague. Would you have the courage to care?

The University is committed to de-stigmatizing mental illness and providing a safe environment where students and staff can get help and support—for themselves or their peers. Join Kris and Melanie as they discuss how the University defines At Risk Behaviour, where you can go to seek assistance and the role you can play by ensuring that Individuals at Risk get the care they need.

From Farm to Fridge

Emily Dietrich, Office of Sustainability
Thursday, October 21, 2010—Education South 213

The options available in the grocery store can be overwhelming: paper, plastic or re-usable; local or organic; bulk or packaged? What is the best choice? We will examine some common choices you have to make everyday surrounding the food you eat. You will leave this workshop armed with information on how to reduce the environmental impact of your food choices.

Sleep and Restfulness

Theresa Williams, Human Solutions
Thursday, October 28, 2010—Education South 276

Most people need 6-8 hours of sleep every night and periods of relaxation during the day to remain healthy and energetic. Still, most tend to cut back on their sleep and rest as soon as they are under stress or busy. This workshop will give participants an understanding of the effects of sleep deprivation and poor rest and provide them with some strategies for better sleep and relaxation.

**Bring your lunch and join HPaWS' informative sessions from
12:05 – 12:55 p.m.
Register at:**

www.learningshop.ualberta.ca