

EVENTS



MINISTERUL EDUCAȚIEI ȘI
CERCETĂRII ȘTIINȚIFICE
INSPECTORATUL ȘCOLAR JUDEȚEAN CLUJ



The autumn cross country races for students in Frata (3rd ed.) and Răchițele-Mărgău (7th ed.) continue

La Frata (ed. a 3-a) și Răchițele-Mărgău (ed. a 7-a), continuă crosurile de toamnă ale elevilor

As usual, at the beginning of our report we mention some new facts compared to the last year's edition. The intention to organize the autumn cross country races earlier this year, before the setting in of cold weather, was partly achieved. Thus, the cross country race in Frata took place on 12 October 2017 compared to 10 November last year, while the competition organized in Răchițele-Mărgău was held on 21 October 2017 compared to 22 October last year. Regarding participation, there was a significant increase in the number of participants in the Răchițele cross country event, which was attended by more than 140 students. This was due to the participation of some school teams from new commune centers, as well as to the participation of a greater number of students from the school of the organizing commune. The cross country race in Frata was attended by about 90 participants, similarly to last year. In both competitions, the prizes consisted of books and sports equipment. We mention that the two autumn cross country events are part of the Educational health prevention project in rural areas, *Sport – an alternative for a healthy life*.

Results:

Frata

Participating centers: Frata, Cămărașu, Sopor de Câmpie, Mociu, Luna, Căianu, Luncani, Boian/Ceanu Mare.

General ranking: I - Cămărașu Middle School with 39 points; II - Frata Middle School with 40 points; III - Sopor de Câmpie Middle School with 64 points.

First place in all age categories: 11-12 year-old boys, grades V-VI - Florin Trif - Frata; 11-12 year old girls, grades V-VI - Eliza Gașpar - Cămărașu; 13-14 year old boys, grades VII-VIII - Marian Mocian - Cămărașu; 13-14 year old girls, grades VII-VIII - Alina Gheți - Sopor de Câmpie.

Team leading teachers: Frata Middle School - Popa Sebastian; Cămărașu Middle School - Revnic Vlad; Sopor de Câmpie Middle School - Pașca Tușa Maria; Mociu Middle School - Donea Tudor; Luna Middle School - Olar Maria; Luncani Middle School - Cservenecz Iuliu; Căianu Middle School - Brata Valentin; Boian Middle School - Toth Mihai.

Local officials: Teodor Bara - director of Frata Middle School; Vasile Trif – mayor



Before the start, the last indications from the starter



Prize awarding, 11-12 year old girls, by the director of the Frata School, Teodor Bara.



Prize awarding, 13-14 year old boys, by the teacher of the Frata School, Sebastian Popa



Group picture, with the organizers and the referee team



Three of the methodicians playing an important role in the cross country running and skiing competitions: Mihaly Béla, Ramona Ilea and Sorina Pop (Soso)



Awarding prizes to team leading teachers: Revnic Vlad - Cămărașu Middle School; Popa Sebastian - Frata Middle School; Pașca Tușa Maria - Soporu de Cîmpie Middle School

Răchițele-Mărgău

Participating centers: Sâncraiu, Mărișel, Răchițele, Izvorul Crișului, Beliș, Rogojel, Râșca.

General ranking: I – *Ady Endre* Middle School, Sâncraiu; II - *Pelaghia Roșu* Middle School, Mărișel; III – Răchițele Middle School.

First place in all age categories: preparatory grade boys - Marius Bălaș - Răchițele; preparatory grade girls - Adela Bălaș - Răchițele; 9-10 year old boys, grades III-IV - Lovász Balász - Sâncraiu; 9-10 year old girls, grades III-IV - Péntek Rita - Izvoru Crișului; 11-12 year old boys, grades V-VI - Paul Todoruț - Răchițele; 11-12 year old girls,

grades V-VI - Okos-Rigo Aliz - Sâncraiu; 13-14 year old boys, grades VII-VIII - Gheorghe Bălaș - Răchițele; 13-14 year old girls, grades VII-VIII - Szöcs Imola - Sâncraiu.

Team leading teachers: *Ady Endre* Middle School, Sâncraiu - Csudom Norbert; *Pelaghia Roșu* Middle School, Mărișel - Bal Ionuț; Răchițele Middle School - Roșu Claudiu; *Kos Káoly* Middle School, Izvoru Crișului - Török Anamaria; *Avram Iancu* Middle School, Beliș; Săcuieu/Rogojel Middle School - Crișan Aurel; Râșca Middle School - Ilea Ardelean;

Local officials: Alexandra Roșu – director of Mărgău Middle School; Petru Ungur – mayor of Mărgău commune.



The opening ceremony – Răchițele, 2017



The preparatory grade team (9-10 years) of the Răchițele school and teacher Claudiu Roșu



Prize awarding ceremony, the 13-14 year old category, by teachers Sănă Mirela and Pavăl Simona (right), assisted by teacher Claudiu Roșu



Prize awarding ceremony, the preparatory grade category (9-10 years), by School Inspector Laura Ionescu



Cups awarded in the cross country running competition in Răchițele



Awarding prizes to team leading teachers: Csudom Norbert - *Ady Endre* Middle School, Sâncraiu; Ionuț Bal - *Pelaghia Roșu* Middle School, Mărișel; Roșu Claudiu - Răchițele Middle School
Ceremony conducted by the mayor of Mărișel commune, Petru Ungur

Cristian Potora

cristianpotora@gmail.com



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The 7th National Conference with International Participation “Nutrition - Medicine of the Future” & the Francophone Symposium on Nutrition and Food Safety “Nutrisûr”, 23-24 November 2017, Cluj-Napoca, Romania

*Conferința Națională cu Participare Internațională “Nutriția – Medicina Viitorului”,
Ediția a VII-a & Colocviul Francofon privind Nutriția și Siguranța Alimentară
“Nutrisûr”*

Between 23 and 24 November, the Seventh Edition of The National Conference with International Participation “Nutrition - Medicine of the Future” (CNMV) 2017 took place at the “Iuliu Hațieganu” Aula in Cluj-Napoca, Romania. This year, the conference was preceded by the Francophone Symposium on Nutrition and Food Safety “Nutrisûr”. Both events were organized by the “Nutrition and Health” Association and “Iuliu Hațieganu” University of Medicine and Pharmacy (UMPh) Cluj-Napoca, in collaboration with the Francophone University Association - Central and Eastern Europe subsidiary, the Academy of Romanian Scientists - Cluj-Napoca subsidiary, the College of Pharmacists in Romania, the “Gusturi Transilvane” Cluster, the Romanian Society for Pharmaceutical Sciences, the French Institute - Cluj-Napoca subsidiary, and various student organizations.

More than 550 participants and speakers including dietitians, physicians, pharmacists, nurses, chemists, biologists, nutrition scientists, and students from eight countries participated in this two-day event. All participants received medical or pharmaceutical education credits (EMC/EFC) and certificates.

As a meeting point for health care professionals (practitioners and researchers), the annual conference provided a full program of activities to allow interactive discussions on various topics of interest to the nutrition community. During the first day, advances in food safety and security were covered in the Francophone Symposium on Nutrition and Food Safety “Nutrisûr”, whereas novel practices in diet therapy were shared during two workshops: *Metabolic hallmarks of cancer cells as targets for*

nutritional therapies and Sports nutrition - from individual counseling to team counseling. The second day included keynote lectures and oral communications comprising issues such as *nutrigenomics and cancer; extra organic olive oil as a food medicine for all ages; hypertension, lifestyle, diet and prevention of cardiovascular diseases; Mediterranean diet and human milk; glucose transporter type 1 deficiency syndrome and ketogenic diets; genetics of eating behavior; nutritional metabolomics; nutrition in hospitalized patients.*

Moreover, “Dr. Albu” special scholarships in the field of nutrition and dietetics in Romania for Master’s Degree students in “Nutrition and Quality of Life” were presented, and 20 posters were evaluated during the conference. Also, three book presentations were included in the program: *Equation of weight loss. Nutrition and training guide for a good quality of life* (Dr. Șerban Damian - Superfit Nutrition Center Bucharest, RO); *Nutrition guide for amateur and professional athletes with applications in the rugby game* (Diet. Nicoleta Tupiță - Nutrition Health and Wellness Manager, Nestlé Romania, RO); *Genetics. Personalized Nutrition and Precision Medicine* (Biol. Nutr. Marie Vrânceanu – “Iuliu Hațieganu” UMPh Cluj-Napoca, RO).

Details about CNMV can be found on the conference website: <http://cnmv-umfcluj.ro/>, and pictures from CNMV 2017 are available on the Facebook page: <https://www.facebook.com/medicina.viitorului/>.

The consistently high quality of the research presentations and the dynamic participants, all contributed to the great success of this event. Thanks to all and see you at the next edition of CNMV!



Lect. Dr. Anamaria Cozma-Petruț - general organizer of “Nutrisûr” Symposium



Prof. Dr. Felicia Loghin - scientific Vice-Rector of “Iuliu Hațieganu” UMPH Cluj-Napoca & President of the Scientific Committee of “Nutrisûr” Symposium



Prof. Dr. Radu Oprean - member of the Regional Commission of Experts of the Agence universitaire de la Francophonie & member of the Scientific Council of the Agence universitaire de la Francophonie



Prof. Dr. Franco Veglio – invited speaker from the University of Turin (IT)



Prof. Dr. Rosita Gabbianelli - invited speaker from the University of Camerino (IT)



Prof. Dr. Zaid Afawi – invited speaker from Tel Aviv University (IL)

**Lorena Filip, Oana Stanciu,
Anamaria Cozma-Petruț,
Roxana Banc, Doina Miere**
*Department of Bromatology, Hygiene, Nutrition,
Faculty of Pharmacy, “Iuliu Hațieganu” University of
Medicine and Pharmacy, Cluj-Napoca, Romania*
Corresponding author: Oana Stanciu
oana.stanciu@umfcluj.ro