



Postdoctoral Association at Western

Minutes from February 5th 2019 (4pm /Grad Club – meeting room)

Attendance

Kate Parham	President, Department of Microbiology and Immunology	x
Vacant	Vice-President Internal	---
Vacant	Vice-President External	---
Brijesh Kumar	Vice-President Communications, Department of Microbiology and Immunology	x
Neciula Gomes	Secretary, Department of Nursing	x
Roberta Bgeginski	Webmaster, Department Kinesiology	x
Isadora Olive	Cultural and Arts Officer, Department of Psychiatry	regrets
Mohammed Khan	International Representative	regrets
Harvi Hart	VP-Finances, Department of Physical Therapy	x

1. Ratification of the Minutes from the previous meeting

Passed

2. Ratification of the Agenda

Passed

3. Announcements/Introduction of new members/Attendance

- Mariam Dar – Faculty of health Sciences (new member).
- Stephen Tuffs (attendance)



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4. Follow up of new activities:

4.1 - Workshops:

- ✓ **Workshop Research Ethics** - about content and submission application. It will be held in **April 1st at 12 pm.**
- ✓ **Tax Session for postdocs** - It will be held in February 25th and Harvi will contact Mihaela for more details.
- ✓ **Difficult Conversations Part II.**- Harvi will contact Mihaela to organise it.
- ✓ **Mentoring Program for postdocs** (how to be a mentor) – about 2 hours with roundtable – Roberta will contact staff to set it in March.

4.2 - Social :

- ✓ TEA/COFFEE Break on February 14th, between 10 am and 11:30 am in the Atrium of IGAB. We will discuss the periodicity of this social meeting.
- ✓ Invite Post Docs to one of planned events of wellness Western, then PAW can provide coffee/snacks after the class. Harvi will contact who runs a Yoga class on Thursdays on campus.
- ✓ Seek more social events/trips for postdocs families. E.g.: Boler Mountain

4.3 - Other Suggestions:

- ✓ Try to organize activities focus in living well @ Western. E.g.: sports night (basketball, soccer...), Yoga , massage, stretching and others (Roberta).
- ✓ Create a program of loyalties to engage more postdocs to improve health and wellness (Roberta).
- ✓ Use Social Medias more often to engage more postdocs in our events. See it with Brijesh.

5. Post Doc Research Forum:

- ✓ Kate and Roberta will discuss the program with Mihaela.
- ✓ It will be held in April or May.
- ✓ Forum will begin with 3 minutes and after go on with presentations.



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6. Elections – VP internal and external PAW:

- ✓ Roberta Bgeginski was elected for the position of Vice- President Internal and Dr Stephen Tufts for Vice-President external.

7. Next PAW meeting:

The next PAW meeting will be held on **March 5th** 2019 at 4pm, at the Meeting Room, Grad Club.