



Dalhousie Professional and Managerial Group

# 2018-2019 DPMG Outreach Report

## Members

- **Dipan Shah:** Studley Campus - Halifax
- **Kurt Sampson:** Carleton Campus - Halifax
- **Joanne Firth:** Sexton Campus - Halifax
- **Jafar Sadek:** 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** : Held Thursday June 21st 2018 & Thursday July 4th 2019. This has become our signature event that consistently attracts 100+ members ( ~150 in 2019 ) and can be offered at a fraction of the cost per attendee figure of any other event that we do that involves food.
- **Pumpkin Competition** : Though we've only done this twice now, it's quickly become an anticipated annual event. The pumpkins that teams came up with were extremely impressive and the event a spooktacular success ;)

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

- **HIIT Fitness** : a lunchtime HIIT bootcamp-style fitness class that runs from mid September until mid-June usually in 10-week sessions in our new fitness facility.
- **Yoga** : a lunchtime employee-oriented yoga practice that runs from mid September until mid-June usually in 10-week sessions in our new fitness facility.
- **Winter Social**: this was a lunch-time event held on Friday February 22nd 2019 in CHEB 140. Attendees enjoyed treats & hot beverages with Dalhousie trivia in the background.
- **Softball**: our summer softball team had another great season of co-ed lunchtime inter-faculty fun. We finished the regular season at the top of our division & could definitely be a championship contender one of these years if we took it seriously ...which of course we don't because it's really all about having fun amongst ourselves & with other groups around campus.

### Truro : Agricultural Campus

- **Pumpkin Carving**: We arranged pumpkin carving contest for DPMG members in Truro campus. 8 contestants participated actively with their carved pumpkin. Few other members also joined and came to support fellow members. Halloween themed cake and drinks were served. This event was well appreciated by the participants.



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- **DPMG Trivia**: This event was in February and because of the weather we got only 6 participants. Trivia went well and one contestant won the prize.
- **DPMG BBQ**: This is the most popular event in the campus for DPMG employee group. 17 participants made it a successful event. It was a great opportunity for DPMG staff to meet together. Participation was more than previous year.

Saint John : Dal Med N.B.

Stephanie has helped facilitate many outreach activities inclusive of all DMNB staff, including the pumpkin carving social. We gave out prizes in October, and in February we had speciality donuts brought in and coffee 😊.