Announcements:

**Journal Club**

This week Vinee will be presenting a recent paper (see attachment) from Rusty Jones lab on dependence of activated T cells on exogenous methionine. That said, please volunteer for the coming weeks in case you haven’t presented yet.

https://docs.google.com/spreadsheets/d/1GyVz1A5P_kLhRUo4-60TRQkbk8qT5uSYdUv2ld5vCFqc/edit#gid=0

**BWH Postdoctoral Association Communication Survey**

The BWH PDA designed a short survey so that they can assess needs within the postdoc community with respect to enhancing specific communication skills (i.e., writing, teaching/mentoring, negotiating, etc.). The survey itself is 9 questions and should take no more than a few minutes. Please contact Britanni Price or Ashley Ogawa-Wong with any questions.

Take the survey here

**Building a Successful C/T Research Career: A Webinar Series on Leadership, Communications, and Mentoring**

Session dates run from April - May, 2020

This is a Harvard Catalyst weekly webinar series for researchers looking to develop their leadership, communication, and mentorship skills.

Learn more and register here

Additionally, Harvard Catalyst is offering five online courses in Clinical & Translational Research.

Learn more and register here

**Research Faculty and Trainee Meeting: Postdocs Only**

Wednesday, April 29, 12:30 - 1:30pm, Zoom Meeting

These meetings provide opportunities for investigators from across BWH departments to meet with the BRI Executive Committee and provide feedback directly. Please sign up to attend the appropriate lunch based on your rank.

Register here

View all meetings based on rank here

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**Quote of the Day:** "If you want to go fast, go alone. If you want to go far, go together." - African Proverb

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**Self Care Corner:**

- Decreased my screen time
- Did most chores & cleaning
- Did not die of existential crisis today
- Did not bring a reusable bag to the grocery store
- Did not die of empty pockets
- Maintained a diet consisting of more than wine, diet coke, takeout and pop tarts
- Did not sleep all day

- Self-Limiting Beliefs
  - Desperately holding on to my plans
  - Still holding on to the past
  - The need for constant validation
  - Fear of uncertainty

- What stops me from seeing clearly
  - Projecting my own insecurities on to others
Go Podcast Yourself:
The Art of Process with Aimee Mann and Ted Leo: The Art of Process with Aimee Mann and Ted Leo is the newest artistic collaboration from legendary singer-songwriters Aimee Mann and Ted Leo. Every other week, Aimee, Ted, and friends across the creative spectrum discuss the process of turning an idea into art.


The Reading Nook:
Did you know that you can send files directly to your Kindle?
https://www.amazon.com/gp/sendtokingle/email

TV Guide:
New Seth Rogen Comedy Is Heading To Streaming Due To The Pandemic
Recipe of the Day:

Mapo Tofu submitted by Weike

Mapo Tofu can be found in almost any Chinese restaurant around the world with hundreds of variations. I have attached a very amazing video showing how a famous Youtuber, Liziqi, made this dish. [https://www.youtube.com/watch?v=kOFaTjHijag](https://www.youtube.com/watch?v=kOFaTjHijag)

Ingredients

- 1/2 cup low sodium chicken broth
- 2 teaspoons potato starch (halve if using cornstarch)
- 2 teaspoons soy sauce
- 1 teaspoon sugar
- 1 tablespoon sesame oil
- 2 medium cloves of garlic, minced
- 4 green onions white part only, minced
- 1/2 teaspoon Sichuan peppercorns, black seeds removed then ground (optional)
- 6 ounces ground pork
- 2 teaspoons doubanjiang (chili bean paste)
- 14 ounce block of silken tofu, drained and cut into 3/4” cubes
- green part of green onions minced for garnish

Directions

1. Add the chicken stock, cornstarch, soy sauce and sugar to a small bowl and stir to combine.
2. Heat a wok or large frying pan until hot. Add the sesame oil, garlic and green onions and stir-fry with a spatula until fragrant. Add the black beans and Sichuan pepper and continue stir-frying.
3. Add the ground pork and use the spatula to break it up into small grains (you don’t want clumps of meat). When the pork is cooked, add the doubanjiang and stir to distribute. Add the tofu, and toss to mix (if you stir it, the tofu will lose its shape).
4. Give the stock mixture a good stir to incorporate anything that may have settled, and then pour it over the pork and tofu. Toss to coat, then boil until the sauce thickens.
5. Garnished with the green parts of the green onions, then serve with hot rice.