Dear ISRHML Members,

It is my distinct pleasure to share with you the Summer 2016 Edition of the ISRHML Newsletter, and I would like to thank all of the authors for volunteering their time contributing to this latest edition.

Many of us still enjoy countless vivid memories of the 2016 ISRHML Conference in Stellenbosch, South Africa. Time once more to thank those who made this conference a stellar success. First and foremost, this conference would not have been possible without the endless hours of our local organizers Dr. Evette van Nierkerk and Dr. Lisanne du Plessis from Stellenbosch University, who also wrote a section about the conference for this edition of the ISRHML newsletter. We are also very grateful to Dr. Peggy Neville (USA), Dr. Anna Couttsoudis (South Africa), Dr. Rukhsana Haider (Bangladesh), Dr. Elizabeth Kamau (Kenya), and Dr. Kim Michaelsen (Denmark) for volunteering their time to serve on the Scientific Organizing Committee and developing a scientific program of highest caliber.

For the first time, the conference had a dedicated Trainee Track that was organized by our Trainee Interest Group led by Dr. Sara Moukarzel, who also wrote two sections for this newsletter, one about the trainee experience at the 2016 ISRHML Conference and one about the new and very successful Trainee Career Mentorship Series that is ongoing through the year.

Last, but certainly not least, the 2016 ISRHML Conference marked the launch of the ISRHML Family Larsson-Rosenquist Foundation Trainee Expansion Program (TEP) with the goal to cultivate and promote trainee talent and the skills necessary for academic and career development in human milk and lactation. The first TEP awards will be announced shortly, and we are going to dedicate an entire special edition of the ISRHML newsletter to this very important program and highlight the trainees that have been selected to receive the inaugural awards.

Evette and Lisanne (on the right) were supported by the wonderful ConsultUS team who selected an amazing convention location and took great care of all the big and little details that made the 2016 ISRHML conference so smooth and exciting.

The conference in South Africa as well as TEP underscore some of the essential pillars of our strategy as we continue to develop ISRHML to be the go-to society with competence and expertise related to research in human milk and lactation. We are in the process of expanding ISRHML to be more inclusive and international. Hosting the past conference in South Africa was a key element on our way to reach this goal.

While only 1 or 2 participants from the African continent had been able to attend previous ISRHML conferences, over 25 participants from Africa attended the 2016 conference, and we have already allocated the first $10,000 to provide travel stipends specifically dedicated to members from Africa who are planning to participate in the 2018 ISRHML Conference in Japan. We need to keep this momentum going to involve the African continent in ISRHML and vice versa; the Asian continent will be next. In addition to bringing the ISRHML conference to different locations around the world, we have also now implemented lower or even waived ISRHML membership dues for members living in low- and middle-income economies to further break down the barriers for everyone to participate in our international society.
In addition to expanding ISRHML across the globe, we are also highly dedicated to expanding ISRHML across generations by promoting trainees and emerging leaders who are relatively new to the field of research in human milk and lactation. Dr. Sara Moukarzel has been the key driver of these efforts when she helped us implement a specific Trainee membership category and developed and established the ISRHML Trainee Interest Group (TIG), who are now better known as the TIGers. TIG is the most active and vibrant part of ISRHML today. TIG developed the very successful Trainee Track during the 2016 conference, organizes a monthly Trainee Career Mentoring Series, hosts a trainee blog online (https://isrhmltraineesblog.wordpress.com), is very active on our Facebook page (https://www.facebook.com/groups/ISRHML/), and was instrumental in shaping the ISRHML Family Larsson-Rosenquist Foundation Trainee Expansion Program (TEP; more about TEP in a special edition of the ISRHML newsletter coming shortly). Including and empowering the next generation of scientists is dear to my heart and will be key to the long-term success of research in human milk and lactation.

ISRHML is not operating in a vacuum, and it is in fact written in our by-laws to establish and maintain liaison with other organizations or groups that share mutual interests. It is part of our strategy to build a global network of like-minded and complementing groups to reach our full potential and serve the objectives of our society. We are currently exploring opportunities to work together with several national and international societies and will update you with progress through emails and upcoming newsletters.

ISRHML is dearly expanding in all directions, across the globe, across generations and across societies. Our membership has doubled in just a few years and continues to grow with members who add diverse cultural background and fascinating expertise to our society. We are very excited about the many opportunities that have come and will continue to come out of ISRHML, but we are also aware of the challenges associated with rapid growth of a society that is solely based on volunteers. To keep this momentum going and sustainable, we are dedicating time and resources to collect historical datasets on previous ISRHML activities and to develop specific processes and formal Standard Operating Procedures to guide future volunteers as they continue to lead ISRHML.

In just a couple of months, President-Elect Dr. Sharon Donovan will send a call for nominations to serve as a Councilor on the ISRHML Executive Committee, and we will also have elections for TIG President and TIG Governing Committee members. – If you are passionate about research in human milk and lactation and would like to help shape the future of ISRHML, please consider running for Councilor or for TIG. We are looking for highly motivated, energetic and dedicated members to volunteer their time to help us sustain and continue to expand ISRHML, as the premier international society for research in human milk and lactation.

Please enjoy this latest edition of the ISRHML newsletter and have a wonderful fall season if you are living in the Northern hemisphere and an enjoyable Spring season if you are located in the Southern hemisphere. We will certainly be missing the fabulous days in South Africa, and are looking forward to another successful conference in Japan in 2018, and there will be many more exciting activities and events to cover and celebrate in between.

Sincerely,

Lars Bode, PhD
ISRHML President

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**ISRHML 2016 Conference**

**TIGers at the ISRHML 2016 Conference**

Sara Moukarzel, PhD

Dear ISRHML members,

Many of you have become familiar with the term “TIGers” over the last year, but for those of you who haven’t, I’m happy to share with you that ISRHML founded its own Trainee Interest Group (TIG). TIGers are enthusiastic masters, doctors, and post-doctorate trainees dedicated to advancing the field of human milk and lactation research. To empower TIGers and attract more trainees into the society, we ran a comprehensive trainee program at the ISRHML 2016 conference in South Africa.

**Record-breaking number of trainee travel awards:**

We had received a record-breaking number of applicants for merit-based travel awards from trainees around the world. Out of 47 applicants, we were able to support 18 trainees with 1000 US$ each, thanks to the Bill & Melinda Gates Foundation, the Family Larsson-Rosenquist Foundation, the Marsh of Dimes Foundation, and personal donations from ISRHML members Drs. Peggy Neville, Kay Dewey, Nancy Krebs, Julie Menelliaid and Antythes Morrow.

Once again, congratulations to our awardees:

- Alecia Jane Twigger, The University of Western Australia, Australia
- Alison Milden, University of Toronto, Canada
- Jenn Williams, Emory University, USA
- Chloe Autran, University of California San Diego, USA
- Cynthia Matte, Cornell University, USA, and Zivitamo Institute for Maternal and Child Health Research, Zambia
- Derrick Chu, Baylor College of Medicine, USA
- Evelyn Jantscher-Krenn, Medical University Graz, Austria
- Sarah Nassar, American University Beirut, Lebanon
- Gabriela Buczin, University of Sao Paulo, Brazil
- Hillary Wren, McGill University, Canada
- Heynwa V. Asiodu, UIC College of Nursing, Chicago, USA
- Kimberly Lackey, Washington State University, USA
- Kamilla Erikson, University of Cambridge, UK
- Kyly Whitfield, University of British Columbia, Canada
- Linda Shaker, University of Dundee, Scotland
- Nural Husna M Shukri, University College London, UK
- Sara Moukarzel, University of British Columbia, Canada
- Shikha Pundir, The University of Auckland, New Zealand

**Launching the very first human milk and lactation research-focused Trainee Expansion Program**

The delicious braai and South African face painting were not the only attraction at the conference’s opening ceremony! Dr. Lars Bode announced ISRHML’s partnership with the Family Larsson-Rosenquist Foundation in Zug, Switzerland, to launch a new $1M Trainee Expansion Program (TEP). TEP is designed to provide young scientists with the opportunity to participate in both short- and long-term research-related activities in the field of human milk and lactation. TEP provides merit-based funding for two types of expansion projects:
Dr. Kathy Rasmussen was awarded the 2016 Macy-Gyorgy Award, the highest life time achievement honor awarded by our society, at the ISRHML’s conference gala dinner in Stellenbosch, South Africa. Kathy is the former President of ISRHML and has been strongly involved with the Society since its very beginning. She is a highly accomplished scientist in the fields of breastfeeding and human lactation that has made major contributions to ISRHML and to the training and mentoring of innumerable undergraduate, masters and doctoral students. Kathy is the Nancy Schlegel Meinig Professor of Maternal and Child Nutrition in the Division of Nutritional Sciences and International Professor of Nutrition Science at Cornell University. Her most accomplished research group has established that interventions to improve maternal nutritional status can increase the volume and improve the composition of human milk and, thereby, improve infant nutritional status. Her lab has also shown that women who are overweight or obese at conception have problems establishing and maintaining breastfeeding and have babies who are heavier at one year of age than those of normal-weight women. In addition, her team has documented that there is a trade-off between meeting the needs of the pregnant or lactating mother and the needs of her fetus/breastfed infant. Kathy has been a member of several expert committees at the National Academy of Medicine (formerly known as the Institute of Medicine). She served as the chair of the Committee on Reexamination of IOM Pregnancy Weight Guidelines, and is currently the Chair of the Committee to Review the WIC Food Packages. She has previously received numerous highly prestigious recognitions including the Agnes Higgins Award of the American Public Health Association in 2012.

Dr. Katie Hinde was awarded the 2016 Ehrlich-Koldovski Early Career Investigator Award, the highest honor awarded to an early career scholar by our society, at the ISRHML’s conference gala dinner in Stellenbosch, South Africa. She is a proud member of ISRHML and has served in the Society’s executive committee. Katie earned a B.A. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anthropology from the University of Washington in 1999, a Ph.D. in Anth...
Thank you participants of ISRHML 2016
Evette van Niekerk and Lisanne du Plessis

Dear participants of 2016 ISRHML,

On behalf of the Conference Organising Committee of the 18th ISRHML Conference we would like to extend our sincere gratitude to each of you who attended this conference, as well as to our participants, guest speakers and sponsors. We appreciate the time and effort you took to spend with us in Spier, Stellenbosch, Cape Town, South Africa - a place where people greeted you with the widest of smiles. We hope you experienced our hospitality, enjoyed our food, wines, beaches and mountains, and made contact with vibrant variety of scientists and local traditions and that you left our shores with many incredible stories to tell.

We also thank you for your participation and the opportunities shared your ideas and expertise. We certainly hope that the conference was all that you expected it to be and that you have taken the opportunity to make new friends and renew old acquaintances, have discussions and exchange of many experiences, suggestions and opinions with decision-makers, practitioners and researchers from all over the world.

We were very fortunate to have a large group of renowned experts in their respective fields participate in our conference. Their involvement resulted in our very successful workshops, symposia, oral sessions and poster sessions.

After closing our conference, we would like to say again, on behalf of the Conference Organising committee, how much we appreciate the hard work and dedication of the co-organizers and conference staff. This conference would not have been a success without you.

Yours sincerely,

Evette van Niekerk and Lisanne du Plessis

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Trainee Career Mentorship Series

Sara Moukarzel, PhD

The trainee interest group (TIG) organizes ISRHML’s Trainee Career Mentorship Series, one hour free online sessions with experts in the field of human milk and lactation research to guide trainees in their transition towards becoming independent researchers.

What sessions have we done so far?

Thanks to dedicated trainees and experts who volunteered their time, we have so far completed six sessions as follows:

<table>
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<tr>
<th>Session Title</th>
<th>Presented by</th>
<th>Organized by</th>
<th>Date</th>
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<tr>
<td>Successful grant writing</td>
<td>Dr. Sharon Donovan</td>
<td>Anita Esquerza-Zwiers, PhD</td>
<td>Oct. 2015</td>
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<tr>
<td>Authorship and publishing</td>
<td>Dr. Kathryn Dewey</td>
<td>Carrie-Elle Briere, PhD</td>
<td>Jan. 2016</td>
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<tr>
<td>How to conduct hypothesis-driven research</td>
<td>Dr. Peggy Neville</td>
<td>Janet Willia, PhD</td>
<td>Sara Moukarzel, PhD</td>
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<td>How to conduct research in the developing world</td>
<td>Dr. Andrew Prentice</td>
<td>Kamilla Erikson, PhD student</td>
<td>April 2016</td>
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<tr>
<td>Sociological, Anthropological and ethnological approaches to research in human milk and lactation</td>
<td>Dr. Tanya Cassidy</td>
<td>Gretel Finch, PhD</td>
<td>Kamilla Erikson, PhD student</td>
</tr>
<tr>
<td>Interdisciplinary Human Milk Research in the Neonatal Intensive Care Unit</td>
<td>Dr. Paula Meier</td>
<td>Anita Esquerza-Zwiers, PhD</td>
<td>Aug 2016</td>
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What’s next?

We invite trainees to join us at our upcoming session with Dr. Nathan Nickel from the Department of Community Health Sciences, University of Manitoba on October 7, 2016. We will be discussing human milk and lactation research at the population level. For more details, feel free to email us at tiggovcommittee@gmail.com.

How can experts be involved?

We are seeking ISRHML experts that can contribute to our mentorship by volunteering for one of the sessions. If you are passionate about a certain topic that you would like to discuss with our trainees, please reach out to TIG at tiggovcommittee@gmail.com. The format of the session is very flexible and can include a case study, PowerPoint presentation, Q&A, open discussions, debates, etc. Dates/times are at your convenience.

Sara Moukarzel, PhD
Trainee Interest Group, President

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2017 FASEB Scientific Research Conference (SRC)

Shannon Donovan, PhD RD

"Origins and Benefits of Biologically Active Components in Human Milk"

After the highly successful 2016 FASEB SRC, we will be holding the second conference in Lisbon, Portugal on July 16-21, 2017. More information is below and will be forthcoming. Please plan to join us for this exciting and interactive conference!

Breastfeeding is the normative standard for infant nutrition and clinical and epidemiological data support clear health benefits for the mother and infant. Public policies have focused on improving rates of breastfeeding globally, however, our understanding of themolecular, chemical, and cellular composition of human milk broadens andtheir effects on the infant is incomplete. Milk contains more than 700 potentially bioactive constituents comprised of carbohydrates (lactose and human milk oligosaccharides-HMO), proteins, lipids, vitamins, minerals and others. The 2017 SRC is the second
The 2015 program focused on HMO and microbiota. The 2017 program will include these topics, but will expand to include bioactive proteins and lipids, with an emphasis on cognitive and immune benefits to the infant. In addition, talks on the interplay between maternal and environmental factors that influence nutrient delivery to the infant pre- and postnatally and developmental programming of infant outcomes during the first 1000 days of life will be featured.

The conference is specifically designed to foster interactions among established and emerging investigators conducting research related to human milk bioactives, their origins and biosynthesis in the mammary gland, and their benefits for the mother and infant. The conference will bring together over 30 invited speakers from across the globe with a broad range of expertise to share their latest research findings. The keynote lecture will set the stage by reviewing the most recent epidemiological evidence for the health benefits of breastfeeding and the research gaps. Additional oral presentations and posters will be selected from the submitted abstracts.

The poster presentations, meet the expert sessions and social and recreational activities will provide trainees with multiple opportunities to interact with established researchers to exchange ideas and formulate new training opportunities and research collaborations. Awards and travel grants will be available for trainees.

Please contact Sharon Donovan (sdonovan@illinois.edu) for additional information.

**Further conferences of interest**

- **The Power of Programming**  
  13-15 October 2016  
  Munich, Germany

- **Experimental Biology**  
  22-26 April 2017  
  Chicago, Illinois, USA

**Position Vacant - Professorship in Human Lactation Research, University of Zurich**

This endowed Professorship at the University of Zurich complements the Family Larsson-Rosenquist Foundation Chair in Human Lactology, established contemporarily at the School of Chemistry and Biochemistry at the University of Western Australia (UWA). Partnership between the two chairs will contribute to advance global knowledge on breastfeeding and its long-term health benefits to mothers and babies.

For further details please click [here](#)  
Applications close 14 October 2016  
[Apply now](#)

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