
IBANGS News

Winter 2023, Issue 22



President's Holiday Message

"Season's Greetings! Wishing you a peaceful holiday season and a new year marked by harmony and understanding. I hope to be able to greet many of you in person at the 2024 IBANGS Meeting in London, Ontario! May the coming year bring you new adventures, opportunities, and moments of curiosity, discovery and enlightenment".

Annual Meeting Updates

Investigator Award nominations

Open 10/15/23, Deadline 12/23/23

Abstract Submission

Open 01/07/24, Deadline 02/22/24

Travel award Applications

Open 01/07/24, Deadline 02/22/24

Meeting Registration

Early: Open 02/01/24 ends 03/24/24

Committee Updates

Diversity and Inclusion

IBANGS members are invited to participate in our Diversity Survey as part of the society's commitment to fostering an inclusive and diverse community. Your responses will help us better understand the composition of our membership and identify opportunities for creating an even more inclusive IBANGS community.

The survey is entirely voluntary, and all responses will be kept confidential. The survey has 14 questions and will take a few minutes to complete.

The survey is accessed via this form link: <https://forms.gle/mncCYK1n8JwznPX79>
If you have already taken the survey, we thank you for your time and contribution.

Education Committee



The Education and Training Committee together with the Membership Committee is launching a mentorship initiative, which will involve matching trainees with specific “second mentors” or other professional development activities.

If you are interested in participating as a mentee, please respond to the questions linked below. <https://forms.gle/TD8UA3kU8yNuT6fA7>

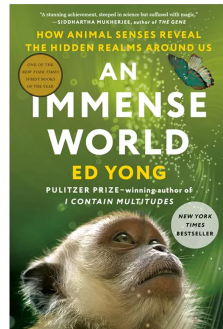
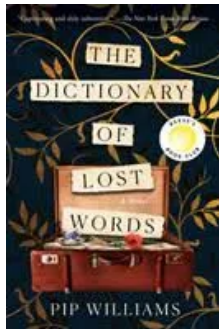
Membership Committee

A virtual trainee fireside chat organized by Spencer Hatfield of the Membership Committee is scheduled for February 2024. The panel will include 5 participants: Sandra Sanchez-Roige, Lisa Goldberg, Nate Rustay, Spencer Huggett, and Emily Petrucci. Updates will be sent via email.

Member News

Thank you to Annie Park, Alex Keene, and Pavel Masek for submitting an application for a meeting grant through the Company of Biologists to create a travel award fund for historically underrepresented people in science. Bravo!

Good Reads



Holiday Recipes

Grinch Smoothie



- 1 banana
- 1 cup fresh or frozen mango
- 1/2 cup fresh or frozen pineapple
- 1-2 handfuls of baby spinach
- 2 cups water or milk of choice (almond, oat etc)
- whipped cream or whipped coconut cream (for dairy free option)
- Garnish with raspberries or other seasonal red fruit such as pomegranate or red berries

Gingerbread Smoothie



Ingredients:

1 cup milk of choice

1 banana

$\frac{1}{2}$ teaspoon ground ginger

$\frac{1}{2}$ teaspoon ground cinnamon

cloves pinch ground

1 teaspoon pure maple syrup

$\frac{1}{3}$ cup vanilla yogurt

1-2 cups ice

Whipped cream or crumbled gingersnaps, optional garnishes

