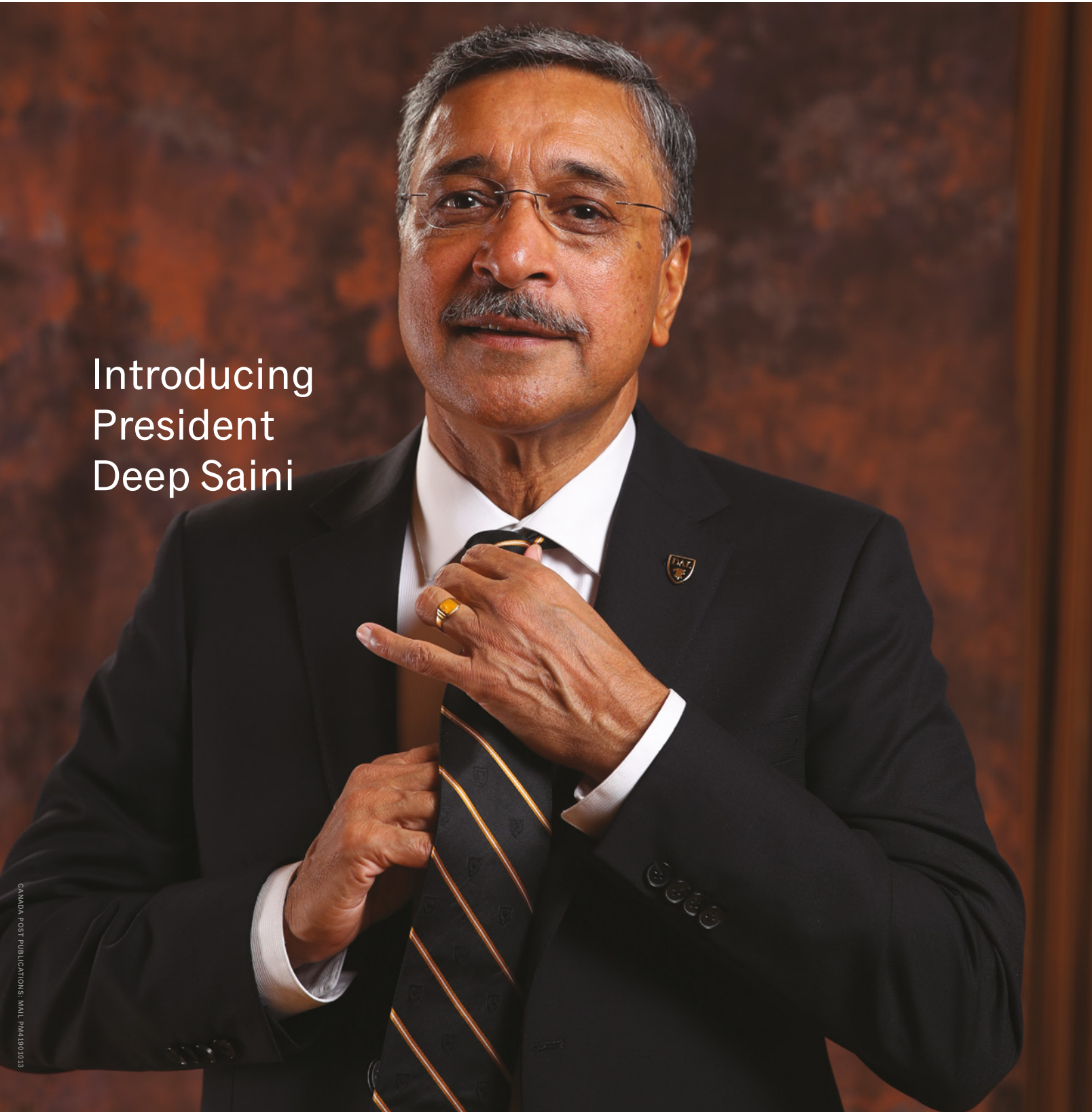


DALMAGAZINE

WINTER 2020

INSIDE:
The 21st-century
classroom
**World-leading
researchers**
10 ways to boost
your brain power

Introducing
President
Deep Saini





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A MESSAGE TO THE DALHOUSIE COMMUNITY

About COVID-19

THESE ARE EXTRAORDINARY TIMES. As I prepare this note on Thursday, March 19—literally “stopping the presses” to get it into your hands—I reflect on the decisions we’ve had to make as a shared university community in a very short period of time in response to the COVID-19 global pandemic. The gravity, impact and consequence of this moment hits home.

We have moved the remainder of the winter term, and all spring/summer courses, into a distance setting. Residences are closing for those able to travel home. Many faculty and staff are now working remotely. Campus buildings, offices and services are reducing hours or suspending in-person services. And all non-essential university events are cancelled or postponed until June 1 at a minimum—including, even, our Spring Convocation ceremonies. Rest assured that not only will we make sure all graduates are still awarded their degrees/credentials, but we will develop a plan so that students who wish to cross the Convocation stage in the future can do so, potentially in the fall.

I’ve been incredibly impressed by the sense of community and support I’ve seen across our university as we pull together under unprecedented circumstances. There will be challenges to come, without a doubt, but together we will move forward in support of our students, our research and our academic mission.

To our alumni, friends and supporters: remember that our collective strength is grounded in our empathy and our compassion. Wherever you are, and whatever you are facing, continue to be kind to one another. We will come through these challenging times even stronger, more compassionate and more impactful than ever.

Thank you, and stay well,

Deep Saini
President and Vice-Chancellor
Dalhousie University

For updates on Dalhousie’s response to COVID-19, see dal.ca/coronavirus



ALUMNI BENEFITS

Exclusive offers

Take advantage of the exclusive services and benefits available to you through our Alumni Benefits Card program. The Alumni Benefits Card gives you access to preferred rates and perks. Save money on accommodations, dining and retail, insurance, travel and entertainment and much more! Learn more at alumni.dal.ca/benefits

Access to education

Alumni receive a 15% discount on specified courses and programs, including professional certificate programs, workshops, seminars, conferences, consultation and more. Find out more at dal.ca/faculty/cce.html

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AN EVENING OF GREAT COMPANY
AND CONVERSATION WELCOMING
DALHOUSIE'S 12TH PRESIDENT, DR. DEEP SAINI.

ALUMNI RECEPTIONS

Dr. Saini began his presidency in January and is eager to learn from your experiences as members of the Dal community. Together, Dr. Saini looks forward to strengthening our impact while pushing the boundaries of global knowledge and innovation.

We hope you can join us and be part of the celebration in your city.

January 28	Truro, NS
February 5	Halifax, NS
February 25	Ottawa, ON
February 26	Montreal, QC
February 27	Toronto, ON
March 25	Sarasota, FL
April 6	Edmonton, AB
April 7	Calgary, AB
April 8	Vancouver, BC
April 29	St. John's, NL
June 10	Boston, MA
June 11	New York, NY
June 16	Saint John, NB
June 17	Charlottetown, PE

alumni.dal.ca/2020receptions





EDITOR'S LETTER

New faces, new look by Kim Pittaway

THERE IS MUCH THAT IS NEW for both Dalhousie and DAL Magazine in 2020: new president, new chancellor, new look for DAL Magazine. Turn to Coming Home on p. 20, for an introduction to Dr. Deep Saini, Dalhousie's 12th president and to page 4 for news of our new chancellor, The Honourable Scott Brison. (We'll be including a full profile of Chancellor Brison in an upcoming issue.)

As you flip through the magazine, you'll also see a number of new short features and changes—a 2020 refresh, if you will. We've added new elements that highlight Dal's history (Found on p. 7 and the addition of an historical photo in Class Notes on p. 37), keep you informed about news from Dal's Faculties (p. 40), and bring you the latest on Dal research (Research Roundup on p. 8). We've also added regular features of book, podcast and broadcast recommendations (Read.Watch.Listen on p. 12) and advice from alumni on what to do in cities around the world (Destination on p. 34). You'll see more features on the people of Dal, including 24 Hours, a day in the life of a Dal alum (see p. 16), and We Are Dal (p. 14), highlighting the people whose work contributes to making Dalhousie a vibrant, vital community.

Along with those shorter items, we'll continue to bring you longer features that explore the issues, research and innovation happening at Dalhousie, including this issue's features on teaching and learning (p. 26) and the latest insights on improving brain performance (p. 32). Enjoy!

EDITORIAL COMMITTEE

Matt Proctor,
Brian Leadbetter,
Hope McCallum,
Ryan McNutt,
Julia Watt

CONSULTING EDITOR

Kim Pittaway

ADVERTISING MANAGER

Patty Baxter,
Metro Guide Publishing

ART DIRECTOR

Paul Williams

PUBLICATION DESIGN

Watkins Communication
and Design

SENIOR DESIGNER

Luke Smith

CLASS NOTES

classnotes@dal.ca

IN MEMORIAM

alumni.records@dal.ca

ADDRESS CHANGES

Phone

(902) 494-6855
1 (800) 565-9969

Email

alumni.records@dal.ca

Postal Mail

Alumni Records,
Office of Advancement,
Dalhousie University,
PO Box 15000, Halifax,
Nova Scotia B3H 4R2

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DALHOUSIE
UNIVERSITY



Scott Brison appointed Chancellor

Dal's Board of Governors has appointed The Honourable Scott Brison as the university's eighth chancellor. He is set to put on the black-and-gold robes and begin his tenure at spring convocation 2020. "Mr. Brison has long been a champion of Dalhousie University," says Board Chair Candace Thomas of the appointment. "He has been an ardent supporter of our people and the work of the university and recognizes the impact it has on our province, region and country."

Brison admits that when he was first approached about taking on the

chancellor's role, he was "gobsmacked"—it wasn't something he'd ever anticipated. But, after speaking it over with his husband, Max Saint-Pierre, Brison realized the opportunity was exactly what he'd been looking for.

"I'm a passionate Canadian, but Atlantic Canada is part of my DNA. I really believe that a strong, vibrant Atlantic Canada is important for Canada, and Dalhousie plays a central and critically important role to the future of Atlantic Canada," he says.

"Scott's passion for Dalhousie is matched only by his commitment to this region and to his country," says current chancellor, the Honourable A. Anne McLellan, his former colleague in the federal

cabinet. "He has been a devoted public servant and will be an outstanding ambassador for the university. To have him succeed me as chancellor fills me with pride—as a fellow Dalhousian, a former colleague and a dear friend."

The role of chancellor is both a ceremonial and an ambassadorial one. They oversee spring and fall convocation, helping confer degrees to Dal's graduates. The chancellor also serves as a member of the Board of Governors and advocates for the university across the region, country and, as available, globally. —Ryan McNutt

Top history award winner

Shirley Tillotson, professor emeritus in the Department of History, has been named the 2019 recipient of the Governor General's History Award for Scholarly Research for her book *Give and Take: The Citizen-Taxpayer and the Rise of Canadian Democracy* (published by UBC Press in 2017).

The award recognizes *Give and Take*, a cultural history of taxation, as having made the most



Professor Emeritus Shirley Tillotson, winner of the Governor General's Award for Scholarly Research.

significant contribution to an understanding of the Canadian past of any non-fiction work of Canadian history published in its eligible year. It is presented by the Canadian Historical Association, with the winner announced at the association's annual meeting at the Congress of the Humanities and Social Sciences.

"I'm very grateful for the award," says Dr. Tillotson. "The award is a really nice recognition by my peers. I've been delighted by the warm praise I've already had from readers." —Genevieve MacIntyre

Discovery Awards spotlight Dal

Dal researchers won in all major categories at the 17th annual Discovery Awards, an annual event recognizing the individuals and companies



The Honourable Scott Brison will begin his tenure as chancellor at spring convocation 2020.

that have helped make Nova Scotia a leader in science, technology and innovation.

Dal honourees included Hall of Fame inductees Dr. Sultan Darvesh, the Dalhousie Medical Research Foundation's Irene MacDonald Sobey Chair in Curative Approaches to Alzheimer's Disease and co-founder and director of the Maritime Brain Tissue Bank, and Alexander MacKay, a distinguished educator, scientist, humanist and Dal alumnus who was Nova Scotia's superintendent of education from 1891 to 1927. Dal's Dr. Graham Gagnon, associate vice-president research, was cited as Professional of Distinction, while Dr. Barret Kurylyk, assistant professor of civil and resource engineering and Canada Research Chair in Coastal Water Resources, was highlighted as Emerging Professional.

Novonix, a spin out of Dr. Jeff Dahn's Dal lab started by Dr. Chris Burns and Dr. David Stephens, was the winner in the Innovation category, and Dr. Christine Chambers, Canada Research Chair (Tier 1) in Children's Pain and professor, Pediatrics and Psychology & Neuroscience, was recognized as Science Champion. For full details

on all of the Dal winners and finalists, go to dal.ca/discovery2019 –*Michele Charlton*

Ag Campus Cox Institute design revealed

Work is well underway at the Agricultural Campus's Cox Institute to rebuild and reopen the building after it was significantly damaged by fire and water in June 2018. The building is the main academic building at Dal's Truro campus.

At a packed-house sneak-peek event in late 2019, the design visuals of the Cox East wing (formerly "Old Cox") were revealed to the campus community. The facility will look substantially different: faculty, staff and students can look forward to greater collaboration spaces, more modern layouts and amenities, and new facilities and equipment. As well, a lot of work was undertaken to bring the building, originally built in the 1960s, up to modern-day building codes.

"I cannot say enough about the resilience of our faculty and staff," said Dean David Gray. "Although the past year-and-a-half has had its challenges, the leadership everyone has shown has

quoted.

Dal experts in the news



GLOBE AND MAIL | Will Chrystia Freeland be the best prime minister Canada never had?

"Her success will make her either an alarmingly competent leadership contender for Mr. Trudeau – or the best prime minister Canada never had."

–*Dr. Lori Turnbull, Director of the School of Public Administration*

OTTAWA CITIZEN | Human rights defenders should boycott immigration conference in Beijing

"It is time for Canada and other Western countries to recognize they cannot assume policy and academic exchange will change repressive regimes."

–*Dr. Howard Ramos, Professor of Sociology (co-author Andrew Griffith)*

CBC | Why there might be a case for reparations because of the Halifax Explosion

"For me, it's the other half now that's being told, the other half of the story that's been suppressed and buried."

–*Dr. Afua Cooper, Professor of African Canadian Studies*



The rebuilt Cox Institute features greater collaboration spaces, more modern layouts and amenities, and new facilities and equipment.

made a tremendous difference in getting us to where we are today.”

The Faculty aims to move in to the rebuilt Cox Institute this summer, with the building opening its doors to students in September. –*Stephanie Rogers*

Sustainable development initiative

Dalhousie has joined a global network of universities, colleges, research centres and knowledge institutions that are addressing some of the world’s most pressing problems, including the implementation

of the United Nations Sustainable Development Goals (SDGs) and the Paris Climate Agreement. Dalhousie is now a member of Sustainable Development Solutions Network (SDSN) Canada. Housed at the University of Waterloo, SDSN Canada serves as the Canadian branch of the global UN Sustainable Development Solutions Network. The global network spans six continents and draws upon the knowledge and educational capacity of over 900 member institutions. By working closely with United Nations agencies, multilateral financing institutions, the private sector, and civil society, the SDSN aims to accelerate joint learning and promote integrated approaches that address the interconnected

economic, social, and environmental challenges confronting the world.

–*Michele Charlton*

Dr. Noni MacDonald honoured

Dr. Noni MacDonald, a professor in the Department of Pediatrics and former Dean of the Dalhousie Faculty of Medicine was invested into the Order of Nova Scotia on November 26 at Province House in Halifax, and in December it was announced that she had also been appointed an Officer of the Order of Canada. The Order of Nova Scotia is the highest honour of the Province of Nova Scotia, recognizing those who have distinguished themselves in many fields of endeavour and have brought honour and prestige to themselves and their province. The Order of Canada honours people whose service shapes our society, whose innovations ignite our imaginations, and whose compassion unites our communities. Dr. Macdonald has long been an advocate for and leader in children and youth health locally and nationally in Canada and for the past 20 years on a more global scale. –*Jason Bremner*

Slowing cognitive decline

The blood-brain barrier is a highly selective boundary that protects the brain from potentially damaging toxins and pathogens. However, evidence has shown that as we get older the integrity of this nearly impenetrable defence is diminished, which can lead to brain disease and neurodegeneration.

Dr. Alon Friedman of Dalhousie’s Brain Repair Centre and research partners at Ben-Gurion University in Israel and University of California, Berkley have published in the journal *Science Translational Medicine* detailing new MRI and EEG techniques to identify blood-brain barrier leaks, as well as a novel treatment that helps to alleviate the effects of a leaky blood-brain barrier, and seems to heal it.

“These findings represent real hope that we can stop and even reverse the deterioration that, until now, we considered an inevitable part of aging,” said Dr. Friedman. Details on Dr. Friedman’s research may be found at dal.ca/braininflammation –*Jason Bremner*

Get the latest Dal News at dal.ca/news



found.

Archiving Dal's history

Dalhousie's first women's basketball team was formed by the Delta Gamma Society in 1912, before the college had a gymnasium or coach. The 1918–1919 varsity team, pictured here in regulation serge stockings and bloomers, beat Mount Allison to win the Intercollegiate Maritime Championship, with the *Dalhousie Gazette* praising the players for their speed and shooting accuracy—in particular star forward “Dal” Armitage, who scored an astonishing 73 of the team's 77 points. Since the inception of the Atlantic University Sport conference in the early 1950s, Dalhousie's women's varsity team has won 10 championship titles, without a bloomer in sight. As pictured, left to right from the top: Helen Jessie Campbell, Laura Elizabeth Smith, Roberta Bond, Otilie Low Caddell, Alice Lawton Wickwire, Susan Evangeline Atlee, Marjorie Ruth Dalhousie “Dal” Armitage. —*Jennifer Lambert*

 Learn more about Dal's University Archives at dal.ca/archives



RESEARCH ROUNDUP

by Alison Auld and Michele Charlton



Ensuring better mental health support for volunteer firefighters is researcher Robin Campbell's goal.

Health

Sounding the siren

Robin Campbell was a volunteer firefighter for 10 years in the Annapolis Valley, and is now hoping her research will lead to policy changes that will improve mental-health training, awareness and support for volunteer firefighters across the province. Starting in January 2020, Campbell, currently a PhD student in Health, is working with three rural fire departments in Nova Scotia, with five or six volunteer firefighters participating from each department. She is using photo-elicitation—which involves having volunteers take pictures of what it's like to be a firefighter and their environments—and focus groups with the senior leadership in the fire departments to learn what barriers volunteer firefighters face surrounding mental health support and how that affects what they can do for their teams.

RESEARCHER: Robin Campbell, Faculty of Health

Political Science

Gendered roles in the military

When Ottawa announced last year that Canadian peacekeepers would deploy to western Africa, Dalhousie researcher Andrea Lane set off on a mission of her own to learn more about what Canada's contribution would look like. The PhD candidate was curious about whether Canada would meet a UN goal to have women comprise at least 15 per cent of the military peacekeeping force, and if certain gender stereotypes were behind the recruitment drive. Lane is researching how perceived 'gendered' roles could be creating a conundrum for some female peacekeepers who may suppress their femininity to fit into a male-dominated military culture, while being encouraged to play up stereotypical feminine traits.

RESEARCHER: Andrea Lane, PhD student in the Department of Political Science

Environmental Sciences

Permafrost's carbon emissions

Arctic regions have captured carbon for tens of thousands of years, but researchers have found that winter carbon emissions from the Arctic may now be putting more carbon into the atmosphere than is taken up by plants each year. The study, published in *Nature Climate Change*, warns that winter carbon dioxide (CO₂) loss from the world's permafrost regions could increase by 41 per cent if greenhouse gas emissions continue unabated. The research by scientists from dozens of institutions, including Jocelyn Egan from Dalhousie, is the latest warning that northern natural systems that once reliably kept carbon out of the atmosphere are starting to release it.

RESEARCHER: Jocelyn Egan, a doctoral candidate in the Earth and Environmental Sciences Department, and researchers at Woods Hole Research Center, The Arctic University of Norway, Queen's University, Chinese Academy of Sciences, National University of Singapore, NASA Goddard Space Flight Center and 36 other institutions.



The new research suggests enough nutrients are already being harvested to substantially reduce malnutrition globally.

Biology

Fish for the malnourished

Researchers from Dalhousie University, the UK and the United States have found that millions of people are suffering from malnutrition even though some of the most nutritious fish species are being caught just off their shores. Their paper found that children in coastal areas could see significant health improvements if just a fraction of the fish caught near their homes made it onto their plates. Aaron MacNeil, an associate professor and Canada Research Chair in Fisheries Ecology in Dalhousie's Biology Department, developed a model to predict the likely nutrient content of thousands of fish species that had never been nutritionally analyzed.

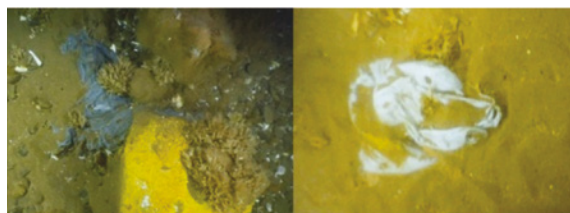
RESEARCHER: Aaron MacNeil, associate professor in the Biology Department; Lancaster University, James Cook University, University of Tasmania, University of Washington, Worldfish, Johns Hopkins Bloomberg School of Public Health

Resource and Environmental Studies

Trash in a Canadian treasure

Cameras scanning the floor of the Bay of Fundy revealed an unseemly mess of plastic, rope, rubber gloves and fishing gear in the first audit of marine waste in the area. The study led by Tony Walker, a professor in Dalhousie's School for Resource and Environmental Studies, estimates there are almost two million pieces of junk on the bay's seafloor, with much of it plastic. The researchers, along with the Applied Oceans Research Group at NSCC, Fisheries and Oceans Canada and the Full Bay Scallop Association, collected the data over three years and found that much of the waste was concentrated within nine kilometres of the shore.

RESEARCHERS: Alexa Goodman of Dalhousie's Marine Affairs Program, Tony Walker of the School for Resource and Environmental Studies, Craig Brown of Oceanography, Brittany Wilson and Vicki Gazzola of NSCC, Jessica A. Sameoto of DFO



Images of debris captured from 26 camera stations on the floor of the Bay of Fundy.

Health

Housing for LGBTQ+ seniors

A study led by Dal researcher Jacqueline Gahagan hopes to uncover concerns among older LGBTQ+ Canadians considering long-term care and other housing facilities for seniors. Dr. Gahagan, a professor in the Health Promotion Division in the School of Health and Human Performance, says some seniors fear that if they go to a facility that does not respect their sexual orientation or gender identity, it could "become the final closet they will spend the last years of their lives." Dr. Gahagan's research project, funded by the Social Sciences and Humanities Research Council in partnership with the Canadian Mortgage and Housing Corp., frames housing as a key determinant of health for LGBTQ+ Canadians.

RESEARCHER: Dr. Jacqueline Gahagan, Health Promotion Division in the School of Health and Human Performance



events.



Women in STEM

Alumni and students shared their insights during a night of networking and inspiration at the Women in STEM (Science, Technology, Engineering and Mathematics) panel in November.



African Heritage Month

ABOVE: Sobaz Benjamin crafts a rhythm as part of Dalhousie's African Heritage Month celebrations in February. RIGHT: The pan-African flag being raised on University Avenue.



STEM, CITY HALL, PRESIDENT: NICK PEARCE, MEDICINE: APPLE HEAD STUDIOS



President's Meet & Greet

Alumni and friends welcomed Dr. Saini at receptions held in Truro and Halifax. During his visit to the Agricultural Campus, Dr. Saini learned about how Indigenous individuals are supported on campus.



Medicine at 151

More than 500 alumni came together for the Medical School's 151st anniversary gala. The class of '78 became the first to be awarded the 300k cup in recognition of raising \$300,000 for the school.

City Hall Reno Tour

Architecture and Planning alumni attended a reception to meet the new dean, Joseli Macedo, and to tour the newly renovated Halifax City Hall, guided by some of the alumni architects involved.



JOIN US!

Faculty of Engineering Capstone Conference.

Halifax, April 6: Dalhousie senior year engineering students showcase how their Capstone Projects integrate course and engineering design work into innovative solutions. Visit dal.ca/decc for more information.

A Presentation of Historical Dress.

Halifax, April 7, 7:30 pm, Sir James Dunn Theatre: The Costume Studies program proudly presents projects by the graduating class. Join us for a rare, up-close glimpse at gorgeous historical gowns. For tickets, go to dal.ca/artscentre

Dal Alumni Days.

Halifax, May 21-24: From thought-provoking and engaging events to fun and inspiring celebrations, don't

miss Dal Alumni Days 2020. For more details, go to alumni.dal.ca/alumnidays

Alumni Receptions with President

Deep Saini: Join alumni and friends in welcoming Dalhousie's 12th president, Dr. Deep Saini. See page 2 for full event details.

WinSETT

Leadership Series, Halifax:

This lecture series provides an opportunity for guidance and professional development for female identifying students, alumni and community members. Topics include: Becoming Leaders & Effective Communication (April 2-3), Emotional Intelligence and Negotiating for Success (May 7-8), Navigating Politics at Work and Network/Mentor/ Sponsors (June 4-5).

Want to receive event invitations?

Update your address at alumni.dal.ca/update or email alumni.records@dal.ca

See the latest events listings:

Upcoming alumni events: alumni.dal.ca/events

Dalhousie Arts Centre: dal.ca/artscentre

Fountain School of Performing Arts:

dal.ca/performingarts

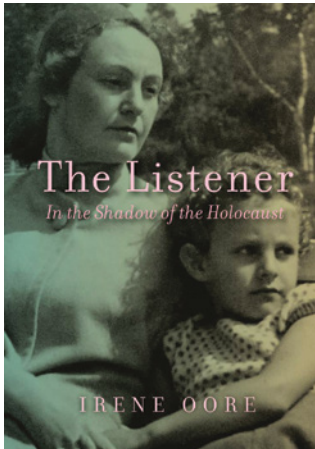
read.watch.listen.



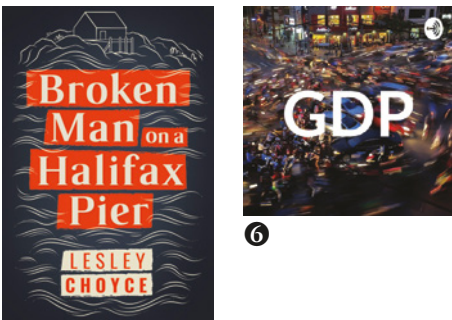
Dal alumni and faculty share their books, television shows, films, webinars and podcasts.



1 2



3



4 6

1 BOOK
My Hair is Beautiful

BY SHAUNTAY GRANT
(BMUS'02)

A celebration of natural hair, from afros to cornrows and everything in between, *My Hair is Beautiful* is a joyful board book for children with a powerful message of self-love. Shauntay Grant is a professor of creative writing.

2 BOOK
Handprints on Hubble: An Astronaut's Story of Invention

BY KATHRYN D. SULLIVAN (PHD'78)

Publisher's Weekly calls this book by Dr. Sullivan, the first female astronaut to do a space walk, a "fine volume [that] shines a light on the nuts-and-bolts tasks that make extraordinary endeavors possible."

3 BOOK
The Listener: In the Shadow of the Holocaust

BY IRÈNE OORE

A memoir that reveals Oore's ambivalence towards her mother's stories of surviving the Second World War in Poland. She now shares these stories of fear, love and constant hunger that traumatized her as a child with her own children, to keep the history alive. Irène Oore is a professor of French.

4 BOOK
Broken Man on a Halifax Pier

BY LESLEY CHOYCE

As Charles Howard contemplates his dismal future while standing on the edge of the Halifax Harbour, his self-pity is interrupted by the mysterious Ramona Danforth. Lesley Choyce is a senior instructor in English.

5 BLOG
Shakespeare's London

BY DAVID NICOL

Experience the theatre of Shakespeare's London and the Rose playhouse through the diaries of 16th-century theatre owner and entrepreneur Philip Henslowe, with context provided by Prof. Nicol. Find it at hensloweasablog.blogspot.com. David Nicol is an associate professor in the Fountain School of Performing Arts.

6 PODCAST
The Global Development Primer

BY BOB HUISH

This podcast covers the basics of international development and features the work of researchers and practitioners from around the world. It can be found at anchor.fm/robert-huish. Bob Huish is an associate professor, International Development Studies.

Did you know you can order books and more online from the Dalhousie Bookstore? Go to dal.ca/bookstore

THE HALIFAX TECH INDUSTRY IS BOOMING. BECAUSE OF OUR STUDENTS.

It's true. Companies like IBM and Ubisoft say they're choosing to set up shop here because of the quantity and quality of our students. At Dalhousie's Faculty of Computer Science, we offer students incredible employment possibility while building the skills they need to make the most of it. Like fourth-year student Ethan Foss, who's already completed work terms for IBM and Communications Security Establishment. In fact, 97% of our co-op students get a placement at a good paying job.

After that, there's no limit to where their experience can take them.



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[DAL.CA/ExperienceCS](https://dal.ca/ExperienceCS)





WE ARE DAL

Rob Sandeski Manager, Human Body Donation Program, Department of Medical Neuroscience


I lost my parents when I was young. I had an enormous amount of respect for the funeral director who looked after our family at that time. So, at 18 I buried my dad, finished my grade 12, and left Saskatchewan on an airplane with a suitcase. I started studying funeral services at NSCC in Kentville.

Traditionally preserved bodies have rigid, unrealistic tissue. But a clinical cadaver has been preserved using a new embalming technique that uses polymers, resulting in bodies that don't dehydrate. The tissues retain their texture and the bodies are more like models. They're a great learning tool.

The environment I work in gives me the opportunity to write research papers, instruct in the anatomy labs, and deal with families who come in through the door who want to donate the body of a loved one or plan to leave their own body to the program. On other days I'm coordinating memorial services. Death brings up so many emotions.

It's that interaction with the families that I love so much. Anyone who picks up the phone to enquire about the program has a story and it's just a matter of knowing the right questions to draw those stories out. A big part of my role is to make those callers feel that the decision they are making to donate to us is a meaningful one. It's not just a case of taking their name and hanging up the phone. When people make that phone call, they've just lost somebody. They're not just donating to Dal; they're finding a resting place for their loved one.

"Most people are surprised by my tattoos. They don't really reflect my personality and my demeanour."

 We are a community of doers, dreamers, learners, teachers, builders, neighbours and more. Read more at WeAre.Dal.Ca



DANNY ABRIEL



PEOPLE

President and director of R&D at NovaResp Technologies, **DR. HAMED HANAFI** (PHD'16) leads a start-up company that invents software and hardware to help sleep apnea sufferers breathe easier.

24 HOURS

7 AM With a busy day ahead, it's helpful to write a priority list for myself and my team. I have my coffee, catch up on Stephen Colbert from the previous night and I'm out the door on my way to Sexton Campus for 8ish.

8:10 A.M. Today I'm teaching a third-year Electrical Engineering class in the Faculty of Engineering at Dal. I talk about examples from NovaResp where the material of the course is applied in a real-life project. To be honest, that's when students pay the most attention and get engaged in the course.

10:30 A.M. I'm done teaching for the day, so now I'll split my time between the Emera ideaHUB and Innovacorp. There's eight people on our NovaResp team. Hardware work happens at the HUB. As a start-up company we couldn't afford the equipment that we can access there. The ability to use the 3D printers to build and test ideas that could potentially be patented is huge. For example, if we need to test the influence of different configurations on accuracy of an ultrasonic flowmeter, the team first brainstorms and sketches the design, then 3D prints and tests the concept. Our team

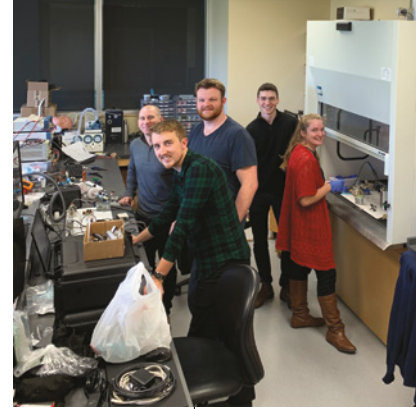
is incredibly smart, and they come up with such cool ideas, so I know they have things under control.

1:00 P.M. I make my way from Sexton Campus to the Innovacorp office. Innovacorp helps start-ups commercialize their technologies, so it's a great spot for NovaResp to be. The other part of the NovaResp team working here is focused on the computer science side of the business.

5:00 P.M. Being an entrepreneur means that the workday never truly ends. I love what I do, but it can be hard to step away. Every evening I try to fit in some sort of physical activity like the gym, soccer or going for a walk. My fiancée also has a busy schedule so when we're both home we make dinner together.

8:00 P.M. A big part of being an entrepreneur is networking, but tonight I don't have any events, so it's time to tackle administrative tasks. I'm fortunate to be surrounded every day by great people who care about helping patients with our technologies—it makes the crazy schedule worth it.

11:00 P.M. Time to rest up for another busy day tomorrow.



ABOVE: The NovaResp team at work. BELOW: Me presenting at the SoCalBio Digital Health Conference in Los Angeles, and testing NovaResp's device on myself before taking it to the hospital for patient testing.





WHY I GIVE

TIFFANY JAY (BMUS'95) is investing in the next generation of music students.

When Tiffany Jay (BMus'95) looks back on her childhood, she marvels at the fact that Dalhousie University and its Arts Centre were just a short walk down the street from her house—a brief journey that helped open a whole new world for her.

“Being able to go the Arts Centre regularly to see incredible ensembles and be exposed to so much great music, that is the kind of experience that changes your whole life,” Jay says.

Inspired in part by that exposure, Jay began performing in school string orchestras and choirs, eventually making that short walk to Dalhousie as a music student. “I got to perform, I had the opportunity to explore my passion in so many ways from studying music history and composition to staging operas, and I was continually exposed to the other performing arts programs such as costume studies and theatre.”

Jay's path diverged after university, taking her into the realm of health-care administration in Toronto, but the training she received at Dalhousie proved to be valuable as she advanced to senior roles.

“Surprisingly, staging operas and managing health emergencies have a lot in common in that both require you to think on your feet,” she says.

Deciding to honour the impact of the university on her life, she and her husband, Vaughn MacLellan (BComm'90), who is also a Dalhousie alumnus, thought that the university's Performing Arts Campaign offered the best opportunity to say thank you. The result is an endowment and a gift to the Fill the House initiative, which enables supporters to name a seat in the new state-of-the-art Joseph Strug Concert Hall.

“Fill the House was a way to recognize the people who supported and inspired me—my family, the faculty members, music teachers, conductors and fellow choristers I got to know at Dalhousie,” Jay says. “The endowment is an investment in the next generation of students, enabling them to go on and fulfill their dreams, whether that is as performers, educators or some other way because they had access to the same great training I had.”

Jay says it is rewarding to be part of an effort that will keep the Performing Arts Program strong for years to come. “It means that Dalhousie will continue enriching the community with performances that otherwise wouldn't be possible, inspiring people of all ages just as it inspired me.” —Mark Campbell

“Dalhousie was a formative experience for me, and I really appreciate the education I received and the exposure I had to wonderful musicians and academics. [Donating to] the endowment is an investment in the next generation of students, enabling them to go on and fulfill their dreams.”



Dr. Waldron's book led to a documentary of the same name co-produced with actor-director Ellen Page.

INNOVATOR

"I want the film to engage and touch the hearts and humanity of viewers, including politicians, in ways that incite them to act on environmental injustices and other social injustices happening across this country and the world."

As a health researcher, **DR. INGRID WALDRON** didn't set out to focus on environmental issues. But then she realized the health impact that environmental racism has on individuals and communities.

INNOVATION: Dr. Waldron's recent research focuses on the health effects of environmental racism, which she specifically defines as "the disproportionate location of industrial

polluters and other environmentally hazardous activities near to Black and Indigenous communities." Her book *There's Something in the Water: Environmental Racism in Indigenous and Black Communities* was released in 2018 and led to a documentary of the same name co-produced with actor-director Ellen Page. The film premiered at the Toronto International Film Festival and Atlantic International Film Festival in 2019.

FOUNDATION: "My PhD and postdoc research interests were on Black women's mental health issues and I came to Dal from Toronto to continue that work," says Dr. Waldron. That changed in 2012 when she was asked to create and lead a project on environmental racism called ENRICH (Environmental Noxiousness, Racial Inequities and Community Health). "At the time I said 'yes' hesitantly because I had no interest in environmental issues or the environmental movement. I decided to do it because I recognized that environmental racism was ultimately a health issue, and that as a health researcher, I could contribute to research on environmental health inequities which was still in its infancy in Canada," she says.

INSPIRATION: "I am inspired by what I see in the Mi'kmaq and African Nova Scotia communities: people who are organizing at the grassroots level who don't give up."

WHY IT MATTERS: According to Dr. Waldron's work, these communities also lack political power to advocate against the negative impacts of environmental policies. "My hope for the film is to amplify the voices and stories of Indigenous and Black communities on the front lines of environmental justice organizing and activism in Nova Scotia and Canada."
—Terry Murray-Arnold



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Dr. Saini in the Lord Dalhousie Room in the Henry Hicks Academic Administration Building on Studley Campus.

COMING

*Dr. Deep Saini's journey to Dal spans the global academic community. Now, he's returning to the country where his career took shape, to lead a university he believes is ready for "a huge leap forward." By Ryan McNutt
Photography by Nick Pearce*

HOME



good story begins at the beginning. Except when it doesn't.

The story of Deep Saini's tenure as the 12th president and vice-chancellor of Dalhousie University technically began in January when he arrived on campus. But one could choose to begin by flashing back to his past year winding down his presidency at the University of Canberra — a young Australian university that, under his leadership, has skyrocketed to among the top 200 universities in the world. Or perhaps it begins in Montreal in the mid-1990s, when the Indian-born Dr. Saini affirmed, in a tenuous moment for the country, what being Canadian meant to him. Or what about in early 1960s India, in such humble origins that his school didn't even have desks until he reached the sixth grade?

But let's begin this story in the 1920s, more than three decades before Dr. Saini was even born. Because, as Dr. Saini sees it, his story is literally impossible without his father's story.

"My father was one of four sons and a daughter of a subsistence farmer in Northern India—very poor, growing up in abject poverty," says Dr. Saini. "There was no thought of anything like school; they all just worked on the little farm."

One day, when Dr. Saini's father was six or seven years old, he was sent to the local village on an errand, about a kilometre-and-a-half away. As he made his way on foot, he came across a new, one-room school opening in the village temple. And, by chance, the teacher was outside and waved for him to come over. He took part in the day's lesson, was given some candy

and a book, and completely forgot the task he was sent to do. It could well have been a one-and-done experience for the young Saini; he was reprimanded by his oldest brother when he returned home for having taken so long on the journey. But a few days later that teacher showed up at the Saini farm, wondering why the boy had not returned to classes.

“My grandfather told him, ‘I need to make a living on this farm, I need him here,’” recalls Dr. Saini. “Well, that teacher wore my grandfather down and convinced him to let one of his kids go to school. The teacher even paid for it out of his own pocket.”

Dr. Saini’s father turned out to be a bright student and eventually finished high school—something Dr. Saini says was “a miracle” for a poor Indian farmer’s kid living in British-occupied India at that time. His father would go on to earn roughly the equivalent of a forestry degree and retire from the government as an upper-middle-level administrator. And, most importantly, he instilled in his own four sons a near obsessive commitment to higher education.

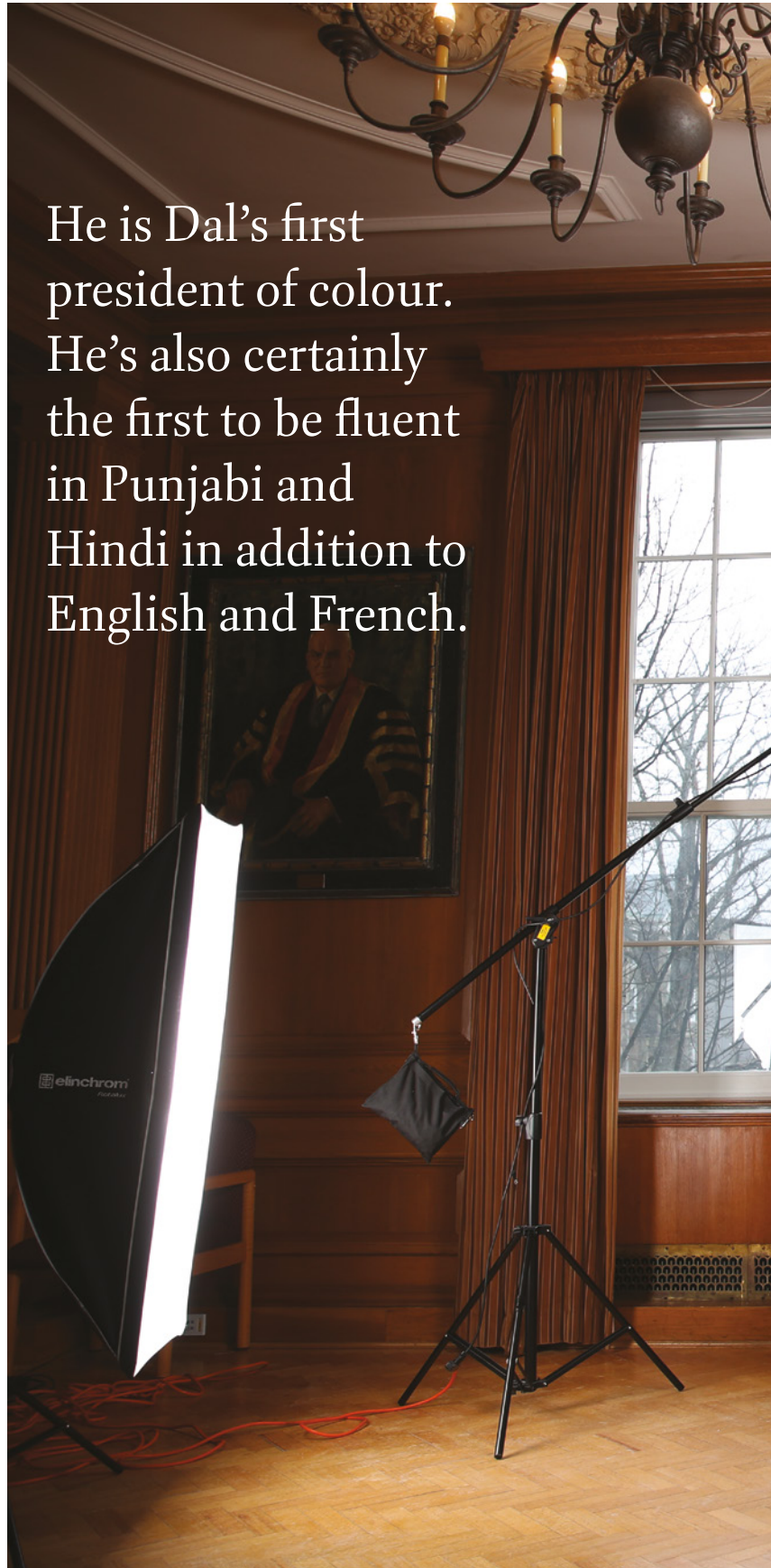
“Without that one moment, had he been just a few seconds earlier or later and not run into that teacher, his life would have been entirely different,” says Dr. Saini. “That moment, essentially, determined my life. It’s the transformative value of education that’s just so incredible.”

Even though Dr. Saini’s father died seven years ago, the lessons he passed on still speak to his son as he begins his next chapter at Dalhousie. That’s why you’ll find a portrait of Dr. Saini’s father hanging in his office in the Henry Hicks Building—a reminder of where he comes from, a guidepost to inform where he’s headed.

If it’s not already clear by now, Dr. Saini is unlike anyone else who has taken residence in Dalhousie’s President Office. He’s not the first president to be born outside of Canada, but his journey to Dalhousie spans the global academic community like none before him. He is Dal’s first president of colour, and the first to have been president of another university prior to arriving at Dalhousie. He’s also certainly the first to be fluent in Punjabi and Hindi in addition to English and French.

Yet for all that makes his path to Dalhousie unique, there is also much that’s familiar. Dr. Saini has previously worked at four of Canada’s U15 group of leading research universities, laying academic roots in Canada that stretch nearly from coast to coast. An agricultural scientist by trade, his journey has taken him steadily up academia’s ranks, and he’s spent much of the past

He is Dal’s first president of colour. He’s also certainly the first to be fluent in Punjabi and Hindi in addition to English and French.





decade as either principal or president of a major university campus, setting him up well to take the reins at Dalhousie.

“I think it’s his people-centred leadership, for me, that distinguishes him,” says Candace Thomas, chair of Dalhousie’s Board of Governors and member of Dal’s presidential search committee. “He has a sense of strength, but one that meets people where they are to help them address and deal with difficult issues. I’ve seen the level of respect he has for people when he speaks with them. It reflects a real confidence: in himself, but also in Dalhousie and its people.”

David Naylor, former University of Toronto president, recruited Dr. Saini as principal for U of T’s Mississauga campus, where he served for six years. He says Dr. Saini’s great relationships with students, faculty and staff on campus, as well as strong collaborations with the local community, speak to what an exceptional leader he is. “His inspiring life story reflects his first-class mind, wide-ranging intellectual curiosity, industriousness, determination and, not least, adaptability and resilience,” he says.

A common word former colleagues use to describe Dr. Saini is “warm.” Anu Seoni, a Waterloo-based dentist and longtime family friend of the Sainis, recalls a farewell reception at U of T Mississauga.

“He left to go out and individually thank the service staff,” Dr. Seoni recalls. “And you know what surprised me the most? He knew all their names. That, to me, was really a prime example of the humility, the passion, the care that Deep brings.”

Surround yourself with the best people you can find and empower them relentlessly.”

That’s the advice Dr. Saini received from his PhD supervisor 24 years ago when he was approached to take on the role of director general of the Plant Biology Research Institute at the Université de Montréal. “That has become the number one mantra for me in my life and my administrative style,” Dr. Saini says. “I am a team player and I go to very far distances and lengths to find top people and bring them on my team and, to be honest, they are the people who have made me who I am.”

He approached that first leadership opportunity with some reluctance. Though Dr. Saini and his wife, Rani, had found their way in Canada, they had not come here expecting to stay as long as they had—especially not after a couple of unfortunate racist incidents early on. But Canada had grown on them,

and in turn they had grown more Canadian, something that became evident living in Montreal in the lead-up to the 1995 referendum over Quebec independence. As a faculty member at a French university, one who was visibly not from *here*, Dr. Saini felt pressure to lay low and not make waves. But the huge unity rally on the streets of Montreal on October 27, 1995 was a turning point.

“Everybody was talking about it, and we said, ‘This is the moment: if we care for Canada, we have to be out there,’” he recalls. “So a couple of my colleagues and their spouses, my wife and I, and some friends, we picked up flags and headed for the rally. We were emotional—I still get emotional thinking about it. We had tears in our eyes to see the absolute ocean of people there in the streets of Montreal... it was a bit of a coming out for me, personally, as a Canadian, and from that point on I never shied away from standing up for Canada.”

That confident spirit later inspired him to set aside his doubts about being the first non-French director in the Plant Biology Research Institute’s 60-year history. From there, he made his way to the University of Waterloo, becoming dean of the Faculty of Environment at a time when the faculty was in serious trouble. His ambitious Smart Green Solutions strategic plan led to a complete transformation: growing enrolment, launching new world-class buildings and new research programs.

Dr. Saini’s strong work continued at the U of T Mississauga and, later, the University of Canberra. In Mississauga, he led major internationalization efforts, oversaw a significant facilities expansion and increased faculty complement by nearly 100 professors. At Canberra, he helped position the school as a national leader in professional education and experiential learning as well as in equity, diversity, inclusion and access.

“I was always impressed by his integrity, resilience and continuing positivity,” says Eric Wells, who served as university secretary and general counsel at the University of Canberra under Dr. Saini’s leadership. He says the strategic planning process led by Dr. Saini has resulted in “a university with a much clearer sense of purpose, identity and focus than the university we both joined nearly three years ago.”

Dr. Saini had left Canada for Canberra thinking that returning to Australia, where he had completed his PhD years earlier, would be like coming full circle. But with the end of his first term on the horizon, he and Rani found themselves missing the country they’d come to truly call home—especially with their two children and now two grandchildren settled

there. That made the opportunity at Dalhousie, a university Dr. Saini had long admired, something they couldn't pass up.

"We still love Australia; it's the country that gave me my start," says Dr. Saini. "But being away for three years taught me what it means to be a Canadian, and it taught me how Canadian I'd become in those 34 years and how much I missed Canada... now, we get that feeling of coming back home."

Dr. Saini's story may be unique among Dalhousie presidents, but his experience as a newcomer is increasingly common among Canadians. In the 2016 census, nearly 22 per cent of the Canadian population reported having been, at one point, a landed immigrant or permanent resident—nearly matching the highest level ever recorded in the country's history. That experience is even more pronounced on campus. Nearly a quarter of Dalhousie's student population now comes from outside of Canada, up from just nine per cent a decade ago. Today, you'll find more than 125 different countries represented among the Dal student body.

Dr. Saini sees this link between Dalhousie and the world not only as a vital part of the university's future, but an extension of the values that have shaped its 200-year history.

"Dalhousie was set up as a university 'open to all,' those early words that are so often repeated," he says. "That resonates with me. I know that the scope of what was then meant as 'open to all' was very different than it is today, but the fact that we had that in Dalhousie's DNA, right from the beginning, is I think a shining light we can carry forward into the modern world, where 'open to all' means something more. I think Dalhousie can truly become the embodiment of that early maxim the founders used for the university."

Dr. Saini is stepping into the presidency at a time of great momentum at Dalhousie. In strategic areas like enrolment, research funding and fundraising, the university is as successful as it's ever been, often more so. Dal's global reach, powered by new international collaborations, research networks and student/alumni links, has never been greater. At the same time, the university's vital role at home in Atlantic Canada is becoming more and more pronounced.

"There's been this incredible lift over the last decade or so in the role that Dalhousie perceives it has in the community and the recognition of that



role by the community—and that's community in the broadest sense, including industry, government and so on," says Dr. Saini. "To bring that to life, and to take it to the next step, is one thing that really excites me. I think we have a massive opportunity to transform Atlantic Canada."

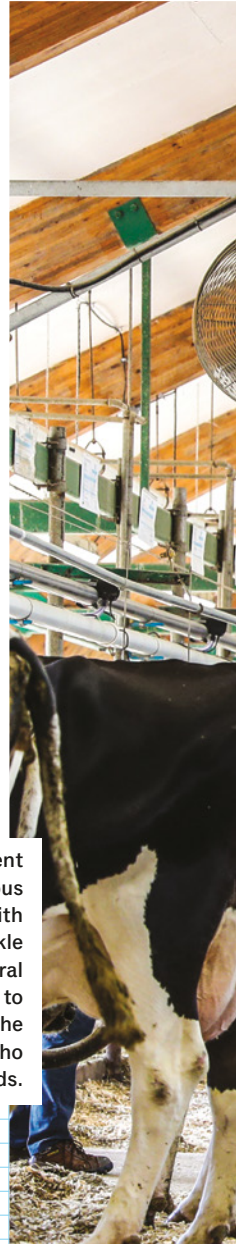
At the same time, he sees Dal setting its global sights even higher—without losing track of where it has come from. "When we operate out there in the world, we are wearing Dalhousie on our sleeve... and we bring the world to our community. We make the connection."

Dr. Saini has spent his whole life drawing on connections in his own story—the ones in his past, even from before he was born; the ones he's made one-to-one, with the people who have shaped his life and career; the ones forged in the places he's lived, worked and learned. Now, as he gets set to help Dalhousie write the next chapter of its 200-year story, his excitement in what lies ahead is palpable.

"There's an amazing opportunity for us to do something here that will be a huge leap forward," he says. "This is a really special place, and I'm so excited to be part of it at this special time."



What does 21st-century learning look like?



The hands-on environment of Dal's Ag Campus provides students with the opportunity to tackle real-world agricultural challenges, and to problem-solve with the support of professors who are leaders in their fields.

Smarter use of technology, closing the gap between classroom lessons and real-life scenarios, and meeting the challenges of a more diverse student body are all part of the picture. By Matt Reeder



Adapt or fall behind.

That's the reality facing many post-secondary institutions today as technological advances, changing approaches to work and increasingly diverse student populations continue to shift what's expected from institutions of higher learning.

Yet as new frontiers emerge at Dalhousie and other universities, education's powerful promise remains the same: when done well, it empowers. Whether it's the fresh perspectives gained from new knowledge, the technical skills acquired through discipline and hard work, or the personal connections made through community, a university education has the power to change people's lives for the better.

At the heart of it all are teachers, the linchpins in the system who help create those innovative learning opportunities that can elevate a student's educational experience in meaningful ways and set them up for success in career and life. "One of Dalhousie's main strengths is that we have caring teachers," says Teri Balser, Dal's provost and vice-president academic. "We are a research-focused university, and yet we are not one that has forgotten or dismissed our engagement with our students. That's a really powerful thing."

Campus as classroom

Tucked away in a corner of Dalhousie's Agricultural Campus in Bible Hill, N.S., lies the bucolic Bicentennial Botanical Gardens. The alumni-funded space opened during Dal's 200th anniversary celebrations, a charming addition to a campus already overflowing with plant collections, an alpine rock garden, a butterfly meadow, vegetable gardens, an apple orchard and more than 3,000 types of trees, plants and shrubs.

But the garden's natural splendor serves as more than a reprieve from the buzz of daily life. It has quickly become one of the Faculty of Agriculture's most treasured outdoor learning spaces, where students have helped design the 10-foot tall Barley Arch entrance and assisted in developing, building and managing its beautiful structured spaces as part of the Faculty's Landscape Architecture program. "It's pretty special for a student to build something on the campus and to be able to come back as an alumni and say, 'Hey, I planted this' or 'I designed this or installed this.' It gives them a real sense of belonging to that greater community," says Tracey MacKenzie, a senior instructor in the Department of Plant, Food and Environmental Sciences at Dal.

MacKenzie, who teaches courses on urban forest management and environmental processes, says he sees the gardens, the campus and even the communities beyond as one big outdoor classroom. "When you're teaching those subjects, the most obvious place to do your class is not in a classroom," he says. "It's outside, where the action actually takes place." There, students can observe the natural landscape and how it interacts with the human-altered ecosystem around it. And they can build a sense of "stewardship to the campus, stewardship to our institution, and then, of course, stewardship of the land and the environment and making a positive contribution," he says.

Other faculties and departments at Dal also integrate the physical campus into curriculum, including Biology, which hosts a regular BioBlitz event where students catalogue all the species they can find on campus.



While undertaking her PhD in Philosophy at Dalhousie, Tiffany Gordon facilitated a creative writing workshop for female prisoners at the Central Nova Scotia Correctional Facility on behalf of the advocacy group Books Beyond Bars. It's this kind of community-engaged learning experience that the Faculty of Arts and Social Science hopes to foster through its experiential learning program.

Real-world scenarios

What's it like to be in an emergency room with a person having an asthma attack? What's the best way to fix a thoroughbred racehorse's broken leg bone? Why are dental conditions different in some northern communities in Canada than in southern ones? These scenarios may seem distinct from one another, but they share one commonality: all are situations students in their final year of the Medical Sciences program have encountered as part of their capstone course.

Capstone courses have been an integral part of the educational experience for students in the Faculties of Engineering and Management at Dal for years. As in those programs, the Medical Sciences capstone is meant to help integrate what students have learned throughout their undergraduate program and contextualize the material by exposing them to scenarios or problems they might actually encounter in work environments after they graduate,

says Sarah Wells, who developed the course when she took over as assistant dean of Medical Sciences in 2016.

"It's exposing students in the Medical Sciences program to all the different possible career paths that they may be considering and the applications of their degrees into those different areas," says Dr. Wells.

Dr. Wells collaborates across various faculties at Dal to create vivid case studies. Students are exposed to five such studies during a term. The students hear from a clinician or expert with front-line experience, and then divide into teams to give presentations on approaches to each medical problem from the perspectives they've learned in core courses during their degree. Peer review is integral, with students reviewing each other's presentations and submitting a rough draft of a term paper to two peers to simulate a blind peer review in a real medical journal. "It's a lot of work and it's very time intensive, but the students have loved it," says Dr. Wells.

Co-op programs are only one way students can learn beyond the classroom.

Experience required

When people hear the phrases experiential learning or work-integrated learning, the arts, humanities and social sciences might not immediately spring to mind. But they'd be wrong to assume that, says Jenny Baechler, director of experiential learning and community engagement in the Faculty of Arts and Social Science (FASS) at Dal. Traditional offerings such as co-op programs—long a staple in computer science and engineering—are only one way students can learn beyond the classroom.

“There are community engaged project courses, practicum courses, in-class simulations, study-abroad programs and field courses, all developed by faculty members who believe in the value of experiential learning. And the Fountain School has a rich tapestry of experiential learning opportunities available to its students as well,” explains Dr. Baechler, who joined FASS from the Faculty of Management, where she spent years as coordinator of the Management Without Borders (MWB) course that connects grad students with community partner organizations to work

on projects. Dr. Baechler says a course similar to MWB is under development for FASS students and will leverage core learnings around critical problem solving, skilled research and extraordinary writing and communications.

Another upcoming opportunity open to Dal undergrad students—including those in FASS—will be a new innovation and entrepreneurship minor designed specifically for non-management students. “We want to give them rich learning and new skills that can serve them well for whatever kind of workplace they go into,” says Dr. Baechler. “It’s not necessarily a cubicle or office space, right? The workplace is the stage, the workplace is the writer’s nook, the workplace is the museum, the workplace is a not-for-profit.”

The power of language

English-language education at Dalhousie’s College of Continuing Education (CCE) has exploded over the past decade. What was once a pilot project in 2009 run by a single instructor has transformed into a 25-person unit, rich in academic expertise. Utilizing an extensive suite of programming and working with partners across the university, the ESL team is helping international students—who now make up 24 per cent of the student body—get support if they need it as they adapt to studying, working and communicating in English.

As the linguistic profile of the student body changes, so too do the demands faced by students and faculty alike in the classroom. “Working in a linguistically-diverse classroom is a fundamental change to this university in the last 10 years.

Professors across the university are now looking up in their lecture halls and seeing and hearing multiple languages,” says David Packer, director of English-as-a-second-language (ESL) programs at Dal.

In addition to offering many different courses for students and professionals at all levels of English-language learning, the team also offers training and professional development for educators teaching English or teaching in English. While some programs are similar to those offered at other universities—English for

Academic Purposes (EAP), for example, can be found in most major Canadian universities now—there has also been a fair amount of innovation in ESL programming at Dal in recent years.

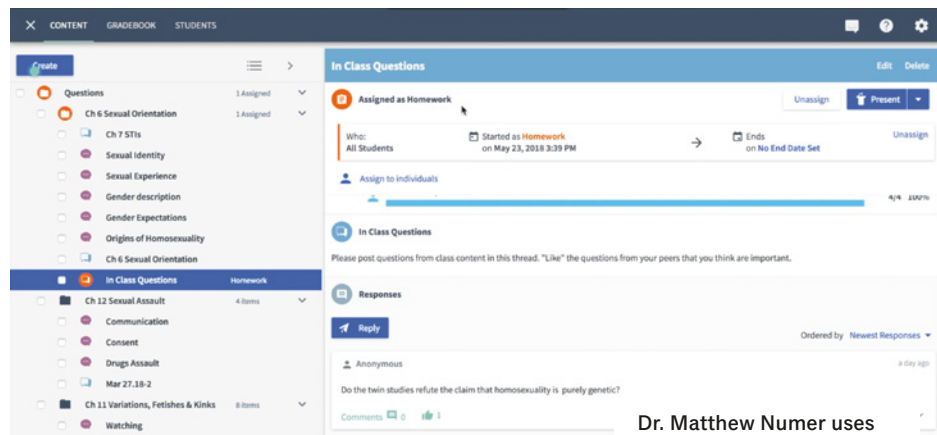
Dal has also launched a professional development certificate in English-medium instruction. The certificate caters to educational institutions abroad wishing to have their instructors offer courses in different subject areas in English to their own students. It's one of only two such programs in Canada. And a new offering being prepared for this fall called the Academic Foundations for University program will provide a pathway to study in Canada for students from various Latin American countries. "They will come here for 11 months. In that time, they'll basically do their Grade 12 through CCE's University Prep program and meet the English-language requirements for university with our EAP program," says Packer.

Towards a frictionless classroom

Matthew Numer had a popularity problem: the associate professor's undergraduate course on human sexuality had grown from 300 students per year to 1,000 (500 per term). And while he was thrilled by students' interest, he also faced a serious teaching challenge: how to keep students engaged in such a large class, especially when the subject matter meant most of them valued the discretion of a more private discussion.

Turning to technology seemed like a natural choice. But Dr. Numer felt traditional class-response tools such as physical clickers were too limited in functionality for the kind of interaction he was after. TopHat, whose founders met with Dr. Numer during a campus visit, proved to be a more versatile option, with its bring-your-own-device platform that works on smartphones, tablets and laptops alike. Dr. Numer initially adopted it as a way to poll the class and enable peer-to-peer responses and has since expanded his use to allow students to pose their own questions to him.

"I always have a discussion thread running in the background, so if they



Dr. Matthew Numer uses the TopHat platform to allow students in large classes to vote on which questions they most want answered, enable peer-to-peer responses and share readings and discussion questions.

have questions, they can vote on the ones they most want answered, which is pretty cool in a class of 500. If we have 40 or 50 people all saying, 'We need this question answered,' I know I need to get to that topic," he says. It's a clear illustration of how technology can enable a teacher to make learning more student-centred, even in big classes.

Dr. Numer's success in integrating TopHat into his classroom led the company to approach him about developing a textbook on the platform to go along with the course. Intrigued by the prospect of having an out-of-class learning experience for students that matched the interactivity of the in-class experience, he pursued it.

"It's gone," he says of the physical textbook he used to assign. Now, class readings are embedded directly into the app alongside explanatory videos, infographics and discussion questions they have to answer for credit. A chapter and discussion unlocks one week before Dr. Numer teaches on the topic and closes one week after, keeping students on pace in a way traditional texts fail to. "Initially, some people were like, 'Well, what if I like to read?' But once they did it, they understood that they were getting way more out of this type of textbook than anything else because it looks at the multiple ways in which students learn," he says.



Keep your wits about you with these 10 smart-brain habits by *Melanie Starr*

Train your brain



YOU MIGHT WONDER if your neurons would fire more quickly—or your synapses wire more thickly—if you played math games and puzzles on one of the dozens of brain-training apps you can download in seconds on your phone. Fun, easy and effective, right?

Sorry folks. While there is still a lot we don't know about training your brain or helping to heal injured brains with computer exercises, the best current evidence says the answer to boosting your brain power is lower tech than that. Dal cognitive neuro-psychologist Dr. Gail Eskes shared the latest science-backed evidence on how we can train our brains for better performance—faster processing, better retention, more incisive reasoning—and as it turns out, keeping your mind sharp has more to do with sweating it out in the real world than jumping through virtual hoops. So pick up your sneakers and put down your phone. The quest for a better brain begins with basic smart-brain habits.

Move your body LOTS

“Physical activity—moderate to vigorous aerobic exercise, at least 150 minutes a week—is one of the most important things you can do to keep your brain working at peak efficiency,” says Dr. Eskes. Exercise delivers a boost of oxygen and nutrients to the brain and releases brain chemicals that tone down our stress and help us sleep better. These are all crucial to our cognitive functioning, not just as we age, but at any age.

According to Dr. Eskes, our brains benefit most when we

choose physical activities we enjoy because, well, we will do them. The benefits are even greater when we mix it up, try new things and push ourselves a little.

Dig into active learning

Learning by watching, listening or even reading is not nearly as beneficial for firing and wiring the brain as learning by doing. “Active learning, where you engage deeply with the material and physically practice a new skill, is best for boosting results,” Dr. Eskes notes. “Learning a new language or how to play a musical instrument are two great examples. And you never want to stop learning, it’s something we have to keep doing all our lives to keep our brains working well.”

Note to students: Learning in small chunks over time, reviewing information and practicing new skills often is far more effective than cramming large amounts of information all at once.

Get smart with a little help from your friends

There is something about interacting with other people that stimulates our brains—as if forming connections with other people helps to form connections within our white and gray matter.

“Volunteering, working in teams, going to a class with a friend, organizing and taking part in social events: these are all powerfully beneficial not only for our mental and emotional health but for our brains themselves,” notes Dr. Eskes.

Get plenty of ZZZZZs

Plenty of sleep is fundamental to the integrity of the brain,

Dr. Eskes says. Deep sleep allows the brain to regenerate and integrate new learning. Substances like alcohol can interfere with sleep cycles if taken too close to bedtime, though, so skip that nightcap, she warns. And, while caffeine can improve our processing speed during the day, it can also keep us from dropping into deep-enough sleep in the night. So, take a pass on that afternoon espresso pick-me-up!

Eat brain-boosting foods

Our brains thrive on healthy fats in fish, nuts, avocados and seeds, and on vitamins and minerals in fresh vegetables, berries, fruits and whole grains. “You just can’t overlook the importance of nutrition on the functioning of the brain,” Dr. Eskes says. “This includes drinking lots of water.” Your brain will thank you if you keep your intake of salt, sugar, alcohol and red meat relatively low.

Focus your attention

Forget multi-tasking: it’s overstimulating for the brain and makes you easy to distract. “If you want to improve your attention, you have to practice pushing away distractions and focusing on one thing at a time,” Dr. Eskes says. “The brain was not built to be an efficient multi-tasker—put away your cell phone when you’re driving and turn off distractions when you need to focus.”

Set goals for yourself

Setting goals and planning how you will achieve them is a great workout for your executive brain function, Dr. Eskes says. “Breaking down a

large undertaking into a series of smaller tasks and organizing those tasks will help you avoid feeling overwhelmed,” she says. “It’s also very important to take a balanced, goal-driven approach to designing your lifestyle to support the best possible health of your brain.”

Improve memory skills with practice

There are many tricks and games you can use to build your memory skills. The most effective use imagery to brand the information clearly in your mind’s eye, Dr. Eskes says. For example, to remember a grocery list, imagine string beans in your hair, cauliflower in your ears and almonds in your eyes—whatever striking images match your list. When meeting new people, notice distinguishing traits that trigger a response in you, and make up memorable names to boost your recall: “Jumpy Jamie,” “Bubbly Barbara,” “Red-Haired Claire,” whatever works for you.

And don’t forget mnemonics! For example, My Very Easy Method Just Speeds Up Naming Planets (Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto).

Be mindful in your daily life

Are you forever looking for your glasses, cell phone or your keys? Being mindful in your day-to-day life—literally paying attention to what you are doing while you are doing it and avoiding getting “lost in thought”—is a powerful way to keep track of your possessions and reduce stress.

“If you are running around and ruminating on problems, instead of calmly focusing on

what you are doing in the present moment, you will create more stress by losing or forgetting things or making mistakes,” Dr. Eskes notes. “You will also keep your brain in an agitated state that is not conducive to focusing, learning, remembering or planning.”

Relax!

A certain amount of stress can motivate us to get things done, but intense and prolonged stress damages the brain. “Chronic stress puts a lot of wear and tear on the brain,” Dr. Eskes says. “It’s really important to find ways of reducing and managing our stress and building resiliency in our bodies and brains.”

Meditation is a time-honoured way to release tension and train the brain to be relaxed and alert at the same time. If meditation doesn’t interest you, there are other options: physical activities, socializing, hobbies and listening to music are all great for relaxing.

“People want the newest game or pill, but that’s not what works,” Dr. Eskes says. “There’s more evidence than ever that our daily lifestyle habits—and therefore, our overall health—have the greatest impact on our brain health and cognitive function over time. These changes are hard work to maintain in the face of pressures and distractions, but so worth the effort.”

destination: London



Whether you're travelling to London for work or leisure, get the inside scoop from Dal alumni who live there on what to do and see. By Stefanie Wilson

Two thousand years have shaped London, England into a global hub that's both steeped in history and on top of the latest trends. Today, Greater London could be described as 33 cities in one—each of its vibrant boroughs offering a distinct experience. For travellers, it can be hard to know where to start.

WORK “The city attracts talent, so you get to work with the best and brightest,” says Kaylyn Fraser (BA’09), who works for an impact investing company in London that invests exclusively in commercial agribusinesses in sub-Saharan Africa.

While she describes working in London as having its challenges, Kaylyn recognizes that it's chockablock with career possibility. “The best part of working in London is that the city offers loads of professional opportunities,” she explains. “My job is very niche and there might only be a small handful of people in Canada that do similar work, versus multiple companies in London.”

Victor Bomers (BSc’09) works in the London office of an American financial services company. He says working in London has its benefits including the convenience of overlapping hours with both Asia and the US, and the opportunity to work on interesting problems that span multiple currencies and countries. There are some drawbacks, of course, such as longer hours. “Most people don't realize that the markets here are open two hours a day longer than in North America,” Victor says. “That means earlier mornings, and if you're dealing with head office in the US, longer evenings.”



WHERE THE JOBS ARE

Top business sectors: Information and communication; financial and insurance; professional, scientific and technical services

Fastest growing sectors: Digital technology; design and creative industries

City sectors: Inner London—large entertainment and hospitality industry; boroughs—health care, education and retail services; outer reaches—more industrial

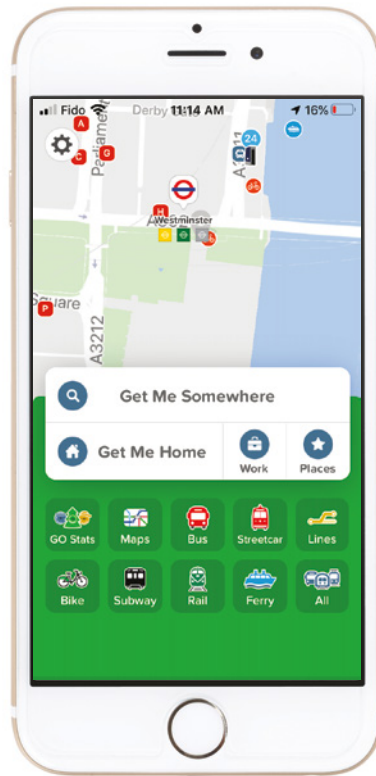
PLAY Though it sounds like work might have the upper hand, life in London is not all work and no play. In a city with some of the world's most memorable art, entertainment, shopping, dining and history, there are endless new places to discover or rediscover. Both Victor and Kaylyn mentioned enjoying the variety of tastes on offer at weekend markets such as Broadway Market, Borough Market and Camden Market.

“On the weekends I love exploring and keeping up with the different neighbourhoods of the city,” Victor says. “I've been here for nine years and it's incredible how things have changed since I arrived.”

Though London's incredible array of cultural activities means there's never a dull moment, Kaylyn admits it can be difficult to unwind amidst the hustle and bustle. So, she heads off the beaten track to the Peckham, Camberwell and Herne Hill neighbourhoods in South London. “They collectively offer such a rich food and culture scene.”

STAY If you're just in for a visit, Victor recommends planning for late spring. “June is my favourite time to be in London because the weather is great, it's not too crowded and there are lots of events going on.” He suggests a bus tour to “hit the major sights and to get acquainted with the layout of the city,” and recommends at least a day in a museum or gallery.

Kaylyn agrees. “I would check out Tate Modern and Tate Britain—both excellent galleries.” Another idea is taking the boat from Westminster Pier to Greenwich to get a look at the city from an interesting vantage point. “I would also take the time




CLOCKWISE FROM TOP LEFT: Clerkenwell and Southbank are convenient central locations to stay if you're visiting London advises Kaylyn Fraser (BA'09). Kaylyn (below with her partner, John Collins) recommends Citymapper app for navigating the city. BOTTOM LEFT: Royal Albert Hall. OPPOSITE PAGE: Elizabeth Tower, London.



to walk the Royal Parks, which include St James Park, Green Park and Hyde Park,” Kaylyn adds. “They take you through most of the touristy spots and tend to be beautiful all year round, though especially so in the summer.”

One thing you won't have to worry about is where to eat. As Kaylyn says, “London has an amazing food and drink scene across the whole of the city. My personal favourites are Ceviche and Andina in Soho, Kimchee in Holborn, Barrafina in King's Cross' Coal Drops Yard, Kudu in Peckham, Llewelyn's in Herne Hill, and Sambol Shiok in Highbury Corner.”

As it's top of mind, it's worth mentioning that the UK BREXIT plan doesn't impact the requirements for Canadians travelling to London—though it might mean you get more pints for your pence.

 **Make a local connection with Dal alumni in your area at alumni.dal.ca/chapters**

INSIDER TIPS

- If you want to stay centrally, get better value for money in a hotel in Clerkenwell or Southbank/Bankside neighbourhoods where there are loads of character-rich hotels. (Kaylyn really likes Native Bankside.)
- Contact the High Commission to help with access to things like the Royal Enclosure at Royal Ascot and the garden parties at Buckingham Palace.
- Use an app like Citymapper to navigate London's very good but sometimes poorly signed public transportation and consider taking overground trains such as the Thameslink.



CLASS NOTES

Tell classmates what you've been up to: Email classnotes@dal.ca or go to alumni.dal.ca/class-notes

1970s

'72
Thomas L. McKenzie, MSc, is humbled to have been selected as the 2019 Clark W. Hetherington award recipient, the highest recognition of the National Academy of Kinesiology (NAK). He is proud to be “still working after all these years.”

'73
John Devlin, BA, BEDS'77, has an article on his Outsider Art published in the Cambridge University Press journal *Epidemiology and Psychiatric Sciences*. Primarily an Outsider artist, he has recently been branching out into using precious metals, as well as exploring themes of male queerness and adoration. John would also like to announce his upcoming exhibitions in the ABCD Collection exhibit *PHOTO | BRUT* going to the American Folk Art Museum in New

York, June-October 2020, and in Berlin at Galerie Parterre from September-November 2020 in a show entitled *Mythosmaschine / myth machine*.

'76
Alan McHughen, BSc, announces his latest popular-science book, *DNA Demystified*, forthcoming in spring 2020 by Oxford University Press.

1980s

'82
Margorie (Magi) Nams, MSc, released her debut novel, *Braver Than You Know*, in November 2019, writing as Katie Ardea. Magi is also the author of the nonfiction travel memoir trilogy *Cry of the Kiwi: A Family's New Zealand Adventure*. She writes and gardens on a rural property near Tatamagouche in northern Nova Scotia. Magi is married to Vilis Nams, an ecology professor at Dalhousie University Agricultural Campus and has two sons, Dainis and Jānis, who graduated from Dal and are mechanical engineers.

'84
Dr. John Brewer, PGM, has been recognized as a 2019 recipient of an Award of Excellence from the Ontario College of Family Physicians. Dr. Brewer was recognized for advancing health system improvements by forging partnerships and connecting patient care from the hospital to the community with a new EMR system. Dr. Brewer is also a former Dalhousie staff member as the Unit Director of the Family Medicine Teaching Unit from 1995 to 2005.

'84
Jonathan Cohn, BARCH, has recently joined AECOM as Principal, New York Transportation Architecture Lead, Buildings and Places Americas. Leading the transportation architecture team in New York, he will focus on key client partnerships while working closely with AECOM's global design teams. Over the course of his career, Jonathan has led projects ranging from district master plans to the adaptive reuse of historic buildings and new, iconic structures.

'84
Dr. Robert W. Robertson, MPA, has been awarded a Graduate Diploma in International Development from the London School of Economics and Political Science, University of London. Dr. Robertson is the President of the Bahamas Technical and Vocational Institute in Nassau, Bahamas.

'88
Drew White, LLB, was honoured in December to be appointed as a Queen's Counsel by the B.C. Attorney General. In 2019 he also completed a two-year assignment for the United Nations in Afghanistan, where he led field teams documenting civilian casualties and human rights violations.

1990s

'94
Farhad Dastur MSc, PHD'00, is learning the art of governance as a faculty representative to the Board of Governors at Kwantlen Polytechnic University in Vancouver.

'94
Karey (Rushton) Fleming BSc(OT),

has been running HealthWalks Inc. Clinic for 20 years in New Glasgow. Last year she launched another location of HealthWalks Inc. in Truro after hiring a podiatrist. Karey is now dedicating her time to running the business instead of directly seeing patients. HealthWalks Inc. Podiatry Clinic and Shoe Store is keeping rural Nova Scotians in their own communities for specialized health services related to feet and legs.

'95
Flavia Nasrin Testa, BA, is working on art shows locally and internationally self-funded and funded by art collectors as a one-woman show! She has been to Manhattan College Bronx NY, and as a visiting artist in Monferrato (Italy). Within Nova Scotia Flavia has appeared at the Nova Scotia Archives and Bridgewater Afterglow. Flavia also works with the Immigrant Association of NS, Immigrant and Migrant Women of NS, Immigrant Services Association of Nova Scotia as well as publications work in academic



Students in the early Transition Year Program (TYP), founded in 1969 to help Black and Indigenous students attain the skills they need to get a university education. Since its inception, more than one thousand people have graduated from TYP. Do you recognize anyone in this photo? If so, let us know at editor@dal.ca.

journals including *Understorey Magazine*, Alexa McDonough Foundation, Demeter Press and others. Her passion is to make art that helps the community and that brings light to issues that affect visible minorities and moms especially.

'97 Commander Ramona Burke, BA, was appointed to the Chief of the Defence Staff's strategic advisory team in July 2018. She was selected as one of Canada's Top 20 Women in Defence for 2019 and was recently awarded

the Meritorious Service Medal (Military Division) for her leadership in promoting diversity and ethical conduct in the Royal Canadian Navy and the Canadian Armed Forces.

'98 Andrea Miller, BA, has published a new book with Pottersfield Press called *Awakening My Heart: Essays, Articles, and Interviews on the Buddhist Life*. It is a diverse collection of work that she's done over the past thirteen years for *Lion's Roar* (formerly called the *Shambhala Sun*).

'99 WeUsThem Principal and Chief Creative Officer Faten Alshazly, BCSC, has been named a Women of Inspiration by the Canadian Business Chicks. Faten was honoured during the annual awards at the Metro Toronto Centre. She was also recently named one of Canada's Top 100 Most Powerful Women by the Women's Executive Network.

2000S

'03 In April 2019, Rebecca Bailey, BCOMM, MBA'04, and **Paul Bailey**, BCOMM'03, MBA'05, welcomed their second daughter, Gwyneth Alice Rose Bailey, into the world at the IWK Women's Hospital in Halifax. Gwyneth's big sister, Mary-Grace (now 5) looks forward to all the fun and adventures she'll have together with her little sister.

'03 Paul Bailey, BCOMM, MBA'05, is pleased to announce his new role with Discover Halifax as director of sales, international market. Prior to coming to Discover Halifax, Paul most recently was part of the senior leadership team at Twist & Bits Creative Agency. Over

his career he has won many leadership and sales awards. He is also a very active volunteer and public speaker at both the local and national level.

2010S

'11 Jonathan Castro, MARCH, has taken over as principal architect at award-winning Bermuda architecture and design firm, Cooper Gardner. The 32-year-old has ascended to the firm's top job just eight years after joining it as an architectural intern. Since 2011, Jonathan has gone from playing a support role, to becoming a designer, then leading his own projects, to today where he is responsible for running the office and the business side of projects in addition to leading projects from a design perspective.

'12 Nikki Pelot, BSC, BENG'12, has recently defended her PhD in Biomedical Engineering at Duke University.

'14 John Mayo, BA, is currently living in Halifax and is the co-owner and operator of Mayo Brothers Calisthenics, which offers in-person and online personal

training and health coaching to people all over the world. This year, John will take part in the Cross Canada Volunteer Tour (CCVT). The CCVT is a coast to coast solo, unsupported cycling trip across Canada to help raise money for those living in shelters in Canada. The journey will begin in Tofino, B.C. on May 4th, 2020 and end approximately 3.5 months later in Halifax, N.S.

'19 Emilio Marcovici, BCOMM, was recruited and trained in Israel, for a promising biotechnology start-up, and is now managing sales in North and South America. At GemmaCert, Emilio works towards the introduction of much-needed transparency in the cannabis industry that has the potential to save lives.

'19 Annie Wnuck, BA, from Cheshire, Connecticut, went to Nepal at the end of January to serve 27 months in the Peace Corps. Annie credits Dal's International Development Studies faculty with inspiring her to make this commitment.


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- Management
- Medicine
- Science
- University Libraries



TOP: Cumming Hall, on the Truro Agricultural Campus. The building is named after the school's first principal.
 BOTTOM: Dalhousie Agricultural Campus Botanical Garden.

Appointments & Retirements

Dr. Kim Brooks has been appointed Dean of the Faculty of Management. Her expertise in business law and public policy make her uniquely suited to forge an inspiring path for the faculty's schools.

The Dean of Medicine's Office would like to thank **Christine Silver Smith** for her contributions to the PGME office. Christine retired after over 40 years of service to Dalhousie University.

Dr. Rebecca Meagher has been appointed Assistant Professor Animal Welfare. "Finding ways to ensure animal welfare on farms will improve productivity and is the key to the social sustainability of animal agriculture," she says.

Awards & Honours

Dr. Jean Gray (PGM'71) is being inducted into the Canadian Medical Hall of Fame. The induction ceremony is being held in conjunction with the Canadian Conference on Medical Education.

MacKay-Lyons Sweetapple Architects—**Brian MacKay-Lyons** (BSC'73, BEDS'77, BARCH'78) and **Talbot Sweetapple** (BA'92, BEDS'95, MARFP'97)—has won its 7th Governor General's Medal for Architecture for Two Hulls House. Awarded by the Royal Architectural Institute of Canada (RAIC), the prize recognizes and celebrates outstanding design in recently built projects by Canadian architects.

At the Agricultural Campus in October, **Andrew Lake** (DENG'97) was honoured as Volunteer of the Year, **Carolyn Wilson** (MSC'17) was recognized for Young Alumni Achievement and former premier **Don Cameron** ('66) was honoured as Distinguished Alumnus.

Recently appointed Faculty of Arts and Social Sciences (FASS) faculty members **Timothy Bryan** (Department of Sociology and Social Anthropology) and **Lisa Binkley** (Department of History) are recipients of the 2020 Dalhousie Belong Research Fellowship Awards.

Events & Reunions

The **Faculties of Computer Science, Engineering and Science** hosted the second annual Dalhousie Women in STEM (Science, Technology, Engineering and Mathematics) networking and panel event in Halifax in November, hosted by fourth-year Mechanical Engineering student Hanna Kaufman and featuring panelists Dr. Sara Iverson, scientific director of the Ocean Tracking Network; Dr. Nancy Kilcup (PHD'15), director of R&D with Coloursmith Labs; Aleysha Mullen (BINF'17), a developer with MOBIA Technology Innovations; and Eleanor Chisholm (BSC'19), a graduate geologist with Atlantic Gold Corporation.

In January, the **Faculty of Computer Science** hosted a national forum organized by Women in Communications and Technology (wct) and funded by the Department of Women and Gender Equality,

one of three such events taking place across the country in 2020. The forums will contribute towards a Canadian roadmap for improved inclusion of women in digital workplaces.

The **Faculty of Dentistry** celebrates 50 years of Table Clinics on March 27, 4:30-9:30 pm, McInnes Room, SUB. Catch up with friends, get CE points and enjoy a special reception. Everyone welcome!

April 3rd marks the 10th annual Barley Ring Party at the **Agricultural Campus**. Barley has become the unofficial symbol of the Agricultural Campus with over 1,200 rings sold and counting.

Plan to join the **School of Nursing** as they celebrate the 25th anniversary of the Yarmouth campus on April 23,

2020. Check dal.ca/nursing for details!


Join us for the **Neville Gilfoy Talk on the Future of Entrepreneurship and Innovation**, Halifax, May 22, showcasing thinkers, problem-solvers and inspiring business leaders. For tickets, go to dal.ca/alumnidays

Mark your calendars for the **Faculty of Dentistry Homecoming**, September 24-27. Events include JD McLean Lecture, Alumni Live@5, CE Day, and Celebration Dinner and Outstanding Alumni Awards.

Plans are underway for the **Pharmacy Class of 1980 and 1990 reunions**. If you would like to explore organizing your class reunion this year contact healthalum@dal.ca.

Tracy Franz of the **College of Continuing Education** published the book *My Year of Dirt and Water: Journal of a Zen Monk's Wife in Japan* (Stone Bridge Press). *The New York Times* wrote "Franz writes in elegantly understated journal entries, each with a satisfying heft, like a rustic wabi-sabi tea bowl."

Astrid Seidel of the **College of Continuing Education** has had four short books published by German textbook publisher Klett Verlag, for their distance learning programs.

 Social events, lectures and more—find out what your faculty alumni team offers at alumni.dal.ca/faculties



L TO R: Dr. Ford Doolittle and Dr. Jeff Dahn have both been recognized by the Royal Society of Canada for their outstanding achievements.



On January 8, 2020, the world grieved when Ukraine International Airlines Flight 752 was shot down moments after takeoff outside Tehran, Iran. Among those on board were students and scholars from over 20 Canadian universities.

At Dalhousie, we mourned the loss of Engineering student Masoumeh “Masi” Ghavi, her younger sister Mahdieh, and Dentistry alum and instructor Dr. Sharieh Faghihi — all taken from us far too soon, with so much more to offer our world.

Our deepest condolences go out to all impacted by this tragedy, including the friends and families of Masi, Mahdieh and Sharieh, as well as the broader Iranian community in our region and across Canada.

We are proud to support the Dalhousie Iranian Student Society in its efforts to ensure those who lost their lives are never forgotten. The new Iranian Memorial Bursary fund — supported by a \$25,000 donation from the university in addition to contributions from more than 200 individual donors — will ensure future students from Iran will benefit from the generosity and kindness so many have shown in response to this terrible tragedy.



IN MEMORIAM

We remember with fondness and sorrow the following Dalhousie alumni (based on information received between October 2019 and January 2020).

1940s

Adelaide L. Fleming McLeese, BSC'41, MD'44
Harold B. Specht, DDIP'46
H. June Herbert, DDIP'47
Wentworth Murray Horton, FRC'49

1950s

Mary Tremaine Kelley, BA'50
Donald MacKenzie MacInnes, BSC'50, BENG'54
Douglas Leo Wilansky, MD'51
Gerald Augustine Regan, LLB'52
Jean Parsons Holland, LMUS'53
Clair Douglas Rogers, BENG'53, MENG'59
Margaret May Weld, BA'54, BED'55
Winston Grant Chisholm, BA'55, BED'56, MA'66
James Edward Donahoe, BA'55, LLB'57
Judson Thomas Edgett, MD'55
Jeanne Stanford Hill, DPHN'55

Belinda Rosalie Lefurgey, BA'55, BED'56

Anna Mae Stone, DTSN'55

John Carnell Crosbie, LLB'56, LLD'84

Ronald Allen Wilson, DDIP'56

John Scott Bishop, MA'57

Gerald G. Grant, BENG'57

Gordon Hamilton Jenkins, BENG'57

Douglas Fletcher Smith, BCOMM'57, LLB'60

John MacLennan Buchanan, LLB'58, DIPENG'79

Alfred Charles Clarke, DIPPHARM'58

James Arthur Fox, BA'58

Janet Margaret Gordon, BA'58, MA'62

T. David Moon, BCOMM'58

Alan Keith Clarke, BENG'59

Wallace Burton MacKeigan, DDS'59

Calvin Murdoch Mayo, LLB'59

1960s

Joanne Sylvia Eisan, BSC'60, MSC'63
Charles Joseph Tanner, BENG'60
Alexander C. H. Crowe, DDIP'61
Leon Gordon Johnson, BENG'61
Thomas R. Nunn, DDIP'61
James Aaron Feltham, BENG'62

Gordon G. Finley, DDIP'62

Byron Gordon Sarson, DIPPHARM'63, BSCPH'64

Hugh MacLean Davidson, MA'65, PHD'74

Raymond Wayne Docker, BSC'65, BA'66, BED'67

Bruce Scott McCubbin, BENG'65

Patricia M. Smith, BED'65

Winston Howard Ernst, BENG'66

Thomas Hastings Ferguson, BSC'66, BED'67

John Howard Oxley, BA'66, MLS'83, MITE'99

George Kenneth Gregoire, DDS'67

Thomas Joseph O'Reilly, LLB'67

Ann Louise Petley-Jones, BA'67

William John Hines, BENG'68

Veronica Anne Mullins, DNSA'68

1970s

Norma Katherine Mary Francis, DNSA'70, BN'73
Charlotte Ann Fraser, DPHN'70
Marjorie Jean MacDonald, MSW'70
Elizabeth Anne Osborne, BED'70
Eric M. Thompson, DDIP'70
Stirling Stewart Hattie, BSC'71
Florence Marie Hersey, DNSA'71

Constance Marjorie Hudson, DTSN'71, BSW'84

Shirley Lee Kinslow, BA'71

Stephen Arthur St. John Manley, BCOMM'71

Ronald Lionel Naud, BPE'72, MSC'74, MED'85

Joseph Robert Stevens, BA'73

Brian C. Wilson, DDIP'74

James Amos Nauss, BCOMM'74

Brian Charles Davis, DDS'75

Herbert Walter Stevens, MSW'75

Gerrit Johan Teunis Schuurkamp, BSC'75

Gerald Allen Todd, BPE'75

Ruth Marie Durrant, BA'75

Raymond Lyndon Roberts, BSC'75

Melville Farrell St. Pierre, BA'75

Arthur Egan Jamieson, BED'76, MED'81

Richard William Kydd, BSC'76, MD'80, PGM'81

Wendy Elwyn Ruth Allen, BED'77

Thomas MacDougall Bailey, PGM'77

Warren Cameron Law, PGM'77

1980s

David Michael McElhinney, TECH'80
Thomas McFall Morton, TECH'80
Reagh Robert Ellis, BSC'82

Eric Ronald Hatfield, BSC'82, DDS'86

Alan William Polley, MBA'82

Clyde Leslie Nickerson, LLB'85

David Campbell Spence, BSC'85, MD'89

Robert Keith Mahar, PGM'86

Blair Christie Purdy, BSC'86

Cindy Duchon, MSC'87

Martin Lloyd Timmons, BENG'87

Nancy Margo Balcom, BCOMM'88

1990s

Ian Robert Manzer, DIPENG'90, BSC'90, MBA'94
Owen Myers, LLB'90
Heather Dawn Black, DTECH'94
Cheryl Elizabeth A. Pearce, BSW'94, MSW'95

John Stuart Soeldner, LLD'96, MD'99

2000s

Eileen Alice McLean, BCSC'02

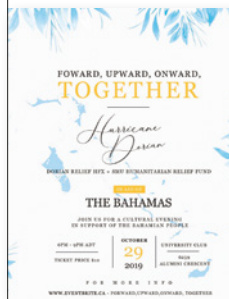
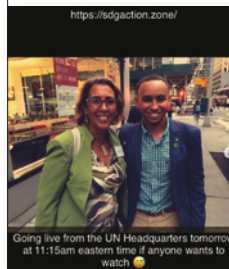
2010s

Daniel Joseph Sutow, BENG'10
Sharieh Faghihi, DDS'16

Hurricane help

It's a very helpless feeling, seeing all the devastation and destruction that has happened to people that you know, people you care about." But feeling helpless didn't stop Engineering student Chaz Garraway from trying to help. Days after Hurricane Dorian left the Bahamas in ruins, he began working with other Bahamians across Nova Scotia to collect aid. "I had to do something about it. I had to get involved and contribute to the rebuilding," he says. The effort resulted in over 370 boxes full of supplies that have been sent to help those living among the destruction. The hurricane was the strongest to make landfall in the Bahamas, a significance that's not lost on Garraway, an ambitious climate activist. "I'm not saying climate change caused the storm, but it definitely made it more severe and more intense." Garraway plans to contribute to climate solutions by pursuing a master's degree related to energy efficiency or coastal engineering related to mitigation or adaptation. He's currently part of the Dalhousie Renewable Energy Society and regularly speaks on environmental issues. Recently, he was on a panel on climate action in the Caribbean, part of the UN Sustainable Development Goals Action Zone. "I talked about how Dorian affected the Bahamas and the need to adapt to climate change by using the three pillars of sustainable development: environmental sustainability, social inclusion and economic development. That's how we can fight for change." *—Stefanie Wilson*

Days after Hurricane Dorian left the Bahamas in ruins, Chaz began working with other Bahamians across Nova Scotia to collect aid.



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