

# LSI COMMUNITY CONNECTOR



PHOTO CREDIT: @OVERALLLAB/TWITTER

## IN THIS ISSUE

**WHAT'S IN BLOOM**

**GET ACTIVE AT HOME**

**EATING WELL**

**MANAGING ANXIETY**

**INSIDE LSI**

**WHO WILL TELL YOUR  
STORY?**

**GOOD READS**

## Welcome to the first edition of the LSI Community Connector!

This initiative has been launched by LSI leadership as a means of keeping our community involved and supported.

We welcome your feedback, your ideas, and contributions.



PHOTO BY BETHANY BECKER

## What's in bloom near you?

**Buttercup Winterhazel** (*Corylopsis pauciflora*) is bursting with delicate blossoms in Bethany Becker's garden.

What are you seeing near your home, or on your daily walks? Send us your snaps, and we'll showcase them in our forthcoming bulletins.

Not getting out for a daily walk? Having trouble fitting exercise into your at-home routine?

Check out UBC Rec's new campaign to get us all moving when regular self-care can be a challenge.

## Get active at home: a new campaign from UBC Rec

While everyone is settling into a new routine at home, UBC REC is offering ways to thrive from the comfort of your own space. From free virtual fitness classes to helpful blogs, [Get Active at Home](#) is a resource to help you move more, move well and keep moving while at home.



PHOTO: DREAMSTIME



# You can cook a week's worth of satisfying dinners mainly using pantry staples



## Preparation

Cook rice according to package directions. Heat up corn according to package directions, and drain and rinse the black beans. Heat olive oil in a skillet and add the onion. Sauté until fragrant. If you choose to use ground meat (turkey, beef, chicken), add that to the pan and cook until browned and cooked through.

Add the black beans, corn, and rice, and continue to sauté until heated. Mix in the salsa and top with diced avocado. You can also top your bowl with additional ingredients like jalapeños, olives, sour cream, or tortilla chips.

## Stay home and cook dinner

Our hunt for easily prepared, tasty recipes ended with Ivona Kozeiradski's find - a column by BuzzFeed's **Hannah Loewentheil**. We begin our Eating Well series with her **One Pot Mexican Rice**.

### Ingredients

- 2 cups rice
- 1 15 oz can black beans
- 1 15 oz can corn (can substitute frozen)
- 1/2 yellow onion, diced
- 1/2 avocado
- Canned salsa to taste



PHOTOS BY HANNA LOEWENTHEIL/BUZZFEED

# Feeling tense or Anxious? You are Not Alone



## UBC Alumni Association launches a new webinar series

There's a lot of uncertainty in the world right now. People have real worries, and fear. Since its first detection in December, the rapid spread of COVID-19 has impacted the global psyche in a way not seen in generations. All of us have questions. How can we reduce the transmission of the infection when in self-isolation? What communication channels should we rely on to reduce misinformation? How will we know when we can return to some semblance of "normal"?

On March 31, the series began with a panel featuring Dr. Steven Taylor, PhD'91 – Professor and Clinical Psychologist, UBC Department of Psychiatry and Dr. Richard Lester – Physician and Associate Professor in Global Health, UBC Division of Infectious Diseases. **A recording of the session is now available [online](#).** Information about forthcoming sessions is accessible at the same link.

**Excellent online resources** are being published by the Guardian, a top UK newspaper with no paywall:

[Coronavirus anxiety: how to cope](#) features Dr. Luana Marques, associate professor of psychiatry from Harvard Medical School.



# Inside LSI

## Basic scientists, vendors and staff band together to support health care workers on the front lines of COVID-19

By CBR Director and Acting LSI Co-Director Ed Conway

 **LifeSciences BC** @lifesciences\_bc · Mar 24

So impressed with the life sciences community coming together to donate much needed supplies to our local hospitals in the fight against #COVID19BC. Working with @PHSAofBC the drive will continue so please let us know if you have any supplies to donate #healthcareheroes



The past couple of weeks has seen most of us in the LSI rapidly curtailing research activities. This is in contrast to what's happening in the provincial hospitals, where frontline staff are rapidly gearing up for the major challenges that they are likely to face in the coming days & weeks.

Among their many needs to safely care for COVID-19-infected patients are personal protective equipment (PPE), which includes gloves, gowns, masks, and eye/face guards. Meeting requirements under normal circumstances is complex and difficult enough; but with the COVID-19 pandemic, the demands are expected to be extraordinarily high, world-wide competition for resources are fierce, and current inventories will likely become depleted before “normalcy” is achieved.

## Inside LSI continued...

Recognizing the gap and the fact that many research labs are going to be dormant for a while, **Simon Pimstone (Xenon Pharmaceuticals)** and **Wendy Hurlburt (LifeSciences BC)** spearheaded a roundup of available PPE from local biotech and academic labs, so that these could be rapidly distributed to the hospitals when needed.

The response has been overwhelming and heartwarming.

Among the many contributing biotech and research enterprises, the LSI and the CBR stepped up in a huge way.



PHOTO BY IVONA KOZIERADZKI

**Over 400 boxes of gloves (that's about 60,000 gloves!), close to 1000 surgical and N95 masks, and numerous gowns and eye coverings, were donated by LSI members.**

On Tuesday March 25, **Rod Hanning, Leith Znaimer and Ivona Kozieradzki** led the charge, racing through all the LSI and CBR labs, moving donated goods to the shipping docks where Rod and Leith packed it all up... three overflowing pallets-worth. **Sylvia Ho** was active behind the scenes, updating the dynamically growing list of items, relaying clues to Ivona, as to locations of the sometimes-hidden caches. **William Burrows (LifeSciences BC)** was in charge of logistics for the entire project, and arranged for pickup and sorting at Xenon Pharmaceutical, for sorting and eventual distribution pending direction from the province and hospitals.

Once again, the LSI and CBR community of givers has shown that it can work together. We will make it past this obstacle and be better for it.

# Who will tell your story?

"If science, like art, is to perform its mission truly and fully, its achievements must enter not only superficially, but with their inner meaning into the consciousness of the people."

We know we are living in exceptional times. We've been hearing, and rightfully so, a great deal about the challenges faced by health care workers as they struggle to care for the sick.

Among the many untold stories are the lived experiences in the labs and facilities where basic scientists are giving everything they have, and more, toward the effort to understand and combat SARS-CoV-2.



Albert Einstein issues a challenge to science as he opens the 1939 World's Fair. Photo credit: New York Public Library

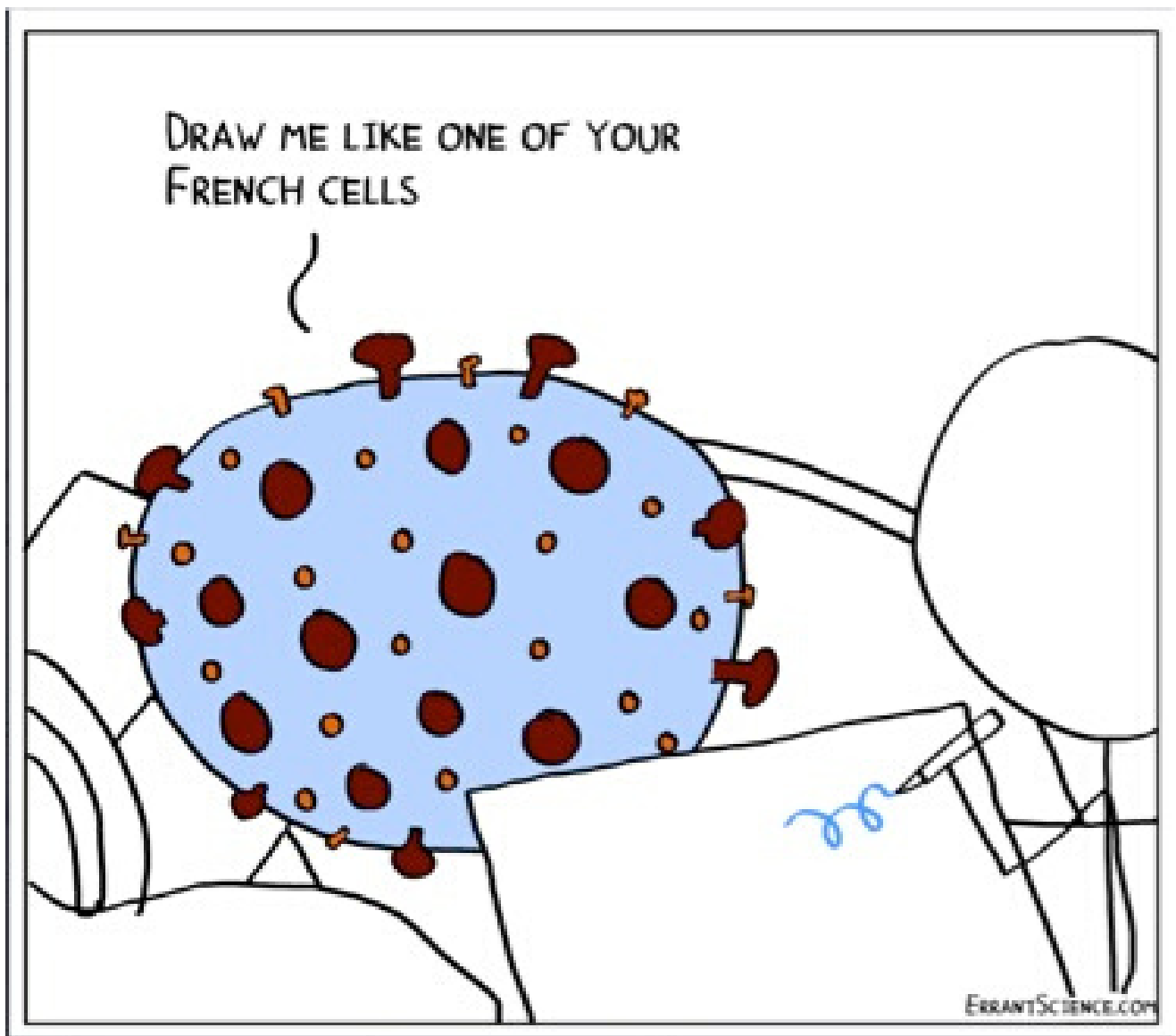
**We want to tell that story.** A broad range of people, even those who have no connection to science will be interested to learn what's happening right now in LSI's labs, and about the implications of your research.

**Knowing that you are giving your all, this is a sensitive ask.** Here are some ways we could approach this:

- **Ivona Kozieradzki** has already begun approaching labs and facilities working on COVID-19 related projects and shooting some pictures.
- If PIs, researchers, staff and trainees have an interest and are not stressed by **writing, drawing, or doodling** about what you're doing and why, and willing to share, this material will be compiled into a portrait of LSI and its people in extraordinary times. **This is a portrait we would like to share with the public.**
- **Twitter** is another great venue for this kind of reflection. Carl t. Bergstrom (@CT\_Bergstrom) launched a personal thread on March 26, "about the experience of working at the intersection of infectious disease modeling and the study of misinformation during the worst pandemic in a century." **His first tweet gained 13.1K likes, and was retweeted 6.2K times.**

# "Science is the Poetry of Reality"

@SCIENCEDYNAZTY/INSTAGRAM



USED WITH PERMISSION FROM @ERRANTSCIENCE/INSTAGRAM



# UBC experts weigh in on what to read when you're stuck at home

While many of us are working from home, a strong LSI contingent is still at work within the LSC. Whether we have more idle time than usual, or if we're driving harder than ever, repose and reflection even for ten minutes a day can be restorative.



Parents juggling work and children are especially in need of nourishment.

UBC's Creative Writing Program has prescribed [a group of books by UBC-affiliated authors for your consideration.](#)

## This is our first foray

We hope the features in this initial bulletin are of interest. Let us know what you think, and by all means, contribute photos, feature and contest ideas, and tell us what you'd like to hear from this new LSI connector.

Please send your feedback to Bethany Becker, Communications Specialist at [bethany.becker@ubc.ca](mailto:bethany.becker@ubc.ca)



THE UNIVERSITY OF BRITISH COLUMBIA

Life Sciences Institute