



Break Time

THE SAPD EARLY CAREER RESEARCHER
MONTHLY NEWSLETTER

Pass it On: Student Mentoring

The PGR Buddy-up System

Something most of us can agree on is that COVID messed up the University experience for many. Not being able to get to campus and talk to others or ask questions was an added stress we really did not need and while many are still in some form of hybrid system, we're starting to come back little by little.

The PGRA Buddy-up System was designed to place first year PhDs with a second or third year to help with all those initial questions like 'where are the printers' and 'what is an RRDP?' and also just to give a point of contact in the school for coffee breaks and welfare chats.

Now in it's second year, we've had some great success, but it's an ongoing process and we need your help. We are always looking for more mentors. It would be a great Holiday gift to the school if you think you could help out for the school year. Interested parties should email: pgr.association@reading.ac.uk.

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We want to welcome the following new PhDs:

- *Camila Gonzalez*
- *Gabriel Yepez*
- *Godfrey Kyobe*

Want to share your experience? Sign up to become a mentor for a new PhD by emailing the PGRA.

PhD Seminar Series is looking for presenters! Email Juliette Shillings to get on the roster.

Open Research Champions

December Drop-in Session

As Open Research Champions we are here to help you with any questions you might have related to how to make your research more open, including for example publishing under Open Access license, making your data accessible, and making your research reproducible. On Friday the 17th of December from 13.00-14.00 we are organizing online drop-in sessions to help you make your research more open. If you have any questions but are not available on either of these dates, send us an e-mail and we will find a separate time to help you.

**To sign up for the drop-in sessions or arrange a different date, please e-mail Marcello De Maria:
marcello.demaria@reading.ac.uk**

Opportunities

PostDoc 0.5FTE position 14 month contract Robot Highways project (email Martin Lukac or see Campus Jobs posting)

Leverhulme Early Career Fellowships -

<https://www.leverhulme.ac.uk/early-career-fellowships>.

RETF funding -

<https://www.reading.ac.uk/internal/staffportal/news/articles/spsn-860366.aspx>

Small and PhD Research Grants-

<https://steg.cepr.org/node/139>



CONFERENCES

4-5 December

International Conference on Food Technology, Agriculture and Fisheries (ICFTAF)

9-10 December

International Conference on Agriculture, Food Science and Technology

12-15 December

British Ecology Society: Ecology Across Borders 2021



BRITISH SOCIETY OF ANIMAL SCIENCE 2022 CONFERENCE



Abstract submissions have just closed for the British Society of Animal Science (BSAS) 2022 Annual Conference titled "The Role of Animals in Human and Planetary Health" due to take place in Nottingham from the 12-14th of April. PhD students Eric E. Newton and Sabrina Ormston will be attending and presenting some of their recent research!



Sabrina Ormston will be presenting on the impact of Jersey crossbred cows on milk productivity, efficiency and fatty acid profile in low-input, pasture based dairy systems. Eric E. Newton will be presenting on the impact that supplementing Icelandic cattle with seaweed has on the milk microbiota, specifically pathogen-containing genera.

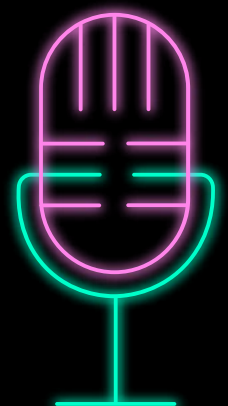


Holly Vickery is part of the planning group for the Animal Science challenge. Those interested in being part of the Reading Quiz Team should email Eric and Sabrina directly.

If you are interested in attending and maybe even competing in the Animal Science Knowledge Challenge, visit <https://bsas.org.uk/conference>

SAPD News

SAPD's EIT Food EU co-funded Project - Integrating Precision Farming in Computer Games was discussed during the latest Farmers' Weekly Podcast available at: <https://www.fwi.co.uk/news/farmers-weekly-podcast-episode-85-red-tractor-and-farming-simulator-22>





Help a fellow PGR out

Oftentimes you'll see emails from fellow PGRs about their research asking for help with surveys or ideas. They don't normally take long at all, but they greatly help out in research. If you or a fellow PGR need help, please send an email to the PGRA and we'll post it in the next month's newsletter.

This month's request comes from Auvikki de Boon who states: 'As part of my PhD project on the governance of agricultural transitions I am currently conducting a pilot survey on peoples' perceptions of the justice of agricultural change. I would really appreciate it if you could take some time and fill in this survey'.

https://readingagriculture.eu.qualtrics.com/jfe/form/SV_cCnWp12nKdWQztA

Gold Stars and Brownie Points:

Congrats to the following members for presenting, publishing or otherwise being awesome! If you have news to share, send us an email for inclusion in the next newsletter.

Agnese Rondoni for passing her VIVA. Congrats Dr. Rondoni!

Amelia Hood for publishing a paper.

Congrats to Raheem Aminu for his new baby!

In Ghana, donkeys are a feminist issue. They save women time, reduce heavy loads and increase livelihoods. Heather Maggs' research (@UniRdg_SAPD) highlights their importance. With thanks to @UDSGhana and @DonkeySanctuary

<https://www.mdpi.com/2076-2615/11/11/3154>

THE INSTITUTE FOR FOOD, NUTRITION AND HEALTH

IFNH

ANNUAL FORUM (ONLINE)

FEBRUARY 2, 2022
1400-100 (GMT)

THE THEME OF THIS YEAR'S FORUM IS ABOUT THE POTENTIAL CONFLICT BETWEEN THE ENVIRONMENTAL COST OF FOOD AND ITS IMPORTANCE AS A SOURCE OF IMPORTANT NUTRIENTS, INCLUDING THE IMPORTANCE OF GOOD PUBLIC COMMUNICATIONS AND THE CONSUMER ATTITUDES ON THIS TOPIC. WE WILL HAVE A RANGE OF SPEAKERS FROM UNIVERSITY OF READING AS WELL AS KEY EXPERTS FROM CRANFIELD UNIVERSITY AND THE UNIVERSITY OF ABERDEEN.

THE EVENT IS FREE TO ATTEND AND FOR MORE INFORMATION AND TO REGISTER YOUR ATTENDANCE EMAIL ELENA CARP E.CARP@READING.AC.UK. PLEASE REGISTER BY **MONDAY 31ST JANUARY 2022**.

ADDITIONAL LUNCHTIME SEMINAR SERIES

MS TEAMS DECEMBER 3 1300-1400

MS. SUDHA VASUDEVAN, "UPDATE ON DIET & DIABETES - EVIDENCE FROM INDIA".

EMAIL ELENA FOR THE LINK.

Better than natural?

The language used to describe the foods we eat can have a huge effect on how we perceive them: "organic", "artisan", "homemade" and "handpicked" foods sound slightly more tempting than the prosaic "tinned", "rehydrated" or "freeze-dried". Another adjective that can whet our appetites is "natural", while we tend to associate "processed" food with long lists of ingredients we can't pronounce. But when it comes to our health – is natural always better than processed?

Actually, naturalness doesn't automatically mean a food is healthy, says Christina Sadler, manager at the European Food Information Council and researcher at the University of Surrey. In fact, natural foods can contain toxins, and minimal processing can in fact make them safer.

Kidney beans, for instance, contain lectins, which can cause vomiting and diarrhea. They're removed by soaking the beans in water overnight and then cooking them in boiling water. Processing also makes cow's milk safe to consume. Milk has been pasteurised since the late 1800s, in order to kill harmful bacteria. Before this time, it was distributed locally, because there wasn't good refrigeration in houses.

"There's a misconception that frozen produce isn't as good as its fresh counterparts, but that's truly inaccurate," says Ronald Pegg, food science and technology professor at the University of Georgia.

"Processing allowed us to be where we are today, because it prevented us from starving," says Gunter Kuhnle, food and nutritional food sciences professor at the University of Reading. "A lot of foods need to be processed to be eaten, like bread. We couldn't survive on grains alone."

<https://www.bbc.com/future/article/20210521-which-processed-foods-are-better-than-natural>

3rd December is the last Bread Making workshop on campus this year.

10.30am or 11.30am at the Chaplaincy Centre. If you want to book as a group, they can take up to 3 people per session. Cost: £2 per person. Book a session by e-mailing chaplaincy@reading.ac.uk





EXPENSE REPORTS

As we come to the end of term (and the year!) it's time to get those expense reports in. You can request the excel document from Teresa Hicks (t.m.hicks@reading.ac.uk). You will need to fill the form in, including the appropriate account and project codes. If you don't know your project code, contact Caroline Vidler (c.vidler@reading.ac.uk). The most common PGR codes are as follows.

Once you've entered the appropriate information, signed and dated it. Send it along with copies of all your receipts to your supervisor to sign off on and cc SchoolFinance (vbs16s2@reading.ac.uk).

4420 STUDENT FEE WAIVERS (RISIS ONLY)	4450 STUDENT ACCOMMODATION
4421 STUDENT FEE WAIVERS (NON-RISIS)	4455 PREMISES HIRE - COURSE DELIVERY
4422 STUDENT FEE BURSARY'S	4460 FIELD COURSES
4425 BENCH FEES INCL STUDENTSHIP SPEND	4461 STUDENT TRAVEL AND SUBSISTENCE
4430 STIPENDS (UNIVERSITY PAID)	4470 CONFERENCE REGISTRATION FEES - STUDENT
4431 ACCESS BURSARIES (PRE 2012 ENTRY)	4475 HBS EVENTS - FRONT HALL RECHARGES
4432 NSP/READING BURSARY	4480 PAYMENTS TO STUDENTS
4433 STIPENDS (OTHER NON INDUSTRY SPONSORS)	4485 OTHER EXTERNAL SERVICES - STUDENT RELATED
4435 STIPENDS (EXTERNALLY SPONSORED)	4490 PRIZES/COMPETITIONS
4440 STUDENT BOOKS	



CAMPUS JOBS QUESTIONS

Trying to find a job at the Uni? Check the CampusJobs webpage <https://campusjobs.reading.ac.uk/> or speak to your supervisor. As we get closer to the end of term, many faculty are looking for markers and invigilators. You'll need to provide employment information to get registered with CampusJobs before you can work, so if you haven't filled out the general application, now would be a good time to start. Remember if you are on a Tier 4, your work hours per term are limited.

EIT FOODS Projects:

If you are working on an EIT Foods related project, don't forget that each month you need to print out your CampusJobs timesheets and sign and date them (in ink, not electronically). Then you need to fill in the excel sheet (speak to your project leader if you don't have this), sign and date it as well. Both need to be delivered to Yvonne McMeel (y.m.mcmeel@reading.ac.uk). Double check with your manager if they need a copy as well.

GRANT Opportunities:

Check out the opportunities section to see the latest for funding opportunities. If you know of any others, send the PGRA an email so we can share the wealth.

Agronomy 2021 Ph.D. Thesis Awards

<https://www.mdpi.com/journal/agronomy/awards/1396>

Deadline 31 December 2021

Eligibility Requirements:

- The candidate must be a Ph.D. student who is intending to graduate or participate in their thesis defense soon.
- The Ph.D. thesis must be the candidate's original work.
- The Ph.D. thesis must be defended between 1 August 2020 and 31 October 2021.

Applicants are required to submit the following documents:

1. An executive summary of the Ph.D. thesis in English, of around 3000 words;
2. A letter from the candidate's Ph.D. supervisor recommending them for consideration for this award;
3. The candidate's CV, including a list of publications associated with the thesis;
4. An electronic copy of the Ph.D. thesis;
5. A scanned copy of the Ph.D. diploma (or certificate proving that the candidate is studying at a school or research institute as a Ph.D. student who is intending to graduate or participate in graduation thesis defenses soon).



In the Know

CONTACTS FOR GETTING ADDED TO THE SEMINARS

AEM: LAWRENCE (L.G.) SMITH
ID: HENNY OSBAHR AND
FERDOUSI RAHMAN
CS: MARK TAYLOR AND DR.
ALEXEY MIKABERIDZE
AS: HOLLY HOLDSWORTH
SLM: STUART EDWARDS AND
LAURA REEVES
PHD SEMINAR: JULIETTE
SHILLINGS

GDRD workshop: Building a research network
MS Teams, 1:00-2:30pm, Wednesday 8th December
Email Dr. Alex Arnall for Link
a.h.arnall@reading.ac.uk
ays, 13.00-14.00 Frank Parkinson and Teams.

'Voices from the Syrian Academic Community'
Unique local insights and contributions to
research, policy & practice
(6-10 December 2021)
Online Event
<https://www.eventbrite.co.uk/e/voices-from-the-syrian-academic-community-unique-insights-contributions-tickets-203689158757>

PGRA Blog

Have some interesting
research, but don't want to
write a paper? Why not write a
post for the new PGRA blog?

Any article on agriculture, the
environment, or international
development is acceptable.
Articles should be between 800-
1500 words and include
references.

<http://blogs.reading.ac.uk/pgra/>



THURSDAY 2ND
DECEMBER
PALMER QUAD,
WHITEKNIGHTS CAMPUS
FROM 5PM ONWARD

*UoR Christmas Tree
Lights Switch-on*



Contact us, we're here to help.
[http://www.reading.ac.uk/apd/PhD-programmes/apd-
PostGraduateResearchAssociation.aspx](http://www.reading.ac.uk/apd/PhD-programmes/apd-PostGraduateResearchAssociation.aspx)

**SAPD PGR/POSTDOC
ASSOCIATIONS**