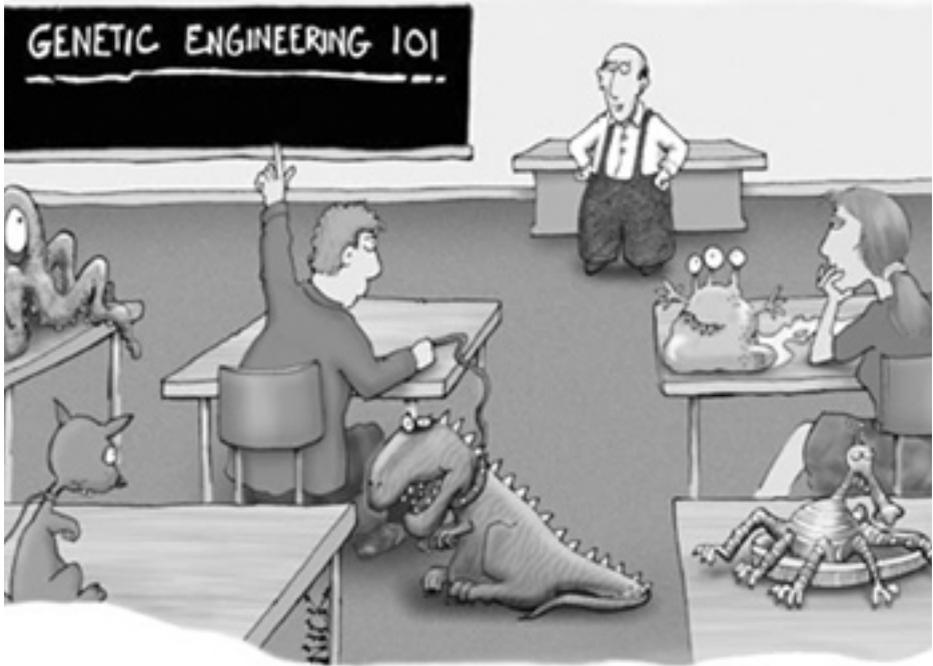


Supernatant

International edition 2008



"Okay—is there anybody ELSE whose homework ate their dog?"

Histon ry.

The biochemistry students of the University of Oulu

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Thanks to Elina, Sussu, Tuija, Olli, Lurjus, EP and Heikki

Editorial

Hi

You are holding in your hands Supernatant(ti), the paper published by the board of Histoni. This special edition is made for you, the new international MSc students. This is the first time we are making this kind of edition of our paper. The purpose is to introduce Histoni to you and to tell you what else there is the biochemistry students besides studies. Hopefully it will make it easier to find the other students and to take part in activities Histoni is organizing.

Histoni is the small but rather active guild of the biochemistry students at the Oulu University. Histoni organizes parties, sports, excursions and other kind of activities to help the biochemistry students to get to know each other also outside studies. It is always nice to concentrate on your studies when there is also something else to do on your free time. The “ministers” of the board of Histoni you can find on page 8.

There will be three tutors to set you on your feet at the beginning, introduction about them can be found on page 4. They will possibly introduce you the city of Oulu, before then you can read some preliminary knowledge from page 9.

On behalf of Histoni we wish you all very welcome to study biochemistry at Oulu!

Elina, the chairperson of Histoni
Marjo, minister of culture

Tutors

Three merry tutors will help you to get to know to the university and the environment in autumn. Here some background information about them:

My name is **Olli** and I was born in Oulu, Finland, which also happens to be the place where I study. I'm not the most diligent student, so I don't think I'm about to graduate anytime soon.

I mostly listen to Industrial music and some trash metal. I've been an exchange student in Denmark, and I spend my summer mostly hitchhiking through Europe, so I think I know what people usually might need in a new place.

As a native to Oulu, I pretty much know the city inside out, so that also helps. I also drink a quite a bit alcohol, well lets say too much, as it is customary in Finland. I speak fluent English and some Swedish and German.

That's pretty much all I have to say about myself

Tervehdys, fellow biochemists-to-be!

My name is **Esa-Pekka** and since it is an incredibly difficult name for even most Finns to pronounce, I'm usually referred to as **EP** or kemisti. The latter nickname is a consequence of the fact that I'll be doing a BSc on chemistry before transferring to the biochemistry department for my MSc, hopefully this autumn. That means I'll probably be on some of the courses you'll be taking (wheel!). That also means I'm more of the "chemist" than the "bio" side. I'm 22 years old (23 later this year) and thus possibly younger than most of you, I have a hair that reaches to my shoulders and a really bad sense of humor. I can be usually found at the Koppi either doing nothing or doing even less. The latter usually involves more or less useless conversation either with real live people or the same people over the internet.

I have no idea how many of you have used IRC before, but if you have, my nickname there is segma and I can be found at #histoni on ircnet. That's the guild's channel.

Let's hope we'll all get along nicely and your stay here (however long it'll be) will be as fun and useful as possible.

Esa-Pekka Kumpula

Name: **Heikki J. Hartikka**

Age: 21

Gender: dick

Interests: A handful of this and a spoonful of that

Right then. So not only did I volunteered to tutor the new freshmen, but also to be a tutor for new exchange students as well. I think I might need to get my head checked. Perhaps there's a hidden masochist inside me. Most of my merry life I've been living here in Oulu. Me and my fellow tutors' job is to show you around the campus and make sure you don't get yourself lost while buying milk, bread or whatever that you people eat. If I'd have to define myself with a single phrase, it would be "Don't try to simplify things too much". I'm a person, who does not believe in absolute truth. Perhaps this is why I'm so easy to get along with, but quite difficult to understand. Always ready to search for the third option and eager to wonder the miracles of this world, I am a man who you should put to ignore list when you don't feel like arguing about the color of the sky or the meaning of life. You'll get a friend from me really quick by listening my words and an enemy by ignoring my thoughts. But now it's already late-o'clock, so if you really want to know more about me, then ask when we'll meet face to face.

Later

-HJH

Lloyd Ruddock

Some background information about professor Lloyd Ruddock, probably the most active person of our department concerning international students.

Name: Lloyd W. Ruddock

Born: Lincoln, England, but from 6 weeks to 18 years old I grew up in Manchester (which explains a lot).

Age: Older than I look, younger than I feel.

Hobbies during free time: As a professor and father of three small children I have very little free time. However I am known to occasionally read history books (more BC than AD) and to paint and play with toy soldiers.

Work history: Joined the department 1st January 2001 after an epic cross-Europe twice by hired van trip. Previously I was a lecturer at the University of Kent in the UK. Before that my jobs include being a postman, working in a delicatessen, receptionist, acting as a food taster for West Midlands Health authority and maturing cheddar cheese in a deep hole in the ground near Buxton.

Education: School in Manchester (most of whose playing fields were sold off to build a multi-screen cinema the year after I left). I managed to nearly get expelled after being too honest with the headmaster (he did ask!) BSc in Chemistry and Biochemistry at Imperial College London. During these 3 years I won social colours from the Student Union for work on the student newspaper and was editor, sole journalist, print manager and distributor of the Hall of residence newsletter for a year. PhD in Biotechnology also at Imperial College, but I was too busy to do anything else of interest for those 3 years.

My day: I get up 6.30am to take the dog out for its morning constitutional. Get to work sometime between 7.30 and 8.00. Start with sorting out emails, a job which carries on all day (my inbox is down to 550MB only because I recently archived / threw away around another 750 MB as my computer kept crashing). Lots of other paperwork related to teaching, administration, planning, admissions etc. The new BSc and MSc degrees took a lot of planning and implementation and the new international MSc even more. I teach on 6 courses (7 from next year), which is too many but I like teaching (though I wish the students would be less scared and more willing to discuss things).

When I am not doing teaching or admin there is some time for science, but mainly writing grants, writing papers and planning. Occasionally I get to do some lab work, but that is usually reserved for the summer months. Since the kids arrived I have tried to make sure I leave work by 5pm, but that means no breaks during the day. Lunch is something generally unhealthy eaten in front of the computer. My guess is that it is over 2500 hours of work a year.

My research group: My group currently consists of two postdocs (both on maternity leave and waiting to hear if they will get money to come back), five PhD students (two to finish this year – fingers crossed) and three technicians (soon to be two). There are often visitors so at the moment there is a Belgium exchange student and an Indian group leader. Whenever there is money (most years to date) we offer summer placements, usually to the 1st and 2nd years as nobody else will take them – which is a waste of good talent. We rarely get Pro Gradu students (as the students seem to be afraid of me), which is a shame as we have some darn good projects.

The group works on the general area of protein folding in the endoplasmic reticulum (ER) with a special emphasis on disulfide bond formation. I have 47 publications (32 of them since coming to Oulu) and the most significant recent published findings are related to ER-retention/retrieval mechanisms (Journal of Cell Biology, Dec 2007) and mechanisms for disulphide isomerisation during blood clotting (Journal of Clinical Investigation, March 2008). We also have a lot of unpublished data breaking various dogmas in the catalysed protein folding field and by chance we found an ER resident protein whose over-expression abolishes cancer growth in a mouse model.

As well as working actively on the mechanisms of this we are also working with collaborators on a range of seemingly unrelated topics including short term progesterone response in sperm. There is some pattern to the madness though – honestly. While the group suffered following the switch of focus areas of Biocenter Oulu from proteins to genetics in December 2007, we have already filled most of the loss of money for 2008 and so we should stay around the same size and continue our good output of results and publications. Still in science it all depends on the next grants.

My idol: For somebody to be an idol I have to know them personally (which rules out most famous biochemists). The person I respect most in the field of biochemistry I have published with and I won't say any more it case it goes to his head.

The board of Histon

There are six ministers and one vice minister in the board of Histon.
Here they are:

Chairperson (Elina Jokinen) - The head of the Histon board presides in the meetings.

Vice-chairperson (Susanna Teppo) - Covers the actual chairperson if needed and is also responsible for information.

Secretary (Essi Karstinen) - Takes the minutes, also writes down everything that is agreed (or disagreed) in the meetings.

Treasurer (Outi Halonen) – Responsible for the financial matter, like bills etc. and takes care of selling the protocols for laboratory courses.

Minister of culture (Marjo Karppinen) – Editor of Supernatantti (our paper). Organizes also the excursions.

Minister of sports (Olli Niemitalo) – Responsible for the sports matter such as information and taking care of our sports equipment

Vice-minister (Tuija Kallio) – Tuija also represents Histon in the board of OLuT (Oulun Luonnontieteilijät – the association of the natural scientists of Oulu).

More information about our action:
<http://yehar.com/histon/yabb/YaBB.pl>

The city of Oulu

130,000 people live in the city of Oulu. The winters are cold, especially in January, but permanent snow only arrives a few weeks before Christmas, and melts before May. Summers are warm, but not too long, the hottest month being July. There is an airport 15 km south from the city with flights mainly to Helsinki. A railroad network connects to larger cities. More distant areas may be reachable by bus. Sweden is only 130 km away.

Oulu has good bike paths, to all parts of the city, that are usable throughout the year if one can withstand the weather. Bicycles can be bought under 80 EUR from second hand stores. Bicycles get stolen easily if they only have a thin wire lock. Riding a bicycle in the dark without the front lamp on can be fined by the police. Alternatively, buses can be used for transportation. A ticket valid for one hour can be bought from the driver for 2.80 EUR (5.60 EUR during 23-04). Students can charge their smart card "OuluCard" (costs 6.50 EUR) for 36,50 EUR to be valid for one month of bus travel in the city.

The Linnanmaa campus is located 6 km north from the city centre. Riding a bicycle to the city one passes through the areas of Syynimaa, Alppila (or Puolivälinkangas and Välivainio if one takes the route across the dam instead of the bridges closer to the sea) and Tuira on the north bank of the river Oulujoki. On the south side of the river is the city centre. At the heart of the city is the pedestrian street Rotuaari, which is a popular meeting place during warmer months. The pedestrian zone extends down to the market square which is next to the sea. Along this route there are many pubs, cafes, restaurants and fast food places.

The Ainola park, between the city and the dam across the Oulu river, is a popular place for hanging out, and for picnics - when it's warm. Public drinking of alcohol is allowed only in parks and comparable places under the condition that no disturbance is caused.

The medical faculty and the hospital are located 2.5 km east from the city centre. Linnanmaa is neighbored by Kaijonharju which has a pharmacy, two grocery stores (the other is open on Sundays), a department store, the pizzeria Baabel and the bar Caio. At the southwest side of the university there are two supermarkets and an Alko. At the university, there are several restaurants that sell meals for around two euros to students with a Finnish student card. 3 km to the east from the city is located the sandy beach of Nallikari. There is a smaller beach in Tuira, upstream from the dam. Both have beach volley fields useable by anyone.

Histoni organizes sports for biochemistry students twice a week (see <http://histoni.yehar.com>). The Linnanmaa sports hall offers badminton, a gym and aerobics classes. There are two swimming halls in Oulu, one in Raksila and one in Raatti.

Free WLAN Internet panOULU is available at the university, in the city centre and some other central places.

City map: <http://kartta.ouka.fi/>

Local buses: <http://www.linjakas.fi>

Taxi: tel. 0600-30081

Student housing: <http://www.psoas.fi>

Movie theatres: <http://www.finnkino.fi> and <http://www.elokuvateatteri-star.com>

Guides for foreigners: <http://www oulu.fi/intl/> and <http://www oulu.fi/tupa/guide/index.html>

Emergency number: tel. 112

Select second hand stores:

Toppilan kierrätyskeskus, Paakakatu 2, tel. 08 5584 3966 open Tue-Fri 10-17, Mon & Sat 10-14.

Alppis Store, Kaarnatie 15, tel. 08 545 3688, open Mon-Fri 10-18 Sat-Sun 10-16.

Select cafés (downtown):

Bisketti, Kirkkokatu 8, open Mon-Thu 8-22, Fri 8-01, Sat 8:30-01, Sun 11-22.

Coffee House, Kirkkokatu 15, open Mon-Thu 8-21, Fri 8-23, Sat 9-23, Sun 10-20.

Select pubs and bars:

Oluthuone Leskinen, Kirkkokatu 10 (downtown), open Sun-Fri 12-02, Sat 11-02.

Pub Graali, Saaristonkatu 5 (downtown), open every day 14-03.

Irish pub St. Michael, Hallituskatu 13-17 (downtown), open every day 14-02.

Ravintola Caio, Sammonkatu 10 (Kaijonharju), open Mon 17-24, Tue-Thu 17-02, Fri-Sat 17-03.

Select nightclubs (downtown):

45 Special, Saaristonkatu 12, open every day 16.00-04.00, age limit 19 normally, 18 if there is an extra fee because of a band. Rock music, musicians.

Onnela, Isokatu 35, Wed-Sat 22-04, Sun 23-04, age limit Sun-Fri 18, Sat 20. A large nightclub, mainstream.

Never Grow Old. Sun-Thu 17-02, Fri-Sat 17-03, age limit 18 normally, 20 during weekends and gigs. A small bar/club, reggae and salsa.

The events of the year

Organized by Histoni ry.

There are several events arranged by the board of Histoni during the year. Here you can find short introductions about them, welcome to participate!

NED - Night of Extraordinary Drinking

Night of Extraordinary Drinking starts your autumn! Great drinks, happy people with both freshmen and older students starting their autumn, and music which definitely makes you want to dance. You don't want to miss this! (Place: Bar Kaarlenholvi, Kauppurienkatu 6, Oulu)

“Fuksiaiset”

A party arranged for freshmen in Autumn. First funny “orienteering” in surrounding areas of the university, election of the miss and the mister Histoni, sauna and celebrating until the morning.



Christmas party

Idyllic finnish christmas party with traditional christmas food and sauna. Last few years the party is arranged in a lovely cottage in Nallikari. Typically for Histoni, this party too lasts until the morning.



“Haalaribileet”

During the autumn the freshmen purchase for self the symbol of the students: coveralls. It’s an excellent reason to have a party! The party is normally arranged together with the freshmen and the board of Histoni.

Excursion

Normally in the spring Histones pack their things and direct to some university town for couple of days. The purpose of the trip is to make a study visit to some company which has something to do with biochemistry. More important is of course to have a party with co-students.



“Koppi” - Histoní’s guild room

Every major subject has its own organisation for students known as a student guild. Histoní (histone) is the student guild for biochemistry students. Histoní has its own room in the biochemistry entrance hall where students can read magazines, use the computer or scanner, meet people and just hang out. There is also a coffee maker, a microwave oven and a fridge at Koppi for students to use.



At Koppi’s noticeboard there is usually information about current events at the biochemistry department and the university. Information about Histoní’s own events and activities can also be found there.



In the biochemistry entrance hall there is lot of space to hang out between lectures and labs (magazines and some board games available). There are also lockers which can be rented (5€ deposit) from



The biochemistry (biokemia) department is located at the western side of the Linnanmaa Campus. In the map it can be found right next to J door on the left. Bus stops are on the other side of the university (2T door). Rooms that have two-letter marking "BK" are department's own rooms. Lot of teaching is held in BK130 and BK122 at the ground floor. Also the student laboratories are situated there. Research, administration and conference facilities are mainly located in the second and third floor.

Some useful information about different places at the Linnanmaa Campus:

14. Computer services, 15. International affairs/Student service point (KE1151), 16. Computer hall, 17. Aularavintola (restaurant), 18. Paper shop, 21. University press, 22. Tellus library, 23. Luna library, 26. Discus (restaurant), 28. YTHS Health centre
Cash dispenser (ATM) is located near L4.

Finnish-English: Some words nice to know

<i>Suomi/suomalainen</i>	<i>Finland / finn</i>
Kiitos	Thank you
<i>Anteeksi</i>	<i>I'm sorry / excuse me/ pardon</i>
Huomenta	Good morning
<i>Hei, moi, terve/heippa , hei hei</i>	<i>Hello , hi/ Bye then</i>
Minä olen...	I am...
<i>Ei / kyllä, joo</i>	<i>No / yes</i>
ma, ti, ke, to, pe, la, su	Mon, Tue, Wed, Thu, Fri, Sat, Sun
<i>kello, klo.</i>	<i>time</i>
Esim.	e.g.
<i>Tänään/ eilen/ huomenna</i>	<i>Today/ yesterday/ tomorrow</i>
Työpaikka	Job, workplace
<i>Asunto, kämppä</i>	<i>Accommodation, place/ gaff</i>
Maito	Milk
<i>Mehu(tiivistä)</i>	<i>Juice (concentrate)</i>
Laktoositon	No lactose
<i>Koppi</i>	<i>Histoni's guild room, at least the old version</i>
Sähly	Floor ball
<i>Pesäpallo</i>	<i>Finnish baseball, Histoni plays at least during spring time</i>
Excu	Excursion, a trip to another city to get familiar with some companies and have fun, Histoni arranges its own probably in spring
<i>"Fuugata"</i>	<i>to sentrifuge</i>
Bileet	Party
<i>Vappu</i>	<i>First of May, biggest and probably longest party of students in an academic year, also the party of working class</i>
Pikkujoulu	Christmas party, Histoni usually has its own before holidays
<i>Laitos</i>	<i>Department</i>
Järjestö	Organization
<i>Kandidaatin tutkinto, kandintyö</i>	<i>Bachelor's degree</i>
"kuuklata", Googlata	to Google, search Internet
<i>Luento</i>	<i>Lecture</i>
Esitelmä	Talk, lecture
<i>Opiskelija(kortti)</i>	<i>Student(card)</i>