



M^cCAIGINSTITUTE
FOR BONE AND JOINT HEALTH



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FOR BONE AND JOINT HEALTH



TRAINEE HANDBOOK

2020 - 2021



UNIVERSITY OF CALGARY
CUMMING SCHOOL OF MEDICINE

Mobility for Life.



VISION

Leading the improvement of musculoskeletal health for patients across their lifespan through research and education.

MISSION

To enhance the musculoskeletal health of Albertans by focusing our efforts on a “precision medicine” approach to research: tailoring the right intervention for patients at the right time.

CORE VALUES

Solution Driven — We place the patient and community health needs at the forefront of our work, striving for faster and better health outcomes for people suffering from bone, muscle and joint conditions.

Commitment to Excellence — We are committed to producing high-quality work and solutions based on integrity, transparency, sustainability and global standards of achievement. We will maintain the highest standards by continually measuring and improving our outcomes.

Innovation — We strive to be global leaders in musculoskeletal research, education and knowledge translation through a focus on excellence, targeted and strategic growth, learning, and development of novel solutions to musculoskeletal health challenges.

Collaboration — We use a multidisciplinary team approach to problem-solving that results in innovative, comprehensive solutions for improving the musculoskeletal health of patients.

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MESSAGE FROM THE DIRECTOR

STEVEN BOYD

Welcome! As a former McCaig trainee myself, I know one of the most important things we can do as an institute is train the next generation of scientists, clinicians and industry leaders. It's your ideas, comments, contributions and energy that make the institute a great place to work and learn. Quite simply, we couldn't do the globally recognized research we do without you.

We are excited to have you here and are committed to ensuring you receive the support and encouragement you need to succeed. I look forward to meeting you in the future and learning about your research.



WHAT IS THE MCCAIG INSTITUTE?

Our vision at the McCaig Institute is to improve musculoskeletal health for patients across their lifespan through research and education so that we can achieve our goal of providing everyone with pain free mobility for life. Based at the University of Calgary's Cumming School of Medicine, we are a multidisciplinary team of basic scientists, clinician researchers, engineers, and health system researchers who work together in order to enhance the diagnosis, prevention, and treatment of bone and joint injuries and diseases. The McCaig Institute is based in the Foothill's Campus in HRIC (3rd floor) and HMRB (4th floor), with research labs and partnerships across main campus and throughout the province.

TRAINEE OPPORTUNITIES

The McCaig Institute spans multiple disciplines and includes summer, masters, PhD, MD/PhD students, and post-doctoral fellows from various training programs all with a common interest in musculoskeletal (MSK) health. Trainees are represented by the McCaig Trainee Committee (MTC), a group of your elected peers that represent your interests on several McCaig committees including the Executive Council and Education Committee.

The MTC organizes opportunities for trainees to learn and showcase your research, and fun events, such as:

- Social events (mixers, games nights)
- A weekly seminar series
- The McCaig Summer Student Symposium
- Travel and short-term training awards
- And much more!

Be on the lookout for an email from the MTC with more details about how to get involved!



The McCaig Trainee Committee

The McCaig Institute Trainee Committee (MTC) is made up of a group of dedicated student leaders at the Masters, PhD, and Post-Doctoral level who are committed to fostering a sense of community across the institute, and enhancing the training experience of students. We facilitate educational events like the weekly McCaig Seminar Series and annual Summer Student Symposium, offer travel and training awards, and host regular community-building events for trainees around the institute. For more information visit: mccaig.ualgary.ca/education/mccaig-trainee-committee-events.

Trainee Co-Chairs: Alex Olsen (alexandra.olsen@ualgary.ca) and Sophia Shah (sophia.shah@ualgary.ca). Alex and Sophia oversee all MTC activities, manage the annual trainee budget, and serve as the student representatives on the McCaig Executive Committee and McCaig Education Committee. Contact them if you have any questions about the MTC or would like to be involved.

Education Rep: Karys Hildebrand (karys.hildebrand@ualgary.ca). Karys is responsible for all academic events, awards, and initiatives of the MTC. Karys about upcoming awards, or if you would like the MTC to support you in participating in an external course or workshop.

Communications Rep: Eva Zaffarini (eva.zaffarini@ualgary.ca). Eva oversees the McCaig Institute trainee profile directory, McCaig Trainee Instagram account ([mccaig.trainees](https://www.instagram.com/mccaig.trainees)) and helps promote McCaig Trainee Events. Contact Eva if you would like something promoted through the trainee mailing list.

Events Rep: Sukhjit Sidhu (sukhjit.sidhu@ualgary.ca) and Eva Zaffarini (eva.zaffarini@ualgary.ca). Sukhjit and Eva organize social events, recreational activities and assist in planning for educational events for trainees. Contact Sukhjit or Eva if you have a great event idea or would like to help plan an event for trainees.

Postdoctoral Fellowship Reps: Marta Vidal-Garcia (marta.vidalgarcia@ualgary.ca). As the postdoctoral fellow representative, Marta aims to represent the postdocs by transmitting their needs to the MTC. As part of her role, she is also organising the grad student reviewing process and contacting postdocs about seminars, talks and other opportunities.. If you are a postdoc and have any suggestions, please get in touch with Marta.

Seminar Series Reps: Michael Kuczynski (mkuczyns@ualgary.ca), Kali Heale (kali.heale@ualgary.ca) and Luiz de Almeida (luizgustavo.almeida@ualgary.ca). They organize the weekly McCaig Institute Seminar Series. Contact either of them if you would like to get involved in planning or presenting at the seminar series.



STAYING CONNECTED

As a new trainee you are signed up for the following mailing lists:

- ✓ *McCaig Trainee Mailing List*: Updates about trainee events, awards, and more.
- ✓ *McCaig This Week*: Sent out every Monday this contains important information about what's going on around the institute, as well as awards, deadlines and conference opportunities.

Social media accounts:

- *Twitter*: @McCaigInstitute
- *Facebook*: McCaig Institute for Bone and Joint Health
- *Instagram*: mccaig.institute

TRAINEE APPLICATION

Please fill out the [McCaig Trainee Membership Application Form](#) to be eligible for awards and to be included on our [online trainee directory](#). Please email the completed form to mccaig@ucalgary.ca.

SUPERVISORS AND TEAM MEMBERS

First, get to know your supervisor(s) and managers. Know how to contact them, who their administrator is, and where their lab and office is. On our website (mccaig.ucalgary.ca/research) you'll find a list of the McCaig Institute's area(s) of research and you can browse the member directory (mccaig.ucalgary.ca/members/member-directory) to learn more about our members. It will also be helpful to get to know those working in labs around you as they may have expertise in techniques that compliment your own.

MCCAIG INSTITUTE OPERATIONS TEAM

The operations team is responsible for helping to execute the institute's mandate to support research, education and community activities. The team is tasked with supporting the institute members in achieving academic excellence and is a key resource for staying connected with what is happening around the Institute.

CONTACT THE OPERATIONS TEAM

To contact the McCaig Institute please email: mccaig@ucalgary.ca and a member of the Operations Team will help you!

Yvonne Durnin, Administrative Coordinator



Yvonne is the first point of contact for McCaig Institute inquiries. If you need information about an award, a lab or office key, after-hours access, a meeting space, or if you don't know who to contact.

Email: Yvonne.durnin@ucalgary.ca

Terri May, Manager, Business and Operations



Terri manages the business planning, financial administration, development and execution of strategic priorities, and oversees the overall institute operations and administration.

Email: terri.may@ucalgary.ca

Kirstyn MacGillivray, Communications & Events Coordinator



Kirstyn supports the communications portfolio and coordinates special events within the McCaig Institute.

Email: kirstyn.macgillivray@ucalgary.ca

Nancy Whelan, Manager, Communications and Events



Nancy works with students, staff and faculty to spread the word about the cutting-edge research taking place at the McCaig Institute.

Email: nancy.whelan@ucalgary.ca

GRANTS AND SCHOLARSHIPS

Your key resources for available grants and scholarships are through:

- mccaig.ucalgary.ca/education/funding-opportunities-0
- grad.ucalgary.ca/awards
- gsa.ucalgary.ca/financial-support/
- *McCaig This Week*, provides news and award deadlines.

RESOURCES FOR GRADUATE AWARDS

- Discover the steps for how to submit award applications through the award guide: grad.ucalgary.ca/awards/award-guide/step-1-applying
- Search for available awards through the Graduate Award Database: <https://iac01.ucalgary.ca/FGSA/Public/PublicHome.aspx>
- Graduate Award list: grad.ucalgary.ca/awards/award-opportunities/search-awards
- Questions? Email: gsaward@ucalgary.ca

If you find applying for these grants a little overwhelming, check out workshops grad.ucalgary.ca/my-gradskills.

OTHER USEFUL UNIVERSITY WEBSITES

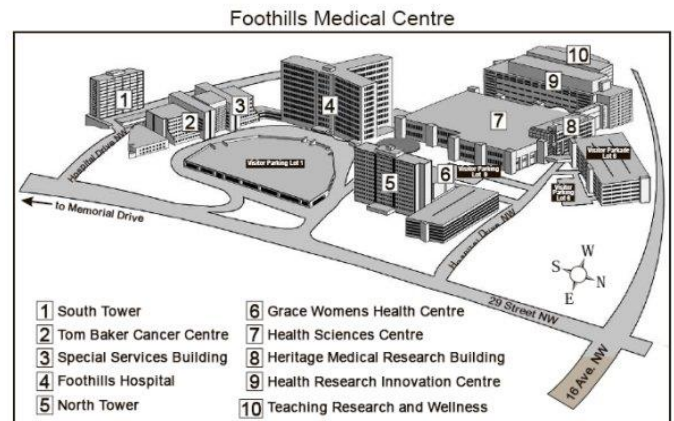
- Graduate Students Association
gsa.ucalgary.ca
- CSM Training Programs
cumming.ucalgary.ca/calendar/gse/trainee
- Faculty of Graduate Studies
grad.ucalgary.ca
- UCalgary Wellness Services
ucalgary.ca/wellness-services

COVID-19 PROTOCOLS

Access information on updates to COVID-19 protocols, the campus safety guide and resources: ucalgary.ca/risk/emergency-management/covid-19-response

FINDING US

The McCaig Institute operations team is located on the 3rd floor of the Health Research Innovation Centre (HRIC) building on the Foothills Campus in HRIC 3A08. Currently, the operations team is working remotely. E-mail: mccaig@ucalgary.ca.





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[CONTACT US](#)

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-  McCaig Institute for Bone and Joint Health
-  McCaigInstitute
-  [mccaig.institute](https://www.instagram.com/mccaig.institute)

mccaig.ucalgary.ca