

The Alumni Magazine

Dalhousie

vol. 21 no. 3 winter 2005

A close-up portrait of a middle-aged man with short, graying hair and glasses. He is wearing a dark suit jacket, a light blue dress shirt, and a patterned tie. The background is a blurred architectural structure with diagonal lines.

**Balancing work
and family**

**Healthy choices
for kids**

**Choosing a
Maritime lifestyle**

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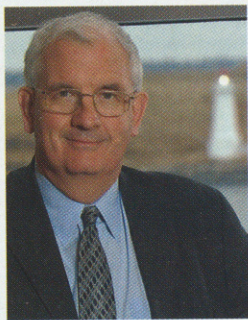


Photo: Abriel

Cover Story

8 Choosing a Maritime lifestyle

Staying focused on a future in the Maritimes, Bill Black (BA, BSc'70) believes that success comes from putting people and values first. That is a philosophy that, one would hope, would position him well as he looks to a future in public office. One of the newest members of Dalhousie's Board of Governors explains the qualities that make an organization shine in a community.

By Jim Vibert (BA '77)

*Cover photo:
Dal alumnus and board member Bill Black was recently photographed at Pier 21 by university photographer Danny Abriel.*



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Photo: Miller

Children from Atlantic Canada are considered at high risk of being overweight. The School of Health and Human Performance is dedicated to enhancing the health and well-being of the community. Dr. Phil Campagna shares his insights on the health of Nova Scotia's children and youth ... and some strategies for the rest of us, too.

By Dawn Morrison (BJ(K)'93)

16 A fine balance

A conversation with Credit Union Atlantic's CEO Eleanor (Findlay) Humphries (BSc '80, MBA'99) draws out her inspiration for success – a fine balance between work and family. She emphasizes the importance of listening on the way to earning back-to-back "Top 50 CEO" awards.

By Dawn Morrison (BJ(K)'93)

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DALHOUSIE UNIVERSITY

Inspiring Minds

Dalhousie, The Alumni Magazine

Dalhousie is the official periodical of the Dalhousie Alumni Association and appears three times a year. Editorial deadline for the next issue is April 4, 2005.



Photo: Abriel

Seldom has it been demonstrated more clearly that the Dalhousie community cares.

No sooner had winter term classes resumed, when volunteers got busy with a variety of fund raisers. Their concern translated into tangible support of relief efforts for areas of South Asia and

East Africa impacted by the tsunami.

"At Dalhousie, we are part of an academic community that is global both in its character and range of experience. Events like this ... reinforce and lift beyond cliché the reality that we live in a global village," President Tom Traves wrote to the university community early in the New Year.

You can read more about the heartfelt response from faculty, students, staff and alumni in our coverage of campus activity. Doubtless this engagement will continue, even as it evolves over the months and years to come.

The communities touched are also close at hand. In this issue of the magazine, we were pleased to catch up with the fast moving Bill Black (BA, BSc'70) to hear about his enduring commitment to living in the Maritimes.

The health and well being of children is a growing concern, one that touches our personal lives. Research at Dalhousie offers an enhanced understanding of fitness and activity. Dr. Phil Campagna prompts consideration of how we can all respond – as individuals, families, organizations and communities.

The dual challenge of providing vision and leadership while simultaneously raising the next generation is a daily reality for Eleanor (Findlay) Humphries (BSc'80, MBA'99), who shares some of her innovative approaches with us.

I hope the stories in this magazine will provide the opportunity for you to reflect on how we all contribute to the community – near and far.

Sincerely,

Amanda Pelham

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Keri Irwin (BA'98, BCom'01) was recently drafted from Athletics to join the team in Communications and Marketing. In addition to overseeing advertising requests, she is also the magazine's new production assistant. In her 'spare time' she teaches skiing and volunteers with the Junior League.

Jim Vibert (BA'77), Dal's Director of Communications and Marketing, interviewed Bill Black for our cover feature.

Dawn Morrison (B(K)'93) explores issues of balance on a daily basis, as the mother of three-year old twins Max and Olivia, and as a communications manager for Dalhousie University.



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Three for the Rhodes

Dal has 85 Rhodes scholars to date

Anna Robinson, neuroscience

DALHOUSIE UNIVERSITY STUDENTS have won all three of the Atlantic Region's Rhodes Scholarships for 2005.

In an unprecedented sweep, three Dal students – **Anna Robinson**, **Matthew Knox**, and **Graham Reynolds** – have won both Maritime region awards, as well as the Newfoundland award.

“This is a huge accomplishment for these students and a great day for Dalhousie,” says President Tom Traves. “Dalhousie is dedicated to nurturing the skills and talents of the quality students we attract and we couldn't be happier for Anna, Matthew and Graham, who embody that dedication.”

Anna Robinson, a neuroscience student from Harbour Grace, Newfoundland, has many extracurricular interests including the Brazilian Martial Art of Capoeira. She is an active fund raiser for charities and she volunteers with brain-injured patients during their rehabilitation.

“I still can't believe this is happening to me!” says Robinson. “I honestly feel as though my life changed in a day. It will be a while before I stop smiling.”

Matthew Knox, a kinesiology student from Halifax, Nova Scotia, is an avid hockey player, coach, and referee who has worked as a counselor at Camp Goodtime for children with cancer and brain tumours.

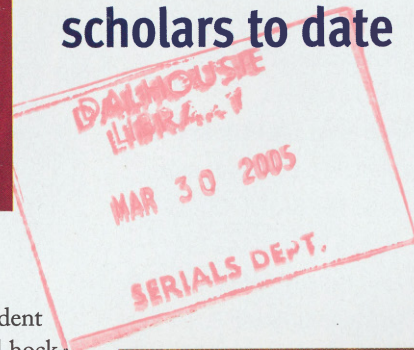
“It is truly the opportunity of a lifetime. It is very gratifying to have the work that I have done in the community acknowledged in this way. This is a wonderful opportunity to advance my education, which will benefit me throughout my lifetime,” says Knox.

Graham Reynolds, a law student from Winnipeg, Manitoba, is a talented musician and an active volunteer with the Pro Bono Students Association at Dalhousie.

“I feel very honoured to have been named as a Rhodes Scholar,” says Reynolds. “My time at Dal has prepared me well for the challenges that lie ahead.”

– Charles Crosby and Dawn Morrison

*Matthew Knox, kinesiology (left)
and Graham Reynolds, law*



Science illuminated by art

Alumni from the Faculty of Science have been mailed a 2005 Calendar "Illuminations on Science" that highlights the artistic side of graduates, students, faculty and staff.

"The calendar was created with several objectives – one was to strengthen contact with alumni, another to show off the talents of Dal's students and staff, and finally, there is the hope of raising some money," says project organizer **Patrick Ryall**. "All funds will help support student activities, be it attending conferences or enhancing scholarships."

The idea was borrowed and reinterpreted based on a project seen at another Canadian university. Dal's Faculty of Science invited students and staff to submit photographs in spring 2004, and held an exhibit in the Life Sciences Centre.

"Everyone walking by was invited to vote on their favourites and the top twelve made it into the calendar," says Ryall. The calendar design was completed by Dalhousie's Design Services.

Calendars have been sent out to pre-1999 science graduates. Copies are also available for sale at the Dean's Office, located on the eighth floor of the Life Sciences Centre, or through the University Bookstore in the Student Union Building. The Faculty of Science is seeking photographs for a 2006 edition and alumni are invited to contribute.



'Summer Spectacular' by Biology Department staff member Carman Mills and 'Arctic Fox' by earth sciences grad Christopher Hamilton (BSc'04) – two of the winning science photos



First Insects Cloned

A group of scientists led by Dalhousie University biologist **Vett Lloyd** and doctoral student **Andrew Haigh** are the first to successfully clone insects. The breakthrough research, using fruit flies as the subjects, is featured in the British on-line publication *Nature.com*.

So, why of all things, fruit flies, already so numerous and pesky? As anyone who owns a greenbin will doubtless ask: does the world really need more flies? Lloyd tells *Nature.com* that she

Focusing on the bottom line and the blue line

Dominic Noel traded his business attire for a uniform this summer in order to try and score the ultimate goal on a reality television series.

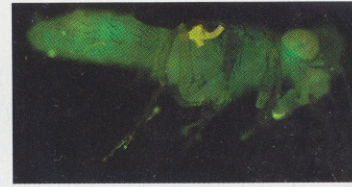
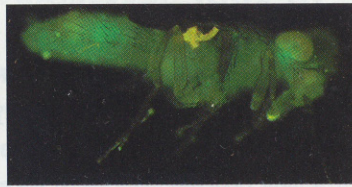
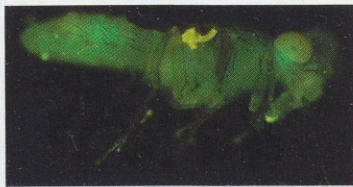
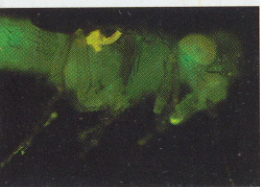
The senior commerce co-op student was a successful competitor on a prime time reality show "Making the Cut," sponsored by Bell. The ultimate prize was a pro hockey try-out with one of six Canadian teams – and Noel was one of the half dozen finally chosen from among 68 hopefuls.

Originally from **Lameque, New Brunswick**, Noel credits Halifax's vibrant community and head coach **Fabian Joseph** as the driving forces in his decision to attend Dalhousie.



Tiger Dominic Noel made the cut on CBC TV's hockey camp reality series

– Keri Irwin



hopes the flies, which are very easy to experiment with, will help to fine-tune the cloning process in other animals and even in humans, where the technique is being researched to aid production of therapeutic stem cells.

This is not the first time someone has

attempted to clone flies but Lloyd says this is the first success. Her team used a slight variation on the standard cloning process, transferring nuclei taken from embryos rather than fully-fledged adult cells. They removed nuclei from developing fly embryos, and injected

them into a fertilized fly egg. From over 800 initial attempts, they produced five adult insects.

The team attracted media attention across the country and around the world, including the BBC and CNN.

Dal rallies support for tsunami relief

The natural disaster in the Indian Ocean has affected all who have seen pictures or heard accounts of it - Dalhousie community members included.

No sooner had winter classes begun when students, faculty, staff and alumni began to offer assistance. Out of concern, they have given time, funds and expertise.

The Dalhousie Student Union (DSU) quickly organized a benefit concert that drew more than 300 people to the Grawood, raising over \$2000 for the Canadian Red Cross' tsunami relief efforts.

Campus appeals - including a 'pass the hat' collection at a Cohn symphony concert, and a special donations box in the SUB - in turn fed into a larger fundraiser at the Halifax Metro Centre.

Concert for Asia was organized in less than a week, with Halifax-based band MIR working closely with the Centre for Diverse Visible Cultures. **Armando Regala**, recently retired from Dalhousie's Personnel Services, presented a cheque for \$103,000 to Oxfam Canada on behalf of the Centre.

"It makes me feel humble that I was involved in getting such a thing done, and

that it may make a little dent in the effort to provide assistance in such a devastating situation," says Regala.

There to receive the donation on behalf of Oxfam Canada was **Dick Evans**, national board chair, and an associate professor at the Dalhousie Law School. Evans appreciated seeing diverse communities working together, and the recognition that the crowd gave to Dalhousie's mention. "A big cheer came out of the audience!"

Still others are offering their valuable expertise.

When a country's infrastructure is devastated and when help is offered in the form of expert advice, time is of the essence. Such is the case in Sri Lanka where much of the coastal area has been devastated by the tsunami.

Dalhousie alumnus **Don Fraser** (BSc'59, BEng'61) is offering guidance in rebuilding the fisheries infrastructure along the Southeast coast of Sri Lanka.

He is an adviser with the Export Mentoring Program with ACOA and a volunteer with Canadian Executive Service Organization (CESO). He has over 30 years of experience in directing fisheries

development projects in Canada and over 75 countries internationally.

In this region of Sri Lanka, the fishing industry has been destroyed, including most of the boats, fishing supplies, landing sites, wharves and water supplies.

Oxfam's Evans reminds us to continue to look beyond the headlines. "It's important that we support a whole range of international development needs on a long term basis."

- Files from Maria McGowan, Kristen Loyst and Catherine Young



A benefit concert at the Grawood raised funds for the Canadian Red Cross relief effort

Palmer Wing named

For **James Palmer** (LLB'52, LLD'87) and his wife Barbara, generosity is simply second nature.

When classes resumed in September, law students and staff returned to an updated learning environment. Classrooms were refurbished, technology was up-dated and a "moot" court was built. In recognition of their gift, two classrooms have been named the James and Barbara Palmer Wing.

Dr. Palmer is a founder of a leading law firm in Calgary. Burnet, Duckworth & Palmer is recognized for community-minded contributions. Palmer was selected to receive the Dalhousie University Weldon Award for Unselfish Public Service in 1993.

Despite his busy schedule, James Palmer and his wife Barbara have chosen to take the time to help their community and offer countless students at Dalhousie more opportunities to learn and grow.

— Ian Murray

On-line donation 'fast, safe and easy'

Making a donation to support Dalhousie will get a little easier early in 2005.

Thanks to recent up-grades to our computer technology, Dal will be able to accept your credit card donation on-line through a secure web link.

Thousands of alumni and friends already give to Dal via the mail and our phone program. "With today's secure technology, it made sense for us to make on-line giving available. Many of our alumni were asking for it, as well," says **Mary Ann Daye, executive director of University Advancement.**

On-line giving is fast, safe and easy to do and can be accessed through our website at www.dal.ca.

At your service

Get the groceries, drop off the dry cleaning, research Timmy's play school options, schedule a car appointment, buy Mom and Dad's anniversary present, walk the dog, organize the closet, and oh – book a vacation. Phew! With our to-do lists running even longer than our work days, we need help.

That's where **Amanda Abbott comes in. After busy colleagues bemoaned the lack of hours in a day, the super-organized student started her wildly successful business **Your Concierge** in 2003, the third year of her Commerce degree studies.**

"I'm a personal assistant, there just for you," explains the in-demand Cole Harbour resident, who lives on a cell phone and keeps a mobile office in her car. "What exactly is it I do? That's a list that never ends."

Nominated in both the New Business of the Year and Small Business of the Year categories for the 2004 Halifax Chamber of Commerce Business Awards, Abbott has been entrusted with everything from buying \$600 worth of particular candy for a wedding reception to organizing a yard sale for a rental property owner whose tenant did a midnight dash.

Charging flat or hourly rates depending on the task, Abbott offers her own skills and that of a sterling list of contacts for both personal and professional needs (www.your-concierge.ca). She is increasingly a fixture at business trade shows, as large corporations recognize her sanity-saving service can enhance the life of hard-working employees.

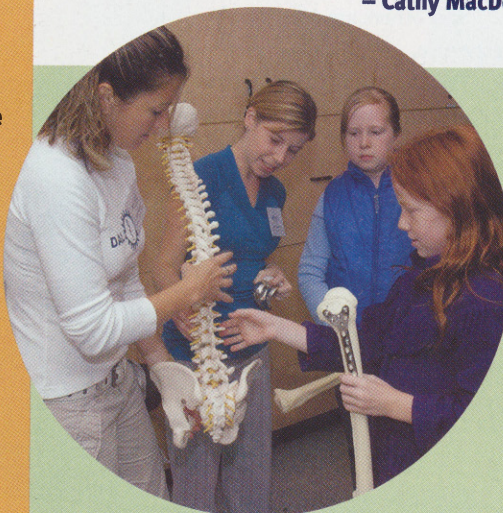
"We can prepare your HST return, organize your home office and then go get your groceries," explains Abbott (BCom'05). She is specializing in entrepreneurship and credits that Commerce department program for a job she loves.

"It gave me answers to questions I didn't even know I had," she says.

"This is what I wanted to do with my life."

— Cathy MacDonald

*On the go so you don't have to be –
Amanda Abbott of Your Concierge*



Open House visitors take in an exhibit at the Human Motion Lab

From far and wide: visitors co

Dalhousie was abuzz with excitement and enthusiasm on October 22 and 23, 2004 as guests from Ontario, Quebec, the Atlantic Provinces, Bermuda and New England descended upon each of the three campuses and took in over 260 displays, open lectures, classes, and special events.

A highlight of Open House was Reach for Dalhousie, a high school quiz tournament based on "Reach for the Top", which had schools from across the province vying for the top prize of a year's tuition.

Dal was alive with community and campus



Photo: Abriel

Sex cells

Birds do it. Bees do it. And now, even microscopic Archaea do it.

A trio of Dalhousie researchers has discovered that Halorubrum, a group of bacteria-like organisms that thrive in extremely salty environments, are a promiscuous lot. They've shown that, in nature, these organisms have "sex" and they do it all the time, even between species.

Senior researcher Dr. Thane Papke, graduate student Jeremy Koenig and Dr. W. Ford Doolittle, Canada Research Chair in Evolutionary Biology, all of the Department of Biochemistry and Microbiology, have revealed the "sexual habits" of these frisky and mysterious creatures in a paper titled "Frequent Recombination in a Saltern Population of Halorubrum." The paper appears in the 10 December, 2004 issue of the leading American journal *Science*.

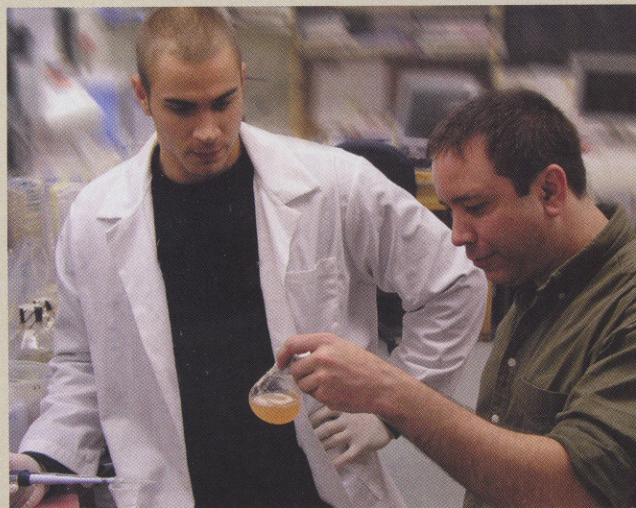
Halorubrum is one genus of Archaea, a category of single-celled organisms similar to Bacteria, although they aren't thought to cause infection. The name "Archaea" comes from the fact that many of these organisms live in extremely hot or salty environments, much like the conditions on Earth billions of years ago.

This knowledge is on the cutting edge of biogeography, an emerging field in microbiology. It will be used to compare populations of Archaea found in similar environments throughout the world, to determine if genes are shared between them, or if different populations are evolving separately.

The paper was developed in collaboration with researcher Francisco Rodriguez-Valera at the Universidad Miguel Hernandez in Spain, and with support from Genome Atlantic and the Canadian Institutes for Health Research.

— Files from Charles Crosby, Catherine Young and Kristen Loyst

Grad student Jeremy Koenig with senior researcher Dr. Thane Papke



me for Open House

spirit as guests of all ages enjoyed the sights and sounds. For many it was a trip down memory lane, and a chance to picture sons, daughters or grandchildren following their example and gracing the doors of the university.

For others, such as potential students, it was a chance to experience Dalhousie intimately, through interactive science shows, lectures, seminars and displays.

Congratulations to online survey respondent **Eileen Hurst**, (BScPharm'93), who won a laptop computer for participating.

— Keri Irwin

A full-page photograph of a man with short, grey hair and glasses, wearing a light blue dress shirt and a patterned tie. He is sitting on a black metal stool, leaning back with his legs crossed at the ankles. He is positioned in front of a large window that looks out onto a coastal town with buildings and a body of water. The sky is overcast. The word "Cho" is printed in a large, dark blue font on the right side of the window.

Cho



by Jim Vibert (BA'77)

osing a Maritime lifestyle

Bill Black is still on message.

It's all about putting people and values first – a pretty good political platform?

“THE CUSTOMER IS WHAT matters. Treat the customers well, and treat the employees well, so that they can take good care of the customers, and everything else will pretty much take care of itself.”

He makes it sound simple, but admits it's not easy.

At just 54 years of age, Bill Black (BA, BSc'70) is preparing to adapt that philosophy for a whole new audience, as

he seeks the Tory nomination in Halifax Citadel, and a seat in the provincial legislature.

Nine months after walking away from a 34-year career that took him to the highest echelons of Canadian business, and arguably to the pinnacle of the business world in Atlantic Canada, Bill Black remains as certain as ever that success comes from putting people and values first. Profits belong somewhere down the list.



“ People good jobs”

For illustration, he cites the most famous product-tampering incident of them all – Tylenol. In 1982, when it came to light someone was poisoning Tylenol in Chicago, the manufacturer, Johnson & Johnson pulled the pills off the shelves – everywhere. When it came back, Tylenol set a new standard for tamper-proof packaging. The product recovered and eventually assumed the prominent place it holds in the market today. The case is often cited as a triumph of public relations.

Not so, says Black. It’s about values.

“Johnson and Johnson understood that they were in the business of making people well. It was about their values. There was never a question. Take it off the shelves.”

As for the current litany of corporate malfeasance (Enron, Worldcom, Tyco, Wall Street), Black says the “disgraced” corporations lost sight of whatever values they had to begin with.

During Bill Black’s eight years as CEO of Maritime Life, the Halifax-based insurance company grew from fewer than 1,000 employees to nearly 3,000. Most of that growth came through acquisitions. Confederation Life, Aetna, Royal & SunAlliance – Maritime Life swallowed them all.

The past decade was a time of consolidation in the insurance, and many other, industries. In the cut and thrust world of corporate mergers and acquisitions, Maritime Life was a player, and Black was its leader.

are born with an innate desire to do a b. Bureaucracies beat that out of them.



Bill Black is the third generation of his family to work at Maritime Life. He started at age 15, working summers and, after graduating from Dalhousie University, he joined the company fulltime in 1970. By then, Maritime Life had been purchased by Boston-based insurance giant John Hancock Financial Services.

"Hancock pretty much left us alone while things were going well, and for the most part things went well," said Black with typical understatement. Maritime Life was a thriving, growing success story. By 1993, having worked most every job in the company, Black became COO, and two years later, CEO.

It wasn't long after, that Maritime Life became the employer of choice, certainly in Halifax. The company started showing up, first on regional, then national, lists of the best places to work.

In 2003, Maritime Life boasted an employee satisfaction level of 91 per cent. That is remarkable for any large organization but doubly so because Maritime Life had, over the preceding five years and through major acquisitions, ballooned from 900 to 2,900 employees. Perhaps more remarkable, in a separate survey, 97 per cent of Maritime Life employees understood how their particular job fit into the big picture, and supported exceptional customer service. How does that happen?

"You have to work at it. Company leadership has to live it. Everybody in the place, including the CEO, is subordinate to it." And when new people come in, Black said, whether through large acquisitions or new hiring, it is vital that they are part and feel part of their new organization.

Equally important is the willingness to "exit" – fire – people who "don't get it," Black said, and that is difficult, "sometimes they are friends, and we all want to avoid conflict, and we can all find excuses and reasons to ignore those kinds of problems."

But, he said, the harm they can do to the organization and to the motivation of others around them is potentially devastating.

In 2004, Maritime Life found itself on the other end of a corporate acquisition, when Manulife bought Hancock, and with it gained control of Maritime. Initially, it looked like Black would stay on, but when Manulife decided they wanted the executive team in Ontario, Bill Black, a lifelong Haligonian, said 'no thanks.'

In the fall of 2004, Black joined Dalhousie's Board of Governors, and from that vantage point, along with the experience gained earning two Dalhousie degrees, and putting three kids through college, he believes there are a few lessons the academic world can learn from the corporate world.

"People are born with an innate desire to do a good job. Bureaucracies beat that out of them."

Bill Black doesn't believe universities – or governments for that matter – have a monopoly on creating bureaucracy. He has seen plenty of private sector bureaucracies take root and flourish. But he clearly thinks smart and successful organizations know how to resist "stultifying" employees through a proliferation of

rules, regulations and processes – bureaucracy.

"The difference is a high tolerance for mistakes," he said. The best organizations have that.

"They (the best organizations) let their people make decisions. And, for the most part with good people, those judgments are reasonable given the circumstances and information available at the time. If they turn out to be wrong, you support that employee rather than create a rule or set of rules to make sure it never happens again."


Another area where Black says the public sector should take a lesson from the private is in HR policy. He believes government, universities and other public institutions look the other way rather than deal with personnel issues.

They have to learn you . . . "can't tolerate deadwood. It drags down the good people."

The ultimate lesson, however, goes back to the Maritime Life conviction – and they proved it works – that the shareholders' interest can be served well by having satisfied customers created by satisfied employees.

Then he tells the "famous" story about Nordstrom – the high end US-based department store.

Seems a customer comes into Nordstrom's and asks for an item the store does not carry. The clerk not only points out that the item is available from a competitor, but actually leads the customer out of Nordstrom, to the competitor store, and finds the requested item.

You get the feeling Bill Black would hire the guy in a minute. 

Go outside a

Remember those days? A new study provides a 'wake up call' to reintroduce physical activity into everyday life

by Dawn Morrison (BJ(K)'93)

AT FIRST, I THOUGHT IT WAS adorable. I was in the car with my three-year-old twins, and we passed by a well-known fast food restaurant. When my son saw the familiar giant logo standing in the sky, he sang a very catchy jingle, and then both kids asked for fries and chicken nuggets.

I'll admit that my kids are no strangers to chicken nuggets. From time to time, we do treat them to this particular fast food restaurant's colourful, nicely-packaged kids' meals, and their accompanying toys.

With my husband working that evening, and only about two hours to arrange supper, playtime, a bath and story, swinging through the drivethrough was a tempting thought. For two busy working parents, it is difficult sometimes to keep fast food a "treat" instead of a habit. That evening, I stayed firm and opted for a healthy meal at home.

I thought about this incident later. At three, my son had not only recognized the logo, and learned the jingle, but also knew to connect these things with a product. It was a bit disturbing. While the sound of his little voice chirping the jingle was incredibly cute (I even had him sing it for his grandparents on the phone), the fact remained that my toddlers had not only recognized this restaurant, but were now trained to bug me for its products.

Recently, disturbing health trends are coming to light, fueled in part by our increasing consumption of fast food coupled with a sedentary lifestyle. Physical inactivity is a major public health and social issue in North America, with studies showing links between the increase in the number of children and youth leading inactive lives, the rise of overweight teens and adults, and an increase in preventable



Photos: Muir

diseases such as type 2 diabetes, coronary disease and some cancers. At Dalhousie, Dr. Phil Campagna's research on physical activity levels of Nova Scotia's children is helping to provide a better understanding of this issue.

Perhaps the most troubling aspect of this trend is the rise of child inactivity and obesity. The Canadian Institute for Health Information (CIHI) recently released data showing a large increase in obesity rates among children over the last two decades (although these rates



nd ay

appear to be stabilizing). Today in Canada, about 36 per cent of children aged 2 to 11 are considered overweight, and of those, 10 per cent are obese. The percentage of overweight children today is more than three times as high as in 1981, and the rate of obesity is five times what it was then.

Nova Scotians have the highest percentage of overweight people in the country, according to the CIHI, and children from Atlantic Canada are considered at the highest risk of being overweight. This

is attributed to poor eating habits, combined with a lack of exercise.

Dr. Campagna's research supports these national statistics. Dr. Campagna is a professor and associate director of graduate studies in the School of Health and Human Performance at Dalhousie. He teaches such courses as Advanced Fitness Assessment, Exercise Prescription and Lifestyle Counselling.

He is the principal investigator for an ongoing research project examining physical activity levels of Nova Scotia children

and youth, with the first phase conducted during the 2001-2002 school year. Interestingly, his data shows a clear trend toward less and less physical activity as children get older.

The purpose of the study was to determine the percentage of children and youth who accumulate 60 minutes of moderate or higher physical activity on five or more days of the week. Data was gathered using a technical device called an accelerometer. The intent was to examine the factors which may



“It’s a wake-up call for all of us – individuals, families, communities, schools, municipalities, and provincial and federal governments.”

contribute to the physical activity levels of children and youth in the province. The results of this study will be used as a benchmark for future studies which will continue over the next several years.

The study found that 90 percent of grade three boys and girls accumulated 60 minutes or more of moderate and vigorous physical activity on five or more days of the week. Among grade seven students, only 62 per cent of males and 44.5 per cent of females met the 60 minutes requirements. By grade 11, only 12.6 per cent of males, and 6.9 per cent of females accumulated 60 minutes or more of activity.

“This study sends a clear message – if we want our children to grow up to be healthy adults, then physical activity has to be re-introduced into modern, everyday lifestyles,” said Dr. Campagna. “It’s a

wake-up call for all of us – individuals, families, communities, schools, municipalities, and provincial and federal governments.”

“This is ground-breaking research that will give Nova Scotia accurate information on which to base future planning and monitor change over time,” said Dr. Campagna. “We know that the increase in preventable disease associated with physical inactivity has been a growing concern of governments across Canada, the United States and Europe in recent years. Now we have a benchmark for Nova Scotia that will allow us to measure how we’re doing.”

It reflects a growing challenge for all of us. What initiatives are in place to help busy families and individuals stay off the couch and out of the drivethrough?

The Government of Nova Scotia has

announced new plans to invest significantly in health promotion, much of which will be used to try and improve the habits of children. Specifically, part of the funding will go towards promoting physical activity, and healthy eating among kids.

The private sector is also moving toward innovative approaches to address these challenges. A new interactive fitness centre for kids has opened in Dartmouth, N.S., designed to “trick” kids into exercising through the use of video games. Rather than spend hours sitting on the floor in front of the television, and using only their thumbs to simulate movement, kids can go to the Bulldog Interactive Fitness Centre and get moving on a PS 2 Game Bike, climb to the top of “Mount Everest” on the Treadwall, or try out their dance moves on Dance

Dance revolution (DDR), a specialized dance machine.

Dalhousie graduate Ryan Mclellan (BScK’00) is bringing his knowledge of fitness and health promotion to this new venture, by educating families about the benefits of exercise. “Our aim is to show that there are ways to make exercise enjoyable for today’s youth who love video games and computers, and also to educate parents in the fundamentals of fitness and nutrition,” he says.

By providing youth with positive activities that encourage and enable them to exercise, it is hoped that kids will experience the additional benefits, including improvements in well-being, self-esteem and friendship building.


For busy individuals and families, Dr. Campagna says the key to a healthier

lifestyle is to make good choices, and make exercise fun, especially for kids.

"Kids have to play a little more, and parents have to instill a sense of joy in exercise, to make it fun. You have to set an example for them, by incorporating more exercise into your own lifestyle," he says. "I know that parents are busy, and there doesn't seem to be enough time in the day. But, even if you take your kids out for 15 -

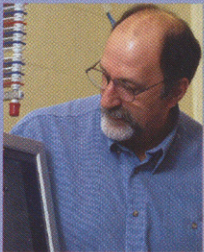
20 minutes a day after work, go for a walk, play some pick-up hockey with the older kids, or kick a ball around with the little ones, this will have a tremendously positive impact on the health of your family."

Dr. Campagna has some valuable advice when looking at the road ahead. He says that although most of us prepare financially for our retirement, we do not always prepare for it physically. The best

way to do that is to establish and maintain healthy lifestyle habits while we are still young. "We want to have a good quality of life when we are older. When I am in my 70s and even my 80s, I want to enjoy my life, and my grandchildren, not to be sick or disabled by a stroke or heart attack. The best way to ensure our future health is to start now, and maintain good, healthy habits throughout our lives." 

Dal's Dr. Phil has lifestyle tips for busy families

With an increased emphasis on safety, many of today's parents are uncomfortable letting kids roam outside to play unsupervised. Unfortunately, this can mean a loss of valuable playtime and exercise for today's kids. Busy parents have to be innovative to work exercise and healthy eating into their families' lives.



Dr. Phil Campagna teaches a course in lifestyle counseling to

address these very issues, and offers the following tips for families on the run.

A surprising outcome of Dr. Phil's research indicates that across the board, kids tend to be less active on weekends. **Use weekends to plan extensive physical activities** with the kids, a game of baseball in the backyard, a pickup game of hockey with the neighbourhood kids, or a longer walk or hike.

Take a walk with the kids every evening, even if it is just a short walk around the block. Older kids can follow along on their bikes. Even a small amount of exercise is valuable if done every day. Everyone will eat and sleep well, and

this provides some great family time to catch up on the day's events.

For a supper on the run, instead of getting fast food, **try a vegetarian pizza with extra veggies**.

A movie night with the kids is still a great activity, but **consider a switch in movie treats**. Instead of chips, dips and candy, substitute low-fat, tasty snacks like popcorn and pretzels.

For adults who can't dedicate an hour every day to the gym, look for ways to use your existing time and space to **get a few minutes of exercise throughout the day**. Instead of aiming for a 30-minute workout each day, it may be easier to get three 10-minute blocks in.

Always take stairs instead of the elevator. If there are lots of stairs in your building, try going up and down them for ten minutes twice a day.

When driving to work or the mall, **park farther away** than you normally would. You will avoid the stress of circling the parking lot

looking for the perfect spot, and work in an extra few minutes of valuable exercise.

Try heart rate monitors and pedometers – inexpensive technology that can assist you to track your daily attempts to get more physical fitness.

Keep exercise fun! **Discover new activities that you can enjoy**. Branch out – you may find that you are a natural at kayaking, rock wall climbing, squash, karate, kickboxing, or any number of activities you and your family had not considered before.

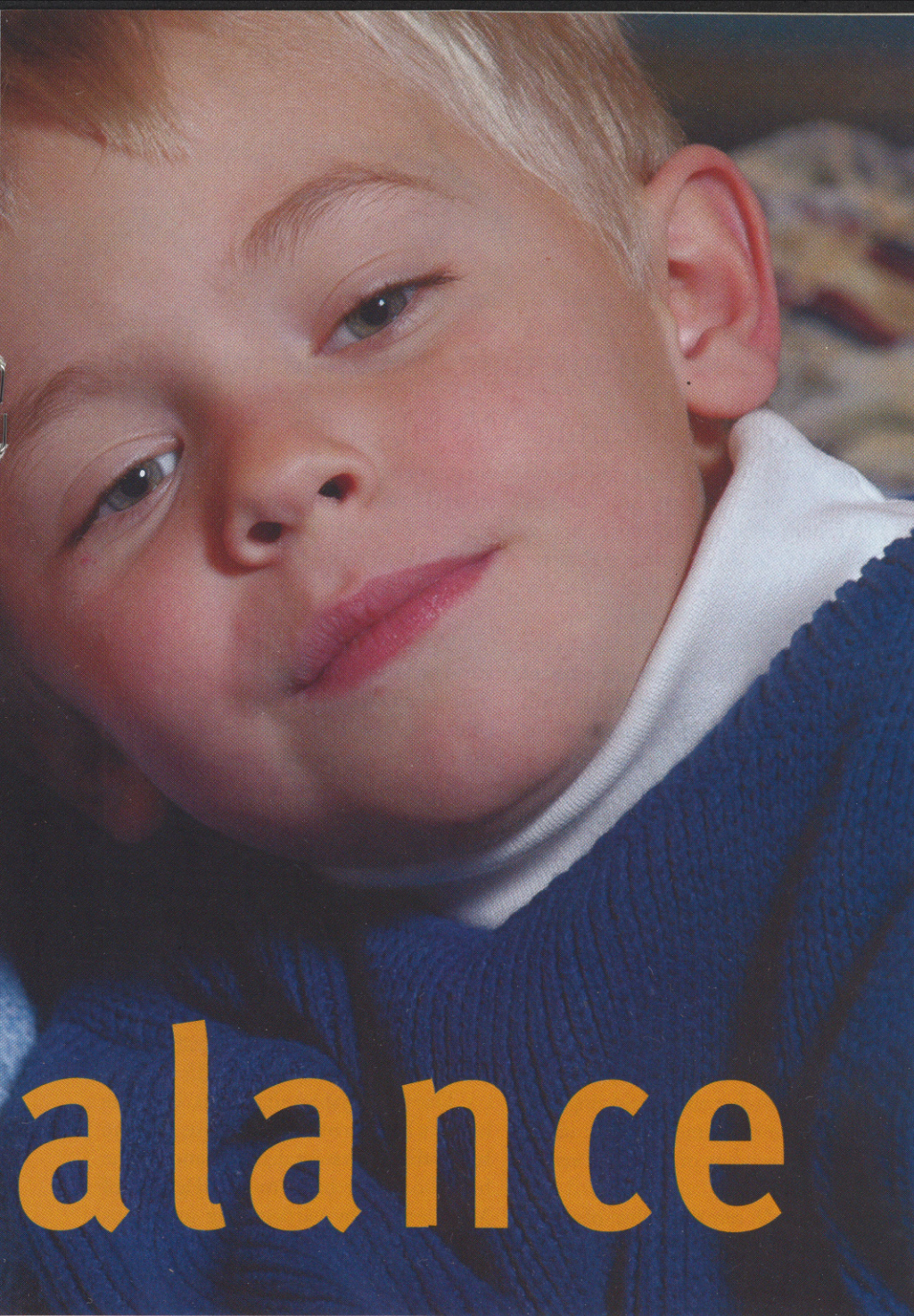




Photos: Abriel

A fine **b**

Eleanor (Findlay) Humphries (BSc'80, MBA'99) has worked out a unique arrangement with her children – one that makes the daily morning rush go more smoothly.



by Dawn Morrison (BJ(K)'93)

balance

“IF THEY ARE READY TO GO ON TIME, and not acting up, they can listen to the music of their choice on the way to school. If not, it’s mom’s choice – CBC Radio,” she says, with a broad smile. “For the first part of the year, they were totally up on the news.”

On this drizzly November morning, the Dalhousie grad and President and CEO of Credit Union Atlantic confides that she

fell asleep the previous evening at 2 a.m., only to get up three hours later to “do it all over again.” It is not uncommon for Eleanor to get home at about 7 p.m., spend time with her family, and when the children are in bed, work again until the small hours of the morning. She relays this with a hearty laugh, without a trace of the complaint that might be expected from someone with such a grueling schedule.



“ I think today we undervalue the importance of listening. We talk a lot about listening but do we actually do it?”

For Humphries, the key to success is balance. Along with boundless energy and enthusiasm, she considers confidence, organizational skills, fairness and respect essential for leadership.

Of all the qualities needed for good leadership, the most important is the ability to listen, she says, “I think today we undervalue the importance of listening. We talk a lot about listening to people, but do we actually do it? Do we actually hear what they are saying, and take the time to think about their point of view, and reflect on it?”

“I see the value of active listening at the office, and at home. If an employee is at your door, you know that it is important, and you should make time for them. I see it at home, especially with my 14-year-old, sometimes rather than talk to them parent-to-child, it is better to talk person-to-person, to really understand where they are coming from.”

Of course, the communication and people skills needed for leadership must also go hand-in-hand with vision. “Having a direction for your organization is important, and a large part of that is the CEO’s vision. Having said that, you also have to engage people. No one person is going to get you there, you have to have a

strong team environment. A large part of that is believing in your people and their skills. You have to have confidence in their abilities to execute that vision.”

To say the past five years have been busy would be an understatement. After completing her MBA at Dalhousie in 1999, she took the helm of Credit Union Atlantic. In that time, she turned the company’s finances around, taking a \$1.75-million loss, and creating a net income that continues to grow. She has fostered a strong and committed team environment, and earned two “Top 50 CEO” awards (2002 and 2003).

Dr. Abol Jalilvand, Dean of Dalhousie’s Faculty of Management, says she has a strong sense of determination. “She has also given back to the Faculty of Management by participating in various academic and promotional activities, including membership on the search committee for directorship of the business school a few years ago,” he adds.

Her achievements as a busy executive are remarkable, but if you ask her, she’ll say her most important accomplishment has been raising a large family with her husband Gary, and finding the balance, energy and good humour to do it all, and do it all well.

“Eleanor demonstrates incredible determination, however, this is always tempered with compassion and understanding of others. She clearly recognizes the need for balance in her life and having been born in Scotland, she is true to her

importance of
to people,

”

personal characteristics throughout his life.”

Rounding out many family and work commitments is a dedication to community leadership. Eleanor is an active volunteer and serves on the Boards of InNOVAcorp, the Nova Scotia Community College Foundation, Armbrae Academy, and the Mental Health Foundation of Nova Scotia.

On this particular day, a meeting at her son's school has pushed her schedule forward, which means back-to-back meetings until after 6 p.m. Lunch consists of a quick bite on the run. Missing a school visit, however, is not an option.

“I really try to make sure that family priorities are met,” she says. “If there is a medical appointment, a meeting, a school recital, or concert – we're there. Those are the things you just can't get back.”

Time management means more than just maximizing productivity at the office. Not a minute of her day is wasted. She credits the support of her husband and a nanny in helping to maintain that all-important balance, but also enlists another ally in the daily fight against the clock. “I try to use whatever tools available to make the most of my day, including technology,” she says. This could mean using her Blackberry to check e-mails while waiting for a plane, or taking the drive home to dictate notes and memos for the next day. “Ten minutes here and there can really make a difference.”

In fact, the long commute from Halifax to her home in St. Margaret's Bay forms an integral part of her day. “Some days, I use that drive home just to decompress. When you've had a long day, with a lot of meetings, or issues, it's important to remember that it's not your children's fault. In the space of about an hour, you may go from talking with the CEO of a major company, to a six-year-old who wants to share his day at school. And the six-year-old talking about his day in grade primary is just as important as your conversation with the CEO.”

Determination is a word that rushes to mind in reviewing the list of Eleanor's accomplishments. “My mother always said that I knew where I wanted to go from a young age, and also knew how to get there,” she says.

Growing up, both parents instilled the value of hard work, self-sufficiency, and the importance of education. Even then, she was a person who was confident, and comfortable being herself.

“I was a funny kind of kid, because on one hand I would love to wear dresses and look pretty, but I was also the girl hanging from the highest branch on the tree.”

Her parents taught her to value her independent spirit, and she learned a great deal from her father, Dr. Findlay. “He had such respect for people, no matter who they were, or what they did,” she said. “And, he always made time for family. He worked extremely hard, but when it was time for family, he was there.”

What's next for this busy executive? She says she is giving serious consideration to a doctorate, and would someday like to teach. “Retirement is not on my horizon,” Humphries says, looking into a future filled with challenge and possibility. dal



Award named for 'Caretaker' of CanLit

The many colleagues and friends of the late Dr. **Malcolm Ross**, Professor Emeritus in the Department of English, have provided both the inspiration and the support for a new scholarship. The Dr. Malcolm Ross Graduate Scholarship in English will support an outstanding student entering the Masters program in English at Dalhousie.

Dr. Ross, who died in November 2002, aged 91, was celebrated for his many contributions to Canadian literature and culture. In the mid-1950s, he persuaded publisher Jack McClelland of the value of a series of Canadian paperbacks. For two decades, Ross was general editor of McClelland & Stewart's New Canadian Library, a vital reprint series of Canadian fiction and poetry. He is well remembered for fostering the development of Canadian literature. He humbly described himself as a 'caretaker'.

"His greatest joy came from his students," recounts his daughter, Julie Ross. The scholarship is most fitting as Dr. Ross was instrumental in establishing the graduate program in the English Department.

Student financial aid grows

Dalhousie University is working hard to shape the futures of its students by creating opportunities for educational advances. A direct way to do this is by placing an emphasis on building financial support for students.

In fact, with the fifth-largest endowment investment in the country with a market value of \$280 million, Dalhousie now has more than 900 separate endowments that directly support students through awards, prizes, scholarships, bursaries and programs.

Adding the on-campus employment that Dalhousie is able to provide for students, the University spends \$34 million annually in student financial aid, which is almost 40% of the tuition paid by its 15,500 students. Increasing this support is a University priority, and Dalhousie is extremely grateful to the generosity of the many, many donors who are behind this success.

— *Natasha LaRoche*

Reunion classes gather

Class of '54



Class of '49



Classes of '39 and '44



Anniversary classes gathered at a special reunion luncheon hosted by President Traves, where Gerald (Fuzz) Foster (Arts '49) showed off a prize Dal souvenir

Events

www.dal.ca/alumni

Come join us !

Make sure to visit our events schedule online for details and updates: www.dal.ca and click on Alumni & Friends

For more information about events please contact rosanne.cousins@dal.ca (unless otherwise noted).

Look for events in the following cities:

Halifax – March/April 2005 – Movie Night

San Francisco – April 2005

Toronto – April/May 2005

Vancouver – May 2005

Annapolis Valley – May 2005

Calgary Alumni Lobster Dinner

**May 13, 2005, 6 p.m. reception, 7 p.m. dinner
Glencoe Club, 636-29 Avenue SW, Calgary**

For more information, please contact:
Joseph Macdonald, (MBA'91) at angus.jmacdonald@telus.net
or Wendy Mullane, (MBA'02) at cibo@shaw.ca

Calgary Engineering Lobster Dinner

May 14, 2005, 6 p.m. reception, 7 p.m. dinner

Big Rock Brewery, 5555-76th Ave SE, Calgary

For more information, please contact:
Jon MacConnell, BEng '97 at jmacconnell@slb.com

25th Reunion – BN (Basic) Class of 1980

BN (Basic) grads of 1980 are planning a reunion for **June 2005**. If you are interested in attending please email Joan Hamilton at joanhamilton@eastlink.ca.

◀ *Alumnae night out – fun at Toronto pub night in November*



Fall Reunion 2004



Fall Reunion 2004 was packed with events for alumni who attended. Receptions, class lunches, university tours and the Dalhousie Annual Dinner made for a memorable visit with plenty of chances to renew friendships and relive Dal days gone by.

The Annual Dinner was a gala affair featuring inspiring appearances by alumni Olympic athletes **Karen Furneaux** (BScK'00), **Steve Giles** (BSc'97, BEng'02), **David Kukuchi** (BSc'01), and **Mike Scarola** (MBA'04) and a performance by jazz musician **Dani Oore** (BMus'02). Entrepreneur **Tanya Shaw-Weeks** (CCS'91) was dinner speaker and President **Tom Traves** outlined Dal's successes and aspirations for the future. Teaching award winner **Steve Coughlan** (LLB'85) and Archibald Award winners **Peter Doig**, (BA'51, BCom'53), **Ron Gilkie** (BSc'60, BEng'62, MEng'64) and the **Dal Alumni Women's Division** were congratulated. Special guests were members of the **1954 Football Team**, winners of the Purdy Cup, who were inaugural inductees to the Dalhousie Sport Hall of Fame.

Don't miss the celebrations this year. Mark your calendars for **Fall Reunion 2005**, September 29-30.



2005 Alumni Award for Teaching Excellence

As a professor at Dalhousie Law School for the past 12 years, **Steve Coughlan** (LLB'85) has made a memorable and lasting impact on many students. Coughlan is praised as an innovative lecturer with a dynamic and accessible style, striving to ensure that learning is an active, enjoyable experience.

Librarian honoured by alumni association

The Associated Alumni of the School of Library and Information Studies presented Dalhousie librarian **Judy Dunn** (MLIS'83) with the 2004 Outstanding Alumni Award. Dunn's enduring commitment to the School of Library and Information Studies (SLIS), her active participation in professional bodies and the large network of alumni and students she supports – all are hallmarks of her outstanding contribution.



10th Reunion – Dalhousie Physiotherapy Class of '95

July 1-3, 2005

Stanley Bridge Country Resort, Stanley Bridge PEI
 www.stanleybridgeresort.com (1.800.361.2882)
 Contact : physio1995@hotmail.com
 Please make bookings with the hotel directly and contact the reunion committee for further information.

Halifax – Dalhousie Annual Dinner September 29, 2005

Westin Nova Scotian Hotel, 6 p.m. for 7 p.m.
 Contact: Darlene Jarvis at 902.494.1697 or 1.866.225.8043 or alumni.events@dal.ca

Halifax – Dalhousie Law Alumni Annual Dinner and Reunion Weekend September 30 to Oct 2, 2005

Contact: Katherine Stanford at 902.494.5100 or katherine.stanford@dal.ca



Ottawa Christmas reception, December 2004



Harold Cook, Dean of Medicine with Susan Barry (DDS'83) and Michael Barry (MD'82), hosts at the Saint John reception in November

Dalhousie Sport Hall of Fame inductees



Inaugural inductees in the builder category were **Lois MacGregor** (BPE'70), volleyball coach 1975–85, whose teams won five conference championships, CIAU gold in 1982 and CIAU silver medal in 1984, and **Nigel Kemp**, varsity swim coach since 1971. Under Nigel's guidance, Dalhousie swim teams have captured 27 AUAA championships.

Hall of famer MacGregor

1 9 5 5

John W. Alward, LLB, was named the Honorary President of the Nova Scotia Barristers' Society for the 2004/05 year. He is also Honorary Colonel of the 1st (Halifax-Dartmouth) Field Artillery Regiment RCA (M). John continues to practice law as counsel to the Halifax office of Patterson Palmer and resides in Halifax, Nova Scotia.

1 9 6 4

Leslie Shaw, BA, was selected as the 2004 Janssen-Ortho Inc. Volunteer of the Year for her work with the metro Halifax clinic of Planned Parenthood. Leslie began her volunteer work as one of the first board members and is still very much involved as an executive board member and committed volunteer.

1 9 6 7

Allen M. Ruben, Q.C., BCOM, Swedish Consul for New Brunswick and Prince Edward Island was honored at a reception hosted by his Excellency Lennart Alvin, Swedish Ambassador to Canada at Old Government House in Fredericton on August 3, 2004. His Excellency conferred upon Mr. Ruben the distinction of Knight of the Royal Order of the Polar Star, in recognition of meritorious personal service to Sweden.

1 9 6 8

Don Allan Lee, BSC, is currently living in Trinidad, West Indies and is very interested in finding classmates and friends from 1965-68, contact him at dancin.star187@gmail.com.

Jan Zatzman Orlansky, BA, recently moved to Skopje, Macedonia with her husband Michael, Public Affairs Officer at the US Embassy, where they expect to be for the next three years. Dal graduates visiting Macedonia can reach her at janolansky@yahoo.com.

1 9 7 9

W. Brent Cotter, Q.C., LLB'74, LLM, former Dalhousie law professor (1977-92), Deputy Minister of Justice (1992-97) and Deputy Minister of Inter-governmental and Aboriginal Affairs (1997-2004) with the government of Saskatchewan, is now Dean of the College of Law at the University of Saskatchewan. He can be reached at brent.cotter@usask.ca.

1 9 8 2

Steve Wilcox, BSC, wife Stephanie and sons Brent and Adam have relocated to Overland Park, near Kansas City. They welcome fellow alumni in the area to contact them.

John Cairns, MA, recently published his first novel, *High Degree of Atrocity*, under the pen name, Jay Scott Kanes. A thriller considered politically incorrect in its home market, the book is set in Hong Kong, where John has lived since 1992.

1 9 8 5

Margaret Harrison, BA, gave birth to son, John "Jack" Harrison Davie in June 2001. Margaret and husband John work in film and television, Margaret as a production manager and John as an actor and writer. The couple resides in Halifax.

1 9 8 6

Yvonne (Damjanov) Craig, BSC'82, BN, lives in Ottawa with her husband of 15 years, Mark, and their 7-year-old surviving triplets, Robert and Anthony. Yvonne is in charge of Nursing Education and In-service at the Royal Ottawa Hospital. Yvonne is a member of the Ottawa Multiple Birth Families Association and sits on the board of directors for the Ottawa Children's Treatment Centre. Friends can reach her at ycraig@rohcg.on.ca.

1 9 8 7

David Chodikoff, Q.C., LLB, is a trial and appellate lawyer for the Department of Justice and is the conceptualizer, co-editor and contributing author of *Advocacy and Taxation in Canada*. The first book of its kind in the country, it has over thirty contributors including three nationally known justices. Royalties will be donated to the Canadian Cancer Society.

Richard G. Benwell, BSC'83, DENG'83 (TUNS), MBA, LLB, and wife Julia announce the birth of Anna Faith, May 15, 2004, a sister for Marc Andrew and Christopher. They reside in Sackville, NS where Rick is legal counsel to the IMP Group International Inc. and Julia is the Children's Pastor at the Rock Church and the director of the Tiny Treasures Nursery School.



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SPOTLIGHT ON ALUMNI

Mapping an exciting future

Jeffrey Tracey's (BSc'77) personal compass was firmly set on Alberta when he graduated. He wasn't the first to point his van westward. "Goin' Down the Road" – a film about Maritimers migrating in search of work – was a hit film earlier in the decade. His mother's keen eyes soon changed that and set him in a direction that would take him to Newfoundland, Ottawa, Peru and even Iraq.

She had spotted an ad from the Nova Scotia Land Survey Institute (now COGS) for a new course called Remote Sensing. Jeff liked photography and had taken some land survey courses. Remote Sensing would combine those skills and teach him how to interpret and analyze information about the earth using photos taken by satellites. Today, it's

one of the geomatic disciplines, 'geomatics' being the art, science and technologies related to the management of geographically-referenced information.

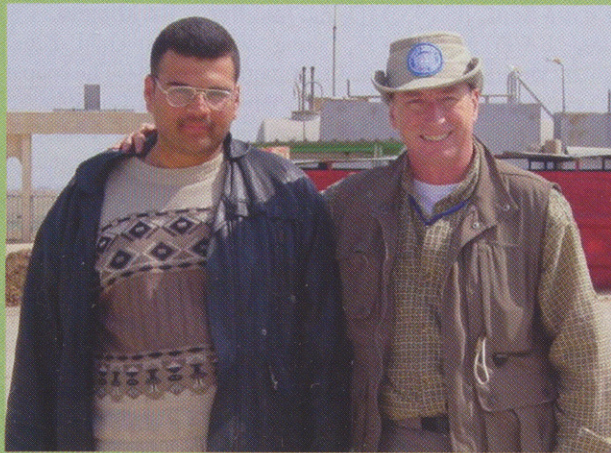
Jeff was charting a path few had taken back then. The term geomatics wasn't introduced in Canada until 1988.

It certainly mapped out an amazing career. Jeff has used geomatics to follow icebergs in the shipping lanes off Newfoundland and map the effects of El Niño in Peru. It even led to his mapping a very different kind of danger - weapons.

Jeff was part of the last United Nations Monitoring and Verification

Inspection Commission (UNMOVIC) team in Iraq in March 2003. "It was really the culmination of my experiences," says Jeff. "My biology degree from Dal got me in training as a biological weapons inspector (and) I had experience in arms control related to overhead imaging."

Less than a month later, the team was evacuated to Larnaca, Cyprus. "We sat in a bar, watching the bombing," says Jeff.



Jeff (right) poses with Malath Jessom, a local chemical engineer, during an inspection in Mosul, Iraq, March 2003

"Our HQ in Baghdad was blown up. It was pretty close to home."

Jeff's place on the map is much quieter today. He's the president of the Geomatics Industry Association of Canada in Ottawa. Now instead of looking for weapons, he looks out for new ways to encourage and support geomatics suppliers in Canada and helps them find their own pathways to success.

Keen eyes will spot a Dal sticker on his car.

– Margaret MacQuarrie

1988

Jacquie (Selig) Froom, BSc, and **Doug Froom**, BSc, MSc'92, are pleased to announce the arrival of their son, Ian Bruce, June 16, 2004, a brother for Alex (1998) and Zachary (2001). Jacquie is on maternity leave from her research assistant position in the Department on Medicine at Dalhousie University and Doug is self-employed. Contact them at djaz.froom@ns.sympatico.ca.

1991

Joel D. Greek, BSc, wife Joanne Sparkes, and big brother Andrew announce the birth of Karen Jane, August 7, 2004.

James Mitchell, MLIS, and his wife Moira celebrated the birth of their daughter, Emily this past February. James currently works as the Curator of Rare Books at the National Library of Scotland in Edinburgh.

Heather (MacDonald) Myrer, BREC, and husband George are pleased to announce the birth of their son Will, born on October 13, 2003. Heather is the Executive Director of the Nova Scotia Equestrian Federation. Friends and old roommates are asked to contact Heather at nsef@sportnovascotia.ca.

1992

Vikas Joshi, BSc, received a degree in medicine from Ambedkar Medical College, Bangalore University in Bangalore, India. Vikas is now in the process of studying for the Canadian and American medical qualifying exams.

Anita (Mathur) Sharma, BSc'88, DDS and husband Hemant would like to announce the birth of their son, Nirav, born May 22, 2003, a brother to Kaavya. They reside in Toronto and can be reached at anita.sharma@rogers.cm.

1993

Tina Paige-Acker, BSc, BSCAMC'93 and Steven announce the birth of their second child, Samuel Andersen on June 6, 2004, a brother for Issac Michael. Tina is currently teaching full time in the Moncton area.

1994

Jo-Ann Scott, BSc'90, BSCTPT, has been working in the Middle East for the past five years. Having worked in Kuwait and Dubai, she is now working in Saudi Arabia. Jo-Ann would love to hear from old friends and classmates by email at jo_ann_scott@yahoo.com.

1 9 9 5

LeeAnne (Fullerton) Sullivan, BScPH, and husband Phillip announce the birth of their first child, Liam Michael, on September 23, 2004 in Summerside, PEI. Friends can contact them at leannesullivan@pei.sympatico.ca.

David Stevenson, MBA, married Heather Vokey on September 4, 2004. David is the Vice President of Operations for First Communication Contractors & Mapcomm Canada.

Angela Proctor, BA'88, MBA, and her family have recently relocated to Richmond, Virginia, where she is a Senior Project Manager with the Invention Factory at Capital One. She and her husband, Leonard welcomed the birth of a second son in 2002.

1 9 9 6

Kyla Matheson, BSc, married Curtis Greenham on September 4, 2004 in her home town of Markam, Ontario. They reside in Irondale, Ontario, where she manages a fish hatchery for the ministry of Natural Resources. Curtis and Kyla can be contacted at greeneggs_andbham_80@hotmail.com.

Darren MacDonald, BScK, married Susan Best in Maui, Hawaii on August 2, 2004. Darren is a Certified Professional Ergonomist with Humantech, Inc. of Ann Arbor, Michigan. The couple resides in Cape Breton where Susan teaches elementary school.

1 9 9 7

Kyle C. Forden, BCOM, and **Martha (Purvis) Forden**, BSc'95, welcomed their first child, Brendan Ian Daniel, on October 5, 2004. Kyle just graduated from the Edwin L. Cox School of Business Professional MBA Program at the Southern Methodist University in Dallas, Texas. Friends and colleagues can contact Kyle and Martha at kmforden@comcast.net.

Blaine Kent, BSc'93, MD, and **Jennifer Burke**, BA(H)'93, BED'95, along with daughter Meredith, are pleased to announce the birth of Graeme Andrew Kenton, August 10, 2004. Blaine completed his fellowship in cardiothoracic anesthesia at Duke University Medical Centre last year and is currently the head of cardiac anesthesia at the QEII Health

Science Centre. Jennifer just recently completed her Masters in Education and will resume her teaching position in the new year.

1 9 9 8

Gwynedd (Morgan) Pickett, BSc'92, MD and **Andrew Pickett**, BSc'94, MSc are now living in the United Kingdom with their son Galen. Andrew is studying voice (countertenor) at the Royal College of Music and Gwynedd is completing a fellowship in vascular neurosurgery.

Chris Shields, BScK and wife Mary-Ann are pleased to announce the birth of their daughter, Elizabeth Grace, on August 18, 2004.

Nicole (Maillet) Barkhouse, BSc (PHARM), and her husband, **Chris Barkhouse**, BSc(PHARM), welcomed their first child, Ethan James on September 18, 2004. The couple resides in London, Ontario and is employed with Shoppers Drug Mart where Chris is a pharmacist/owner and Nicole is a staff pharmacist. Friends can reach them at cbark@rogers.com.



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SPOTLIGHT ON ALUMNI

Off the sidelines and into the race

Halifax Regional Council's first elected female councillor **Sheila Fougere** (BRec'79) is off and running. Literally and figuratively.

The self-described "soccer mom" enjoys the community she has lived in her entire life and works hard to make a difference for its future. "No matter who you are, whatever your background, you have something to give and a lot to gain."

These words epitomize how Fougere lives her life and encourages others to do so. A busy mother of two teenagers and wife of over 22 years, Fougere was the first woman elected to Halifax Regional Council and has served since 1998 as councilor for District 14, Connaught-Quinpool. Following the civic election in October 2004, eight other women joined her at the table.

Fougere ran for council with the desire to have representation from an "ordinary" citizen, however, there is nothing ordinary about her.

She credits her recreation degree with providing her foundation and skill set needed to be a councilor. When asked what she enjoys about her position on council, Fougere replies, "No day is ever the same . . . and you learn a lot about where you live."

Not many can say they have been in the doorway of a Sea King during flight, in the tower at the top of the MacDonald Bridge, at

sea for naval exercises on the HMCS Ville de Québec or in a pumping station under Dunbrack Street, but for Sheila Fougere this has all been part of a day's work.

A member of countless community boards and organizations, volunteering and community involvement has been prevalent in Fougere's upbringing. Her father is 81 years old and is a regular volunteer with the Meals on Wheels program. Her mother, while busy raising seven children, volunteered in the hospital, utilizing her medical training.

Fougere holds a special place for Dalhousie in her heart. Not only did she complete her degree here and work as Dal's manager of Conference Services and Off-Campus Housing in the 1980s but, in a way, a criminology class led to her marriage. Husband Joe is a member of the Halifax Regional Police Force. As a requirement of the class, students had to do a police ride-along and Sheila's assignment was with her future husband.

Fougere currently maintains her connection with Dal as a member of the Community Committee (DUCC). She enjoys being involved with students and Dalhousie once again.



Halifax City Councilor Sheila Fougere

Photo: Aphiel

Sheila remains active, running and playing pick up basketball and soccer. She ran her first half marathon when her son was six months old and looks forward to completing the full Blue Nose marathon this spring.

How does she fit everything in? She feels fortunate, as her work is truly enjoyable, however, balance is paramount. "You learn to prioritize and recognize that there are only so many hours in the day, so you do what you can, there is always another day," says Fougere.

— Keri Irwin

1 9 9 9

Suzanne Garner, BA, married Nicholas Thériault on September 24, 2004 in Ottawa, Ontario where the couple resides and work for the government. Friends can reach them at nicholasandsuzanne@hotmail.com.

Stephanie R. Linton, MBA, is living in Ottawa working at the US Embassy. Friends can reach her at stephlinton@yahoo.com.

2 0 0 0

Erin (Porter) Christian, BA and husband Scott, welcomed the birth of their son, Branceon Robert on July 10, 2004. Erin

invites anyone from Bronson '95-'98 to contact her at baiye@hotmail.com.

Jennifer (Brown) Clarke, BSC, and her husband are now living in Calgary, Alberta. Friends can contact Jenn at clarke.jennifer@rogers.com.

2 0 0 1

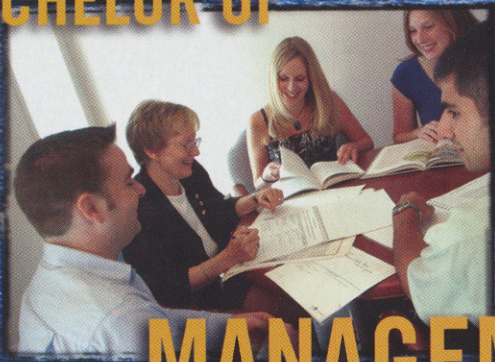
Lazarus Yotamu, BEDS'98, MARFP, encourages everyone to come and visit the "most beautiful place on earth", the Comox Valley.

2 0 0 2

Leigh Lampert, LLB, MBA, and **Darcie Richler**, BA, were married on August 19, 2004 in Toronto. They reside in Ottawa where Leigh works as an advisor to the Honorable Irwin Cotler, Minister of Justice and Attorney-General, and Darcie works for the Canadian Israel Committee. They can be reached at leighlampert@hotmail.com.

Pamela J. Pearson, DHSA, is pleased to announce the birth of Laurel Kelly, born November 17, 2003, is a sister for Marin (7) and Ian (4).

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Adam Rock Houston, BScK, credits the School of Health and Human Performance with providing him a terrific foundation for success within the rehabilitation industry. His Dal education provided him with a distinct edge over others going into the workforce.

Guy André Rohland, BSc, is studying optometry at the Pennsylvania School of Optometry in Philadelphia.

In Memoriam

Thomas William Bauld, ARTS AND SCIENCE, Halifax, N.S. on August 18, 2004.

William Fraser Napier, ARTS AND SCIENCE, Oakbay, B.C. on December 2, 2004.

Rev. Reginald Charles Rose, ARTS AND SCIENCE, Port Perry, Ont. on Sept. 28, 2004.

Anna Viola (Irving) Sutherland, ARTS AND SCIENCE, North Brookfield, N.S. on November 8, 2004.

Norman Carmichael Sinclair, FACULTY OF MANAGEMENT, Rothsay, N.B. in October, 2004.

Florence (McMullen) Peel, BA'26, Truro, N.S. in February 2003.

Samuel Nathan Rosenberg, MD'39, New York, U.S.A. in 2002.

Reta Lillian Parker, BA'40, DED'41, Woodville, N.S. on October 25, 2004.

Ralph Clarence Laltoo, BA'41, MA'42, Moncton, N.B. on August 26, 2004.

Dr. James H. Watson, MD'42, London, Ont. on April 30, 2004.

Robert Gordon MacKenzie, MD'43, Ottawa, Ont. on January 17, 2004.

Robert Jardine McCleave, BA'43, LLB'46, Halifax, N.S. on September 3, 2004.

Edmund Charles Moores Tuff, BENG'45 (NSTC), Hamilton, Ont. on Oct. 20, 2004.

Murdo Charles Waterfield, DENG'46 (NSTC), BSc'46, BENG'49 (NSTC), St. Catharines, Ont. on September 3, 2004.

Robert A. Cameron, BSc'48, DENG'48 (NSTC), Sudbury, Ont. on April 20, 2004.

Geoffrey Payzant, BA'48, Toronto, Ont. on August 31, 2004.

Harold E. Pippy, BA'48, Burlington, Ont. on February 11, 2004.

Dorothy Ann (MacLeod) Aslin, BA'49, BED'59, Halifax, N.S. on September 26, 2004.

William Harris Martin, XDPHRM'49, Caledonia, NS on October 19, 2004.

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National broadcaster and journalist dies in Halifax

Finlay Michael MacDonald, LLB'71 passed away on December 30, 2004. He was son of the late Senator Finlay MacDonald and Ann (MacKenzie) MacDonald. Finlay spent his professional life in broadcasting and politics and began his broadcasting career while studying law at Dal. He was CTV's first national correspondent for Atlantic Canada, a national reporter for CTV News on Parliament Hill and, in 1977, was

the first Canadian journalist to interview Fidel Castro. He was appointed to a CRTC National Royal Commission and became one of the nation's leading regulatory and licensing consultants in the broadcasting industry. He offered counsel to countless business, political and professional leaders. He will be remembered for his compassion and style, infectious laugh and ability to live every moment to the fullest.

William Owen Morrow, BCOM'49, Halifax, N.S. on August 16, 2004.

Wilfred Hugh Armstrong, BENG'50, DENG'53, MENG'71(NSTC), Granville Beach, N.S. on November 16, 2004.

Charles Loughton, LLB'50, London, Ont. on August 30, 2004.

James Wendall Mahon, DENG'50, BENG'52 (NSTC), Saint John's, Nfld. on August 26, 2004.

Robert Stairs Morrow, BENG'50 (NSTC), Toronto, Ont. on October 24, 2004.

Sherman Fenwick Homer Zwicker, BA'50, Lunenburg N.S. on November 9, 2004.

SPOTLIGHT ON ALUMNI

Postcard from Venice

It's all a matter of perspective, and for self-described "art nut" **Anjali Pala** (BA(K)'04) landing a job in an Italian art museum put her solidly in the midst of a personal dreamscape.

The dream job was a three-month internship at the Peggy Guggenheim Collection in Venice. During fall 2004, Pala spent her days overlooking the Grand Canal from Guggenheim's former home, now a

from the public, assisted with projects and special events, and gave talks on the life of Peggy Guggenheim and works in the collection.

Competition is fierce for the coveted internships. Laura Addicott, Manager, Dalhousie Student Employment Centre, assisted her in preparing the complicated application, a process that tested even Addicott's considerable skills.

"The principles that we know and we apply at the Centre have broad application. What I did was help Anjali understand where the priorities were for this organization and how to speak to them about how she can meet their needs," said Addicott. "She won the internship based on her qualifications and experience."

The 23-year-old Torontonion was initially drawn to Halifax after high school to take the Foundation Year Program at the University of King's College. While studying for combined honours in English and history, she used Dalhousie's credit exchange agreement with the Nova Scotia College of Art and Design University to her advantage.

"I took English literature and I took history, with as many NSCAD art history courses as I possibly could. I tailored the degree to fit my interests."

Pala says the internship opportunity was both an exciting and valuable career experience. "The internship was a key step in learning more about museums – from curatorial and conservational issues to the practical elements of maintaining an art museum. I still plan on pursuing a career in curating – spending every day surrounded by such incredible works of art was intoxicating and extremely addictive. It was like Disney World. Well, Disney World for 'art nuts'."

– Catherine Young



Anjali Pala (BA(K)'04) on the terrace of the Guggenheim museum in Venice

public museum. Described as "the most important museum in Italy for European and American art of the first half of the 20th Century", it contains pieces from Picasso to Pollack.

As an intern, Pala was involved in the daily operation of the museum. She helped prepare the galleries prior to opening, answered questions

Ronald Jeffery Noah, BENG'51 (NSTC), St. John's, Nfld. in 2003.

Donald William Quinlan, BENG'51 (NSTC), Kingston, Ont. on August 17, 2004.

Col. William Edward Belliveau, BSc'52, Ottawa, Ont. on November 10, 2004.

Donald Boyd Good, Q.C., LLB'52, Portsmouth, Ont. on October 13, 2004.

Eva M. MacFarlane, DPH'53, Parrsboro, N.S. on August 18, 2004.

Dr. Kenneth Tulle, MD'58, Antigonish, N.S. in October, 2004.

Dr. Roland Roderick MacDonald, DDS'59, Halifax, N.S. on October 8, 2004.

Clarence Stuart MacKinnon, MA'59, Regina, Sask. on September 12, 2004.

Derek A. Liddell, DENG'60, BENG'63 (NSTC), New Hampshire, U.S.A. on September 5, 2004.

Lenora Muriel (Pitcher) Little, BA'60, Halifax, N.S. on November 15, 2004.

Dr. Brian Chandler, MD'61, Waverley, N.S. on November 7, 2004.

Catherine Ellen Budge, BA'62, BEd'63, Southside Boularderie, N.S. on Sept. 8, 2004.

James Chester Hamilton Martin, MA'65, Saint John, N.B. on September 22, 2004.

Dr. John Chalmers Jefferson, MD'65, Fredericton, N.B. on August 4, 2004.

Kathryn Judy Benson-Logan, BA'67, Halifax, N.S. on October 1, 2004.

Donald Verner Moore, BScPH'67, Fredericton, N.B. on August 26, 2004.

Roy Berton Bennett, BEd'68, Halifax, N.S. on August 26, 2004.

Richard B. Hubley, Q.C., LLB'68, Summerside, P.E.I. on July 24, 2004.

Diane Mary (Finch) Sharpe, DPH'68, Texas, U.S.A. on October 29, 2004.

Archibald Campbell Clark, MA'71, Edmonton, Alta. on November 16, 2004.

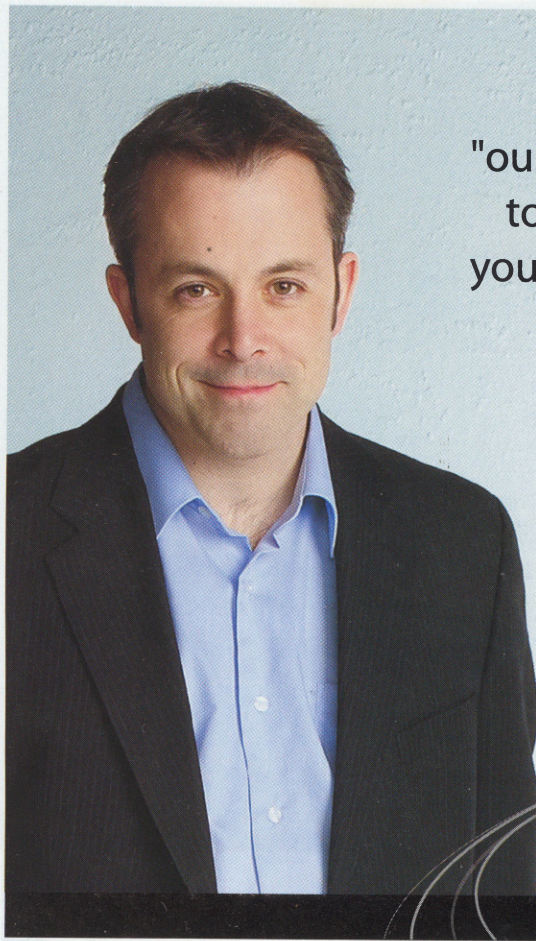
Harvey Walter Guilderson, BENG'71 (NSTC), Beaver Bank, N.S. on October 12, 2004.

Bruce W. Taylor, BSc'72, BENG'74 (NSTC), Ottawa, Ont. on August 7, 2004.

Joseph Aucoin, BCOM'73, Boucherville, Qué. in 2001.

Joseph Thomas Francis Taranczak, BPE'74, Hamilton, Ont. on January 17, 2004.

Jonathan Callum Kerr Stobie, LLB'75, Halifax, N.S. on September 16, 2004.



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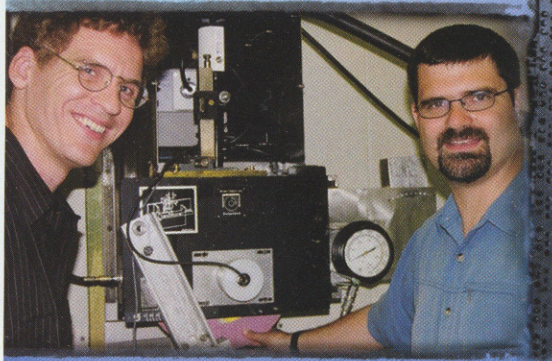
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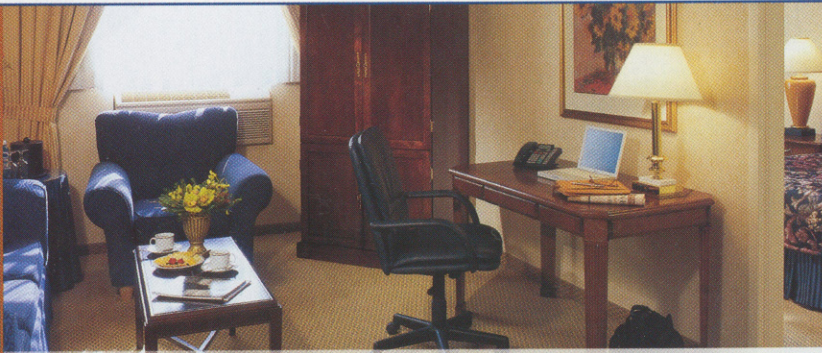
Robert Bauer and Andrew Warkentin, professors of Mechanical Engineering, with the Blohm Planomat 408 grinding machine donated by Pratt & Whitney Canada.

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William Andrew Ionson, BA'77, LLB'80, Clementsvalle, N.S. in August 2004.

Margaret (Cann) MacLean, BA'77, Sydney, N.S. on October 4, 2004.

Calvin W. Ruck, DSW'79, LLD'94, Ottawa, Ont. on October 19, 2004.

Irene Szuler, PGM'79, Halifax, N.S. on August 31, 2004.

Patricia Margaret (Forshner) Hicks, BSc'83, South Berwick, N.S. on October, 27, 2004.

Melanie Smith, BREC'83, BCOM'86, Ottawa, Ont. on September 14, 2004.

Shirley Burnham Elliott, LLD'85, Wolfville, N.S. on October 15, 2004.

Dorothy Louise (Hebb) Davison, BA'85, Halifax, N.S. on December 7, 2004.

Dean Charles Stewart Leddicote, BA'86, Middleton, N.S. on August 31, 2004.

David C. Galloway, MHSA'89, Estevan, Sask. on March 24, 2004.

Lawrence Thomas Hancock, LLD'89, Truro, N.S. on September 5, 2004.

Martha Anne Mills, BA'97, Toronto, Ont. on August 30, 2004.

John MacIntyre, MBA'99, Toronto, Ont. on August 28, 2004.

Shannon Elizabeth Churchill, BScN'04, Kentville, N.S. on October 20, 2004.



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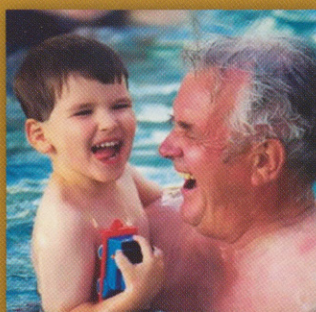
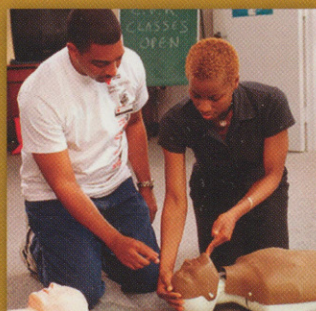
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