DAL'S GOT GAME
When it comes to studying play, Dalhousie researchers aren't playing games. By Nikki Comeau
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AN UNLIKELY JOURNEY
Shin Dong-hyuk’s transformation from North Korean prisoner to human rights activist has inspired the Dal students who took up his cause. By Matt Semansky
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WISE WORDS
Dal alumni share the best advice they’ve received, from simple to surprising to sublime. By Alison DeLory
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At this fall’s convocation, President Florizone shared a compelling story with graduates. Perhaps apocryphal, the story centered on the great Indian leader Mahatma Gandhi and a young man entrusted by his village elders to attend one of Gandhi’s speeches and bring its message back to his village. Unfortunately, the young man was too late to hear the speech, arriving just as Gandhi’s train was pulling away from the station. Desperate not to fail in his task, the young man chased the train, shouting “Gandhi! What is your message?” Gandhi disappeared inside the train for a moment, and returned with a piece of paper which he crumpled into a ball and threw off the back of the train. When the young man unfolded the paper, he read: “My message is my life.”

“What will your message be?” President Florizone asked the graduating class. “What will you do with the knowledge, the questioning spirit, the insights and discoveries you have developed here? How will you leave your mark, your message?”

Messages and lessons abound in this issue, from the story of former North Korean prisoner and activist Shin Dong-hyuk and the Dalhousie students who were inspired by the message of his life (An Unlikely Journey, p. 12), to the smaller messages and advice from alumni in Wise Words (p. 18). We have the chance to send many messages with our lives, from grand statements crafted over a lifetime to words whispered in single acts of kindness and generosity. Like Dalhousie’s most recent graduates, it never hurts to ask ourselves: What message are we sending?
Proud Dalhousians—a meaningful legacy

Don and Elizabeth Mills are among a growing number of Dalhousie alumni who have a special role in shaping the past, present and future of Dalhousie University. In a very real way, their support defines the Dalhousie experience and affords life-changing opportunities. Together they created the Mills Family Scholarship fund, while also leaving a bequest to Dalhousie in their wills, ensuring their legacy continues for generations of Dalhousians.

Whatever your passion—be it funding a scholarship for a deserving student or supporting research in an area close to your heart—we can help you realize it.

Planning ahead allows you to direct your gift and support the areas you value.

“We believe an educated community can accomplish great things. And we both come from families that believed in the transformative power of education. We hope to see others attain their goals through our financial support of Dalhousie and to one day pay it forward.”

Don (MBA’74) and Elizabeth (BEd’73) Mills

FOR INFORMATION, CONTACT:

Ian Lewer  902.494.6981  ian.lewer@dal.ca
Ann Vessey  902.494.6565  ann.vessey@dal.ca
“NOVA SCOTIA HAS WHAT IT TAKES TO MAKE YOUNG PEOPLE SUCCESSFUL.”

Akram Al-Otumi, BComm’12, named one of RBC’s Top 25 Immigrants in Canada, and newly appointed manager of entrepreneurial programs and projects at the Norman Newman Centre for Entrepreneurship in Dal’s Faculty of Management.
COMMUNITY CONNECTION

New clinic offers help navigating bureaucracy

Have you ever thought about how difficult it would be to apply for government services without reliable access to a computer? Or a permanent address where you could be contacted and a place you could keep pertinent documents? What if you also struggled with mental health issues and had inconsistent access to medication?

That’s where the School of Social Work’s new Community Clinic comes in. The pilot project aims to provide accessible, non-discriminatory assistance to people struggling to access or navigate formal systems. The clinic, created by Social Work Professor Jeff Karabanow and Field Placement Coordinator Cyndi Hall, opened at the start of June.

Run by two Social Work master’s grads, the clinic is open three days a week, providing case management and counselling services for individuals having difficulty managing their everyday lives and who need some support in advocacy and building stability. —Laura Hynes Jenkins

RESEARCH

PSORIASIS SUFFERERS TAKE HOPE: In one of the largest psoriasis studies ever undertaken, an international team of researchers led by Dalhousie Medical School’s Dr. Richard Langley has verified the key protein responsible for the painful inflammatory skin disease and identified a promising new treatment. The study’s findings were published in July in the New England Journal of Medicine. Recent research has shown that the body’s immune system releases small proteins called cytokines, sparking development of the disease. Dr. Langley’s research team confirmed that in psoriasis patients, their IL-17A cytokines are altered.

Using a novel antibody called secukinumab, the team conducted a phase III clinical trial. Results showed that for more than 80 per cent of study participants, the secukinumab injection cleared up their skin lesions, proving to be almost twice as effective as some other psoriasis treatments currently prescribed. The promising new treatment is awaiting approval from Health Canada and the United States Food and Drug Administration. —Allison Gerrard

EVENTS

HELP TRAIN MEDICAL STUDENTS If you live in Halifax or Saint John, you could help train first-year medical students by taking part in the Volunteer Patient Program, designed to help students practise their interviewing and non-invasive examination skills on real people. Volunteers with a variety of health conditions are needed. Interested in finding out more? Go to www.medicine.dal.ca/volunteer.html

RIGHT PhD student Thérèse Chevalier presents her three-minute summary of her thesis, involving magnetic stimulation of different areas of the brain to explore the benefits of learning a second language as a treatment for aphasia. Chevalier won Dal’s Three-Minute Thesis competition and took home a $1,000 prize (LEFT, receiving the award from Bernie Boudreau, dean of graduate studies). She later scored an honourable mention in the first-ever Eastern regional competition, hosted by Dal’s Faculty of Graduate Studies.
REDUCING HARM

NAME: Joanna Erdman, MacBain Chair in Health Law & Policy and member of Dal’s Health Law Institute, Schulich School of Law
AREA OF STUDY: Transnational sexual and reproductive health law, human rights advocacy
WHAT’S HER FOCUS? Prof. Erdman began law school with an interest in bioethics. Now, she’s concerned with health and social justice, through “advocating for structural change in health systems: the reform of laws that endanger health, that create conditions of neglect and abuse, and that otherwise prevent the delivery of humane care.”
RESEARCH HIGHLIGHTS: Her early work focused on improving access to health services in Canada, including public funding for abortion services, over-the-counter emergency contraception and equality-promoting HPV vaccine policy. Internationally, Prof. Erdman has contributed to the growing field of harm reduction in safe abortion and, with the World Health Organization (WHO), to human rights guidance on the delivery of reproductive care. Her most recent project, a collaborative volume on transnational developments in abortion law, is due for release this year. “With this collection, we asked what new questions, and answers, are changing the way we advocate, regulate and adjudicate on abortion.”
WHY SHE DOES IT: As a law student, Prof. Erdman volunteered on a reproductive justice case, eventually heard by the European Court of Human Rights. The experience, she says, “shifted my aspirations and set me on my career path.” It was an opportunity to join a community of scholars and advocates dedicated to “transforming sexual and reproductive rights from rhetoric into action.” Today, Prof. Erdman seeks to provide the same for her students. Returning from travel, “I always share my experiences, connecting advocacy in the field to what we’re studying in the classroom. It brings the law alive and shows not only how, but that it does matter.” —Jane Affleck
DAL NEWS

Top co-op employers honoured

Putting their learning into action: every year, hundreds of Dal students are doing just that by participating in co-operative learning opportunities. Dal’s Science, Information Technology, Engineering Co-operative Education Program (SITE) honoured employers with its “Top 6 Co-op Employers on the Planet” reception last spring, offering a look at the breadth and variety of co-op options available to students. Said nominator and Biology student Hilary Brewis “I was expected to problem solve and challenge myself, something that made every day a valuable and interesting experience that allowed me to grow both as a person and as a scientist.” For some students, the experience resulted in full-time employment. “The working environment, from a student’s perspective, was above and beyond my expectations,” wrote Materials Engineering student Andrew Burford, who has since secured full-time work with PCL Constructors Inc. “From the first day on the job, students are expected to contribute in a big way.” Winners were:

1. Leonard LeBlanc, president of Gulf Nova Scotia’s Fisherman’s Coalition.
5. Patrick Chan, manager of reliability engineering, Mobile Equipment Reliability, Suncor Energy Inc.
6. Jason Pagnutti, PCL Constructors Inc.

—Geoffrey Smith

Funding graduate students

Starting this fall, the Nova Scotia Department of Labour and Advanced Education will fund 120 innovation and research scholarships at Nova Scotia universities, geared to attracting top masters and doctoral students. A third type of scholarship will help international graduate students cover differential fees. “Nova Scotia universities like Dal compete for graduate students from other places across the country and around the world,” said Kelly Regan, minister of Labour and Advanced Education. “Graduate scholarships will help our universities attract the best and brightest minds to Nova Scotia, and their work and research in key areas like life sciences and information and communications technology will benefit our economy, our citizens and help bring opportunity.” —Ryan McNutt

$10,000–$15,000
The value of each annual award

120
The number of scholarships offered in 2014/2015

310
The number of scholarships to be offered by year four of the program

THE LIST

Top co-op employers honoured

Where have all the swallows gone?

Swallows, along with other birds that feed primarily on flying insects, are experiencing the greatest population declines for any group of birds in North America, particularly in the Maritimes. Populations of the Barn Swallow, for one, have seen a 95 per cent decline in North America in the last 40 years, placing it on the endangered species list in Nova Scotia.

PhD student Tara Imlay and master’s student Sarah Saldanha are trying to figure out why this is happening—hopefully, a first step in reversing this alarming trend.

Working for the summer from a busy research station near Sackville, N.B. (run by Acadia University and Ducks Unlimited), the two student researchers focused on the decline in Bank, Barn, Cliff and Tree Swallow populations in the Maritimes, investigating the relationship between daily insect abundance and the timing of swallow breeding, and whether wintering ground conditions are negatively affecting populations.

The students’ work is supervised by Marty Leonard in the Department of Biology; Imlay says she chose Dalhousie in no small part based on Dr. Leonard’s reputation in her field. —Sara Daniels

# BY THE NUMBERS

Funding graduate students

JUST THE FACTS

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Dal researchers are investigating the causes of swallow population declines.

Dal researchers are investigating the causes of swallow population declines.
When I first observed hormesis I assumed I made an error. A good lesson was learned: don’t blow off peculiar results—you may hit a gold mine.

CHRIS CUTLER:
ASSOCIATE PROFESSOR,
FACULTY OF AGRICULTURE

INNOVATION: The discovery of “insecticide hormesis.” Dr. Cutler found insecticides toxic to insects at high doses can actually stimulate biological functions at low doses, resulting in larger insects or more egg production.

FOUNDATION: Toxicology is the study of how organisms respond to doses of poison, and the traditional focus has been on acute or chronic ill effects seen at higher doses. Dr. Cutler noticed that low doses can have a stimulatory effect that results in unintended consequences.

INSPIRATION: During his PhD research, Dr. Cutler saw that when a low dose of highly toxic insect growth regulator was applied to beetle eggs, the larvae that hatched from those eggs unexpectedly weighed more than the untreated controls. Several repetitions of the experiments produced the same results.

IN HIS WORDS: “I initially assumed that hormesis was an oddity, but now we are seeing it everywhere, in many species of insects and with many different types of pesticides. Moreover, the phenomenon seems to apply to almost any biological stressor. Small amounts of heat stress or nutritional stress can stimulate biological processes in insects, resulting in increased reproduction or longevity.”

WHY IT MATTERS: Insecticide hormesis could be significant for agriculture in several ways, but two are key. First, after pesticides are applied they will eventually degrade and reach concentrations in the “hormetic zone,” which can result in rapid resurgences of the very pests farmers are trying to suppress. Second, it may actually be possible to turn the whole idea on its end and use the same principles to improve production of beneficial insects by applying small amounts of chemical or nutritional stress during mass rearing to improve the productivity of predators or parasites (biological controls) that farmers use to control insect pests.

—Stephanie Rogers
Top service providers honoured

“Above and beyond the call of duty.” It’s easy to write a cliché like this; it’s another thing entirely to live it day-in and day-out. And yet, there are faculty and staff at Dal doing just that every day to help students succeed. To honour them, each year Dalhousie presents the Rosemary Gill Award to up to four individuals who provide truly outstanding support to students in capacities other than teaching. The award takes its name from the late Dr. Rosemary Gill, a Dalhousie Medical School graduate who served as director of University Health Services from 1985 to 1991 and exemplified a high level of service to students.

**THIS YEAR’S WINNERS ARE:**

- Monique Comeau, administrator for the Department of Economics, cited for her friendly manner and attention to detail, as well as initiatives like helping acquire better work space for grad students.
- Eileen Denovan-Wright, associate dean of the Faculty of Graduate Studies, noted for her fair mindedness and strong mentoring.
- Susan Mansour, associate director of undergraduate education with the College of Pharmacy, whose nomination letters remarked on her compassion, empathy and calming influence.
- David Matthias, assistant dean, student matters, in the Faculty of Arts and Social Sciences, cited for his extensive one-on-one work with students and his work with the Dalhousie Arts and Social Sciences Student Society to implement initiatives such as the Peer Partnership Program.

New chairs for Senate and Board of Governors

Two of Dalhousie’s governing bodies have new chairs as of July 1. Alan Pinder, undergraduate program coordinator of Dal’s Marine Biology program, stepped into the role of chair of Senate, the university’s primary academic governing body, replacing Lloyd Fraser. Dr. Pinder had just completed a three-year term as vice-chair, student affairs, a role that oversees the non-program elements of Dal’s academic experience. That includes everything from plagiarism policies to student accommodation. Prior to that, he served as a Faculty of Science representative and sat on Senate’s Nominating and Discipline Committees.

Dal’s Board of Governors also has a new chair: Halifax lawyer Lawrence Stordy, a partner with law firm Stewart McKelvey. Stordy, who takes over from Jim Spatz, is past chair of the Governance and Nominating Committee and a member of the Executive, Steering, Audit and Human Resources Committees. Like many who sit on the Board, Stordy has deep Dal connections: he’s earned two degrees from the university (a Bachelor of Laws and Master of Business Administration) and is a past lecturer in the Schulich School of Law in business and corporate finance.

Inspiration and Impact

It’s a call to action, a foundation for future planning and a roadmap toward Dal’s third century.

Dalhousie’s new strategic direction, **Inspiration and Impact**, outlines our shared vision as a leading innovative, research-intensive university, one that inspires our diverse scholarly community in service of Nova Scotia, our region, our nation and the world. It includes a new mission statement and strategic priorities for the university, organized under five pillars: teaching and learning, research, service, partnership and reputation, and infrastructure and support.

*Inspiration and Impact* is the culmination of a process that began with 100 Days of Listening and continued through further consultation during the last academic year. Now, the Dal community turns its attention to bringing the document to life under the leadership of President Richard Florizone and Provost Carolyn Watters.

—Ryan McNutt
University graduates can save more.

At TD Insurance, we recognize all the time and effort you put into getting where you are. That’s why, as a Dalhousie University Alumni Association member, you have access to our TD Insurance Meloche Monnex program which offers preferred group rates and various additional discounts. You’ll also benefit from our highly personalized service and great protection that suits your needs.

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Request a quote at 1-888-589-5656 or visit melochemonnex.com/dal

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From using computer games to heal brains after stroke, to exploring the role trust plays in the success of sports teams, Dal researchers aren’t playing games when it comes to studying play. By Nikki Comeau
HEART HEALING

It’s a cruel irony: Survivors of childhood cancers can find that the chemotherapy drugs that saved their lives also damaged their heart muscle, causing survivors to develop cardiovascular problems as a result. Melanie Keats of the Faculty of Health Professions is exploring whether physical activity during chemotherapy can protect the heart and potentially reduce any long-term damage and problems later in life. It can be a challenge to motivate sick children to exercise, explains Dr. Keats, so she connects exercise bikes to video games to get the children in her study moving. “The idea is to get so caught up in the game, they forget they’re exercising,” she says.

TEAM TRUST

In sports, trusting your teammates, coaches and even yourself can significantly impact team spirit and performance. But currently there’s no method to measure and assess trust within teams, so Lori Dithurbide in the Faculty of Health Professions is setting out to create one. With a background in sport psychology, she’ll be exploring where trust comes from, suggesting it could be from past experience with players and coaches, or spending time with teammates off the field.

GAMES PAST AND PRESENT

SOBERING AND SURPRISING ANCIENT GAMES
Dal students’ perceptions of the Romans are “complicated” after taking Jack Mitchell’s Roman social history class. Dr. Mitchell, with the Faculty of Arts and Social Sciences, attributes this to showing his classes historically authentic gladiator equipment he has collected, like armor, nets and a sword (one that’s no longer sharp). “Gladiators are familiar from movies, but to see these tools of blood sport first-hand is sobering and surprising,” says Dr. Mitchell.

INTERNATIONAL DEVELOPMENT AND SPORT
Owen Willis with the Faculty of Arts and Social Sciences program combined his love for sport with his experience growing up in East Africa and applied the unique mix to the study and teaching of sport as a mechanism for international development. He was the first academic to publish a paper on the Mathare Youth Sports Association, the world’s leading sport and development organization based in Nairobi, Kenya. Bob Huish, also in the Faculty of Arts and Sciences, is the lead on a research project looking at Cuba’s International School for Sport and Physical Education, which provides free education to students from dozens of developing countries.

MELANIE KEATS IS EXPLORING WHETHER PHYSICAL ACTIVITY DURING CHEMOTHERAPY CAN PROTECT THE HEARTS OF CHILDREN WITH CANCER AND REDUCE HEART PROBLEMS LATER IN LIFE.
From a North Korean prison camp to Dalhousie’s convocation stage, Shin Dong-hyuk’s journey from prisoner to human rights activist has inspired the students who took up his cause, transforming their lives—and his—along the way. By Matt Semansky

An unlikely journey
Convocation is a time to celebrate and reflect on journeys: how far students have come in their time at Dal, and where they might head next. Sitting on-stage during the Faculty of Arts and Social Sciences ceremony in May, Shin Dong-hyuk watched the parade of robes and mortarboards and contemplated his own journey, the most unlikely and inspiring of all.

Shin was in attendance to receive an honorary doctorate from Dalhousie, but his path to that moment began in a place where such celebrations were beyond imagination. Born in a prison camp in North Korea, Shin spent his first two decades in perpetual hunger, suffering violent attacks by guards and engaging in backbreaking labour. As a child, he witnessed the executions of schoolmates and family members. He learned that to trust, or be trustworthy, could be dangerous and even deadly. So complete was the isolation that his captors did not even bother to indoctrinate him with the Kim regime propaganda that bombards most North Koreans. Shin had no framework for conceiving of what lay beyond the electrified fence surrounding Camp 14—until he made his way under that fence and, eventually, to freedom.

Today, Shin is the only person known to have been born in a North Korean prison camp and escaped. He has given testimony to the United Nations about the human rights abuses in North Korea and formed his own non-profit advocacy group, the Washington, D.C.-based Inside NK. His courageous activism inspired students in Professor Bob Huish’s Development and Activism class, who nominated him for an honorary doctorate from Dalhousie—the first university award of its kind bestowed on a North Korean defector.

As he watched the graduates—some now friends—cross the stage, “I saw how they were smiling,” Shin says. “It was a smile that came about naturally. It was not forced on them. I, too, was able to smile and partake in their happiness.”

BOB HUIS, A PROFESSOR IN DALHOUHIE’S International Development Studies program, has a track record of inspiring, and being inspired by, his students. He says students demanded to learn more than just traditional development studies techniques like grant-writing. Dr. Huish was happy to oblige and in 2010 created Development and Activism, a course that gave students hands-on tools and the chance to apply them. Each year, in addition to their individual assignments, students work collectively on a particular activist project. “The idea is that it would have an experiential component where students would organize a protest and learn about the whole dynamics of it,” says Dr. Huish, noting that the project teaches principles ranging from non-violent resistance to generating publicity.

The chance to go beyond essays, tests and textbooks and into real grassroots activism touched a nerve in Dr. Huish’s passionate and conscientious students. “Instead of just reading about an activist campaign somewhere else in the world, we were able to apply some of the same strategies and techniques that we read about,” says Patrick Balazo, who took the Development and Activism course in 2012.

Students in the development and activism class of Dr. Robert Huish (second from right) were inspired to become advocates for human rights in North Korea after reading the life story of Shin Dong-hyuk (second from left).
Balazo’s classmate Paige Munro concurs, saying Dr. Huish’s teaching style and the course’s blend of theory and practice made it “my favourite class that I’ve taken in my four years at Dal.”

In the first two years of teaching the course, Dr. Huish focused students on raising awareness about food security in developing nations. But after reading *Escape from Camp 14*, journalist Blaine Harden’s chronicle of Shin Dong-hyuk’s escape from prison camp and evolution as a human rights activist, Dr. Huish shifted the course’s focus to human rights abuses in North Korea. He added the book *Escape from Camp 14* to the course syllabus and helped his students create what was dubbed the “Camp 14 Project.”

The book sparked outrage and action from Dr. Huish’s 70 or so students. Carrying signs and slogans, they marched in the fall of 2012 to the Halifax Security Forum in an attempt to put North Korea’s rights violations on the world’s radar. The students’ message resulted in local television coverage and community members joining the march. “It was very empowering to see that our voices were being heard and that we could make a difference,” says Chrissy Lynch, also in the 2012 class. “It made our movement a lot stronger and made us, as a group, think positively about making change in society.”

The Camp 14 Project was noticed around the world, especially through the group’s Facebook page. A university student in Texas started a local version of the project after reading about it. And one especially noteworthy person, who had been following the Dalhousie group on social media, was compelled to get in touch. “You guys are my heroes,” said Shin Dong-hyuk in a Facebook message to the Camp 14 Project. “I come to see you. Promise.”

The Development and Activism students immediately set about making sure Shin could keep his promise, raising funds to bring him to Dalhousie. Several bake sales later, Shin was on his way to Halifax to meet his heroes and give a speech on the Dalhousie campus to a crowd of more than 600 people.

Shin could scarcely believe that a group of students at a university halfway around the world from North Korea would become so dedicated to his cause. For a man who grew up with little reason to hope—and whose optimism has often been tempered by the glacial pace of action from powerful global organizations—these Dalhousie students offered a reason to believe.

“I’ve spoken with people from the UN, but the feeling I got after these meetings was one of disappointment. These people had heard my story but they told me that there was a limit to what they could do to address the human rights situation in North Korea,” says Shin. “However, with the Camp 14 Project here on campus, the students moved the school and the school moved the city.” In Shin’s eyes, Dalhousie’s incremental achievement stemmed from the personal investment of the students, a spark of passion he sometimes feels is impossible to ignite in bodies like the UN.

Following the success of the Camp 14 Project in 2012, Dr. Huish decided to maintain the focus on North Korean human rights for the 2013 edition of his Development and Activism class. The new students again organized a march to the Halifax Security Forum. Again, they raised awareness through social media. This time, the results were even more impressive. The Chilean minister of defence acknowledged the peace march and the need to fight for human rights in North Korea. Many representatives inside the Forum began to follow the Camp 14 Project’s Twitter hashtags. Halifax Rainmen basketball coach Craig Hodges was criticized for a planned visit to North Korea with former NBA player Dennis Rodman, a public reaction Dr. Huish believes was stoked at least in part by his group’s work. “I’d like to think that our work informed that (reaction),” he says. (Hodges missed a flight connection and never made it to North Korea).

Meanwhile, the Camp 14 Project became an official society at Dalhousie, separate from the class itself. Founding members Alida O’Con-
“When I see the students at Dalhousie taking action and leading the way, I think that this will be noticed and have an effect on organizations like the UN and then they will take action. That is my hope.”
nor and Jocelyn Cormack, together with Dr. Huish and his 2013 class of students, worked towards nominating Shin for an honorary doctorate and bringing him back to campus to receive it. Dr. Huish turned the nomination process over to the students, reasoning that they were better positioned to speak to Shin’s impact. Chrissy Lynch, who served as the primary nominator, and Paige Munro, who wrote one of the primary nomination forms, were eager to take on the challenge. “I felt very strongly about writing the nomination letter,” Munro says.

A few months later, Shin was back in Halifax, standing on stage to receive his honorary doctorate and preparing to deliver an inspiring speech to Dalhousie’s graduates. Though he had spoken English in some prior public appearances, he chose this time to speak Korean because, he says, it allowed him to better express his true feelings. With the help of friend and translator Henry Song, he explained to the attentive crowd of faculty, graduates and their families how Dalhousie students had helped him learn the meaning of joy and happiness and he urged graduates to spread those feelings into the places, like North Korea, where such emotions are in short supply.

The students who had rallied around him in the Camp 14 Project hardly needed the prodding. Their experience has encouraged them to continue fighting for human rights in North Korea. This past summer, the Camp 14 Society sent the results of a letter drive and Facebook petition to the South Korean government, putting pressure on that nation to prioritize the human rights of their northern neighbours. As Jocelyn Cormack, a founding member of the Camp 14 Society, puts it, the end of the class doesn’t mean the end of activism.

Dr. Huish, meanwhile, visited South Korea last December and has begun to study the work of activist groups there. His work benefits not just future classes of Dalhousie students but the university as a whole—thanks to Dr. Huish and his students, Dalhousie has become a trailblazer on human rights, recognized in letters of support from members of all political parties in Parliament.

Dr. Huish believes this achievement, and Dalhousie’s unique focus on human rights in North Korea, reflects a learning environment that fosters engaged, socially conscious student-citizens. “That’s what we offer, and no one else in the country does that the way we’re doing it right now,” he says.

His students echo the sentiment, noting that the Development and Activism class gave them the skills and sense of empowerment to tackle the world’s most challenging problems. “IDS is a program where you learn about a lot of world issues that can be upsetting or discouraging,” says O’Connor. “This class has shown that you can pick something and go after it and make a difference.”

AT CONVOCATION, SHIN’S WORDS CONVEYED a powerful message, as a man once devoid of hope implored listeners to embrace hope for themselves and transmit it to others. His speech was all the more memorable for the fact that, only a couple of years ago, it would have seemed so improbable. “All of this happened because 70 people in a class read a book and got inspired,” says Dr. Huish.

Perhaps none of the Camp 14 Project’s achievements is greater than earning the gratitude, encouragement and friendship of the man whose story sparked the movement. For his part, Shin says the students continue to inspire him. “When I see the students at Dalhousie taking action and leading the way, I think that this will be noticed and have an effect on organizations like the UN and then they will take action. That is my hope.”

Hope. Even more than the honorary doctorate and the campus visits, it’s the gift from Dalhousie that Shin Dong-hyuk treasures most of all.
15 Dalhousie alumni share the best advice they’ve received, from simple to surprising to sublime

WISE WORDS

by Alison DeLory
#6. Natalie Chavarie, BA '06

#11. & #12. Mitchell Lesbirel, BMgmt '12 and Casey Binkley, BMgmt '10

#15. Candy Palmater, LLB '99
ADVICE: AT SOME POINT we’ve all been told what to think, say or do. And while it’s sometimes predictable, occasionally a nugget rings so true that it resurfaces in our lives as we tackle problems, make decisions or manage situations. Here, Dalhousie alumni share the best advice they’ve received, from simple to surprising to sublime.

1. IT ALL ADDS UP “Don’t cut corners.” This advice was given to me when I was a high performance athlete,” says Julia Rivard, BRec’99, who was a sprint canoeist on the national team and competed in the Sydney Olympics in 2000. “Keeping this little instruction in my head helped me always put in just a little bit of extra effort into the small things which compound over time leading to great improvements.” Today she’s a partner in Norex, a Halifax-based web development company. “I think that if we all just try to push a little bit harder on the small things every day, the ultimate result is a great gain.”

2. IN AND OUT Janet MacEwen, who attended Dal’s Theatre program in the early 1980s, has breathed life into many roles, whether on Broadway playing Mrs. Potts in Beauty and the Beast and The Bird Woman in Mary Poppins, as Grizabella in CATS at Halifax’s Neptune Theatre, and Marilla Cuthbert in Anne of Green Gables at The Charlottetown Festival. She’s also a teacher, producer and musician/singer-songwriter. While she’s received much invaluable advice from directors over the years, the most useful is the simplest: Don’t forget to breathe. “Breathing is life. Breathing is freedom to speak your mind and therefore tell the story. When actors and singers don’t breathe they are usually caught in that mind trap of fear and apprehension called stage fright,” says MacEwen. “A breath-supported voice is a confident voice that carries the story to the back of the house.”

3. FOCUS ON WHAT MATTERS Krista Connell, BSc(Physiotherapy)’82, is chief executive officer of the Nova Scotia Health Research Foundation. She says, “When I was in my first few years at Dalhousie University, my father would end his letters to me with ‘Study your lessons, say your prayers and keep away from the boys!’” At the time Connell thought this silly and old fashioned. “However, as I progressed in my career and in life I began to understand what he was really saying was that I should apply myself to my work, stay true to myself and my values, and avoid unnecessary distractions when pursuing my goals.”

4. PERSPECTIVE HELPS “One of my older patients told me years ago that if time or money can fix it, it is not really a problem. I have reminded myself of that several times over the years,” says Dr. Deb Schwartz, DDS ’96, who now lives in Calgary.

5. CARE “The best piece of career advice I have ever received is to do work that interests me,” says Dr. Lihui Zhang, PhD(Economics)’10. Dr. Zhang is currently assistant professor of economics at the Johnson-Shoyama Graduate School of Public Policy at the University of Regina. “When I was trying to decide on the topics for my PhD thesis, which consists of three different essays [on the determinants of criminal behaviour in children and youth], often I debated among several alternatives.” Dr. Zhang’s thesis committee challenged her to figure out where her interests lay, and in so doing her choices became clear.

6. ACTUALLY, REALLY CARE “Some good advice I received was to have hardcore perseverance and creativity,” says Natalie Chavarie, BA’06. She calls upon those attributes as owner of The Food Wolf, a Korean-Mexican food truck in Halifax. Perseverance helps her wade through the by-laws regulating the food truck market, while creativity helps her collaborate with her chef on products like Wolf’s K-Dog: a Korean-inspired hot dog served with kimchi and Korean garnishes. Realizing her dream of being an entrepreneur means Chavarie works a second job as a civil servant for income security. “Be ready to fund your own dreams,” is advice she’d give others.

7. BE FUELED BY LOVE Dr. Neil MacKinnon, BSc(Pharm)’93, a former Dalhousie professor (1999–2011), is currently dean of the James L. Winkle College of Pharmacy at the University of Cincinnati in Ohio. Dr. MacKinnon says the best advice he received was something he read: “Love God, and love others, in that order, is the practical advice that Christ gave.” Dr. MacKinnon says Thomas McCulloch, the first principal of Dalhousie College from 1838–1843, lived by this tenet.
“Study your lessons, say your prayers and keep away from the boys!”

“IF YOU ARE NOT UNCOMFORTABLE, YOU ARE NOT LEARNING FAST ENOUGH”

“Work with purpose. Why you do it is key”

“Don’t forget to breathe”
A passionate author, naturalist, ornithologist, teacher and advocate for accessible public education, McCulloch still inspires others like Dr. MacKinnon 200 years later.

8. **LOOK TO THE HORIZON** Faten Alshazly, BSc(AdvancedCS)'99, both follows and offers this advice to others: “Do something that you love. Having a job is different than building a career.” She says people should see beyond the short term and instead focus on their five- to 10-year goals. “The long-term horizon provides for a much brighter future.” Alshazly has her own Halifax-based advertising and communications agency called WeUsThem Inc.

9. **SLOW DOWN** Dr. Rick Raftus, DDS’86, is a dentist in Enfield, N.S. He’s been a part-time instructor in the Dalhousie Faculty of Dentistry for 26 years. Dr. Bob Hoar was his instructor in second year. “He would always remind me to take my time and learn to do a procedure well before trying to do it quickly,” Dr. Raftus says. Dr. Bill MacInnis, who later became dean and was known for his catchphrases, said something similar to Dr. Raftus: “You never have time to do it right but you always have time to do it over.” I have always remembered these words.

10. **FOCUS** Dr. Rhonda Church, MD’87, got her best advice from her children’s swimming coach. “Heading into a big race there were always plenty of nerves about what lane they were in, the swimmer in the next lane or the temperature of the water. A former coach—and Dal grad—used to tell the kids, ‘The only thing you can control is how fast you swim.’” Dr. Church is a medical consultant at MSI (Nova Scotia’s Medical Services Insurance Programs). Her interpretation of this coach’s message? “Stay focused on the task at hand and ignore the background noise when faced with a difficult decision,” she says.

11. & 12. **BE UNCOMFORTABLE** Casey Binkley, BMgmt’10, and Mitchell Lesbirel, BMgmt’12, invented the FastRack beer-bottling system, a product to collect, store and dry empties—and made a deal on CBC’s *Dragons’ Den* to bring it to market. They both received advice that pushed them to go for it: “Don’t listen to people who say something is impossible. With a little hard work, some strategic thinking and a willingness to step outside the box, everything is possible,” says Binkley. “If you are not uncomfortable, you are not learning fast enough,” says Lesbirel.

13. **DREAM BIG** Gillian Yates, BScN’91, MN’05, is a nurse practitioner and adjunct professor at the Dalhousie School of Nursing. “Early in my career, a manager invited me to describe my professional goals. She advised me to dream big, and not to worry about the money or politics as that was her job. Many years and two degrees later, I now work as a nurse practitioner in cardiology. I continue to dream big and recently achieved one of my lifelong goals, volunteering in Haiti.”

14. **HAVE PURPOSE AND PASSION** Pat Ryan, DEng’81, BEng(TUNS)’83, says his inspiration came from his grandfather and father (both Nova Scotians) who lamented the outmigration of young, educated and skilled workers. That didn’t sit right with Ryan either so he set out to create jobs and opportunity in N.S. He founded Neocon, a company designing unique automotive parts for companies including Ford, Toyota and Honda. His dad also told him to work with purpose—that it’s not what you do or how you do it, but why you do it that’s key. And one of his earliest bosses, another engineer, advised him to not only make presentations with facts and figures, but to deliver his ideas with passion.

15. **DON’T DILLY-DALLY** Candy Palmater, LLB’99, is a professional comic, actor and writer. She’s also an activist for women’s, gay and Native rights, an international speaker, and host of The *Candy Show* on the Aboriginal Peoples Television Network. Palmater practised labour and Aboriginal law before entering show business. “The most important piece of advice I received came from my mother. When I was a teenager she said, ‘Candy, I’ll tell you one thing—it goes really fast. I was 17 and now I’m 70. Don’t dilly-dally.’” Palmater says it’s resonated throughout her life, from going to law school when she was 27, to then leaving law to go into comedy. “People thought I needed to be committed but I’ve never wasted my time. I’ve never worked where I didn’t want to work and I’ve never stayed in a relationship I didn’t want to be in.”
A good mentor not only gives advice but is also a skilled listener, according to Dalhousie’s director of alumni engagement, Michael Perry. He’s been rolling out the Alumni Mentoring Program in measured steps for four years. So far Management, Dentistry and Computer Science students can apply to have an alumni mentor, with plans in the works to expand the program into other faculties.

Students don’t always know how to begin a mentoring relationship and can sometimes feel intimidated. Mentors must let students drive the conversation but should also pick up the cues if their students need prompts. The program seeks mentors who can be a reference in terms of career path but Perry stresses there has to be a personality fit, too. Expectations also need to be clear, for example, around how often students and mentors will connect. Sometimes matches don’t take hold, but more often they do.

Faten Alshazly, BSc(Advanced CS)'99, is a mentor in Computer Science. “Inspiring bright prospects into future leaders is both a privilege and an awesome responsibility which I cherish,” she says.

Student feedback has also been positive. “My mentor advised me on work applications, prepped me for interviews, shared his insight on running an efficient and successful practice, and taught me some very advanced theory,” says Ahmad Hussein, DDS’13, a participant in 2013.

Perry says alumni mentors—all volunteers—are enthusiastic about giving back and see the program as a meaningful way of engaging with the university. Students in the program begin to think of themselves as future alumni and about growing their alumni networks. “Most students are keen for guidance but they don’t have a sufficient network established. That’s what we’re here for,” Perry says. “The purpose is not to directly help students find jobs but to provide them with an avenue to ask questions, better equipping them to advance in their careers.”
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DAL FALL 2014
Dr. John Akabutu (MD’67) was standing firm. It was the late 1980s—the height of the AIDS epidemic—and the pediatric hematology oncology specialist was being pressured by an Edmonton journalist to reveal the names of the hemophiliacs he was treating in Northern Alberta.

The reporter told him it was a matter of public health and safety. But Dr. Akabutu knew that revealing the information would put the lives of his patients in jeopardy. News reports from Florida made that clear: there, people had set fire to the houses of hemophiliac children who’d been exposed to the AIDS virus. Determined to prevent the spread of such fear to Alberta, he refused to cooperate. “This was before confidentiality became as big as it is today. If I hadn’t stood up for my patients, they would have become victims. I’m proud that I took that stance.”

Dr. Akabutu has always stood up for his patients. Were it not for his pioneering spirit and his dedication to finding the most effective cures for leukemia and hemophilia, many would not be alive today. Yet in that quest, he never lost sight of the fact that he was treating people. “Patients are not diseases; they are human beings. When you begin to refer to your patients by their diseases instead of calling them by name, I think you miss the essence of being a physician.”

Originally from Ghana, Dr. Akabutu arrived at Dalhousie University in 1962 to study medicine on a government scholarship. “I received a first-rate education at both the undergraduate and professional school level. My teachers were also supportive and friendly and became good mentors to me. I matured as an adult at Dalhousie and developed my world view.”

When political upheaval precluded returning home, Dr. Akabutu decided to continue his studies in North America. Although Dalhousie inspired him to be a teacher and pursue academia in medicine, it was at the University of Cincinnati that he decided to focus on pediatric hematology/oncology. “When children get sick, they have pure diseases. They aren’t typically complicated with other problems, which is what happens with adults. I felt this would give me the opportunity to understand human afflictions in more detail without them being modified by other factors.”

When Dr. Akabutu arrived at the University of Alberta to start the Pediatric Hematology and Oncology Division in 1972, the survival rate among children with leukemia across Canada was less than 10 per cent. He set his sights on 100 per cent. Introducing a program of chemotherapy, he began to make considerable progress, yet too many children were still failing and more treatment options were needed, so Dr. Akabutu started looking for innovative solutions. When the field of bone marrow transplantation opened up, he was an early adopter. In the 1990s, he heard about a movement in the United States to introduce cord blood—blood cells from the umbilical cord—as an alternate source of stem cells for leukemia treatments. “I decided to go that route as well,” he says. With the help of donations from the town of Eckville, Alberta, he launched the Alberta Cord Blood Bank, the first such bank in Canada, in 1996. It collects and provides stem cells for transplantations in Alberta, across Canada and around the world. “By introducing the most modern approaches to blood and solid cancers, we were able to dramatically change the survival rate in kids with these diseases.”

What Dr. Akabutu achieved wasn’t quite 100 per cent, but it was close. By the time he retired as an active cancer specialist in 2002, the survival rate among children in Northern Alberta with the most common forms of leukemia was 95 per cent. “And with the more difficult types of leukemia,” he adds, “we were getting survival rates between 60 and 70 per cent, which was unheard of. Before that, nearly all of them died.”

Dr. Akabutu also made considerable headway in treating hemophiliacs through the introduction of a preventative homecare program. By getting children and parents involved in managing their condition, he reasoned, he could reduce their emergency room visits and prevent debilitating joint damage caused by bleeding in their joints. He succeeded. “Traditionally, the hallmark of hemophilia was crippling joint deformi-
for nearly 200 years, Dalhousie alumni have made extraordinary contributions that positively impact the lives of others. We’re featuring just some of these graduates in our building a better world series. Read about other inspirational alumni at alumni.dal.ca/stay-informed/building-a-better-world.

TOP LEFT. Dr. John Akabutu (MD’67) launched the Alberta Cord Blood Bank, the first of its kind in Canada. TOP RIGHT, Dr. Akabutu with former patient Craig Upshaw, who has hemophilia. RIGHT, Now professor emeritus and researcher at the University of Alberta, he is also a recent recipient of the Alumnus of the Year award from the Dalhousie Medical Alumni Association.

But if you see many of my patients in the streets today, you wouldn’t know that they had hemophilia. Being able to transform the quality of life of children with hemophilia is probably one of the greatest satisfactions I have had next to the survival rates we achieved among children with cancer.”

Now professor emeritus and researcher at the University of Alberta, Dr. Akabutu has imparted his love of pediatrics to many of his students over the years. He estimates half of the specialists employed in the university’s Division of Pediatric Hematology and Oncology studied under him and says nurturing them has been a rewarding experience. “When you teach, you get as much back as you give. You get to watch young people build confidence and become your colleagues. That is tremendous.”

It’s also a great way to remain at the leading edge of the field. “That’s part of why I became a teacher—to be associated with the changes that are inevitable in our knowledge. That way you progress and you continue to learn every day. It’s an inexpensive way to be a perpetual student.”

Even in retirement, Dr. Akabutu is still learning, always looking for that leading edge. He continues to oversee the cord blood bank he established and is looking at other uses for these stem cells. He’s also taken an active interest in predictive healthcare—the prevention of diseases before they occur. “It’s a very young field. There’s a lot of work to be done, but the completion of the human genome project has opened the door for us to be able to pursue that, and it will benefit everyone.”

Meanwhile, Dr. Akabutu has also reconnected with Dalhousie and his Class of ‘67 colleagues, thanks in part to a campus visit in 2013 to receive the Alumnus of the Year award from the Dalhousie Medical Alumni Association. It’s an honour he holds dear. “Dalhousie made me what I am today. To say otherwise would be an injustice to the institution.”

When asked what he’d like to be remembered for, Dr. Akabutu is modest. “I’ve derived incredible joy from being a physician and a teacher. I hope that through a little bit of what I’ve done we’ll have a better tomorrow for all of us. And I hope people will say that I always tried my best.”
Each year, the Dalhousie Alumni Association Awards recognize a number of Dalhousie alumni for their outstanding accomplishments and contributions. These remarkable individuals are carrying on a nearly 200-year tradition of building a better world.

**THE LIFETIME ACHIEVEMENT AWARD** recognizes alumni for exceptional accomplishments in career and community service.

Growing up in his family’s boatyard in Melville Cove, N.S., Dr. Ronald Gilkie (BSc’60, BEng’62, MEng’64) says he was always expected to go above and beyond. “My dad said if someone gave you a job, you shouldn’t just do it, you should do it well,” says Dr. Gilkie. “That attitude sort of gets ingrained in you.”

He says he saw the value of teaching at just six years old, when he recognized that even the most difficult teachers were trying to make him a better person. When he was a senior engineering student at Dalhousie, one of his professors saw a spark in him. “He kept finding excuses for why he couldn’t do the tutorial, and he’d say, ‘Would you mind taking it from me today, Ron?’” recalls Dr. Gilkie. “He was grooming me to be a professor someday, although I didn’t realize it at the time.”

Dr. Gilkie started out as an assistant professor in 1967, and quickly proved himself as a professor who cared. When his students were working with terrible-smelling polyester resins, he would be right there under the fume hood with them. He volunteered on more than 70 university committees during his 40-year teaching career, and was instrumental in the merger of the Technical University of Nova Scotia (TUNS) and Dalhousie. Dr. Gilkie also helped make the engineering program a fair, progressive environment for female students back in the late 1960s, and co-chaired the DalTech Women on Campus Committee.

Even during his retirement, Dr. Gilkie spends his days volunteering on 11 different boards and committees, as well as frequently snow-blowing the sidewalks for his neighbours on his street. He was elected a Fellow of the Canadian Academy of Engineering in 2012, remains the Chief Warden of Iron Ring Camp 7 and plays electric bass in three bands.

But Dr. Gilkie’s most powerful legacy might be his commitment to giving back to the school that’s been a part of his life for nearly 55 years. Starting in 1960 he began donating $1 a year to the Tech Continuing Fund for each year since he’d graduated and promoted the idea among his students. “It’s something that becomes a habit, without being a financial burden as they’re starting out,” says Dr. Gilkie, adding that $10 a year might be a more appropriate amount today. “I hope they realize how much Dalhousie has meant to their lives, and how much they can continue to make a difference to the students coming behind them.”

—Heather Laura Clarke

**THE VOLUNTEERISM AWARD** recognizes alumni for outstanding volunteer contributions to the community.

His classmates describe him as their “very own Patch Adams,” but Dr. Colin van Zoost (MD’09) is quick to share the credit with the other volunteers on his teams.

In his first year of medicine, he began serving at the Sunday Suppers at St. Andrew’s Church in Halifax—and discovered their foot-care program had dwindled down into nothing but a wooden box of free shoes. People living below the poverty line have a higher risk of developing chronic diseases, and an infection in their feet makes them more vulnerable to
serious complications. So Dr. van Zoost began collecting shoes and socks, helped people get a proper fit, provided basic foot care, and encouraged local retailers to donate footwear. He also teamed up with a pair of footcare nurses, sisters Marcienne and Deborah Mason and registered as a not-for-profit clinic—Walk in Our Shoes Foot Care—which now operates weekly with a small army of volunteers.

“We have six to 12 volunteers each week, and most of them are nursing or medical students from Dalhousie, along with a few healthcare professionals,” says Dr. van Zoost, an internal medicine physician. “We treat about 20 people each week, and give out 40 to 60 pairs of shoes and several hundred pairs of socks.”

Next, Dr. van Zoost turned his attention to vaccinating the homeless population. In the course of his research, he discovered many people were receiving flu vaccinations in the fall, but few were getting the pneumococcal vaccine. Dr. van Zoost contacted the North End Community Health Centre and MOSH (Mobile Outreach Street Health) and assembled a team of volunteers—later dubbed HaliVax—to help provide the vaccine on a larger scale. In their first year, they doubled the pneumococcal vaccine rates, and plan to cast their net a little broader each year.

Dr. van Zoost says he hopes to inspire future Dalhousie medical and nursing students to take on initiatives in their community. “You can almost measure the health of a population by how well you treat the most marginalized group, so we can actually improve the health of the general population by making this group of people healthier,” he says. “When [medical professionals and students] see a homeless person, I want them to see that under the dirty clothes, there’s a person with a story.”

—Heather Laura Clarke

THE AWARD FOR EXCELLENCE IN TEACHING recognizes a professor who, in the eyes of students and peers, displays superior teaching, enthusiasm for the subject and interest in the needs of students

When Roberta Barker was a high school student, she was asked what she wanted to do for a career. “I said I wanted to be a university professor because I just think that’s the best job on earth,” she says. Now an associate professor in the Fountain School of Performing Arts, she still feels that way, approaching her work with an enthusiasm that rubs off on her students. Dr. Barker has long been one of the university’s most popular professors, topping The Coast’s poll for best prof in Halifax several years in a row.

Dr. Barker has taught 16 different courses at Dalhousie and the University of King’s College during her 13 years on campus. “I teach theatre, literature and performance. These are things that I really love and that I look to for joy in my life,” she says. “Just the opportunity to share that joy and inspiration with the students, I think this is an aspect of teaching that just grows over the years.”

Dr. Barker says she’s honoured to have been nominated and chosen for the award but she adds that she can’t take all the credit. “There are so many great teachers at Dal and King’s. I think that I’m also incredibly lucky to work with the students that I work with,” she says. “The Theatre students and the King’s students are pretty famous for being very passionate and having a lot to say, as well as being full of
insight. It’s not very hard to go into class with these students.”

Dr. Barker’s nominators had plenty to say about her. “She can command a room and draw attention to her words in ways few of us can,” wrote one. Added another, “I have never encountered a professor with such striking dedication to her students’ success.”

When asked about what keeps her going, Dr. Barker again mentions her students and the dynamic quality of the profession. “It’s that aspect of teaching where you’re learning all the time, and where things are changing all the time. It’s always in flux and therefore always surprising and refreshing.”—Kevin Bradley

Dr. Christy Sutherland (MD’08) understands that addiction is a chronic disease, not a choice. As an addiction medicine physician in Vancouver, her life’s focus is to help some of society’s most marginalized individuals.

“Being an addiction doctor often feels like an uphill battle,” says Dr. Sutherland. “Cardiologists don’t have to argue that a heart attack is an illness. We have imaging studies that show brain changes that happen because of addiction. There are DNA transcription changes that happen. But there’s still this leftover narrative from long ago that addiction is a choice.”

For thousands of Canadians, there is no choice. There’s only the addiction that takes over their lives, making it impossible to hold down a job, keep a roof over their heads or stay out of jail. But so long as there are people like Dr. Sutherland focused on treating addiction, there is hope. The Dalhousie Medical School and UBC graduate has been making a difference as a family doctor and addiction medicine physician with the Portland Hotel Society in Vancouver. This non-profit is unique in Canada for providing social housing—known as hotels—and support for people living with addiction and related disorders. Experience has taught her that a place to live and access to health care are vital in helping addicts on the journey toward abstinence, not only giving them a greater sense of dignity and a better quality of life, but also helping to make communities safer.

“Police have told us that crime is down in the neighbourhood,” says Dr. Sutherland, who has served as executive director of the Society’s Bosman Hotel Community and is now co-medical director of the Society. “We did a study looking at court dates and the number dropped from an average of 12 a year [before people moved in] to two once people moved in here. Hospital visits and admissions went down. We’ve also seen people develop relationships and get involved with hobbies. These are victories worth celebrating.”

As for future plans, Dr. Sutherland is looking to expand clinical services in all of the housing operated by society. But would she transition into politics to advocate for her patients? “Maybe, someday. I’ve discovered I really love clinical work, so I know I’m going to be a clinician my whole life long, but we’ll see what happens.”—Mark Campbell
The A. Gordon Archibald Award recognizes alumni for outstanding volunteer contributions to Dalhousie.

As a boy, Dr. Dale Ells (DDIP (Agriculture) ’59) would travel from his family’s farm in the Annapolis Valley to the Nova Scotia Agricultural College. As he stepped up for 4-H judging in livestock and vegetables, and later in 4-H leadership camps, there was no doubt in his mind he’d be studying there one day in the future.

After graduating from the NSAC and McGill, he got into agricultural marketing and began traveling the province. In 1966, Dr. Ells was named Dean of Vocational and Technical Education when NSAC announced a substantial expansion. The job fitted him to a tee.

“The Agricultural Campus is the third-oldest centre for agricultural education and research in Canada and although small, we’ve had many types of agricultural education and research here,” says Dr. Ells, who was deeply involved with expanding facilities, boosting enrolment and launching new programs during his 28-year stretch as dean. “Our facilities have always been among the top in Canada. Just because we’re in Nova Scotia didn’t mean we were one step behind. We were often leading the charge.”

Dr. Ells was instrumental in organizing international programming, which includes development programs in several countries and now involves more than 100 students each year at the Agricultural Campus. He was named Dean Emeritus in 1998, and Alumni Volunteer of the Year in 2005.

Although he retired two decades ago, Dr. Ells remains actively involved with the Faculty of Agriculture. He volunteered with the Colchester Historical Society to launch a display depicting 100 years of campus accomplishments and wrote a comprehensive illustrated history of NSAC. The 279-page book, Shaped through Service, has become an invaluable resource to staff, students, and alumni but Dr. Ells modestly describes it as “an interesting retirement exercise.”

As secretary of the Class of ’59, Dr. Ells writes newsletters to his classmates twice a year and he has helped raise more than $40,000 in donations for the Class of ’59 Teaching Development Fund. He promotes the Faculty of Agriculture at every opportunity, and says he feels immensely proud when students and graduates win national or international awards.

“A high percentage of our graduates contribute to the Atlantic region,” says Dr. Ells. “The Faculty of Agriculture continues to be well-connected to the industry and the people it serves.”—Heather Laura Clarke

Each year, the Dalhousie Alumni Association (DAA) honours members of the Dalhousie community with awards to celebrate the diverse ways that alumni contribute to the university and to society. If you know a Dal alumni who is deserving of recognition, please consider submitting a nomination by February 15. For more information, visit alumni.dal.ca/awards
Larry Hamilton (MBA ’04) may not have spent much time at Dalhousie during the four years he studied for his MBA, but the kinship he feels toward the university was still strong enough to prompt Hamilton and his classmates to give back to their alma mater.

Hamilton is one of several hundred BMO Financial Group employees across Canada who earned their degree through a 10-year partnership between BMO and Dalhousie. Every three months, he and his Class of ’04 colleagues gathered at the bank’s Institute for Learning in Toronto for a week of intensive studies with Dalhousie professors.

“The Dalhousie professors were very supportive of us as we balanced full-time work with our studies, so we felt a very strong connection to Dalhousie, even though we only spent the final week of our studies on campus,” says Hamilton, who works as a recruiter with BMO Talent Management. “We decided as a class that we should give something back to the university.”

Taking advantage of a BMO matching grant program, Hamilton and his classmates collected funds and started a scholarship. Launched in 2004, the BMO Financial Group MBA Scholarship provides financial assistance to mature students returning to Dalhousie full-time to complete an MBA in financial services.

“The idea came from Carol Fee, who’s now a senior specialist in operational effectiveness at our BC & Yukon office,” says Hamilton. “We thought this would be a great way to say thank you to Dalhousie.”

Many of Hamilton’s classmates have continued to contribute to the scholarship over the years, and that has inspired him to undertake a 10th anniversary drive to refresh the fund. “We’re the only class from this partnership that has held a reunion every year. We thought it was a great opportunity to renew the scholarship and the bond we share.”

Hamilton hopes the scholarship provides benefits for financial services students for years to come. “We were fortunate in that BMO paid for our MBA. By creating this scholarship, we wanted to give a new generation the opportunity to advance their education and their career.”

—Mark Campbell

“A Class Act

BMO graduates of the Class of 2004 MBA program are using their tenth reunion as an opportunity to refresh the scholarship fund they established as new grads.

TOP, For their tenth reunion MBA Class of 2004 classmates are funding a scholarship for mature students completing an MBA in financial services.
RIGHT, Jim Gray (MBA’06), one of the first recipients of the original BMO scholarship.
Chapter happenings and special recognition events

Celebrating World Builders

Our London and New York events were extra special this year as we presented three alumni with their official Building a Better World designations. Cell biologist Dr. Nancy Jane Lane (MSc'60) and sustainable clothing producer Sarah Cooper (BA'96) were recognized in London and diplomat influencer Christine Hanson (BA'94, LLB/MPA'98) was honoured in New York. These are just three of many alumni who have truly made a difference in the world since their days at Dalhousie. Read about all of our Building a Better World honourees by visiting alumni.dal.ca.

Alumni and donor receptions were also held in Toronto, Halifax and Bermuda. Our chapters were very active over the last few months, hosting more than 10 events including a drinks night in Toronto, cheering on the Whitecaps at a soccer game in Vancouver and breaking bread at the annual luncheon of the women’s division in Halifax.

What faculty had the biggest showing at our NYC event? Architecture!

ALUMNI EVENTS ARE SLATED FOR:
ST. JOHN’S OCT 30
TORONTO NOV 13
MONTREAL NOV 26
OTTAWA NOV 27

FOR DETAILS, VISIT ALUMNI.DAL.CA/EVENTS.

TO RECEIVE EVENT INVITATIONS, PLEASE UPDATE YOUR CONTACT INFORMATION AT ALUMNI.DAL.CA/UPDATE.
If life is a circus, then Dawn Shepherd (BA’02) is a star performer. Effervescent and outgoing, the elite coach, circus director, artistic counsellor and public health worker seems to effortlessly juggle as many hats as she can body positions. This innate flexibility has allowed her to play many different roles in her personal and professional life, from full-time science and physiotherapy student at Dal, to trainer and recruiter for the elite National Circus School in Montreal, to advocate and outreach worker for youth-at-risk with a focus on children’s health and HIV/AIDS.

Throughout, Shepherd has managed to combine her passion for helping marginalized communities with her love of aerial acrobatics. “The circus arts are a wonderful metaphor for life,” says the New Brunswick native, a skilled aerial performer in her own right. “And teaching is a very noble profession. As a teacher and mentor, I like to help communicate those values of trust, respect and teamwork—things you need to inculcate when doing something like circus arts. And these values translate into those all-important life skills we all need.”

Inspired by childhood memories of the circus in Saint John, N.B., and later of the Cirque du Soleil in Montreal, Shepherd’s personal journey is fueled by her love of singing, dancing and acting. She came to Dalhousie to study Biology and switched to Physiotherapy for three years, before going back to finish her BSc. “My time at Dal—in particular with the Physiotherapy program—really helped inform my work as a trainer of elite-level performers at the National Circus School,” she says. “These [aerial] athletes are working at a very high level, at a place where you’re going beyond the body’s typical functionality to the extremes of the body’s range of motion.”

As fluid and graceful in person as she is performing her aerial silks, Shepherd’s passion is to give voice to the dreams of the young and the disadvantaged. “I love working with youth and young adults,” she says. “I find they have a lot to say, contrary to what people assume about the younger generation.”

To that end, Shepherd is currently juggling a number of initiatives. In Halifax, for example, she is working to support the local circus community by working with circus instructors to advance their technical knowledge and to strengthen programs targeting children and youth. “I want to help raise the level of circus training here, which will motivate recruiters from the elite schools to continue to visit and consider talent from the Atlantic region.”

Further afield, Shepherd and her partner Ryan Gray (BA’06), a Dal Music grad, have partnered with Zip Zap Circus, a not-for-profit social circus in South Africa, and they are developing a project with youth-at-risk, including those living with HIV/AIDS. “Working with Zip Zap allows me to use all my skills, including those in community development in public health,” says Shepherd. “I can’t wait to officially begin the project next spring.” —Joanne Ward-Jerrett
**Class Notes**

### 1940s

**'46**

**Julian Bloomer, BSc**, at almost 90, published *Cable Captain*, a book about his father’s life at sea, chiefly when he commanded the cable ships Cyrus Field and Lord Kelvin. Julian retired in 1988. He lives in Mississauga with his wife of 63 years, and is working on three more books.

### 1960s

**'62**

**Dr. Lionel Anthony Mitchell, BComm, BA (Econ)** ’63, has written *Poetic Portraits, Messages and Observations: Race, Economics, Politics and Social Issues* published by Friesen Press, B.C. (June 2014). Dr. Mitchell’s poems reflect a diversity of moods, experiences, observations and trials; they challenge the reader on several dimensions. Launched on August 20 at the University of the West Indies, a subsequent launch was held at Acadia University, Wolfville, N.S., in October.

**'74**

**Dale Heisler, BA**, retired after 37 years with the U.S. Consulate General in Halifax. U.S. Secretary of State John Kerry awarded her the Secretary’s Career Achievement Award upon retirement. Dale and Ron Heisler live in Bridgewater, N.S. They enjoy spending time with family and friends, and traveling.

**Arthur Zilbert, MD**, PGM’80, and 33 members of the Dalhousie Medical Class of ’74 attended a reunion at Dalvay by the Sea, P.E.I., from June 20-22. Activities included remembering lost classmates, two dinners, continuing medical education, golf, wine tasting and a tour of Danny Murphy’s phenomenal Gingerwood estate. **Roy Wong, MD**, ’74, traveled from Hong Kong to attend.

### 1970s

**'70**

**Dr. Carrie MacMillan, MA**, has retired, professor emerita, after 37 years as professor in the Department of English, Mount Allison University. In addition to her teaching position, she served several terms as head of her department, and a term as dean of the Faculty of Arts. On her retirement, her department established an annual award in her honour, the Dr. Carrie MacMillan Prize in Canadian Literature.

**'79**

**Rev. Daniel Mackinnon, BA**, recently published *Posturing With God*, a Christian devotional book looking at how our bodies get involved in the conversation with God. At times our bodies speak louder than our words. Dan’s book examines a number of Biblical accounts where people’s bodies communicated what their lips could not.

### 1980s

**'82**

**Gymry Gomery, BA**, received her Project Management Professional (PMP) certification in February 2014. Classmates can contact her at jeanmarberry@gmail.com or through Linkedin.

**'86**

**Edna Keeble, MA, PhD** (Political Science) ’94, attended the graduation of her two children, **Raquel Keeble, BEng’14**, and **Brett Keeble, BEng’14**, 20 years after her own graduation from Dalhousie. The two engineers are headed off to Calgary.

**'88**

**Angela Green (Richard), BSc (Recreation)**, accepted the position of Associate Director – Recreation and Parks for the City of St. Albert, Alta. in January 2014. She misses her family and friends back in Nova Scotia, and would love to connect with fellow alumni in the St. Albert/Edmonton area: angelasgreen@hotmail.com.

**'89**

**Dr. Graham Greene, MD, PGM’94, FRCCS**, was named executive director of the Lakeland Regional Cancer Center in Lakeland, Fla. He practices urologic oncology and is the health system’s chief academic officer. He and wife **Maryanne McMinn, BSc’86, DDS’93**, recently celebrated their 22nd wedding anniversary. They have two children, Laura and Liam.
2004 ENGLISH GOVERNOR GENERAL’S LITERARY AWARD WINNERS

FICTION: A COMPLICATED KINDNESS, MIRIAM TOEWS
NON-FICTION: SHAKE HANDS WITH THE DEVIL, ROMEO DALLAIRE
POETRY: SHORT JOURNEY UPRIVER TOWARD OISHIDA, ROO BORSON
DRAMA: GIRL IN THE GOLDFISH BOWL, MORRIS PANICH
CHILDREN’S LITERATURE: AIRBORN, KENNETH OPPEL
CHILDREN’S ILLUSTRATION: JABBERWOCKY, STEPHANE JORISCH

1990s

'91
STEVE KEMP. DEngr, BSc (Physics)'91, BEng (TUNS)'94, MASc (TUNS)'98, vice president of Sustainability – Buildings for MMM Group Limited, won the Green Building Champion Leadership Award at the Canada Green Building Council Awards. The award recognized Steve as an expert in sustainable building design, green technology research and building energy simulations.

'93
TODD YEADON, BSc (Biology), has joined Satlantic LP as Digital Marketing Specialist for the Sea-Bird Scientific group of companies. Todd continues his own endeavors with respect to digital marketing at textureweb.com. He continues to live in Halifax with his wife, MARINA CAVALAUGH, BEDS’92, MEDS’96, and their two children.

'94
DR. MARK BERRY, BMus, was appointed vice-president of communications at the Colburn School, a top performing arts school and music conservatory in Los Angeles. Mark will be responsible for developing and implementing a communications and brand strategy to raise awareness both locally and internationally for the school and its mission.

'96
TASA DALRYMPLLE, BSc (Biology, Psychology), moved back to Nova Scotia after 16 years in the Northwest Territories and Alberta. She retired from her aviation career in fall 2012 and started her own business as a life coach. Visit tashadalrymple.com, like her Facebook page or email dalrymple.tasha@gmail.com.

'97
STEPHANIE DEMMONS-O’BRIEN, MSc (Human Communication Disorders), is now living in Kuala Lumpur, Malaysia.

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SHARE YOUR MEMORIES OF CKDU

Halifax’s only not-for-profit community radio station, CKDU-FM, is celebrating 30 years of FM radio broadcasting in February 2015. The student society began as a Dal radio club in 1984 and launched on the FM dial as 97.5 in 1985, later moving to 88.1FM in 2006. Share your memories of CKDU and participate in the 30th anniversary celebration by visiting CKDU.CA or following @CKDUB81FM on Twitter.
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YOUTUBE: www.youtube.com/dalhousie
LINKEDIN: linkedin.com/company/dalhousie-university

Jim类 Lockhart Hale, DDS’62, Whitby, Ont., on March 29, 2014
Agnes Joyce Bishop, MD’64, LL’90, Winnipeg, Man., on May 19, 2014
Peter P. Van der Borgh, DDip’64, Dartmouth, N.S., on August 24, 2014
James Joseph Finn, BEng’64, St. John’s, N.L., on May 11, 2014
Lucille Beatrice Fricker, DPh’64, Halifax, N.S., on July 18, 2014
Edgar Donald Kendall, BEd’65, Lake Loon, N.S., on June 2, 2014
Jean Marie Kerr, DTSN’65, BN’66, BA’91, BAHC’95, Dartmouth, N.S., on April 28, 2014
Deodath T. Maharaj, MD’65, Guelph, Ont., on April 4, 2014
Eric W. Nickerson, FRC’65, Grafton, N.S., on March 2, 2014
Newton Halley Macpherson, BScPh’66, Bathurst, N.B., on April 7, 2014
Brian Charles Crocker, BA’67, LLB’71, Chester, N.S., on May 18, 2014
Theodore Colin Draper, BComm’67, Toronto, Ont., on August 16, 2014
John George Stanhope, BComm’67, Halifax, N.S., on June 15, 2014
Arnold Winfred Hupman, DDS’68, Dartmouth, N.S., on April 10, 2014
Evelyn Mary Gibson, BED’69, Ancaster, Ont., on April 28, 2014
John Malcolm Mackeigan, MD’69, Grand Rapids, Mich., on July 28, 2014
Elsie Percy, DNSA’69, Sydney, N.S., on May 4, 2014
Michael Francis Clark, MSW’70, Sherwood Park, Alta., on March 4, 2014
Thomas Peter Haines, BScPh’70, Havelock, N.B., on March 1, 2014
Edward George Hunter, PhD’70, Sherwood Park, Alta., on June 20, 2014
Alan Leslie Mollon, BComm’71, Wolfville, N.S., on July 23, 2014
Alexander Lea Steeves, MD’71, Mahone Bay, N.S., on May 31, 2014
Dianne Elfreda Thompson-Sheppard, LLB’71, Wolfville, N.S., on July 11, 2014
Carol Rene (Chandler) Covert, DTSN’72, Bedford, N.S., on July 19, 2014
Linda Grace Cross-Green, MD’72, Gainesville, Fl., on July 5, 2014
James Milton Gregg, BA’72, MA’76, Halifax, N.S., on May 6, 2014
Donald Peter John Keleher, BEng’72, Halifax, N.S., on May 23, 2014
Christine Loretta MacNeil, DNSA’72, Halifax, N.S., on March 7, 2014
Paul Richard Paynter, BEng’72, Lower Sackville, N.S., on July 18, 2014
William Barry Sawyer, BA’72, MA’73, Halifax, N.S., on June 25, 2014
James Frederic Debay, BComm’73, Med’79, Halifax, N.S., on June 14, 2014
Dawn Linda (Gerrrior) Marshall, Bed’73, Mount Uniacke, N.S., on March 23, 2014
David Harold Skinner, MD’73, Laguna Hills, Cal., on July 30, 2014
Robert Bruce Macintosh, BA’74, Halifax, N.S., on May 19, 2014
ANN MARIE (DROHAN) MCNABB, BA’74, Sydney, N.S., on March 31, 2014
RALPH CROSBY THOMPSON, LLB’74, Summerside, P.E.I., on July 9, 2014
EDMOND PHILLIP BLANCHARD, BComm’75, LLB’78, Ottawa, Ont., on June 27, 2014
PETER MILTON GREGG, MSW’75, Bedford, N.S., on August 12, 2014
JACQUELINE ERWIN (MOORE) HARMER, BME’75, MEd’79, Halifax, N.S., on March 2, 2014
MICHAEL GERARD KYTE, BA’75, River Forest, Ill., on March 27, 2014
JESSICA METTER, BEd’75, MSc’78, Halifax, N.S., on May 18, 2014
ALBERTA GAIL VICKERY, LLB’75, Millarville, Alta., on August 27, 2014
EDWARD CLEMENT MACISAAC, MSW’76, Calgary, Alta., on May 26, 2014
JANE ELLEN (RUSH) RUSHELEBLANC, LLB’77, Vancouver, B.C., on June 17, 2014
JOHN DAVID FRASER, BA’78, Halifax, N.S., on July 16, 2014
DEBRA LYNN (LEVY) MITTON, DDH’78, Bedford, N.S., on June 10, 2014
MARGARET KAYE NEAVES, BSc’78, BEd’79, Timberlea, N.S., on August 14, 2014
ANN MARY WATSON, BN’78, North York, Ont., on July 20, 2014
NANCY ELIZABETH GRAHAM, BSc’79, BScHC’80, MSc’82, Dartmouth, N.S., on March 14, 2014
CLINTON HOWARD MCLEAN, DDip’79, Douglas, N.B., on April 27, 2014
DONALD ALBERT PRICE, DDS’79, Boundary Creek, N.B., on March 25, 2014
ERIC CRAIG LEDREW, BA’81, BAHC’82, LLB’85, Moncton, N.B., on March 28, 2014
PATRICIA FRANCES (NICHOLSON) MORRISON, BSW’81, MSW’87, Mahone Bay, N.S., on July 6, 2014
KATHRYN DIANE ALLEN, BN’82, Halifax, N.S., on July 17, 2014
SARAH JUNE (HOLM) MAGINLEY, BSW’82, Mahone Bay, N.S., on June 10, 2014
RICHARD WILLIAM BAMP PEARSON, LLB’82, on March 4, 2014
DENIS JOHN GODLEY, BEd’83, Halifax, N.S., on April 11, 2014
EILEEN ESTHER HODGSON, BN’89, Dartmouth, N.S., on April 28, 2014
JULIUS WILLIAM KIESEKAMP, MBA’90, Halifax, N.S., on March 28, 2014
KENN RYAN MUNRO, DEng’92, BEng’96, Copper Cliff, Ont., on March 15, 2014
ANDREW DOUGLAS PUTNAM, MD’93, BScM’93, Toronto, Ont., on July 20, 2014
NATHAN FUDGE, MEd’96, Middle Sackville, N.S., on March 14, 2014
KOOROOSH SHAKERINIA, BSc’97, Halifax, N.S., on July 3, 2014
SHELDON W. MORRISON, MBA’98, Slave Lake, Alta., on July 4, 2014
RAYMOND L. G. MUSGRAVE, MSW’98, North Sydney, N.S., on March 25, 2014
JOHANNA ELIZABETH DEAN, BSc’05, Halifax, N.S., on May 21, 2014
Dalhousie has a long history of breaking ground in research and thinking, leading in areas that range from cancer research to program offerings to ocean sciences.

By Stefanie Wilson

1883
The Dalhousie law school originates legal education in Canada as the first university law school in the common law provinces of Canada and the British Empire.

1885
Professor H. Smith conducts the first government-funded agricultural research in the Maritimes at the School of Agriculture, now the Dalhousie Faculty of Agriculture.

1920
The first nursing program in Nova Scotia is established at Dalhousie. It’s also one of the first in Canada.

1948
Dr. Alexander Leighton begins his groundbreaking study of mental health in Stirling County, and discovers that approximately one in five adults will suffer from some sort of mental illness. The ongoing study boasts the longest grant in the history of the National Institutes of Health.

1951
Dr. George Geoffrey Meyerhof (later dean of Engineering) publishes his bearing capacity theory, which is still used widely in national building standards.

1985
The Mi’kmaq Bachelor of Social Work Program is initiated to better connect social work theory and practice with First Nation culture, ways of knowing and community life.

1995
Dr. Patrick Lee, now a professor in Dalhousie’s Faculty of Medicine, is the first to identify that a naturally occurring virus—human reovirus—can selectively infect and kill cancer cells without harming healthy cells.

2012
Dalhousie Libraries becomes the first academic library in Canada to offer 3D printing. The 3D scanner and printer have since inspired the creation of a 3D model repository for artifacts and other physical objects.

2013
As the first full major of its kind in Canada, the unique interdisciplinary Ocean Sciences program offers courses in physical, geological, chemical and biological oceanography as well as ocean management, law and policy.

2014
Dalhousie and Capital Health collaborate on the development of the world’s first high-resolution, endoscopic ultrasound-imaging probe, a way to diagnose issues of the inner and middle ear without surgery.
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