



Greetings from the Region IX Director Heather Nymeyer

The 36th NSH Annual S/C has come and gone but is certainly not forgotten. I had the opportunity to meet many of the attendees, and I consistently heard about the outstanding quality of workshops offered and how well the event was organized. Just some of the workshops offered included the cutting of hard tissues, the anatomy of tissues, management forums, and troubleshooting in the laboratory. Certainly there was something for everyone. In addition to the workshops over 100 vendors were on hand to show the attendees the newest equipment. Congratulations to the Birmingham committee members for a great job.

The NSH presidential address by Kerry Crabb at the awards banquet was very inspirational. He provided the audience with a firsthand experience when he was a first time attendee and how shy and overwhelmed he was by the event. He then continued to explain with assistance from some "seasoned" S/C veterans, how his first S/C experience became a positive experience. Kerry knew that he would be attending again and needed to become involved with the NSH. Kerry also stressed the importance of mentoring not only at a meeting such as the S/C but also in our workplace.

During these economical times and budget restraints we are all having funding issues to attend such events. I was extremely pleased to see 64 Region IX attendees at this meeting. This included 14 first time attendees. It was my pleasure to meet all the first timers but also to see some familiar faces from previous meetings. With next year's meeting being held in Seattle, I am very excited that more individuals may be able to attend. Start talking to your employers now and make plans to attend.

I must extend a special thanks to my executive team members for assisting me during this last year and for participating in this year's Region IX meeting. Our meeting remained on time and very productive.

I would also like to thank Rich Loewen, Ann Lynn, Vern Hurst and Charles Ho for volunteering for the House of Delegates. Although we were not able to provide a full slate of delegates at this year's HOD, with these individuals stepping forward they allowed Region IX to have a strong voice this session.

I would also like to take this time to extend my congratulations to all the Region IX and NSH award winners. The winners will be featured later in this newsletter.

Hope to see everyone in Seattle in 2010.



36th NSH Annual Symposium and Conference

Seattle, WA

September 24 - 29, 2010

Program to be posted on the NSH website in
early 2010

www.nsh.org

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Future Dates NSH S/C Dates

- **37th Annual Symposium/Convention**
September 16-21, 2011 in Cincinnati, OH
- **38th Annual Symposium/Convention**
September 28 - October 3, 2012 in Vancouver, BC Canada
- **39th Annual Symposium/Convention**
September 20-26, 2013 in Providence, RI
- **40th Annual Symposium/Convention**
August 21 - 27, 2014 in Austin, TX

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Education Update

Mark Elliott mark@nshregionix.org
Region IX Education Committee, Chair

It is hard to believe that another S/C has come and gone. The S/C is a great place to learn new techniques and refresh your mind on older methods which one might have forgotten. I even managed to learn about a technique we had been contemplating doing in our lab in one of the workshops I attended. Unfortunately I wasn't able to attend as many workshops as I had planned, due to previous commitments as NSH Bylaws Chair, however the ones I did manage to attend were excellent. I am really looking forward to next year's S/C since it is going to be in Seattle, just a "short" drive down the road from Vancouver- no having to worry about lost luggage or delayed flights.

We have begun planning our next Region IX Education Days. This time the event is returning to the West Coast and will be held in the Vancouver area. The date and location have not been finalized yet but we are looking at a number of possible locations. Since this will be post-Olympics, I am hoping that the room rental rates will have returned to more reasonable levels. Since the 2 day format in Toronto was well received we will be using the same format this time as well-one session on Friday and two concurrent sessions on Saturday, with the "Wine and Cheese" Reception on the Friday evening. We will keep you posted as the details are finalized. If anyone would like to help out with the organizing, or if you have suggestions for topics/speakers please contact me.

There are a couple of great educational opportunities coming up-one is the IHC Workshop in Florida in January. It is a week long event and is excellent from what I have heard from people who have attended it in the past. It is a tad expensive but well worth it. Check out the website at:

http://www.pathlearning.com/Pathology_Learning_Centers/Welcome.html

for more information.

The other great way to improve your skills and earn CEU credits is through the use of the NSH Teleconferences-no traveling involved. See the adjacent list for dates and topics and check of the NSH website for more information on how to access them.

NSH Teleconference Schedule 2009

- **November 18, 2009**
[Muscle Case Studies](#)
- **December 16, 2009**
[Handling the BIG "C's" in Histology](#)

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NSH 2010 Teleconference
The complete schedule is now posted
on the NSH website
www.nsh.org

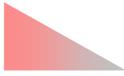
- **January 27, 2010**
[Heat-induced Epitope Retrieval: A Review of Methods, Reagents, and Devices](#)
(1:00pm - 2:00pm)
- **February 24, 2010**
[Managing Stress in Times of Change](#)
(1:00pm - 2:00pm)
- **March 24, 2010**
[Getting Started with IHC](#)
(1:00pm - 2:00pm)
- **April 28, 2010**
[Principles of Fixation and Staining in Cytopreparation](#)
(1:00pm - 2:00pm)

Price

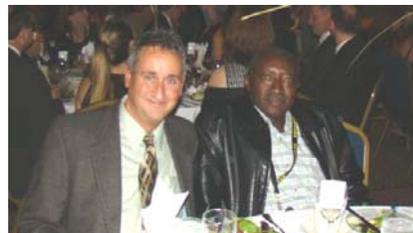
\$125.00 Per Teleconference: includes materials, sign in sheets, audio CD and test (good for contact hour credit for 2 years)

Order the entire Teleconference Series for \$1200.00 by January 26, 2010 and save \$300.00!

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35th NSH Symposium and Convention Region IX Attendees at a Glance



REGION IX AWARD WINNERS

Congratulations to all the 2009 Region IX Winners. The awards committee had a difficult task in selecting award winners this year due to the large number of nominations and the outstanding qualifications of all the nominees.

Vendor Plaque of Appreciation Award – Ventana Medical Systems

Ventana Medical Systems was nominated this year for their continued support by sponsoring the Ventana Medical Systems Immunochemistry award and for sponsoring breaks at Region IX Education meetings. Unfortunately, a Canadian Ventana representative was not able to attend this year's awards ceremonies but it was accepted by Elias Liabotis, Ventana Marketing Manager. Then on Oct 14, Tracy Lenek and Joanna Bartczak-McKay were able to present to Greg Connell, Canadian Regional Manager for Ventana, the Region IX Vendors award while visiting Calgary Lab Services.



Dear Heather and Region IX,
I want to personally thank you all for awarding Ventana Canada the Region IX Vendor Appreciation Award. I am very proud to accept this award on behalf of our region, especially since the recognition stems from our support and continued commitment towards the advancement of Histotechnology.

Regards,
Greg J. Connell
Canadian Sales Manager
Ventana Medical Systems, Inc

Ventana Medical Systems Immunochemistry 2009 Winner Joanna Bartczak MLT III Calgary Lab Services

The Ventana IHC award is given annually to a qualified applicant who has shown an interest in pursuing continuing education within the Histotechnology profession, with a specific interest in Immunohistochemistry.

This year's recipient for this award goes to Joanna Bartczak

Joanna oversees a very busy centralized Immunopathology Laboratory – Calgary Lab Services. Joanna has 6 Ventana Benchmark XT and stains approximately 90,000 slides per year using 140 different antibodies. Calgary Lab Services provides excellent immunohistochemistry work for all Anatomical Pathology service for the city of Calgary. Joanna has been a Med Lab Tech for 7 years and has recently joined the NSH. Joanna is always eager to present newly acquired knowledge to her staff and in moving forward to improving lab services --- in 2008, she introduced to her pathologists, a double staining technique which allowed visualization of 2 stains on one slide – the double immunoprotocol using CytoK 5/6 and AMACR for routine diagnostic work up of prostate specimens was incorporated into their Lab staining protocol. Joanna has co-authored a manuscript detailing the theory and staining protocol which is awaiting publication.



**Region IX Dako Immunohistochemistry/In-situ-Hybridization Award
\$1,000.00 Sponsored by Dako Canada Inc
Presented by Ben Bourke Dako Executive Sales, Canada**

The Dako award is given annually to a qualified applicant who has demonstrated a desire to pursue advancement in immunohistochemistry and has demonstrated an outstanding leadership quality in establishing, enhancing or maintaining an immunohistochemistry laboratory. This year's recipient Dako award is:

**Robin Stocks
Tech II Supervisor, Immunohistochemistry Dept.
University of Alberta Hospital**

Robin has demonstrated excellence within the field of immunohistochemistry by actively participating in the development of both clinical and research IHC Laboratory service. Her years of experience and knowledge have made her a great mentor to staff, students, campus researchers and pathologists. Robin has given in-service sessions, assisted with CAP accreditation process, tissue micro-array, optimized several antibodies for the U of A and automated a TUNEL assay – she has also executed double staining using several chromogens, and she has implemented automation of immunofluorescence. Robin has also worked with the Alberta Transplant Applied Genomics Center on the IHC related to transplantation in human and mouse tissue. Robin has also implemented a new staining method which resulted in a paper publication and poster presentation.



Robin obtained her Bachelors in Med Lab Science from the University of Alberta and has been actively involved with the NSH for 6 years. Robin's ability to apply her expertise on innovative equipment and methodologies has positively impacted their Laboratory's current and future performance - to quote an excerpt from one of Robin's letter of support, "Robin's dedication and commitment to continual learning of Immunohistochemistry and her application of innovative thinking are part of the forward planning and development for the UAH AP Laboratory".

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**Best T-shirt Design to:
May Chin
\$50.00 Sponsored by InterMedico
Presented by Michele Shackleton,
InterMedico Marketing Manager**
Charles Ho accepted the award on behalf of May Chin. Region IX was later awarded 2nd place for Best T-Shirt Design in the T-Shirt competition.



NSH REGION IX

**\$1,000.00 Sponsored by Vector Laboratories Canada Inc.
Presented by: Pat Keogh, Vector Laboratories Canada**

**Award recipient is: Cate McDonald
University of Ontario Institute of Technology**

This award will be presented annually to a deserving student enrolled in an approved School of Medical Technology or a student enrolled in the Bachelor of Medical Laboratory Science course. Cate McDonald was a student at the University Of Ontario Institute Of Technology from Sept 05 to May 09. Cate did her clinical placement at the Toronto Hospital for Sick Kids where she displayed great organizational skills and competence in her technical knowledge – this showed in the high standards of slides and stains she produced. Cate has been a top student in her written and practical exam. Her professional conduct has been flawless both at UOIT and in her clinical placement. Cate will use the funds towards her student loan with the Ontario Assistance Program to help reduce her student loan.



I am honored to have been selected as the recipient of the 2009 NSH Region IX scholarship award. I would like to thank Mrs. Rose Clark and the members of the National Society of Histotechnology, Region IX selection committee and Mr. Pat Keogh of Vector Laboratories Canada Inc. for the sponsorship of this award. I would also like to express my gratitude to the wonderful histotechnologists at The Hospital for Sick Children and the faculty at UOIT, for their efforts on my behalf. Their dedication to teaching made my educational experience an exceptional one. A final thanks to Elizabeth Colley who was instrumental in the coordination of my award application.

Sincerely,
Cate McDonald

**Malcolm Silver Award
\$1,000.00 Sponsored by Region IX**

This prestigious Award is given annually to a technologist who presents in writing the best article, published or unpublished, which in the opinion of the Awards Committee, contributes to the progress and development of Histotechnology as a profession. The candidate must be the primary author of the article and must be actively involved in the field of Histotechnology. Comments made by our qualified and well established judges' states that we have some quality papers being produced and how eloquently this article has been written. The 2009 recipient of the Malcolm Silver award goes to:

**Lisa Manning
Pathology Technical Director
Diagnostic Services of Manitoba**

For her published article J Vet Diagn Invest 20:504-508 (2008) on:

A collaborative Canadian-United Kingdom evaluation of an immunohistochemistry protocol to diagnose bovine spongiform encephalopathy

Collaboration was established in 2001 to evaluate a commercially available immunohistochemistry assay kit for the detection of bovine spongiform encephalopathy (BSE) disease–associated prion protein in formic acid–treated formalin-fixed samples of bovine brain. At the initiation of the current study (2001), the U.K. BSE surveillance program comprised passive surveillance of all cattle presenting with clinical signs compatible with BSE, irrespective of age. This study has been a step forward in our field.

**Region IX Leica Microsystems Immunohistochemistry Award
\$500.00 Sponsored by Leica Microsystems
Presented by: Dr. Mark Rees, Novocastra Marketing Manager**



This award will be given annually to a qualified applicant who has shown an interest in pursuing continuing education within the Histotechnology profession, with a specific interest in Immunohistochemistry. This year's award goes to:

**Matthew Canil
BC Children's Hospital, Vancouver, BC**

Matthew has been a histotechnologist since 2001 and has been active with the NSH since 2005. Matthew has presented several award winning posters at the NSH. Matthew performs IHC and in situ hybridization in both clinical and research at the BC Children's Hospital in Vancouver, considered to be a national leader in paediatric histology. Matthew has helped develop a specialized staining protocol for Fap-1, a protein tyrosine phosphatase involved in cancer cell destruction. Matthew also has authored a paper on "The Effects of Fixative/Decalcifiers on Immunohistochemical Staining of Paediatric Bone Biopsies" which is awaiting publication.

**Region IX Newsletter Contributor Award
\$300.00 Sponsored by Region IX**

This award will be given annually to an individual who has contributed significantly to the Region IX Newsletter by sharing their knowledge to advance the growth of the profession of Histotechnology, or by submitting topics of interest to the members - articles that are beneficial to the histology laboratory, or 'fun' articles that contribute to make the newsletter more interesting to the members. This year, Region IX is sponsoring this award – it goes to:

**Ann Lynde, Alberta
"Six Thinking Hats"
Published: Region IX Newsletter, Summer
2008**



**Surgipath Award of Excellence
(now called Leica Microsystems Canada Award of Excellence)
\$1,500.00 Sponsored by Leica Microsystems Canada, Biosystems Division
(Formerly Surgipath Canada)**

Presented by Nick Dardano, Leica Director of Sales & Marketing

The Surgipath Award of Excellence will now be known as the **Leica Microsystems Canada Award of Excellence** sponsored by Leica Microsystems, and is awarded annually to a member of NSH Region IX, who has achieved a level of excellence in the field of Histotechnology. This year, this award goes to:

**Lisa Manning
Pathology Technical Director
Diagnostic Services of Manitoba**

Lisa is responsible in managing all diagnostic services within the province of Manitoba – this includes 6 hospital facilities in Winnipeg and expands to include the rural areas. Their vision is to deliver a centrally managed diagnostic system for Manitoba that is sustainable, state of the art, cost effective and known as a high quality and exceptional customer service. Lisa's supporters say that they have hired the right person for this job.

Lisa comes with an impressive line of credentials; this includes author and co-author of over 50 published articles, and national and international symposium presentations. Lisa has her Bachelor of Science in Med Lab and is continuously still expanding her knowledge – she is currently working on obtaining her Six Sigma green belt and is working on her certification for the American QIHC. Her ability to lead people has created a cohesive unit in bringing Histology laboratories across Manitoba together, and establishing IHC and Special Stains committees across Manitoba to ensure that best quality slides are still being produced. Lisa is a strong supporter of continuing education – she has implemented Lunch and Learn sessions and encourages all her technologists to join the NSH, to participate in the educational opportunities and to seek funding to ensure representation at the conference every year.



NSH Region IX would like to welcome and extend their thanks for Lieca Microsystems for their continued sponsorship of *The Cutting Edge Newsletter*.

Leica
MICROSYSTEMS

NSH REGION IX AWARD WINNERS

BioGenex Award for Excellence in Immunohistochemistry Shelley Ganske



Shelly works at the Canadian Food Inspection Agency in Winnipeg, Manitoba. Shelly is an outstanding histotechnologist with 24 years of experience, she has a passion for quality and standardization of test procedures. She has worked up, optimized and standardized IHC test for several diseases - she takes courses to upgrade and looks for ways to ensure the lab remains on the cutting edge.

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Newcomer-Newcomer Regional Scholarships

Region IX winner – James Racz

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T-Shirt Contest

Region IX awarded

2nd place for Best T-shirt design

Most T-Shirt participants

~

NSH Region Scholarship Awards

Elizabeth Colley

~

Individual Membership Incentive Award

Heather Nymeyer

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Poster Session Awards



First Place - Clinical Category

Recipient: Crystal Leung BMLSc, Amrit Samra RT(CSMLT), Lise Matzke MSc, ASC, CCRP(SoCRA), Mike Allard MD, FRCPC from The James Hogg iCAPTURE Centre for Cardiovascular and Pulmonary Research, Department of Pathology and Medicine, Providence Health Care-University of British Columbia, St. Paul's Hospital
Title: METHODOLOGICAL ISSUES RELATED TO PATHOLOGICAL EVALUATION OF CORONARY ARTERY STENTS

Honorable Mention - Vendor Category

Matthew Canil, RT of Children's & Women's Health Centre of BC

Title: The Effects of Fixative/Decalcifiers on Immunohistochemical Staining of Pediatric Bone Biopsies

THE CUTTING EDGE is the official newsletter of Region IX of the National Society for Histotechnology. It is distributed quarterly to 350 members in Canada.



The Objectives of THE CUTTING EDGE are to:

- Reflect both Canadian and North American articles pertinent to the practice of Histotechnology
- Publish articles that are beneficial to our discipline.
- Promote communication between Region IX members and members of the other NSH Regions
- Provide a medium for exchange of information among members.

Contributions are welcome.
Please send your articles to:

Heather Nymeyer, RT, CEBT

heather@nshregionix.org

**Royal Inland Hospital
311 Columbia St.**

Kamloops, BC V2C 3B9

Tel: 250-314-2664

Fax: 250-314-2350

W. Mark Elliott Ph.D.

mark@nshregionix.org

St. Paul's Hospital

1081 Burrard St. Rm.166

Vancouver, B.C. V6Z 1Y6

Tel: 604.806.8346

Fax: 604.806.9274

www.nshregionix.org

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LETTER TO THE EDITOR

Message from Crystal Leung from St. Paul's Hospital

"I really enjoyed my first NSH S/C experience. The workshops were very interesting and educational, particularly their practical hands-on sessions. One particular workshop that I have attended gave us sample resin blocks and slides to bring back to my lab to experiment with, and I thought that was incredible! I am now able to use these samples to test out some of my own protocols.

I am extremely honoured to be awarded the First Place Poster in the clinical category. I will continue to develop the cardiovascular stents protocol in our laboratory in hope to achieve higher efficiency and better quality in morphology. I look forward to attending the 2010 NSH S/C in Seattle!"



Start Planning Now!!!!

March 10, 2010 has been declared as Histotechnology Professionals Day and we would like to hear from you on how your facility celebrated this day.

Send your stories and pictures to heather@nshregionix.org



www.nsh.org

NSH

MISSION STATEMENT

The National Society for Histotechnology is a non-profit organization, committed to the advancement of Histotechnology, its practitioners and quality standards of practice through leadership, education and advocacy.

Region IX Executive Committee

Heather Nymeyer
Heather@nshregionix.org
 Director

Rose Clarke
Rose@nshregionix.org
 Past Region IX Director

Michele Shackleton
Michele@nshregionix.org
 Treasurer

Ann Lynde
ann@nshregionix.org
 Secretary

Michael Ho
Michael@nshregionix.org
 Member at Large

Sub Committees

Rose Clarke
Rose@nshregionix.org
 Awards Committee, Chair

Teresa Estioko-Timuri
Teresa@nshregionix.org
 Award Committee, Co-Chair

Mark Elliott
mark@nshregionix.org
 Education Committee, Chair

Tom Wells
tom@nshregionix.org
 Membership, Chair

Region IX Committee Members Serving on Other NSH Committees

Janet Tunnicliffe
janet@nshregionix.org
 NSH Speaker of the House

Kevin Gibbon
Kevin@nshregionix.org
 Nominations and Elections, Region IX

Bylaws Committee Chair
Mark Elliott
mark@nshregionix.org



Region IX Meeting

The Region IX meeting was held on Oct 3, 2009 at the S/C in Birmingham. Two motions were on the agenda for approval and these included electronic registration for the 2010 Education Session and a message board on the Region IX website.

One motion not approved but had to be tabled was the job descriptions for the executive committee and sub-committees. Due to the information received this agenda item will be presented at the next region meeting to be held at the S/C in Seattle.

Complete minutes from the region meeting will be available on the Region IX website in the next few weeks. www.nshregionix.org

NSH Board of Director's Update

Some of the items discussed at this year's NSH Board of Director's meeting included:

Contacting affiliated organizations to raise the awareness of the NSH by posting information on these organizations websites or displaying at their meetings

The NSH is updating their website and there will be a report given to the board at the mid-year board meeting. Along with this, the NSH will be able to assist regions in providing a server for regions to use for their website management

HistoQip will be presenting a new program to the NSH membership and this will be a program directed towards biopsies.

Elections in 2010 and the NSH is actively recruiting nominations for all available positions.

March 10, 2010 declared Histotechnology Professional Day



Remembrance Day Nov 11, 2010

Take a moment to remember those that have fought to keep us free

2009 Region IX Treasurer Elected for a sixth term



Congratulations to Michele Shackleton for being elected as Region IX Treasurer.

This will be Michele's sixth consecutive term as Treasurer. It is the Treasurer's responsibility for maintaining the region's bank account, investments and presenting the year end financial report at the region's annual meeting.

The position of Treasurer is elected in the alternate year from the Region Director.

2010 NSH Elections

2010 will mark the election for a large number NSH positions. Many of the elected positions will be open for nominations and the results from the 2010 election results will be announced at the 36th S/C in Seattle, Wash.

If you are interested in either nominating an individual or running for any of the available positions, visit the NSH website and obtain nomination forms and job descriptions for each of the upcoming positions or Cynthia J. Higgerson at chiggerson@memhosp.com

www.nsh.org



Dear Valued Customer,

As of September 1, 2009, Surgipath Canada Inc. has begun operating under our new legal name, Leica Microsystems Canada, Inc. We are now part of the Leica Microsystems' Biosystems Division, which supplies instrumentation and consumable products, and provide applications and technical support, to the company's Histology and Immunohistochemistry customers.

This is an exciting time for all of us from the former Surgipath team. We are an integral part of the formation of Canada's first complete histopathology product supplier, and we can offer our customers the most innovative, comprehensive product line of instrumentation and consumables for Histology and IHC.

To ease the transition and provide high-quality service to our customers, the management team has laid out a path that will ultimately lead us to becoming an improved and stronger company in Canada. We are certain that our transition will result in an enhancement in all customer experiences with Leica.

The new Canadian sales team at Leica Microsystems, Biosystems Division, is supported by June Shin, Sales and Marketing Support Manager, june.shin@leica-microsystems.com.

Sales Account Executives

Our team of expert Sales Account Executives are your main contacts to help you with all of your histopathology product needs. Highly trained in the field of laboratory technology, they have received additional training on our newest range of consumable products. They can also direct you to an application specialist if needed.

Region	Your Sales Account Executive	Contact Information
Western Canada	Matthew Canil	matthew.canil@leica-microsystems.com
Ontario	Fatima Beg	fatima.beg@leica-microsystems.com
Eastern Canada	Antonio Sanchez (temporarily)	antonio.sanchez@leica-microsystems.com

Histology Instrumentation Specialists

Our Histology Instrumentation Specialists have extensive training and experience in our high-quality histology equipment line, which includes both Leica Microsystems equipment and equipment that was formally sold through Surgipath.

Region	Your Histology Instrumentation Specialist	Contact Information
British Columbia and Alberta	Neil Abhyankar	neil.abhyankar@leica-microsystems.com
Saskatchewan and Manitoba	Wayne Mulligan	wayne.mulligan@leica-microsystems.com
Northern Ontario/Ottawa Region	Bonnie O'Halloran	bonnie.ohalloran@leica-microsystems.com
Ontario	Gaetano Visconti	gaetano.visconti@leica-microsystems.com
Quebec	Antonio Sanchez	antonio.sanchez@leica-microsystems.com
Atlantic Canada	Ken Rozee	ken.rozee@leica-microsystems.com

Leica Microsystems will proudly continue Surgipath's long tradition of supporting NSH Region IX by sponsoring the Region IX newsletter and regional symposiums. We are also pleased to continue to sponsor awards such as the Award of Excellence.

I would like to extend our sincere appreciation and thanks to all of our customers who have welcomed Surgipath Canada into their laboratories over the years. We look forward to an exciting future together as we continue to build upon our relationship moving forward as Leica Microsystems Canada.

Yours truly,

Nick Dardano

Director of Sales and Marketing,

Leica Microsystems Canada, Inc. Biosystems Division

nick.dardano@leica-microsystems.com

"Lean Histology word search compliments of Leica Microsystems, Inc."

SECTIONING

S S L M L H X H G T I Q L Y D D L P
 N T E A A M Z N Y R Y I J Z I N M I
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Word key for SECTIONING:

BLADE HOLDER	LATERAL MOVEMENT	REPRODUCIBLE
BLOCK ALIGNMENT	MAGNETIZED WASTE TRAY	SECTION THICKNESS
CASSETTE CLAMP	MICROTOME	SPECIMEN ORIENTATION
COARSE FEED	MOTORIZED	STEPPER MOTOR
CRYOSTAT	ONE CASE FLOW	UVC DISINFECTION
FROZEN SECTIONS	PARAFFIN	WATER BATH
HAND WHEEL	RAPID FREEZING	

35th S/C Contact Hours Available

NSH has completed the reconciliation of contact hours for the 35th Annual Symposium/Convention. In our continued effort to "Go Green" NSH will not mail you a hard copy of your certificate. However if you need a hard copy of your certificate you may print it from your "My NSH" account on the NSH website. In your "My NSH" account you can also print a cumulative summary of your NSH contact hours for 2009

Aubrey Wanner

BIOCARE MEDICAL – S/C IPOD WINNERS

Congratulations to Jill Fox and Darlene Collett from Gamma Dynacare Medical Laboratories for being this year's iPod winners.

This prize was sponsored by

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Living up to Life



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