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 DALHOUSIE
UNIVERSITY

DMAA PRESIDENT'S MESSAGE

NO SIGNS OF SLOWING DOWN FOLLOWING 150 CELEBRATIONS

By Dr. Peggy Leighton (MD'77)
DMAA President

Thanks so much to everyone who participated in the 150th Gala Weekend! The big event, with reception, dinner, and dance featuring Big Fish, was spectacular. It was great to have 350 medical students join the alumni, faculty, and staff to celebrate Dalhousie Medical School.

Alumni engagement for this milestone year was awesome. We heard wonderful comments at the event and dozens of enthusiastic emails from Dal alumni spanning 70 years. There were messages from well-known mentors of the 1950s to new grads of recent years. There were memorable class reunions (1978 had more than 50 participants) and some family reunions too, with lots of pictures now on the website.

The DMAA presented the first 200K Cup to the class of 1983, in recognition of \$200,000 raised by the class. As well, the class of 1970 received the 100K cup for their collective efforts. These outstanding donations are encouraging for the future.

Other events, including CPD, tours of facilities, DMSS Fun Run, and the DMRF Breakfast were all well attended. Alumni awards were presented at a luncheon for family and friends, as well as honouring 12 DalMed innovators. Stay tuned, we are doing this again in November. We want to capitalize on this success and maintain momentum for past and future alumni commitment.

In January, the board held an intensive retreat, with the focus on looking ahead and moving forward with initiatives to make the DMAA dynamic and relevant to alumni. The DMAA is unique in the university setting, and we emphasized the role of the DMAA and set guidelines to maintain autonomy and sustainability. Brian Thompson, CEO of the DMRF, Dean Anderson, and Sheila Blair-Reid, director of Alumni Engagement at Dalhousie,

participated in discussions on how we can work collaboratively to maximize our potential.

The DMRF's support of medical research at Dal has been increasing yearly to enhance world-class research being done here. The new data management system at Dalhousie will be utilized to improve alumni communication and engagement. We set several priorities such as student and young alumni engagement, effective communication, reunions, and the role of graduating class reps. We will work with the fourth-year class each year to develop the role of the ongoing president(s) to maintain future contact with the DMAA.

On Feb. 21, DMAA representatives attended MARDOC's 50th Anniversary cocktail reception. We will be working toward more engagement and inclusiveness of residents who are new alumni to Dalhousie. On May 9, I attended the DMAA/DMNB event in Saint John celebrating the class of 2019 and the fifth anniversary of the graduation of the first DMNB class.

A short survey is going to all alumni, and we would appreciate all feedback and suggestions. Please take a moment to complete this, and feel free to contact the alumni office anytime.

The DMAA continues to support the DMSS with student initiatives. For example, we are a sponsor of the PREP (Pre-Clerkship Residency Exploration Program) for Med IIs, to provide students with exposure to various medical specialties to help inform their career decisions. This is an intensive two-week summer elective.

I attended the Medical Convocation on May 27, and enjoyed presenting student awards at the graduation gala on behalf of the DMAA. We have developed a new Dalhousie Medical Alumni ring with Jostens, which will be available in various styles for purchase by new grads and all alumni at the Dalhousie Bookstore.



And just a reminder to mark Nov. 2, 2019 on your calendar for the alumni gala at the Halifax Convention Centre, THE medical event of the year. After dinner, the Mellotones will be playing. They're a well-known, high-energy, longest playing weekly band in Halifax. Their music is timeless and will resonate with all ages. We are planning a great reunion weekend again, with a CPD session and alumni awards. I encourage all classes marking a five or 10-year reunion to plan on getting tables together, and come for the whole weekend. Contact the DMAA office staff for help with planning. This is the perfect time for everyone to reunite with classmates, and reconnect with staff, mentors, and old friends. Share memories and make new ones!

Thanks again for your support.

A handwritten signature in black ink that reads "Peggy Leighton".

Peggy Leighton
DMAA President

DEAN'S MESSAGE

CELEBRATING OUR PAST, PRESENT AND FUTURE

By Dr. David Anderson (MD'83)
Dean, Faculty of Medicine

It's hard to believe Spring Convocation is already over. Time has been flying and our 150th year of celebration is almost a year older.

Our DalMed150 Anniversary Weekend held last November was a huge success. It was a pleasure to come together and celebrate the memories, experiences, and achievements of our school. More than 1,200 alumni, medical students, residents, faculty, staff, donors, and friends of the medical school filled the grand ballroom of the Halifax Convention Centre.

I was pleased, alongside Dr. Peggy Leighton, president of the Dalhousie Medical Alumni Association (DMAA), to present the DMAA 100K Cup to the Class of 1970 for its \$100,000 gift to the medical school. And, the Class of 1983 received the first-ever 200K Cup! Thank you to our highly engaged medical alumni who have demonstrated their confidence in our school's future with substantial gifts in support of medical students, their research projects, and their overall wellbeing.

Thank you to everyone who joined us in celebrating 150 years of Dalhousie Medical School. We are grateful for your energy and engagement in our anniversary celebration. Stay tuned. We're doing this again. Gather your classmates, departments, friends, and family for **Nov. 2, 2019** and an evening filled with faculty and alumni celebrations. Our 151st anniversary promises to be a high-energy celebration as we take over the Halifax Convention Centre.

The end of 2018 was a busy time at the medical school and indeed around the Maritimes as our post-graduate education programs were accredited. There were challenges this year. Dalhousie was the first medical school to be accredited with a new set of postgraduate standards. We're also implementing a new evaluation system for

residents, Competency by Design.

Overall, the preliminary results of the accreditation process are positive. All our programs remain accredited and some received commendation for leading practice and innovation.

Another successful resident match took place this year. The vast majority of our students have matched and most received their first or second choices for residency. All 19 of our new entry-level residency positions were matched and were ready to go for July 1, 2019.

We're also pleased the number of students matching to family medicine increased from 25 per cent in 2018 to 40 per cent in 2019. Under the leadership of our Department of Family Medicine and Associate Dean for Dalhousie Medicine New Brunswick, Dr. Jennifer Hall, increased emphasis in our undergraduate medicine curriculum is in place to make students aware of the importance of (and great career opportunities available to) family physicians. We have the explicit goal of 50 per cent of graduates choosing family medicine by 2022.

In February, we held our second town hall on the progress made in the research pillar of our Faculty of Medicine Strategic Plan, #DalMedForward. Co-hosted by our research strategic plan lead, Dr. Roger McLeod, the town hall aimed to update faculty, staff, and students on the progress made through the report of Key Performance Indicators and other significant outcomes.

Our third Faculty of Medicine town hall of the year was held in late May. The focus was on the third pillar of our faculty strategic plan #DalMedForward: Serving and Engaging Society. It was led by Dr. Darrell White, senior associate dean, and Dr. Gaynor Watson-Creed, assistant dean, Serving & Engaging Society. This pillar focuses on the societal role of our

medical school. Its two priority areas are System Change and Serving our Communities.

This year marks the 50th anniversary of Euphoria! at the Rebecca Cohn Auditorium. The deep roots that sustain this spectacle are planted solidly in our desire to reach out to communities around the Maritimes and help meet pressing needs. This year, our students, faculty, and friends made possible the largest donation yet to regional charities. Total funds raised exceeded \$50,000, a record for the production. All proceeds are split evenly between Camp Gencheff and Hestia House. I congratulate and thank the Dalhousie Medical Students' Society, the Dalhousie Medical Alumni Association, Dr. Ron Stewart, and the many students who worked so hard to make Euphoria! 2019 a tremendous success.

I'm happy to report the Faculty of Medicine has won the United Way Workplace Challenge for its fourth consecutive year. Congratulations to all and a huge thank you to everyone who helped make this possible. The Dalhousie United Way Campaign raised a total of \$157,587. The money will support hundreds of important programs and resources in our communities.

Graduation of our students just occurred. Medical students and graduate students in the Faculty of Medicine received their degrees on May 27, 2019 at 9 a.m. Congratulations to our many graduates. We look forward to seeing you at future alumni events.

We're looking forward to the year ahead here at Dalhousie Medical School. I hope you enjoy learning more about the exciting new initiatives and developments we have planned. I hope to see you at our gala in November!

Sincerely,



DALHOUSIE MEDICINE NEW BRUNSWICK UPDATE

SPRINGING FORWARD

By Dr. Jennifer Hall
Associate Dean, DMNB

Every time spring rolls around, Dalhousie Medicine New Brunswick shakes off the snow and gets ready to celebrate the graduation of another cohort of medical students. However, before they walk the stage with the rest of their Halifax-based classmates at convocation, we like to recognize our graduating class completing four years of undergraduate medical education in their home province with a celebration we call the Launch Ceremony.

Started in 2014 by the founding Associate Dean, Dr. John Steeves, to mark the graduation of the first ever DMNB class, the Launch Ceremony invites all New Brunswick-based faculty, staff, and volunteers along with the graduating class's family and friends to come together for a celebration of the students' journey and accomplishments over the last four years.

The Launch Ceremony begins with a processional led by the DMNB Torch, which is used during the First Light Ceremony each September to welcome a new class into the study of medicine in New Brunswick. As

such, the bookending presence of the Torch at Launch brings the graduating class's time with DMNB full circle. The ceremony ends with a symbolic launch of the graduating class's careers as physicians by breaking a ceremonial bottle of champagne on the bow of the DMNB ship, which sits on the stage with the students throughout the ceremony and was made specially for our Launch Ceremony.

But the Launch Ceremony isn't all pomp and circumstance. It's also full of love and laughter as faculty, staff, students, and special guests revel and reminisce through awards, speeches, and slideshows set to music. It's a truly special event we always look forward to here at DMNB and we were just as excited as ever to celebrate the Class of 2019 at this year's Launch Ceremony on May 10.

The Class of 2019 is our sixth cohort of alumni and I'm pleased to announce Dalhousie Medicine New Brunswick partnered with the Dalhousie Medical Alumni Association this year to host the first ever Annual DMAA Reception here in Saint John on the eve of our Launch Ceremony.



This reception brought together alumni, residents, and this year's graduating class for a relaxed evening of food, drink, and making connections.

It's no secret, of course, we're exceptionally proud of our graduates here at DMNB and, with the addition of the DMNB Alumni Spotlight section to VoxMeDAL (page 16), I hope it gives readers a glimpse into why we think our students are truly noteworthy individuals.

So, spring is indeed a busy time for us at Dalhousie Medicine New Brunswick, but it's also a thrilling one full of change and growth, and I enjoyed watching the Class of 2019 take a big step forward in their careers this May. Their futures certainly look bright from where I stand.

Sincerely,

A handwritten signature in black ink that reads "Jennifer L. Hall".

"It's no secret, of course, we're exceptionally proud of our graduates here at DMNB..."

PRE-CLERKSHIP

Accreditors rate Dal Med residency programs excellent overall

By Melanie Jollymore

Dal Med's residency training programs have received a preliminary stamp of approval from the Royal College of Physicians and Surgeons of Canada and the College of Family Physicians of Canada, following the site visit in early December that marked the culmination of years of preparation for this accreditation.

"With the week-long accreditation site visit, the institutional review team completed their in-depth review of 52 of our residency training programs," notes Dr. Andrew Warren, associate dean of Postgraduate Medical Education (PGME). "By all accounts, we had excellent overall results. Most programs received the top rating of 'accredited with follow-up at the next regular survey' in eight years. This is a testament to the structures and processes we have built to support our PGME training programs... it is certainly cause for celebration!"

Dalhousie received final reports from the

two colleges in the spring—with customized recommendations for each of the 52 programs reviewed, as well as the institution as a whole —after the reports were ratified by accreditation committees at the Royal College and College of Family Physicians.

The accreditation review team noted a number of leading practices and innovations that set Dal Med apart from other Canadian medical schools. These include its clinical grade cadaver program, program director performance management process, and the Quality Improvement-Patient Safety Task Force. The reviewers also praised the medical school for its socially accountable, data-driven approach to assigning quotas to its residency programs based on advanced modelling of the population's need for various specialties in the coming years. These projections are conducted in partnership with governments through physician resource planning discussions and committees.

Mastering a late-breaking challenge

Dalhousie's residency training programs have been preparing for this year's accreditation review since the last site visits six years ago, primarily by making and documenting the recommended changes. But then just last year, the colleges released new accreditation standards to reflect the shift to competency-based medical education across Canada, the changing health care and educational environments, and the changing expectations of Canadians.

"The colleges made substantial changes to their accreditation standards, as well as to the system by which these standards are assessed," Dr. Warren says. "Dalhousie is the first medical school in Canada to be accredited according to these new standards and processes."

The new standards and system required residency program directors, administrators, and committees to make extensive changes not just to their accreditation submission documents and the way they were submitted, but also to develop brand new policies and procedures in many different domains, including governance, curriculum development and delivery, assessment, patient safety, and quality improvement.

"The biggest changes to the standards are the addition of substantial and stringent requirements to demonstrate how residency programs are ensuring patient safety and embedding quality improvement in every area of operations," Dr. Warren says. "Our faculty, staff and residents pulled out the stops to address these and all the other new requirements in a very short span of time. Our PGME accreditation manager, Carolyn Hicks, was a tremendous support to everyone... they are all to be commended for their efforts."

In spite of the challenge of having to respond to brand new standards with just one



Photo: Jollymore Photos

Pictured: Program directors, administrators, faculty, residents, and members of the accreditation review team.

year of prep, Dalhousie's dean of medicine, Dr. David Anderson, was pleased by the opportunity.

"We'd rather Dalhousie Medical School be the first medical school to be judged using the new standards than the last with the old," said Dr. Anderson at the initial meeting with the RCPSC and CFPC accreditation teams. "It is really to our advantage to be early adopters of these new standards. Our learners, teachers, and ultimately our patients will benefit from the increased stringency and focus on patient safety and quality improvement, in particular."

Collegial cross-country effort

Dal Med's residency programs received support from the Royal College of Physicians and Surgeons of Canada and the College of Family Physicians in preparing for this latest accreditation. Both colleges sent their experts to Halifax on several occasions to conduct workshops and seminars with program directors, administrators, and faculty to assist with preparations. In the months leading up to the recent site visit, program directors and administrators hosted their own sessions to ensure everyone was ready.

"It's a very supportive process," says Dr. Warren. "We received a lot of information and advice from the colleges to help us do our best, and now that we've been through the process with the new standards, we are going to be helping other medical schools in Canada get ready for their own on-site visits."

Dr. Warren and Carolyn Hicks shared their insights into preparing for accreditation under the new standards with residency program directors and administrators from all across Canada at a national conference this fall. Dr. Warren will also be conducting a pre-review of residency programs at the University of

British Columbia medical school to help them prepare. And, he is deputy chair of the review team that will visit the next Canadian medical school to be accredited, McGill.

"We are all working together with the common goal of improving family medicine and Royal College specialty training in Canada," Dr. Warren says. "I believe that Canadian medical schools provide the best residency training in the world, and there is always, always room for improvement. The end of our accreditation visit marks the beginning of a new era of Canadian postgraduate program accreditation focused on continuous quality improvement."

"Dalhousie is the first medical school in Canada to be accredited according to these new standards and processes."
– Dr. Warren

Dal's associate dean of postgraduate medical education, Dr. Andrew Warren (left), and dean of medicine, Dr. David Anderson (right), chat with Dr. Glen Bandiera, chair of the Royal College on-site survey team for Dalhousie, and Dr. Kathy Lawrence, chair of the College of Family Physicians' on-site survey team for Dal.



Photo: Jollymore Photos

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MAKING HISTORY

Meet Jo Napier, the artist behind the Dal Med Innovator portraits

By Ken Conrad

If you've recently visited the Dalhousie Medical School Dean's Office, you've likely noticed some new faces.

Displayed proudly in the hallway hang the portraits of the Dal Med Innovators: 12 men and women recognized during the medical school's 150th anniversary for their everlasting contributions to medical education at Dalhousie.

The portraits, hand-painted by Halifax artist Jo Napier, were displayed at a luncheon to honour Innovators and their families and at the DalMed150 Celebration Gala at the Halifax Convention Centre before being moved to their now permanent home on the second floor of the Clinical Research Centre.

Art (and medicine) runs in the family

Napier, whose brother Luke and late father Robert are both Dalhousie Medical School alumni, was a journalist before shifting gears and deciding to pursue art as a career path, taking classes at Vancouver's Emily Carr University of Art + Design and the Nova Scotia College of Art and Design.

Introduced to art by her father, Napier recalls him painting to unwind in the evenings when he served as a family doctor in Bonaville, Newfoundland. Today, Napier's adopted

daughter, Julia, inspired her niche of portraits of pioneering women.

"When we adopted our daughter Julia, from China," Napier says, "I realized she'd never be 'from' Nova Scotia, but rather 'of' Nova Scotia. I wanted to tell her stories of girls and women who weren't born here, but who did great things here, and I couldn't think of any!"

After two years spent researching the subject, Napier created her *Great Women of Nova Scotia: The Nova Scotia Nine* portrait collection, which featured Viola Desmond, Marie-Henriette (Granny) Ross and Anna Leonowens, among others. The series was eventually purchased by the Royal Bank of Canada for its national art collection and resides in the 14th floor boardroom of RBC Dominion Securities in Purdy's Wharf.

That project was followed up with two *Great Women of STEM* (Science, Technology, Engineering and Math) portrait collections: "Female Chemistry" and "Great Women of the Ocean, Earth and Sky," featuring women who won Nobel Prizes, created our star classification system, and mapped the ocean floor while raising a family, in some cases.

Napier recalls a moment, during her third portrait collection's showing at the Chase Gallery in the Nova Scotia Archives, that left a lasting impression.



Photo: Kenneth Conrad

Jo Napier admires her portrait of Annie Hamilton in the hallway of the Dean's Office.

"I noticed a woman standing in front of one of the portraits, crying. I asked her what was wrong, and she said, 'I didn't know any of this.'"

"I understood her to say that, maybe her life, her choice of study, would have been different had she known these career paths were available to her. She was standing in front of my portrait of Elsie MacGill, a Canadian, and the world's first female aircraft engineer. It was an extremely moving thing, and now I paint female STEM pioneer portraits with her in mind, as well as my daughter."

Crafting the Innovators

Napier says her goal for the Innovator portraits was "not to create a picture-perfect image of the person, but to capture or convey something about their spirit."

Her method of placing large photos of her subjects around her house allowed her to form connections with people she'd never met.

"At a certain point, I feel like I know the person. I feel connected to them. I feel like I have a sense of what they're like. Not so much their bio, but their spirit; all the subtle, unique elements of their face. I try to absorb a sense of that."

In painting Margaret Casey, Napier tried to capture "her generosity of spirit and innate kindness." Nuala Kenny's face contained "a

“At a certain point, I feel like I know the person. I feel connected to them. I feel like I have a sense of what they’re like. Not so much their bio, but their spirit; all the subtle, unique elements of their face. I try to absorb a sense of that.”

deep spirituality” that Napier sought to bring out. She connected with a feeling of “essential free-spiritedness” when she studied Joni Guptill’s photo. “I wanted her hair to be wild, her smile to be... still filled with hopefulness, youthful verve.”

She switched from oil-based brush paint to oil pastels in order to better bring out Dr. Richard Goldbloom’s personality. “Playful pastel colours let me capture the exuberance of his spirit.”

Promoting women in science

Now that the Innovator portraits have been completed (“I was exhausted at the end, but happily so,” she says), women in STEM is Napier’s primary focus.

She’s launched her own company, Great Women Productions, to produce short, one-on-one video “interviews” with the subjects of her portraits to be shown at conferences and as educational tools.

“It’s a fun, creative, and subtly powerful project. We’re exploring STEM paths through the female experience; delving deep into research papers and biographies, letting these pioneers share their thoughts on their personal and professional development from a female perspective.”

Napier envisions a different world when her daughter is old enough to pursue a career of her own.

“I want young girls my daughter’s age to know that medicine, science, engineering—this is women’s work!”



Portrait of Annie Hamilton painted by Jo Napier.



Portrait of Margaret Casey painted by Jo Napier.

50 years of Euphoria! Medical student-run event marks milestone

By Ken Conrad

Lights, camera, action!

Every year since 1969, Dalhousie Medical School students have taken a break from their studies to put on a variety show and entertain sold-out crowds.

The Feb. 23 performance of Euphoria! at the Rebecca Cohn Auditorium marked the 50th anniversary of one of the longest-running events of its kind in North America.

Not only does the show provide an entertaining break from the classroom and clinic, but there's some competition involved, too. All four classes each perform for 30 minutes, with one class being crowned the winner. But the event's raison d'être is a noble one: to support Maritime charities.

This year, the event's organizers set an ambitious goal of fundraising more money than any other Euphoria! event in the past. The funds are to be divided between two charities. Located in Stratford, P.E.I., Camp Gencheff is a recreational camp for children, adolescents, and adults with special needs; Hestia House is a Saint John, N.B. shelter for abused women and their children.

"A simple idea"

"Euphoria! started out with a simple idea: reaching out to help care for our communities," says Professor Emeritus Dr. Ron Stewart, president of the Dalhousie Medical Students'



Backstage at Euphoria! 2019.

Society (DMSS) in 1969. "That's been the long-running theme through the event all these years."

Still, as Dr. Stewart tells it, the first Euphoria! didn't seem like it would be blessed with longevity.



Euphoria! Is one of the longest-running events of its kind in North America.



Class of 2019 at Euphoria! 2019.

Just three weeks before the event was due to christen the brand-new McInnes Room of the Student Union Building, only 23 tickets had been sold (although all 600 seats were filled on the night of the performance). The final skit of the evening saw a cast member fall off the stage into an orchestra pit, destroying a double bass. Nearly all of the show's proceeds went toward replacing the instrument.

However, all hope was not lost: the spirit of generosity inherent in Euphoria! soon revealed itself, with faculty members pitching in to make up the lost funds so that the organizing committee was able to fulfill its mission of supporting local foster children.

The event found its footing after that rocky start, and over the ensuing half-century, it's estimated the annual performances raised \$800,000 for Maritime charities.

Current DMSS president Michael Mackley says students' enthusiasm has remained strong to this day. "Euphoria! is one of the biggest and most highly anticipated events on our medical students' calendar. Ninety per cent of students across all four classes participate—some perform on stage and others are behind-the-scenes, building sets and soliciting donations or just cheering classmates on. Students really look forward to it every year."



Lights, camera, action!

Supporting in silence

Aside from ticket sales, a major component of the first Euphoria!'s fundraising efforts was an auction held over two lunch hours in the Tupper Medical Building. Items and services donated for the cause ranged from an antique microscope, to a sailing trip, to suturing lessons. Fourth-year medical student Mike Banks served as the auctioneer.

In that same spirit, a silent auction was held on the evening of Euphoria!'s 50th anniversary, with donated items such as local artwork and (again) suturing lessons available to the highest bidder.

Leaving a legacy

Dr. Stewart believes the success of Euphoria! will continue for many years to come. "It's woven into the fabric of Dalhousie Medicine and the lives of its graduates, perhaps because it taps into the competitive genes of medical students. I have no doubt many future generations of Dalhousie medical students will lend their talents to the show and it will continue to support many worthwhile community causes—all in the name of having some fun and short-term relief from the demands of medical education."

The final figures

At the end of the evening, the Class of 2020 were declared the overall winners (as voted on by a judging panel of Dr. Stewart; Dr. Sarah Ramer, associate professor, Division of Cardiology; Dr. Jillian Coolen, associate professor, Department of Obstetrics and Gynaecology; Dr. Volodko Bakowsky, Division head/chief, Division of Rheumatology; and Dr. Tim Holland, president, Doctors Nova Scotia).

Total funds raised were a whopping \$50,067.95—a record high for the production throughout its 50 years on stage. All proceeds will be split evenly between Camp Gencheff and Hestia House.



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dal.ca/weddings



Photo courtesy of Accedo Nox Wedding Photography.

A NIGHT TO REMEMBER: DAL MED 150 CELEBRATION GALA

By Melanie Jollymore

More than 1,200 people converged on Halifax's new convention centre in November, filling the grand ballroom to capacity for a long-anticipated evening of celebration.

It was the finale of Dalhousie Medical School's year of celebrations marking its 150th year, a gala dinner and dance. Although the crowd was dignified and dressed to the nines, this was not a stiff event. Alumni, medical students, residents, faculty, staff, donors, and friends of the medical school took up the theme of celebration with gusto.

Outside the ballroom, attendees in tuxedos and full-length ball gowns tried their hand—or demonstrated their prowess—at ping pong, darts, and pinball throwbacks like Asteroids and Pac-Man.

Inside the ballroom, a wall of windows offered a view of the city lights below, while tiny white lights blanketed the vaulted

ceiling like stars. Throughout the dinner—a delicious smooth squash soup followed by beef tenderloin in a reduction sauce and topped off with hot chocolate pudding cake—the crowd enjoyed live music from the Dalhousie Medicine New Brunswick Ensemble and a series of three videos.

The videos brought to life the conditions in Halifax that made the need for a medical school so urgent in the mid-1860s, told the story of the remarkable men who founded the medical school, described its long history of service to the community, and mapped its commitment to leading the way to better health in the Maritimes.

Speeches—from dean of medicine, Dr. David Anderson, and Dalhousie's president, Dr. Richard Florizone—touched on the vital role Dalhousie Medical School has always played in the university and the region.

"While we do have a tendency to look forward, the Dal Med 150 celebrations have provided us with an opportunity to look back," remarked Dr. Anderson, "and to appreciate the vision and dedication of those who went before us to establish Dalhousie Medical School and help it grow into the renowned institution it is today."

Dr. Florizone reiterated the guiding principles upon which the university and faculty of medicine were founded: belief in the transformative power of education, passion for discovery of new knowledge, and commitment to inclusion, service to society, and partnership.

"As we enter the Faculty of Medicine's 151st year and Dal's third century, it's our privilege and our responsibility to reimagine and recommit to the foundational principles and values that guided us until this point," Dr. Florizone said. "As we enter the Faculty's 151st year, I can say with absolute certainty that the best is yet to come."



MD Class of 1983 receiving the 200K Cup.



Enjoying a game of pool at the gala.

Dalhousie's highly engaged medical alumni demonstrated their confidence in the school's future with substantial gifts in support of medical students, their research projects, and their overall wellbeing.

Dr. Anderson and Dalhousie Medical Alumni Association president, Dr. Peggy Leighton, presented the DMAA 100K Cup to the Class of 1970, in honour of its \$100,000 gift to the medical school. And, the Class of 1983 received the first-ever 200K Cup.

"This is the only class to have reached this milestone so far and the first class to be awarded the 200K Cup," Dr. Anderson said. "Congratulations to the classes of 1970 and 1983 and my sincerest thanks for your continuous efforts to give back to your communities."

After dinner, remarkably sprightly octogenarian alumni rubbed elbows with fresh-faced medical students on the dance floor, while Big Fish played the songs everyone remembers. It was well after midnight by the time the Class of 1970 closed down the dance floor.

All in all, it was a night to remember—the perfect event to cap off a year of remembering and celebrating the past, and imagining and committing to a better future. Just like the founders of Dalhousie Medical School 150 years ago.

Visit medicine.dal.ca to view photos from the DalMed150 Gala Celebration Weekend.

Dalhousie Medical School offers its sincere gratitude to the sponsors of the Dal Med 150 Gala:

- Dalhousie Medical Alumni Association
- Dalhousie Medical Research Foundation
- Lawtons Drugs
- MD Financial Management
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All photos credit: Applehead Photography

PROFILE

10 Questions with Dr. Lyndsay Russell

Photo of Dr. Lyndsay Russell



- 1** **What's your name?** Lyndsay Russell
- 2** **What year did you graduate from DMNB?** 2014 (all for one and 1, 4 all!)
- 3** **Where were you born?** Moncton, N.B.
- 4** **Where are you living now?** Fredericton, N.B.
- 5** **What are you currently specializing in?** General Pediatrics
- 6** **What's your fondest memory of medical school?** It's hard to pick my fondest memory of medical school because there were too many to count! If I had to choose, I would say hanging out around a bonfire with my class on a warm summer night, handing out our annual DMNBies (class awards), where we celebrated each other's unique talents and quirks. It was moments like these that led to lifelong friendships with some of the smartest, funniest, most supportive, and hard-working people I know.
- 7** **What is your proudest moment as a doctor?** Some days in medicine can be tough, and you don't always feel like your hard work is appreciated. Some of the proudest moments I have had as a new pediatrician are when parents tell me how thankful they are for the time I have taken to listen to their concerns and help their child. Seeing my patients get better with the treatments I have implemented makes it all worth it.
- 8** **If you could say one thing to a student in their first year of medical school, what would it be?** Respect and appreciate each and every patient you meet throughout your training and career, as they are trusting you with some of the most sensitive issues in their lives. They will each serve as a teacher on your medical journey and shape the physician you become.
- 9** **What do you love most about living in the Maritimes?** My favourite thing about the Maritimes is the sense of community—especially in the medical community. Having completed my residency training at the IWK in Halifax, I love knowing who I'm calling when I need advice on medically complex patients in my practice in New Brunswick. I also love seeing how many recent DMNB grads are choosing to return to the Maritimes to start their practices!
- 10** **Where would you most like to travel to next?** My husband and I are actually jetting off to Bali this weekend for our honeymoon! We love to travel and are always planning our next adventure, which I think is a healthy coping strategy for medicine. A wise physician once told me to start planning your next vacation as soon as one is done, because it gives you something to look forward to when times get tough. I'd love to check out Hawaii next. There are annual pediatric conferences in Hawaii that I'd love to attend and then spend some time traveling around. There's nothing wrong with mixing work and leisure.

PROFILE

10 Questions with Dr. Will Stymiest



Photo of Dr. Will Stymiest

- 1 What's your name?** Will Stymiest
- 2 What year did you graduate from DMNB?** 2014
- 3 Where were you born?** Newcastle, N.B. (now the City of Miramichi)
- 4 Where are you living now?** My wife Katelyn and I live in Hanwell, N.B.
- 5 What are you currently specializing in?** I'm a practicing family doctor in Fredericton, N.B. with inpatient and community responsibilities.
- 6 What's the funniest thing that happened during your residency?** There was a welcome breakfast on the first day of residency. I got my plate of food and sat down, but even before introductions our site administrator made a comment that went something like, "You didn't get to be that size by only taking one slice of bacon, Will." It was both funny and true, and really set the stage for how my colleagues would see me over the next two years.
- 7 What's the best advice you ever received about being a doctor?** Dr. Richard Goldblum told our class early on in medical school: "The primary goal of an encounter is to relieve the anxiety of the patient."
- 8 What's the most embarrassing mistake you've ever made?** Katelyn and I, along with Amy and David Russell, started curling this year, which reminds me of the first time I curled and split my jeans from knee to groin within the first five minutes. Needless to say, no jeans at curling anymore!
- 9 What do you listen to on your morning commute?** Usually podcasts and primarily these two: The Daily and The Lede.
- 10 Where would you most like to travel to next?** I would love to get back to Hawaii where my wife and I spent our honeymoon, or a slow, relaxed trip through Western Europe.

PROFILE

Inspirational challenge:

CLASS OF '78 ALUMNUS SPURS CLASSMATES TO DAL'S FASTEST-EVER FUNDRAISING SUCCESS

By Evie Croucher

The Class of 1978 is well on the way to reaching and surpassing the \$200,000 class-gift mark, thanks to an inspiring offer from '78 alumnus, Dr. Bruce Walmsley. Walmsley got the ball rolling in 2018 with an offer to match his classmates' collective gifts, up to \$100,000. The Class of '78 rose to the challenge, coming forward in a matter of months with gifts and pledges almost meeting the mark, becoming the first class in Dalhousie University history to raise so much money so quickly.

Then Walmsley upped the ante even further, with a new offer to match his classmates' gifts up to \$150,000.

"I want the Class of 1978 to be the first class to reach the \$300,000 mark," he says. Walmsley, with his lifelong partner Bernadette (Bernie) Hipson, has established the Bruce Walmsley and Bernie Hipson Charitable Trust Fund as a mechanism for philanthropic giving. "In the process, I want not just my classmates but all of the medical alumni to really think about all we have enjoyed in our lives, thanks to the good education we got at Dalhousie, and to give something back to the school that reflects what we have gained."

By offering such a large matching fund, he hopes to help both medical students and residents in financial need. He knows only too well from first-hand experience how important a bursary, for example, can be. In 1972, a \$500 entrance scholarship and \$150 bursary from Dalhousie provided just the boost he needed to move forward with his higher education.

"I grew up in Summerside, P.E.I., the youngest of three children in a family where no one had ever gone to college," Walmsley says. "I was always academically inclined and knew from a young age that I wanted to go to college and be a doctor... but it wasn't something that was easily in reach."

Walmsley gets emotional when talking about how hard his parents worked to help him realize his dream. It was an era when borrowing was not as acceptable as it is today, so his father—an aircraft mechanic at the military base in Summerside—insisted he pull together as much of the necessary money as possible in advance. Under the guise of needing more interest in her life, his mother went back to work as a secretary, quietly saving all of her earnings for his tuition. The family even took in boarders to supplement their income. Walmsley worked summers in construction throughout his high school years and, as he neared graduation, applied for as many bursaries as he could find.

"We managed to scrape together enough that we figured if I worked part-time through college and boarded with a military family my father knew in Dartmouth, I'd be able to make it," he says. However,

the realities of a daily two-way ferry-bus commute became apparent on a summertime reconnaissance mission to the city and Walmsley briefly despaired. He secretly applied for a small student loan and soon afterwards received word of the \$150 bursary from Dal.

"I had enough then that I could live on campus at Dalhousie," he says, and was relieved to be offered a room at the Howe Hall men's residence, where he could easily spend evenings and weekends in the library and really focus on his studies.

He excelled in his pre-med courses and was accepted into medical school after just two years of undergrad. "You could apply to medical school partway through undergrad in those days," Walmsley says, "and many of my classmates did. We were the youngest medical class that ever went to Dal—I was just 19 and some of my classmates were even younger."

Throughout his time in medical school, Walmsley lived in the nurses' residence at the Victoria General Hospital and worked in the medical records department at the VG.





"We would retrieve charts for the emergency department or the floors at night and on the weekends when regular staff were not on the premises," he recalls. "We got free room and board in return and ate all our meals in the VG cafeteria. It taught me how to find information about a patient's past medical history in a hurry, which served me well later when I was practicing emergency medicine."

Rather than heading into a community practice internship right out of the MD program, which was the typical pre-residency route in the late 1970s, Walmsley focused on emergency medicine electives in his final year and was offered a spot as an attending physician in the VG emergency department immediately upon graduating. As he grew into his role and read more and more in the emergency medicine literature, he realized the field was far more advanced in the United States at the time. When he saw an advertisement for an emergency physician in Wheeling, West Virginia, he applied and got the job.

"I got a lot of discouragement from my Canadian colleagues about what practicing medicine would be like in the States, but I was willing to take a chance," he says with a chuckle. "I discovered people are the same everywhere; it's not that different from Canada."

Walmsley flourished in the fast-paced environment, becoming chief of emergency medicine then chief of staff at the Ohio Valley Medical Center. After 20 years of emergency medicine practice in Wheeling, he joined Emergency Medicine Physicians, which grew into United States Acute Care Solutions, a private provider of emergency and hospital services. Although he retired in 2005, he still serves as a company board member.

Even though he spent decades in the United States, Walmsley is still well connected with his classmates and his alma mater in Canada. Five years ago, he gave a speech at a class event about leaving a legacy gift to Dalhousie. Since then, his enthusiasm for giving back to the university has only increased, leading him to pledge \$150,000 in

matching funds to what he hopes will be the medical school's first \$300,000 class gift.

"We are beyond delighted with Dr. Walmsley's leadership in coming forward with such a generous gift to the medical school," says Dr. David Anderson, dean of medicine. "It's great to see his classmates stepping up to substantively add to the gift. It's quite amazing to see a class pull together a fund of this magnitude so quickly. An endowment of this size will generate substantial support for medical students and residents every year."

Walmsley says he intends to give even more to Dalhousie Medical School in the years ahead, but for now he is content to mobilize his classmates—and perhaps inspire other classes—to give generous gifts to support the next generation of physicians in achieving their dreams.

DMAA PARTY IN A BOX

Is your class holding a reunion?

Are you hosting a party where a lot of the attendees will be Dalhousie Medicine graduates? Are you going to a wedding between two alums?

Make your event more fun with a DMAA Party In A Box! Let us know what type of event you're having, and approximately how many people will be there.

We'll send you a box with lots of fun DMAA-branded items to enjoy, such as photo props, cups, napkins, golf tees, etc...

All we ask in return is that you let us know how much fun you had.

Tweet at us, tag us on Facebook, or email a photo of your group at the event.

We can't physically be at everything you do, but we can send presents!



Save the date for...

DALHOUSIE MEDICINE WEEKEND

November 1st & 2nd, 2019 | Halifax, NS

Friday, November 1st

Continuing Professional Development Session

at the Convention Centre | Alumni Social Events

Saturday, November 2nd

Medical Student Fun Run

Dalhousie Medical Alumni Association Awards Luncheon

at the Collaborative Health Education Building (CHEB)

DalMed 151 Gala

at the Halifax Convention Centre

Last year's DalMed 150 Weekend was so much fun that we've decided to do it again! Gather your classmates, departments, friends, and family and join us for two days filled with faculty and alumni celebrations, including a gala dinner and dance. Our 151st anniversary promises to be a weekend of learning, reconnecting, and socializing.

Visit the Dalhousie Faculty of Medicine website for more information and to book your tickets.

Contact the DMAA office at medical.alumni@dal.ca or **902.494.8800** if you have any questions.

CLASS NOTES

1970s

MD Class of 1970 received the DMAA 100K Cup at the DalMed150 Gala in recognition of their efforts to raise funds for Dalhousie Medical School.

1980s

Dr. Gary Ernest (MD'80) was installed as Doctors Nova Scotia's President during the association's annual conference on Saturday, June 8, 2019 in Halifax.

MD Class of 1983 became the first class to receive the DMAA 200K Cup at the DalMed150 Gala in recognition of their efforts to raise funds for Dalhousie Medical School.

Dr. Mary Jarratt (MD'84) married Gregory Hanlon on August 4, 2018. They enjoy gardening, kayaking, snowshoeing, star gazing, and cutting trails at their 125 acre property in peaceful Little Ridge, N.B. Mary is a family doc in Saint John.

Dr. Patrick Bergin (MD'88) received the Medical Society of P.E.I. 2018 Physician Leadership Award.

1990s

Dr. Kathy McNally (MD'98) received the Medical Society of P.E.I. 2018 Physician Leadership Award.

IN MEMORIAM

The DMAA acknowledges the passing of our alumni with sincere sympathy and gratitude for their contributions to medicine. If you know of anyone to note in this section, please contact medical.alumni@dal.ca.

Dr. Dennis Johnston (MD'58)
Passed away February 11, 2018

Dr. Rodney Patrick Ryan (MD'74)
Passed away May 26, 2018

Dr. Lalia Johnston (MD'62)
Passed away June 11, 2018

Dr. Willis Murdoch Chisholm (MD'52)
Passed away October 26, 2018

Dr. Neil Douglas Reid (MD'51)
Passed away November 7, 2018

Dr. Barry Steinberg (MD'60)
Passed away November 16, 2018

Dr. Scott Giffin (MD'80)
Passed away January 2, 2019

Dr. Winston Parkhill (MD'68)
Passed away January 15, 2019

Dr. Stephen Couban (MD'86)
Passed away March 19, 2019

Dr. Paul Louis Landrigan (MD'53)
Passed away March 30, 2019

Dr. James Allan Myrden (MD'50)
Passed away April 5, 2019

Dr. Benedict Joseph Cookey (MD'73)
Passed away April 13, 2019

Dr. Murdock Smith (MD'69)
Passed away May 11, 2019

Dr. Anita Foley (MD'75)
Passed away May 25, 2019



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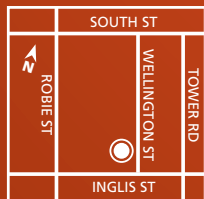
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