

# 2017-2018 DPMG Outreach Report

## Members

- **Dipan Shah:** Studley Campus - Halifax
- **Kurt Sampson:** Carleton Campus - Halifax
- **Joanne Firth:** Sexton Campus - Halifax
- **Sarah Langille:** Agricultural Campus - Truro
- **Stephanie Rutherford:** Dalhousie Medicine New Brunswick ( DMNB ) - Saint John

## Events

### Halifax : Studley, Carleton, & Sexton

The committee continues to host traditional events e.g.:

- Washer-Toss BBQ : To be held again this summer ( tentatively Thursday June 21st ). It has become our signature event that consistently attracts 100+ members and can be offered at a fraction of the cost per attendee figure of any other event that we do that involves food.

We also worked together to host other DPMG events this year including:

- Friday Fitness : a lunchtime boot camp-style fitness class that runs from mid September until mid-June usually in 10-week sessions. It has traditionally been in the Studley gym dance studio, but has recently moved into our brand new fitness facility.
- Tuesday Yoga : a lunchtime employee-oriented yoga practice that is now running virtually year-round with amazing interest. It was originally on Wednesdays, now Tuesdays, and potentially a different day in the fall as we have a unique opportunity to optimize our scheduling with the new fitness facility.
- Family Skate: we held this on Heritage Day, Monday, February 19<sup>th</sup> at the Emera Oval on the Halifax Commons. DPMG members who attended were treated to a hot

chocolate from Beavertails and we also had a special guest this year – the Dalhousie Tiger!

- Trivia: this was a lunch-time event held in the fall at the Grawood. Attendees were quizzed on Dalhousie trivia. We provided appetizers and prizes for the winners.
- Softball: our summer softball team has taken to the field for another season of co-ed lunchtime inter-faculty fun. We had so much returning interest this year that we did not put a call out for more players. Next year we might try to host two teams.

We are currently planning our signature summer washer-toss BBQ, & continuing fitness &/or yoga in the summer &/or fall.

## Truro : Agricultural Campus

On June 2, 2017, Sarah organized an outing to the Millbrook Cultural & Heritage Centre to learn about the Mi'kmaq First nations people through an interactive tour and observation of a cultural drum ceremony. Sarah facilitated a New Member Welcome to a DPMG Summer BBQ & Washer-Toss tourney on June 21st, 2017 from noon to 1:30 at the Alumni Gardens.

There has been approval received for a painting activity (sponsorship from DPMG in partnership with the Faculty of Agriculture) to have a guided, team building, paint workshop this fall.

There is a new volunteer needed for Truro Outreach Coordinator position. Sarah has been actively seeking replacement, a new volunteer has not stepped forward. Summer BBQ has not been organized for this spring, as of yet.

## Saint John : Dal Med N.B.

Stephanie has helped facilitate many outreach activities inclusive of all DMNB staff, including video conferencing into the DPMG GM. The next outreach planned is a "bring your lunch trivia session" and possibly a weekly volleyball game at the UNB gym. Currently there is also a yoga session weekly and also various fitness activities previously arranged by other DMNB staff members.