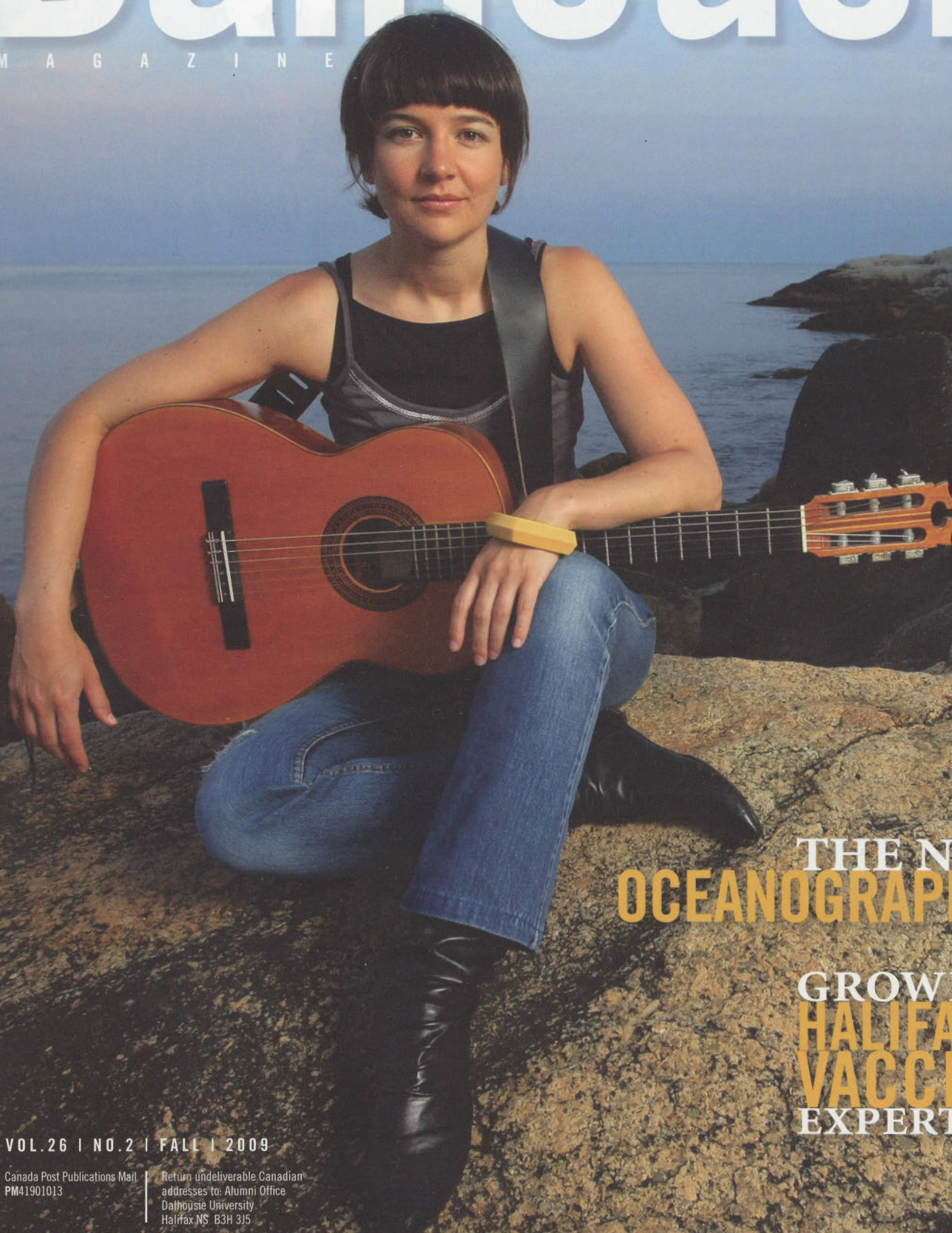


# Dalhousie

M A G A Z I N E



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VOL. 26 | NO. 2 | FALL | 2009

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# CATCH THE ACTION AT HOME!

OCT 2	Soccer vs MUN	W 3pm	M 5:15pm	NOV 22	Basketball vs StFX	W 2pm	M 4pm
4	Soccer vs StFX	W 1pm	M 3:15pm	27	Hockey vs StFX		M 7pm
7	Volleyball vs UBC (Exh)		M 7pm	28	Hockey vs SMU	W 7pm	
8	Volleyball vs UBC (Exh)		M 7pm	DEC 13	Track & Field (Exh)	W TBA	M TBA
11	Basketball vs Carleton (Exh)	W 1pm		JAN 1-3	Shoveller Men's Bball Tournament (Exh)		
16	Hockey vs SMU		M 7pm	8	Basketball vs ACA	W 6pm	M 8pm
16-18	Subway Women's Bball Tournament (Exh)			8	Swim Meet (Exh)	W 5:30pm	M 5:30pm
17	Hockey vs STU	W 7pm		9	Volleyball vs StFX	W 2pm	
18	Hockey vs UdeM	W 4pm		9	Hockey vs UdeM	W 3pm	
23	Swim Meet (Exh)	W 6pm	M 6pm	9	Hockey vs SMU		M 7pm
23	Hockey vs StFX	W 7pm		9	Swim Meet (Exh)	W 5:30pm	M 5:30pm
24	Swim Relay Meet (Exh)	W 4pm	M 4pm	10	Volleyball vs SMU	W 2pm	
30	Hockey vs UdeM		M 7pm	10	Hockey vs STU	W 3pm	
30	Basketball vs RMC (Exh)		M 7pm	10	Swim Meet (Exh)	W 5:30pm	M 5:30pm
31	Soccer vs UPEI	W 1pm	M 3:15pm	15	Volleyball vs MUN	W 6pm	M 8pm
31	Hockey vs STU		M 2pm	15	Hockey vs UPEI	W 7pm	
31	Basketball vs York (Exh)		M 3pm	16	Volleyball vs MUN	W 12pm	M 2pm
NOV 1	Soccer vs MTA	W 1pm	M 3:15pm	16	Basketball vs CBU	W 6pm	M 8pm
6	Hockey vs UPEI		M 7pm	17	Track & Field (Exh)	W TBA	M TBA
6	Soccer AUS Championship		M 12:30pm	17	Basketball vs StFX	W 2pm	M 4pm
7	Swim Invitational	W 9/4pm	M 9/4pm	20	Hockey vs StFX		M 7pm
7	Hockey vs UPEI	W 3pm		22	Hockey vs ACA		M 7pm
7	Hockey vs UNB		M 7pm	22	Volleyball vs ACA	W 7pm	
7	Soccer AUS Championship		M 12:30pm	29	Hockey vs STU		M 7pm
8	Swim Meet	W 9/3pm	M 9/3pm	30	Basketball vs UPEI	W 3pm	M 5pm
8	Hockey vs MTA	W 2pm		30	Hockey vs UdeM		M 7pm
8	Soccer AUS Championship		M 2pm	31	Basketball vs UNB	W 2pm	M 4pm
13	Volleyball vs UNB	W 6pm	M 8pm	31	Hockey vs MTA	W 3pm	
14	Volleyball vs UNB		M 1pm	FEB 3	Basketball vs ACA	W 6pm	M 8pm
14	Volleyball vs UdeM	W 3pm		5	Hockey vs UPEI		M 7pm
14	Basketball vs MUN	W 6pm	M 8pm	6	Hockey vs UNB		M 7pm
15	Basketball vs MUN	W 1pm	M 3pm	6	Track & Field Meet (Exh)	W TBA	M TBA
20	Hockey vs Concordia (Exh)	W 3pm		7	Hockey vs SMU	W 2pm	
20	Hockey vs ACA		M 7pm	13	Volleyball vs CBU	W 2pm	
21	Swim Meet	W 9/4pm	M 9/4pm	13	Basketball vs SMU	W 5pm	M 7pm
21	Hockey vs Carleton (Exh)	W 6:15pm		20	Track & Field Meet (Exh)	W TBA	M TBA
22	Swim Meet	W 9/3pm	M 9/3pm	21	Hockey vs StFX	W 2pm	
22	Hockey vs McGill (Exh)	W 1:45pm		21	Track & Field Meet (Exh)	W TBA	M TBA



## MEET THE TIGERS!

### CHRIS HAUGHN, SOCCER MIDFIELDER

Hometown: Halifax, NS  
Degree/Major: Pharmacy  
Career aspirations: Research

### JEANETTE HUCK, SOCCER DEFENDER

Hometown: Hatcher Lake, NS  
Degree/Major: Commerce, Major in Finance  
Career aspirations: Police Officer

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## On our cover

Graduate student and Killam scholar Alana Yorke is a singer-songwriter and leader of the band The New Oceanographers. See our story 'Degrees of Interpretation'. Photographer Nick Pearce took this cover image near Herring Cove, N.S.

# 10

## Framing an approach for disease prevention

First, he developed the world's most effective vaccine against whooping cough, protecting countless children. Now, he's piecing together a strategy and a team to tackle other infectious diseases, from mumps to rubella to swine flu. Meet Scott Halperin, the pediatrician who is growing Halifax's expertise in vaccines.  
*by Marie Weeren*

# 14

## There's a nurse in your future

On the occasion of their 60th anniversary, nurse educators reflect on the past and the future of their profession.  
*by Skana Gee*

# 18

## To hell and back

Dr. Joni Guptill has been to hell and back again. Over the past two decades she's visited Iraq, Syria, China, Somalia, the Sudan and Turkey, bearing witness to the humanitarian crises created by famine, flood and war.  
*by June Davidson*

# 20

## Bridging two cultures

Tetsushi Aoki moved from one port city to another, half way around the world to pursue his dream of becoming an architect. We meet again in Osaka, beside the historic canal system that inspired his thesis.  
*by Bruce Bottomley*



# 24

## Degrees of interpretation

It's more of an art than a science, or so the expression goes. But, is it really? A talented trio, including a sculptor, a dancer, and a musician, argue that perception and creativity are enhanced by blending the arts and science.  
*by Marilyn Smulders*

# 22

## Summer jobs in research

Every summer, scores of talented students are employed in labs across the university. Now, thanks to a \$1-million endowment from the David and Faye Sobey Foundation, undergrads will benefit from the creation of 10 more research jobs.  
*by Skana Gee*

## DEPARTMENTS

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 **DALHOUSIE UNIVERSITY**  
*Inspiring Minds*

Tetsushi Aoki





# From the Editor

## Here we go

Cars with out-of-province plates deliver frosh to residences. Kardinall Offishall and Joel Plaskett Emergency play on campus. 'Dal Reads' features *The Book of Negroes*. A peloton of bikes spin toward University Avenue daily.

The pulse has quickened. The student body has arrived, stronger than ever.

More than 600 additional students have amplified our enrolment this fall, marking the third year of steady growth. They are attracted by Dalhousie's character and reputation and by the breadth of program offerings.

Increasing demand for nurses prompted an expansion of our incoming class, just as the School of Nursing celebrates their 60th anniversary. Nurse educators are innovating in light of changes to health care delivery. (See "There's a nurse in your future," page 14.)

Students are sprouting up from all over to help make the world a better place through the new Environment, Sustainability and Society (ESS) program. Offered through the College of Sustainability, the program has gone from idea to reality in just a year. The hope was to attract 150 students for the inaugural semester, and just over 300 students registered. Students are responding to an education that reflects their interests.

Dal's student body is balanced, about equally, by students from the region and those from away, both sources of growth this fall.

International students come primarily from eastern Asia, the middle East, plus Bermuda and the Caribbean. We caught up with Tetsushi Aoki, a former international student from Japan, who recalls his student life (See "Bridging two cultures," page 20).

International perspectives also benefit Canadian students, as we see vividly illustrated in Joni Guptill's volunteer work with the world's most vulnerable patients (See "To hell and back," page 18). And occasionally, our education develops unexpected capacities. Three talented artists describe how their studies have inspired them to interpret the world (See "Degrees of interpretation," page 25).

As the educational journey begins for so many, it is heartening to reflect that our most enduring strength continues to be the diversity and aptitude of our students.

Amanda

PS – To comment on any feature articles, visit <http://dalnews.dal.ca/> for the most recent issue and post your thoughts.



# Dalhousie

MAGAZINE

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**Brian Harrison**, of Trivium Design, adds his design talents, *sang-froid* and dry wit to the creation of *Dalhousie*.



**Skana Gee** is a Halifax writer, editor and communications consultant who spent many years at *The Daily News* before moving into TV, as publicist for Canada's *Super Speller*. She loves her kids, basketball, and a good vanilla latte.

At the opening of the Canadian Center for Vaccinology, **Marie Weeren** was impressed by the emphasis on partnerships. This same spirit is essential to her work with clients of 10th Floor Solutions.

**June Davidson** vividly recalls a cover article she wrote on Joni Guptill during her decade editing *Dalhousie*. Now the university's brand manager, she was pleased to catch up with Dr. Guptill, who was recently chosen as the national president of *Médécins sans Frontières*.



A former arts reporter with Halifax's *The Daily News* before joining Dalhousie, **Marilyn Smulders** enjoyed talking with three terrific artists about their inspiration.



**Bruce Bottomley** refined his palate at some of Japan's best noodle shops in his 12-year stint as an English Instructor in Osaka. As he settles into his new life in Halifax, he tries to entice his friends around the globe with photos of his favorite meals.

During **Emily Duncan's** internship, she researched, wrote and proof-read stories for *Dalhousie*. That's without even mentioning the highlight of the summer recreation softball league ... her game-winning RBI for the Dalnews Bears.

Thanks to our colleagues **Pat Blaikie** and **Laura Fougere**, from the IWK Health Centre's Public Relations Office, for providing facilities for the photo session with Scott Halperin and Nick Pearce.

## DALHOUSIE MAGAZINE

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Editorial deadline for the next issue is  
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Photo: Nick Pearce

## Guestview

### Back from the brink

This editorial on  
**Dr. Boris Worm's** research  
was published by  
*The New York Times*  
on Aug. 6, 2009, and is  
reprinted with permission.

**W**hen last this page quoted Boris Worm, a marine ecologist in Canada, in 2006, he was conjuring a frightening vision of a world without seafood. Overfishing, pollution and other depredations, he said, could obliterate almost all the ocean's commercial fish species by 2048.

Last week, Dr. Worm, of Dalhousie University in Halifax, wrote in the journal *Science* that depleted fisheries can be saved if they are wisely managed, and that progress has already been made in five of 10 large fisheries where careful conservation measures are in place.

But what may be most encouraging about the new paper is how it came to be. It is a collaboration between Dr. Worm and a fisheries scientist who had been one of his sharpest critics in 2006 – Ray Hilborn of the University of Washington. Dr. Hilborn had accused Dr. Worm back then of cherry-picking facts and extrapolating wildly to reach baseless conclusions.

It was not a promising way to start a professional dialogue, but rather than hunker down in opposing camps, the two men met on a rich field of data. They agreed on new

## The authors not only reached agreement on the state of ocean fisheries...but also on a course of action.

methods for assessing how many fish of a given species were being taken, compared with the total population. They compiled surveys and databases and other tools that both could agree on.

The authors not only reached agreement on the state of ocean fisheries – despite progress in some places, they said, about 63 per cent of the fish stocks need rebuilding – but also on a course of action.

As a general principle, they said, it makes little sense to fish for the “maximum sustainable yield” – the fixed quantity of a given species that supposedly can be caught without endangering the resource. Year after year, officials have used that standard to set catch limits. The authors declared that setting more conservative targets was the smarter course.

They offered a familiar list of strategies – restricting destructive types of fishing gear, setting quotas for individual fishermen, establishing large “no-take” zones to allow species to breed and multiply. These can be used separately or in combination, they said, but in every case success will ultimately depend on two things: patience, and political will.

“The road to recovery is not always simple and not without short-term costs,” the authors said. But since the alternative is “further depletion and collapse,” it is the only good choice.



# Upfront on campus

## Robocup

They don't transform, but they've still got more than meets the eye.

For 18 years running, electrical engineering students have been tinkering with circuits and wires in Design Methods II, a unique hands-on class taught by professor Peter Gregson that consists of a single project: building a robot.

"It's always interesting to teach because for one month I tell them what to do, and then for two months they just fire questions at me," he says, explaining that all of the coursework – labs, reports and participation – is centered around completing the robot.

**"The learning opportunity is huge. Students pay attention when they know that the discussion is being directly applied to their project."**

On day one, students are given a box of components to work with. Over the next three months, they toil away in the lab trying to build a machine that will navigate an obstacle course entirely on its own – no remote controls here. The students learn to think strategically, problem solve and fix emerging problems on the fly.

Then, it's showtime. Students from across the university turn out each year to watch the machines go head-to-head on the wooden obstacle course.

Discover the Unexpected

## Open House

Dalhousie's fifth annual open house is being held this year on Friday, October 16. The theme for Open House, in keeping with our successful undergraduate recruitment campaign, is Discover the Unexpected.

As in previous years, we expect at least 1,000 visitors to campus. Groups of prospective students, along with their parents, will be hosted throughout the day by current Dalhousie students.

This year's Open House committee is chaired by Keith Taylor and Krista Cross.

Teams stress over every turn as their robots race to make it around the course's islands. The closer to the target the robots get, the more points they earn in the competition.

Eighteen robots entered the fray this year, but only one emerged victorious: "Don't Worry, Be Happy," built by Karen Pahlavan and Majd Alkaraki. Their slow-but-steady strategy – aiming for a safe three points in every heat instead of risking failure striving for five – proved wise as other teams' robots fell by the wayside. They never lost a match.

"The key lesson was our design process: always go through the simplest path," said Mr. Alkaraki after their win.

"And don't pay too much attention to what the other robots are doing," added Mr. Pahlavan. "Do what works best for you."

Ryan McNutt

4

DALHOUSIE | MAGAZINE

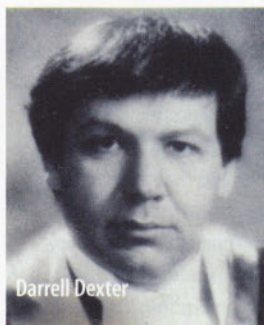
Photo: Bruce Bottomley



## Premier position

'Everything changed in Nova Scotia on June 9.' The assertion – depending on its source – could come spiced with idealistic fervour or apocalyptic antipathy and referred to the election of Nova Scotia's first NDP government.

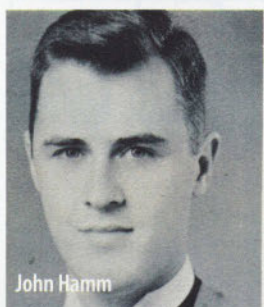
The political tide that swept Nova Scotia in the spring did mark (with apologies to the Bard) a "sea-change into something rich and strange." But, while the 25 men (no women) who preceded Darrell Dexter to the premier's office in post-confederation Nova Scotia all sailed under a Tory or Grit banner, people in search of continuity, stability or black-and-gold bragging rights take heart. Mr. Dexter's success revives the long-standing tradition of a Dalhousian at the helm of the good ship Nova Scotia.



Darrell Dexter



Bob Stanfield



John Hamm

Nautical metaphors aside (you're welcome), the fact is 13 of the 26 premiers since 1867 held Dalhousie degrees and another – John Sparrow David Thompson – was a teacher and founder of the Dalhousie Law School. The Law School in fact can either claim or duck the blame for 10 of those 14 premiers, Mr. Dexter included.

The head count, while impressive, does not do justice to Dalhousie's place in the province's top political job. A Dalhousie degree hung on the wall of premiers' offices (or, at least could have) for 104 of the 142 years since Confederation.

For the record Dal grads who went on to become Premier of Nova Scotia: Darrell Dexter; John Hamm; Russell MacLellan; John Buchanan; Gerry Regan; Ike Smith; Robert Stanfield; Henry Hicks; Angus L. Macdonald; Gordon Harrington and Ernest Armstrong.

Dr. Hicks was our president. Mr. Thompson taught here. William Fielding attended Dal and later received an honorary degree. Nova Scotia's longest-serving premier, George H. Murray was in office when both the Nova Scotia Technical College (now part of Dalhousie) and the Nova Scotia Agricultural College were founded, and he too received an honorary Dalhousie degree.

*Jim Vibert*

## Hold the salt please

Every seven minutes someone dies from heart disease or stroke in Canada.

It's a sobering statistic, one that researchers from Dalhousie's food sciences program hope to change.

Professors Allan Paulson and Gianfranco Mazzanti are working on a project to cut the salt content in processed foods, to hopefully reduce rates of high blood pressure, one of the leading causes of heart disease and stroke.

"Cardiovascular disease accounts for more deaths in Canada than any other disease," says Dr. Paulson. "More than 71,000 people die each year."

Drs. Paulson and Mazzanti are working with other researchers from universities across the country thanks to a grant from the Advanced Foods and Materials Network and industry partners like General Mills and the Canadian Stroke Network. Studies have shown that processed food has a higher concentration of salt than fresh food, but convenience sometimes trumps health for busy Canadians.

"Finding ways to cut the salt before it makes it to people's dinner tables is the goal," says Dr. Paulson. "Finding solutions at the manufacturing stage will be key."

*Rachael MacKeigan*



Photo: [illegible]

## Déjà vu?

When the new NDP government was sworn in this past June it also doubled as something of a showcase for Dalhousie alumni. Ten of the party's MLAs have a connection to Dal including new premier, Darrell Dexter (BA'79, BEd'83, LLB'87).

Five members of the new cabinet have a history with Dalhousie including new finance minister Graham Steele (LLB'89) who notes he is eager for the challenges that lie ahead.

"After 11 years as the official opposition – eight for me personally – moving smoothly into government just feels like a natural progression," he says. "We're ready to get down to work."

The new cabinet also includes Dal alumni Maureen MacDonald (MSW'79), who is the new minister of Health and Health Promotion, Marilyn More (BA'68, BEd'69) who is minister of Education and Labour, Bill Estabrooks (BEd'71), now transportation and energy minister and Percy Paris as the new minister of Economic and Rural Development, Tourism, Culture and Heritage and African Nova Scotian Affairs. Mr. Paris is known to many in the Dal community as the former director of the university's Diversity Initiative. He also taught black history and was involved with the university's Transition Year Program.

The caucus also includes a number of other Dal grads including Pictou East MLA Clarrie MacKinnon (MMM'97), Michele Raymond (LLB'85) of Halifax Atlantic, veteran Halifax Chebucto MLA Howard Epstein (LLB'73) and newly elected Kings North MLA Jim Morton (MSW'75).

*Charles Crosby*



# Upfront on campus

## Paging *Canadian Geographic*

The oceans make up 70 per cent of the Earth's surface and 90 per cent of the biosphere. They are the most important aspect of the global environment.

Overfishing, air pollution and waste dumping are impacting the oceans, and the life dependant on the oceans.

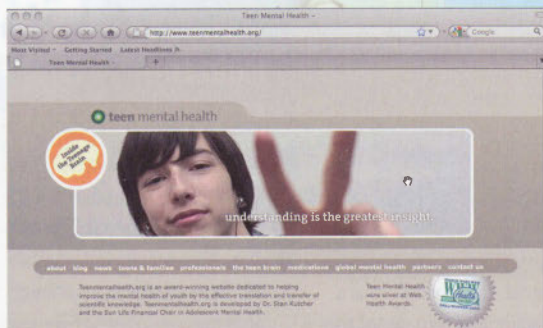
Biology professor Ron O'Dor has spent his life researching the oceans and working to understand marine life. His dedication has earned him *Canadian Geographic's* Environmental Scientist of the Year award.

Dr. O'Dor is the scientific director for the Dalhousie-headquartered Ocean Tracking Network (OTN), a \$168-million conservation project uniting leading ocean scientists around the globe. Using acoustic tags and receivers to track and record the migration and feeding habits of marine life around the world and measure information such as salinity and temperature, OTN aims to end the knowledge void of the ocean and lead to global standards in ocean management. Dr. O'Dor is also the chief science officer of the Census of Marine Life (CoML), a Washington D.C. project recording the diversity, distribution and abundance of life in the world's oceans.

Dr. O'Dor is pleased that OTN and the CoML are both unbiased sources of factual information, as opposed to opinions.

"OTN and the Census are like *CSI*," he says, comparing them to the popular TV series. **"We don't write the laws and we don't catch the bad guys, but we collect the evidence and give it to those with the power to do so."**

Billy Comeau



## Knowledge equals power

What three words would you use to describe a young person with a mental illness?

It's a question Dalhousie professor Stan Kutcher likes to ask because it illustrates the stigma adolescents with mental illness face.

"It doesn't matter who you ask, negative words always come to mind," says Dr. Kutcher. "Centuries worth of misconceptions feed the stigma surrounding mental illness and the only way to change that is through education."

In his role as the Sun Life Financial Chair in Adolescent Mental Health for the IWK, Dr. Kutcher and his team launched a website to educate people about adolescent mental illness. The site recently won a silver Web Health Award and a Gemstone Award of Excellence in Web Communications for its educational approach.

Most mental illness develops between the ages of 15 and 25, as youth transition into adulthood. Creating the resources adolescents and their families, teachers and health providers need online was a strategic choice, one the team hoped would reach the widest audience.

**"Our group really focuses on knowledge translation, which is how to get the best scientific knowledge to the people that need it,"** says Dr. Kutcher. "If you don't give information to people in a way that makes sense to them, they're not going to do anything with it."

The format of the website, and accompanying blog, allows people to interact and create an online community. It also allows Dr. Kutcher and his team to post research updates immediately, keeping people informed and empowered.

"Typically the gap between when researchers know something and when it makes it to the mainstream is 20 years; that's just unacceptable."

Check the website at [www.teenmentalhealth.org](http://www.teenmentalhealth.org)  
Rachael MacKeigan

## Busted

A popular Canadian health care myth has been busted thanks to Community Health and Epidemiology masters student Andre Maddison.

While it was widely thought that primary care, or non-urgent patients, were causing emergency department (ED) overcrowding, Mr. Maddison has shown this to be false. By doing so, he is one of two recipients of the Canadian Health Services Research Foundation (CSHRF) 2009 Mythbusters Award.

"I started with the view that due to a shortage of family doctors, people are overcrowding emergency departments. But in reality, why EDs are overcrowded wasn't known."

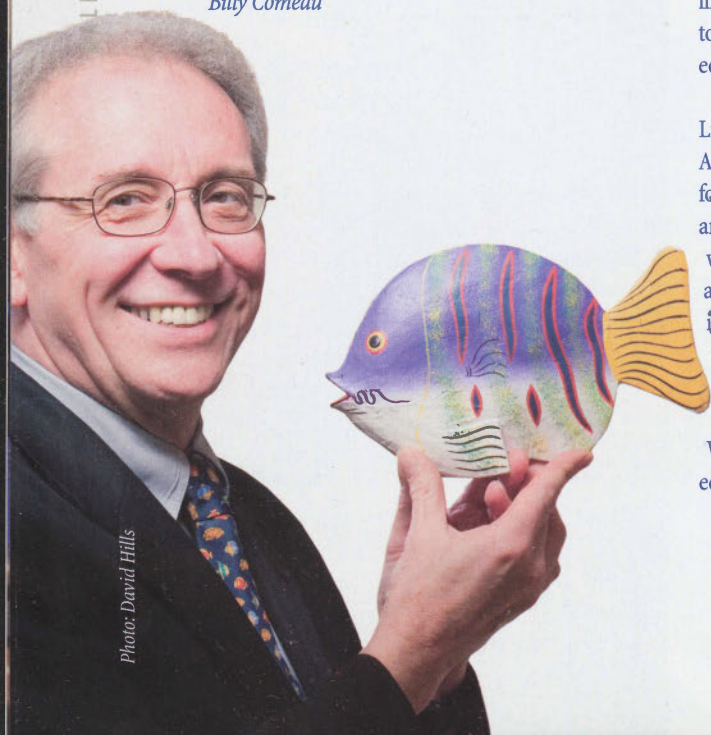


Photo: David Hills





Photo: Nick Pearce

## Life in the 'burbs

With over half the Canadian population now living in the suburbs, Jill Grant says it's an obvious time to study this increasingly popular living option – one that remains a bane to planners and urbanists.

Are people drawn to the concept of perfectly matching houses throughout a neighbourhood, the “little boxes” as the famous '60s song goes, or is it the slightly sterile lack of urban energy often associated, fairly or not, with life in the 'burbs?

More likely it's a desire for living space that feels shiny, new and most of all, roomy, that one is increasingly hard-pressed to find in the downtown core of most Canadian cities.

**As costs associated with living in an urban environment continue to rise, more and more Canadians are pushing outward toward these ready-made neighbourhoods-in-a-box.** Dr. Grant will study the communities we know so well from television shows like *Desperate Housewives* or *Weeds* in her research project, “Trends in residential environments:

Planning and inhabiting the suburbs,” which recently received just over \$101,000 from the Social Sciences and Humanities Research Council of Canada's Standard Research Grants program.

Results are some time away but at the outset of the project Dr. Grant thinks the suburban life may be getting a bit of a re-think. “In many cities the costs (in time and money) of commuting are getting so high that people are rethinking suburban life,” she suggests. “We're seeing more interest in rapid transit because people want to reduce their commuting time. But rapid transit is expensive in cities that sprawl too much. The current fiscal crisis is slowing down the development a bit, but it probably won't stop suburban development. In the larger cities we are seeing suburban-urban nodes developing: ‘town centres’ that increase densities and mix uses outside of the major urban cores. That is increasing the numbers of people working outside the city cores, so it may affect commuting times and patterns.”

Charles Crosby

After extensive research, Mr. Maddison, from Sarnia, Ont., found that primary care patients were not overly burdensome. His research illustrated that urgent patients in need of acute-care, extended stay and other high demand care had a greater impact on overcrowding.

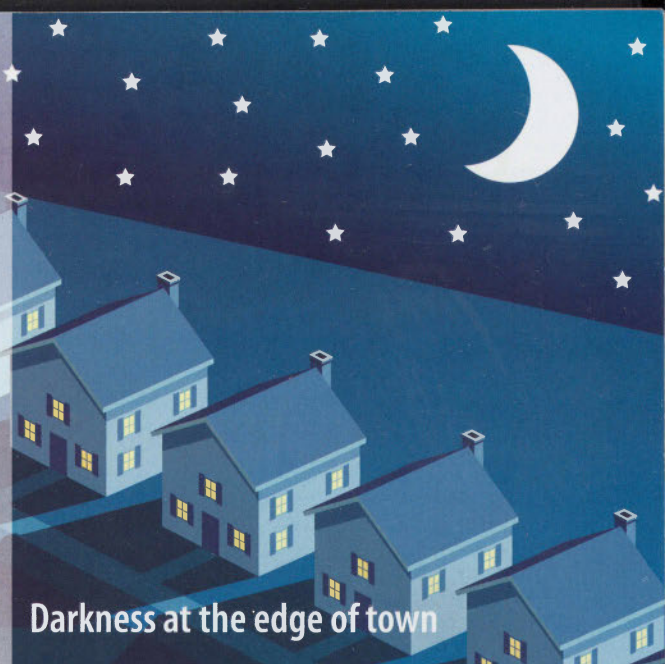
**“We can't discount the effect of non-urgent patients, but they are not the main part of the problem.”**

Mr. Maddison believes the problems are rooted in insufficient physical and human resources and poor integration within and between hospitals. “ED overcrowding is a national problem with potentially devastating effects,” he says.

Billy Comeau



Photo: Nick Pearce



## Darkness at the edge of town

Astronomers throughout Canada are capitalizing on the International Year of Astronomy to press for “dark sky preserves,” with the aim of protecting the few areas left that truly get black at night.

Extraneous manmade light spilling into the darkness from street lights, parking lots, sports fields and buildings have blocked most stars from view for city dwellers worldwide. Night-time pictures taken from space show the Earth lit up like an office tower.

Take a look at an aerial view of Nova Scotia and one big black area of inky darkness remains – Kejimikujik National Park. Members of the Royal Astronomical Society of Canada, Halifax Centre, are working with Parks Canada to have the wilderness park declared a dark sky preserve, unspoiled by artificial light and sky glow. Dark skies are vital – and not only for astronomers. Scientists are increasingly concerned about the effects of light pollution on plants, mammals, birds, insects, and indeed even humans. Unnecessary light illuminating the night sky affects the physiology, biochemistry and sociology of biological systems in ways that may be serious and even deadly to some species, says R.G.S. (Tony) Bidwell (BSc'47), former Killam Professor of Biology at Dalhousie, who coined a new word, “scotobiology” – from the Greek word “scotos” meaning dark.

Extended artificial “daylight” can throw off migratory patterns, feeding habits, seasonal dormancy and growth cycles. Light pollution fools wildlife into believing the sun is still out.

“Plants, for example, have evolved over eons of time with alternating light and dark, varying according to the season,” explains Dr. Bidwell. “Light pollution prevents them from sensing the longer nights in the fall, inhibiting their preparation for winter, including seed-setting and entry into dormancy.”

The retired professor who lives in rural Wallace, N.S. says it's time artificial light at night is regarded as a serious pollutant.

Marilyn Smulders



## Orientation for parents

During Frosh Week this fall, while their offspring were making friends with roomies or sipping mocktails at the Grawood, parents had their own orientation from Student Community Services.

Students Jessica Roy and Gillian Fung spoke with parents whose kids are leaving home and coming to university. The fun and frank discussion described what to expect from the transition to university student life.

Ms. Roy remembers the mix of anxiety and exhilaration she experienced while arriving at Dalhousie for the first time. Her biology class had more people than in her entire hometown of Canning in Nova Scotia's Annapolis Valley. Everyone else seemed more cosmopolitan than she felt.

"I was terrified but excited too," confesses Ms. Roy, who is entering her fourth year. "The idea is to give a little reassurance to parents, so I'm basically there to say, 'I'm a girl from a small town and I turned out OK,'" she adds, with a laugh.

More than OK, actually. The biology major is a residence assistant in Risley Hall, a leader with Dal's Habitat for Humanity, an intramural athlete and a hospital volunteer.

**"I guess I want them to encourage their sons and daughters to really seize opportunities and to stretch themselves by straying outside their comfort zones. If you go in just focusing on academics, you won't get everything Dal has to offer."**

Social work professor Michael Ungar couldn't agree more. "Parents are likely to shift roles, becoming coaches for their children instead of doing everything for them," explains Dr. Ungar, author of *We Generation: Raising Socially Responsible Kids*.

"University is a rite of passage for young people; it's a chance for them to take on responsibility, to develop common sense and to encounter and grow from personal challenges ... it's to remind parents that this is the time to give their kids some space," says Dr. Ungar.

Marilyn Smulders



'Round the old oak tree

Photo: Bruce Bottomley

The Red Oak behind Shirreff Hall was well established when Edward Cornwallis arrived on Halifax's shores in 1749, and already impressive when George Ramsay, the ninth Earl of Dalhousie, decided to establish a college in Halifax in the early 19th century.

Looking a bit like the Whomping Willow described in the Harry Potter books, *Quercus rubra* has a trunk that measures 167 centimetres in diameter (that's about five and a half feet) and is more than 19 metres tall.

**Arborist Matt Follett estimates the tree's vintage at 300 years, perhaps more.**

Thought to be Dalhousie's oldest tree, it was one of the more interesting things discovered so far in the course of doing a "natural inventory" for Dalhousie's Office of Sustainability.

## Hope for Wildlife

With greater urban development and consequently diminishing native habitat, wildlife species are losing places to roam, forage and peacefully exist. That problem is reflected in the ever-increasing numbers of baby animals which come to live at Hope for Wildlife, a Nova Scotian wildlife rehabilitation centre.

There are raccoon cubs with their cute bandit masks; red fox kits skittish and darting quickly back and forth in their enclosure; white-tailed deer fawns sitting as still as statues in the long grass.

Most often, their mothers have been killed on highways or trapped and sent away, leaving the babies orphaned. That is, until someone finds them and brings them to the wildlife rehabilitation centre located in Seaforth,

on Nova Scotia's eastern shore. There, the animals are cared for until they're old enough to fend for themselves in the wild.

"This place can break your heart sometimes," says Meredith Brison-Brown, a Dalhousie student who worked as an intern over the summer at Hope for Wildlife. "But I'm constantly inspired by the resilience of these animals."

**"With my degree, I have been studying the effects of development on the natural world in the hopes of finding ways to reduce our negative impact,"** continues Ms. Brison-Brown, a third-year student in International Development Studies and Environmental Studies at Dalhousie. "This internship has given me the opportunity to see first hand some of those impacts and think of some of the ways we can mitigate them."

Marilyn Smulders







## Speaking of dialects

Most Nova Scotians give away their home town or city just by speaking.

Researchers in Dalhousie's School of Human Communication Disorders are interested in the similarities and differences between dialects in the province, which say a lot about our culture, history and politics. Ultimately, results could improve the way future researchers treat those with speech disorders.

The province is home to three major dialects (and countless variations) that are easy to distinguish: the Cape Breton accent (a result of the large influx of Irish and Scottish immigrants) the Halifax dialect (which developed in an area dominated by English settlers) and the South Shore speech patterns that can be traced directly back to the American Planters and Loyalists.

Michael Kiefe, principal investigator, and Elizabeth Kay-Raining Bird, co-investigator, are collecting and analyzing speech samples over the next several years, with the help of a \$132,000 grant from the Social Sciences and Humanities Research Council. The study involves researchers from the University of Alberta and Memorial University as well. Results will be compiled into a database that will be unique in Canada.

"We don't really have anything like this here. For instance, a lot of the diagnostic tools used in audiology feature samples of someone talking. The voice is usually male, and usually American. You can really pick it out; you just know he's not from around here. It would be nice to have local voices for these testing tools," says Dr. Kiefe.

The research will also enhance the assessment of speech disorders. To correctly diagnose speech patterns, it is important to know what speech is normal in different communities.

Similarities in accents can be the result of interaction between communities. On the other hand, says Dr. Kay-Raining Bird, the differences inherent in some regional Nova Scotia dialects can be the result of the historic marginalization of communities.

"What's really exciting about this project is that we are at the forefront of dialect research in Nova Scotia, and speech research in general," says Dr. Kiefe.

*Dawn Morrison*



## Child soldiers

Former child soldiers from across the world converged at Dalhousie recently. Researchers listened as former child soldiers described what they did in order to cope with the trauma of war. Participants were from Sierra Leone, Sudan, Uganda, Liberia, and Colombia.

Researchers from the fields of foreign policy to medicine hope to extrapolate the coping mechanisms used by the former child soldiers to improve conditions for current child soldiers. Discussion topics included how to effectively disarm children and war, and how to create rehabilitation services to prevent re-recruitment into armed conflict.

Showing their own strength and resilience, Ishmael Beah and John Kon Kelei shared their painful experiences as child soldiers to an audience of students and community members.

The civil war in Sierra Leone reached Mr. Beah's community in 1991. At the age of 13, he was the only member of his family spared by rebel groups. But, while trying to flee, he was captured and forced to serve as a child soldier.

"I couldn't think of the long-term future anymore... there was a sense of uncertainty growing up in the war. I didn't know where I was going or when this would end. There was no one to explain to us what had really happened," said Mr. Beah.

Similarly, John Kon Kelei of Sudan was also forced to serve as a child soldier. Mr. Kelei, now 26, was abducted from his community at the age of five and was forced to fight for a Sudanese rebel group.

Both have gone on to become advocates of peace. Mr. Beah authored the best-selling book, *A Long Way Gone: Memories of a Boy Soldier*. Mr. Kelei's graduate studies focus on International and European Law and he co-founded the Network of Young People Affected by War.

By sharing, they hope to create a grassroots movement that will help eradicate the use of child soldiers. Mr. Kelei knows sharing his pain could help others.

"We are players in the world and the world we're trying to serve is for the next generation," he says. The generation Mr. Kelei speaks of has more than 300,000 children forced to serve as military combatants.

*Lukas Akerley*









# FRAMING AN APPROACH FOR disease prevention

B Y M A R I E W E E R E N

**P**icture Halifax's Canadian Center for Vaccinology as a giant puzzle. Not one you can complete in an afternoon, but one which takes over the dining-room table and requires much study and teamwork before the image emerges.

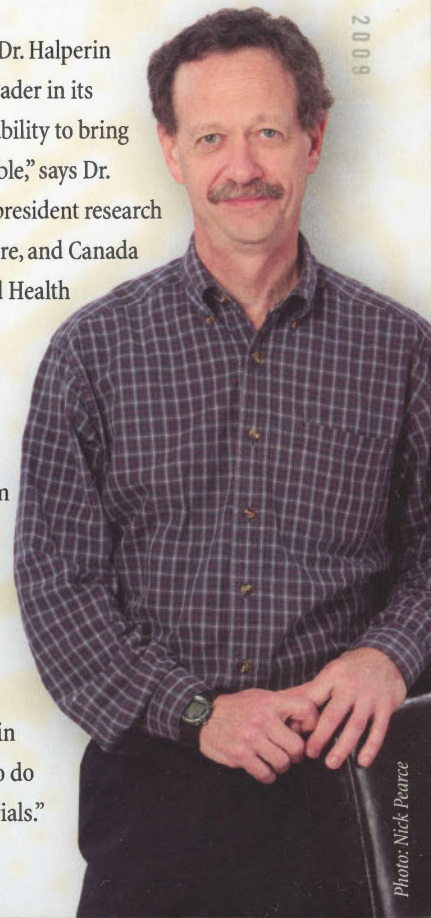
The heart of the puzzle is the roughly 112 faculty, staff and trainees who work at the centre and the strides they make in the discovery, testing and evaluation of vaccines against infectious diseases. The centre has played a key role in developing vaccines for a variety of diseases, among them meningococcal disease, whooping cough, hepatitis B, measles, mumps, rubella and varicella. It will also participate in the testing and evaluation of H1N1 (swine origin) vaccines.

Along the edges, giving shape to the image, are the centre's partners – Dalhousie, IWK Health Centre and Capital District Health Authority with support from the Canada Foundation for Innovation and the Nova Scotia government. Each group was represented at the centre's official opening in July.

Centre director Scott Halperin says clinical trials have taken place at the IWK for over 15 years, but the quest for the centre goes back to 2003 “when we decided that we needed an innovative approach to the development and evaluation of vaccines in Canada.”

The innovation lies in the centre's interdisciplinarity. From virology to ethics, immunology to law, the list of specialties represented by the centre's investigators is diverse. Like puzzle pieces, however, they are interconnected.

“The centre, with Dr. Halperin at its helm, is a world leader in its science and also in its ability to bring the right team to the table,” says Dr. Patrick McGrath, vice-president research at the IWK Health Centre, and Canada Research Chair in Child Health at Dalhousie. “You have to look at collaboration not just for the sake of collaboration, but in order to solve a problem and that's what they've done. There's added value if you have world-class discovery and integrated with that exceptional talent in policy and the ability to do evaluation in clinical trials.”





**P**hysically, the 20,000 square foot centre includes space for basic science research laboratories, offices and ambulatory and in-patient clinical trials. The Sanofi Pasteur Vaccine Challenge Unit, a first for Canada, is a key piece of the centre. The unit has 10 single isolation rooms for adult volunteers taking part in vaccine studies.

"This unit will allow researchers in Canada and around the world, in the private sector, in governments and in academic institutions, to more efficiently test the effectiveness of early-stage vaccines, potentially drastically reducing the time for vaccine development and leading to earlier availability of new vaccines for the protection of Canadians," says Shelly McNeil, the unit's medical director and Dalhousie associate professor of medicine.

Nova Scotia's Chief Public Health Officer Robert Strang confirms the unit's importance. "A challenge unit like this as part of the centre for vaccinology just enhances our ability to develop, test and then evaluate vaccines in Nova Scotia. That will certainly benefit Nova Scotia, Canada and globally because vaccines are one of the key tools we have in the prevention of both existing and emerging infectious diseases."

Disease prevention is what drew Dr. Halperin to vaccinology. In addition to his volunteer role as centre director, he's a Dalhousie professor of pediatrics and microbiology and immunology, head of pediatric infectious diseases at the IWK and holder of a Canadian Institutes of Health Research/Wyeth Pharmaceuticals Clinical Research Chair in Vaccines.

Dr. Halperin describes his role as centre director simply as "an organizer, co-ordinator, cheerleader, searcher for resources." While one might give him a place of prominence in the puzzle for his leadership in making the centre a reality, he turns the spotlight on others.

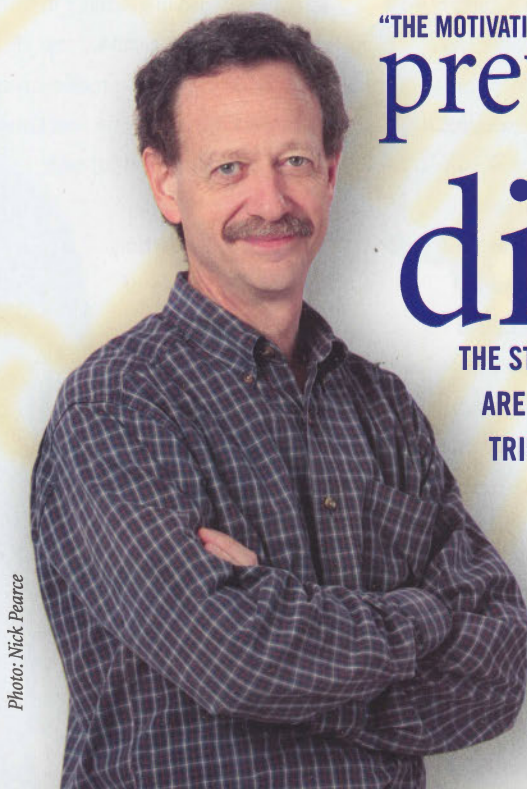


Photo: Nick Pearce

"THE MOTIVATION IS TO TRY TO  
**prevent.  
serious  
disease.**

THE STORY OF POLIO AND SMALLPOX [PREVENTION]

ARE WONDERFUL STORIES. YOU'D LIKE TO DUPLICATE THAT,  
TRIPLICATE THAT OR QUADRUPLICATE THAT...."



"The success of the centre for vaccinology is the people who work here," he says. "It's not just the faculty, but all the staff who make things happen on a day-to-day basis and make sure that it happens in such a way that it's dependable, reliable, reproducible."

Dalhousie Vice-president Research Martha Crago says graduate students and post-docs can gain invaluable experience from the centre. "Just about the best kind of training you can get is one which is situated in a place where people have actively sought funding of all varieties, are making world impact, working with companies and doing excellent science in a care facility. It doesn't get much better than that."

**A significant section of the puzzle is devoted to the** contribution the centre is making to the national Public Health Agency of Canada/Canadian Institutes of Health Research Influenza Research Network, a three-year, \$13.5 million program which began in late spring. Dr. Halperin heads the network, which spans the country, connecting some 80 scientists from 30 institutions.

"The network was set up to undertake applied public health research on aspects of the safety and effectiveness of pandemic influenza vaccines as they're rolled out into widespread use," Dr. Halperin says.

One of the network's themes, measuring vaccine effectiveness, will be led by Dr. McNeil. A knowledge translation and training support group will be headed by Robert Bortolussi, Dalhousie professor of pediatrics and microbiology and immunology. Other members of the Canadian Center for Vaccinology will also contribute to the network through leading and/or participating in studies.

In collaboration with Jean Marshall, Dalhousie's head of microbiology and immunology, Dr. Halperin is also providing leadership to Dalhousie's application for another piece of the puzzle. Dr. Marshall and he have proposed a Canada Excellence Research Chair (valued at \$10 million over seven years) in Developmental Immunology and Immunosenescence – one of two proposed chairs at Dalhousie short listed by the federal government.

"The two extremes of the lifespan are problematic in terms of the way that people respond to infections and therefore also respond to immunization," Dr. Halperin says. "The newborn is at particularly high risk of infection because of an immature immune system. The elderly are at particular risk because of a waning of their immune system. Those of us who are developing vaccines to protect individuals in those age ranges really need to understand the mechanisms of the development and deterioration of the immune system."

Dr. Halperin says the understanding created through the chair would extend beyond vaccinology to include possible insights for transplant and tumour immunology and other areas. If the chair proposal is successful, "the program will be a single person plus several junior faculty members, so it's really creating a new group and it will be a world-class group in an area that's underserved."

Beyond being a skilled administrator, Dr. Halperin is an expert in pertussis, perhaps better known as whooping cough. His research has had an international impact. "The clinical trials we did at the Clinical Trials Research Centre at the Canadian Center for Vaccinology provided the necessary clinical data to license one of the most widely used (worldwide) combination DTaP-IPV-Hib acellular pertussis vaccines," he says.

In 2009, Dr. Halperin received Dalhousie Medical Research Foundation's Max Forman Senior Research Prize, a prestigious award presented to a member of Dalhousie's Faculty of Medicine.

What is the motivation for his work? "The motivation is to try to prevent serious disease. The story of polio and smallpox [prevention] are wonderful stories. You'd like to duplicate that, triplicate that or quadruplicate that..."

A puzzle not yet complete, but full of promise.



PHYSIOTHERAPY  
OCCUPATIONAL THERAPY —

← Medical B

Janet Knox (MN'79), president and CEO,  
Annapolis Valley Health



# THERE'S A NURSE IN YOUR FUTURE

B Y S K A N A G E E

**T**hey just might be the original holistic healers.

"Medicine diagnoses and treats disease. The focus of nursing is helping people deal with pretty much everything in life that hits them," says Pat Sullivan, director of Dalhousie's School of Nursing.

"We promote health and wellness, we prevent illness, we treat people when they are ill, and we support them through to a peaceful death."

And all this in a profession that is constantly changing in order to keep up with advances in science and technology, groundbreaking research by nurse scientists at Dal and around the globe, and a focus that is now shifting from hospitals and health-care professionals to patients, families and communities.

"In our province, the whole model of the way we deliver care is changing so that patients and families are becoming the centre of the health-care system," says Dr. Sullivan.

Janet Knox is seeing that firsthand, as president and CEO of Annapolis Valley Health.

"It has to be a partnership, so we talk about services and support. We're not the answer – we're part of the answer," says the Dal nursing alumna.

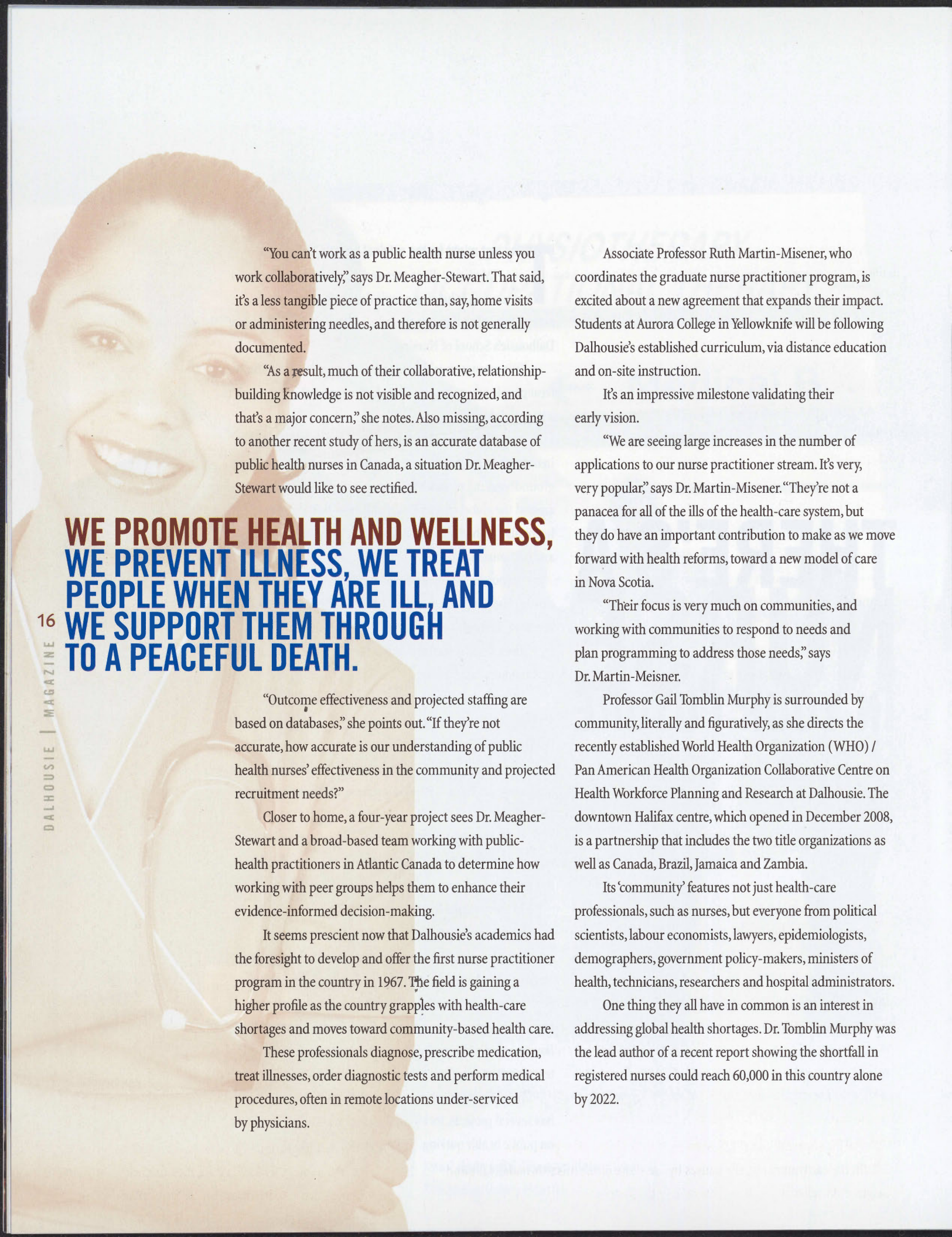
That's reflected in the faculty's move toward educating students in an intra- and inter-professional manner, notes Dr. Sullivan.

"Upon graduation, they will be able to work effectively in teams of health care providers to ensure the expertise required to meet patients' needs," she says.

To that end, Assistant Professor Cherie Gilbert and members of Dal's Nursing faculty recently launched an interdisciplinary project in collaboration with the Practical Nursing and Continuing Care Assistant programs at Nova Scotia Community College. Under supervision, students work together in extended-care facilities, where they learn not only how to care for clients, but how to work most effectively as a team, each within their own scope of practice.

In addition, Associate Professor Donna Meagher-Stewart has several projects, including two national studies, focusing on public health nursing – a field in which working as a team is practically a given.





## WE PROMOTE HEALTH AND WELLNESS, WE PREVENT ILLNESS, WE TREAT PEOPLE WHEN THEY ARE ILL, AND WE SUPPORT THEM THROUGH TO A PEACEFUL DEATH.

"You can't work as a public health nurse unless you work collaboratively," says Dr. Meagher-Stewart. That said, it's a less tangible piece of practice than, say, home visits or administering needles, and therefore is not generally documented.

"As a result, much of their collaborative, relationship-building knowledge is not visible and recognized, and that's a major concern," she notes. Also missing, according to another recent study of hers, is an accurate database of public health nurses in Canada, a situation Dr. Meagher-Stewart would like to see rectified.

"Outcome effectiveness and projected staffing are based on databases," she points out. "If they're not accurate, how accurate is our understanding of public health nurses' effectiveness in the community and projected recruitment needs?"

Closer to home, a four-year project sees Dr. Meagher-Stewart and a broad-based team working with public-health practitioners in Atlantic Canada to determine how working with peer groups helps them to enhance their evidence-informed decision-making.

It seems prescient now that Dalhousie's academics had the foresight to develop and offer the first nurse practitioner program in the country in 1967. The field is gaining a higher profile as the country grapples with health-care shortages and moves toward community-based health care.

These professionals diagnose, prescribe medication, treat illnesses, order diagnostic tests and perform medical procedures, often in remote locations under-served by physicians.

Associate Professor Ruth Martin-Misener, who coordinates the graduate nurse practitioner program, is excited about a new agreement that expands their impact. Students at Aurora College in Yellowknife will be following Dalhousie's established curriculum, via distance education and on-site instruction.

It's an impressive milestone validating their early vision.

"We are seeing large increases in the number of applications to our nurse practitioner stream. It's very, very popular," says Dr. Martin-Misener. "They're not a panacea for all of the ills of the health-care system, but they do have an important contribution to make as we move forward with health reforms, toward a new model of care in Nova Scotia.

"Their focus is very much on communities, and working with communities to respond to needs and plan programming to address those needs," says Dr. Martin-Misener.

Professor Gail Tomblin Murphy is surrounded by community, literally and figuratively, as she directs the recently established World Health Organization (WHO) / Pan American Health Organization Collaborative Centre on Health Workforce Planning and Research at Dalhousie. The downtown Halifax centre, which opened in December 2008, is a partnership that includes the two title organizations as well as Canada, Brazil, Jamaica and Zambia.

Its 'community' features not just health-care professionals, such as nurses, but everyone from political scientists, labour economists, lawyers, epidemiologists, demographers, government policy-makers, ministers of health, technicians, researchers and hospital administrators.

One thing they all have in common is an interest in addressing global health shortages. Dr. Tomblin Murphy was the lead author of a recent report showing the shortfall in registered nurses could reach 60,000 in this country alone by 2022.



She argues the problem can be addressed through several initiatives, including a change in practice to allow nurses “to work smarter, not harder.” Specifically, she proposes 80/20 staffing, in which nurses spend 80 per cent of their time on direct patient care and the remainder on professional development. She also recommends 1,000 new spots in nursing schools annually for the next three years.

Dal’s School of Nursing is already looking ahead and responding to these needs. An agreement with the province of Nova Scotia is adding 200 new seats to the undergraduate nursing program from 2008 to 2012. It’s part of Nova Scotia’s strategy to address looming workforce shortages caused by an aging population and a wave of retiring baby boomers. The expansion is a solid beginning, but math is not the entire answer.

“We need to be looking at the changing needs of people,” says Dr. Tomblin Murphy. “What are teams actually doing to deliver certain services? If we don’t look at things like electronic records, advanced technology, changing procedures – for instance, gall-bladder surgery has gone from being a week-long hospitalization to day surgery – then your planning isn’t any good. You can’t just be planning nurses in, nurses out, physicians in, physicians out.”

Speaking from her Kentville office, Janet Knox is well aware of the human-resource challenge and the changing face of health care.

“We try to make sure our focus is on people – on both sides of the care and support environment – it’s the recipient and the provider,” says Ms. Knox, who earned her graduate nursing degree at Dalhousie.

Ms. Knox believes her nursing experience and education serves her well in her interactions with Annapolis Valley Health’s more than 2,500 staff, physicians and volunteers, as well as community members. “It has really helped me develop critical thinking skills, and enhanced my ability to interact with people,” she muses.

“I think the clinical background helps me understand what I’m trying to manage, and the services that we need to provide. I hope it gives me some insight into the challenges that clinicians face, and some insight into the challenges that the citizen faces, in terms of trying to access the kinds of services they need now and in the future.”

## **P**at Sullivan still remembers when nurses were trained rather than educated.

The profession has undergone something of a revolution since the first students entered the hallways of Dal’s School of Nursing 60 years ago, in 1949.

“I came into nursing at a really good time because the education of nurses was changing – we were taught to question and to challenge. We were seeing the difference between the old way of educating nurses – where students were expected to sit and absorb what they were taught – versus a new way, a broadly based university education that valued skill development, critical and creative thinking, knowledge generation, dissemination, application and evaluation,” says Dr. Sullivan, the director of the School of Nursing.

At first, the school offered one-year diploma programs in public health nursing, teaching and supervision, and nursing service administration, to hospital nursing school graduates. It introduced a Bachelor of Nursing Science degree program in 1957, a Masters in 1975, and PhD in 2004. Its programs now include a Bachelor of Science (Nursing) for basic students and for registered nurses, with three accelerated delivery options for students with advanced standing; a Bachelor of Science (Arctic Nursing) in conjunction with Nunavut Arctic College; a Master of Nursing that prepares graduates for advanced nursing practice roles in adult, mental health, maternal-child/family, community health nursing, and as nurse practitioners; a joint Master of Nursing and Health Services Administration; and a PhD (Nursing) program. With a student population of more than 800, the school is the largest of nine units within the Faculty of Health Professions.

Advanced education means more scientifically based nursing practice and the ability to contribute substantively at decision-making tables,” says Dr. Sullivan.

“Today’s nurses combine theoretical, empirical and experiential knowledge from nursing, health, and other disciplines and apply it in the promotion of the health and well-being of individuals, families and communities – and study after study has shown that we make a very positive difference in their health outcomes.”



# TO HELL AND BACK

**D**r. Joni Guptill (MD'81) peers out the window of the UN World Food Program cargo plane as it roars toward the solitary airstrip in a remote section of South Sudan, Africa. The turbo-prop sweeps low, scaring away the cattle that wander along the strip threatening to thwart the pilot's landing. On the ground, Dr. Guptill climbs into a truck and, for the next several hours, bounces along dusty trails that pass for roads on her way to an isolated village. At 47 C, the heat is almost unbearable; it feels like it's blowing directly off a fire. Dr. Guptill is soaked in sweat. "Like being in hell," she thinks to herself.

South Sudan is struggling to rebuild itself after 20 years of brutal civil war. Two million people died; four million were displaced; 600,000 fled the country. Food is scarce. Real security is nonexistent. And, on this trip in 2006, there is a massive outbreak of meningitis. Dr. Guptill is here on an emergency mission with *Médécins sans Frontières* (MSF)/Doctors Without Borders, Canada.

For three weeks, Dr. Guptill and a team of five – two drivers, a logistician, two nurses and two Sudanese doctors – work long, dusty days in suffocating heat, treating 858 cases of severe meningitis. In tiny outpost clinics, they care for extremely ill adults and children, and immunize many others.

"In South Sudan, we were helping people we knew were death-bound with meningitis," says Dr. Guptill, who recently became president of MSF Canada. "When you see a mother in a remote area who has end-stage meningitis and

five children; and you know that treating her is going to save her and, consequently, help the survival of those children...well, that's why we do it. Once you've done a project like that, you know you're doing the right thing."

From her first days as a medical student at Dalhousie, Dr. Guptill wanted to work abroad. After graduation, she traveled through Africa to gain cross-cultural experience. In the early '90s, while studying tropical medicine in London, England, she had an interview with MSF representatives. A year later, she was part of an MSF emergency team in Baidoa, Somalia, working amid a famine that was claiming up to 200 people daily.

By the time she returned to Canada, she was sold on MSF, an organization founded in 1971 by French doctors and medical journalists. Today, MSF is the world's leading independent medical relief organization and a Nobel Peace Prize winner.

The Canadian arm of the organization was born in 1991. Dr. Guptill was instrumental in building its Atlantic chapter, which she ran out of her Halifax home for several years.

Dr. Guptill's dedication spans more than two decades. She's served five emergency missions – in Turkey, Somalia, China, Syria/Iraq and South Sudan – helping victims of famines, floods, war. ("I'm lucky. I always go to these places that nobody else wants to go to," she says, sincerely.) As a peer support co-ordinator, she's helped MSF members reintegrate into their Canadian lives after a mission, and she's a passionate advocate on behalf of the organization.

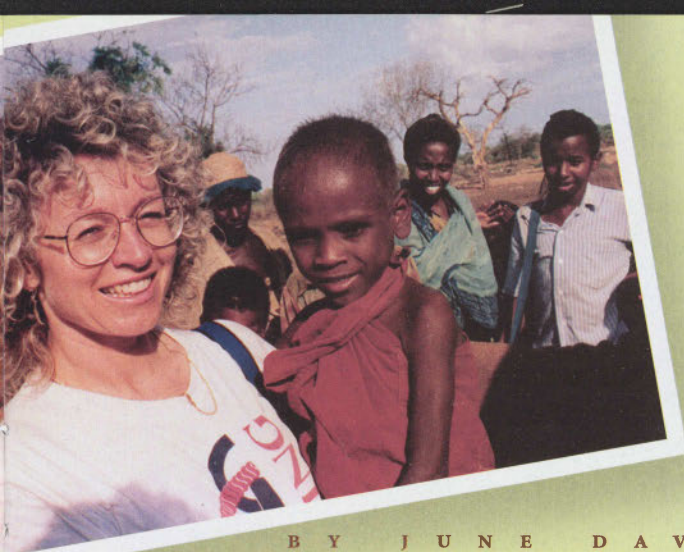
As president of MSF Canada, Dr. Guptill faces a new kind of challenge. She assumes the volunteer position at a time of unprecedented violence against humanitarian aid workers. One recent report says that, in 2008, more aid workers were killed than UN peacekeepers. Being neutral and impartial no longer guarantees security. In 2004, MSF closed its programs in Afghanistan after five members were killed in an ambush. Three others were killed in Somalia; two in Pakistan. Last spring, a nurse was abducted – and, later, safely released – in Darfur.

"We've changed many of our security policies. Ultimately, we have to decide whether or not to work in some contexts," says Dr. Guptill. "We have to be comfortable sending someone to Afghanistan or Iraq or Somalia. We could just pull out of these contexts and yet, at the same time, this organization and its members feel very strongly that we want to be standing in solidarity with the people in the worst situations."

MSF refuses military escorts for its missions, fearing such protection might compromise their political neutrality and turn members into military targets. Even their best efforts, however, don't always protect the organization from being snared by politics. Last March, after the International Criminal Court issued an arrest warrant for President Omar Al-Bashir, the Sudanese government kicked 28 MSF workers out of the country, leaving more than 100,000 people with no health care. The government claimed MSF provided information to the ICC – a charge the organization denied unequivocally.







BY JUNE DAVIDSON



# THE HOPE WE BRING IS A TANGIBLE THING. AND THAT'S WHAT KEEPS US GOING BACK.

"The world is a complicated place," says Dr. Guptill. "Humanitarian aid is being more and more subjected to political decisions. But our work is with the remote peoples of the world who have no one to witness their need. That is our mandate. That is our mission. Our mission doesn't change. Has it become more difficult? Yes. Are we mad? No. But we're very sad we've had to pull out of projects, as in Sudan."

It's that realistic but dedicated outlook, combined with her experience, that makes Dr. Guptill so suited to lead MSF Canada. Ben Chapman, who attended Dalhousie in the mid-1980s, is director of human resources for the group and has known Dr. Guptill for almost 18 years. "She's seen a lot of hot spots and some really difficult places as a medical doctor," he says. "But she's also seen the organization grow from nothing to a large, successful, national organization. She's seen the evolution and she has a tremendous commitment."

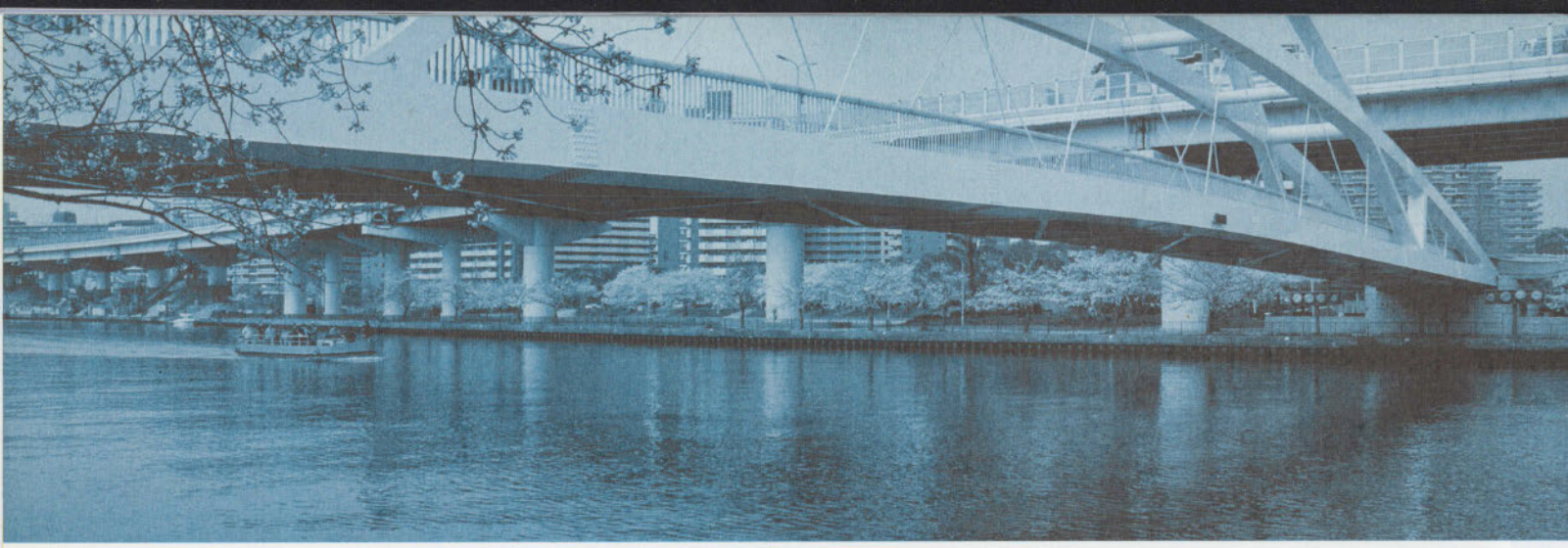
Beyond the deep commitment, complexities and threats to their safety, something in Joni Guptill and other MSF members drives them to persevere; to return to the sick and hungry in what they call 'the real world.'

"We bring hope to populations who think they are completely forgotten. Whether it's taking supplies to physicians in Iraq who haven't had contact with the outside community in years, helping mothers with severely malnourished children in a feeding centre in Somalia, or helping people in South Sudan who are suffering with meningitis. The hope we bring is a tangible thing," Dr. Guptill says. "And that's what keeps us going back."

## VITAL STATISTICS

- Dr. Joni Guptill (MD '81) is president of **Médécins sans Frontières (MSF)/Doctors Without Borders**, Canada.
- MSF Canada's board is comprised primarily of aid workers with field experience, elected by an association of volunteers with national and international experience.
- The Canadian group has offices in Toronto and Montreal and focuses on operations in five countries: Colombia, Haiti, Nigeria, Papua New Guinea and Russia.
- Affiliated professionals include doctors, nurses, lab specialists, nutritionists, mental health specialists and midwives. More than half of field workers are non-medical and include logisticians and co-ordinators.
- Globally, MSF has 14 national sections, and more than 200 projects in 68 countries.
- MSF received the Nobel Peace Prize in December 1999. In accepting the award, Dr. James Orbinski, then-president of MSF International, said: "As an independent volunteer association, we are committed to bringing direct medical aid to people in need. But we act not in a vacuum, and we speak not into the wind, but with a clear intent to assist, to provoke change, or to reveal injustice. Our action and our voice is an act of indignation, a refusal to accept an active or passive assault on the other."
- The financial award that accompanies the Nobel Peace Prize was used to create, with other international partners, the Drugs for Neglected Diseases Initiative to research and develop drug treatments for Chagas disease, sleeping sickness, kala azar and malaria.
- MSF has also been involved in developing 'Plumpy nut,' a peanut-based therapeutic food treatment for severely malnourished children.
- Last year, MSF helped 8.8 million people.
- For information: [www.msf.ca](http://www.msf.ca)





# BRIDGING 式



20

DALHOUSIE | MAGAZINE

**T**etsushi Aoki (BEDS'03, MARFP'05) left Osaka to study halfway around the world in Halifax, in the process trading his nation's popular sushi for a Maritime favorite of fish and chips.

Flash forward 10 years, and Mr. Aoki is an architect with C&C Architects in Nagoya, Japan, where he currently designs dentistry and maternity health-care centres.

On a recent stroll beside the historic waterway that travels through Osaka, he bridges two worlds – beside him is the watery source of inspiration for his university thesis. Overhead the cherry blossoms are evidence of a renewal of urban pride in the once thriving, but subsequently neglected, canal system.

Mr. Aoki first became intrigued by wood block prints showing how integral the Oh River was for commerce and urban life during a thriving period in the late 16th century when powerful shoguns controlled rice transportation and developed the Higashi Yokobori River canals. Today those are located at the heart of the business district in Osaka.

While looking into the past of *Mizu no Miyako*, or the water capital, he immersed himself in the culture of another port city and his new hometown. "My first impression of Halifax was really good, it is small but quite cozy," he recalls. "Canada Day, Christmas Day and the Tattoo were all interesting – I really liked the sound of bagpipes."

During the four years that he studied architecture, his classmates became an extended family. He became close with many students and looked to his classmates for insights into the province. "He would relentlessly ask me questions about the area," says Greg Fry (BA'00, BEDS'03, MARFP'05), one of his closest friends. "He quickly learned and appreciated the humour and *laissez-faire* attitude in the region," he says.



Photo: Bruce Bottomley





# WO CULTURES

A close-knit group would spend up to 16 hours a day in their studio space, crossing Spring Garden Road for a lunch break at Rogue's Roost. They usually sat by the windows overlooking the lively street scene and the red brick Ralph M. Medjuck Building, home to both architecture and planning.

**FOR THE FOUR YEARS  
THAT HE STUDIED  
ARCHITECTURE,  
HIS CLASSMATES BECAME AN EXTENDED FAMILY.**

"We would get together and argue about architecture and try to understand what we were learning at that time," says Jean Paul Felix (BSc'87, BEng'90, BEDS'03, MARFP'06). "These lunches were all geared for discussing what we were working on."

On a return visit to the Roost, surrounded by the ambience of rope ladders, wood casks and weathered copper, his head nods back as he calculates the amount of lunches consumed. "It's got to be three, no, four hundred times," he laughs. "I always used to ask him to go out for sushi, but never once in four years did he say yes – he just loved fish and chips!"

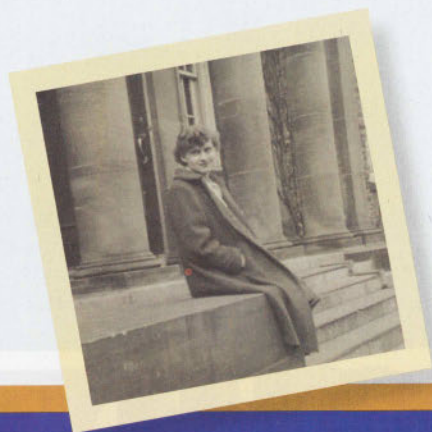
During the final term, their friend Tetsushi spent 72 consecutive hours in the design studio working on a project, eating meals at his desk and napping in the student lounge, says Mr. Fry.

"He'll do whatever it takes to get the job done," adds Mr. Felix. "He was so comfortable with the language and living in Canada that he chose to do both of his work terms here, even when he had the option of doing them in Japan."

It comes as no surprise to them that after returning to Japan, that their talented friend is putting in long days at C&C Architects in Nagoya.

Back in Osaka on a hot spring day walking along the canal, Tetsushi watches residents snap cell phone photos of the cherry blossoms. He misses his Canadian friends of course and mentions he would really enjoy some fresh fried fish and chips.





Faye (Naugle) Sobey (BSc (Hon) '53) recognizes the benefits of her summer job in a biochemistry laboratory at Dalhousie with a gift from the David and Faye Sobey Foundation.



## INSPIRING A NEW GENERATION OF RESEARCHERS

B Y S K A N A G E E

22

DALHOUSIE | MAGAZINE





**T**hird-year science student Lauren Longobardi could have spent the summer working near her Fall River home.

Instead, the 20-year-old put her talents as an honours chemistry student to good use in the lab, part of a research team whose work will ultimately help combat breast cancer.

"It's the best summer job you could ever ask for," says Ms. Longobardi.

"In class, labs are designed so everything works. The procedures are all set out," she notes. "Research is very different – it's more about independent thought, and you have to work through the problems that arise."

She was one of more than 70 undergraduate students employed in science labs at Dalhousie this summer, funded mainly by the Natural Sciences and Engineering Research Council (NSERC) of Canada and other grants.

"It's one of the best experiences I've ever had," she says, enthusiastically. "I think the more students that can get this experience, the better."

More students will get that chance, thanks to the new Faye Sobey Student Undergraduate Research Endowment. The \$1-million endowment from the David and Faye Sobey Foundation will fund up to 10 additional research positions for undergraduate science students each summer, in perpetuity.

Applicants must have completed 30 credit hours of course work and have a 3.0 grade point average, as well as a research supervisor willing to provide additional funding, as is the case with many other grants.

The grants will likely total about \$5,000 per student, and be available in disciplines across the Faculty of Science. The undergraduate committee will determine award recipients, possibly beginning in 2010.

When Faye (Naugle) Sobey graduated from Dalhousie in 1953 with a major in biochemistry, she was one of only 55 science students – only 14 of them female.

She made a daily trek from her Woodside home, taking a bus, the harbour ferry, and a trolley car to the campus, where she met her future husband.

She also spent a summer working in a university research lab, an experience she found exhilarating and crucial to a well-rounded education.

**"IT IS MY HOPE THAT  
BY CREATING A NEW  
RESEARCH ENDOWMENT,  
MANY MORE DESERVING  
STUDENTS ARE AFFORDED  
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TO HAVE RECEIVED."**

"It is my hope that by creating a new research endowment, many more deserving students are afforded the same opportunity that I was so fortunate to have received," she said during a recent luncheon organized to celebrate her gift.

"I wish Dalhousie University continued success building on its legacy as a leading research university and, above all, inspiring generations of students to come."

These days, Chris Moore, dean of the Faculty of Science, oversees approximately 3,000 undergraduate students – and the male-female ratio is practically even.

But the importance of finding undergraduate research opportunities for those students hasn't changed.

"There's absolutely no substitute for it. It inspires students to go into research and make it their career," he says, describing the new endowment as "fantastic."

A developmental psychologist, Dr. Moore has supervised undergraduate researchers many times.

"Faculty members, in general, love to be able to work with new, young, relatively raw but passionate minds," he says.

"All good research involves a team of people. Very little research, particularly in science, is done by one individual. And it's the team, with the slightly differing perspectives they bring, that provides the creative spark."

In Ms. Longobardi's case, one of the focal points of her summer research involved modifying the properties in a particular molecule to make them easier to purify – work that will continue to reverberate in the field of breast-cancer chemotherapeutics.

"Oftentimes, the material we teach in classes is the fundamental aspects of the science. We don't necessarily get the chance to discuss the applications in the real world – the real world in this case being the research world," says chemistry professor Alison Thompson.

"Enabling students to get into the lab in the summer gives them a chance to see it in action. Within the short time frame there's not a chance for someone to invent something that's going to change the world. It's part of a bigger project, but the experience is vital."

Equally important, says Dr. Thompson, is the confidence these students develop. They also boost productivity while adding invaluable to their resumes, she says.

Since arriving at Dal in 2001, she has supervised nine undergraduate students, including Ms. Longobardi, in their summer research.

Considering the intense competition amongst undergrads to nab a summer research post, the significance of the new Faye Sobey Student Undergraduate Research Endowment isn't lost on Ms. Longobardi.

"She's giving many more students the chance of a lifetime. What a terrific thing to do," she says.



# degrees of interpretation

BY MARILYN SMULDERS



Photo: Danny Abriel



Photo: Nick Pearce

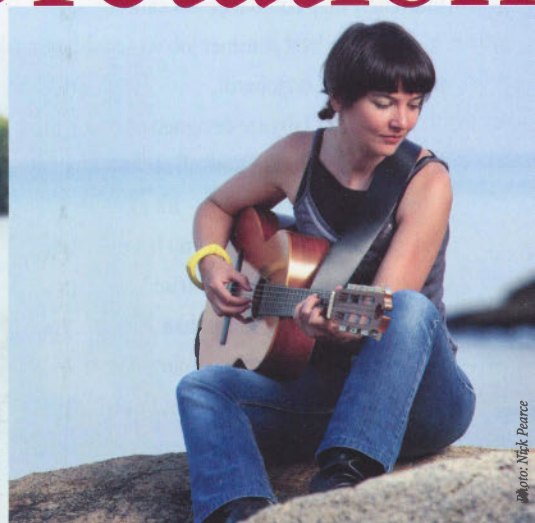


Photo: Nick Pearce

**W**eaving and social work might seem an unusual combination, but the two have always been intertwined for Dawn MacNutt.

The 72-year-old artist graduated from Dalhousie with a Master of Social Work in 1970 and worked as a social worker for more than 35 years in Halifax; she advocated for clients in family court and helped them navigate the social welfare system; she counseled patients at the Nova Scotia Hospital; she provided marriage counseling to couples even as her own marriage was falling apart.

Then, as her art began to take up more and more of her time in the 1990s, the single mother of three wasn't ready to leave behind social work until her house was completely paid off.

Even so, she never did completely let go ...

Her free-standing sculptures, woven from natural materials including willow, wisteria, honeysuckle and seagrass, dip into a deep well of human emotion. One evokes the caring friend who bends her head to listen; another a mother who cradles her sick baby; and still another, a neighbor dejected and overwhelmed with sadness. And yes, this she achieves from using basketry techniques that she's adapted into high art. Her work is uniquely, distinctly her own.

"I am affected by everybody I've ever met," says Ms. MacNutt, who recently became a bride again. She became re-acquainted with her husband Merle Pratt – "a gentle giant of a man" – at the 50th class reunion at Mount Allison University, where she did her first degree, a BA, majoring in psychology with a minor in fine art. "People have always been my main inspiration source."

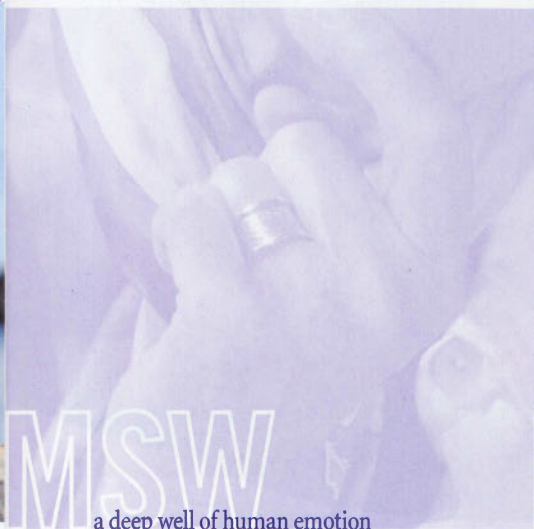
Further, her work "captures the beauty of human frailty." Her weaving is irregular, with ends hanging out instead of tucked in, and branches seemingly out of place. Her bronze works, moreover, never seem to come out of the forge quite right; there are always fragments missing.

"The work is full of imperfections and that's OK. I love materials that are irregular because people are like that, so full of differences and irregularities."

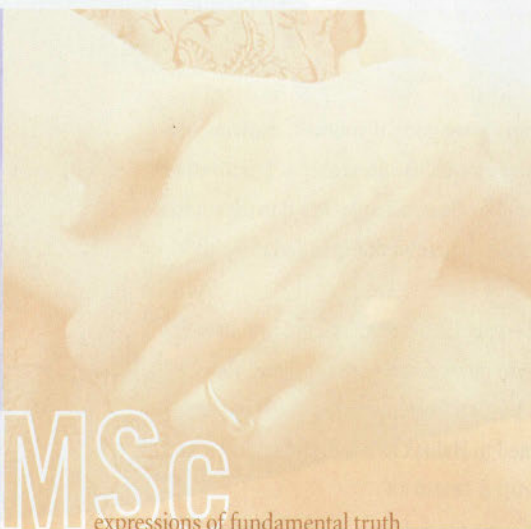


# GROUP HOME AND AUTO INSURANCE

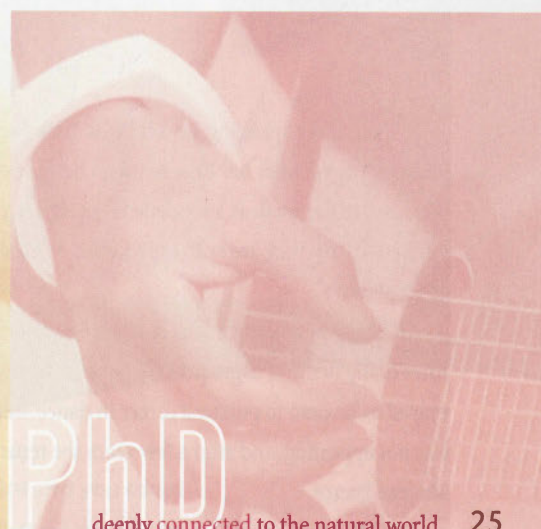
For members of the Dalhousie University Alumni Association



a deep well of human emotion



expressions of fundamental truth



deeply connected to the natural world

25

Since the wedding, colour has begun to creep into her work and has now exploded in rainbow glory. She's taken to painting metal and natural sculptures alike with automotive paints in delicious pearlescent colours. In her studio, for example, she has a willow sculpture on display that she's painted bright red; its branches reach skyward like the flames of a campfire and seem to express the unabashed happiness of the artist's new life. "I think everything is in danger now," she says with a throaty laugh as she eyes older works.

The newlyweds live on a 140-acre property in the New Glasgow area, close to where Ms. MacNutt grew up. In a strange coincidence, she has set up her studio on the property's surplus house, which after a little bit of research, the couple discovered had been built by Ms. MacNutt's great-great-great grandfather in 1838.

"Halfway through restoring it, Merle got out the deed and I got out my father's genealogy and we discovered the connection," she says, amazed. They gave the raccoons the boot and renovated the old house so it would be airy and open. The front room opens to the second floor, to give space to display her taller sculptures.

"When I'm alone here and working, the place just creaks and groans and I wonder about the people who lived here and their lives. What were they like? What kinds of problems did they face?"

**L**isa Phinney can close her eyes and she's there: emerging from her tent in the early morning, she pauses by the shore of the mist-shrouded lake and listens enthralled at the tremulous calls of the loons.

It was a strange sight: loons are very territorial and only one pair will nest on a small lake. But on this morning, she could count several.

"I could see through the mist that there were at least nine of them," says Ms. Phinney, who at the time was doing research in Kejimikujik National Park as a summer student with Environment Canada. "It was like they were having a meeting."

As an atmospheric scientist, Ms. Phinney was part of a research team investigating how the mercury found in loons' bodies flows through the ecosystem. As a choreographer, she is interested in the birds for different reasons: the way they glide along the surface of the water; the way they dive like torpedoes in search of food; the way they carry their babies on their backs.

Her encounter with loons that morning is the inspiration behind her latest dance work, debuting in October through Live Art Dance Productions. Like scientific research, it's a multidisciplinary enterprise, involving dancers, music composer Sageev Oore and set design by Peter Dykhuis, director of the Dalhousie Art Gallery.

Called *Analogy for Solid Bones*, the work brings together her two worlds: her love of science and of dance.



"Practically speaking, it's a little bit tricky serving two gods, if you will," explains Ms. Phinney, who divides her time between her job as an air quality researcher at Environment Canada and her work as an independent choreographer. "But in a way, they don't seem that different to me; they are both expressions of fundamental truth but explained in vastly different ways."

Throughout her life, she's struggled to find the balance between science and dance. After doing her first degree at Dalhousie, majoring in physics and oceanography, she moved to Toronto to pursue a career in dance. But life as a freelance artist in the big city was not appealing, and after a few years she returned to Halifax as a founding member of Mocean Dance.

At about the same time, she returned to Dalhousie to work on a master's degree in atmospheric science. Her thesis project – investigating the link between phytoplankton, tiny algae which live in the world's oceans, and their affect on global climate – led to a dance expression of scientific processes called *Point/Counterpoint (homeostatis)*. The dance debuted at Neptune's Studio Theatre in 2004 and aired on Bravo and CBC-TV.

"I know it sounds a little strange, but I can see these cycles of nature expressed in a creative way," says Ms. Phinney. "I just see such similarities in artistic creation and scientific inquiry – you're coming up with ideas, finding the relationships, drawing conclusions. It's all very rich for me."

**F**or Alana Yorke, it's not so much about how her research influences her art – it's more the other way around.

As a singer-songwriter, she is the outsider looking in, analyzing feelings and emotions for her lyrics. It works the same for her research.

"You keep a foot outside the field and it allows for a lot of creativity," explains Ms. Yorke, 28, a graduate student in marine ecology at Dalhousie. Her research is focused on invasive species, including one found in Atlantic kelp beds. A widely distributed bryozoan, *Membranipora membranacea* likely came from Europe. She's interested in how this exotic encrusting organism interacts with native species.

"You start asking questions that no one has thought to ask and I think that comes from having an outsider attitude ... so instead of going down the same, well-worn path, you deviate a bit. In any case, I think it's very important that science brings in people with a diversity of backgrounds; that's where the fresh ideas and approaches will come from."

I just see  
such similarities  
in artistic creation  
and scientific inquiry

From the village of Bass River, N.S., Ms. Yorke has written and performed music since the age of five. She's been compared to artists like Joni Mitchell and Sarah McLachlan for the expressiveness and dreamy quality of her voice. She also plays the piano and guitar.

Until recently, she's been a solo performer, but now has her own band, cheekily named The New Oceanographers. Band members are bass player Clark Richards, who is working on a PhD in physical oceanography at Dalhousie; drummer Katie Patterson, studying at the Leeds College of Music in the U.K.; Joyce Saunders who sings harmony; and keyboard player Ian Bent, a professional musician and piano teacher, not to mention Ms. Yorke's fiancé.

The band went into the studio last summer to record original material for an album which Ms. Yorke hopes to have out in the fall. With help from musician and engineer Don Mackay, she is self-producing the EP which is, as yet, unnamed.

"I identify myself as an artist and, in a way, I'm trying this out, this science thing," she says with a laugh. "I am deeply connected to the natural world – I have some ideas that I want to explore and test, and science is the tool I am using right now."



# GROUP HOME AND AUTO INSURANCE

for members of the Dalhousie University Alumni Association



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## Outstanding alumni

The Dalhousie Alumni Association is pleased to acknowledge the dedication, contributions and inspiration demonstrated by the 2009 award winners.

### Call for nominations 2010 Alumni Association Awards

Help us celebrate by nominating a fellow grad for one of our 2010 awards.

For further information, phone  
**Shawna Burgess** at 902.494.6051  
or 1.800.565.9969 or  
email: [shawna.burgess@dal.ca](mailto:shawna.burgess@dal.ca)

Deadline for nominations is March 10, 2010.



#### A. Gordon Archibald Alumni of the Year

*Named in honour of A. Gordon Archibald, recipient of the very first Alumni of the Year Award, this award was established in 1989 to recognize alumni for outstanding personal service, commitment and contribution to Dalhousie University.*

#### Dr. David Precious (DDS'69, MSC'72)

There is very little in the field of dentistry that Dr. David Precious has not accomplished in the course of his impressive 40-year career. From his days as a Dalhousie student, to his work as an oral and maxillofacial surgeon, David has been an inspiration to students and colleagues alike. Recognized as one of the world's foremost authors in his field, he also serves in a leadership role at Dalhousie's Faculty of Dentistry, the IWK Health Centre and Capital Health.

As a founding member of the International Cleft Lip and Palate Foundation, David has been instrumental in advancing care for some of the world's youngest and most vulnerable patients. While he travels the globe to perform life-altering cleft surgeries, David also teaches and trains local surgeons in the proper techniques so that they can build capacity and help families in their own

communities. His leadership and dedication to this cause was rewarded in 2007 when he was named a Member of the Order of Canada.



#### Alumni Achievement Award

*This award recognizes alumni for outstanding accomplishments in career and community service. Recipients demonstrate the true spirit of Dalhousie University and set an inspiring example.*

#### Dr. Nuala Kenny (MD'72)

As a valued member of the academic, medical and religious communities, Dr. Nuala Kenny has donned many hats over the years. She is, by turn, Sister of Charity, pediatrician, professor, bioethicist, author, deputy minister of health, five-time honorary degree recipient, and Officer of the Order of Canada.

The first Sister of Charity to enter medical school, Nuala has enjoyed an extensive career in pediatrics and medical education. A natural leader, she has served as Head of Pediatrics for Dalhousie, the IWK Health Centre and Queen's University; and Director of Medical Education for the Hospital for Sick Children and University of Toronto. In 1996, she founded Dalhousie's Department of Bioethics.

Author of more than 100 papers and three books, Nuala is internationally recognized as a medical educator and lecturer on fundamental ethics questions in health care. As such, she is regularly involved in policy deliberations around Canadian health care, particularly in relation to values.



#### Christopher J. Coulter Young Alumnus of the Year Award

*This award recognizes recent graduates for innovative accomplishments and notable contributions to society, the community or Dalhousie.*

#### Rose Cousins (BSc'97)

When East Coast Music Award-winning singer/songwriter, Rose Cousins, came to Dalhousie, she had ambitions of a career in kinesiology. In the process, she rediscovered her love of music. Rose gave her first performance the same year she graduated and has since taken the stage with many international artists, including opening for Paul McCartney in Halifax this summer with Joel Plaskett's band.

While at Dalhousie, Rose drew on her strengths as a mentor and volunteered much of her time to student government, sport team psychology and residence





Dr. Tracy  
Taylor-Helmick

life. This commitment to community continued when she joined with musical colleagues to record a collection of Christmas songs and perform a sold-out concert that benefited the Maritime's food banks.

Rose continues to impress people with her talent – she was recently named one of *Chatelaine* magazine's "80 Amazing Canadian Women to Watch."

#### Award for Excellence in Teaching

*The Alumni Association Award for Excellence in Teaching recognizes professors who take teaching to an exceptional level. The award honours instructors who, in the eyes of students and teaching colleagues, display superior teaching skills, innovation and enthusiasm for the subject, and show an exemplary attitude toward the needs and concerns of students.*

#### Dr. Tracy Taylor-Helmick (MSc'94, PhD'97)

No stranger to large classes from her days as a student, Dr. Tracy Taylor-Helmick makes it her mission to reach out to her students, so when they describe her as personable, enthusiastic, passionate, engaging and effective, you know that something is working. For the past 10 years Tracy has

been guiding students as an instructor, academic advisor, supervisor and mentor in Dalhousie's Department of Psychology. Her impact on students has been impressive and her fearlessness in taking on new teaching challenges is admired by even the most seasoned faculty.

As a member of the Graduate Studies Program Committee, Tracy has helped advance the department's program over the last decade. She was recently awarded for this commitment when she was named chair. Tracy has served on more thesis committees than her years of service would indicate, while continuing a rigorous undergraduate teaching schedule and running her own research lab. Her commitment and dedication to giving students the opportunity to develop academically is evident in the accolades she has received from students and colleagues alike.

## Join us

**Halifax Parade of Lights**  
alumni and family  
gathering – November 21

**Toronto Alumni  
Reception** – December 2

**Ottawa Alumni Reception**  
– December 3

Watch for events in  
**Boston, Calgary,  
Montreal and London,  
England** this fall.

For more information about these or other alumni events, visit [www.dal.ca/alumni/events](http://www.dal.ca/alumni/events) or contact us at [alumni.events@dal.ca](mailto:alumni.events@dal.ca) or 1.800.565.9969.

#### Do we have your email address?

For many events, we send electronic invitations, and we don't want you to miss out! To update your information, visit [www.dal.ca/alumni/update](http://www.dal.ca/alumni/update) or email [alumni.records@dal.ca](mailto:alumni.records@dal.ca).

## Spring and summer alumni events

Throughout the late spring and into the summer, hundreds of Dalhousie alumni and friends came together to reconnect at events across the country.

*Photos, from top:*  
**Halifax alumni movie event:** The pre-screening of Harry Potter

**Chester Donor and Alumni Relations Reception**

**Atlantic Universities Pub Night in Ottawa**

**View more pictures online**  
at [www.dal.ca/alumni/events/photos](http://www.dal.ca/alumni/events/photos).





# Classnotes

## Dalhousie Alumni Association

### 2009-2010 Board of Directors

**Nancy Barkhouse** (BA'72), N.S., *president of Alumni Board*  
**Susan Zed Barry** (BSc'79, DDS'83), N.B.  
**Andrew Bennett** (BA'95), Ont., *Board of Governors representative*  
**Heather Bown** (BEDS'00, MARFP'02), N.S.  
**Tammie Deubry** (BCom'02, MA'05), N.S.  
**Alexandra (Alix) Dostal** (BA'98), Ont.  
**W. Marc Douglas** (BA'06), B.C.  
**Andrew Fraser** (LLB'91), N.S.  
**Bonita Hansra** (MBA'05), Ont.  
**Donalda MacBeath** (LLB'79), Alta.  
**Nancy MacCready-Williams** (LLB'89), N.S., *Board of Governors representative*  
**Gayle Murdoch** (BCom'04, MBA'06), Ont.  
**Paul Pothier** (PEng, BENG'86), N.S.  
**Robert Ripley** (MED'94), N.S.  
**James Stuewe** (BMGT'05, MPA'09), N.S.  
**Jim Wilson** (MBA'87), N.S., *vice-president of Alumni Board*  
**Shaunda Wood** (BSChE'91), N.B.

To contact the DAA board, please email [alumni@dal.ca](mailto:alumni@dal.ca).

## 1950s

1954

**Nancy Wickwire Fraser**, BA, has published her latest book, *Letters from Paris: a Halifax Lass Tackles the Sorbonne, 1954/55*. The book is available at the Dalhousie campus bookstore in the basement of the Student Union Building. Friends and classmates can contact her at [nwfraser@ripnet.com](mailto:nwfraser@ripnet.com)

## 1960s

1965

**John A. C. Wilson**, BA, has now retired from active ministry in the United Church of Canada, having served the Alberton-Elmsdale Pastoral Charge in Prince Edward Island for the past 14 years. He and his wife, Elaine Burrows, whom he married in the summer of 2007, have moved from Alberton to Summerside.

## 1970s

1974

**Calder Creelman**, BEng, MBA'85, has retired in Truro, N.S. and would be interested in hearing from former classmates, at [caldercreelman@mail.com](mailto:caldercreelman@mail.com)

**Harvey McKinnon**, BA, and co-author Azim Jamal, are thrilled to announce that their book, *The Power of Giving*, has won the prestigious Nautilus Gold Award. Winners were announced at the 2009 Nautilus Book Awards Showcase at BookExpo America held in New York. The awards recognize and reward world-changing books. *The Power of Giving* was released by Tarcher/Penguin in August 2008 and hit number one on Amazon.ca. The authors are donating all royalties to Tides Canada Foundation for distribution to charities.

1977

**Ivan Douglas Fiske**, BSc, BEng'78, received his Doctor of Ministry (Theology) from Covenant Theological Seminary in St. Louis, Missouri in May, 2009. Family and friends send their congratulations.

1979

**Dean Michelin**, BSc, was inducted into the Canadian Healthcare Marketing Hall of Fame at a ceremony in Toronto on March 25, 2009. He is currently vice-president, commercial operations at Valeo Pharma in Kirkland, Que.

## 1980s

1981

**Aloisius Louie**, PhD, has had his book on relational biology published by Ontos Verlag in Frankfurt. The book, entitled *More than Life Itself: a Synthetic Continuation in Relational Biology*, is available from [amazon.ca](http://amazon.ca)

1986

**Charmaine McDonald**, BN, MHSA'93, has won the award for best executive in Europe, Middle East and Africa, in the Stevie Awards for Women in Business, an international competition recognizing the accomplishments of outstanding women executives, business owners and the organizations they run. The judges recognized Charmaine's continued hard work and success at McKesson Provider Technologies (MPT) and her direction of a dedicated team to deliver the world's largest integrated payroll and HR system.

**Murray Baillie**, MLS, was one of the speakers at the annual conference of the Atlantic Provinces Library Association in Halifax in June 2009. His speech was titled, "Seventeen Years in Prison: a librarian serves maximum security inmates." Murray was librarian at the Atlantic Institution in Renous, N.B. from 1989 to 2006.

**Elizabeth Steele**, BSc, assumed command as Commander Canadian Material Support Group (CMSG) Canadian Forces, within the Canadian Operational Support Command in July 2009. Most recently, she served as the Maritime Staff (Navy) Comptroller in National Defence Headquarters, Ottawa. Captain Steele is a member of the Logistics Institute, Women in Logistics and Women in Defence and Security associations.

## 1990s

1994

**Sandra Simpson Nowlan**, BEd, has published a new cookbook, *Delicious DASH Flavors*, based on the DASH (Dietary Approaches to Stop Hypertension) diet, proven to lower high blood pressure as effectively as medication. Sandra selected recipes from Canadian chefs, removed salt and reduced fat and then tested them for flavour. *Globe and Mail* nutritionist Leslie Beck has recommended the book on her web site, [www.lesliebeck.com](http://www.lesliebeck.com)



# Spotlight

## FINDING A VOICE FOR MENTAL HEALTH AWARENESS

**H**elen MacDonnell's (LLB'89) annual January party in Riverview, N.B. was halted by her brother's suicide in Vancouver in 2003. Duncan knew that he had bipolar disorder and had tried many different ways to deal with it, but never told his family.

She found out the details of his mental illness by reading his journals after his death. She says that he had tried medications, meditation and "anything he could think of." After one attempt to kill himself by overdose, Duncan wrote in his journal, wondering if he had suffered any internal injuries and if he should go to the hospital. Reading his journal was her light bulb moment. "This person didn't

want to die. This person wanted to end the pain, the loss and the suffering and the loneliness that he's lived with because of this illness."

The following January, she was back to hosting her annual party, but this time it was different. The party, originally meant to chase away the winter blues, is now known as 'Wine Women & Wellness' and it strives to raise awareness on mental health.

And this event has grown exponentially. In 2004, the event was held in her home in with 54 women in attendance and about \$1,250 raised. Most recently, the events have been held in Moncton, Charlottetown and Halifax, raising about \$120,000 from individuals and corporate sponsors. Since it first began, the event has raised more than \$250,000 for the Canadian Mental Health Association.

The format includes a speaker who discusses a personal experience with a mental illness and a speaker to remind the audience to take care of themselves

and one another. This year CBC radio host Shelagh Rogers spoke of her personal experience when depression interrupted her life in 2003.

Ms. MacDonnell works hard at raising awareness. "My awareness arose out of my brother's death and I think that that's not good enough. I think that people need to get the help and support that they need to not make that choice, that drastic choice, that [Duncan] made."

Donations at the events are optional because the main purpose is to raise awareness. "To me, awareness is the key and the money will follow."

The stories that people share with her are what drive her to continue raising awareness. Through stories, people realize that it is alright to talk about someone living with a mental health disorder and that every family is touched.

She's proud "that something so negative and so dark has been turned into something that I think is positive and is helping other people. My brother's illness and his death aren't all in vain."  
*Michelle Hampson*





1995

**Krista (Yetman) Pearson**, BA, has accepted the associate vice-president of enrolment management and learner services position at Lethbridge College in Alberta. She is joined by her two-year-old son Kai, and husband, Tim. Krista has also been elected to the board of directors for the Governor General's Canadian Leadership Conference. As well, she is currently working on her PhD at Lakehead University. Classmates and friends can contact her at [kpearson@lakeheadu.ca](mailto:kpearson@lakeheadu.ca)

**Kate Moran**, PhD (NSTU), has been appointed by President Barack Obama to serve as an advisor on science issues. A leading authority on Earth's climate in prehistoric times, Kate also serves as associate dean of the Graduate School of Oceanography at the University of

Rhode Island. She has been appointed to a two-year term as a senior policy analyst in the White House's Office of Science and Technology Policy. **1997**

**Greg Tilson**, BA, along with **Annie Clifford** (BA'05) and **Amanda Balsys** (BA'06), has formed one of Canada's most popular folkstras, The Gertrudes. Listen along at [www.myspace.com/theothergertrudes](http://www.myspace.com/theothergertrudes)

**Debbie Ling**, BScOT, and her husband John Cody-Cox are proud to announce the arrival of Abigail Ai Ling, who was born December 29, 2008, a sister for Madeleine Mei Ling, age four. The family resides in Ottawa where Debbie is currently on maternity leave from her position at the Children's Hospital of Eastern Ontario.

**Stephanie Bujold**, BSc, had a baby boy on July 26, 2008. Father Pascal and brother Felix are

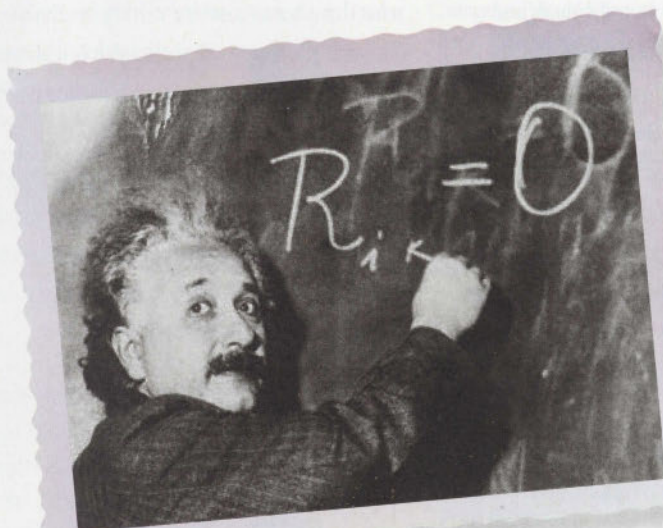
thrilled to have another "man" in the house!

**Robert Astroff**, LLB, is the president of Astroff Consultants Inc., an educational consulting firm offering strategic advice for applicants to professional and undergraduate university programs in Canada, the United States and overseas. Robert would love to hear from classmates at [robert@astroffconsultants.com](mailto:robert@astroffconsultants.com)

## 2000s

2001

**Stacy (McIntyre) Barrett**, DDH, and husband Rob are pleased to announce the birth of their son, Alexander Robert. He was born on June 18, 2009, weighing 10lbs, 13oz. Big sister Olivia is thrilled to have a baby brother. They live in



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## Spotlight SEND IN THE CLOWNS

**G**ermaine Gibara (MA'70) is one of those people who makes things happen. One of Montreal's foremost business leaders, she's the president of Avvio Management, a change and technology management consulting firm, and serves as a director on numerous boards, including insurance giant Sun Life Financial and the Canadian Pension Plan Investment Board.

But when Olivier-Hugues Terrault came to her with a proposal, it was much different than what she was used to. Was he just tweaking her nose or was he serious about clowning around?

**A young child will need less sedation if he's accompanied by the clowns for tests. He laughs and relaxes.**

Mr. Terrault, a professional artist with training in theatre, storytelling and clowning, was looking for a way to combine his art with social work. His idea was to specialize as a therapeutic clown to bring joy to sick children and senior citizens.

"I was already thinking I wanted to make a difference in an organization, rather than just sit on a board," says Ms. Gibara, who came to Canada from Egypt in the late 1960s to take her master's degree in political science and economics at Dalhousie, learning English along the way. "Plus, I have always loved the arts and this is a way to help artists."

Together, the clown and the business exec looked at best practice models in France, Brazil and New York, took aspects from each of them and drew up a business plan. The nonprofit company they named "Dr. Clown" was incorporated in 2002 and now has 29 clowns on the payroll

who prescribe tenderness and laughter in more than 20 children's hospitals and long-term care facilities in Montreal, Quebec City and Toronto.

Laughter really is the best medicine, believes Ms. Gibara. The joy is infectious; the benefits are tangible. The clowns, who wear white lab coats and red bulbous noses, help ease physical and mental suffering, reduce loneliness, stress and anxiety and facilitate the work of health-care professionals, to do tests or get physiotherapy exercises underway. Gentle, silly and playful, the clowns are thoroughly trained by Dr. Clown's staff psychologist and are sensitive to each patient's situation.

"There's an incredible difference in the healing process," says Ms. Gibara. "A young child, for example, will need less sedation if he's accompanied by the clowns for tests. He laughs and relaxes."

Although it took tremendous energy and time to establish Dr. Clown, there have been no adverse side effects whatsoever. Even attending to Dr. Clown's business is a hoot: "Our board meetings are as fun as hell. When you work with clowns, you can't help but laugh."

*Marilyn Smulders*



Photo: Eric Numan

FALL 2009



Hampton, N.B., where Stacy is a dental hygienist with Family Dental Clinic in Saint John.

**Chauncey Kennedy**, BCom, and **Dawn (Hatfield) Kennedy**, BCom, were pleased to welcome their first child, Adelaide Margaret Kennedy, on September 25, 2008. Chauncey and Dawn can be contacted on Facebook, which houses a plethora of Adelaide pictures, or at [chauncey.kennedy@queensu.ca](mailto:chauncey.kennedy@queensu.ca)

2003

**Robert (Luke) Franklin**, BA, has been awarded funding from the Canadian Centennial Scholarship Fund (CCSF) for the academic year 2009-10. The CCSF is a UK-based charity and receives funding primarily through the Maple Leaf Trust, the premier charity of the Canadian community in the United Kingdom. Scholarships are awarded to Canadians who have come to the United Kingdom for postgraduate study. Robert is currently completing his PhD English literature (criticism and culture) at the University of Cambridge.

2004

**Claire Wren**, MPA, and her husband, Kevin, are pleased to announce the birth of their daughter, Sophie Wren-Dugas, on September 23, 2008. Mom and baby are enjoying their time together.

**Megan Leslie**, LLB, has won the Best Rookie MP title in the *Maclean's*

Parliamentarians of the Year poll for 2009. Raised in a mining family in Kirkland Lake, Ont., Leslie studied at York University in Toronto, and then at Dalhousie Law School. A self-described 'low-level worker bee' in the NDP, she quickly made an early impression on the Hill as the MP for the Halifax riding formerly represented by party leader Alexa McDonough.

2005  
**Margaret Clare Ryan**, BA, completed a MPhil at Newnham College, Cambridge and then entered law at McGill University. Now in the third year of a four-year program, Clare recently completed a term as an exchange student at Institut d'études politiques de Paris. In January, she began a four-month work experience at the law firm Sherman Stirling in Paris and will return to Montreal to continue her studies.

**Michael DiSanto**, PhD, has written a new book, *Under Conrad's Eyes: the Novel as Criticism*, published by McGill-Queen's University Press. The book makes a new critical argument about Polish-born Joseph Conrad's work and has drawn some high praise in early reviews. Reviewer Pericles Lewis of Yale University states that the original work makes a significant contribution to intellectual and literary history.

## InMemoriam

**Charles Read Lorway**, BA'33, LLB'35, Sydney, N.S., on July 15, 2009

**Mabel Blanche (Murphy) Brushett**, BA'35, DED'36, MA'59, Halifax, N.S., on May 17, 2009

**Edgar Bernard Smith**, BEng'39 (NSTC), Caledonia, N.S., on July 6, 2009

**Jean Walker (McLellan) Newcombe**, BA'36, MA'38, Middleton, N.S., on June 15, 2009

**Earl Marshall Mitchell**, BSc'39, Windsor, N.S., on Apr. 22, 2009

**Frank Douglas Wanamaker**, MD'41, Saint John, N.B., on June 12, 2009

**Bertha Parker (Woolaver) Baird**, BSc'43, Newport, N.S., on June 16, 2009

**George H Somers**, BEng'43 (NSTC), Halifax, N.S., on May 26, 2009

**Leonard Fraser Smith**, BSc'47, BEng'49 (NSTC), Bedford, N.S., on May 8, 2009

**Alexander Henry Hart**, LLB'47, Nanoose Bay, B.C., on Feb. 4, 2009

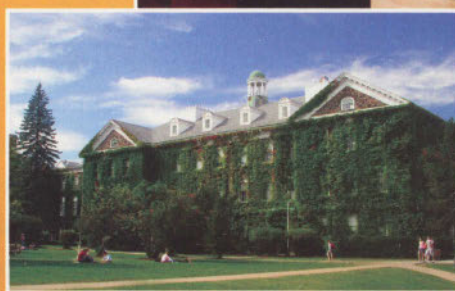
**Lawrence Melville MacLeod**, LLB'47, Burlington, Ont., on June 9, 2009

**Roland George Andrews**, BEng'47 (NSTC), Etobicoke, Ont., on June 2, 2009

**Helen Wilson Beveridge**, BA'48, Truro, N.S., on Apr. 30, 2009

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# Spotlight

## WHEN PRIVACY MATTERS

When Peter Murchland (MEC' 03) and his wife Theresa moved into their beautiful Halifax home a few years ago they encountered a slight problem – being on their deck was like being at centre court for a New York Knicks game – totally exposed.

Determined to resolve their privacy issue, Mr. Murchland turned the problem into an opportunity and invented PrivacyWrap™ – the world's first do-it-yourself deck and patio privacy kit.

PrivacyWrap™ is a decorative outdoor kit that creates visual privacy and blocks wind on residential decks or commercial patios such as coffee shops, restaurants, hotels, resorts. Another product in the family is PrivaSpa™, a unique kit that creates privacy and blocks wind on spas or hot tubs.

Over the next few months, however, he discovered that the road to commercializing an invention is a bumpy one. That's when experts at Dal's Industry Liaison and Innovation (ILI) office stepped in to help Mr. Murchland navigate his path to success.

"The staff at ILI have been great," says Mr. Murchland, CEO, PrivacyWrap Inc. "They helped us build a more successful outdoor privacy business and we're looking forward to many more successful years to come."

Working as a service provider in partnership with Nova Scotia Economic Development's Voucher Program, ILI offered assistance to the company this past winter. The team at ILI, including Ron Layden, Kevin Dunn and Kevin Buchan, helped in a number of key areas including

business planning; product development; plus, intellectual property, investment and go-to-market strategies. Mr. Murchland applied for a Canadian patent on the product designs in 2008. With help from ILI via the Dalhousie / NRC-IRAP Science and Technology Assistance program, Mr.

Murchland also secured the opportunity to conduct wind-tunnel testing within the Department of Mechanical Engineering at Dalhousie this fall.

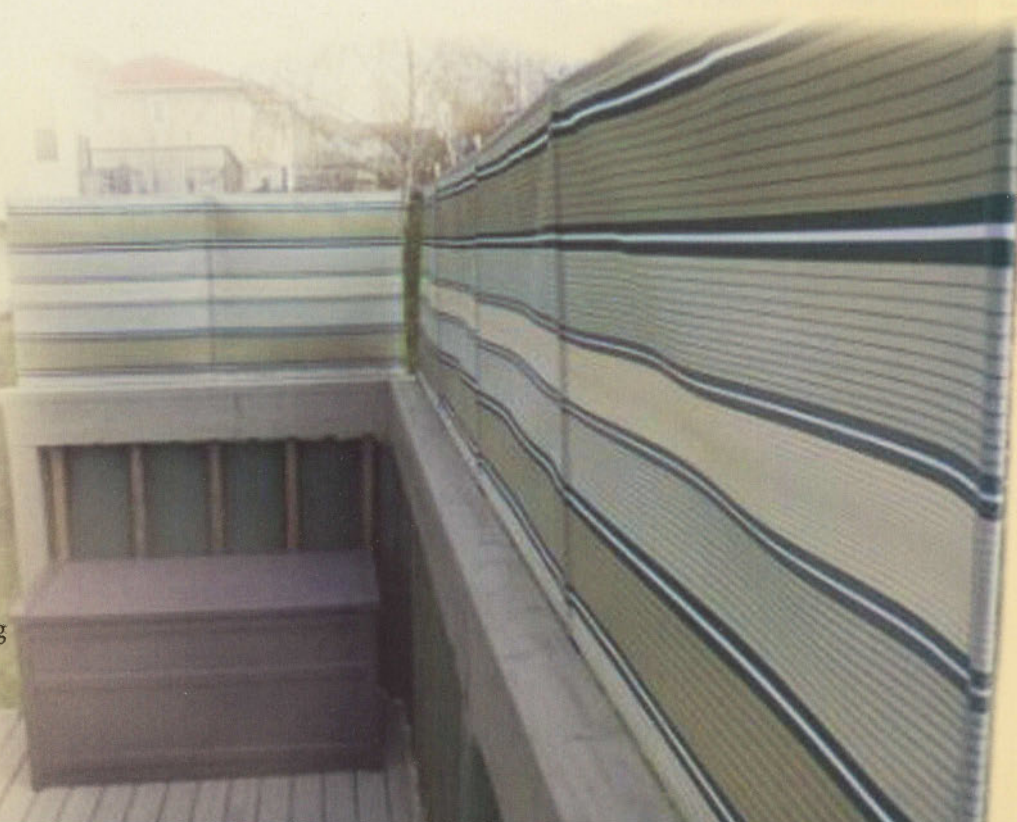
"PrivacyWrap is a great concept," says Ronald Layden, Executive Director, ILI. "Peter has taken his product lines – including deck, patio and hot-tub privacy kits – a long way over the past year and we were very pleased to be able to work with his promising Nova Scotia company."

Whatever the staff at ILI said to Mr. Murchland must have had an impact as he went on to establish key business partnerships in 2009 and realized a 25 per cent growth in profit from the previous year. There has also

**The staff at ILI have been great. They helped us build a more successful business and we're looking forward to many successful years to come.**

been interest in the company's products from potential distributors, investors, retailers and customers across the country and the U.S.

Mr. Murchland was also one of 300 entrepreneurs (out of 4,000 who applied) invited to tape a segment for the hit CBC television show *Dragon's Den*. The reality series will be broadcast this fall on CBC. The company was also featured in *Canadian House and Home* magazine.







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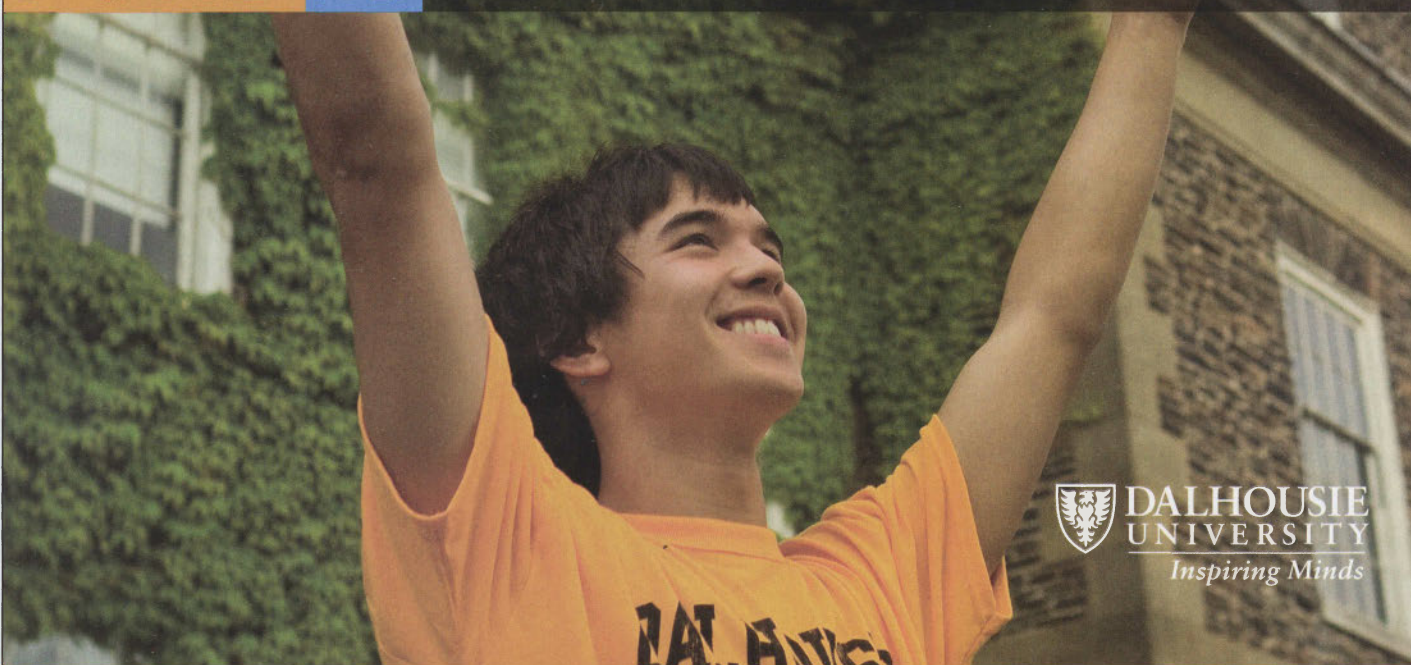
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**Franklyn Henry Theakston**, BEng'48, MA'50, MEng'54 (NSTC), Guelph, Ont., on Apr. 14, 2009  
**Lloyd Clifton Johnston**, BSc'49, MSc'50, Sydney, N.S., on June 23, 2009  
**Robert Bruce Miller**, MD'49, New Glasgow, N.S., on June 11, 2009  
**Donald Gilbert Smith**, BSc'49, MSc'50, Halifax, N.S., on June 13, 2009  
**James Simpson Tait**, BSc'50, MSc'52, Burlington, Ont., on Apr. 18, 2009  
**Charles Frederick Emms**, BEng'50 (NSTC), Fredericton, N.B., on May 22, 2009  
**Charles Robert Zinck**, DipEng'52, (NSTC) BSc'56, Halifax, N.S., on July 9, 2009  
**Orville Howard Phillips**, DDS'52, Ottawa, Ont., on Apr. 24, 2009  
**James Aubrey Tupper**, BCom'53, Halifax, N.S., on Apr. 16, 2009  
**Seldon David Bryson**, BA'54, LLB'57, Halifax, N.S., on June 10, 2009  
**H David Peel**, BA'54, LLB'57, Vancouver, B.C., on May 3, 2009  
**Milton William O'Brien**, MD'55, Tusket, N.S., on June 27, 2009  
**Donald Henderson Hatherly**, LLB'56, Annapolis Royal, N.S., on Apr. 23, 2009

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**Frederick Wickwire Prince**, MD'56, Bridgewater, N.S., on June 4, 2009  
**Cecil Frederick Ogilvie**, BCom'56, St Lambert, Que., on Apr. 18, 2009  
**Edward Joseph Bereta**, BEng'56 (NSTC), Sydney, N.S., on Apr. 18, 2009  
**Deno Peter Pappas**, LLB'57, Saint John, N.B., on Apr. 19, 2009  
**Arthur George Henry Fordham**, BA'58, LLB'61, Halifax, N.S., on May 4, 2009  
**Robert Stephen Butler**, BEng'58 (NSTC), Victoria, B.C., on July 27, 2009  
**Michael Gorman Peniston Caton**, BCom'59, Paget East, Bermuda, on Jan. 4, 2009  
**Wallace Owen Donald**, DPHRM'62, DDS'70, Halifax, N.S., on May 13, 2009  
**George MacDonald**, MD'62, Dartmouth, N.S., on May 17, 2009  
**Flora Elizabeth (Creelman) Brown**, BA'63, Maumee, Ohio, U.S., on May 3, 2009  
**Trevor Henry Rector**, BEd'64, Dartmouth, N.S., on May 10, 2009  
**Linda Marie Gillingwater**, BA'66, Halifax, N.S., on Jan. 10, 2009  
**Cameron Allan Gordon**, MA'67, New Glasgow, N.S., on April 30, 2009  
**Melvin Richard Sherwood**, MA'67, Head of St Margarets, N.S., on June 28, 2009  
**Frank Elliott Hennigar**, BCom'67, Ellershouse, N.S., on May 28, 2009  
**Michael Gerald Spevack**, MA'67, Montreal, Que., on Mar. 30, 2009  
**Frederick Alexander Bowes**, BA'72, Pictou, N.S., on May 15, 2009  
**William Reginald King**, BSc'75, BEd'76, London, Ont., on Apr. 13, 2009  
**Judith Ann Murray**, BNRN'80, BN'80, MN'87, East York, Ont., on July 20, 2009  
**Ross Jiro Yoneda**, PGM'77, Kamloops, B.C., on May 17, 2009  
**David Dana Fancy**, BCom'77, Halifax, N.S., on Apr. 26, 2009  
**Erwin Klein**, MSc'78, Buenos Aires, Argentina, on Mar. 14, 2009  
**Mark John Connolly**, MBA'78, Halifax, N.S., on June 20, 2009  
**Bess (Averbook) Solomon**, BA'79, Halifax, N.S., on June 20, 2009

**Susan Kathleen (Hardy) Rushton**, BScPH'80, Brookside, N.S., on June 23, 2009  
**James Edward Ryerson Wing**, BA'81, Carlisle, Ont., on Apr. 30, 2009  
**Glenn R Inamoto**, MBA'83, Toronto, Ont., on July 12, 2009  
**John McFarlane Kavanagh**, BA'83, Kentville, N.S., on May 20, 2009  
**Warren L Mason**, BEng'83 (TUNS), New Glasgow, N.S., on Nov. 11, 2008  
**Anthony J Woods**, MBA'84, Elderbank, N.S., on June 15, 2009

**Mary Kay Black**, MBA'85, Thunder Bay, Ont., on July 13, 2009  
**Leslie Gayle Stothart**, BScPT'86, Riverview, N.B., on Mar. 14, 2009  
**Heidi Dayle MacRae**, BEDS'92, MARFP'93, Valley Road, N.B., on June 20, 2009  
**John Francis Boyle**, MEd'94, Port Hawkesbury, N.S., on Apr. 24, 2009  
**Samantha Stephanie Li**, BA'09, Halifax, N.S., on July 11, 2009

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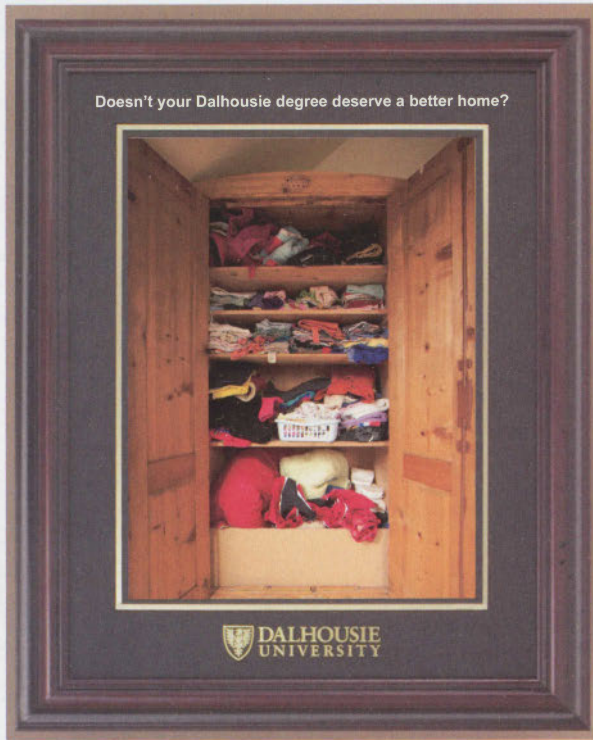
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# Spotlight

## IRAN ESCAPE

The grainy cell phone videos of citizens crowding the streets were one of the only sources of information that came out of Iran in the wake of the controversial election in June 2009. It's hard to know the extent of the political turmoil that gripped the country. For Iranians living abroad, it was especially difficult to watch from afar.

Amir Feridooni (MLIS'90), his wife Nahid (BScN'09) and two sons, Hiran and Tiam, are originally from Iran, but moved to Canada 10 years ago as political refugees.

Mr. and Mrs. Feridooni were advocates for political change in their country, speaking out against the ruling system's limitations on the freedom and rights of the Iranian people – and it cost them their country and nearly their freedom.

"It got to a point where we no longer had a choice," explains Mr. Feridooni a technical support specialist for Dalhousie. "We knew we were in danger and we had two small children. We had to leave."

The family ended up in a refugee camp, living in poor conditions with no money and little hope. Coming to Canada enabled them to start over, but it wasn't easy.

"We did whatever we needed to survive. I delivered flyers, my wife cleaned hotel rooms. We were determined to make better life for us and our children," Mr. Feridooni recalls. After completing English as a second language classes, they set their sights on higher education at Dalhousie.

Mr. Feridooni started with computer science, and after being hired to work at the Learning Commons at the Killam Library, went on to complete graduate degrees in Health Informatics and in Library Information Studies.

Mrs. Feridooni recently graduated from nursing, fulfilling a dream she had before coming to Canada.

"I remember a woman went into labour while we were living in the refugee camp in Turkey. As soon as the baby was born she was sent back into the camp. None of us knew what to do for her. I remember feeling hopeless and knowing that some day I wanted to make a difference in peoples lives," she explains.

Both sons are following in their parents' footsteps, with Tiam in his third year of biomedical engineering and Hiran starting science this fall.

Although they feel like Canada is now home, they can't help but think about the friends and family they left behind.

*Rachael MacKeigan*

*The Feridooni family: Tiam, Nahid, Amir and Hiran.*

**It got to a point where we no longer had a choice. We knew we were in danger and we had two small children. We had to leave.**



# theBackstory

IT'S A BIRD, IT'S A PLANE

**REAL NAME** Kurt Sampson

**SECRET IDENTITY** Action junkie

**BY DAY** Senior software developer and analyst for Information Technology Services (ITS)

**EDUCATION** Computer Science '02, MBA '08, part-time LLB studies

**MOTTO** Always push the limits, because if you never fail, you will never succeed.

**QUOTE** "The power striders – it feels like Bambi on ice when you first put them on."

**PASSIONS** Sports, thrill-seeking, his fiancé, who was his frosh leader at Dal 11 years ago.

**POWERS** Speed, superstrength, elasticity, anti-gravity. Can leap over tall people with his power striders, aka 'crazy legs.'

**ABILITIES** Surf kayaking, snow boarding, mad computer skillz, motorcycle racing.

**CURRENT MISSIONS** Sky-diving and marriage

**HOMETOWN** Cape Breton "wannabe" (Havre Boucher, N.S.)

**ACHIEVEMENTS** Annual volunteer for Easter Seals Nova Scotia's 24-hour relay, dedicated to "enhancing the quality of life, self-esteem and self-determination of Canadians with disabilities." Winner of their 24 hour 'survivor' competition, involving eating competitions (mmm, cat food) and physical challenges (blind-folded leapfrog).

**HIS ADVICE** "I always live my life with a theme of balance – work, school, community, family, friends, and myself – you've got to allocate a little time to all of those."

**OUR ADVICE** Don't try this at home.

**Research:** Emily Duncan

40

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