

2011 march

a monthly publication of the
department of chemistry
university of alberta

chemNEWS

Inside This Edition:

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- ❖ Special Announcements
- ❖ Plans for Pi Day!
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Important Departmental Dates, Healthy Workplace Tips and much more!

Important Dates & Events

- March 13: Daylight Saving Time Begins
- March 14: Pi (π) Day
Potato Chip Day
- March 15: (Beware the) Ides of March
- March 17: St. Patrick's Day
- March 18: Last Day to Withdraw from Winter Term Courses
- March 20: First Day of Spring
- March 29: Coca Cola was invented this day in 1886

BUILDING UPDATES



ANNOUNCEMENTS

"Burning with Love" Chili Cook-Off

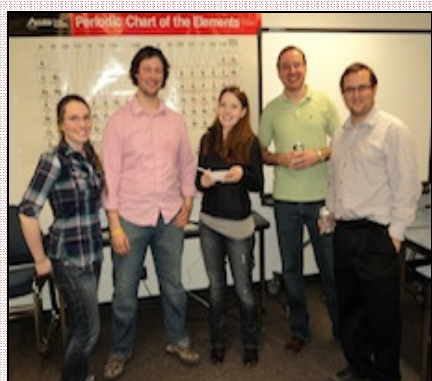
Congratulations to **Jamie Bailey** on winning Best Spicy Chili for his "Jared Killer Chili" and Best Chili Overall, for his "Smoked Chipotle Chili."



Survivors of Jamie's Blazing Inferno Chili (L to R: **Matt Zamora**, **Anushka Jayasuriya**, **Colin Diner**, **Ritesh Kaur Saini**, **Roger Ashmus**, **Chris Berger**, **Drew Hawranik**)

Congratulations to First Runners-up in the Best Spicy Chili category: **Brianna Slater**, who won for her "Smokey Chili", tying with **Jamie Bailey** for his second entry in this category, "Blazing Inferno Chili." The Second Runner-up for Best Spicy Chili was **Chris Sadek** for his "Oops Chili."

First Runner-up for Best Chili Overall was **Laura Zilke**, for her "Vacation Chili." Second Runners-up in this category were **Avena Ross** and **Matt Zamora** for their "Mexican Sensation Chocolate Chili." The pair tied with **Paul Lummis** for his "Veggie Chili."



Students and staff enjoying some chill (L to R: **Kirsten Tomlin**, **Paul Lummis**, **Marie Barnes**, **Prof. Gabe Hanna**, **Prof. Alex Brown**)

CONGRATULATIONS TO....

Farzad Malihi (Dr. Clive) passed his PhD Candidacy Exam February 10, 2011

Dominique Hebert (Dr. Stryker) passed her PhD Candidacy Exam February 28, 2011

Congratulations to **Dr. Chris Le**, who will be receiving the 2011 Maxxam Award from the Canadian Society for Chemistry (CSC)!



Congratulations to **Dr. James Harynuk** and his wife, **Erin**, on the birth of their baby daughter! **Stella Angeline** arrived at 7:02pm on Wednesday, February 16th, weighing in at 7 lb-12 oz (or 3,510 grams).

WELCOME TO....

Dr. Champika Weeraman who will be joining Dr. Julianne Gibbs-Davis as a Post Doc Fellow.

Dr. Chantel Benson, an alumna of the Department, who will be joining Dr. Frederick G. West as a Post Doc Fellow.

Dr. Olivier Soueidan who will be joining Dr. Frederick G. West as a Post Doc Fellow.

Dr. Christian Merten who will be joining Dr. Yunjie Xu as a Post Doc Fellow.

FAREWELL TO....

Ms. Jenny Zhang, who will be leaving the Department on March 31st. Jenny accepted a challenging, new Financial Analyst position with the Research Services Office (RSO) on campus as of April 1st.

Jenny came to the Department from the Office of the Registrar and Student Awards in February 2008 when she assumed the position of Accounting Assistant. Over time, as she grew into her role, she began to take on more responsibilities, eventually becoming the Department's Financial Administrator in September 2009. Jenny is an important resource for the Department and her knowledge and expediency will be missed!

The Department will be hosting a **Cake & Coffee Farewell party for Jenny on March 25th from 12:00 noon to 2:00 pm in room E3-49**. Everyone is welcome to attend. For those of you who would like to sign her farewell card and contribute towards a gift, you can pop by Laura's office starting Monday, March 14.

CONGRATULATIONS TO....

With Jenny's departure, we moved quickly to ensure that there would be seamless, continued financial service.

I am delighted to announce that **Mrs. Dayna Morris** was hired into the position of Financial Administrator. For those of you who submit travel and expense claims, you will already know Dayna as she is the Department's part-time Accounting Assistant. As such, she is already familiar with our staff and students, which is a real boon to the department. Please congratulate her when she assumes her new role effective March 28th. She will be housed where Jenny is now and her number will be 2 5346.

Do You Have an Idea...

...for a cost-saving measure or revenue-generating plan? We now have a new e-suggestion box.

Send an e-mail to: suggestions@chem.ualberta.ca

Changes to HRDF

Excerpt from *Employment News*, HRS

The Human Resources Development Fund (HRDF) provides eligible support staff with funding for professional development and personal wellness courses. The following changes will be made to the HRDF program effective April 1, 2011:

Funding Periods: Effective April 1, 2011, the number of funding periods will increase to four per year. This will provide an even distribution of funds throughout the year and create more windows of opportunity for employees to apply for funding to cover professional development and personal wellness courses.

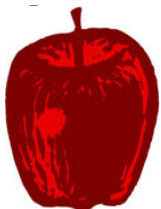
Updated Schedule:

For courses/conferences which start between:	Applications will be accepted beginning:
April 1—June 30	March 1
July 1—September 30	June 1
October 1—December 31	September 1
January 1—March 31	December 1

Travel Coverage: Travel/transportation expenses to attend conferences or workshops will be reduced to 50 percent. This will give more people the ability to access funds directly related to learning and development.

For more information please visit the HRDF website at: <http://www.hrs.ualberta.ca/Learning/Funding/HRDF.aspx>

Healthy Workplace Tip



Brown bag your lunch. Packing your own meals means less waste in the landfill and more loot in your pocket. It is estimated take-out food produces 1.8 million tons of trash each year. Also making your own lunch will help save you approximately \$2,250 per year.

March 14, 2011: Pi Day Fun-draiser

Social Environment Committee

Next Monday marks a notable day that many of you may not think of or celebrate: Pi day on 3.14. Although you won't find the government implementing a much-hoped-for statutory holiday this month, we thought that we would do something fun and exciting to mark the day.

Starting at 12:00 on Monday, March 14 we will be selling pie by the slice in room E3-25. The pies will be provided by Bee-Bell bakery and for \$3.14 you can get a piece of pie and a cup of coffee.

If you love making pies and have a desire to share with the department your baking prowess, we welcome anyone who wishes to showcase their pie to please reply to this e-mail by Thursday, March 10 and let us know what kind of pie you are going to bring.

As the first fundraiser of the year for the golf tournament, we will also be doing a pie-in-the-face fundraiser. You will be able to bid silent-auction style for a chance to whipping cream pie one of our volunteers. Volunteers thus far include Anita Weiler, Marcel Munroe, Jared Jacobson, Verner Lofstrand and Ryan Lewis. To the highest bidder, Jill Bagwe is also willing to pie'd.

We hope to see you there!



Did You Know?

The University of Alberta boasts the most national championships in major sports in the past 26 years and third all time with 58 national titles, including seven by Pandas volleyball teams, thirteen by Bears hockey, and six by Pandas hockey (which became a varsity sport in 1997). As well, twelve coaches have won CIS Coach of the Year awards.

From *UofA Facts*

The Secret is "Low and Slow"

Bonnie Gover



Jamie explaining his technique

Grad Student Jamie Bailey from the Bundle group cleaned up Feb 14 at The Chemistry Grad Student's Society's "Burning with Love" chili Cookoff. This is the 2nd year for the popular fundraiser, and at \$5-a-pop, tasters could sample from over a dozen student creations. Jamie won in both categories: Best Spicy Chili, for which he won a slow cooker, and the Best Chili Overall, for which he won a bottle of "deluxe" hot sauce and Pepto Bismol. I caught up with Jamie recently to talk about his recent culinary success.

Q: How does it feel to win in both categories, winning with your Jared Killer Chili and your Smoked Chipotle Chili?

A: Pretty good. I improved from last year. [What?? To those of you who don't know, Jamie won a prize last year too, receiving 2nd place for his "Thanksgiving Leftovers Chili."]

Q: How do you think the event went?

A: It was a pretty good turnout. Everyone enjoyed the chili. Regarding the Insanity Chili, I wanted it to be a challenge to anyone that dared. Most people don't think food can get past a certain level of hotness and that all heat is manageable; it's entertaining to watch that paradigm get shattered. [See the *Announcements* page for the "survivors."]

Q: For you, what was the best part of the cookoff?

A: People's reactions after they'd tasted the Insanity Chili. Watching people actually enjoy the milder "normal" chilis" is rewarding too."

Q: How long have you been cooking, i.e., were you always one to tinker in the kitchen?

A: I started at 14, cooking in a steakhouse. I didn't know how to cook anything before then. At 18, I was promoted to Kitchen Manager and helped open up restaurants.

Q: Do you cook every day?

A: Yes; it's not always fancy. I'm lazy and tend to go for the quickest meal to prepare, but I do cook with my friends a lot."

Q: What will you do with the slow cooker you received winning first prize?

A: My mom got me [the one I used], so I'll probably give that one to my mom.

Q: If there's one thing that you could tell fellow cooks about chili, or cooking in general, what would it be?

A: Keep it simple. Always use the freshest ingredients. Just use fresh ingredients and you can never go wrong.

Q: Can I convince you to part with your recipe?

A: Sure.

So here is Jamie Bailey's recipe, loosely translated. Very loosely.

Jamie Bailey's Prize-Winning Smoked Chipotle Chili

- 1 large yellow onion, chopped
- 1 lb ground beef
- 1 lb spicy Italian sausage meat
- 3-4 cloves garlic
- 1 can corn
- 1 can mixed beans
- 2 whole roasted red peppers, chopped
- 1 tbsp smoked chipotle powder (you can get this at the Bulk Barn, beside the other spices) (Note: all spice amounts can be adjusted to achieve the desired taste.)
- smoked salt, to taste – "that was key"
- 1 tbsp chili powder
- 1 can crushed tomatoes
- 1-2 can(s) fire-roasted tomatoes (you can get these at Safeway)

Cook the meat, drain the fat. Combine all the ingredients together and cook it low and slow for about 4 hours. Serve with garlic toast.

Call for Exhibits/Volunteers for Science Rendezvous Edmonton 2011

2011 is the International Year of Chemistry. The Chemical Institute of Canada and TELUS World of Science would like to establish **Science Rendezvous Edmonton 2011** as the inaugural one-day festival style celebration of chemistry and science at TELUS World of Science (TWOS) for all the public. **Science Rendezvous Edmonton 2011** runs from 10:00 a.m. to 4:00 p.m. on Saturday May 7. Consider exhibiting and help the public celebrate Science with us!

Who are you (in groups of 1-6 ...ideally 4)?

- You are a group of people who might have: a few good hands on kitchen/household science or chemistry experiments/demonstrations that you'd like to show to folks of all ages.
- You might be a college or university professor/ teacher/researcher/graduate student doing, or directing, research/work of import that you wish to show the general public.
- You could be someone who will dress up and take on the persona of, a famous scientist (Einstein, Newton, Curie, Rutherford, Dalton, Priestly, Lavoisier, etc) for the day at TWOS.
- You could be a drama student, or drama group, willing to perform a short scene/excerpt from a play featuring a scientist or scientists (Hoffman and Djerasi's *Oxygen*, Capek's *R.U.R.*, Brecht's *Galileo*, Durenmatt's *The Physicists*, Kipphardt's *In the Matter of J. Robert Oppenheimer*, Stoppard's *Arcadia*, Andreyev's *To the Stars*, Maxim Gorky's *Children of the Sun*, and countless other suitable plays) – potentially in the foyer of TWOS.
- A group of high school students, with their teacher willing, to demonstrate some research they've done or with exciting chemistry demonstrations to share.
- A group of high school teachers demonstrating some exciting chemistry demonstrations they'd like to share.
- A chemistry winner/finalist of the Regional Science fair contest.
- An Association of local professionals (forensic scientists, fireman, EMTs, etc) who have a science demonstration the public just has to see.
- Other relevant interested science group or company (...selling science not your services)

How long do you have to exhibit?

In shifts your group will man a table continuously from 10:00 am to 4:00 p.m. on May 7th, 2011. The precise location of your (8×4) table in TWOS will be determined at a later date.

What does each group member get for your volunteer labour?

The undying thanks of the organizing committee and a CIC Edmonton Volunteer T-shirt.

How do you apply to participate in Science Rendezvous Edmonton 2011?

You must email the following information to Ian Phillips ian.phillips@epsb.ca

Your Name: _____

Your Address: _____

Your Group's name: _____

Your Organization's name: _____

Your Group Members' names: _____

Your Activity: (Describe your exhibit in no more than 100 words)

There are currently only 30 spots available. Depending on the numbers and variety of entries for Science Rendezvous Edmonton 2011, there is no guarantee that your proposal will be accepted. Informal auditions at a yet to be chosen location (TBA) may be necessary to arrive at the final roster of participants. A call for volunteers is under consideration as of this writing. Do not hesitate to telephone me at 780-448-5000 to talk to me in person if you need some clarification. I look forward to working with you in Science Rendezvous Edmonton 2011, Dr. Ian G. Phillips (Teacher Ross Sheppard High school).



The Commission of the European Communities and the European Committee for the Study and Application of Analytical Work in the Steel Industry (CETAS) are pleased to announce the

8th International Workshop on

Progress in Analytical Chemistry & Materials Characterisation in the Steel and Metal Industries.



The workshop, co-organised by the Centre for Research in Metallurgy (CRM) and the Public Research Centre (CRP) Henri Tudor, will take place in

Luxembourg - May 17-19, 2011

Plateau de Kirchberg - Jean Monnet Building

Aim of the workshop

The workshop, chaired by Victor Tusset, CETAS Chairman (Center for Research in Metallurgy - CRM Group), aims to bring together scientists from all over the world, working in connection with the steel and metals industries for an exchange of experience covering the analytical and characterisation techniques used in their industries. The workshop will include lectures, papers and posters. The presentation language will be English.

Topics

- > Automation in Laboratories
- > Characterisation of Raw Materials and Final Products
- > Characterisation of Surfaces and Coatings
- > Cleanliness of Steel and Metal
- > Environmental Analysis
- > Innovative Analysis Techniques
- > Micro and Nano scale Characterisation
- > On-line Sensors
- > Sampling and Samples Preparation
- > Traceability of Measurements (Standardisation, Reference Material, Proficiency Testing)

Organisation

Chairman of Workshop

Victor Tusset (CRM Group, Liège, Belgium)

Organising Committee

Johann Angeli (Voestalpine Stahl GmbH, Linz, Austria)

Emmanuel Bidaine (CRP Henri Tudor, Esch, Luxembourg)

Irene Calliari (University of Padova, Padova, Italy)

Mohamed Chtaib (Luxcontrol, Esch-sur-Alzette, Luxembourg)

Hubert Duchacek (Voestalpine Stahl GmbH, Linz, Austria)

Jörg Flock (ThyssenKrupp Steel Europe, Duisberg, Germany)

Andrea Franciscono (Cogne Acciai Speciali, Aosta, Italy)

Patrick Kicq (Carsid, Marcinelle, Belgium)

Bo Larsson (Sandvik Materials Technology, Sandviken, Sweden)

Harri Leppanen (Ruukki, Raahé, Finland)

Lars-Henrik Osterholm (Jernkontoret Research & Education, Stockholm, Sweden)

Bern-Josef Schlothmann (Stahlinstitut VDEh, Düsseldorf, Germany)

Dieter Sommer (ThyssenKrupp Steel Europe AG,)

Symposium Secretariat

LD Organisation

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Support Staff March 2011 Pre-Retirement Planning Workshops

Staff Programs is pleased to sponsor a Support Staff Retirement Series, consisting of three half-day workshops. These workshops are designed for support staff and their spouses* who may be contemplating retirement. You must register for and attend all three workshops. The series will help you prepare for the next major stage of your life—retirement!

Part 1—Wednesday, March 23, 2011 Public Service Pension Plan / Income Security Benefits

1:00pm—5:00pm
Glacier Room, Lister Centre

Philip Mak, Alberta Pensions Services Corporation
(1:00pm—3:00pm)

Learn about your Public Service Pension. Topics will include benefits, when you can retire, pension plan options and sample pension calculations. *Please note:* individual pension calculations will not be discussed; you may contact the Alberta Pensions Services Corporation for an appointment to discuss your personal situation.

Goran Ogar, Human Solutions
(3:15pm—5:00pm)

Learn about the Federal Government's retirement income security programs—an important source of retirement income.

Part 2—Wednesday, March 30, 2011 Financial Planning for Retirement

Goran Ogar, Human Solutions
8:30am—12:00pm
Glacier Room, Lister Centre

Learn how to create an effective financial retirement plan, prepare a retirement budget and discover retirement tax consequences. Potential lifestyle expenses and health care costs will also be discussed.

Part 3—Wednesday, April 6, 2011 Preparing for the Emotional Effects of Retirement

Theresa Williams, Human Solutions
9:00am—12:00pm
Glacier Room, Lister Centre

Have you given thought to the emotional effects of the work-to-retirement life transition? This workshop will provide you with tools to help you prepare for and plan a successful, healthy transition from work to retirement.

Visit www.learningshop.ualberta.ca to register.

Seating is limited! There will be no charge for these workshops. However, attendance is monitored and same-day drops and no-shows will be penalized.

*All registrants, including spouses, must register individually.

For more information, please contact:
hpaws@hrs.ualberta.ca

Change Your Way To Health!



How to improve a difficult work relationship

Today's workplace is a melting pot of people with different values, backgrounds, and cultures. It is inevitable that we will work with someone who challenges us. This can create difficulties at work... if we allow it.

When we struggle with a difficult co-worker relationship it can mean sleepless nights or frequent days off, and undoubtedly our productivity suffers. Life can be even more stressful if it's our boss we have issues with (see back page).

Some conflict is to be expected and it can be healthy if handled in the right way. But difficult situations such as being the target of malicious gossip, arguing with a co-worker, or not being given critical information can leave us emotionally drained and less able to work productively. We need to take steps to resolve conflict before it hurts us, or others, and before it has a negative impact on our workplace.

Tips

Assess the situation. What you perceive to be an injustice may be a misunderstanding. Could there be another side to the story? Do you know for sure it's true? Is the situation one you can try to resolve on your own or should you seek help from your supervisor or Human Resources?

Separate the person from the problem. A person you may be experiencing difficulty with does not necessarily have bad intentions. Perhaps they are under extreme pressure at work or dealing with a stressful situation at home. Rather than seeing the person as "the problem", focus on the issue that needs to be addressed, not the behaviour of the individual.

Discuss the issue. If your difficulties with a co-worker are relatively minor, take the time to calm down and put the situation in perspective. Once you have organized your thoughts, ask your colleague if you can meet one-on-one to discuss what is happening. Listen to what they have to say before you respond. When you respond, remember to speak from your own perspective, and focus on your own experience.

Focus on a common solution. Let the person you are in conflict with know you want to create a win-win resolution. It may mean you need to make some compromises. Ask what he or she feels needs to change. Keep the focus on the greater goal.

Accept that people are the way they are. It rarely works when we try to change others. Understand your own strengths and weaknesses and find a way to handle the situation so it will result in a successful outcome for you. Maintain a positive mindset and focus your energy on the aspects of your life that you can control.



Health Promotion and WorkLife Services (HPaWS)

LUNCH & LEARN

March 2011

12:05 – 12:55 p.m.



****Please note that staff and faculty will receive priority Lunch and Learn registration, with others being accommodated if space permits. To ensure a quality learning environment for all participants, registrants are asked to please endeavour to arrive at Lunch and Learns on time to minimize class disruption.****

Dining Around the World the Healthy Way

Jennifer Livingstone, WholeSUM Nutrition Consulting
Thursday, March 3, 2011—CAB 373

Let's face it – eating out is a part of our lifestyle. But how can we include dining out as part of our healthy eating plan? Come and learn about different cuisines such as Japanese, South Asian and Chinese, and find out which foods are the healthier choice by sampling some of these international flavours!

Work Life Harmony

Irene Spelliscy, Human Solutions
Thursday, March 10, 2011—Education South 206

Finding a balance between work and life means building some harmony among competing demands and priorities. This workshop provides information on how to clarify values, identify and resolve stress-producing imbalances, effectively apply available time and energy, and develop a personal action plan.

WG Hardy Collection Tour

Dr. Jeremy Rossiter, Department of History and Classics
Tuesday, March 15 AND Thursday, March 17, 2011—2-89 Tory Building

Take some time out of your day to explore the WG Hardy Collection of Ancient Near Eastern and Classical Antiquities. The collection contains objects of ancient Greek, Roman and Near Eastern origin, providing valuable insights into the daily life and customs of the civilizations of the ancient Mediterranean and Near East. Included in the Collection are coins, sculpture, pottery and glass objects deriving from the Greek and Roman world and from ancient Egypt and Mesopotamia. The Collection is unique in Western Canada and provides a valuable resource for the teaching of Classics courses and a fascinating window into some of the archaeological research done by members of the Department of History and Classics.

****These tours are identical. Please register for only one event!****

Flip a Switch to Save: *Turn off the lights for a brighter future*

Lyndsay Hobbs, Office of Sustainability
Tuesday, March 22, 2011—Education South 206

****Remember, Earth Hour will be marked on March 26 at 8:30pm!****

Energy conservation can save money and the planet. Most of the electricity in Alberta comes from coal-burning plants that produce greenhouse gas emissions. As an individual, how can you reduce energy use around your home and office? This workshop will examine "phantom or stand-by power", provide you with information about the electricity consumption of common devices and appliances, and give you simple tips on how to be more energy efficient.

What are You Waiting For? *How to stop procrastinating and start living*

Laurel Vespi, Stone Circle Coaching
Thursday, March 31, 2011—CAB 369

Have you been on a slow burn for too long? Is it time for you to ignite your life?

Life is just too darn short to waste time smoldering away. If you don't feel jazzed up, tickled pink and passionate about your life, then it's time to strike a match and get things burning. Explore the ingredients necessary to re-kindle the fire in your life and re-energize your spirit. Then watch out. Do I smell smoke?

Bring your lunch and join us for these informative sessions. Seating is limited—please register at www.learningshop.ualberta.ca. For information about the Lunch & Learn program, contact the Health Promotion and WorkLife Services office: hpaws@hrs.ualberta.ca.