

Queen's

ALUMNI REVIEW

Issue 2, 2015


The magazine of
Queen's University
Kingston, Ontario

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Not going it alone

Game-changers

Better treatment



Focus on
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PHOTO BY BERNARD CLARK



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Better treatment

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Talking and listening



Mental illness affects one in five people. But we all have mental health. Wherever we are on the spectrum of mental health, it needs to be okay – for all of us – to talk about the issues surrounding mental illness and mental health. There is so much to discuss on this topic that we can barely scratch the surface in one issue. But I've made a start, bringing you just some of the stories of the people – Queen's students and staff, faculty and alumni – who are changing the way we think about mental health. I hope that after you read this issue, you'll add your voice to the conversation. Throughout this issue, we talk about the Principal's Commission on Mental Health. You can learn more about the commission – and read its report – online at queensu.ca/cmh.

Have your say:

At the end of May, we're sending out our 2015 readership survey by email. The survey will be sent out with the help of our colleagues in the Office of Institutional Research and Planning and will conform to their ethics and confidentiality standards. The questions will be very similar to our 2011 readership survey, containing 90-plus questions. This should take you about 15 or 20 minutes to complete but, because the survey link is tied to your email address, you can log out of the survey at any time and return to finish it later. We want to be thorough because the information you give us will help to shape the magazine going forward.

If you want to participate in the survey but do not receive the invitation by May 31 (either because we don't have your email address or because you have opted out from email communications from Queen's) please let me know and I will send you a survey link by email. review@queensu.ca

Check us out online: With this issue, we've given the online *Review* a new look, with easier navigation and new content that complements the print version. Let us know if you'd like to subscribe to the online version (we'll send you an email when the latest issue goes live) in addition to, or instead of the print version. We're also adding a special, fifth online-only issue this fall. queensu.ca/alumnireview

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Cha Gheill,

Andrea Gunn
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letters

TO THE EDITOR

Mystery solved



Our mystery cover photo of the *Queen's Q* at Richardson Stadium has been identified, thanks to readers. The photo, of the Gaels football training camp, was taken by Jack Chiang for the Kingston Whig-Standard in August 1985.

The photo on the cover of issue 1, 2015, was on the front page of the *Kingston Whig-Standard*. I'm in it! There was a caption: "GIVE me a Q! More than 100 players of the Queen's University football team, the Golden Gaels, and their coaches form a big Q on the field of Richardson Stadium yesterday. This picture was taken from the roof top of a 16-story building. Head coach Doug Hargreaves, at the lower right corner, has an interesting mixture of talent to sift through because there are 113 aspirants for a limited number of positions. The Gaels started their two-week training camp yesterday."

Christopher Ruskay, Artsci'88, Ed'89
Queen's football 1984 – 1988
Calgary

My father and longtime Golden Gaels head coach, Doug Hargreaves, is the fellow at the right-hand end of the line through the Q. To his left are assistant coaches Hart Cantelon and the late Bill Miklas Sr. The fourth person to the left of my father is one-time player, and then assistant coach, John Lynch. Continuing along that line, I am fairly sure the individual wearing the shirt with the broad stripe across the front is RitaSue Bolton, the team's fitness coach and the first female football coach in the then CIAU. Left of her is another one-time player and longtime assistant coach, Bob Mullen. Next, with his head down, is assistant coach Bill Hurley. Third from the left-hand end of the line is assistant coach Bob Howes.

Lynn Hargreaves
Kingston

The tail of the Q is all of us on the coaching staff, starting from right to left with head coach Doug Hargreaves, to his left is Merv Daub; Bill Miklas Sr.; Randy Edgeworth; John Lynch; Jim Harrison; Wayne Tindall; not sure; RitaSue Bolton; Bob Mullen; Bill Hurley; not sure of next two; Bob Howes; not sure of the last two.

RitaSue Bolton, MPA'92, Ed'98
Kingston

First round NFL draft pick Mike Schad [Artsci'86, PHE'88, Ed'97] is about mid-way up the right side of the "Q" wearing a grey shirt just ahead of the guy with his arms outstretched to the side. I'm two spots in front of him.

Michael Patterson
Artsci/PHE'86, Ed'87, MEd'96

A couple of readers questioned why we ran a photo composed almost entirely of men. The truth is, I wanted to run an archival Richardson Stadium photo, one that would evoke curiosity and, ideally, elicit some memories from our readers. I was intrigued by this particular photo, which I found in the *Queen's Archives*. (I also knew that I'll be featuring members of a women's varsity team on the cover of our August issue which, to be fair, our readers did not.) But I am interested in continuing this dialogue. In your opinion, what should the cover of our magazine convey? Is it enough to capture an interesting moment in time or should it aspire to reflect the greater readership or convey the goals of the institution (as our current cover does)? I'm interested in hearing your thoughts.

– AG

Remembering Jim Whitley



Jim Whitley in 2001, when he received the QUAA Alumni Award for Excellence in Teaching.

Jim Whitley, Professor Emeritus (Mathematics), died Jan. 4, 2015. Dr. Whitley started teaching mathematics at Queen's in 1963. From 1966 to 1974, in addition to his teaching workload, he served as executive assistant to the dean of Arts and Science, and later, as assistant to Principal John Deutsch.

Dr. Whitley was the 2001 recipient of the Alumni Award for Excellence in Teaching, given annually by the Queen's University Alumni Association.

I was a student in Jim Whitley's math class in 1970-71. His was one of the most memorable courses that I took at Queen's. He took an active interest in each student, able to remember him or her, by name, years later. He knew, before I did, that my true calling was to teach math. He was truly a gem in Queen's crown.

**Ruth Fawcett, Arts '71
Mississauga, Ont.**

I had the good fortune to have Jim Whitley as my academic adviser when I enrolled as a student at Queen's in 1965. He was a kind and helpful adviser who suggested that I continue to pursue mathematics even after I had a rather dismal first year as a math major. I changed to biology and kept math as my minor subject area and he



This is YOUR magazine

Your opinion means everything to us. So please watch your email inbox at the end of May for the 2015 Queen's Alumni Review readership survey. Each survey respondent will be eligible to win a prize like this beautiful armchair, provided by the Queen's alumni merchandise program. Are we sure we have your current email address? Email us at review@queensu.ca.



Queen's ALUMNI REVIEW

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continued to be a help and inspiration to me despite this.

I eventually graduated and went on to work in several higher education institutions in Canada (Okanagan CC; University of Calgary and Trent University) as a professional student services administrator/leader. At one point, when I was the director of student services at Trent University, I attended a meeting of higher education student services administrators from Ontario universities held at the University of Toronto. Who should appear at our dinner meeting? None other than Jim Whitley from Queen's. I sat down next to him and we had a good chat throughout the evening and it seemed as if I had just left him a short time ago when I was a student at Queen's. It was more than 20 years since I had seen him and I still found him to be engaging and interesting.

I think I'd like to say that he and several other faculty members at Queen's were very helpful to me during a time in my life when I didn't have a firm idea of where I was going.

Thank you to Jim Whitley, a very important influence on my life and, I'm sure on many others as well.

I did go on to complete an EDD at the University of Toronto in 1995 and then I continued to work in higher education student services administration in the UAE, and in Hawaii and Texas. I found the environment of higher education to be interesting, challenging, enjoyable and sometimes frustrating but I did the best I could and now I'm happily retired and living in SW Florida!

Regards,

**Dr. Theron A. Craig, EDD (U of T),
MA (San Jose State University),
BA/BPHE (Queen's, 1970)
Englewood, Fla.**

Corrections: *My apologies go out to Dr. James Shute, Arts '59, whose name I misspelled in last issue's letters to the editor column. As well, in the 175th anniversary piece in Quid Novi, I listed 175th anniversary committee chair David Walker as a member of Meds'75. Dr. Walker remains a loyal member of Meds'71.*

– AG

Improving mental health on campus: an update

BY PRINCIPAL DANIEL WOOLF

As I write this column, we've just passed the five-year anniversary of the day first-year student Jack Windeler died by suicide in his residence room. That, sadly, was only the first such death on our campus since I became principal. It was clear by 2011 that mental health was emerging as a major challenge at our, and most other, Canadian universities. I empanelled the Principal's Commission on Mental Health under the leadership of Dr. David Walker, and asked it to look, from top to bottom, at the whole issue of how we dealt with mental health issues at Queen's.

The commission consulted very widely and reported about 16 months later, making more than 100 recommendations for action. Some in the meantime had already been carried out, and others soon followed. Among the steps that have been taken in the past few years, we have "embedded" counsellors in a number of faculties (an initiative in which we are partnering with donors), joining those previously embedded in the residences; we have put in place a system of prioritizing and triaging cases at Health, Counselling and Disability Services (HCDS) so that the most urgent cases are seen first. New programs such as Q Success (a transition program for entering students, funded in part by the same donors who have helped support embedded counsellors) and Bounce Back (which helps students who have gotten off to a poor academic start, often due to anxiety or stress) have been piloted. A committee to examine academic accommodations has been established.

The Provost's Advisory Committee on Mental Health, which has faculty, staff and student representatives, has been charged with the co-ordination of campus-wide initiatives to implement the commission recommendations. We have had to set priorities and thus, three and a half years after the commission reported, much remains to be done.

The commission clarified that we have a wide range of mental health issues to confront, ranging from anxiety and stress to more serious clinically diagnosed conditions such as schizophrenia, anorexia and severe depression.

Perhaps the most important outcome of the commission and its consultations has been the willingness of people, especially students, to talk about mental health issues formerly left in the shadows. As George Jackson notes in his column, mental health was not a subject that could be openly discussed back when he and I were under-



UNIVERSITY COMMUNICATIONS

graduates. Fortunately things have changed on this front. I have been tremendously impressed by the number of initiatives around campus to improve mental health services, many of them student-led, and by Queen's student participation in larger events such as the annual Jack Summit, created by Eric Windeler, Com'82. Jack.org, through its Queen's student initiative fund, has also been a generous funder of many of our mental health initiatives.

So, things are better, but we still have some distance to travel. Our physical facilities for HCDS remain outdated and inadequate; our dedicated and hard-working counselling staff remain hard-pressed to deal quickly with every case that comes their way. We have not yet been able to implement all of the commission's recommendations. All of these initiatives will require resources, and I have been very grateful for the way in which our alumni and parents have stepped up to support many of these initiatives so far. One Queen's family, for instance, has generously supported a student intern position for five years in the health promotion unit of HCDS with a focus on mental health. In short, we have made considerable progress, and I am asking for your help in taking the next steps.

I'd like finally to note here the retirement of one of our most prominent mental health leaders: Dr. Michael Condra has been a fixture on campus for three decades. He will be retiring this June. Over his years here, Mike has been a compassionate ear and adviser to countless students in distress, and a prime mover in many innovative initiatives to improve mental health at Canada's universities. Thank you, Mike, for all you have done for Queen's and its students! ■

QUID *novi?* *being a compendium of "What's new" on campus

Honorary degrees

Queen's will welcome 10 new honorary degree recipients at spring convocation ceremonies, running from May 21 to June 11.

Jean-Robert Bernier, DSc, is the first person from outside continental Europe elected as chair of the committee of surgeons general of NATO and partner nations (COMEDS), beginning in November.

Lyse Doucet, Artsci'80, LLD, is a Canadian journalist and chief international correspondent and contributing editor for the BBC.

James Cuddy, Artsci'83, LLD, is the co-founder of Blue Rodeo, a band with more than four million records sold and 11 JUNO awards.

Alexander (Otsehtokon) McComber, DSc, has worked with a number of national diabetes organizations including Health Canada's Aboriginal Diabetes Initiative.

John MacGregor, DSc, has made major contributions to the development and practice of advanced control techniques in industry including the Canadian technology sector.

David John Mullan, LLM'73, LLD, is a long-serving law professor at Queen's, a prolific writer and an often called upon consultant.

Alan Broadbent, Arts'70, LLD, is chairman and founder of Maytree and chairman and CEO of Avana Capital Corp.

Eric Windeler, Com'82, LLD, is the founder and executive director of Jack.org, an organization created after the death of his son Jack, a Queen's University student.

The Hon. Michael Kirby, LLD, retired from the High Court of Australia as the country's longest-serving judge.

David Reville, LLD, operates David Reville & Associates in Toronto, specializing in social research and community development.



2016 honorary degrees an all-alumni affair

The Senate Committee on Honorary Degrees invites nominations for honorary degrees at the university's 2016 Convocation ceremonies. Forms are available at: www.queensu.ca/secretariat/senate/honorarydegrees.html or by request by calling 613-533-6095.

To recognize Queen's 175th anniversary, the awarding of honorary degrees for 2016 will be restricted to Queen's alumni only. If you have questions about whether a candidate is a Queen's graduate, please contact the University Secretariat.

Nominations must reach the University Secretariat by Friday, Aug. 14, 2015.



QUEEN'S UNIVERSITY ARCHIVES

Digitizing the Journal

Queen's University Archives is seeking a complete run (or parts thereof) of Volume 46, 1919-1920 to Volume 49, 1922-1923, of the *Queen's Journal* for a digitization project. Our preservation set is in delicate condition. If you have any of these issues, please contact Paul Banfield, University Archivist, at banfield@queensu.ca or 613-533-2378.

IN MEMORIAM

Douglas H. Crawford, Professor Emeritus (Education), died Jan. 19.

Geoff Lockwood, Associate Professor (Physics, Engineering Physics and Astronomy), died Jan. 20.

Ron Weisman, Professor Emeritus (Psychology, Biology), died Jan. 27.

John "Jack" Parker, MD'54, MSc'57, Professor Emeritus (Medicine), died Feb. 3.

Peter Hennessy, BA'48, Professor Emeritus (Education), died Feb. 4.

James Low, Professor Emeritus (Obstetrics and Gynecology) and founder of the Museum of Health Care, died Feb. 15.

If you would like to share your memories of any of these individuals, email us at review@queensu.ca. In the online Review, Dr. Paul Armstrong, Arts'63, Meds'66, writes about his friend and colleague, Dr. Jack Parker.

Law clinics get new downtown digs

In January, Queen's Law Clinics moved to a downtown Kingston location to better serve its clients. Queen's Law Clinics contains five individual pro bono clinics: Queen's Legal Aid and the Queen's Business Law, Elder Law, Family Law and Prison Law clinics. The shared space features 12 offices for lawyers and staff, four interview rooms, a meeting room that doubles as a classroom, and 24 student workstations. The clinics, which provide students with a broad range of experiential learning opportunities, receive financial support from Legal Aid Ontario, the Law Foundation of Ontario, and private donors. In particular, a class gift from Law'81 provides annual funding to enhance programs and support special projects for the clinical programs. Learn more at law.queensu.ca/clinics.



New director

In April, Janet Annesley joined Queen's as its new director, Government and Institutional Relations. Ms. Annesley works closely with Principal Woolf, V-P (University Relations) Michael Fraser and key university senior administrators to support effective government relations at the local, provincial and federal levels as well as community outreach initiatives. Ms. Annesley most recently led the Canadian Association of Petroleum Producers' federal, eastern and Atlantic Canada government relations group.
janet.annesley@queensu.ca


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Encouraged to attend Queen's by her favourite high school history teacher.

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Creating a fund in memory of her parents to educate the medical community on children's mental health.

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Dr. Margaret Gibson
MD'76

INITIATIVE CAMPAIGN

Divestment committee invites comments

BY CRAIG LEROUX

An advisory committee is seeking input from the Queen's community on whether the university should divest its Pooled Endowment Fund and Pooled Investment Fund from public companies that engage in fossil fuel extraction and distribution.

Principal Daniel Woolf struck the Advisory Committee on Divestment of Fossil Fuels, as

required by the university's Statement on Responsible Investing (SRI), after receiving an expression of concern from the student group Queen's Backing Action on Climate Change. Divestment is not currently being considered for the Queen's Pension Plan.

"Consultation is an important part of the advisory committee's mandate," says David Allgood, Arts'70, Law'74, the committee's chair. "We look forward to receiving views and evidence from students, staff, faculty, retirees, alumni and any individual or group that wishes to contribute during the consultation process."

According to its mandate, the committee must assess whether

the activities of public fossil fuel companies constitute "social injury," as defined in the SRI, and what action, if any, to recommend to the university.

"The committee is particularly interested in hearing views on the question of social injury," says Mr. Allgood. "Depending on its findings, the committee could recommend that no further

Divestment committee webpage:

queensu.ca/secretariat/divestment.html

Email the committee:

divestment@queensu.ca

Statement on Responsible Investing:

queensu.ca/secretariat/policies/senateandtrustees/Investing.pdf

action be taken, that the university divests, or that Queen's remain invested and undertake shareholder engagement activities."

There are three ways to participate in the consultation process: general views may be submitted to the advisory committee via its webpage or by email [see above]; formal written submissions may be sent in response to the committee's call for submissions; or a request can be made to present directly to the committee. All submissions should be sent to the committee no later than Sept. 15.

A series of meetings is currently being organized to allow individuals and groups to present to the committee, whether in person on the Queen's campus or by teleconference. Although details have not yet been finalized, anyone interested in this option may email the committee for further details.

The advisory committee is expected to conclude its work at the end of September and will make its recommendation to the principal on what action, if any, should be taken. The principal will then bring that recommendation to the investment committee of the Board of Trustees for a final decision. ■

"Consultation is an important part of the advisory committee's mandate. We look forward to receiving views and evidence from students, staff, faculty, retirees, alumni and any individual or group that wishes to contribute during the consultation process."

■ David Allgood, Chair

New chairs take their seats

Three new chair positions in the Faculty of Health Sciences have been filled by leaders in the fields of health policy, surgery and ophthalmology. Michael Green (Public Health Sciences, Family Medicine) has been appointed the Clinical Teachers' Association of Queen's Chair in Applied

Health Economics/Health Policy. John Rudan (Surgery) is the Britton Smith Chair in Surgery. Martin ten Hove (Ophthalmology) is the Edna and Ernie Johnson Chair in Ophthalmology. All three chairs were created with funds donated by benefactors. Dr. Ernest A. Johnson, MD'38, and his wife, Edna, established the Ernie and Edna Johnson Chair in Ophthalmology to advance knowledge in the field. The Britton Smith Chair in Surgery

was established by longtime Queen's supporter Brit Smith, MC, QC, LLD'09. The Clinical Teachers' Association of Queen's established the Chair in Applied Health Economics/Health Policy to bring focus and attention to the topic of health profession compensation.

Learn more about the new chairholders in the Queen's Gazette. queensu.ca/gazette/stories/new-chairs-take-their-seats

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Not going it alone

Queen's pioneering peer mentoring program connects students to tackle the challenges of university together.

BY ANITA JANSMAN

It's a scenario played out at university campuses across the country. An 18-year old has settled into her room at a student residence. It's her first time living away from home.

She's bright and keen. She won a scholarship to get here. Her expectations are high, as are her parents'. She makes new friends and joins the drama club and the French club. Three weeks into her first term, she realizes she has four assignments due next week. She has a ton of reading to do. To complicate matters, she wants to break up with her boyfriend who is studying at another university. She doesn't get along with her roommate. She's not sleeping well and relies on food from the vending machine down the hall to nourish her. When her parents phone, she tells them everything is fine. She's a little homesick. Now she's caught a cold and has had to miss class...

Even a mentally healthy person would feel stressed under the weight of so many social and academic demands. In fact, many first-year university students do weather these difficult times. After all, young people are extremely resilient and part of growing up is learning to cope with conflicting demands.

It's become increasingly clear, however, that a portion of the student population struggle through their early university years. The demands are just too high and some students experience poor mental health that hinders their achievement.

A pilot program has just wrapped up at Queen's that addresses the growing need for mental health support at universities. M² is a peer mentoring research program designed to match specially trained upper-year student mentors with students who are experiencing mental health problems or disabilities. M² is funded by Ontario's Mental Health Innovation Fund and its principal investigator is Mike Condra, Director, Health, Counselling and Disability Services.

The mental health issue came into sharp focus at Queen's in March 2010, when first-year student Jack Windeler took his own life. In the year that followed, the Queen's community experienced more student deaths, a few by suicide.

It was a sobering time at Queen's, but it did kick into action some much-needed awareness and research initiatives. Principal Daniel Woolf established a commission on mental health, with former dean of Health Sciences David Walker as its chair. Jack Windeler's parents started The Jack Project, now Jack.org, which has grown into a national network of young leaders who develop programs to help transform the attitudes we have about mental health. Around the same time, Bell Canada established the Bell Mental Health and Anti-Stigma Research Chair in Queen's Faculty of Health Sciences, and named world-renowned scholar Heather Stuart as the first chair-holder. If mental health was a quiet and under-reported issue at Queen's before, it soon became a topic at the forefront of everyone's mind.

"It was a difficult time. The tragic loss of these young members of our community shocked and distressed all of us," says Dr. Condra. "But what happened here reflected a nation-wide trend towards recognizing and addressing a problem that exists on university campuses."

In 2013, more than 1,200 Queen's students participated in a national online survey on student health and wellness. In the 12 months prior to the survey, 92 per cent of the Queen's students reported having felt overwhelmed by all they had to do; 39 per cent identified having felt so depressed it was difficult to function. Students at



BERNARD CLARK

Mira Dineen, Artsci'12, M² program coordinator.

other institutions reported similar numbers. *Learn more: bit.ly/QAR21578.*

The Principal's Commission on Mental Health detailed factors that may increase the likelihood of mental health problems: academic and social pressures, being away from home and familial support, parental and societal expectations, lack of money and a growing student debt, and the uncertainty of employment once university is completed. These factors alone are enough to cause stress in any young person, but there's more going on.

"A lot of things intersect in the first year of university, which often coincides with the age when mental health problems are most likely to happen. So at a time when they may need familiarity and stability the most, our students are dealing with the demands of living away from their established supports," says Mira Dineen, program coordinator of M².

In its final report, the Principal's Commission on Mental Health provided a four-level pyramid approach for mental health and wellness on campus: promoting a healthy community, transitions and resilience, encouraging help-seeking and helping behaviour and providing effective response, service and care.

The M² program clearly aligns with at least two levels of the pyramid. Its goal is to provide students with various tools to succeed in their post-secondary education through peer mentorship.

The mentors are upper-year students with particular attributes. They must demonstrate empathy and be comfortable in a one-to-one relationship with their "mentees". It is not a "shared experience" program; the mentors themselves needn't have experienced a mental health issue.



BERNARD CLARK

Samm Goldsmith and Rhian Catton, peer mentors with the M² project.

"When choosing mentors we were looking for someone who is approachable, kind and compassionate, is able to listen and offer support and guidance," says Ms. Dineen. When she put out the call for volunteers, 135 Queen's students put their names forward for the 18 mentor positions.

Through rigorous training held over two weekends, M² mentors learned a variety of skills to guide their work with mentees. They also learned the boundaries of the mentoring role.

"These are intentional, purposeful relationships. Mentors are not the same as friends, tutors or professors," says Ms. Dineen.

Their mentees were students with identified mental health issues. Referred to the program by campus counsellors, they had existing mental health support from trained professionals. What they needed was peer support, people with whom they could work through academic or social problems as well as discuss their mental health.

According to Rhian Catton, one of the mentors, the training "was intensive and amazing." Mentors learned that they probably wouldn't see quick results, that the process was gradual. "The training gave us confidence to know that what we were offering were life-skills that mentees could draw on long after the program ended."

A third-year sociology and psychology student, Ms. Catton has always had an interest

in mental illness, in part because of a family member's first-hand experience with it. She was thrilled to be selected as an M² mentor.

"My mentee struggled with balance, and focused almost entirely on academics. This student felt tremendous pressure to achieve good marks at the expense of everything else going on," says Ms. Catton. During their weekly meetings, Ms. Catton encouraged her mentee to branch out socially, offered resources that would help the mentee understand the need for balance, and, most importantly, listened.

Samm Goldsmith, a third-year psychology and chemistry student, described her experience as a mentor as "definitely the most fulfilling year" she has had at Queen's. She witnessed her mentee grow as a person and become really good at using the techniques and practices to help organize daily tasks.

Realizing how hard it is to stay focused on a task, when there are so many distractions, like social media, your phone, friends, and other non-academic activities, Ms. Goldsmith suggested a worry list. "When you think of something you have to do while you're studying, add it to the 'worry list' and don't think about it again until you have some time to deal with it. That way your mind won't be cluttered with a bunch of things you have to do right now."

Ms. Catton was struck by how mentoring affected her own personal growth and how much she learned from the experience.

"The most humbling part is seeing how very close to home mental illness is, how normative those experiences are," she says. "The most surprising part is how much I actually learned myself. It's been a reflective experience."

With the end of the winter term, the M² pilot has also come to a close. Dr. Condra and Ms. Dineen are now writing a full report of the results of the pilot project. They hope that the best practices of the M² project will be incorporated into other mentoring programs at Queen's. As well, they are creating a guide for implementing a peer mentoring health program in a post-secondary institution. In the next few years, peer mental health programs may become engrained in colleges and universities across Ontario.

"Peer mentoring builds connections between students through supportive, coaching relationships," says Ms. Dineen. "Queen's has a unique culture of peer leadership and support, as well as student-led mental health initiatives. As the program is adopted at other campuses, we are hopeful that many more students develop mental health literacy and peer helping skills, broadening the net of support for students who are coping with the demands of life at university." ■

Q Success

BY NANCY DORRANCE

Transitioning from high school to university is one of several major life changes that can pose particular challenges for young people. To help ease this process, the Principal's Commission on Mental Health calls for the development of formal and informal programs to foster resilience among students and assist them in learning how to manage stress, avoid isolation and build self-confidence.

With seed funding from benefactors Gregory David, Com'89, and Neil Rossy, Artsci'93, an innovative pilot program was introduced on campus in fall 2013. Q Success helps first-year students develop the skills to succeed, both academically and personally. Administered by the Division of Student Affairs, the co-curricular program is delivered by trained upper-year peers and Student Affairs learning strategists, writing specialists, counsellors and health promotion staff.

"In the pilot year, Q Success participants reported a number of positive impacts compared to their non-participant first-year peers," says Dr. Arigal Shaibah, Assistant Dean of Student Affairs (Student Life and Learning). "One particularly reassuring finding is that after completing the program, participants reported greater awareness of the mental health resources available and the confidence to reach out for mental health support if and when they need it."

Q Success participants are assigned to small groups and attend weekly sessions on topics that include: how to cope with personal and academic challenges; aligning personal, career and academic interests and goals; study, writing and time-management skills; healthy living and mental health. Upper-year mentors facilitate group discussion, share their personal and academic transition challenges and successes and guide students in developing their own learning plans to maximize their success at Queen's.

"What really helped was knowing that there are others with the same fears and excitements about university," says second-year student Natasha Williot. "Figuring out together how to deal with university life, whether it was about school, food or reducing stress, made it that much more comforting."

The program has been of particular interest and benefit to self-reported first-generation students – those who are first in their family to attend a post-secondary institution – and to international students. A small group of students also participated in a group led by upper-year Aboriginal students and



Q Success is one of the newest of Queen's peer support services, helping first-year students develop academic and personal skills.

the Aboriginal success strategist at the university's Four Directions Aboriginal Student Centre.

In its second year, Q Success's capacity was tripled to provide access to every first-year student who opted in. A program assessment is now under way, from which preliminary data are informing more enhancements for fall 2015. These include the re-introduction of an online version of Q Success, and the use of an empirically validated tool to measure participants' "thriving quotient" – their academic engagement and performance, interpersonal relationships and their well-being.

The 2015 program will also be designed to evaluate more fully the impact of the in-class program on the diversity of participants, as well as the outcomes of the expanded online version. The research related to the online version is being supported by the Higher Education Quality Council of Ontario (HEQCO). Queen's has been selected to join the HEQCO Access and Retention Consortium, a group of Ontario universities that is exploring promising transition programs. ■

"[P]articipants reported greater awareness of the mental health resources available and the confidence to reach out for mental health support if and when they need it."

What is mental health?

Queen's Health, Counselling and Disability Services (HCDS) staff use the mental health continuum model in their mental health literacy and anti-stigma training across campus.

Healthy	Mild Disruption	Moderate Disruption	Severe Disruption
Normal functioning	Common and reversible distress	Significant functional impairment	Severe and persistent functional impairment

The mental health continuum model, developed by the Department of National Defence, recognizes that mental health – like physical health – lies along a continuum. In the green zone, one experiences healthy and adaptive coping; in the yellow, common and reversible distress. Orange signifies more severe, persistent injury or impairment, and red, clinical illnesses and impairments that require concentrated medical care. The model shows that we all have variations in our mental well-being and that, at each level, there are resources to promote health and reduce disruption.

Awareness. Anti-Stigma. Response.

In addition to other HCDS educational programs, trained staff from HCDS, Residences and Human Resources now deliver a regular three-hour workshop on mental health awareness, anti-stigma and response. The workshop, open to Queen's students, staff and faculty, helps participants understand how they can support and assist someone in distress, and when to refer someone to professional resources. They also learn the four basic steps of mental health support:

Approach: It is OK to ask questions, express concern and offer to help. Be specific about the behaviour that worries you. Avoid guessing what you think the problem is.

Listen: Be patient and give the person lots of time and your undivided attention. Listen without passing judgment. Validate their feelings.

Support: Acknowledge their thoughts and feelings in a compassionate way. Offer hope. Reassure the person that you are concerned and want to help.

Refer: Provide the person with information about the resources that are available to help them. Offer to assist the person make the call for professional help. Even though you are concerned, avoid trying to force the person to get help.

The training delves further into how to make a good referral and discusses the resources available at Queen's and in the Kingston community. The program also provides tools to address stigma in everyday situations. Since last September, more than 250 members of the Queen's community have taken the workshop.

Academic Accommodations project

This joint venture between Queen's University and St. Lawrence College is a three-year provincial research study to identify and address the difficulty of academic accommodation planning for students with mental health disabilities. With funding from the Ontario Ministry of Training, Colleges and Universities, the goals of the Academic Accommodations project are to develop:

- province-wide documentation standards, taking into consideration the specific needs of students with mental health disabilities;
- training for students, faculty, disability advisers/counsellors, student leaders and administrators on how best to accommodate students with mental health disabilities;
- an information and resource handbook for Ontario students with mental health disabilities.

The project team, led by Dr. Mike Condra of Queen's, will present its final results in June. Learn more at supportcampusmentalhealth.ca.

From darkness to light

Imagine a video game for kids in which a little boy has to navigate a dark, scary mansion by himself. With help from a magical hat, Arthur begins travelling through the mansion's dark corridors, chasing away monsters, lighting lamps, and doing puzzles as he goes – and he does it all with a beam of light emanating from his head. The catch is that the child playing the game must use his mind, rather than a traditional video game controller, to control that beam. In doing so, the player also learns techniques to help improve his own mental health.

While it may sound like something out of science fiction, the game not only exists, it's already having a positive impact on kids struggling with anxiety and depression. The game, called *MindLight*, is designed to teach children how to control their negative thinking and focus their attention with techniques like relaxation and mindfulness. The player operates the game with help from a special lightweight headset equipped with a sensor that rests on the forehead. The child must then use brainwaves to control the on-screen play. Just by focusing one's attention, a player can, for example, turn on a ceiling light or chase away a threat.

Associate Professor Tom Hollenstein (Psychology), who is running controlled trials to test the game's effectiveness, says that while treatments like Cognitive Behavioural Therapy (CBT), often work well to change the unhelpful thinking and behaviour present in conditions like anxiety, it can be difficult to get children to engage in the process. "In order to benefit from the skills they are being taught, kids have to practise them while they are feeling anxiety," he says, explaining that *MindLight* puts them in challenging situations they can only conquer by learning to focus and relax.

With the first randomized trial in the Netherlands now complete, Dr. Hollenstein says the game, which he hopes will one day be available for home use, is proving to be as effective as CBT in helping children with anxiety. "Kids are learning how to bring light to where there is darkness, and they get a sense of success when they do."

■ MD

The Caring Campus project

Young men are particularly vulnerable to substance misuse linked to mental ill health during their first year at university. Research shows they experience more stressors during their transition from family life to independence, and are more likely to use substances to relieve stress, anxiety or depression. This may place them at higher risk for mental health problems, mental illnesses, suicide and substance abuse disorders. Led by Queen's researchers Heather Stuart (Public Health Sciences), Shu-Ping Chen (Public Health Sciences) and Terry Krupa (School of Rehabilitation Therapy) and funded by Movember Canada, the Caring Campus project uses a multi-level intervention, including student-led initiatives, to reduce misuse of drugs and alcohol in male university students. Learn more at caringcampus.ca.

New teaching strategies for mental health law

The legal and the medical professions often clash when it comes to the rights of patients experiencing mental health crises. Which takes precedence, a patient's autonomy or his medical needs?

Prior to 2012, Queen's medical students learned about suicide risk assessment by clinical psychiatry teaching faculty. Separately, they learned from law professors about the Ontario Mental Health Act, which governs psychiatric assessment and committal. Since then, law and psychiatry faculty at Queen's have collaborated on a joint teaching approach, one that shows medical students how the law establishes clear boundaries for clinical practice. Within those boundaries, doctors are empowered to make the best medical decision in the interests of their vulnerable patients.

Lynne Hanson (Law), and Renee Fitzpatrick (Psychiatry), lead the session with second-year medical students every April. Presented with case scenarios, the students work in small groups to develop a management plan for the patients. Ms. Hanson and Dr. Fitzpatrick then model decision-making in each scenario, enabling the students to consolidate the legal requirements for involuntary admission and apply them to their medical decisions. You can read more about the discussions from this year's class in the online *Review*.

With colleague Shaimaa Abo-El Ella (Psychiatry), these professors have written about their innovative approach in "Inter-disciplinary teaching strategies for mental health law." The article was recently published in the *International Journal of Law and Psychiatry*.




Stressed? Let's go for a walk!

ASUS Lost Paws, a student-run organization on campus, held its popular Critters on Campus event to help Queen's students de-stress before exams. For \$2, students could enjoy a cuddle with a dog; for \$5, they could take a dog for a walk. In three days, the group raised \$970 for the Kingston Humane Society.

 @ASUSLostPaws

#SleeveTheStigmaBehind

In March, the Jack.org Queen's chapter teamed up with the Tea Room on campus to "sleeve the stigma behind." Coffee cup sleeves on beverages sold on the second-last week of classes had this reminder: "Talking about mental health? Don't mocha big deal about it." The sleeves also encouraged caffeinated students to #java good day.

 Follow @JackAtQueens on Twitter to learn about its other mental health initiatives for Queen's students.



GRACE KAPUSTIANYK, ARTSCT16

Relax... you got this!

Staff at the Faculty of Engineering and Applied Science invited their students to kick back and relax before April exams. Activities at the faculty's Health and Wellness Day included yoga, a visit with therapy dogs, complimentary 15-minute massages and free healthy snacks and exam care bags for students. Guest speaker Richard Hayward, Sc'01 (Engineering Physics), talked to students about the importance of maintaining a life balance while studying engineering, as well as in the workplace.

Journal pushes boundaries of military health research

The Canadian Institute for Military and Veteran Health Research (CIMVHR) has launched an academic journal, the first publication of its kind in Canada, to disseminate the work of researchers, policy makers and program developers in this research field. A jointly led initiative of Queen's University and Royal Military College of Canada, CIMVHR currently partners with 35 universities across Canada. The Institute acts as a channel for the academic community, government organizations, industry and similar international organizations to address the health and well-being of military personnel, veterans and their families. The first issue of the *Journal of Military, Veteran and Family Health* is available online at cimvhr.ca.



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QUEEN'S ANNUAL APPEAL

New division proposed to address mental health and addictions

Every year an estimated one in five Canadians experiences a mental health or addiction problem – and having either a substance use or a mental health problem significantly increases the likelihood of having the other. The university-aged population faces the greatest risk of experiencing the onset of such problems.

One reason for the increasing number of students on campuses with mental health problems is that advances in diagnosis and treatment are enabling more people who deal with such issues to attend university. For those who begin to experience problems after they arrive, stigma reduction campaigns – spearheaded by Queen's and other institutions – are making it easier for them to come forward for help.

A key recommendation of the Principal's Commission on Mental Health is to create a Division of Student Mental Health and Addictions within the university's Department of Psychiatry. The new division would help address the increasing mental health and addictions problems of students at Queen's and have the potential to

collaborate with other Kingston post-secondary institutions and possibly high schools.

"We will never have enough psychiatrists on staff to provide all the treatment needed by students with mental illness," says Dr. Roumen Milev, head of the Department of Psychiatry. "But by conducting initial assessments and regular follow-up consultation with family doctors – whether at Queen's or through family health teams in Kingston – our psychiatrists could contribute to the treatment process, functioning as an integrated part of the team and service continuum."

In addition to providing direct clinical services to students, the proposed new division – to be funded through the Initiative Campaign – would conduct research into student mental illnesses and the usefulness of different treatment approaches and evaluations and would help train future doctors and other mental health professionals.

■ ND

Read more about the Principal's Commission on Mental Health online at queensu.ca/cmh.



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at <https://adv.queensu.ca/elections/secretariat>

Alumni are invited to elect, from amongst themselves, ten members to sit on the University Council.

University Council

Established by statute in 1874, the University Council serves as an advisory body to the University. Members provide advice on issues relating to the prosperity and well-being of Queen's. The Council's responsibilities include the appointment of the Chancellor and the election of six members to the Board of Trustees.

Authentication Number? Where do I find mine?

Your 10-digit authentication number is required to vote and can be found on the mailing label of the *Queen's Alumni Review*. In cases where the *Queen's Alumni Review* is mailed jointly to two alumni/alumnae, the name and number of each alumnus/alumna will be on the label. For questions about your authentication number, please call the Office of Advancement at 613-533-2060 or 1-800-267-7837, or email records@queensu.ca

Questions?

Call the University Secretariat at 613-533-6095 or email univsec@queensu.ca

View candidate biographical sketches now at
www.queensu.ca/secretariat/elections/ucouncil.html

UNIVERSITY COUNCIL

Election of Councillors by Alumni 4-year Term (2015-2019)

You may VOTE FOR A **MAXIMUM OF TEN (10)**

Amrit Ahluwalia

Donald Cameron

Jamie Cameron

Lillian Chow

Aleem Dhanani

Lorna Jean Edmonds

Mark Ellis

Jaimie Graham

Madeleine Macdonald

Saara Romu

Mark Staveley

Daniel Szpiro

George Thwaites

Michael Trendota

Alexander White

Sarah Whiteford

Mary Wilson Trider

Lisa Woodcock

Game-changers

Meet some of the people transforming the way we think about mental health.

The researcher

Who: Dr. Heather Stuart

Occupation: Epidemiologist. Professor in the Queen's Department of Public Health Sciences, with cross appointments to the Department of Psychiatry and the School of Rehabilitation Therapy. Bell Mental Health and Anti-Stigma Research Chair and senior consultant to the Opening Minds anti-stigma initiative of the Mental Health Commission of Canada.

Passionate about: Providing concrete ways to help people eradicate the stigma around mental health issues. Creating applied research that will help policy makers to make evidence-informed decisions.

Recent projects: The Caring Campus project (*see page 15*). Developing guidelines for the 2015 Bell Let's Talk Day campaign to help Canadians communicate about mental illness (*right*).

What's next for her: Finding new ways of translating the knowledge gained from working with Caring Campus and the Mental Health Commission of Canada to practitioners in the field.

What she wants you to know about mental illness:

- 1 Language matters.** Pay attention to the words you use about mental illness.
- 2 Educate yourself.** Learn more, know more. Help fight stigma with facts.
- 3 Be kind.** Small acts of kindness speak volumes.
- 4 Listen and ask.** Sometimes it's best just to listen.
- 5 Talk about it.** Start a dialogue, not a debate. Break the silence.



The student leaders

Who: Holly Mathias, Artsci'16, and Qian Shi, Artsci'17, 2014-15 co-chairs of the Mental Health Awareness Committee (MHAC). An AMS committee since 1996, MHAC works to raise students' awareness of and sensitivity to mental health issues.

This year's projects: With their 15 volunteers, Holly and Qian have provided a full year of programming, including talks with students in residence, a speaker series (topics included masculinity, body image, and relationships), and mental health training for other campus student groups.



New this year: a video, "Mental Health Doesn't Care - Queen's University," that has gone viral on Youtube. Volunteers Kevin Bailie and Jordan Coccimiglio, both Artsci'17 and both Gaels hockey players, recruited fellow varsity athletes, as well as Principal Woolf, to talk about how mental health issues affect everyone. Watch the video and read more about Kevin's work with both MHAC and Caring Campus in the online *Review*.

What's next for them: This summer, Qian will be conducting research at Mount Sinai hospital in Toronto and Holly will begin work for Volunteer Services at Hotel Dieu Hospital in Kingston. Starting this September, they'll both be working with the AMS's Peer Support Centre.

What they are most proud of:

Qian: "It was an absolute pleasure to spearhead MHAC this year. The dedication, compassion and creativity I witnessed was incredible. I know for certain that MHAC played a huge role in creating a comfortable and supportive campus for Queen's students. Being MHAC co-chair has inspired me to strive to take care of those around me."

Holly: "Not only have I been fortunate enough to see the impact of our work on campus, I've also been able to see the growth of our volunteer team. Seeing them achieve their goals as well as accomplishing things they've never imagined, all while forming strong bonds with each other, makes me proud to be co-chair. I know that their passion for mental health advocacy and camaraderie will be something that lasts well through their time at Queen's and into their careers."

 @QueensuMHAC
 @amsPeerSupport



The psychologist

Who: Dr. Mike Condra, MA'78, PhD'82 (Psychology)

Occupation: Director of Queen's Health, Counselling & Disabilities Services. As of June 2015, he will retire from HCDS, where he has worked since 1992.

Passionate about: Mental health education. "If I could, I would teach people about mental health forever."

His work: In addition to overseeing the operations of the three departments of HCDS, providing personal counselling for students and teaching in the Department of Psychology, Mike has recently led a number of Queen's mental health initiatives. These include the M² peer mentoring program (see page 10), a Queen's mental health awareness, anti-stigma and response training course and the Academic Accommodations project (see page 14).

What he needs you to know about mental health: "Many people worry that they aren't qualified to support someone else going through a mental health crisis. That's understandable. There are times when a trained mental health professional needs to intervene. But just letting someone know that they are not alone is a huge thing. **The most powerful tool in helping someone going through crisis can be simple, face-to-face, human contact.**"



The five in five

Who: Eric Windeler, Com'82, founder and executive director of Jack.org

Looking back: After the unexpected suicide of his son, Jack, Eric went in search of answers. "I went back to Queen's and talked to Daniel [Woolf] and many students on Jack's floor in residence, those who knew Jack and those who didn't. I talked to Mike Condra. Then I went to Jack's high school. I kept on talking to everyone: mental health professionals, parents and young people. I didn't have any intention at that point that this would become my vocation, but I literally never went back to my office except to pick up my things."

Looking forward: With his colleagues at Jack.org and volunteers across Canada, Eric is helping to build a national network of young people who can break down stigma about mental illness. Eric takes

a back seat, understanding that initiatives created by young people are most likely to resonate with their peers. He uses his business background to set goals, measure impact and conduct program evaluations for the organization.

The 5 in 5 model: First articulated by one of the students working for the organization, Jack.org is now driven by this model. While one in five of us will experience mental illness, five out of five of us have mental health. Traditional approaches to tackling the issue of mental health in Canada often don't reach outside the self-selecting (1 in 5) demographic of people interested in or affected by mental illness. Jack.org strives to empower all young people across Canada to take care of themselves, support their peers and join as a network of young leaders to effect change in the mental health landscape.



JACK.ORG

The three pillars of Jack.org

- 1 Jack Talks. Starting the conversation. Through speaking events organized by community groups and schools, youth speakers share their personal experience with mental health.
- 2 Jack Chapters. Change at the community level. One of the first chapters was started at Queen's. This year, there are 30 chapters across Canada. Each student-run chapter creates programs and initiatives to suit their campus or community, while drawing on the experience of other chapters. [See the Queen's chapter's "Sleeve the stigma behind" campaign on page 16.]
- 3 Jack Summit. Creating a national network. Entirely student-run, Jack Summit brings together hundreds of student leaders from across Canada. They leave armed with strategies and the network of

peers they need to create real and lasting social change. "That leadership piece is critical," says Eric. "They're facilitating discussions; they're giving presentations. They are building their skills as leaders, and then taking those skills back to their campus and community." Unlike traditional conferences, "where you leave with a bagful of pamphlets you'll never read again," Jack Summit is set up to capture real-time conversations and decisions among the delegates. After each summit, the Jack.org team synthesizes the findings and distributes them to all the delegates for them to use and to build on year over year.

Read more about Eric and Jack.org in the online *Review*. On June 9, Eric Windeler will receive an honorary degree from Queen's. We'll post his speech to graduands online after the ceremony.

 Jackdotorg

Eric Windeler (front, centre) and some of the delegates at this February's Jack Summit in Toronto. 200 high school, college and university students gathered for the summit to take action on mental health initiatives. Hundreds more took part in 14 separate satellite summits across the country.



The artist

Who: Cindy Kwong, BFA'15

Cindy started her first year in politics and economics. Her parents, Korean immigrants, even had hopes she might attend law school down the road. But she says their plan never felt quite right. Struggling with anxiety and depression, she turned to her first love, painting, eventually switching her major to Fine Arts. "I have always found art such a therapeutic way for me to express myself," she says. In her work, she explores themes of identity, mental illness and "otherness."

What drives her: She paints not only because of the way it makes her feel, but because of how it allows her to connect with others. "What drives me to make art is the chance to share a perspective of the world that others might not have seen or might not understand."

What she wants you to know about mental health: When she was at her lowest, Cindy had trouble getting up in the morning and would sometimes go long periods without leaving her residence room. It was painting that motivated her to get going again. She also credits her colleagues and professors in the BFA program for providing encouragement and support. "That really helped me want to be in the studio," she says. As for her parents, Cindy says they are accepting of the artistic path she has chosen for herself. "My mother recently said, 'I've never seen you so happy and healthy.'"

What's next? Once she graduates this spring, Cindy plans to spend a year teaching English in Korea (she is fluently bilingual) in a bid to connect with her ancestral roots. She then hopes to pursue graduate training in art therapy so that she can help others express themselves through the arts.

You can see more of Cindy Kwong's work (and that of her classmates) online at begin-anywhere.ca, a website featuring the art of the Queen's BFA class of 2015.

Better treatment

Queen's researchers look at new ways to treat individuals, not just illnesses.

BY MEREDITH DAULT

A person living with a mental illness is twice as likely to have a heart attack or a stroke than a person who isn't.

There is also a higher chance that person will have a variety of other chronic diseases. Katie Goldie (NSc'06, MSc'08) isn't just interested in trying to figure out why – she wants to find a way to reverse the trend. Since returning to Queen's as an assistant professor in the School of Nursing in January, Dr. Goldie has focused her attention on looking at the relationship between mental health and physical health in people with schizophrenia, bipolar disorder, major depression and severe anxiety disorders.

Dr. Goldie is just one of a number of researchers at Queen's focused on making life better for people living with mental illness. From working to fight the stigma associated with it, helping doctors find the best treatments for their depressed patients and helping people with mental illness get back to work, researchers across campus and across disciplines are committed to improving outcomes for those who struggle.

And it's a worthy cause. According to Kate Harkness, a professor in the Department of Psychology who studies depression, this mental illness alone costs Canadian taxpayers up to \$55 billion a year and is the leading cause of time lost from work – more than cancer or heart disease. "That's why you want to treat people fast and early, so they don't have a lifetime of depression," she explains. Unemployment rates among those who have mental illness are also disproportionately high. Terry Krupa, a professor in the School of Rehabilitation Therapy, says that as many as 90 per cent of people with serious mental illness don't work, which in turn leads to poverty and marginalization. "They often aren't even counted as unemployed," she says, "because they are already so far off the radar."



BERNARD CLARK

Dr. Katie Goldie: understanding the relationship between mental health and chronic disease

Before returning to her alma mater with her doctorate degree from UBC in hand, Dr. Goldie took a year to pursue a post-doctoral fellowship at the Centre for Addiction and Mental Health. Working in the Nicotine Dependence Clinic, she focused her energies on looking at the relationship between mental illness, chronic disease and smoking. People with mental illness, she learned, are two to four times more likely to use tobacco than the general population. Moreover, tobacco smoking increases the risk for and progression of chronic diseases, including cancer, cardiovascular disease, chronic obstructive pulmonary disease, asthma and diabetes. Dr. Goldie says this leads to a reduced length and quality of life.

While she is still teasing apart the variables, Dr. Goldie, a fourth-generation Queen's graduate,

“Some physicians prioritize treating an individual’s mental health symptoms at the expense of his or her physical health.”

says factors like psychiatric medications and unhealthy behaviours – like using tobacco and alcohol, having a poor diet and not being physically active – all play a role. More importantly, she says that many people with mental illness may simply have difficulty accessing health care or communicating their needs once they get it. If they do get in to see a doctor, they may face even more challenges – from stigma to not being treated as a whole person. “Some physicians prioritize treating an individual’s mental health symptoms at the expense of his or her physical health,” says Dr. Goldie. She also says that people with mental health disorders are less likely to receive risk-reducing drug therapies or to undergo coronary procedures such as bypass surgery.

According to Dr. Goldie, this problem stems from a lack of overlap in medical services, especially with more patients living in community

settings rather than in institutions. “Some of it is simply the way our healthcare system is structured,” she says. “We have been siloed for so long. If you have an area of specialty, you focus on that area without looking at the whole person.” In other words, if a patient is being prescribed a new antidepressant known to cause weight gain, Dr. Goldie wants to see his or her physical health proactively monitored – not just to see how the medicine is working, but also to see what other impact it might be having. “I want all healthcare professionals to monitor lifestyle factors, like whether the patient is smoking, or whether she wants to start an exercise program,” she says. “In an ideal world, if psychiatric medications are prescribed, then we need to implement an aggressive risk management program to go along with them.”

Dr. Goldie, who envisions a future in which mental health nurses do regular physical assessments of patients, says she is grateful to be in a role at Queen’s where she can make a positive difference. “I’m influencing the next generation of nurses to be hyper aware of these issues.”

Dr. Kate Harkness and Dr. Roumen Milev: helping doctors treat depression more effectively



BERNARD CLARK

Together, Dr. Harkness and Dr. Milev, a professor of psychiatry and psychology and head of the Department of Psychiatry at Queen’s, are trying to find a better way to help doctors treat patients with depression. The pair are involved in a Canada-wide study called CAN-BIND (the Canadian Biomarker Integration Network for Depression) which is aiming to take the guesswork out of

treating the condition, which currently affects as many as two million Canadians every year.

“CAN-BIND is looking at our ability to predict which person will respond to which treatment for depression,” says Dr. Milev. “Unlike with some health conditions, with depression we don’t have a lab test to confirm a diagnosis and to choose a treatment, so we often take a trial and error approach.” “Depression is a very heterogeneous problem,” adds Dr. Harkness, whose own research seeks to understand, among other things, what causes the first incidence of depression. “People present with different problems and respond to treatment in different ways.” Even with existing treatments, she says only 50 to 60 per cent of patients truly get better.

That’s why the CAN-BIND team, which is made up of approximately 200 researchers across the country, is seeking to devise an algorithm that family doctors will be able to use to match their patients with a treatment best suited to meet their needs, be it medication or a treatment such as Cognitive Behavioural Therapy (CBT), a type of mental health counselling. “Who responds to medication, who responds to newer neuro-stimulation treatments...we could probably predict that using some of the person’s basic biological or clinical characteristics, also called ‘biomarkers,’” says Dr. Harkness. “We are hoping to come up with a

way for people with depression to be easily streamlined through a decision tree of treatment.”

Both Dr. Milev and Dr. Harkness are concerned by statistics that indicate that only about a quarter of people with depression ever seek treatment for their condition. Their hope is that the five-year CAN-BIND study, which is currently in its third year, will help more people by better supporting front-line care providers. “A lot of people don’t realize that depression is the single leading cause of disability worldwide,” says Dr. Milev, who also

does research on stigma. “Being able to treat it effectively will not only help people who struggle with it – it will also help with the other medical and psychological conditions that go along with it. It really is a step towards more personalized medicine – and Queen’s is really a very essential part of the study.”

For more information on the CAN-BIND study, or to get involved as a patient, visit canbind.ca. In the Kingston area? call 613-548-5567 to get involved.

Dr. Terry Krupa: reducing stigma through social enterprise



BERNARD CLARK

Dr. Krupa’s research interests lie at the intersection between persistent forms of mental illness and creeping marginalization. “It can happen quickly,” she says, explaining that people may have their social connections disrupted even before the first recognized experience of mental illness.

“A person could have a family, but that family has stopped expecting things from them or even hoping that things could be different for their family member,” she says. “He or she could also be on disability payments, meaning society has already said that you probably aren’t going back to work. These are the people who go the emergency room and nobody wants to help them. They are people who are also at an elevated risk of homelessness.”

Dr. Krupa, who has been at Queen’s for 25 years, says rather than only treating mental illness in these populations, the focus needs to be on

decreasing their societal marginalization. That’s why she is studying how people move from being on the fringes of society to fully participating as citizens and enjoying life.

She says that one of the most significant barriers to integration is employment. “A typical way to think about getting people back to work is for us to ask ‘what is wrong with you’ and then assume that if we fix what is wrong, we can fit the person back in (to the system),” she says, explaining that the result is that too many people are asked to squeeze, unsuccessfully, into molds that don’t fit. When it doesn’t work out, stigma grows. “If that is going to be the only approach we are going to use to tackle such high unemployment, we really have to ask ourselves, what is the likelihood that we will ever make a dent in the bigger problem?”

That’s why Dr. Krupa, who does all her research in the community, is involved in the development and evaluation of what she calls ‘social businesses’: everything from cafés to landscaping companies that are established and run by the members of specific marginalized communities using a social enterprise model. “We know that one of the best ways to reduce stigma is to increase pro-social contact,” she says. “With these examples, you are seeing people living a post-recovery life.”

Dr. Krupa, who has regularly employed people with a history of mental illness as research assistants and collaborators, says the model not only helps people get back on their feet – it saves money by helping people move towards more independent living, rather than institutionalization. Dr. Krupa says it also benefits communities when everyone knows he or she has a way to contribute. “You can have a serious mental illness and you can experience recovery,” she says. “We should be aiming to help people live the fullest life that they can.” ■

“We should be aiming to help people live the fullest life that they can.”

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LLOY AND TREVOR SCHINDELER



UNIVERSITY COMMUNICATIONS

Back to the future

When **Margaret Lloy (Hunter)**, OT'84, and **Trevor Schindeler**, Artsci'80, MA'82, Law'84, came back to Queen's for Homecoming in 1994, they took this photo of their son Ryan at the Queen's sign at Union Street and University Avenue. Here's **Ryan Schindeler**, 21 years later, at the same spot. Ryan will graduate this year with his BSc in electrical engineering. He is also a year into his two-year Master of Applied Science degree, as one of the first students in the 4 + 1 program offered through the Faculty of Engineering and Applied Science. Ryan's sister, **Tamara**, is in her third year and on track to graduate from Nursing in 2016, 60 years after her maternal grandmother, **Marilyn (Deamude) Hunter**, graduated from the same program. Ryan and Tamara's great-grandfather, **Frank V. Deamude**, graduated from Queen's Engineering in 1922.

Unless otherwise indicated, dates in these notes refer to 2015.

up to 1959

Family news



Pam (MacDonald) Atwood, Arts/PHE'52, sent us this photo of her family at spring convocation when her granddaughter **Alexandra Petkovski** received her BMus from Queen's last year. Alexandra is now pursuing graduate studies at Belmont University in Nashville, Tenn. Her mother, **Janice (Atwood) Petrovski**, Artsci'80, is the city solicitor for the City of Hamilton, Ont., while "Grandma Pam is enjoying a lengthy retirement in Lindsay, Ont."

Notes



Sandra (McCrudden) Black, Arts'58, writes, "In October, a group of Arts'58 grads decided to celebrate our 60 years of friendship that started when our parents 'sent us down to Queen's' in September 1954. Although we lived in various residences (Adelaide, Ban Righ, Baker House, Muir House and the famous 79 Lower Alfred) the bonds were strong and continue today. We're all so grateful for these dear friends." Seen here at their dinner at Chez Piggy are **Janet (Cleary) Deep**, **Jane (Hobson) Johnson**, **Faye (Waddell) Sandilands**, **Betty (Gardiner) McKechnie**, **Shirley (Proctor) Lewis**, **Mary (Muirhead) Eade**, **Sandra (McCrudden) Black**, **Nancy (Carson) Pearce**, **Judy (Reid) Dunlop** and **Ann (Cameron) Mitchell**. **Nora (McVittie) Athoe** and **Margaret (Hutcheson) Hutchins**

were also in attendance, but had to leave before the dinner.

Deaths

Ingram Douglas Airth, BA'59, died Dec. 26, 2014 in Scarborough, Ont. Predeceased by Margaret, his wife of 52 years, Doug is survived by his children Leslie and David, Com'93, four grandchildren, and extended family. He was a loving husband, father and grandfather. He had a love for sports and for the family cottage in Lake of the Woods, Ont.



After a wonderful life, at the age of 88, **Mary Frances "Marilynne" (Charters) Fuller**, BA'47, died Dec. 3, 2014 at home in London, Ont., surrounded by her four children. Predeceased by her husband, **Robert W. "Bob" Fuller**, BSc'46, Marilynne is survived by her sons Michael, Arts'71 (Christine Campion), David, Arts'73, and Robert (Jane Carpenter) and her daughter, Catherine, Law'83 (Paul Binhammer). Marilynne will be missed by her nine grandchildren: Michael's children, Alyson and Leah (David Notarfonzo-Sebald); David's children, Sandra and Daniel; Bob's daughter, Sarah; and Cathy's children, Lauren, Lianne, Ryan and Adam, Artsci'18. She also leaves three great-grandchildren. Marilynne and Bob also leave a legacy to future Queen's students in the form of two scholarships: the Marilynne Charters Fuller Award in Philosophy, and the Robert W. and Marilynne Fuller Award in Civil Engineering. Marilynne is remembered for her remarkable style, sense of humour, generosity and commitment to family.

Donald Endleman, BSc'47, died Feb. 12 in Burlington, Ont. Predeceased by his wife, Joan, Don is survived by his son Tom (Marian) and his grandson David. As principal of Endleman Holder (et al), Ontario Land Surveyors, Don was an active member of the Sudbury business community, serving at one time as the president of the local chamber of commerce.

One of the highlights of his professional career was being elected to the Council of the Association of Ontario Land Surveyors, including a year as president.



Ronald James Gourley, BSc'49, died Nov. 26, 2014 in Kingston. An RCAF navigator and pilot officer in the Second World War,

Ronald studied civil engineering at Queen's. After graduation, he was an army officer in the Royal Canadian Engineers. Later, he worked as a municipal engineer for the City of Ottawa and the Regional Municipality of Ottawa-Carleton and then as CAO of the City of Whitehorse. Ronald enjoyed a remarkable life and was always ready for a new adventure. He is survived by his wife, Patricia Tolan, son Peter Gourley and stepchildren Theresa and Luke Pettet. He was predeceased by his first wife, Patricia Thurston. Ronald was much loved by his family and many friends.

Thomas Millar Hamilton, BSc'48, of Windsor, Ont., died May 3, 2014. Predeceased by his wife, Jeannie, he is survived by his children Anne, Tom, Cathy, Sheila and extended family. Tom retired from Chrysler Canada Engineering Group after more than 35 years of dedicated service. He served as an elder for the West Side Church of Christ in Windsor for many years.



J. Gordon Jarvis, BSc'45, died Dec. 8, 2014 at home in Webster, N.Y. After graduating from Queen's engineering

physics and serving in the RCAF Signal Corps, Gordon emigrated to the U.S. to take a job as a research physicist at Eastman Kodak Company. In Rochester, N.Y., he met the love of his life, Helen Barbara Nelson, and they married in 1947. They had two daughters, Barbara and Nancy. Gordon was passionately curious about everything, infinitely capable

of teaching himself almost anything, and meticulous in thought, word and action. He was a brilliant physicist, a creative inventor and a wonderful role model, both at Kodak and at home. He had a prodigious memory and an enviable problem-solving ability. Many people who knew him tackled problems by thinking, "Now, how would Gordon have done that?" He was also an outstanding craftsman in both wood and metal and he shared his knowledge and talents enthusiastically and patiently with his daughters and grandchildren, who will carry on his tradition of hard work, self-teaching and exacting standards. In the retirement community to which he and Helen moved in 2004, he became an icon for his passion for feeding the mind. He organized dozens of guest speakers and many courses for the community. Gordon is survived by his wife and daughters, three grandchildren, a great-grandson, as well as his sister, Doreen Gentleman, Arts'46, and extended family. In Gordon's memory, his family asks that friends consider making a donation to the Douglas W. Jarvis Memorial Fund at Queen's University (Gift Services, Old Medical Building, 99 University Avenue, Kingston, ON, K7L 3N6). The fund helps purchase equipment for the Faculty of Engineering and Applied Science.

Thomas G. Kincaid, BSc'59 (MSc, PhD, MIT) of Lexington, Mass., and Fort Myers, Fla., died on Jan. 18. He was 77. Tom worked as a researcher for General Electric, then as a professor and chair of the electrical and computer engineering department at Boston University. His work focused on signal and image processing, photonics, dynamic neural networks and nondestructive testing. He taught courses in engineering and in logic design, signals and systems, and advised graduate students pursuing degrees in electrical engineering. Tom was a man who believed that personal character and relationship-building were the foundations of success. Tom is survived by Betsy, his wife of 52 years, their three children and their spouses, and nine grandchildren.



Roseanna "Zan" Koski, Arts'52, died Jan. 8 in Kitchener, Ont. She was predeceased by her husband, **George William Koski**,

BA'53, BPHE'54, and by their son Roderick (Rick) Koski, BA'74. Zan is survived by her daughters Victoria, Artsci'75 (David), Diana (Bill), and Katherine (Dave), her grandchildren, sister and many nieces and nephews. Zan came to Queen's as her father, Thomas Hilliard Wholton, BA'21, MA'22, LLD'52, had done. She met her beloved husband, Bill, at Queen's and she always enjoyed cheering on her Golden Gaels. Zan and Bill were actively involved with musical productions in their community. Zan also loved gardening, birding, reading and dance. She always welcomed anyone who needed a roof over their heads: many members of the extended family enjoyed Bill and Zan's warm generosity. In her later years, Zan had a rewarding career caring for the elderly as a Red Cross homemaker.

Mary Elizabeth (Taylor) Lambert, BA'50, died Jan. 20 in Goderich, Ont. She is survived by her five children and extended family. Libby was vibrant, radiant and fully engaged in life. She took complete delight in the company of her children and the antics of her 17 lively grandchildren. She was also a ferocious competitor on the tennis court, an avid skier, a CBC enthusiast, a sometimes reluctant canoe-tripper, a terrific cook, a world traveller and a compassionate protector of all creatures great and small. Libby was probably at her happiest while enjoying the peace, solitude and beauty of Lalapanzi, the family farm, tending to her daffodils and to the wild and domesticated animals living there. Libby was predeceased, in 2006, by **Kenton Lambert**, Meds'50, her husband of 56 years. Kenton, who began his MD at Queen's, completed his degree at McGill, then did his surgical residency at Dartmouth. He worked for three years at McCord Zulu Hospital

in Durban, South Africa and practised family medicine and general surgery in Goderich for almost 30 years until his retirement in 1992. Ken was widely admired and respected by colleagues and patients for his compassion, skill and total dedication to his profession. He was a committed environmentalist and outdoorsman who was happiest working on his land at Lalapanzi and canoeing with friends and family.

Elizabeth McBride (Paterson) Lawrence, BA'52, died Dec. 31, 2014 in Calgary, aged 84. She was predeceased by her husband, Keith William Lawrence, sister Mary Kester, BA'44, and twin brother Robert Paterson, BA'52. Her father, Dr. Robert Paterson, was a 1906 graduate from Queen's Medicine. She is survived by her children Steven, Gordon, Carol and Robert, two grandchildren and many relations and friends. Elizabeth and Keith lived their years in Ottawa, Toronto, Montreal, Vancouver, Inuvik, Frobisher Bay, Yellowknife and Calgary. Elizabeth worked for several years in the Northwest Territories as a substitute teacher and then as an assistant teacher with the Calgary Board of Education in the 1980s and 1990s. She was also a math tutor. Elizabeth enjoyed many years training and showing her beloved Dalmatians. She was an oil painter and in more recent years belonged to the Confederation Park Community Centre camera and art clubs.

Mary Elizabeth Lyons, BA/BPHE'55, died Oct. 4, 2014 in Mississauga, Ont. Mary helped create a place for women in sport and physical education. After teaching high school physical education for 12 years, she joined the faculty at York University in 1967 as co-ordinator of women's athletics. She was instrumental in initiating and developing the women's athletic program, recruiting a strong coaching staff and establishing and active and effective student-governed Women's Athletic Council (WAC). At the time of her retirement in 1993, she was acting director of athletics and recreation and a senior lecturer. She had served as president of the Ontario-Quebec Women's Conference of Intercollegiate

Association and the Ontario Women's Intercollegiate Athletic Association and as a director of the Canadian Women's Interuniversity Athletic Union and the Canadian Interuniversity Athletic Union. Many acknowledged Mary's tireless dedication to creating opportunities for those who came after her; she was recognized for these efforts with a place in York University's Athletic Hall of Fame and recognized as a founding contributor of the Canadian Association for Advancement of Women in Sport. Mary was a member of the Trafalgar Golf & Country Club and an active member of the University Women's Club. She enjoyed playing bridge and travelling with close friends. She is missed by her family and the neighbours and friends who became her family.

James Henry Storey Mahood, BA'45, Meds'48 (MD'47), died Dec. 12, 2014 in Kingston, in his 93rd year. A member of the wartime accelerated medical program at Queen's, Jamie graduated in 1947, specializing in anaesthesiology. After graduation, he became a clinical tutor in anaesthesia at Queen's and Kingston

General Hospital. He was predeceased by his parents Dorothy and Perry Mahood, BA 1889, and by Sheila ("Shalley"), his wife of 57 years. He is remembered by his children Katherine, William, Artsci'81, Marcia, and Robert, his grandchildren, extended family and a close circle of friends.

Catharine (Hay) Mazer, BA'54, died in Collingwood, Ont. on Jan. 14, aged 82. She leaves her husband, Joel, Sc'54, her children Meredith, Michael, Adam and Andrew, and her 10 grandchildren. After graduation, Catharine attended OCE, then taught in the high school in Belleville. She left her profession to be with the children, with stints of supply teaching while they were young. She returned to full-time work for several years but found the atmosphere had changed. She retired and made mentoring her kids the priority in her life. While summering at the cottage the children, including the friends they brought along, found themselves learning Latin, English literature and ancient history. A profound love of learning and teaching kept Catharine

busy reading, debating and discussing issues of every nature with all who came in contact with her. She enjoyed gardening and cooking but reading was her passion. As her eyesight deteriorated and even large-print books could not be read easily, she discovered the electronic reader with its variable text size. She continued reading several books each week right up to the end.

Andrew Reginald McCulloch, BSc'52, died Feb. 4. He is survived by his wife, **Dorothy**, Artsci'03, children Stephen and Eve-Ann, and extended family. Andy was able to attend Queen's under the University Naval Training Division (UNTD) program. In return, he worked summers and some weekends in the service. He became lieutenant-commander of *H.M.C.S. Cataragui*. Andy worked for Alcan Aluminum Corp. in Kingston for more than 40 years. He established an international reputation as an expert in the field of aluminum electrical conductors. During the huge ice storm of 1998, when hydro towers and cables crumbled under

SC'48½ CONNECTIONS

Bob Park and his Sc'48½ classmates set up the Science 48½ Bursary for mature students in 2008. Two years ago, Bob read about **Shelby Nicholson**, Sc'17, then the most recent recipient of the bursary. Bob wrote us at the *Review* to ask to be put in touch with Shelby. "I would like to follow his career at Queen's and beyond if he has any interest in so doing. Mayhap he might be able to benefit from my experiences since leaving Kingston." The two have been corresponding by email ever since, with Shelby updating Bob on his studies in mining engineering.

This past winter, Bob and his wife, Thea, invited Shelby and his wife, Jessica VanDusen (a web co-ordinator at Queen's) for a Christmas visit in Arizona. Jessica provided us with a photo of Shelby and the Parks at the Grand Canyon from their visit.

"Having Dr. Park as a mentor (I get to call him Bob) is invaluable," says Shelby. "I have access to a vast reserve of wisdom, both professional and personal, that gives me insight I would not otherwise have when examining potential paths or decisions. It's also delightful to realize that we

have very similar interests and viewpoints, in spite of our very different backgrounds and timeframes."

"My own mentoring experience has been a two-way street for me," says Bob. "I am getting the typical Queen's student up-to-date experience in a totally vicarious manner. That is, no exams to write, no cramming to do, no midnight oil to burn, no worries at all. And yet in re-living my Queen's life, I am helping Shelby get through his. Seems like a win-win to me. And it could be for other grads with other students."

■ AG

Editor's note: Alumni who use LinkedIn can sign up for "Queen's Connects," a LinkedIn community connecting Queen's students and alumni for networking and career advice.



SUPPLIED PHOTO

Bob and Thea Park with Shelby Nicholson (centre) visit the Grand Canyon.

the weight of the ice, the one cable that never came down was the one designed by Andy McCulloch. Andy maintained his connections to Queen's and his classmates throughout his life. In 2013, he endowed two bursaries, one in his name for an upper-year student in electrical and computer engineering, the other in Dorothy's name, for an English student.

J. Ian McNeill, MD'44, died Jan. 11 at home in Palo Alto, Calif., nine days shy of his 95th birthday. He was predeceased by Isabelle, his wife of more than 60 years, in 2005. He is survived by his four children, three grandchildren and extended family. Ian joined the Palo Alto Medical Foundation in 1953; there, he practised internal medicine until his retirement in 1987. On his retirement, Ian and Isabelle were able to spend time together at her beloved Bowen Island, near Vancouver, travel in Europe, play tennis and walk through Foothills Park. Ian was also a prolific watercolour artist and a great lover of literature.

Charles Hector Perreault, BSc'48, died Feb. 3 in Pointe-Claire, Que. Predeceased by his wife, Jean, Hector is survived by his five daughters and their families. Hector served in the Royal Canadian Navy as a navigator during the Second World War before returning to Queen's to complete his degree in civil engineering. His multi-faceted career in pulp and paper, textiles, and hydro-electric development took him to Chicoutimi, Tunisia, Montreal, Churchill Falls, James Bay, and Sorel. In retirement, he volunteered, played bridge, travelled the world, wrote a family history, made maple syrup and wine, built a log cabin and enjoyed great food and conversation with family and friends.



J. Allan Trussler, BA'49, died Oct. 25, 2014 in Huntsville, Ont., aged 87. Predeceased by his wife, **Phyllis (Valotton)**, BA'48, whom he met at Queen's, Allan is survived by daughters Adèle, Artsci'76, MAC'79, Louise, Artsci'77,

PT'81, and Yvonne Trussler, and their families. Allan taught French and Latin in high schools, first in Goderich, Ont., and then in Hamilton. A scholar with patience, good humour and enthusiasm, he made an indelible impression on his students throughout the "Steel City." While his career took him to a number of schools in the city, he may be best remembered as the long-time head (1965–1984) of the language department at Westdale Secondary School. Music was always prominent in Allan's life, expressed on the piano and dancing to the rhythms of square and round dance tunes with his life-partner. Allan played duets with his father, and then Phyllis. He thrilled to hear his children on piano, violin and flute. Devoted to his church, he sang in choirs at university, then later at Westdale United (Hamilton) and All Saints' Anglican (Huntsville), where his great-grandfather, Venerable Thomas Llwyd, was first rector (1894). Following in his father's footsteps, Allan served two decades as warden and treasurer at Christ Church Anglican (Ilfracombe). In later years, he

LOCAL HERO

Douglas and Catherine MacIntosh and their family at the new Douglas A. MacIntosh Cancer Clinic.

Douglas MacIntosh, Arts'53, Meds'59, was honoured for his work in cancer care in Belleville, Ont. In November 2014, the Belleville General Hospital renamed its cancer care clinic to recognize the clinic's founder. Dr. "Mac" began practising medicine in Belleville in 1966 and opened the

hospital's first oncology clinic in 1972. His initiative allowed local patients to receive treatment close to home; previously, they had to travel to Kingston or Toronto. Douglas studied biology and later medicine at Queen's. There, he also met his future wife, **Catherine (Casselmann)**, Arts'57. During his studies, Douglas was greatly influenced by two of his professors, M.R. Beveridge (Biochemistry) and John Orr (Bacteriology). He also worked at KGH, under the supervision of Dr. G. Malcolm Brown, in both his internship and his residency. "Dr. Brown's specialty was hematology, the treatment of benign and malignant forms. Under his excellent methods of teaching I decided to pursue it further," Dr. Mac says. "At that time medical oncology was not in existence, yet I wanted to treat cancer." His first clinic in the hospital was located in a small, drafty room, where he worked with a nurse and two volunteers to care for patients. He retired fully in 2011, at the age of 80. That same year, the hospital's new 10-bed clinic opened in 2011, but went without a name until 2014, when the new Douglas A. MacIntosh Cancer Clinic was unveiled. ■ **AG**



LUKE HENDRY/THE INTELLIGENCER/QMI AGENCY

turned his attention to recording the family's genealogy and his own life story. Besides a passion for linguistics and etymology, Allan enjoyed literature, stamp collecting, swimming and travel. He revelled in nature's gifts, especially the changing seasons at Buck Lake. He and Phyllis named their cottage *Mille Feuilles* in admiration of the variety of flora in Muskoka, the brilliant leaves of autumn and the countless pages of books that delighted them throughout their lives.

Arthur Clark Wise, BSc'43, MSc'44, died April 23, 2014, in Tsawwassen, B.C., aged 92. Clark was predeceased, in 2014, by his beloved wife, Freda, after 69 years of marriage, and by son Jim in 2004. He is survived by his son Tom Wise, Sc'69 (Jackie), daughter-in-law Anne Wise, six grandchildren and nine great-grandchildren. Clark ("Art" to his close friends) came to Queen's from Sarnia, Ont. Following graduation from chemical engineering, he worked at Shawinigan Chemicals in Shawinigan, Que., for seven years before moving back to Sarnia to work for Dow Chemical. There, he spent the rest of his professional career. He retired in 1979. He was also proud to have graduated from Queen's and had many lifelong Queen's buddies. At his request, the *Oil Thigh* was played at his memorial service.

1960s

Commitments

Sandra Cattarello, Arts'62, wed Arthur Bonsall III in a lovely ceremony at Toronto's city hall. The couple recently returned from Venice: they divide their time between Toronto and South Porcupine, Ont.

Notes



In January, **Heather F. Clarke**, NSc'66, (MN and PhD, Nursing, University of Washington) and former board chair of Vancouver School of Theology, became VST's

chancellor. Heather is principal of the consulting firm Health & Nursing Policy, Research & Evaluation. In this role, she works with governments, health authorities, First Nations Tribal Councils and nursing organizations, nationally and internationally. She has also conducted governance and management reviews for the United Church of Canada's national office and B.C. Conference United Church Health Services. Heather has set up a Queen's bursary for students in any year in the School of Nursing, with preference given to Canadian Aboriginal students. She also sits on the boards of the Vancouver School of Theology, Vancouver Opera Foundation and the Bill Reid Gallery Foundation and Trust. At Shaughnessy Heights United Church, she sings in the choir and is active in the life of the church.

Deaths

H. Patrick Glenn, LLB'65 (LLM Harvard, LLD Strasbourg), died suddenly Oct. 1, 2014. At 74 but not retired, he was considered one of the world's foremost authorities on private international law, comparative civil procedure and comparative law generally. His 200 multilingual articles and 12 books include *Legal Traditions of the World: Sustainable Diversity in Law*, globally regarded as the definitive book in the field of comparative law. Patrick is widely mourned, especially by his wife and 43-year McGill Law colleague **Jane (Matthews)**, Arts'63, Law'66, children Shannon (Martin) and Jeremy, and grandson Carey Patrick Smith.

Herbert Hayes, MD'63, died Dec. 15, 2014 in Burlington, Ont. He is survived by his wife, Gail, sons Mark (Tari Lee), Scott (Lisa) and Tim, his grandchildren Eric, Liam, Abby and Jordan, and his brother Carl. Herb had to leave the small town of Shigawake, Que., at the age of 13 to travel to Quebec City to pursue his academic dreams. From there he went to Queen's, where he formed many lifelong relationships. He devoted his life to caring for others as an anesthetist in Kingston, Maria, Que., and Burlington, where he settled in 1971. He worked for 40 years at Joseph Brant Memorial Hospital.

Herb's memory will live on in the many lessons, thoughts and stories he has shared with others over the years. Donations in his memory may be directed to the Queen's Meds'63 Bursary (payable to Queen's University, Office of Advancement, Kingston, Ont., K7L 3N6).

Wendy Anne (McAvity) Morrison, BA'63, died Feb. 7 in her 75th year. After graduating from Queen's, Wendy worked at Imperial Life in Toronto, where she met her husband, John. In 1989, they moved to Waterloo where Wendy was involved in several local organizations. Wendy was predeceased by her husband and her dear son Stuart. She is survived by her daughter Heather Braid and brother Marks McAvity.

Nancy Dawn (Robinson) Muncey, MD'64, died Feb. 7 in Kingston after a brief illness. Predeceased by her husband of 42 years, Dennis Robert Muncey, Nancy is survived by her children Sybil Maybee, Ed'92, Karen and Gavin, their spouses and six grandchildren. Nancy touched numerous lives both personally and professionally, through her work as an anesthetist at Kingston's Hotel Dieu Hospital.

Sven Arnold Pedersen, BSc'63, died Oct. 16, 2014 in Winnipeg. He is survived by his wife, Lynne, two children and four grandchildren. After studying geological engineering at Queen's, Arne worked briefly for the Geological Survey of Canada before heading west. He worked as a groundwater exploration and development hydrogeologist with several Manitoba government services over the next 40 years. His earliest work initiated regional groundwater mapping studies. His years of work on drill rigs with water well drillers and with hydrogeology colleagues helped Arne build lasting networks of learning between the two groups. His reports, still in use today, remain excellent sources of information on surficial and bedrock geology, as well as the detailed hydrogeologic conditions of aquifers throughout agro-Manitoba. His studies were fundamental in developing groundwater supplies for cities, towns and villages – as well as provincial parks

and rural irrigation systems – throughout southern Manitoba. Fresh water for thousands of rural Manitobans and their animals is the legacy Arne leaves. He carried out more than 1,000 test drilling projects and hundreds of well installations. He accumulated a vast knowledge of the geology and hydrogeology of the province, taking his place as one of the top groundwater supply hydrogeologists of his era. His complete knowledge of the aquifer systems of Manitoba was unprecedented. His colleagues joked that you could place your finger anywhere on a map of southern Manitoba and, off the top of his head, Arne could locate for you the nearest significant aquifer and what the yield potential and water quality would be there. At his death, a colleague said, “No one did what Arne did. The void he left is indescribable.”

1970S

Honours



Susan Phillips, Meds’78, MSc’02, received an honorary doctorate from the Faculty of Medicine at Umeå University in Sweden. A professor of family medicine at Queen’s, Dr. Phillips is internationally known for her work in gender issues in health, medical care and education. Since 2011, she has been a visiting professor at the Umeå Centre for Gender Studies, a multi-disciplinary research centre at Umeå University.



Last December, **Roger Finlay**, Mus’78, Ed’79, was honoured by the North Bay Symphony, which chose

his arrangement of “O Come, O Come, Emmanuel” to be part of its Christmas concert. “There were many positive remarks about the arrangement and it added to a wonderful evening of holiday classics,” says Roger, who has been the principal bassist for the symphony for the past 10 years. He also teaches musical theatre and theatre in education at Thorneloe University on the campus of Laurentian University in Sudbury, Ont. Seen here, Roger (*right*) with Thomas Jones, his former student and now the conductor of the North Bay Symphony.

Notes



Immediately following the devastating tsunami in 2004, **Bruce and Janet (Davidson) McKelvey**, both Arts’71, started a project to build homes for survivors in Sri Lanka. It became an enduring commitment. Every year, with their organization TRIP Canada, they raise funds and lead a team of volunteers back to the same community to build homes, schools and support young people with education scholarships. This year, in recognition of TRIP Canada’s 10th anniversary, Bruce and Janet led a team of 30 volunteers to Sri Lanka in April. They are seen here on one of their earlier trips.



Seen here in Algonquin Park last summer, the still strong gang from Arts: From left to right: **Jeffrey**

Simpson, Arts’71, **Andrew Duncanson**, Arts’71, **Michael Williams**, Arts’71, **Bruce McKelvey**, Arts’71, **Carl Rumscheidt**, Arts’71, **Paul Blanchard**, Arts’70, Law’75, and **Richard Boxer**, Arts’71.

Deaths



Nina Maria (Martino) Budd, BEd’71, died July 3, 2014 in Edmonton. She is survived by her husband, Alan,

three children and a grandson. Nina did her BA in French at St. Patrick’s College (later part of Carleton University) in Ottawa. She was awarded a scholarship that allowed her to pursue her BEd at Queen’s. Nina was a gifted and passionate teacher and was always grateful for the teachers she encountered at Queen’s. She began her career in Ottawa, then moved to Saint Jean-sur-Richelieu, Que., to teach at the Department of National Defence. After raising her children, Nina returned to the classroom in 1993. In addition to teaching French, Nina introduced Latin to the curriculum at Archbishop MacDonald High School in Edmonton. In 2007, after a diagnosis of lung cancer, Nina chose to retire from teaching in order to live her life to the fullest with her loved ones. In January 2014, Nina was diagnosed with another cancer. She was able to spend her last days at home. Nina’s family would love to hear from her Queen’s friends: buddfamily@telus.net.

Margaret Joanne Pammatt, BA’79, died Jan. 29 in Peterborough, Ont., aged 66. Beloved spouse of Ken Connor, Margaret is also missed by her siblings, extended family and friends. Margaret enjoyed her years as a teacher with the local public school board.

Ted Ulrich, BA’76, MPA’79, died Jan. 1 in Ottawa, aged 84. Ted is survived by his wife, Patricia, and daughters Sandra, Artsci’83, PhD’92 (Psychology), and Linda, Artsci’85. Ted enjoyed postings in Prague, Quito, Paris and Bonn while serving with the Department of External Affairs. He then

joined the Canadian Human Rights Commission, where he headed the Equal Pay Section. After retirement, he immersed himself in volunteer activities with the Canadian Red Cross. In 2002, he received the Queen's Golden Jubilee Medal in recognition of these contributions to the family reunification program for refugees. Ted was previously decorated with the CD for his Reserve service with the Essex and Kent Scottish Regiment, the Intelligence Corps and the Cameron Highlanders of Ottawa. A piper in his younger days, Ted thoroughly enjoyed listening to the Queen's Bands at football games.

1980s

Commitments

Annabelle Jane Murray, Artci'83, married Stephen James New on Dec. 6, 2014. Between them, the two have five wonderful children, ages 19 to 26. Annabelle has also recently moved to the region of Kawartha Lakes. She has spent the last few years concentrating on her art and her paintings have been in numerous juried shows and studio tours this year. annabellejanemurray.com

Honours

Christopher Kovacs, Meds'89, Artsci'91, was recently honoured by Memorial University. An endocrinologist and researcher at Memorial's Faculty of Medicine, Dr. Kovacs was named university research professor, a designation above the rank of professor given to a faculty member who has demonstrated a high level of scholarship and whose research is of a truly international stature. He was honoured specifically for his research accomplishments in the field of bone and mineral metabolism.

Job News

Carol Merriam, Artsci'85, MA'87, has been appointed interim dean of the Faculty of Humanities at Brock University.

Scott Smith, Sc'81, MSC'83, is now technical services director for Allied Vision Technologies in Newburyport, Mass. The company has facilities in Germany, Canada, US, China, and Singapore, producing computer-

controlled digital machine vision cameras. Scott leads the technical support team, as well as customer education and repair services.

John Stackhouse, Com'85, joined Royal Bank of Canada as senior vice-president, Office of the CEO, advising the leadership team and board on global economic, social and political issues, while also contributing to the bank's thought leadership in Canada and abroad. In addition, he is a senior fellow at the Munk School of Global Affairs at the University of Toronto and the C.D. Howe Institute. He can be reached at john.stackhouse@rbc.com, as well as through LinkedIn and Twitter.

Family News

Richard Arthur, Sc'88, has recently moved back to Canada after 20 years abroad. He returned with considerably more than he left with, including his wife, Sandra, and sons Alexandre and Edouard, a 60' container, and an overdeveloped interest in fine wine. He has moved his job to Victoria, realizing a longstanding

dream to live on the west coast within proximity of the seaside, the temperate rainforest and the Cascadia subduction zone. He is still working for HP and is now managing a team focused on HP's cloud and virtualization offerings for telecom operators. If you are in the neighbourhood, reach out to him at RichArthur@yahoo.com.

Notes



Alan Hamilton, Meds'83, helped **Frank Tindall**, Meds'68, celebrate his 75th birthday on Jan. 4. Dr. Tindall (left) is still practising orthopaedics in Phoenix, Ariz. Dr. Hamilton (right) was voted the top family physician in Phoenix by his peers in a 2014 survey by *Phoenix Magazine*.

The University Club @ Queen's

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David Holden, Sc'84, is a fourth-generation Queen's graduate. Through his volunteer work as treasurer for

the Calgary branch of the QUAA, he has met a number of other alumni who are fourth- and fifth-generation Queen's alumni. He has also made it a point to seek out more. When David came back to Queen's for Homecoming a few years ago, he chatted with a woman who introduced her granddaughter as a fifth-generation Queen's grad. During the conversation, David realized that he had gone both to high school (in Mississauga) and to Queen's with the woman's daughter, **Catherine (Cox) Robillard**, Mus'83, another fourth-generation Queen's grad. Catherine and David have since reconnected, and while they have had a long-distance romance for a while, Catherine is now making plans to move to Calgary from Victoria. And last time David visited campus (Homecoming 2014), he spent time with the fifth-generation representatives from their respective families: David's nephew, Ian Goode, Sc'17, and

Catherine's niece, Justyna Cox, Artsci'17. If you have multi-generational Queen's connections, David would love to hear about them: you can email him at davidjohnholden@gmail.com.

Last summer, **Brian McConnell**, Artsci'81, was presented with a certificate from the United Empire Loyalists' Association of Canada in recognition of his roots to United Empire Loyalists. "My maternal ancestry was traced to James Humphrey who fought with the Loyal Rangers, a provincial corps of the British Army, during the United States War of Independence," writes Brian. He is a director and secretary of the Nova Scotia Branch of the United Empire Loyalists' Association of Canada.

Deaths

Charles Meagher, BA'80, died suddenly Feb. 9. Chuck was a great companion to Honora Wharry, a wonderful big brother, a remarkable uncle and a "best friend" to so many. Chuck grew up in Medicine Hat, Alta.; he travelled across Canada by train to study at Queen's. He graduated with a major in history, then completed his LLB at Dalhousie University in 1983. His love of politics found full flower when he was ap-



pointed as an executive assistant to the Honourable Bill McKnight in the Mulroney government. Chuck served

in this role from 1984 to 1989 before returning to Calgary to resume his law career with McCarthy Tétrault and then TransAlta. In 2012, he was inducted as one of the inaugural members of the Bertha Wilson Honour Society by the Schulich School of Law at Dalhousie in recognition of his significant contributions to the legal profession and to his community, including several terms as chair of the board of Fort Calgary. He also served on the boards of Calgary Legal Guidance, Chrysalis, Horizon Housing and the Canadian Bar Association. Chuck loved books and one of his most treasured possessions was a Douglas Library reading table that he purchased when it became available during the "Campaign for Queen's" and he was serving as a cabinet member for Western Canada. Ever since he could read, Chuck loved to plan trips and then to travel. In his opinion, access to travel information via the Internet was one of

MATCHMAKERS

Allison (Lindsay) Ball, Sc'99, wants young Canadians to help save lives by registering for the OneMatch stem cell and marrow network. Stem cell transplants are used to treat more than 80 diseases and conditions, including several forms of cancer. Fewer than 25 per cent of patients who need stem cell transplants are able to

find a donor within their own families, so they must rely on volunteer donors to find the perfect match. The ideal donors are men, aged 17 to 35, but, as Allison found out, they currently represent only 15 per cent of the donor database. Allison learned about the importance of OneMatch when a loved one needed a donor. So, last year, with the help of the Queen's Engineering Society, she organized a campus swab drive as part of Engineering Orientation Week. With support from the Queen's Blood Team, Allison's family (including parents **Linda (Groombridge)**, PT'71, and **Peter Lindsay**, Sc'71) and other Queen's friends all pitched in at the Grant Hall event to swab engineering students. 155 students participated in the process, which involves a quick and painless cheek swab to gather tissue cells. Allison is making plans to repeat the event at this year's orientation week. She also hopes that all alumni will explore the need for stem cell donors at www.onematch.ca. ■ **AG**

Heather Lindsay, Sc'02, MSc'05, Erin Nolan, Melanie Riddell, and Allison (Lindsay) Ball, all Sc'99, and Peter Lindsay, Sc'71, at the inaugural engineering swab drive in Grant Hall.



PHOTO BY YVONNE PELLEY, LAW'91

humanity's greatest advances. Chuck is travelling once again and his myriad family and friends wish him "Bon voyage, notre cher ami."

1990s

Job News



Robson Grieve, Artsci'94, is now senior vice-president, marketing, for Citrix. Based at the company's Santa Clara,

Calif. headquarters, Robson is responsible for driving the company's marketing strategy and organization.

George MacLean, PhD'96 (Political Studies), has been appointed dean of arts at the University of New Brunswick in Fredericton. Previously, he was associate dean of graduate studies and head of political studies at the University of Manitoba. He was also an adjunct professor at the Arthur V. Mauro Centre for Peace and Justice. His teaching and research focus on international relations, foreign policy, international political economy and security studies.

Jennifer Mondoux, Artsci'94, is now managing director, Ottawa, for retained executive search firm Waterstone Human Capital. After six years with the firm, Jennifer is launching Waterstone's practice in the nation's capital. She and husband **Kevin Rollins**, Artsci'95, relocated to Ottawa with their two kids in tow after almost 20 years in Toronto.



Ian Putnam, Artsci'92, is executive vice-president and chief corporate development officer for Hudson's Bay Company. Ian

also has an MSc from the London School of Economics and a law degree from the University of New Brunswick. He has advised HBC since 2008, acting on the company's behalf in all of its major corporate transactions since that time.



Gregory Sullivan, Artsci'99, Law'02, has recently been assigned to Deloitte's Mumbai, India, office as head of forensic offshore services. He can be reached at gsullivan@deloitte.ca.



Amy E. Vanderwal, Artci'96, Law'00, is now a partner at Baker Hostetler's New York offices. A member of the law firm's business group, Amy's practice focuses on corporate and financial restructuring, insolvency, bankruptcy and debtors' and creditors' rights. She earned an LLM in 2005 from Columbia University School of Law, where she was a Harlan Fiske Stone Scholar.

of forensic offshore services. He can be reached at gsullivan@deloitte.ca.

2000S

Births



"With hearts full of love and pride, we introduce our daughter to the Queen's

family," writes **Elizabeth Alton**, Artsci'01, Ed'02. Elizabeth and Nicholas Shea (who did AQ courses at the Queen's Faculty of Education) welcomed Anne Hartley Alton Shea on Oct. 19, 2014.

Heather Bates, Artsci'01, PHE'02, and husband Trevor Rogers welcomed Fern Alison Everly Rogers on July 28, 2014 much to the delight of big sister Hadley. Proud Queen's family members include grandparents Timothy Bates, Arts'71, Law'74, and Janey (Slack) Bates, Arts'71, Ed'72, and great-aunt Leslie (Bates) Parsons, Artsci'84. Great-grandparents Joseph Bolton Slack, BA'44, MA'46, and Kathleen (Swinton) Slack, BA'39, also would have been delighted by Fern's arrival. The family resides in Canmore, Alta., where Heather is

enjoying maternity leave from her role as director of program development with the Tim Horton Children's Foundation.



Adam Daifallah, Artsci'02, and his wife, Marie-Eve Payer, welcomed their first child, Nathaniel John, on Dec. 23, 2014 in Montreal.

Amanda Fazio, Artsci'04, and husband Antonino Di Cerbo welcomed their first child, Gabriel Amadeo Di Cerbo-Fazio on Oct. 14, 2014.

Christine Kostiuk, Artsci'05, Law'08, and **Isaac Cristoveanu**, Artsci'05, welcomed their first child, Alexander Tyson Cristoveanu, on Oct. 5, 2014 in Ottawa.

Commitments

Katherine (Kate) Beasley, Artsci'01, married Richard Anderson on Aug. 16, 2014 at the Mississauga Golf and Country Club. Many Queen's alumni were in attendance, including matron of honour Jennifer Beasley-Gillies, Artsci'94, bridesmaid Melissa Whitfield-Aslund, Artsci'01, Lee Frew, Artsci'01, MA'02, Cara Anderson, Artsci'01, Ed'03, and Deanna Lambert, Artsci'99. Kate and her husband Rich live in Memphis, Tenn., where she works as a housing attorney at Memphis Area Legal Services, Inc.



Jennifer Modica, Artsci'06, and Tom Riley tied the knot on Aug. 30, 2014 at Casa Loma in Toronto surrounded by Canadian and Kiwi friends and family. Many Queen's friends were in attendance. The couple met in Sydney, Australia, and currently lives in downtown Toronto where Jennifer works as a public servant in the health sector and Tom is the head

chef at a busy restaurant. Jennifer is also vice-chair of Annex Cat Rescue. The Rileys are making plans to move to New Zealand in the near future.



Lisa Woodcock, Artsci'04, married Jeffrey Hood on Sept. 26, 2014 in Guelph, Ont. Among the friends and family helping Lisa and Jeff celebrate were lots of fellow Queen's grads, including LeeAnn Matthews, Artsci'05, Amanda Gardhouse, Artsci'04, Melissa (Schulz), Artsci'05, Rehab'07, and Ted McAlister, Artsci'00, MSc'03, Meds'05, Deborah Powell, Artsci/PHE'99, Amy McPhedran, Meds'01, Martha (Garriock) van Berkel, Sc'00, PAREN Gill, Artsci'04, Jennifer McKay, Artsci'05, Ed'06, Craig Brown, PT'06, Lisa (Rodrigue) Robinson, Rehab'06, Jenn Clark, MPA'12, Calvin Chan, Artsci'04, MPL'06, Wayne Norman, Sc'66, and Pauline, Arts'66, and Don Marston, Sc'63, Law'71. Lisa and Jeff live in Guelph. Lisa is the associate director, annual fund, for the University of Guelph. Queen's friends are welcome to contact her at liwoodco@uoguelph.ca.

Job News

Adam Cronkright, **Jeffrey Kennedy**, both Artsci'09, and **Simon Pek**, Com'09, have launched Democ-

racy In Practice, an internationally collaborative nonprofit organization dedicated to democratic innovation, experimentation and capacity-building. The organization seeks to develop and experiment with progressive approaches to governance that are representative, inclusive and lead to effective decision-making. To date, the team has been working with several student governments in Bolivia, but will soon be expanding their work to other communities and organizations. The three would love to hear from other alumni interested in their work. democracyinpractice.org



Brenda Kastner, Artsci'08, co-founded Glen Briar Academy in Toronto. As director of studies, she has instituted an individualized and differentiated teaching model for her students (kindergarten to grade 6), creating an accommodating and inclusive space for children to push their boundaries confidently, make mistakes and learn. This June marks the completion of the school's inaugural academic year, "the first of many years providing exceptional education in the City of Toronto," writes Brenda.



Rob Kempson, Artsci'06, Ed'07, has joined the Thousand Islands Playhouse as associate artistic director. Rob comes to the playhouse after spending four years as the associate artistic producer at Theatre Passe Muraille in Toronto.



Eme Onuoha, MBA'08, is now the chief innovation officer at Xerox Corp. in the industrial, retail and hospitality division of Xerox Services.

Prior to joining Xerox, he held several senior positions within the Government of Canada, including director of operations at the Privy Council Office, vice-president of the Canadian Commercial Corporation; chief of staff to the minister of National Defence; and policy adviser to the minister of International Trade. Eme has received a number of awards for his work in recent years; most recently, he was recognized as one of Canada's Clean50 honorees for 2015. The award recognizes individuals who advance the cause of sustainability and clean capitalism in Canada.



Jennifer Wu, MPA'08, is the newest associate lawyer at Klaiman Edmonds LLP in Toronto. She practises civil litigation, primarily in the

areas of plaintiff personal injury, commercial litigation, employment litigation and estate litigation. In December, Jennifer won her first solo trial involving a mortgage contract dispute.

In the online *Review*, read how **Hailey Hechtman** (Artsci'13) created the Yukon's first distress and support phone line.



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Giving with purpose



The legacy of Donald Munro, BSc'52, left, enables groundbreaking researcher, Dr. Amir Fam, and his students to continue to address the pressing global issue of the deterioration of our roads, bridges and buildings.



The gifts of civil engineering graduate Donald Munro, BSc'52, to Queen's will have great impact for many years to come. Through his will, Mr. Munro made another extraordinary contribution to the life and well-being of the university, so that Queen's could continue to be everything he loved.

He supported the creation of the Integrated Learning Centre in Beamish-Munro Hall, and his estate gift endowed the *Donald and Sarah Munro Chair in Engineering and Applied Science*. Mr. Munro's estate and in-life gifts were made in memory of his two children.

In 2013, Dr. Amir Fam was named as the first recipient of the *Donald and Sarah Munro Chair*, enabling him to elevate his decade-long research which focuses on the pressing global issue of the deterioration of our roads, bridges and buildings due to adverse weather conditions and to aging infrastructure. Dr. Fam and his research team are applying novel concepts for rapid construction, corrosion-resistant materials and, most recently, "bio-green" sustainable materials into Canada's traditionally conservative construction industry.

Because of his indelible love of life and concern for Queen's, his memory reminds us of the difference we can make in the lives that follow.

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INITIATIVE CAMPAIGN**

Starting a caring tradition

I am always heartened when anyone struggling with mental health issues talks openly about their battle. Over the past few years, I have heard several students, alumni and others share their stories, and in doing so, they give everyone permission to reflect and talk about this very important matter.

When I hear these stories, I think about what things were like when I was a student at Queen's in the early 1980s. Back then, any health issues that were not seen, like a broken leg or arm, were not understood or discussed. Mental health was not on our radar.

Looking back, I can see now that the lack of conversation masked big problems, many of which were wrapped in a shroud of secrecy. We knew suicides occurred, but we never heard who had died. These students became part of a kind of urban legend; they were on campus one day, gone the next and never talked about again.

Why *was* mental health seemingly so invisible or nonexistent?

As a student-athlete, my circle of fellow students were football players and other varsity athletes. Perhaps, feeling depressed or lonely was taboo because we had a culture of being tough and not admitting anything that could be perceived as weakness.

When students seemed depressed, we called them "moody" and blamed their gloominess on a bad break-up or just missing home.

I am sure students during each of our times at Queen's had mental health issues but in my day, they simply suffered in silence, sometimes managing passing grades as they struggled. Or, they just dropped out of school. They fell by the wayside.

Even though much is left to be done, things are different now at Queen's. Students are encouraged to seek help, to care for one another by asking about each other's well-being. This edition of the *Queen's Alumni Review* tells the story of the tangible ways that the university is trying to support the mental health of students.

But what role can we as alumni play in finding the solutions to support current Queen's students?

First, acquaint yourself with how Queen's is tackling mental health through the pages of this magazine. Also, as stories here profile, some alumni are coming forward with philanthropic support to fund programs such as Q Success, to help students succeed academically.

At a local level, members of the Kingston branch of the Alumni Association believe they have a hands-on role in the care and comfort of Queen's students. For example, alumni last year started "Holiday Hugs" when they visited libraries and study halls across campus to hand out chocolates to students at the very end of the first-term exams, a time when most other students had headed home for the holidays. I believe these gestures of kindness laid the groundwork of reaching out to students during stressful times and hopefully, when these students become alumni, they will become part of these caring traditions. It will not surprise you to know that in 24 hours, the event was filled to capacity with alumni who wanted to help.

So thank you to all of the students and alumni who are bringing mental health into the spotlight. Ours is a collective struggle for wellness. I look to our Queen's alumni to help and care as we recognize, discuss and overcome these challenges.

■ **George M. Jackson, Artsci'85**
President, Queen's University Alumni Association



SUPPLIED PHOTO

George M. Jackson and fellow QUAA board member Sue Bates, Artsci'91, chat with students at the 2014 orientation week sidewalk sale.

New branches

NEW Hamilton-Halton Branch! Alumni in the Hamilton, Burlington and Oakville area are invited to join the region's newest alumni branch. We are looking for volunteers. Please note: executive positions are available. Janet Hueglin Hartwick, Artsci'98, is the branch contact. Connect with her at hamhal_branch@tricolour.queensu.ca

We are pleased to announce our new Edmonton Branch leaders – Brittany Giles, MIR'13, and Matthew Sawchyn, Sc'14. They can be reached at edmonton_branch@tricolour.queensu.ca. Stay tuned for upcoming events.

Queen's holds recruitment events in China

Recruitment events in Beijing and Shanghai this April saw faculty, staff and alumni gather to speak to prospective students and their families about the Queen's experience. China is one of the university's priority areas for international recruitment. Other recruitment events were held this spring in Hong Kong, Boston and across Canada.



QUEEN'S UNDERGRADUATE ADMISSION & RECRUITMENT

Frank Sheng, MSc'05, speaks with a prospective student and her family at the Shanghai event.

Award recipients

Kingston

The Kingston Branch is pleased to announce the recipients of the 2015 Padre Laverty and Jim Bennett Achievement Awards.

David Pattenden, Arts'67, Ed'69, Law'71, MEd'74, LLD'03, and Peng-Sang Cau, Com'94, are being honoured by the Kingston Branch this spring.

David will receive the Padre Laverty Award for his steadfast and spirited commitment to all things tricolour. Best known for his multi-faceted and varied career in academia, David has also been actively involved with several different faculties and boards across Queen's University.

Peng-Sang will receive the Jim Bennett Achievement Award for her entrepreneurial spirit and leadership in Kingston's business development. She is best known as president and chief executive officer of Transformix Engineering Inc., an innovative manufacturing company, based in Kingston, that has grown enormously over the years.

The awards will be presented May 28 at Ban Righ Hall. Register online at events.queensu.ca.

Montreal

The Montreal Branch is pleased to announce that Roger Casgrain, Com'80, and Colette Charest, Sc'82, are the very deserving recipients of the 2015 John B. Stirling Award.

Roger and Colette epitomize what it is to be "makers of Queen's." They are being recognized for their longstanding and ongoing commitment to Queen's University and the efforts they have made, both individually and together, to strengthen the Queen's tradition in Montreal.

The John B. Stirling Montreal Medal is awarded by the Montreal Branch of the alumni association to a "maker of Queen's" rewarding meritorious contributions to the honour of the university. Originally named the Montreal medal, it was renamed in 1988 to recognize the outstanding service to the University of John B. Stirling, QC, BA'07, BSc'11, LLD'51. Over his 100-year lifetime, Dr. Stirling served as Queen's chancellor for 14 years, trustee for 27 years, alumni association president and honorary life president. He was one of Canada's most honoured engineers, a veteran of the First World War, a promoter of music, commerce and hospitals in his beloved Montreal, and a giant among Queen's and Canadians.

The Stirling Award reception will take place on May 26 in Montreal.

QUAA awards

In March, the QUAA honoured exceptional members of the Queen's community at its annual gala as part of Alumni Volunteer Summit weekend. Read more about this year's recipients and learn how to nominate someone for a future award: bit.ly/QAR21535.



STEPHEN WILD

Upcoming events

events.queensu.ca
www.facebook.com/queensualumni

Canada

Calgary

"Welcome Back" pub night

Attention all patio lovers, and all those who believe spring is just around the corner – it's time for a very special pub night in Calgary!

On May 21 at 5:30 pm, pub weather will (presumably) be in full swing and your Calgary branch is looking to celebrate you...yes, you, students and recent grads!

Whether you're a seasoned Calgary event attendee or a student taking your first summer job out west, come on out! All students and alumni are welcome and encouraged to attend this pub night.

Annual dinner

We are pleased to invite you to join fellow Queen's alumni, students, family and friends at the Queen's alumni annual dinner, held June 18 at the home of Kim Sturgess, Sc'77. The night includes an excellent dinner, an open bar and a great opportunity to network.

A big thank you to Devour Catering for supplying the food and beverage service for this event. We also encourage everyone to wear their Calgary Branch T-shirts or other Queen's swag!

Toronto

Summer kick-off with the musical guest Faded Genes

It has been a cruel winter. Join us on June 25, because we're kicking off summer with a special celebration. See events.queensu.ca for details.

Cha Gheill luncheon with Nik Nanos

Sept. 22 at the Toronto Cricket Curling and Skating Club, 141 Wilson Ave.

Tickets: \$50 (includes a three-course plated luncheon and talk by guest speaker Nik Nanos, recognized Canadian public opinion pollster, Queen's alumnus and Queen's University councillor.) Register at events.queensu.ca.

Young alumni

As we head into nicer weather, keep a look out for more information about our upcoming Summer Lovin' patio night this July. Come out and celebrate with young alumni at an evening of mixing and mingling in the heart of the city.

Halifax

Join us for "Breaking the Silence" – the annual Bell lecture on mental illness and anti-stigma

June 25, 6 to 7:30 pm

at the Neptune Theatre, 1593 Argyle St., Halifax

Cost: complimentary

Registration: events.queensu.ca

Twitter: #BellLetsTalk

Embedded counsellors

BY NANCY DORRANCE

A key recommendation from the Principal's Commission on Mental Health is to expand the University's "hub and spoke" model of student counselling – a central counselling service with additional "embedded" counsellors located across campus.

In a national student health and wellness survey conducted in 2013, 60 per cent of Queen's respondents reported having felt overwhelming anxiety at some point in the previous 12 months; 54 per cent had felt things were hopeless; 40 per cent had experienced overwhelming anger; and 39 per cent had felt so depressed that it was difficult to function. These troubling figures are consistent with responses from other universities across the country. Significantly more students at Queen's than in the Canadian survey sample said they would seek help from a mental health professional if needed.

Through the university's embedded counsellor model – supported in part by benefactors Gregory David, Com'89, and Neil Rossy, Artsci'93 – professional outreach counsellors are located in residences, the John Deutsch University Centre, and some faculty buildings, providing direct support and developing original programming for students in their living and learning environments. Students also continue to have access to central services.

Thanks to the generosity of Mr. David and Mr. Rossy, Queen's has hired three new outreach counsellors over the past 18 months: one each for the Faculty of Engineering and Applied Science, the Faculty of Education on West Campus, and the School of Graduate Studies. Over the fall 2014 term alone, close to 400 students received help from these counsellors. In addition, the School of Medicine and Queen's School of Business have embedded counsellors for their students. An assessment is now underway, and students are re-

porting positive experiences with these on-site services.

Joanne Roston, MSW, is the outreach counsellor in the Faculty of Engineering and Applied Science. She works with students who are experiencing anxiety, clinical and situational depression, eating disorders, social and family issues, performance anxiety, time-management and difficulty "fitting in" and adjusting to life in university. She also oversees student mentors, advises student leaders, professors and staff, and develops workshops and supported research.

"Having an embedded counsellor in the faculty allows students comfortable access to one-on-one counselling and provides the opportunity to participate directly in the design of specific programs geared to their particular emotional and support needs," says Ms. Roston.

Philanthropic support is needed to enable Queen's to continue providing this targeted professional counselling service to students in a familiar environment, helping to reduce the stigma that can prevent students from seeking help when they need it and increasing access to professional faculty-focused resources over a prolonged period.

"This program has proven very successful, and our goal is to expand it to all faculties to offer additional counselling options to all students," says Vice-Provost and Dean of Student Affairs Ann Tierney. ■

"[O]ur goal is to expand it to all faculties to offer additional counselling options to all students."

the **gazette**

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THE FACULTY OF Arts and Science

A PLACE TO **LEARN, DISCOVER, THINK** AND **DO**.

From the **Dean**

Our students matter to us. In the classroom, outside of the classroom, and even after they graduate and join the ranks of the alumni, they are the reason we are here. The Faculty's Student Services office, as well as Departments and Schools work hard to ensure our students feel a sense of community while they are here, and most importantly, that they feel supported as they work toward their academic and personal goals. Games and pizza nights, Prof Panels, or the graduating class dinner that Religious Studies and other departments host, enable our students to make connections that will last a lifetime.

We have come a long way since I was in school developing programs and services to address our students' wellness, but there is still more to be done. Every day I hear from our academic advisors about students that need our services and we are glad we are here for them – after all, without them what would we be?

Susan Mumm, PhD
Dean, Faculty of
Arts and Science

WHO KNEW THAT WORK COULD BE SO MUCH FUN?

Thanks for lending a hand



The Queen's Alumni chapter in Toronto helped out the Faculty of Arts and Science at a recruiting event in February. It looks like in between the hard work they took a little time to show their tricolour spirit. Thanks guys – we appreciate your helping hands.



One average day in March, we surprised 16 professors and instructors in the School of Kinesiology and Health Studies by poster-bombing their classes. Students nominated their favorite instructors based on academic content, instructional techniques and approachability. Visit youtube.com/QUartsci to see the instructor reactions.

... she encourages us to think about issues from various perspectives.


Thanks Dr. Mary Louise Adams.
You're Great.

... he cares for his students.


Thanks Afshin Vafaei.
You're Great.

... his classes are very interactive and interesting.


Thanks Robbie Millington.
You're Great.

... of his passion for teaching.


Thanks Dr. Fergus.
You're Great.


... he goes above and beyond preparing for lectures.


Thanks Colin Baillie.
You're Great.

... every class feels like a motivational event.


Thanks Dr. Ross.
You're Great.

... the content delivered in each class is thought-provoking.


Thanks Dr. Elaine Power.
You're Great.

I LOVE MY SKHS PROFESSOR BECAUSE...

... she always makes lectures engaging and fun.


Thanks Ashley Johnson.
You're Great.

... he encourages independent thought among his students.


Thanks Dr. Fischer.
You're Great.

... he is interested in what I have to say.


Thanks Matt Ventresca.
You're Great.

... he encourages students to push themselves and learn.


Thanks Bill Sparrow.
You're Great.

... he relates well to our generation.


Thanks Jeremy Walsh.
You're Great.

... his lectures are informative and just plain AWESOME.


Thanks Dr. Brendan Gurd.
You're Great.

... his powerpoints were to the point and easy to understand.


Thanks Dr. Masuda.
You're Great.

... he takes his time to explain things.


Thanks Dr. Tschakovsky.
You're Great.

EX *libris* New books from alumni



In 2009, BlackBerry controlled half of the smartphone market. Today that number is less than one per cent. What went so wrong? **Sean Silcoff**, Com'92, is the co-author, with Jacquie McNish, of *Losing the Signal: The Spectacular Rise and Fall of BlackBerry*. This is not a conventional tale of modern business failure by fraud and greed. The rise and fall of BlackBerry reveals the dangerous speed at which innovators race along the information superhighway. The book follows the publication by the authors of a National Newspaper Award-winning feature on the downfall of BlackBerry in *The Globe and Mail* in September 2013. In Canada, the book is published by Harper Collins Canada and by Flatiron Books in the U.S. This is Sean's first book and Jacquie's fourth. Sean can be reached at seansilcoffjournalist@gmail.com.

"There is no reason to hope that our politicians will suddenly 'see the light' and embrace democratic principles and practices. Only if you and large numbers of other disaffected Canadians reconnect with our political system can we exert enough pressure to bring about the changes that we need and want."

Richard Tindal, Arts'64, MA'67, writes this call to action in *Reviving Canadian Democracy*. The book explores how Canadian democracy has been undermined, describes reforms that are needed, and contends that only an awakened and involved public can bring about those necessary changes. Dr. Tindal, who taught at both St. Lawrence College and Queen's School of Policy Studies, has been writing about government for 50 years. His newest book is "designed to enrage and then engage Canadians in the battle to revive their democracy." His previous works include *Local Government in Canada* (now in its eighth edition) and *A Citizen's Guide to Government*.

"When I was 28 I was tricked into marriage," says **Kelley Powell**, Artsci'97, when discussing the impetus for her first novel, *The Merit Birds*. "After studying politics at Queen's and getting my MA in international development (University of Guelph), I travelled to Laos to live with my boyfriend and work with CUSO." Shortly after their arrival, the couple took part in a "welcome party" that turned out to be a surprise wedding ceremony. "We were now husband and wife, at least in Laos!" she says. "But our Lao neighbours must have been onto

something because, 12 years later, we are still happily married and have three kids.

"In *The Merit Birds* I try to depict this extraordinary country where I married, lived and researched violence against women. It's about Cam, an angry teenager who begrudgingly follows his mother from Ottawa to her new job in Laos. Eventually he falls in love with Nok, a fiercely intelligent Lao girl who can't go to school because she must work. Tragedy strikes and Cam is forced to find freedom from his lifetime of anger in the most unlikely place."

Elizabeth Muir, Arts'56, takes us on a neighbourhood tour back in time with *Riverdale: East of the Don*. Lushly illustrated, the book explores the people, architecture and institutions that shaped the Toronto neighbourhood.

Eric Crouse, PhD'97 (History), has a new book out, his fifth: *American Christian Support for Israel: Standing with the Chosen People, 1948-1975*. Conservative American Christians have long been supporters of Israel. The author says that Israel's embodiment of western ideals and its remarkable economic development were attractive to conservative Christians but the main reason for their unconditional support was the key biblical text, from Genesis, of Christian Zionism: "I will bless those who bless you [Abraham and his descendants], and I will curse him who curses you." Dr. Crouse is professor of history at Tyndale University College in Toronto, where he teaches U.S. politics and economic theory. He is currently working on his next book, *Ronald Reagan: The Making of a Conservative President, 1962-1980*. You can also find him on Twitter: [ER_Crouse](https://twitter.com/ER_Crouse).

Heather Coleman, Artsci'90, MA'92, is editor and contributor to *Orthodox Christianity in Imperial Russia: A Source Book on Lived Religion* (Indiana University Press). From sermons and clerical reports to personal stories of faith, this book of translated primary sources reveals the lived experience of Orthodox Christianity in 19th- and early 20th-century Russia. Each document is introduced by an expert in the field. Heather is an associate professor and the Canada Research Chair in Imperial Russian History at the University of Alberta. She is also the editor of *Canadian Slavonic Papers/Revue canadienne des slavistes* and the director of the Research Program on Religion and Culture, Canadian Institute of Ukrainian Studies.

New books in the online Review:

Bill Glover, Sc'72, writes about his adventures on the mining trail, **Stephen Smith**, Artsci'90, explores Canada's hockey obsession, **Stephen Kaladeen**, Meds'88, MBA'01, takes a light-hearted look at the medical profession and **Kathryn (Russell) Heaney**, Ed'79, explores the genre of fantasy/paranormal-romance. As well, **Paul DioGuardi**, Law'64, tells eye-opening tales of life as a tax lawyer, and **Madeleine Harris-Callway**, Arts'70, PhD'76, MBA'90, has written her first novel, a mystery.

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The road back to health

BY DOUG RIGSBY

My first experience with schizophrenia took place when I was 27. I had just graduated from the Law Society of Upper Canada's bar admission course and was working for the Government of Ontario in Toronto.

My thoughts started racing and I became paranoid. I thought the government was "out to get me." I was becoming psychotic – mentally ill. I stopped going to work. I went to hospital – briefly – but I didn't like it there, so I walked out. I called my parents in Montreal and my father came and picked me up.

If I had to describe psychosis, I would tell you that it is like a bomb exploding in the middle of your personality. You can experience delusions, paranoia, extreme anxiety and "ideas of reference." An idea of reference occurs when you

"[Psychosis] is like a bomb exploding in the middle of your personality."

think, for instance, that the TV is sending you messages or when you attribute a personal meaning to a particular event. For me, I thought I was going to be responsible for starting a

war between Ontario and Quebec. Hearing voices is another common symptom. At the family cottage, I experienced voices telling me to "shoot the mice." The tragedy of acute psychosis is that people with it lose the insight into what is happening to them because of changes in their brain chemistry. And, assuming that at some

point, you do get well again, you may spend the next year or so picking up the pieces of your life. There are no guarantees.

It took me a year and the support of my family, plus medication, to regain my health to the point where I could work. I ended up in Brockville, Ont., where I opened up my own law office. After four years, I moved west, to Calgary, where I was offered a position in the Crown Prosecutor's office. I enjoyed hiking and skiing in the Rockies and, for the most part, I enjoyed the work.

Two things occurred that caused me to leave: my father passed away from cancer and I started to become "burned out" from all the courtroom exposure. I was still single and I had saved some money. So I spent eight months travelling, in New Zealand, Australia, Indonesia, Singapore and England. It was the trip of a lifetime and I have many fond memories of those travels.

On returning to Canada, however, I suffered another acute episode of schizophrenia. It was all there again: voices, delusions, paranoia, extreme anxiety and ideas of reference. This time I was not going to recover so quickly. The "negative symptoms" of schizophrenia – lack of motivation and affect, loss of executive and organizational functions – were to be with me for a long time. I spent three years on my mother's couch.

Eventually, at my sister's suggestion, I paid a visit to the Kingston chapter of the Schizophrenia Society of Ontario. It marked the beginning of the long road back.

Today, I work part-time at Frontenac Community Mental Health and Addiction Services in Kingston. I also spend time speaking to students at local high schools, Queen's and St. Lawrence College. In 2001, I received the Courage to Come Back Award from the Centre for Addiction and Mental Health for my advocacy work. I am as proud of this award as I am of my law degree and call to the bar.

Today finds me in good health, enjoying life. You could carry on a lengthy conversation with me and never know of my past illness unless I chose to tell you. My siblings and good friends are wonderfully supportive. With their help, I will continue to speak out against the stigma of mental illness.

Doug Rigsby, Arts'69, Law'73, lives in Kingston. ■



Doug Rigsby outside Grant Hall.

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