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Cover: Major Rob Warren (MD '13) in Mali (photo contributed by Canadian Armed Forces)



VOXMeDAL



DMAA PRESIDENT'S MESSAGE

CELEBRATING ALUMNI, PLANNING FOR THE FUTURE

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

The students are back and our two campuses are abuzz with activity as we enter into another school year. The DMAA is looking forward to a number of exciting events and initiatives in 2019–2020.

It's been a busy summer for the DMAA, with seven reunions between July and September and several more being planned for later in the fall. We sponsored a lunch to welcome the new Med 1 class to medical school during orientation week and have been working on a number of alumni initiatives for the upcoming year.

We also said goodbye to Evie Sabean Croucher, our alumni relations officer for the past four years. We thank Evie for all of her hard work and welcome Allison Bain as the interim alumni relations officer. Many of you are already familiar with Allison, as she has been working as our administrative and communications assistant for the past two years. If you have any questions, comments, or just want to update your contact information, you can always reach her by phone or email or just dropping by the DMAA office to say hello!

The biggest event coming along this fall is the Dal Med 151 Gala Weekend on Nov. 1 and 2. The anniversary celebration includes a gala dinner and dance, an awards luncheon, a fun run, and a CPD event, over the course of the weekend. Many classes are also holding their

own special events on the Friday night before the gala.

If you made it to the Dal Med 150 celebration last year, you know it was a night to be remembered, with excellent food and music and a dance floor that was packed the whole night. And if you didn't make it to last year's gala, you'll want to make sure you don't miss out again this year. Tickets sold out last year, so be sure to get yours soon! Whether it's an official reunion year for your class or not, the gala is a fantastic opportunity to get together with your classmates to reminisce and have a good time. Tickets can be purchased online at medicine.dal.ca.

We sent out a survey to all of our alumni in the spring and are using the results to help us plan our upcoming activities. Thank you to everyone who participated in this survey. If you didn't get a chance to fill out the survey but would like to give us your feedback on how we can better serve alumni, please get in touch with us at any time.

Another project we've been working on is making sure we have up-to-date contact information for our postgraduate alumni in our database. This will help us to ensure that all of our alumni stay connected to our alumni association and are informed about all the exciting news and events happening in our faculty.



We've also been working with Jostens to design an alumni ring that should be available for purchase soon. A ring is a great way to recognize and make connections with fellow alumni out in the world, no matter how far you've travelled from campus. Keep an eye on your email and our social media accounts for more details about how to order the rings.

I hope you all enjoyed your summers and are settling back into your routines now that fall is underway. This is shaping up to be another busy year for the DMAA and we look forward to working with alumni, students, faculty and staff to keep the momentum from Dal Med 150 going into another year. We have a rich history to celebrate and an exciting future to anticipate!

Sincerely,

A handwritten signature in cursive script that reads "Peggy Leighton".

DEAN'S MESSAGE

CELEBRATING INVESTMENT, EXPANSION AND ACHIEVEMENT

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



I hope everyone enjoyed the exceptional weather we had this summer in the Maritime Provinces. This August we welcomed the new Dalhousie Medical Class of 2023, along with all of our returning students and residents.

I also had the distinct pleasure this summer of joining the members of the Class of 1973 for their reunion in beautiful St. Andrews, New Brunswick, in August, and the Class of 1969 reunion at the picturesque Inverary resort in Baddeck in September. Attending class reunions is one of the things I enjoy most about my role as dean. Hearing first-hand from alumni the impact they are having in their communities, the value they place on being alumni, and their memories from medical school days, is very satisfying for me. I also hear many words of wisdom about what we can be doing better as a medical school, which is incredibly helpful.

While reunions offer the opportunity to reminiscence about the past, we were busy over the summer making major announcements regarding expansions of our medical education programs now and into the future.

In July, we were proud to officially open our new North Nova Family Medicine teaching site in Truro and welcome six new family medicine residents. The new residents were greeted with a lunch at Colchester East Hants Health Centre, followed by remarks from representatives of Dalhousie Medical School and the Nova Scotia Health Authority, and from Randy Delorey, Nova Scotia's Minister of Health and Wellness. We are thrilled to see this new site up and running and training more family doctors for our communities here in the Maritimes.

It is gratifying the Government of Nova Scotia is working so closely with us to

provide more capacity for training not only residents but also undergraduate medical students. In August, we welcomed Stephen McNeil, the Premier of Nova Scotia, to campus to announce the addition of 16 new undergraduate medical education seats to Dalhousie Medical School.

The funding for these seats represents a significant investment by the province. Such support and confidence in our medical school to train physicians for our region is a testament to the excellence of the physicians, such as yourselves, we have already produced. We are excited by this opportunity and look forward to adding 16 gifted students to our medical school and one day to welcoming them to our alumni community.

Four of the 16 students are beginning their studies this current 2019–2020 academic year, with the remaining 12 embarking on their medical training next year. This will bring our class size to 124, with 30 of the students based at Dalhousie Medicine New Brunswick and the remainder in Halifax. The investment comes at a time when access to family physicians is top-of-mind for many Nova Scotians. The addition of 16 undergraduate medical school seats over the next year is a big step in addressing those needs.

On a different note, Dalhousie Medical Research Foundation is celebrating its 40th year. DMRF's visionary leaders and generous donors have contributed so much to medical research here at Dalhousie over the past 40 years. The impact on our ability to attract excellent clinicians and researchers and drive important discoveries and advances is beyond calculation.

There is one individual I would like to acknowledge as well. Dr. Susan Moffatt-

Bruce (MD '94), has been appointed to the important and prestigious role of CEO of the Royal College of Physicians and Surgeons of Canada. She will begin her new post in January 2020, returning to Canada after a distinguished career as a cardiothoracic surgeon, professor and senior health system executive in the United States. All of us in the Dalhousie medical alumni community can be rightly proud of Dr. Moffatt-Bruce for her achievements and look forward to her leadership of the Royal College.

Looking ahead, plans for the Dal Med 151 Gala Weekend are nearly complete. I hope you can join us on Nov. 1 and 2 for a weekend filled with faculty and alumni celebrations, continuing medical education sessions, family fun and our signature event, the Dal Med 151 Gala dinner and dance on Saturday, November 2. Last year's event was a sellout, so I encourage you to purchase tickets while they are still available.

This year, we are also raising funds for the newly established Dalhousie Medical Student Bursary. This will enable qualified students to better manage the financial burden of attending medical school. This bursary has been established with the support of the Dalhousie Medical Alumni Association.

I hope you all had an enjoyable summer and I look forward to connecting with many of you at the Gala in November.

Sincerely,

DALHOUSIE MEDICINE NEW BRUNSWICK UPDATE

A DECADE OF DMNB

By Dr. Jennifer Hall, Associate Dean, DMNB

This fall is special for all of us at Dalhousie Medicine New Brunswick, because it brings with it an important milestone in our history: the arrival of our 10th cohort of students, the Class of 2023.

While DMNB still feels like a young institution in many ways, it has grown and matured significantly since opening its doors to our first class of 30 students in September 2010. Even in the years since I became associate dean of DMNB in 2015, I have seen our school undergo several exciting developments—such as expanding to new longitudinal integrated clerkship sites across the province, growing our research enterprise, and establishing partnerships with our Indigenous communities here in New Brunswick.

Then there are the traditions that faculty, staff and students have carried on lovingly—year after year—since Dalhousie Medicine New Brunswick first began. One such event that is now tightly woven into the fabric of DMNB's identity is the First Light Ceremony. This tradition celebrates the entrance of each new cohort into the world of medicine in New Brunswick, inviting parents, loved ones and members of the DMNB family to share in this

important moment with the incoming class.

As you can imagine, this year's First Light Ceremony was a special one. It was an honour and a privilege for me to personally welcome each member of the DMNB Class of 2023 into the study of medicine in their home province, alongside Dr. David Anderson, dean of Dalhousie's Faculty of Medicine. In an evening warmly presided over for the second year in a row by our master of ceremonies, Dr. Lisa Sutherland (director of student and resident affairs, DMNB), the Class of 2023 also heard from Dr. Evelyn Sutton (associate dean of undergraduate medical education) and Dr. Joanne MacDonald (assistant dean of student affairs).

Everyone was excited to hear from DMNB Class of 2016 alumna, Dr. Taryn O'Neill, who shared some well-earned wisdom with the incoming class in her keynote address. Four short years from now, the members of the DMNB Class of 2023 will become alumni like Dr. O'Neill and they too will go on to do amazing things. When that is the case, I look forward to seeing them highlighted in the DMNB Alumni Spotlight section of VoxMeDAL!

But I am getting ahead of myself. My hope



for our newest cohort of students is that they cherish every step of their journey through medical school—including this one, their first into the next four years of their lives. As all of us at DMNB know after a decade in operation, time flies in medical school. I am sure the Class of 2023 is ready for this whirlwind adventure.

Sincerely,

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

“While DMNB still feels like a young institution in many ways, it has grown and matured significantly since opening its doors to our first class of 30 students in September 2010.”



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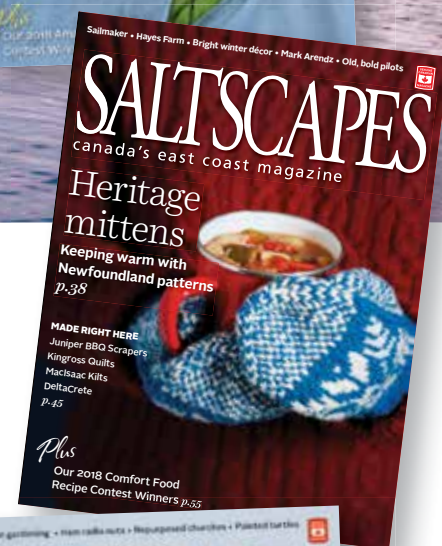
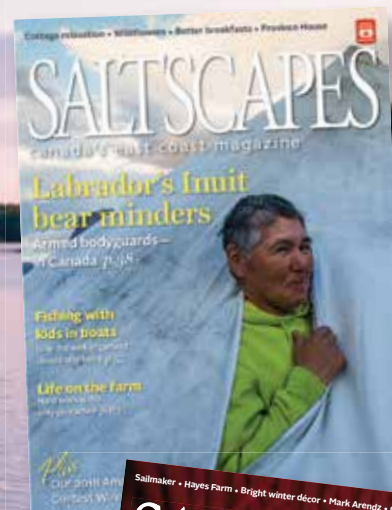
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DALHOUSIE MEDICINE WEEKEND

November 1 & 2, 2019 | Halifax, NS

November 1

Continuing Professional Development Session

at the Convention Centre | Alumni Social Events

November 2

Medical Student Fun Run

Dalhousie Medical Alumni Association Awards Luncheon

at the Collaborative Health Education Building (CHEB)

Dal Med 151 Gala

at the Halifax Convention Centre

Last year's Dal Med 150 Weekend was so much fun, 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.



CPD at Dal Med 151

MedEd Today: Merging is Emerging

Friday, November 1 • Halifax Convention Centre

As medical education evolves, we are seeing truly exciting intersections and collaborations. Please join us for this exciting learning event in celebration of Dal Med 151, as our experts share their insights:

- **Dr. Anna MacLeod:** sociomaterialism (how things impact our teaching and learning) in medicine; teaching viewed through another lens.
- **Dr. George Kovacs:** airway management over the past decades. We have studied intubation and ensured everyone who needs to can successfully intubate. Come hear how we have we done this, as we share lessons learned from across Canada.
- **The intersection of sociomaterialism and airway management:** a research programme funded by the RCPSC, with Dalhousie in the lead.

Reception to follow. For more information and to register, visit medicine.dal.ca.

30th

Festivities marking the Class of 1989's 30th reunion will begin at 4:30 p.m. on Friday, Nov. 1 and continue until the afternoon of Nov. 3. For more information, contact Dr. Hilary Writer at hwriter@cheo.on.ca.

40th

The Class of 1979 is holding a class dinner on Friday Nov. 1 in the Brunswick Room at the Cambridge Suites Hotel. For more information, contact Dr. Vance Logan, vancehlogan@gmail.com.

60th

The Class of 1959 is celebrating its 60th reunion with a dinner at Café Chianti on Friday, Nov. 1 at 5:30 p.m. For more information, contact Dr. Donald Brown at 902-422-4015.

Nu Sigma Phi Chi Medical Fraternity Reunion

Nu Sigma Phi Chi Medical Fraternity is having a reunion and meeting at the Marriott Residence Inn at 4 p.m. on Nov. 2 before the Dal Med 151 Gala. To learn more, contact Dana Murphy at 812-923-7270 or email phichi@phi-chi.org.

Family medicine teaching site in North Nova welcomes six new residents

By Jason Bremner

"Residency spaces are among our best recruiting tools—many residents who train here stay in Nova Scotia long term," said Randy Delorey, Nova Scotia's Health and Wellness Minister, at the opening of Dalhousie Medical School's new North Nova Family Medicine teaching site on July 2, 2019.

The new North Nova Family Medicine teaching site in Truro welcomed its first cohort of six residents at a luncheon and media event at the Colchester East Hants Health Centre. Representatives from Dalhousie University and the Nova Scotia Health Authority joined Delorey in addressing the assembled crowd.

"In Nova Scotia, we have already proven the ability of residency training sites to improve the availability of family physicians for rural or regional practice," said Dr. Andrew Warren, associate dean of postgraduate medical education. "This has been true in every single site we have opened, and we have every reason to believe North Nova will be no exception."

Residents at the North Nova site will follow a non-traditional "longitudinal curriculum," spending two years in a family practice where they will follow a group of patients consistently, gaining skills and experience in areas requiring ongoing oversight, like maternal care, mental health and senior care.

"Working in a rural setting, our residents will have the opportunity to learn a great variety of skills," said Dr. Deanna Field, North Nova site director. "From minor procedures to home visits to covering emergency rooms, our learners will be given a wide range of clinical opportunities."

Based out of the North Nova training site, two residents will work in Truro, two in New Glasgow and two in Amherst. The existing Cape Breton training site will also welcome two additional family medicine residents. These residents will gain more clinical



"We have already proven the ability of residency training sites to improve the availability of family physicians for rural or regional practice."

Six family medicine residents begin their training at North Nova (left to right): Drs. Jamie Grandy, Michael Smith, Martika Rodgers, Jillian Jung, Matthew Lowe, Aruba Nurulla.

experience in key areas that will improve services in the community—women's health and community hospitalist medicine.

"I'm thrilled to be completing my family medicine residency through Dalhousie at the new North Nova site," said Dr. Jamie Grandy, one of the six incoming residents. "This type of program will provide an excellent learning

experience, and my plan for the future is to be a family physician in the Truro area."

The Government of Nova Scotia will invest \$3.3 million annually in the new spaces. The Department of Health and Wellness announced funding for the six additional new family medicine residency spaces last July. ➕

An integrated health research strategy for Nova Scotia

By Matt Reeder

Nova Scotia's new approach to health research and innovation brings together leaders from across the province's many post-secondary institutions, two health authorities, and public and private sectors to address critical health and health care delivery issues. By better linking health officials, policy makers, researchers and others, the Integrated Health Research and Innovation Strategy (IHRIS) will ensure health care research and innovation is better aligned with the province's major health care priorities—including primary care, mental health and addictions, and continuing care.

As Nova Scotia's largest university and research powerhouse, Dalhousie has played a major role in getting IHRIS off the ground. Dr. Alice Aiken, Dal's vice-president of research and innovation, says creating a robust infrastructure for sharing health data will be key to the success of IHRIS.

"We need a province-wide system so everybody doing health research has access to appropriate data and everyone who needs the results of that data knows how to find it and how to implement it into policies and practices and programming," says Dr. Aiken, a member of IHRIS's governance committee.

Efficient knowledge exchange and evidence-informed decision making may seem like obvious principles underpinning health care strategy, but it has taken time for health systems in Canada to coordinate access to health information. Currently, patients are required to share their health story each time they see a new provider and this can put unnecessary pressure on them in trying times. The goal? To secure and protect a patient's health data while ensuring the appropriate health care providers can access it to provide timely care.

The folding of nine regional health authorities into one Nova Scotia Health Authority in 2015, with the IWK Health Centre as a separate authority taking the lead on women and children's care, set the stage for better data sharing and collaboration. With a simplified health care system and a shared vision among leaders across the province, momentum started to build for an initiative to evaluate how care is delivered.

It helps that Nova Scotia is a manageable size. "We really believe we are the right size to do this," says Dr. Aiken. "We're big enough to have impact and small enough to be nimble and get things done."

Creating a provincially coordinated program like IHRIS in a much larger province such as Ontario would be a much tougher, even "monumental," task, says Dr. David Anderson, dean at Dalhousie Medical School.

Dr. Anderson hopes IHRIS will position Nova Scotia as a health care leader and innovator in Canada. "The province has the benefit of being small enough to experiment in ways that larger jurisdictions may not,"



Members of Dalhousie Medical School's Wave 2 Health Priorities Cluster discuss findings about unattached patients and heavy health system use in Nova Scotia.

he says. "But those larger jurisdictions can still learn and implement solutions based on Nova Scotia's experience."

While collaboration among researchers, government and other stakeholders in the health sector has happened in the past, IHRIS will enable health researchers at Dalhousie and other institutions to be more responsive to what's happening in the health care system.

IHRIS also sets the stage for more innovation in Nova Scotia's health care system, bringing the province's Department of Business on board to help close the gap between the public and private sectors when it comes to health research and potentially powerful health data.

"Public health data is one thing and the province has responsibility for that, but there are all the private sources of health data, too," notes Dr. Aiken. "All the insurance companies and the companies that do fabulous data collection and use it to help make their business better and help their clients."

Rigorous safeguards are in place when it comes to data sharing for those who want to commercialize research. As the province gets more sophisticated and can keep personal information private, there will be new opportunities to support better research and care. The trick to unlocking innovation in Nova Scotia's health system is figuring out how to navigate those relationships through collaboration so that the private sector is creating ideas and products that are more responsive to the needs of the health care system and patients, Dr. Aiken says. With IHRIS, Nova Scotia is creating the connections to ensure that expertise in priority areas is being effectively mobilized for maximum innovation and impact.

"We have the highest number of ocean startups in North America, and we have the fastest growing tech sector in Canada," says Dr. Aiken. "We should be able to have a really robust health innovation ecosystem, too." +

This story has been adapted and re-printed with permission from Dalhousie Magazine.



Extraordinary generosity

DMRF celebrates 40 years of giving to medical research

By Christena Copeland and Melanie Jollymore

While 2018 marked Dalhousie Medical School's 150th anniversary, this year—2019—marks another significant anniversary for the medical school. Forty years ago, in 1979, a group of community leaders and then-dean-of-medicine, Dr. J. Donald Hatcher, established Dalhousie Medical Research Foundation, affectionately known as DMRF.

In the 40 years since, DMRF has played an absolutely pivotal role in helping Dalhousie Medical School grow its research programs—from marginal and essentially unfunded, to a multi-million dollar

enterprise that is advancing our understanding of human health and disease and driving substantial improvements to patient care and the health of people in the Maritimes and beyond.

Before DMRF, Dalhousie's medical school was the only med school in Canada that had not received provincial or regional funding for research. Dean Hatcher was acutely aware that the school's research equipment was inadequate and out-of-date even for the current faculty—let alone to attract more top clinician scientists to the Maritimes. He was determined to do something to fix the lack of funding and set about discussing the matter of sustainable support for medical research with key leaders in the community and university.

As fate would have it, it was around this same time that a prominent Halifax philanthropist, Nora Balders, was considering the possibility of making a substantial donation to medical research in Nova Scotia. In discussions with Reuben Cohen, then-chair of the Dalhousie University Investment Committee, Balders indicated she would be willing to contribute \$1 million to the beginnings of an endowment fund for medical research, under two conditions. First, there would need to be a commitment to build that endowment to \$10 million and, secondly, William (Bill) Sobey would have to be involved in the initiative to do so.

The precise machinations of who spoke to whom and exactly what was said are obscured now by the mists of time. Suffice it to say, Cohen was soon able to report to Balders

In the eyes of an alumnus

"The DMRF has an outstanding record of supporting researchers and their teams at Dalhousie by funding expensive state-of-the-art equipment," says Dr. Andrew Issekutz (MD '74) a retired professor in the departments of Pediatrics and Microbiology & Immunology and staff physician at the IWK Health Centre. "It was this kind of multi-user equipment support that made such a huge difference in my own research at Dalhousie."

Dr. Andrew Issekutz and his brother, Dr. Thomas Issekutz (MD '76), also a pediatrician and immunologist at Dalhousie and the IWK, became renowned researchers in the field of immunology, making discoveries that contributed to the development of a leading effective therapy for arthritis. As clinicians and scientists, they aimed to

unravel their young patients' often-complex health issues, using their knowledge and research facilities and collaborating with scientist colleagues around the world so their patients would benefit from the latest discoveries.

With an eye to advancing immunology research, Dr. Andrew Issekutz and his wife, retired radiologist Dr. Marian Macken (PGM '78), have decided to leave a bequest to DMRF in their wills, endowed to generate support for future generations of pediatric clinician immunologists in perpetuity.

"Now that we are retired and no longer contributing directly to research and patient care, we could not think of a better way to continue to make a difference than to make a bequest to the DMRF," Dr. Andrew Issekutz says. "Our bequest will pass the torch to those talented young clinician scientists, who share the passion that has driven Marian and me to help others.

that Bill Sobey was up for the challenge. Not long after, in January 1979, Dalhousie Medical Research Foundation was officially established, with Bill Sobey as the first elected chair and Nora Balders as vice-chair.

The making of the Molly Appeal

The means to begin building the medical school's research infrastructure was not immediately clear to the new board, but inspiration soon arrived in the form of a five dollar bill, pressed into the palm of Cohen on his way out the door after one of his very productive discussions with Balders. The small gift came from Molly Moore, Balders' long-time housekeeper. She told him that, even though she didn't have much, she believed in medical research and felt that if everyone gave a little, together the gifts would make a big difference. The new foundation's leaders were so touched by Moore's gift and the sentiment behind it, they asked for her permission to name an annual grassroots fundraising appeal after her. She agreed, provided they used only her first name. And thus, in 1980, DMRF launched the first Molly Appeal. In the years since, the Molly Appeal has raised more than \$6 million to provide researchers with essential equipment, studentships and other key supports, including matching funds that have been used to leverage millions of additional research dollars from federal funding agencies.

A cumulative, multiplier effect

From its beginnings 40 years ago with a \$1 million gift, DMRF has gone on to grow its endowment to just under \$90 million. This is partly due to several truly exceptional major

gifts over the years, such as a \$10 million bequest from Beatrice Hunter that allowed the establishment of the Beatrice Hunter Cancer Research Institute. Equally important has been careful stewardship and wise investment, guided by a board of directors that has always been well-served by finance-savvy businesspeople. Thanks to the generosity of its donors and the prudence of its board, the foundation has been able to build an endowment that generates enough income to not only fund its own operations (so donors' gifts go to research, not to operations and marketing), but also to grant a whopping \$5 million to research at Dalhousie in the 2018–19 fiscal year.

Over the years, DMRF has provided tens of millions of dollars to fund new investigator awards, capital equipment grants, travel awards, seed/bridge and operating grants, endowed research chairs, training programs, and major projects, such as the construction of the Life Sciences Research Institute, the Retina and Optic Nerve Research Lab, the Zebrafish Lab, and many, many multi-user research facilities.

How alumni can help

There are many ways to help grow Dalhousie Medical School's research programs—from a small annual gift to the Molly Appeal, to mid-size gifts to such initiatives as Research in Medicine, to planned gifts set out as bequests in your will. DMRF's gift-giving experts can help you determine what approach is right for you. The tax advantages of both mid-sized gifts and planned gifts/bequests are substantial. +



One of Dalhousie Medical School's early researchers in lipid biology, Dr. Harold Cook, in his lab. A big supporter of DMRF, Dr. Cook later became dean of medicine at Dalhousie.



With a gift of five dollars to medical research, Molly Moore inspired DMRF to launch the Molly Appeal, which has since raised more than \$6 million for medical research.

Mass appeal

This fall's Molly Appeal is set to equip Dalhousie Medical School's leading research teams with a state-of-the-art mass spectrometer. This sophisticated device will open up a whole new scientific frontier in eastern Canada. The Orbitrap Fusion Mass Spectrometer will replace 20-year-old technology to provide researchers with the most-powerful tool available for analyzing proteins and metabolites (the by-products of metabolism in cells) rapidly and precisely. This will shed light on the mechanisms of a vast range of diseases, including cancer, Alzheimer's disease, ALS, autoimmune diseases, infectious diseases, bipolar disorder, and schizophrenia.

The Orbitrap Fusion Mass Spectrometer is up to 100 times more sensitive than the technology it will replace, giving Dal Med scientists dramatically more detailed information about the workings of proteins and metabolites in the body, and paving the way to new strategies for diagnosing and treating disease. For more information or to give to the 2019 fall Molly Appeal, visit mollyappeal.ca.



PHOTO: CANADIAN ARMED FORCES

Into the combat zone

Alumnus leads air rescue of civilians injured in Mali bus bombing

By **Melanie Jollymore**

Major Rob Warren (MD '13) was on standby at the United Nations base in Mali on April 24, 2019, when the call came in. A bus, loaded with Malian civilians of all ages, had driven over an improvised explosive device (IED) roughly 240 kilometres west of the base. The extent of the damage was as yet unknown, but casualties were numerous.

As a team lead on the Canadian Medical Emergency Response Team (CMERT) stationed in Mali, a desert nation in northwest Africa, Major Warren sprang into action. He and his medical team members—a critical care nurse and two medical technicians—joined infantry troops in a matter of minutes to board a specially equipped Chinook helicopter. Led by two Griffon helicopters, they flew to the scene of the unfolding tragedy.

"We took off with a mixture of excitement and trepidation," recalls Major Warren of the

nerve-racking flight. "We knew there was a chance we could be ambushed once we got there, and we were worried about the condition the patients would be in, but we were also eager to do our jobs as a team saving lives in trauma."

CMERT is a new Canadian Armed Forces capability, designed to take medical personnel quickly and (relatively) safely into combat zones and other dangerous areas. CMERT members' job is to rescue the injured and save lives by providing them with advanced care as rapidly as possible, while evacuating them from the area. CMERT was deployed to Mali as part of Operation Presence, Canada's support to the United Nations Multidimensional Integrated Stabilization Mission in Mali, a country torn apart by decades of political instability, ethnic strife and a more recent Jihadist insurgency. It is Canada's riskiest UN

mission ever, with more than 170 members of the UN forces losing their lives to date.

The Canadians landed in a scene of sheer chaos. "It was hard to tell the injured from the onlookers and those helping the wounded move," Major Warren recalls. "We were worried about securing the area and starting our triage process. Luckily a few of those helping the wounded spoke French and we were able to get a quick story and help the sickest first."

Fourteen people were wounded, mostly with lower-limb injuries caused by the violent lifting of the floor of the vehicle caused by the force of the blast. Most of the patients had open compound fractures of the feet, ankles and lower legs, some so severe they would require amputation.

Major Warren carried one seven-year-old girl off the field himself. She had an apparent fracture of the calcaneus, while her

grandmother sustained an elbow injury. The other 12 patients were males, from their mid-teens to late 60s.

"It was a very intense situation...14 is by far the largest number of casualties we had ever encountered on a CMERT mission," says Major Warren. "We got them loaded on to the Chinook, which is a fully equipped trauma unit, where we were able to assess and stabilize people en route to the base. Once there, they were transferred to UN ambulances and taken to the nearest civilian hospital."

While this and other scenarios he has encountered as a medical officer are stressful and disturbing, Major Warren is accustomed to the intensity of military life. His father was an infantryman who fought in the Korean War and served 27 years in the Canadian Armed Forces. Warren was born on a Canadian base in Germany, then moved to several army bases in Ontario before the family settled in Calgary when he was nine or ten. He joined the Reserves at age 17 and later worked in the Armoured Corps, before becoming a health care administrator in the Medical Corps. Eventually, he worked his way up the ranks to become the commanding officer of the medical unit at CFB Greenwood in Nova Scotia.

"I felt like I had reached a pinnacle in my military career and needed a new challenge," he recalls. "I had always wanted to be a doctor, ever since I was a kid and my neighbour, who was an Army medic, used to show me how to splint an arm or dress a wound. I still felt a strong draw to medicine, so I applied to Dalhousie in 2009."

At the age of 41, Warren was a good 15 years older than most of his classmates, but he loved the experience of studying medicine with them.

"I was just so impressed by my classmates," he says. "Every one of them was just so smart, caring, talented and dedicated. I was literally in awe of them, even though most were so much younger than me!"

Even though he only "owes" the Canadian military a few years of service for covering his medical education expenses, Major Warren has no intention of leaving the forces. Now in his 34th year of service, he says the work provides so much variety and challenge in so many different environments, civilian life would not be as interesting for him.

PHOTO: CANADIAN ARMED FORCES



Major Rob Warren and his medical officer colleagues, Captain Kristina Schabauer and Lieutenant Commander Mostafa Benzaid, at the United Nations base in Mali, Africa

"Africa...is so neglected. I'm glad that I was able to go and do something meaningful there."

After Major Warren completed his MD and then residency in family medicine at Dalhousie, he accepted a medical officer post at CFB Stadacona in Halifax. "Family medicine constitutes the day-to-day practice of a military medical officer," he notes. "We're looking after our personnel, although with a more intense focus on occupational medicine than you would see in community practice. We have to know how to treat diving and flying-related injuries, for example."

In 2017, Major Warren was posted to Operation Reassurance, a NATO mission that has been ongoing in Latvia since 2014. After the better part of a year, he returned to his previous post at Stadacona, before getting the call to join Operation Presence in Mali. With more than 2,000 hours of critical care experience gained on overseas missions and in

emergency departments in the Maritimes, he intends to challenge the exam for Canadian College of Family Physicians certification in emergency medicine next year.

Now that he is back in Nova Scotia, Major Warren has taken a new post as base surgeon at CFB Halifax. He's looking forward to his new role, but will not hesitate a moment when he gets his next call overseas.

Major Warren does not know how the little girl and the other wounded people fared since the explosion, although he expects some of them would have died of their injuries and others would have lost a limb. "In a place as poor as Mali, you have to wonder what their prospects would be," he says. "It leaves me sad...sad for Africa, it is so neglected. I'm glad that I was able to go and do something meaningful there." +

Convocation 2019

Meet two new alumni: a Cape Bretoner with Ojibway roots and a former dietitian/mother of two

By Jason Bremner

Every year, Dalhousie Medical School graduates a fresh crop of enthusiastic, talented and dedicated new MDs. This year was no exception. Meet Dr. Brent Young and Dr. Stacy Hanninen, Class of 2019.

BRENT YOUNG

Driving the wheels of change

When Brent Young pulled his father's beat-up truck into the parking lot of the Dalhousie residence he would soon call home, it was only the second time he had ever been to Halifax. Fast forward and Dr. Young has now graduated from medical school and made the trip to Calgary, with his husband Danny, to begin his residency in family medicine.

Originally from Cape Breton, Dr. Young comes from an Ojibway background and was the first person in his family to attend university, let alone medical school. Inspired by his own family doctor, Dr. Young has seen first-hand the impact and unique insights a family physician can provide a community.

"I recall having a deep admiration for her skill, intelligence and ability to connect with patients. I can only hope that I will become this type of inspiration for my own patients someday," Dr. Young says. "As a family physician, my ultimate goal is to improve access to medical education and quality health care for Indigenous communities."

Young brought this passion for community and inclusion to Dalhousie and, after meeting with a group of students in his first year of med school, he recognized they all held a wide range of interests and experiences. The culmination of this meeting was the founding of the Student Diversity and Inclusion Committee (SDIC), which has developed terms of reference to guide its work and provide a form of institutional memory for future students. With a clear and common purpose, the students were able to better organize and support each other in their efforts.

Dr. Young is the first to admit the wheels of change can move slowly, but is proud to point out the progress Dalhousie is making.

"One example that stands out to me has been the university's effort to provide space to Indigenous students," he explains. "We now have multiple spaces across campus where we can smudge alone and as a community. The new and improved Indigenous Student Centre is another example of the university reaching out to our community."

Dr. Young's efforts, and the accomplishments of the SDIC, have not gone unnoticed. He was awarded a Dalhousie Impact Award, Certificate of Distinction, last October. This award recognizes a student who demonstrated above-average contributions to campus life over the course of their university career.

"As anyone who has done any advocacy work knows, it can be very rewarding but sometimes pretty thankless," says Dr. Young. "The Impact



As a future family physician, Dr. Brent Young aims to address disparities in access to medical education and quality health care.

Award came at a time when we were seeing many changes through the SDIC as well as the Dalhousie Indigenous Students' Collective, and it felt awesome to have this work recognized."

Although his time at Dalhousie has come to an end, Dr. Young understands his advocacy work has not.

"It would be a detriment to our profession and our patients if we failed to prioritize diversity and inclusion," Dr. Young explains. "As a profession, we have a duty to address disparities in access to medical education and quality health care for marginalized populations."

STACY HANNINEN

Pressing reset on a 17-year career in health

"Why not go for it?"

That was the simple question posed to Stacy Hanninen by her husband that propelled her to give up her successful 17-year career as a dietitian to pursue her medical degree at Dalhousie. An intimidating proposition to say the least. Now add the fact that Dr. Hanninen has two children at home, plus roots firmly planted in the Annapolis Valley, and the reasons NOT to go for it feel pretty compelling.

Undaunted, Hanninen gave up her licence to practice as a dietitian and enrolled in Dalhousie Medical School to take on the delicate act of balancing the responsibilities of student and family life.

"One of the promises I made to myself when I was accepted to medical school was to try to make the transition to school the least disruptive to my children as possible," says Dr. Hanninen. "Therefore, our family made the choice that we would stay in the Annapolis Valley and I would commute to the city."

The sacrifices Dr. Hanninen made as a mature student to pursue her dream did not go unnoticed by her classmates, who would often make comments on how they could never imagine juggling all of her responsibilities on top of their studies. Ever gracious, Dr. Hanninen is quick to shine the spotlight back on her peers. "They

are an extraordinarily motivated, professional, self-directed, and compassionate group of people," she says. "I feel honoured to have the privilege of graduating with them."

Even before she enrolled in med school, Dr. Hanninen's life experiences and values drew her to family medicine. Coupled with the need for family doctors in Nova Scotia, it was an easy choice to pursue her residency in family medicine in the Annapolis Valley.

"I enjoy working with people across the different stages of life, and the variety that family medicine provides," says Dr. Hanninen. "There is also a huge need for family physicians within Nova Scotia and I want to play a part in overcoming this issue."

Once her residency is finished, Dr. Hanninen plans to work in a collaborative practice in the Annapolis Valley. She remains passionate about nutrition and knows she can use the skills from her former career to promote healthy living and disease prevention among her future patients.

Her two boys are now 11 and 14 years old. While hockey practices and Christmas concerts were unavoidably missed in the pursuit of her medical degree, Dr. Hanninen hopes her success can inspire others.

"I am 44 years old and just graduated from medical school," Dr. Hanninen says. "I hope other people will use me as an example of proof you can do anything you set your mind to, regardless of the perceived barriers you are faced with." +



"There is a huge need for family physicians within Nova Scotia and I want to play a part in overcoming this issue."

Dr. Stacy Hanninen (right), with her husband, DJ, and sons, Logan and Connor (left to right)

STUDENT LIFE

Student life at Dal Med

By Freddy Lee, DMSS President, Class of 2022

The Med 1s, donning their new forest-green backpacks, are settling into the Tupper Building and DMNB. Between meeting their new classmates and starting the Foundations unit, the Class of 2023 has a busy semester ahead. The Med 2s have stepped into the responsibilities of running DMSS and student interest groups, while trying to keep up with the Neuroscience unit. Outside of Tupper, an eager cohort of Med 3s has been set loose in hospitals and clinics around the Maritimes. The Med 4s, with graduation and CaRMS in sight, have begun their tour across the country.

Outside of lectures and clerkship, medical students are involved in over 60 interest groups. These interest groups focus on: exposing students to prospective medical

specialties with “Lifestyle Nights” and “Skills Nights”; promoting advocacy and outreach for community organizations on a provincial and national level; and, of course, organizing social events for the DMSS. It is thanks to the generous support of the DMAA that students are inspired to explore new interests and opportunities to give back to our community.

Over the past year, we have continued to centre initiatives on student wellness to ensure students are supported through the challenges of medical school. Our DMSS sports and wellness rep and the student affairs wellness liaisons (SAWLs) are dedicated to planning initiatives such as group surfing lessons, intramural sports and peer support programs. Our biggest event this year was Wellness Week,

held each year in March and supported by the Class of 1983. During this week, DMSS hosted events promoting healthy lifestyles, such as mindfulness workshops, massage therapy, cooking challenges, and financial wellness lectures.

This upcoming year 2020 will mark the 150th anniversary of DMSS, founded two years after Dalhousie Medical School. DMSS was established in 1870 to officially represent medical students at Dalhousie. Its primary role was to organize weekly seminars to discuss academic subjects but, over time, the society expanded to include extracurricular and social activities. We look forward to another successful year at DMSS! +



Orientation Week provided members of the Class of 2023 with many opportunities to get to know each other and their fellow medical students in the Class of 2022.



DMNB ALUMNI SPOTLIGHT

10 Questions with Dr. Catherine Becker



Loren and Catherine Becker, with their children, Liam, Maya and Tessa.

- 1. What's your name?** Catherine (Holland) Becker
- 2. What year did you graduate from DMNB?** 2014
- 3. Where were you born?** Saint John, New Brunswick
- 4. Where are you living now?** Saint John, New Brunswick
- 5. What are you currently specializing in?** Family Medicine
- 6. What do you listen to on your morning commute?** I have recently gotten into Audible and Trevor Noah's autobiography *Born a Crime* is one of the best books I've read/listened to in a long time. I think I enjoyed it even more narrated by the author/comedian himself than if I had read it.
- 7. What's the most embarrassing mistake you ever made in medical school?** In the first month of medical school, and not yet indoctrinated in the proper medical terminology, I asked my (male) skilled clinician preceptor to show me the location of the deep cervical chain of lymph nodes by saying "Can you do that deep thing to me?" It wasn't until I saw the laughter bubbling out of my classmates that I realized what I'd said!
- 8. What is your proudest moment as a doctor?** As a resident, being given a copy of a patient's obituary by her daughter who said, "Mom told us to thank you, by name, in print."
- 9. If you could say one thing to a student in their first year of medical school, what would it be?** There is so much to learn, it feels overwhelming, but you WILL get there. Lean on the supports within medical education and the local medical community and take ownership of your learning. You will continue to learn well after medical school/residency and no instructor can show you everything you need to know. Lectures are a great start, but dive in (and have FUN)!
- 10. What do you love most about living in the Maritimes?** It's home! People feel strongly connected here and support one another. +

A passion for knowledge

The Dr. James S. Hammerling Research in Medicine Fund

By Jason Bremner

Dr. Judith Gold (MD '65) comes from a family full of Dalhousie University graduates. Her mother, Dr. Anne (Linder) Hammerling (MD '34) was once even named Alumnus of the Year, in 1990.

While Dr. Gold's late father, Dr. James Hammerling, was a graduate of New York Medical College (1933), she and her mother and her sister—Dr. Victoria Rosenberg, a retired Dalhousie English professor—decided to honour him with a gift to Dalhousie Medical School. In celebration of his 90th birthday, they established the Dr. James S. Hammerling Research in Medicine Fund (Otolaryngology). This fund will generate an annual stipend to support an undergraduate medical student who chooses to pursue a research project in otolaryngology through the Research in Medicine program.

Dr. Hammerling's career in medicine was as expansive as it was prolific. After serving in the U.S. Army Medical Corp during World War II, where he was awarded the Bronze Star Medal, he moved to Halifax in 1947 and was appointed to the staff of the Victoria General Hospital, and as assistant and then associate professor in the Faculty of Medicine at Dalhousie University. In 1964, he became professor and inaugural chair of otolaryngology at Dalhousie and chief of otolaryngology at the Victoria General

Hospital, the Halifax Infirmary and the IWK Health Centre.

Dr. Hammerling's passion for education and research set him apart. He was responsible for introducing several new surgical procedures, including the stapes mobilization, which restored hearing to so many. He was always interested in new research, new findings and the latest techniques, applying them in his practice and passing on his knowledge to his trainees and residents. Even into his 90s, Dr. Hammerling was reading the latest medical journals, hoping to learn something new.

Research and medicine went hand-in-hand for Dr. Hammerling and this is why his family felt the Research in Medicine program to be the perfect vehicle through which to honour his career. The first program of its kind in Canada, Research in Medicine is a mandatory program that introduces Dalhousie medical students to research from the start of their medical training. From first year on, it fosters students' research and critical thinking abilities as they complete independent research projects.

Dr. Hammerling was a man of few words. When he spoke, people listened. His actions were quiet, never seeking the recognition of others. He was a dedicated physician who put his care of patients above all, while still being a devoted family man. He never missed



Dr. James S. Hammerling

a patient appointment and he considered training medical students and residents in otolaryngology to be a great honour.

Upon retiring from Dalhousie in 1976, Dr. Hammerling was appointed professor emeritus. He continued to see patients well in to his 80s, some even attempting to book appointments after his death in 1999.

"The day of the funeral, we went back to the house and someone dialed his office number—which he never disconnected—hoping to make an appointment," recalls Dr. Gold. "They said 'he can't die, he's my doctor!'"

Though not a Dalhousie Medical School alumnus, Dr. Hammerling had a profound impact on physicians and patients in Nova Scotia and will continue to do so through the Dr. James S. Hammerling Research in Medicine Fund. +

"Research and medicine went hand-in-hand for Dr. Hammerling and this is why his family felt the Research in Medicine program to be the perfect vehicle through which to honour his career."

BOOK REVIEWS

Alumni and faculty publish new books

By Melanie Jollymore

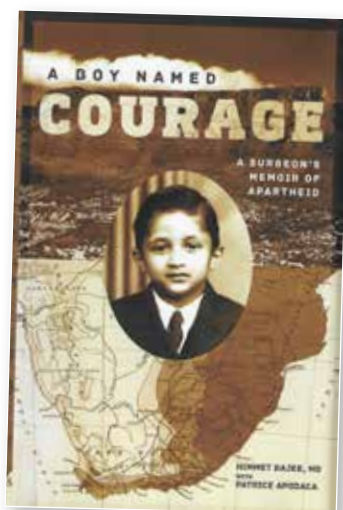
A Boy Named Courage: A Surgeon's Memoir of Apartheid

By Himmet Dajee, MD,
with Patrice Apodaca

Himmet Dajee's Hindi parents didn't realize how great a gift they had given their son when they named him—for Himmet means courage in that tongue, and courage is exactly what the fourth son of a low-caste Indian cobbler immigrated to Cape Town, South Africa, needed to survive and eventually thrive. In this honest and absorbing memoir, Himmet Dajee shows us the darkest days of South Africa's apartheid regime through the eyes of a brown boy who eventually sees escape as his only option and education as his only means. Thanks to a loophole, Himmet managed to scratch his way into the University of Cape Town and earn a science degree that opened the doors of the Royal College of Surgeons in Dublin to him. After his medical training in Dublin, Dr. Dajee travelled even further from his native South Africa—to Halifax, for a one-year internship at Dalhousie Medical School. He fell in love with Halifax and one year stretched into five when he was offered a residency in the Department of Surgery.

At Dalhousie, Dr. Dajee laid the groundwork for what would become a distinguished career as a cardiothoracic surgeon. He learned the importance of research from his Dal professors, publishing five papers during his residency and later many more. He began his cardiothoracic training at the UC Davis Medical Centre and completed it at UCLA, where he became an assistant professor and staff cardiac surgeon at Kaiser Permanente. After years of being dismissed as a runt, with minimal prospects beyond following in his father's shoemaking footsteps, he was finally flourishing.

Through it all, Dr. Dajee faced some difficult realities, as many of his family members were still trapped in South Africa. Tragedy unfolds that marks the rest of his life, while strengthening his resolve to be the best surgeon he can be. Dr. Dajee's love for his profession and for all of humankind shines through every page of this well-crafted memoir.

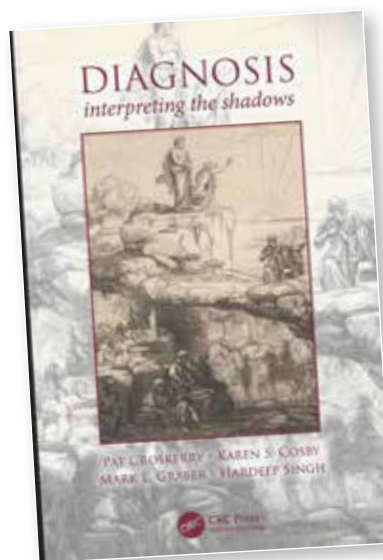


Diagnosis: Interpreting the Shadows

Pat Croskerry, Karen Cosby, Mark Graber, Hardeep Singh

In this comprehensive and uncompromising look at diagnosis—arguably the most critically important process in the practice of medicine—Dr. Pat Croskerry and his colleagues explore the cognitive biases, logical fallacies and other intellectual pitfalls that can lead even the most meticulous physicians to make a wrong diagnosis. They examine the nature of the diagnostic process itself, the impact of the health care system, professional subcultures, individual characteristics—and many other factors—on diagnostic accuracy and subsequent medical decision-making. As they reveal the habits, attitudes, circumstances and other factors that influence diagnosis, they also point the way to new strategies for addressing diagnostic failure and lay a foundation for medical education reforms to improve physicians' ability to excel in this essential skill. *Diagnosis: Interpreting the Shadows* is a must-read for every physician.

A professor in emergency medicine and medical education at Dalhousie Medical School, Dr. Croskerry is an international authority on medical error and diagnostic rigour. +



CLASS NOTES

1980s

Dr. Stephen Couban (MD'86) was posthumously awarded with the Senior Faculty of Medicine Award for Clinical Practice at the Annual Faculty Meeting in June.

1990s

Dr. Susan Moffatt-Bruce (MD'94) will begin her new role as the CEO of the Royal College of Physicians and Surgeons of Canada in January 2020.

2000s

Dr. David Vaillancourt (PGM'13) received the Emerging Leader Award at the Faculty of Medicine Leadership Awards in June.

Dr. Alex Legge (MD'14) received the award for Best Work in Clinical Research at the 2019 Resident Research Awards.

Dr. Andrew Caddell (MD'14) received the Best Research Award for a senior resident at the 2019 Resident Research Awards.

Dr. Dan Belliveau (MD'14) received the Best Research Award for a senior resident at the 2019 Resident Research Awards.

Dr. Kiel Luhnig (PGM'19) received the Best Overall Award at the 2019 Resident Research Awards.

Dr. Daniel Dalcin received the Best Research Award for a junior resident at the 2019 Resident Research Awards.

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 and provide us with the information.

In this issue, we acknowledge the passing of just one alumnus:

Dr. John Bentley Haldane (Hal) Frizzell (MD '73)

Passed away March 17, 2019



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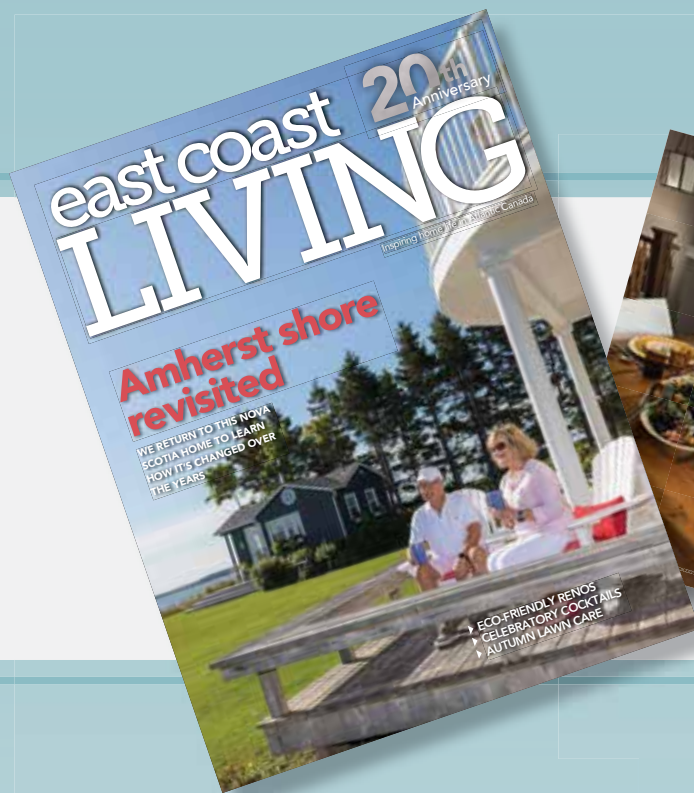
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