

Queen's

ALUMNI REVIEW

Issue 3, 2015

The magazine of
Queen's University
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**Women's rugby:
the making of a team**

**Football:
talent management**

The active life



The athletics issue

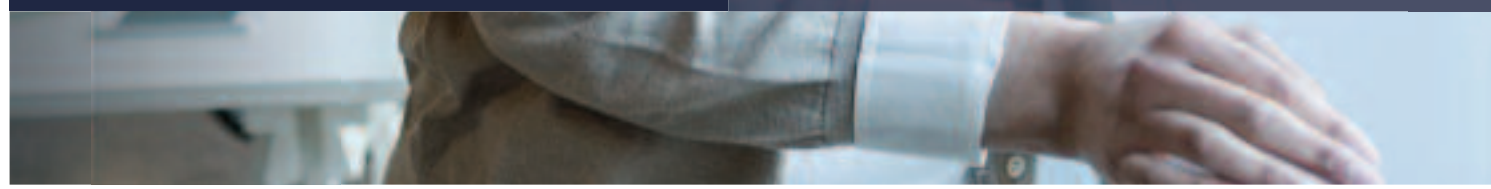
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BERNARD CLARK

10

COVER STORY

Queen's Women's Rugby: the making of a team

Willa Jones, PHE'17, a forward with Queen's Women's Rugby, shows off the QWR attitude. "Rugby requires athletes to sacrifice their bodies to the game," she says, "and to have full trust in their teammates. I believe that a rugby player must possess a bit of fearlessness." (Her teammates caught her safely.)



GREG BLACK

14

FEATURE REPORT:

Football: talent management

Coach Pat Sheahan discusses the competitive world of football recruitment and his strategies to find the best players to join the Gaels.



TOM SHAW

18

FEATURE REPORT:

The active life

Meet a world-class athlete, a football player turned doctor and more ...

2

Editor's notebook

3

Letters to the editor

5

From the principal

6

Quid Novi

News from campus

8

Campus update

Six questions for ...

Kathy O'Brien

17

Advancement spotlight

John Armitage and

Queen's Rowing

26

Athletics roundup

28

Keeping in touch

40

Your global alumni

network

42

QUAA president's

message

45

Advancement spotlight

Athletic Financial Awards

48

The last word

A day in the life of a

student-athlete

By Kevin Bailie

Online only

Ex libris

New books from

alumni and faculty

On the cover:

Queen's Women's Rugby's

Karley Heyman, Lauren

McEwen, Hannah Bradshaw,

Lauren Murray, Beth Barz

(coach) and Willa Jones on

Nixon Field.

PHOTO BY BERNARD CLARK



When I opened up our readership survey in late May, I expected a high participation rate. What I didn't expect was the outpouring of email correspondence that ensued. For almost three weeks, I heard from scores of readers. Some of you wanted to let me know that you were going to take the survey; others let me know you were too busy to do so. You gave me ideas for future surveys and future magazine articles. You updated me on new family members and new jobs. I even reconnected with a good friend from high school!

With that kind of enthusiastic response, I'm looking forward to seeing your survey feedback on specific components of the magazine. Congratulations to our draw winners. Dr. Yin Gao receives a Queen's chair, and Mr. Arif Mohiuddin, a Queen's lamp, courtesy of the Queen's alumni merchandise program. And thanks to colleagues in Institutional Research and Planning and in Advancement Technology Services for their survey help.

Since our readers are so generous with their ideas, I thought I'd offer you all two more opportunities, to add your stories to our athletics issue online and to help shape our first online-only issue this fall.

Calling all sports fans

I'm putting out the call for your best Queen's sports-related memories and photos. Whether you were on a varsity team or part of a recreational club, were a weekend warrior or an avid spectator, send me your stories. I'll post them as part of the online version of this issue. There, you'll also find stories and photos on the athletics theme not in the print issue. Staff in Athletics & Recreation are also planning a contest this fall to help design the new Richardson Stadium end zone, so watch our website for details.

Changing gears

Our first online-only issue will launch at the end of September. Its theme, "Changing gears," focuses on people who have made changes in their lives. So, I'd like to get you involved in this issue. Did you start in one faculty and switch to another? Did you change your research focus in grad school or make a radical mid-life career change? When faced with a challenge, did you turn it into an opportunity?

Update on embedded counsellors

A story in our last issue on Queen's embedded counsellors program neglected to mention some of the counsellors by name. I'd like to acknowledge counsellors Sarah Horsford, of the Faculty of Education, and Ashley Vanstone, of the School of Graduate Studies. Together, with Joanne Roston, of the Faculty of Engineering and Applied Science, who was quoted in the article, they provide professional counselling services to students in their faculties and schools. The three also work closely, sharing best practices and supporting the others' work.

There are number of other embedded counsellors working across the university. An evaluation of the university's hub-and-spoke counselling model is currently underway. Preliminary results show that this program is effective at serving students where they choose to access professional counselling services (at the university's central counselling services or through faculty-based outreach), and is benefitting those students. Learn more in the online *Review*.

Cha Gheill,

Andrea Gunn



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letters

TO THE EDITOR



Focus on mental health

We had a tremendous response to our issue focusing on mental health initiatives and issues. Here are just a few of the letters we received.

I am the one in five.

I am a wife, a mother, daughter, sister, high school math teacher, Queen's grad and I am the one in five. I have bipolar 1 disorder.

As a teacher I have seen a troubling increase in the number of students who are suffering from anxiety and depression. This year alone I had two students in my care that spent some time at Southlake Hospital under psychiatric care. Another young boy at the school lost his life to suicide.

I am so proud to call Queen's my alma mater and I am so grateful that my two children, Natalie, Com '17, and Andrew, Sc '19, are attending a school that is at the forefront of ending the stigma of mental illness.

I would like to share my journey to wellness with the Queen's family. It is my hope that the more faces we put to this illness the quicker we will end the stigma.

My sincerest gratitude for all the work you are doing.

**Allison Bryant Prsa, Artsci'90
Aurora, Ont.**

Read Ms. Prsa's article, "A Life in Balance" online. bit.ly/QAR31524



While travelling in Europe this month I visited the University of Würzburg in Bavaria, a university dedicated to research and the home of many Nobel laureates. I was taken by surprise by this banner hanging along a walkway of the main building. I'm not sure if this is an initiative for mental health issues there, but I found this a good new take on the keep calm message.

Mary Gibson, Artsci'76, Ed'77, Oshawa, Ont.

Thank you for your edition focusing on mental health and stigma reduction. I hope your readers will show the same understanding and compassion when it comes to persons with mental illness who are involved in the criminal justice system. This is particularly important in those rare cases where the person has committed a high profile crime. The case of Vincent Li comes to mind as someone who committed a terrible killing while in the grips of mental illness and now by all accounts has been successfully treated. Yet his return to the community has not, to put it mildly, been met with understanding and compassion. Perhaps your readers can show some leadership on this aspect of mental illness as well.

Mary E. Campbell, Law'82, Ottawa

Thank you for the terrific *Queen's Review* on mental health. I was especially touched by Dr. Margaret Gibson's beautiful handiwork and her openness about her own struggles with mental health issues. [Dr. Gibson was featured in the Gift Planning ad in issue 2, as well as in the Financial Planner insert sent to some readers.] Over 20 years ago, Dr. Gibson took care of my then eight-year-old daughter who had a life-threatening reaction to an insect sting. I will not forget her gentleness and generosity. She spent way longer than the allotted appointment time explaining the situation and helping me recognize that we could not send my daughter to summer camp that year.

Mental health illnesses touch every family in Canada, and anything that can be done to remove the stigma will help to save lives.

In the early 1970s, I was walking one night past Earl Hall, feeling quite despondent about something – likely minor, but back then it felt like a 10-ton weight on me. I had my head down, my shoulders slumped, and my hands in my pockets.

An older student walked past, slowed down, and came back to me, and asked me how I was. We walked along for a block or so, and then went our separate ways...me feeling much better. Just reaching out with a smile and warmth can make an enormous difference in someone else's life.

I'll never forget both Dr. Gibson's and the long-ago stranger's kindness to me.

Ruth E. Dubin, Artsci'74, MD, PhD, FCFP, Kingston

I read Principal Woolf's article on improving mental health on campus with interest as it provided a clear overview of all the actions Queen's is undertaking in order to reach its prioritized targets for mental health recommendations set by the Principal's Commission on Mental Health.

One Queen's program that needs to be recognized is the Queen's Fitness Plus classes that run daily on campus at the ARC (Athletics and Recreation Centre). Nearly 100 hours of fitness classes are offered that range from yoga to cardio kickboxing. It is a pay-to-participate program but there are no-cost classes that can be accessed every day by

students, staff and the larger Kingston community. As a fitness instructor of many of these weekly classes, at the end of each school year, I receive letters from students, who often disclose their mental health struggles and how participation in these classes has helped them find stability, or channels to cope with anxiety and stress, throughout their school year. Some share that symptoms of clinically diagnosed conditions have also been eased by access to these fitness classes. Tiffany Bambrick is the longtime Queen's coordinator of the dynamic Fitness Plus program, which impressively evolves to respond to student needs, fitness trends and balances the pay part of the program with some no-cost class offerings. Queen's must follow the advice of the report and do a better job to promote the benefits of physical activity as a key component of mental health. This existing fitness program is an easy resource for Queen's to continue to support and promote, in order to serve the mental health and well-being of all participants – students, faculty, staff or members of our larger community.

Christine Jamieson, Ed'94, MEd'02, Wolfe Island, Ont.

You can learn more about some of the recreational programs available at Queen's throughout this issue. As well, see pages 42 and 48 for other takes on the connection between mental health and physical health. – Ed.

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On using space wisely

BY PRINCIPAL DANIEL WOOLF

By Canadian standards, Queen's is a very old university, its earliest buildings dating to the 19th century and many having been constructed several decades ago. We've grown considerably over the past 50 years, and with that growth has come very new construction, including (just during my time in the principal's office) the two new residences opening this fall, the Isabel Bader Centre for the Performing Arts and the new medical school building.

The recent, award-winning Campus Master Plan suggests that, all in all, we are not desperately short on space, in aggregate. Yet we do face space challenges, first, in the right kind of space: modern classrooms with a flexible design capable of the kind of active learning we would like to see made available to all students; adequate facilities for research and innovation; and up-to-date athletic structures and fields (the ARC got us a long way there, and the new Richardson Stadium will improve things further). Secondly, we have a growing "accumulated deferred maintenance deficit," meaning that we (in common with nearly all publicly assisted universities in Canada) have been hard-pressed to find the resources to do the continuous maintenance, improvements and refurbishments that our buildings require. Of course, we tend to those deficiencies that must be remedied – ones involving building codes and health and safety issues – as a priority. Other things, however, have been put off. There is a limited (though, fortunately, recently increased) annual budget for deferred maintenance available from the province, although the amount we do spend annually on deferred maintenance goes beyond what we receive from the province for this purpose. Government has also provided help in other ways, such as through grants to improve learning facilities (the new rooms in Ellis Hall, for instance, which were funded by a combination of provincial and philanthropic dollars).

Ironically, some of our most problematic buildings are not our oldest ones. In particular, many that were built in the 1960s or '70s (Jeffery Hall, Mackintosh-Corry Hall, Botterrell Hall) have as many problems as those such as Ontario Hall, built over a century ago. Vigilant attention to design and construction standards has meant that more recent buildings are in better shape, though they too will eventually need reinvestment.

By contrast, some very old buildings, constructed a long time ago, remain solid, and some

are fully capable of being refitted and turned to modern needs. The former Physical Education Centre (PEC) on Union Street is a case in point. A recent structural assessment of the building by an external consultant found that it is in excellent shape and, if renovated, could provide a considerable amount of additional space – up to 160,000 square feet. Given its size and solidity, the building offers us a welcome solution to two different problems. First, the recent decision to renovate one section of the building for needed facilities for Engineering and Applied Science will help us build that space much more quickly than if we constructed a free-standing new building across Division Street as was originally planned. [See QAR issue 4-2013.] Secondly, using the remainder of the building to support student life and learning in a variety of ways – including an improved health and wellness centre much closer to the heart of campus than the current Health, Counselling and Disability Services home on Stuart Street – will allow us to provide better wellness services to our students, and will also free up space in the JDUC for the AMS and SGPS to use as they see fit.

I'll be writing more in subsequent columns on our buildings and how we can get them ready for the next half century of Queen's students, faculty and staff. I look forward to your thoughts. ■



LARS HAGBERG



Queen's plans PEC revitalization

The university has begun the planning for the renovation of the former physical education centre, with the intention of repurposing it as a hub for student health and wellness, student innovation and student learning in the heart of campus.

If the planning comes to fruition, the building will also become the home of a new, state-of-the-art facility for the Faculty of Engineering and Applied Science, which will further enhance the faculty as one of the best in the country.

"The redeveloped building will be an enhancement to both the quality of our student experience and the quality of our research and educational facilities," says Principal and Vice-Chancellor Daniel Woolf. "When completed, it will be a prominent symbol of Queen's commitments both to student life and learning and to advanced research."

The building, located on Union St., was decommissioned in 2009. In 2012, the three gyms in the building were renovated and reopened to provide increased recreational opportunities for students, and centralized exam space.

Learn more about the building's potential in Principal Woolf's column on page 5.

More information about the PEC project will be made available as plans progress.



Groups and departments across Queen's are celebrating milestone anniversaries in 2016-17. In 2016, Queen's School of Nursing celebrates 75 years, the Queen's University Alumni Association celebrates 90 years and the Four Directions Aboriginal Student Centre, 20 years. In 2017, Queen's Equity Office has its 20th anniversary, the Centre for Teaching and Learning, its 25th, and the School of Rehabilitation Therapy, its 50th. queensu.ca/connect/175.

Divestment committee consultations

As reported in *issue 2, 2015*, the Advisory Committee on Divestment of Fossil Fuels is seeking input 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.

The committee was struck by Principal Woolf, as mandated by the university's Statement on Responsible Investing (SRI), after an expression of concern was received from the student group Queen's Backing Action on Climate Change.

The committee is holding consultation meetings to hear directly from interested people, both for and against divestment. While the meetings, scheduled for Aug. 27 and Sept. 17, will be held at Queen's, it may be possible for those not in Kingston to make arrangements to participate remotely.

"The committee has already received many written submissions from members of the Queen's community, demonstrating the high level of interest in the question of divestment," says chair David Allgood, Arts'70, Law'74. "These upcoming meetings will be an important opportunity for the committee to have a dialogue directly with stakeholders."

Requests to present to the committee should be made as soon as possible. Written submissions are also welcomed no later than Sept. 17. divestment@queensu.ca

The 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.

IN MEMORIAM

James Pritchard, Professor Emeritus (History) died April 14.

Howard A. Smith, Professor Emeritus (Education) died April 24.

Ronald Seegobin, Assistant Professor, Anesthesiology, died April 26.

Robert Gilbert, Professor Emeritus (Geography) died April 27.

Kenneth C. Wilson, Professor Emeritus (Civil Engineering) died May 14.

Stanley Corbett, Assistant Professor and Associate Dean, Academic (Law) died May 18.

Brian B. Hope, Professor Emeritus (Civil Engineering) died June 15.

In the online *Review*, Karin Steiner writes about her husband, Howard A. Smith. An article about Dr. Corbett has been posted on the Faculty of Law website: law.queensu.ca. An article about Dr. Gilbert has been posted on the *Queen's Gazette* online: queensu.ca/gazette.

Comprehensive report addresses sexual assault on campus

The university's Sexual Assault Prevention and Response Working Group (SAPRWG) has released a detailed report that includes recommendations to guide the university in addressing sexual assault, as well as a draft sexual misconduct policy for the university. A team has been established to exercise oversight of, and set priorities and timelines for, the implementation of the report's recommendations, working in consultation with the working group and its policy sub-committee.

"The university takes sexual assault extremely seriously, and I am pleased that the working group has been able to expedite its report," says Principal Daniel Woolf. "I want to thank the members of the working group and the policy sub-committee for their efforts. The work, however, does not stop here – a team has been assembled and tasked with prioritizing the recommendations and developing an implementation plan. I expect this process will also be conducted expeditiously."

The report includes 11 strategic objectives, from integrating and profiling support and advocacy services to improving institutional and public accountability.

Recommendations associated with the objectives include:

- Establishing a central, visible and welcoming sexual assault centre;
- Raising the profile of all sexual assault support services;
- Clarifying and communicating the roles of various university personnel responsible for first response;
- Standardizing academic accommodations processes;
- Broadly targeting our diverse student body with more effective prevention education programming;

- Incorporating educational opportunities for academic and non-academic departments; and
- Developing a comprehensive, stand-alone sexual assault policy.

"The report, recommendations and draft policy represent the culmination of months of research, planning, and consultation with the Queen's community, and examination of best practices across the sector," says Arig al Shaibah, Assistant Dean of Student Affairs (Student Life and Learning) and chair of the SAPRWG.

The policy builds on an interim Sexual Assault Support and Response Protocol, established by the working group in December 2014. The policy will go through the university's governance approval process, first to the Senate and then

to the Board of Trustees, likely in the fall. Releasing the policy as a draft will allow the university to gather feedback from the university community.

Provost and Vice-Principal (Academic) Alan Harrison chairs the team that will prioritize recommendations and set timelines for next steps.

In addition, the policy sub-committee will continue its work on the sexual misconduct procedures over the summer, with the goal of having them approved and in place by the end of 2015.

The university is also well positioned to meet the requirements of the provincial government's Provincial Action Plan to Stop Sexual Violence and Harassment and any associated legislation.

Read the full plan online: bit.ly/QAR31523.

QUEEN'S UNIVERSITY ELECTIONS

Results of 2015 Elections to University Council by Alumni

Donald Cameron
Calgary, AB

Jamie Cameron
Toronto, ON

Lorna Jean Edmonds
Athens, OH

Mark Ellis
Toronto, ON

Madeleine Macdonald
Westmount, QC

Saara Romu
Seattle, WA

Daniel Szpiro
Ithaca, NY

George Thwaites
Orleans, ON

Mary Wilson Trider
Carp, ON

Lisa Woodcock
Guelph, ON



queensu.ca/secretariat/elections/ucouncil.html



Queen's
UNIVERSITY

Six questions for... Kathy O'Brien

Queen's University recently completed its first-ever Comprehensive International Plan, aimed at guiding the university's internationalization efforts from 2015 to 2019.

Craig Leroux recently spoke with Kathy O'Brien, Associate Vice-Principal (International), who led the process of developing the plan.



BERNARD CLARK

Kathy O'Brien, photographed at the map and air photo collection of Stauffer Library.



Why is internationalization important to Queen's?

As Principal Woolf has said, Queen's is now engaged in translating our exemplary national reputation into an equally strong international reputation.

As global competition among universities for the best students, faculty members and staff will only increase in the future, the value of a Queen's degree will be increasingly tied to our international reputation.

Internationalization is vital to Queen's academic and research mission. Leading-edge research often occurs through knowledge exchange and partnerships that cross borders. International learning experiences are essential in order for our students to gain globally relevant skills that help them succeed once they leave the university.

One of the goals of the plan is to attract more international students to Queen's. Why is that important?

Queen's is committed to attracting top international students because they enrich the educational experience for everyone. Interacting with students from other countries, through friendships and teamwork, encourages the exchange of knowledge and helps build cultural sensitivity. It also creates international connections that will be invaluable as students become alumni and look to careers that may take them outside of Canada.

What is the focus of the Comprehensive International Plan?

Among the plan's goals are: advance Queen's international research engagement; increase international mobility for students; attract top international students, both graduate and undergraduate; maximize the potential of our study-abroad campus, the Bader International Study Centre (BISC); and highlight "international at home" – international learning experiences available to everyone on campus. The plan is aligned with the university's Strategic Framework, approved by the Board of Trustees in 2014.

Are there ways for alumni to get involved in Queen's internationalization efforts?

Queen's places great importance on alumni engagement and our alumni are already engaged through branch activities, advisory roles and support of student recruitment activities. Alumni Relations is currently looking at opportunities to leverage the expertise and insights of our graduates, both in Canada and abroad, to help the university advance its international goals.

Will the plan help move Queen's up in international rankings?

This plan is all about building on Queen's strengths in delivering a transformative student learning experience and exceptional research. Many international rankings rely heavily on research output. So while Queen's medium size and focus on student learning is part of the university's identity, it doesn't necessarily help us in international rankings.

Where do you hope Queen's will be with respect to internationalization by 2019, the end of the plan's term?

Queen's is already deeply engaged internationally. By 2019, I hope internationalization will be even more embedded in the university's activities, that more Queen's students will have learning experiences abroad, and that the international students who come to Queen's will continue to see the university and Kingston as welcoming, vibrant places to study and live.

Read more about the Comprehensive International Plan in the online Review. ■

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Featuring



The making of a team: Queen's Women's Rugby

BY ANDREA GUNN



The 2014-15
QWR roster

QUEEN'S ATHLETICS & RECREATION

On this July day, the athletes of Queen's Women's Rugby are all at home. Some have stayed in Kingston; most are back at their parents' houses. They're working at their summer jobs. But they're also actively training for what comes next: a short, intense season of rugby – just five games of regular play.

Right now, the women are playing with their local rugby clubs. Or they're at the gym, working through strength conditioning regimes. The team's leadership group (from whom this year's captains will be chosen) are checking in with their teammates, ensuring they are getting their training in. The new recruits are starting to think about the late August training camp, when they will get to work with their teammates for the first time.

And at the end of those five games, if all goes well, they're in the provincial OUA playoffs in October. Then come the national CIS Championships in November. As the host this year, Queen's auto-

matically gets a spot in the November games, but the players – and their coaches – would rather get to the CIS championships as the OUA champions (as they were just two years ago.)

Head Coach Beth Barz is at home, too, planning out the season. She has had a little more time this month to focus on rugby: her full-time job as a high school teacher wrapped up for the summer in late June. Her assistant coaches, Sean Dunleavy, Vicki Wilson and Blake Wilson, also have other full-time jobs. They all put in long hours, year-round, for the team. But they make it work, for the love of the game, and with help from the staff at Queen's

Athletics & Recreation. "There's no way we could do this without them," says Barz, of the behind-the-scenes staff who provide athletic therapy, order team equipment, keep track of player eligibility, and organize bookings.

Plans A and B

Even with the berth at the CIS championships in November, Barz and her coaches need to keep their focus on that very first game, in September, to integrate the new players and work on the team's goals. "We need to plan for the whole season, all the way through the first week of November," she says. "There's a plan A, to go all the way through [the OUA playoffs] and a plan B. We wouldn't be doing our jobs as coaches if we didn't think through plan B."

Her players agree. "The most valuable thing I've learned from playing on a varsity team is to focus on the present," says Hannah Bradshaw, who has played the wing position for the Gaels for three seasons. "It's important to set goals, but it is the preparation that counts. We try to focus one practice at a time and then one game at time. The idea of playoffs is only in the back of our minds."

The season begins

Once back on campus, the players will get right into their fall routine. Practice is four days a week, two hours a day, balanced with classes and assignments. On game days, they work for six or seven hours. After every game comes a post-mortem, watching video of the game, and breaking down all their tactics. Barz and her colleagues will ask the athletes, "What do you see here? What decision did you make there? What other options did you have?" From this discussion, coaches and athletes will set their goals as a team, for the next week, as well as for the rest of the season. "The athletes are very much part of the decision-making process. It's not top-down. It's something we do all together," says Barz.

Athlete-centred approach

It's a much different approach than she experienced when she was a rugby player, first in high school and then at Queen's. "I started coaching as I was coached, which was very much drill-oriented. In the last six or seven years, we have gone to an athlete-centred approach, which uses teaching games for understanding. This gives athletes the opportunity first to play and then to think about how it went. They're not standing in a line doing the same thing over and over. We still do drills on occasion, but it's all within the context of the game that we've created, with the outcome goals that we want to work on."

The art of coaching

"When I was in high school I took a couple of coaching courses," says Barz. "I didn't see a lot of other women out there coaching rugby, but I thought that more women should be coaching women. I knew I had a lot to learn and proceeded to learn as much as I could. I'm still learning." It helped that she had versatility as a player; she had played both scrum half and prop, two very different positions. So she had a well-rounded understanding of the game from a player's point of view. She also pursued additional certification: she has an advanced diploma through the National Coaching Certification Program. She regularly teaches NCCP programs in rugby and fundamental movement skills. But it's not just her players who benefit from her skills and training as a coach. She now teaches the art of coaching to people in other sports, through a program of the Canadian Sport Institute. "When you're coaching at a high level, your own sport can be a bit insular," says Barz. "It's nice to be able to bounce ideas off someone in a different sport." In 2006, Barz was named CIS Coach of the Year. In 2013-14, the year Queen's Women's Rugby won the OUA championship, she was named OUA Fox40 Female Coach of the Year.

Finding the right people

Coach Barz knows she's got the right recruits for this year's team. This is her 11th season as head coach of Queen's Women's Rugby. She and Assistant Coach Dunleavy have put a lot of work into ensuring that becoming a Gael is right, for both the student-athlete and the team.

"Our strategy is to connect with the best athletes, and then we want to make sure that those best athletes are also really fantastic people," says Barz. "One of the early conversations we have is, of course, 'Do they have the marks to get into Queen's?' But I don't even want to look at marks until I've had the chance to actually talk to the athletes and see if they are going to be able to come into this environment and thrive. Do they already have some of the life-skills that we need them to have before they get here? Can they advocate for themselves?"

"At Queen's, it's not just about being a great athlete with the marks to get in here: we're bringing you in here to be an integral part of the team. Sometimes, you meet a student and you know, and she knows, that this is absolutely the right team for her. Some of them are not quite sure. They're thinking about somewhere else, maybe it's an academic program at another school. The last thing I want to do is have someone come here and then realize that she made a mistake. If the team and the academic program are not in her best

interests, I don't want her here. We have a great relationship with coaching staff at other universities. I have no problem calling someone and saying 'Hey, have you looked at this athlete?' or suggesting another program to a student."

On embracing change

Coach Barz is looking forward to seeing, not only what her new players can bring to the mix this season, but what the other teams do. "Good coaches change their playing style according to the athletes they have," she says, "rather than forcing a playing style on them. We have some really good coaches in the OUA, so we'll see some changes this season. And it's awesome to coach against teams who have changed their style, and have been able to change, because it forces *us* to make adaptations. If we don't change and adapt ourselves, we shouldn't win. If we do, then we should."

Welcome to the family

Seasoned veteran Lauren McEwen, who is back for her fifth year of rugby, has some words of welcome for her newest teammates. "You're at Queen's now and you've joined our family, so be brave and be fierce, and know that no matter what, we will always have your back."

The Gaels play their season opener against McMaster on Nixon Field on Sept. 13.



Head coach **Beth Barz**, Artsci/PHE'00, with five of her players: **Karley Heyman**, Artsci'17 (Sociology), **Lauren McEwen**, BFA'15, Ed'16, **Lauren Murray**, KIN'17, **Hannah Bradshaw**, Artsci'16 (Biology), and **Willa Jones**, PHE'17.

With 42 athletes on the 2014-15 roster, we couldn't fit all of the members of the women's rugby team on our cover. So, Beth Barz asked her players who should be in the cover photo. The women nominated five of their teammates who best embodied "the Queen's Way," the core values of Queen's Women's Rugby.

The Queen's Way

Membership in Queen's Women's Rugby is not something to take for granted. These student-athletes don't just sign up to play on a team; they sign up to be part of something more. Members have obligations and standards to maintain. Rugby coach Beth Barz calls this "the Queen's Way."

- 1 Continuous Learning:** Learn from every circumstance, regardless of its positivity or negativity. Keep asking questions.
 - 2 Unity:** The team comes first. Everything you do should always bring the team closer.
 - 3 Passion:** Commit to doing your very best.
 - 4 Celebrate:** Enjoy each other's individual successes, as well as those of the team.
 - 5 Roles:** Understand your role(s) on the team. Help make your teammates better. Lead by giving (time, advice, etc.). Ask for help when you need it.
 - 6 Respect:** Yourself, your teammates, your opponents, your coaches, your referees and the general public.
-





QUEEN'S UNIVERSITY ARCHIVES

At left, a 1996 women's rugby game on Kingston Field (now Nixon Field). The field was renamed in 2011 in recognition of a gift from Janet, Com'80, and Gordon Nixon, Com'79, LLD'03, to revitalize the home of Queen's rugby. (Mr. Nixon played rugby at Queen's, 1976-79.) Home games have gotten considerably less muddy for players since then, as they now play on artificial turf.

didn't have a lot of coaching experience, and there weren't many formal resources available to her. The first year, her burgeoning team didn't have practice space on campus, so they played in Kingston's City Park. With coaching support from Kathie Thompson, Artsci'94, and players from the men's team, Di Nardo recalls simply "learning by doing."

While Di Nardo's tenure as coach lasted for just two years while she finished her ConEd degree, women's rugby took hold at Queen's (as it did across Canada, becoming a CIS sport in 1998.) After graduating from Queen's, Di Nardo also grew her rugby network. These days, she coaches a "minis" program in the Toronto area, with kids aged 4 to 14. "Rugby is family, to me," says Barb. "It is camaraderie. The social aspect of the game is very important to me. I have fostered that in both the girls' and boys' teams I coach." Rugby is truly a family sport in her household: Di Nardo's husband, Bill, is also a coach, and all four of their children play. In fact, their daughter Jordi will play rugby for Queen's, when she starts her first year in September. ■ AG

Women's rugby first came to Queen's in 1991, thanks to Barb (Relton) Di Nardo, Artsci'91, Ed'93. Di Nardo started playing recreationally in the summer after her second year. In third year, she went on exchange to France, where the sport was very popular. Upon returning to Kingston, she declared that Queen's needed a women's rugby team. So she started one.

Di Nardo put a call out for players and remembers being overwhelmed by the response. "About 150 girls showed up!" That first year was one of trial and error. She



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Image courtesy of Queen's Archives - Queen's Picture Collection



Talent management

A championship season takes years to orchestrate. Coach Pat Sheahan discusses the competitive world of football recruitment and his strategies to find the best student-athletes to join the Gaels.

BY MARK KERR

GREG BLACK

A select group of football players don the Tricolour every year and set out on a quest to bring the Vanier Cup back to campus.

How those student-athletes come to play at Queen's is often the result of another high-stakes competition that plays out largely behind the scenes.

Pat Sheahan's office is tucked away deep inside the Athletics and Recreation Centre. On his desk sits a projector aimed at a blank white wall, ready to be fired up anytime he wants to review film of a possible recruit.

For Coach Sheahan and his staff, recruitment is a constant and ongoing process. Gone are the days when Sheahan would start scouting players after the Gaels season ended in late fall. Earlier player identification and contact with potential recruits is key.

"Now a lot of that [recruitment] work is done in the spring prior to the high school student's final season," he says. "It's an ideal time to inform the student-athlete about the academic programs and the entrance requirements. The earlier we get that information in their hands, the better off they are going to be and the better off we are going to be, because we will have more available candidates at an earlier time."

The search is on

Football staff members search coast to coast for talented high school players who meet Queen's high academic entrance standards. Convincing them to select Queen's is no easy task, given that outstanding athletes with great marks are in high demand and have any number of choices when it comes to their post-secondary education.

"Recruiting is all about relationship building and creating a comfort zone," Sheahan says. "My standard approach is that when we meet an outstanding student-athlete, we try to find out what he wants to do and how we can help him get there and achieve his life goals."

Over the years, Coach Sheahan has found that outstanding student-athletes demand both a strong academic and football experience.

"The good news is that there's a good message coming from Queen's. Our graduates are highly employable; the numbers speak for themselves. The atmosphere is second to none. Usually the visit to campus here is a life-changing experience for many of them, and the reputation of Queen's is strong," he says. "The whole idea of coming to Queen's and going to professional schools after is an attraction for some."

An aggressive endeavour

Sheahan's first experience recruiting athletes came in the early 1980s as a coach with a community football program in Montreal. He was responsible for co-ordinating recruitment as an assistant coach with the McGill Redmen from 1984 until 1988.

Even as a head coach, first with the Concordia Stingers from 1989-99 and now with Queen's since 2000, Sheahan has chosen to stay heavily involved in identifying and recruiting players. "As the head coach, I am running the team so I have to make sure the guys [we are recruiting] fit in here. If you are not involved in the recruiting process from the ground up, it's very hard to have a feel for their character."

Recruiting has become more aggressive over the years, according to Sheahan.

"I can recall when I made trips to the East Coast and West Coast a decade or so ago, I was the only one doing it," he says. "But people evaluate each other's roster. And when they started to find out that Queen's was getting players from the East Coast and West Coast, they thought, 'why couldn't we do that?'"

To keep up with these demands, university football programs have added more coaches over the years. Bishop's University paved the way in the 1980s when it boasted five full-time coaches at a time when most football programs only had one full-time staff member. As a result, according to Sheahan, the Gaiters became a powerhouse that consistently beat every other team to the punch in recruiting. Other teams have adjusted to keep up, with Queen's recently adding a fourth staff member responsible for recruiting.

As teams have poured more resources into recruiting, the student-athletes have become savvier about the process, Coach Sheahan says. They take opportunities to visit multiple campuses and meet with several different head coaches.

"You need to be tight and professional. Sometimes the quality of your program gets evaluated by the way you recruit," he says.

Finding the balance

While Queen's football is always looking to recruit the best student-athletes, the coaching staff must also consider the team's needs in the coming seasons. They project which players they expect to graduate and which positions they will need to fill over the next couple of years.

The Gaels aim to bring in enough players every year to replenish the program, while at the same time avoiding a backlog of talent at individual positions that would result in new recruits sitting on the sidelines for several years. As a general rule, Queen's strives to recruit 15 blue chip prospects each year with an additional 15 to 20 players who may require extra time to develop in the system.

Coach Sheahan says Queen's avoids bringing in a high volume of players in hopes of finding a few who will actually play on the team.

"What happens to the 30 or 40 kids who have been recruited under the football dream and don't make the team? With every kid we get here, we want to have defined a career path for that young man as quickly as possible. He needs to know where he's headed, and we need to know where he's headed," he says. "If he can't play the position we thought he could play or he thought he could play, we need to find out quickly if he can play another position because we don't want to have a bunch of square pegs for round holes here. That doesn't create the desired chemistry and you won't advance as a program that way."

Family connections

Take a walk around campus during the spring and chances are you will spot Pat Sheahan leading a recruit and his family on a campus tour. He is very much part of the "long grind," as he characterizes recruiting, identifying and evaluating players and following up with countless phone calls and messages.

In recent years, he has employed those same relationship-building skills to bring members of his own family into the Queen's fold. It took a "little bit" of recruiting to convince his sons Ryan (2001-2004) and Devan (2006-2010) to commit to Queen's. Both have gone on to serve on their father's coaching staff at Queen's after their playing days.

Together, the Sheahan trio celebrated the Gaels' last Vanier Cup victory in 2009. With Pat and Ryan coaching on the sideline, Devan caught a key touchdown in the national championship game.

Looking back, it's easy to see that legendary Vanier Cup game as a singular event. However, a championship season takes years to orchestrate, as Coach Sheahan is fond of saying, with the arduous recruitment process providing the foundation for the eventual masterpiece.

Patience pays off

"Recruiting isn't a perfect science," Coach Pat Sheahan says. He remembers several players who didn't pan out after demonstrating tremendous potential in secondary school. And then there are those players he held out hope for, long after other members of his coaching staff had given up.

Case in point: two-time All-Canadian Mike Giffin.

Queen's recruited Giffin from Bayridge High School in Kingston. As Sheahan recalls, the running back was an outstanding player who needed to grow up.

"The way he operated, some of our coaches thought he wasn't going to amount to much," he says. "I knew Mike's high school coach at the time quite well, and he told me, 'don't give up on that guy. I've seen that when you touch the right buttons and he gets motivated, he can take over a ball game.'"

Queen's stuck with Giffin, and he eventually developed into a star player, a two-time 1,000-yard rusher and runner-up for the Hec Crighton trophy in 2008 as the most outstanding player in Canadian Interuniversity Sport football. Just as importantly, he demonstrated a willingness to do the little things that help teams win.

"When Mike started off, he would be in a protection meeting and you would catch him not paying attention. At the end, he was instructing other players about who they had to watch. You just saw this metamorphosis happen," Sheahan says. "I thought the Queen's experience was going to be life-altering for Mike, and it was. He grew up here at Queen's and in Queen's football and became a man. And the results are there: he went to play in the Canadian Football League and win two Grey Cups."

■ MK

Gridiron glory

In July, coach Pat Sheahan, with the Queen's Football Club, announced the newest inductees into the Queen's Football Hall of Fame. This year's class includes the 1978, 1983 and 1992 teams, plus the following builders and players:

Builders

Tom Hopkins
Dave Ross
Stuart Lang
Joseph Pal
Robert McFarlane
Don Bayne
Sandra and Kent Plumley
Vicki and Paul Hand
Alex Melvin
Keith "Skip" Eaman
Dan Pawliw
Merv Daub
Queen's Bands

Players

Guy Potvin (1966)
Rob Ball (1983)
Tony McDowell (1983)
James MacLean (2001)
Jon Landon (2002)
Corey Trudeau (2003)
Tom Denison (2003)
Matt Kirk (2004)

Gaels 2015 football schedule

Aug. 23 at Concordia (exhibition)

Aug. 30 vs. Carleton

Sept. 6 at Ottawa

Sept. 12 vs. Waterloo

Sept. 19 at Western

Sept. 26 at Toronto

Oct. 3 vs. Guelph

Oct. 17 at York

Oct. 24 vs. Laurier



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John Armitage and Queen's Rowing

When Larkin Davenport Huyer, Artsci'16, stepped up to the podium to claim her gold medal at the women's singles event at the 2014 Canadian University Rowing Championships, she couldn't wait to share the moment with one of her coaches.

The Caledon, Ont., native says Queen's Rowing head coach John Armitage, Sc'71, was the reason she chose to study at Queen's. "He started recruiting me in Grade 11," she says.

In the following years, Armitage became a fixture in Davenport Huyer's life, joining her on the Cataraqui River at 5:15 am for practice six days a week. "When you're up that early and the weather is bad, sometimes it's tough to stay motivated," she says. "John always knows the right thing to say to keep things in perspective."

Dave Carnegie, MSc'06, MBA'14, who rowed under Armitage from 2000 to 2006, says he's "naturally a great coach. He's very selfless with his time. He wants to help you grow, both on and off the water."

A rower since age 13, Armitage traded in his oars for a hockey stick in his freshman year at Queen's, which didn't have a rowing team at the time. He was cut at the start of his third year. "I never forgot how it felt like to be cut as a veteran," he says.

The lessons he learned more than 40 years ago – the importance of empathy, the need for clear communication – continue to inform his coaching style. "I work hard to be understanding and transparent," he says.

Armitage discovered rowing in his native Brockville and enjoyed a career that included a stint racing for Canada in 1975. His rowing days ended the following spring when he collapsed during testing and was diagnosed with chronic fatigue syndrome.

Fortunately, just as his rowing career was winding down, the sport was gathering momentum at Queen's and the university's nascent squad was looking for a coach. His 38-year volunteer tenure has included 13 Ontario University Athletics (OUA) titles and a national championship on the women's side, another seven titles on the men's side, and four Coach of the Year designations (one OUA and one Canadian).

Over the next year, Armitage will transition out of the head coach role but will remain as a leader with the program. He is determined to leave the program in the best possible hands.



QUEEN'S ATHLETICS & RECREATION

"We're striving to be the best-run program in North America," he says. Armitage knows the team will require a full-time head coach to achieve that goal.

To underwrite the position, an \$800,000 endowment fund is needed. Armitage has made a \$100,000 donation and friends of the program have brought the fund close to \$400,000. Now, Armitage is turning to the Queen's community.

He hopes alumni recognize the strong impact the sport of rowing has had on Queen's student-athletes and are inspired by the dedication and perseverance of those who've spent many mornings on the Cataraqui River.

To Carnegie, Armitage's dedication to the endowment fund is typical of what he's come to expect from his former coach. "John has always cared about the program's long-term health," he says. "He's exactly what rowing at Queen's has needed." ■

"We're striving to be the best-run [rowing] program in North America."



Stefanie Reid

Athlete

Two-time Paralympic medallist

Five-time world record-holder, long jump

*"Life is like riding a bicycle.
To keep your balance, you must keep moving."*

Albert Einstein

Whenever Paralympic long jumper Stefanie Reid (Artsci'06) does any public speaking, she always has one unlikely goal: to have people to forget about her. Her reasoning? So they can focus on themselves, instead. "I always want people to leave feeling inspired to follow their own dreams," she says warmly. "Everyone has their challenges: the only difference is that mine are really out there and obvious."

Her "obvious" challenge, of course, was losing her right foot in a boating accident as a teenager. Rather than dampening her drive or ambition, however, what first seemed like a setback has enabled Reid to achieve things she never would have imagined. A five-time world record holder, Reid won medals at both the 2008 and the 2012 Paralympic games, first in the 200m sprint and then in long jump. She is currently the reigning European long jump champion.

But until she arrived at Queen's as an undergraduate on a full scholarship in 2002, she wasn't even entirely convinced she could run at all.

While she had always excelled at sport, particularly rugby, and dreamed of a career as a professional athlete, her accident had proven to be a major setback. Three weeks into her first year, however, she found herself watching a track and field practice and wondered how she might stack up against those who were running. "I had always been fast on the rugby field," she recalls.

"I thought to myself, you are going to regret this if you don't try."

Equipped with a new sport prosthesis, she then put in a call to coach Wayne Bulak (Arts/PHE'67), who told her that if she was committed and willing to try hard, she could train with the team.

Reid admits that her first weeks on the track were humbling.

"I was used to being the best on the field," she laughs, "and suddenly I was right at the bottom of the barrel." But with encouragement from her peers and her coaches, she made steady progress, and by her fourth year, was able to travel with the team and register "decent results" against able-bodied runners.

Not long before graduation, Reid says she began "dabbling" in long jump and was eventually invited to an international event in the U.K.

"I went to that event and realized I could have a future in this."

While Reid, who is married to Canadian wheelchair racer Brent Lakatos, competed for Canada at the 2008 Paralympic games, she relocated to London, U.K. in 2010 to pursue specialized training opportunities. Reid, who holds a British passport (her parents are English and Scottish, respectively), then made the difficult decision ("I had to think about it for a year!") to don the Union Jack for the London's Paralympic games in 2012. "Nothing can compare with competing at a home Olympics," she says. "I really wanted to know what that was like."

It was a gamble that paid off. She recalls looking up at the crowd of 80,000 cheering her on at the games, thinking that almost 12 years earlier, immediately after her accident, she had been sitting in a hospital bed wondering if she would ever walk again.

Reid, who has since done modelling work for Debenhams, one of the U.K.'s largest retailers, taken on an internship in sports journalism with BBC Radio, and who still does her fair share of public speaking, has her sights firmly set on earning another medal at the 2016 Paralympic games. But no matter where her path takes her next, she says she will remain eternally grateful for her Queen's education. "It's probably been the biggest asset in my sporting career," she says. "It taught me how to problem-solve and make smart choices. And this is where it all started!"

stefreid.com

🐦 @RunJumpStefReid

■ Meredith Dault

CODY BURRIDGE



BERNARD CLARK

Cal Connor

Arts'62, Meds'66

*(Mostly) retired family physician, Kingston
Quarterback, Queen's Golden Gaels, 1958, 1960-1965
Inductee, Queen's Football Hall of Fame*

Cal Connor first played football for the Gaels in 1958, when he was in the first year of his undergraduate degree. He took the following year off from both school and sports, going back home to Hamilton, Ont., to work in a steel mill. After that year, he knew he wanted to come back to university, but he still didn't know what he wanted to do with his life. Back at Queen's in 1960, he continued on with his studies and rejoined the Gaels, making a name for himself on the football field.

He also met some key people who first sparked his interest in medicine and later helped him balance the workload of medical school and his sports commitments. Some were faculty, like the late Hal Dunlop, MD'43, and Jack Kerr, Meds'53, both team doctors for the Gaels. Of the latter, Connor says, "He had a lot to do with keeping me in the right direction," during his hectic med school days. Connor also got inspiration from other players a few years ahead of him, like David Skene, Arts'59, Meds'63 (who played both hockey and football at Queen's) and the late Terry Porter, MD'63, who also played football through his medical school days.

Connor continued to play football during his four years of medical school. "It was quite demanding," he says, "but somehow I was able to get all my ducks in a row." He led his team to three inter-

collegiate titles, became team co-captain in 1965, and won the Jenkins Trophy (awarded to a male athlete in honour of scholastic achievement and leadership as well as athletic prowess.) Back in the day before the five-year eligibility rule came into effect for university players, it wasn't unusual for players in law, business, or medical school to have six- or seven-year football careers.

After graduation, Connor walked away from football with mixed emotions. He loved the game, but he had found his calling as a doctor, and medicine became his sole passion. He interned at Hotel Dieu Hospital in Kingston and, in 1967, Dr. Cal Connor set up his general practice in the city's west end. For 48 years, he served the Kingston community as a family doctor. In recent years, his patients were the children and grandchildren of some of his original patients. And though he retired from his general practice this spring, Dr. Connor still makes house calls, of a sort. He is involved in patient care at a local long-term care facility.

■ AG

In the online Review, read more about the "Silver Sixties" era of Gaels football, in an excerpt from Gael Force by Merv Daub, Com'66, Professor Emeritus, Business (Gaels middle linebacker, 1962-65; co-captain, 1965; assistant coach, 1976-78 and 1991; and a member of the Queen's Football Hall of Fame.)

Measuring the way people move

The Human Mobility Research Laboratory (HMRL) is a state-of-the-art human performance testing ground. The physical space has 12-foot-high ceilings, 18 infra-red motion capture cameras, and tracking instruments in the floorboards.

“The whole objective of the lab is to measure the way people walk, the way people move,” says Dr. Kevin Deluzio, Professor and Head of the Department of Mechanical and Materials Engineering, who runs the HMRL. “We look at the biomechanics of daily living, of walking, jogging, climbing stairs, as well as high-performance actions exerted by athletes. We use the data and run it through sophisticated mathematical calculations to help us answer questions on how the joints are functioning and how to improve musculoskeletal health.”

Pictured here is Ross Miller, a former post-doctoral researcher at Queen's (who now teaches at the University of Maryland). Those white dots on his body are sensors – essentially, reflective white balls – that interact with the cameras. (These cameras are similar to those used by the entertainment industry for gaming technology and movie production.)

By tracking the targets on each limb, HMRL researchers can create a 3D musculoskeletal model that they then use to measure the biomechanics of human mobility. The instruments in the flooring help them capture data on the loading between Miller's body and the ground as he moves.

A focus on the knee

Deluzio focuses much of his research on osteoarthritis in the knee, and he's particularly interested in deterioration rates – why the disease progresses in some and not others. “It used to be believed that osteoarthritis is just an inevitable part of aging. We now know that isn't true. There is biomechanical rationale for why it affects some people more than others. We're interested in the joint mechanics and finding ways to alter those mechanics to slow the progression of disease.”

In athletes, Deluzio is concerned with how knee injuries at a young age can affect the progression of osteoarthritis later in life. “Athletes want to know if they can get back on the court or onto the field, but we want to understand how these injuries affect them later – and how we can prevent the onset of disease.”

Deluzio's team is looking at the effectiveness of knee braces – can they help slow the disease down and delay non-surgical treatment of the knee? “The knee brace activates different muscles and produces an unloading effect – but it doesn't work for everybody. We want to find ways to make it work a little better and determine how much better knee stability helps stave off osteoarthritis.”

A collaborative effort

The HMRL, which is an offshoot of the university's Human Mobility Research Centre, is located in Hotel Dieu Hospital in Kingston. This allows Queen's clinicians, engineers and scientists to work directly on research with orthopedic surgeons.

“The demands on the health-care system in terms of musculoskeletal health are growing, especially with aging baby boomers,” says Deluzio. “There is also a much higher demand to maintain an active life among aging populations. Knee replacements are not the answer for everyone – there is a need for non-surgical treatments. The research we are doing will inform doctors' diagnoses and treatments.”

In the online Review, get a look inside the Human Mobility Research Lab.

■ **Wanda Praamsma**



Getting revved up

Ed Leeman places his hands side-by-side on a piece of exercise equipment and hauls himself carefully up to standing. Moving slowly but with palpable determination, he then lowers himself back into his chair and begins again. It is a movement Mr. Leeman diligently repeats 49 more times over the course of his hour-and-a-quarter-long workout, never once complaining about the effort.

After all, a year ago he couldn't walk. Leeman, who has progressive supranuclear palsy, or PSP, a degenerative disease involving the gradual deterioration of the brain and affecting movement and speech, had been hospitalized due to complications from diabetes and found himself bedridden. "I was truly handicapped," he recalls. "I had to learn to walk again."

That's when Leeman, who now gets around with help from a walker, was referred to the Revved Up program at Queen's for his rehabilitation. An adapted exercise program for people with mobility impairment and developmental disabilities, Revved Up participants meet twice weekly to run through workouts that have been specially tailored by in-house personal trainers to meet their individual needs. The program, which is run out of the School of Kinesiology and Health

Studies (SKHS) as well as at a nearby rehabilitation hospital, pairs more than 100 participants, who pay a nominal monthly fee, with the same number of student volunteer trainers who support, guide and motivate as required. The program also provides placement opportunities for upper-year undergraduate students participating in academic "mini-streams" in subjects like aging and disability as part of their degree programs.

"As far as I know, we are the only adapted exercise program in the Kingston area," says program coordinator Madelaine Meehan, HLTH'13, who first started with Revved Up as a program

volunteer in 2009. Modelled after a program at McMaster University and directed by SKHS professor Amy Latimer-Cheung, the Revved Up program, which opened its doors in 2008, operates out of a small, bright gym equipped with adapted workout equipment – from recumbent bicycles designed to easily accommodate wheelchairs to weight machines furnished with straps and cuffs, making them simpler to use.

But Meehan says that for many Revved Up participants, the social aspect of the program is as important as the exercise. "It's a chance for them to meet people in similar circumstances," she says, explaining that social isolation can be an issue for many people living with disabilities. "Many of our volunteers and participants develop real friendships."

Participant Andrea Andrecyk has used a wheelchair since developing a neurological condition called transverse myelitis as a child, and has competed internationally in both adapted downhill and water skiing. "Revved Up provides great instruction," she says. "The trainers are really knowledgeable, and they keep you on track." But as much as she enjoys the encouraging atmosphere, she says she also enjoys spending time with like-minded people after her workout is over – in fact, it's how she met her partner of three years. "They call ours the Revved Up romance," she laughs.

For Leeman, the program has been just as life changing. "If I hadn't come to Revved Up, I would be an invalid now," he says matter-of-factly. "When I started in the program, I had to stay in a chair to do my exercises. Now I am an independent person and can carry my own weights."

Most significantly, he says that his physical progress has amazed his doctors and that his medical condition does not seem to be worsening. "I don't know how much more I can improve, but I plan to keep working at it every week."

For more information about Revved Up, visit queensu.ca/skhs/research/research-areas/health-promotion/revved-up

■ Meredith Dault

*"If I hadn't
come [here],
I would be an
invalid by now."*



Ed Leeman works out at the Revved Up gym with Laura Scott, KIN'15, the gym's supervisor.



IAN MACALPINE

Liz Boag

Colour Awards

Each season, Queen's University Athletics & Recreation honours its top student-athletes at Colour Awards banquets. "Colour Night" started in 1936. These days, there are two awards events: one for varsity teams, and one for varsity clubs. Queen's staff who help student-athletes are also recognized. The Varsity Support Service Awards honour staff in athletic therapy, athlete services, home events, and strength and conditioning. Learn about this year's award recipients online at gogaelsgo.com.

The PHE'55 Alumnae Award was created in 1964 by PHE'55 alumnae and is awarded annually to recognize a female varsity team athlete who has "brought the most honour to Queen's University by her athletic and scholastic ability." The first recipient of the award, in 1964, was **Katherine "Cookie" Cartwright**, Arts'62, Law'65. This year's recipient was basketball player **Liz Boag**, Artsci'15. A captain for the past three years, she was also a CIS academic All-Canadian twice and led all scorers at the 2013-14 CIS Championship in points per game. Rugby player **Jacob Rumball**, Artsci'15, received the Jenkins Trophy as the top male senior student-athlete. He is a two-time OUA All-Star, OUA MVP in 2014 and team captain for the last two seasons. The very first recipient of the Jenkins Trophy was **Robert Seright**, BSc'31, in 1931.



BERNARD CLARK

Memories of the game

The football from the Gaels' Vanier Cup-winning game in 2009 is on display in the administrative offices of the Athletics & Recreation Centre. To see more sports memorabilia from years past, see the online *Review*.



UNIVERSITY COMMUNICATIONS

Summer fun

Throughout the summer, Queen's campus is filled with the sounds of kids being active and having fun. Above, kids work on their soccer skills at a Q-Camp. Q-Camps teach sports skills while encouraging teamwork, cooperation and fair play.

Making waves

An innovative program at Queen's is changing the way that children with special needs learn to swim. *Making Waves Kingston* is a not-for-profit student-led initiative that provides affordable and accessible recreational swimming lessons for kids who need them. "Because of their disabilities, many of these kids need the one-on-one environment," says **Ben Frid** (Meds'15), who started the Kingston chapter of the national organization early on in his medical degree. "The problem is that private swimming lessons are usually expensive." By using up to 100 student volunteers as instructors, Dr. Frid explains that the *Making Waves* program can offer an academic year's worth of lessons for a mere \$25. "Some of the participants need help from a safety perspective, particularly if they have a cottage or a pool," says Dr. Frid, explaining that children with disabilities are 10 times more likely to succumb to drowning-related injuries than their able-bodied peers. "Some are trying to pass a swimming level, and others are just there for the social aspect. They bond with their instructors and they bond with the other kids. There is always a lot of fun commotion going on." makingwaveskingston.org



MAKING WAVES KINGSTON



SUPPLIED PHOTO

The Queen's sailing club boasts new racing sails, thanks to alumni.

Sailing away

With Lake Ontario steps away from campus, Queen's attracts a number of talented sailors. The Queen's varsity sailing club is one of the few Canadian members in the Inter-Collegiate Sailing Association. The club's members race in more than 25 regattas in the competitive Middle Atlantic district. Queen's also participates in the Canadian Intercollegiate Sailing Association and is a leading force in this division. A number of Queen's sailors have gone on to the Olympic Games.

Two of those Olympians, **Oskar Johansson**, Artsci'02, Sc'02, and **Bernard Luttmer**, Sc'03, are partners, with fellow sailor **A.J. Keilty**, Com'03, in a local real estate development enterprise. Last fall, the trio, who are building University Suites, a new condominium complex in Kingston, donated 20 sets of racing sails for Queen's sailing club. "We used to take old sails out of the garbage of U.S. schools back in the day because supplies were tight," says Luttmer. "Queen's and the sport of sailing have provided all of us with a lot of opportunity, and we want to give back." Learn more about Queen's Sailing at queenssailing.ca.

An advertisement for Queen's Q-Shop. It features a dark red background with a large yellow 'Q' logo. Text includes "GEAR UP AT THE Q-SHOP", "FREE SHIPPING IN CANADA!", "Use discount code: ALUMNI", and "Order online anytime at qshop.ca". Three clothing items are displayed: a dark blue t-shirt with "QUEEN'S EST. 1828", a dark blue jacket with yellow stripes, and a yellow t-shirt with "GAELS ALUM".

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The Gymnasium, Queen's University, Kingston, Ontario, Canada. 27.

QUEEN'S UNIVERSITY ARCHIVES

A new home for athletics In 1931, Queen's new gymnasium (now the Physical Education Centre) opened on University Avenue. The 1931 Tricolor yearbook said, "We can hold up our heads and boast of one of the finest gymnasiums in the Dominion. The undergraduates will reap the benefits and it behooves them to carry on and bring more athletic honours to Queen's. Swimming and diving and water-polo facilities are now open for the Queen's natorial artists and soon the graduates should hear that Queen's is once more carrying off championships in this new athletic field... It is among these surroundings in the future that the social and athletic side of the University will be developed." The old gymnasium (renamed Jackson Hall in the 1970s) then became the home of hydraulics research. It now houses part of the Department of Mechanical and Materials Engineering. Read more about the early days of the PEC in the online Review.

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

Up to 1959

Honours

Gerry Eede, Sc'59, was named professor emeritus by the Lambton College of Applied Arts and Technology in Sarnia, Ont. Professor Eede was honoured at a gala in January for his dedication to his students and his community service. He joined Lambton College in 1967, shortly after it opened, and developed its electronics technology program.

Bill Goodings, Sc'51, has been awarded the 2015 Ontario Professional Engineering Medal for Citizenship. Presented jointly by Professional Engineers Ontario (PEO) and the Ontario Society of Professional Engineers, the award recognizes members who have made exceptional contributions to public service. Bill will receive his award at a gala in November.

Deaths

William Andrew Armstrong, BA'54, MA'55, died at home in Ottawa on March 11. He is survived by his wife, June (Taylor), Arts'56, son Steven, Artsci'83, brothers James, Sc'58, and John, Arts'64, MBA'66, and nephew Kenneth Armstrong, MSc'96. Bill was predeceased by his parents, Elizabeth (Murdie), BA'30, and Malcolm Armstrong, BA'29. After obtaining his master's degree in chemistry from Queen's, Bill moved to Ottawa, where he enjoyed a long and distinguished career with the Department of Defence. He enjoyed the outdoors, photography, playing the piano, and volunteering for groups that visited retirement homes in the Ottawa area.



Rosemary Jane "Bobbie" Bartlett, BA'52, died in London, Ont., on Dec. 5, 2014. Rosemary was the only daughter of

Fred Lamble Bartlett (after whom the Bartlett Gymnasium is named) and Emily Rose (Whittington) Bartlett. She is survived by her nephew Michael, BSc'79, and his wife Doreen (Vandenbroek), PT'79, her nephew Peter, and her sister-in-law Betty.

Rosemary was president of the Alma Mater Society in 1951-52, the second "co-ed" president in AMS history. She was also a member of the varsity swim team. She was inducted into the Tricolour Society in 1952 and subsequently served in various roles in the Queen's Alumni Association. Following graduation, Rosemary worked for the Physical Education department of the Toronto Board of Education. She relocated to share her passion for elementary-level Phys. Ed. with student teachers at the London Teacher's College. She returned to Toronto in 1975 with her beloved aid, "Mr. Whistle," to teach a new generation at Toronto's Bedford Park Public School. She retired in 1986 and returned to London. She became the proud owner of the 85-year-old family cottage that her father built on Muldrew Lake in Muskoka, where she enjoyed crafts, swimming, canoeing, and particularly time on the deck with family and friends. She was a mentor to many, including first-time swimmers and paddlers, knitting and craft enthusiasts, medical school interviewees, and volunteer teams providing support to the disadvantaged. She brought humour, enthusiasm, intelligence, practicality, goodwill and grace to every gathering.

Jean Carolyn "Carly" (Hazlett) Cameron, BA'50, died at home in Peterborough, Ont. on March 6. Predeceased by her husband of 57 years, Ronald, Carly is greatly missed by her children Douglas, Richard, David and Brian, and their families. Carly was the daughter of two other Queen's grads: Flora (Fair), BA 1916 and John Hazlett, BA 1915, MD 1919. At Queen's, Carly studied mathematics and psychology and was active on the executive of both Levana and of the class of Arts'50. She was also a member of the Queen's Glee Club and was captain of the women's basketball team in 1948. Carly continued her involvement with Queen's post-graduation, becoming president of the Alumnae Association in 1968. Carly was very active in her community, working with Telecare, Meals on Wheels, the local Senior Lunch Club and a Baptist women's group. She also played in several bridge clubs over the years.



Lawson Bruce Cronk, Meds'47 (MD'46), died Jan. 24 in Belleville, Ont., in his 92nd year. He was predeceased by his parents,

Lillian and George Sampson Cronk, MD 1919, and by his sister Harriet Simmons, BA'41. Bruce is survived by his wife, Sylvia; children Anne Free-land, Ed'71 (Bob, Artsci'74), Robert, Artsci'76, and Sam, Mus'80; eight grandchildren and three great-grandchildren. During the Second World War, Bruce served in the Royal Canadian Army Medical Corps, later becoming a reservist with the Royal Canadian Navy. At Queen's, he was president of the Queen's Aesculapian Society, a member of the AMS executive and permanent president of the class of Meds'47. He also played three seasons with the Golden Gaels football team. He was inducted into the Tricolour Society in 1946. He graduated that year, with the accelerated wartime class of Meds'47, with the gold medal in surgery. From 1947 to 1949, he conducted, on behalf of the Defence Research Board, research in the Eastern Arctic as a member, then leader of the Queen's University Arctic Expeditions. Bruce continued his training at KGH and at Johns Hopkins in Baltimore. He returned to Belleville in 1951 to practise internal medicine in collaboration with his surgeon father. At Belleville General Hospital, he became chief of medicine and president of the medical staff. He was also a consulting physician and surgeon to hospitals in the surrounding communities. He taught at Queen's from 1953 until his retirement in 1988. A pioneer of cardiovascular and pulmonary surgery in Belleville and Kingston areas, Bruce viewed medicine as a calling and firmly believed it could be delivered on no lesser terms. He also believed deeply in community service and was honoured by a number of organizations for his humanitarian and volunteer work. In 2013, Queen's established the Dr. Bruce Cronk Distinguished Lecture Series in his honour.



After a wonderful life, at the age of 88, **Mary Frances "Marilynne" (Charters) Fuller**, BA'47, died Dec. 5, 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 (Jennifer Ghent Fuller, 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, Lisanne, 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.

The original notice, in issue 2-2015, omitted some family information. We apologize for this error.

Edwin Sylvester Janack, MD'51, died Nov. 5, 2014 at home in Stoney Creek, Ont. in his 91st year. He is survived by Margaret, his wife of 63 years, their children and grandchildren. Edwin served in the RCAF and received his commission as a pilot officer in 1945. He served the Stoney Creek community as a family physician for 40 years. He was honoured as the Stoney Creek community's citizen of the year in 2005. He also received the Queen's Diamond Jubilee Medal. Edwin was a proud member of Branch 622 Royal Canadian Legion. To honour Ed's memory, please be kind to one another.

Richard Edward Jones, BA'49, MA'53, MSc'84 (PhD, U of T) died Sept. 2, 2014 in Kingston with his

family at his side. Richard is survived by his wife, Norma Struzzo-Jones, three children, 11 grandchildren and many great-grandchildren. He was predeceased by his wife Mary Milsap and daughter Catherine Jackson. Richard instilled knowledge, integrity and independence in his children and grandchildren. He grew up in Coventry and endured the Blitz as a first aid attendant. He learned to fly with the RAF in California and, in 1944, established the Number One Instrument Flying School at Deseronto, Ont., specializing in instrument flying and astronavigation. He was registrar at the Royal Military College, from 1963 to 1981, and returned to academic life at RMC from 1981 to 1987 as a professor of geography and oceanography. As a geologist, he had a love for mapping in the Canadian bush and the camaraderie of mining. He had a voracious appetite for knowledge and a great ability to share it. He appreciated the arts, especially classical music and opera.

Frank Judge, a longtime friend of Queen's, died Feb. 6. Frank was predeceased by his wife, Bonnie (McCloskey), BA'45, in 2004. He is survived by their children Michael, Artsci'76, Artsci'78, Martha, Artsci'84, Anne, Maureen, Barbara, Frank Jr., Ted and Peter; by his second wife, Marilyn, and her son Noel, and many grandchildren and great-grandchildren. Frank was a great supporter of the Ban Righ Centre at Queen's. Bonnie had been a driving force in the creation of the Ban Righ Foundation, in 1974. After her death, Frank established the Bonnie Judge Memorial Bursaries to provide financial support to women enrolled in any undergraduate program at Queen's, who had been away from formal study for three or more years.



Gordon Albert Judge, MD'50, died Feb. 2 at home in Toronto, aged 88. He is survived by Patricia, his wife of 41 years.

Gordon was a proud part of a multi-generation Queen's family. The son of Albert Edward Judge, BA'15, BA'31, and

nephew of Clifford Lounsbury, BA'31, MA'32, he was the father of four Queen's grads: Brian, BA'75 (deceased 2005); David, Sc'77, MSc'79; Tim, BSc'79 (deceased 1993); and Peggy, Sc'83; and grandfather of two Queen's grads: Becky Van Iersel, Artsci'01, Meds'05; and Colin Judge, Sc'06, MSc'09. Gordon is also survived by six other grandchildren (Chris, Dan, Ryan and Aurora Judge, and Kate and Ian Theysmeyer), and seven great-grandchildren. Gordon interned at Regina Grey Nuns' Hospital and practised for a year in Dodsland, Sask., before returning to his hometown of Burford, Ont., with his first wife, Margaret Brown, BA'47 (deceased 1994). He was a compassionate and respected family practitioner in Burford until 1967, when he closed his practice and began a successful career in hospital administration. He held progressively senior positions at Brantford General Hospital, Toronto Western Hospital, and then St. Joseph's Hospital in Hamilton, where he became executive director and CEO. He served on the Brant County Medical Association executive, the council and board of directors of the OMA, among others. He was a scoutmaster and scouting district commissioner, interested in hiking, camping, canoeing, cottaging, beekeeping and photography (oh, the boxes of slides to go through!). He will be fondly remembered for his mild manner, wry sense of humour, meticulous and well-equipped woodworking shop where he created several canvas-covered cedar strip canoes, among many other items, and, for those who ever visited his home in Burford, the elaborate model railroad room in the basement, with command central and the train that went through the spiral tunnel in the Plaster of Paris mountain which disguised the home's drainage stack. A Queen's man to the end, Gordon was cremated along with the Queen's blanket given to him by his son, Dave.

George F.A. ("Bud") Kipkie, MD'39, Professor Emeritus (Pathology) died March 12 in Mississauga, Ont., in his 100th year. He is survived by his two children, Bill, Sc'66, PhD'70 (Janet, Arts'67) and Heather, Artsci'75, (John Bailey), grandsons Craig (Anne) and

Scott, Artsci/PHE'98 (Kristin), and five great-grandchildren. Bud was predeceased by his wife, Mac, in 2005 after 62 years of marriage. In the 1940s, he worked as the assistant pathologist and later director of laboratories at the Grey Nuns Hospital and Regina General Hospital in Saskatchewan. He continued his studies, graduating from McGill with an MSc in 1948, followed by post-graduate work at Duke University. In 1950, he became the director of laboratories at KGH and an associate professor of pathology at Queen's. He retired in 1982 and was made an honorary member of the medical staff at KGH. For a number of years, he was a consultant pathologist in the Kingston region. He served as president of the Ontario Association of Pathologists and later the Canadian Association of Pathologists. At the Ontario Cancer Treatment and Research Foundation, he served as chairman of consultant pathologists and on the advisory medical board. At Queen's, he was a member of the Senate, chairman of admissions to the School of Medicine (1964-1975), chairman of the committee for "seed-funds for research," and a member of other committees. In recognition of his many achievements, Bud was awarded the Queen's Jubilee Medal in 1978. Bud was a keen cribbage player, particularly in his later years, and won his last game on March 11. After more than 200 games played, he won the family cribbage championship in 2014. He was an avid golfer. Classical music, travel and reading were also important throughout his life. In his own words, "It was a great ride."



William David Alexander McCuaig, BA'52, died Sept. 4, 2014 at home in Toronto. Alec was predeceased, in 2001, by Carolyn (Jenkins), BA'54, his wife of 48 years. He is survived by his children, Katie, Donald, and Christina, six grandchildren, and one great-grandchild. At Queen's, Alec met Carolyn, the love of his life, on a blind date in Douglas Library. After graduation, Alec guided his ca-

reer from school inspector to teacher to civil servant with the Ontario Ministry of Education. Carolyn accompanied him through the rest of life's circle with family, friends, spirituality and love while following her own career as a teacher. Both were active members of the United Church. Alec kept strong ties with virtually everyone from his past – classmates, colleagues, even his first girlfriend. No one was immune to his friendship. He had a charming way about him and wanted to maintain relationships with those he admired. He was a life-long learner, a curious listener and an avid debater. Alec always lovingly encouraged and supported his children and grandchildren in pursuing their own dreams and educational goals. He also regularly supported Queen's throughout his lifetime and generously included a charitable bequest to the university in his will. His legacy gift was dedicated to Carolyn.

Umeo Nakano, BSc'59, died Oct. 2, 2014 in Hamilton, Ont. He is survived by his wife Juneko, his daughter Ethel, Sc'87, and his son Bob, Law'94. Umeo, who studied chemical engineering at Queen's, always had fond memories of his student days with Marv Petry, Bruce Amm, Toby O'Brien, Bill Mitchell, Ron Delisle and others.

Dorothy Maud (Hearne) Oille BA'33, died in Port Perry, Ont. on Sept. 1, 2014 at the age of 103. Until she was 98, she lived on her own. A fall precipitated the need for care. She is survived by her three daughters, Diane, Jane and Helen. Most of her married life was spent in northern Quebec where her husband, Vernon A. Oille, BSc'35, was a mining engineer with Noranda Mines. Dorothy was predeceased by her sister Marie, BA'30, MA'31.

W. Clifford Powell, MD'37, died Nov. 8, 2014, in Hamilton, Ont. Predeceased by his wife, Irene (1990), by an infant daughter (1942) and by grandson Kenneth (2011), Clifford is survived by his sons Donald, MDiv'64 (Enid), Gordon (Elizabeth), Douglas, MDiv'73 (Evelyn), and Malcolm (Jane); nine grandchildren and 13 great-grandchildren. Clifford was a family doctor and local hospital

administrator for five years in Smokey Lake, Alta., before moving to Hagersville, Ont., where he practised family medicine for 55 years. He was dedicated to the practice of medicine, his patients, continuing education, social causes and people in need. Clifford was proud of his career as a family doctor as well as his extensive involvement with the Hagersville area community.

James Lawrence Stepan, BSc'55, died Aug. 8, 2014 at home in Derby, Conn. Predeceased by his brother, Joseph, BSc'56, James is survived by his wife, Thelma, four children and their families. He was an electrical engineer for ITT until his retirement in 1986. James loved the outdoors and was an avid skier, gardener and camper. He and his family enjoyed camping; they visited every state of the U.S. and every province in Canada.

John Urie, BCom'41, died Feb. 25, aged 95. Jack came to Queen's, following a family tradition started by his father, George Urie, MD 1913 and uncle Percy Urie, MD 1919. After graduation, Jack enlisted in the Cameron Highlanders and was shipped overseas. He landed in Normandy on June 8, 1944 (D-Day plus two). The following day, he was hit by shrapnel and broke his leg when his motorcycle drove over a mine near Caen. For his D-Day service, he was awarded France's Legion of Honour less than a month before his death. Jack was proud of his regiment and served for a time as Honorary Colonel of the Camerons. While back home recuperating in hospital, Jack met Dorothy James, a friend of his brother, Norman, Meds'51. The couple married in 1946, then moved to Toronto, where Jack studied law at Osgoode Hall. He was a founding partner of the Ottawa law firm Burke-Robertson, Urie, Butler & Chadwick. Jack had a distinguished legal career with many of his cases making national headlines. He was an assistant counsel to the inquiry into the Gerda Munsinger affair, a 1966 sex scandal involving a federal cabinet minister and Munsinger, an East German spy. Three years later, Jack was on the legal team for St.

Louis Blues rookie Wayne Maki, who was charged with assault after a fight with Boston enforcer Ted Green left the Bruin with a shattered skull. Maki was acquitted when the court agreed that the attack was an involuntary reaction to Green's provocation. The case is considered a landmark in the field of sports law. Jack, a lifelong sports fan, travelled to Russia with the Canadian delegation for the 1972 Summit Series. In 1979 he authored the federal *Canadian Hockey Review*, which examined hockey violence and the decline in skills that had eroded Canada's standing as the number one hockey nation. In 1973, he was appointed a federal court judge, a position that took him and Dorothy around the country. He remained on the court as a supernumerary, retiring only in 2005. Dorothy died just three days before Jack, on Feb. 22. They are survived by their children Jan, Alison and David. The couple's life together was celebrated at a memorial service that included a Cameron Highlanders piper and honour guard.

Anna Margaret (Kleinsteuber) Wheal, BA'43, died March 6, 2014, aged 93. Predeceased by her husband, John, BSc'42, in 2002, Anna is survived by her sons Chris, Arts'72 (Lynn), and Tom (Susan), and her daughter Marianne Stewart, NSc'74, seven grandchildren and three great-grandchildren. After studying English and history at Queen's, Anna became a high school teacher. She was committed to volunteer activities, from providing housing for teenage girls and fostering group home development to promoting early childhood development and translating books to Braille. Following John's retirement from Shell, John and Anna dedicated their volunteer efforts to the Canadian National Institute for the Blind in the Belleville, Ont., area.

David Thomas Wilson, BSc'59, MIR'60, died Feb. 1 in State College, Penn. He is survived by his wife, Joan, and three children. Dave studied mechanical engineering and then industrial relations at Queen's, then received both his MBA and PhD from the University of Western Ontario. In



1968, he began his career as a marketing professor at Penn State University. He taught there for 35 years, serving as chair of the marketing department and co-founder of the Institute for the Study of Business Markets. He was the academic director of the MBA program and the Alvin J. Clemens Professor of Entrepreneurial Studies until his retirement in 2001. A member of the Gaels football team as a student (1955-59), Dave had a lifelong passion for sports, especially hockey, as a player and coach. He was also an accomplished watercolourist. Dave was very proud of his Queen's tam, which he wore every winter.

1960S

Honours

Jack Aldridge, Arts'65, was inducted into the Kingston and District Sports Hall of Fame earlier this year. Jack, who is retired from his work as a high school teacher, coached football, basketball, rugby, soccer and track at local high schools. He also established, in 1992, the North Kingston Basketball Camp, an affordable summer camp for local kids. He also taught kids about leadership and community service, both in the classroom and on the playing field. His motto is "You can't be thinking about yourself when you're thinking of others." Frontenac Secondary School, where Jack taught for 27 years, established the Jack Aldridge Leadership Award to recognize students who best represented Jack's model of leadership and community involvement. Jack says that his latest recognition from the sports hall of fame was made all the more special because he was nominated by his daughter, who collected letters of support from some of the many people he had coached as teenagers over the years.

In March, **Ginny (Dobson) Shrivastava**, Arts'64, received a *Stree Shakti Puraskar* (Women Power Award) from His Excellency Shri Pranab

Mukherjee, President of India. Ginny, who is based in Udaipur, Rajasthan, has been living and working in India since 1970. She is the founder of Astha, an NGO that works with Indigenous women to build their leadership skills. Ginny accepted the award on behalf of the many women in India who are working together towards justice, equality, peace and reconciliation.



Notes

Thane Waldie, Sc'60, was honoured for his outstanding career as a geoscientist, becoming an honorary fellow of Geoscientists Canada in 2013. This follows Thane's earlier fellowship from Engineers Canada, in recognition of his exceptional contributions to the engineering profession in Canada. Retired from the engineering profession, but always a Queen's engineer at heart, Thane looks forward to seeing classmates and friends at this year's Homecoming. He'll be coming back to Kingston from his home in Victoria, B.C.



Barry Wellar, Arts'64, Arts'65, has been appointed to the board of directors (and named to the executive committee) of the 80+ Hockey

Hall of Fame/Temple de la Renommée du Hockey 80+ in Ottawa. Barry, an emeritus professor of geography at the University of Ottawa, plays hockey with two 60-plus teams, the Elder Skatesman and the Silver Streaks. Barry returns to the ice in mid-October after six months of recovery from rotator cuff and bone spur surgery. He can be reached at wellarb@uottawa.ca.

Deaths

Raymond Barsanti, BA/BPHE'65, died Oct. 8, 2013. He is survived by his wife of 49 years, Jane Scott Barsanti, children Kim, Paul, Artsci'91, and Todd (Kara Thompson) and grandchildren Kate, Luke, Atticus and Declyn. At Queen's, Raymond played basketball, coached by Frank Tindall. Raymond was a teacher and vice-principal at St. Mary's College in Sault Ste. Marie, Ont. He was also a championship basketball coach and a member of the Soo's high school coaching hall of fame. He was the first-ever men's basketball coach at Algoma University and was an avid golfer and member of Humber Seniors Curling Club at St. George's in Etobicoke.

Michael Coulter, BSc'66, died May 15 in Mississauga, Ont. He is survived by his wife, Judith, son Marc (Tanya), two grandchildren, and extended family. Mike was the managing director of Cemcorp Ltd., an engineering company based in Mississauga but with clients around the world. A life-long learner, Mike, after studying mechanical engineering at Queen's, went on to study, among other subjects, behavioural psychology at the University of Michigan and commercial law at York University. In his efforts to keep the members of Sc'66 connected, he was untiring and generous. He was a true team player and a great booster for Queen's. His family, friends and colleagues miss his passion for life, thirst for knowledge and incredible loyalty.

James Dowling, MD'68, died at home in Mandeville, La., on May 6, surrounded by his family. He is survived by his wife, Ann Dowling, four children, four grandchildren, and extended family. Raised in Ohio, Jim did his undergraduate work at John Carroll University, then came to Queen's for his MD, following in the path of his father, James Reginald Dowling, MD 1929. Jim moved to New Orleans in 1968 and completed his surgical residency through Tulane Medical School and its affiliated program at Charity Hospital, where he was appointed chief resident in surgery. He also had a successful private general surgery practice. He was a

fellow of the American College of Surgeons, a member of the Southern Surgical Society, a founding member of the Tulane Surgical Society and a charter member of the American Society of General Surgery. He served as chairman of the Department of Surgery at both Southern Baptist Hospital and St. Jude Medical Center, president of the New Orleans Surgical Society and president and executive director of the Tulane Surgical Society.

The Venerable **Robert H. Leckey**, BA'63, (BTh'66, Wycliffe College) died peacefully March 10 in Hamilton, Ont., after living with cancer for many years. He is mourned by his wife of 48 years, Catherine (Nesbitt), Arts'63; sister Judith (Leckey) Mills, Arts'62, MA'65, and her partner, Douglas Peters, Com'63; children Amelia, Artsci'95, and Robert, Artsci'97; sons-in-law Mark Bailey and José Navas; and grandchildren Corbin, Parker and Paige Bailey. Bob had retired in 2006 after 40 years of ordained ministry in the Anglican Dioceses of Toronto and of Niagara.

Anne Pauline (Fletcher) Leech, BA'64, died March 31 at home in Ottawa. She is survived by her loving husband (and high school sweetheart) John, son David, Artsci'94, Artsci'98 (Karen), daughter Susan, Artsci'94 (Jeff), and seven grandchildren, and by her brother-in-law Jim Leech, MBA'73. Anne is mourned by many friends and relations around the world, especially in her church community at St. Helen's Anglican Church. Anne was one of only two women in her Queen's honours chemistry year. Determined and competitive, Anne was a woman of her era, independent yet compassionate, with strong spiritual convictions as well as the certainty that only questioning could reveal the truth. Her charm and smile warmed many throughout her life.

Alexander Mark, MD'63, of St. Louis, Mo., died Feb. 2, 2014. He is survived by his wife, Sandra, daughters Jennifer and Aimee, and extended family. He was an associate professor of medicine at Saint Louis University School of Medicine and former chief of cardiac catheterization laboratory at

John Cochran Veterans Affairs Medical Center. He was well known for his excellent diagnostic skills, breadth of medical knowledge and gentle bedside manner. Alexander completed his training in internal medicine at the Mayo Clinic, in Rochester, Minn., then returned to Queen's for a cardiology research fellowship. Given his expertise in cardiac catheterization and clinical skills, he was offered a position at Saint Louis University School of Medicine. During this time, he performed research, contributing to landmark studies that influence current medical practice and educated numerous students, residents, and cardiology fellows. In 1980, he began his service to veterans in 1980 at John Cochran and later served as chief of the Cardiac Catheterization Laboratory. He continued his teaching of medical professionals, and in 1996, he earned the distinction of teacher of the year. This was always a great source of joy for him to be so honoured for doing something he loved so much. He was one of the veterans' greatest advocates and supporters. Dedicated to lifetime learning, he took a sabbatical to become board certified in nuclear medicine. He retired from the VA in 2004, but was later asked to serve veterans for a few more years, retiring again in 2009.

John Maycock, BA'54, died Jan. 31, in St. Thomas, Ont. He was predeceased by his wife, Marline (Boudreau), BA'65. John spent most of his career as a public school superintendent with the London Board of Education. A devoted social democratic, he was a tireless supporter of the CCF and NDP for seven decades. John's personal life included involvement as a member of the Delta Collegiate (Hamilton) and Queen's University alumni associations. He and Marline shared a lifelong passion for amateur theatre and the arts. John was also an avid reader and world traveller.

1970s

Honours

In May, **Tom Cromwell**, Mus'73, Law'76, LLD'10 (BCL, Oxford),

received the degree of *Docteur en droit (honoris causa)* from the Université de Moncton. The Honourable Mr. Justice Cromwell also has LL.Ds from Dalhousie and the Law Society of Upper Canada. While in Moncton, he gave the opening address, titled "Access to Justice," at the 31st annual Symposium of the Council of Canadian Administrative Tribunals.



Kathy Scales, Artsci'78 (Geology) was awarded an honorary membership by the Canadian Society of Petroleum Geologists in

recognition of her distinguished service to the society during her career. As well as serving on a variety of committees for the society over the years, including the technical luncheon and public affairs committees, Kathy served a three-year term on the executive, serving as the president in 1999. Kathy retired from PetroCanada/Suncor in 2012. She and Wishart have recently moved to the Nanoose area of Vancouver Island to enjoy their retirement in a greener climate. Kathy can be reached at rockgirl216@gmail.com.

Family News

On March 15, **Michael J. Bruni**, Q.C., Sc'74, presented his youngest son, Cassidy, Sc'15, with his iron ring at Grant Hall. Cassidy, a chemical engineering grad, is the fifth member of the family to have an iron ring. His siblings are all RMC engineering grads. Two of Michael's children are also lawyers, one of whom practises with the family law firm with mother Janice M. Bruni, Q.C.

Notes

Peter Blair, Meds'75, retired from general surgery in December 2014.

David Murray, MBA'78, recently returned from a trip with Habitat for Humanity to Indonesia, where he helped build two houses and then present them to their new homeowners. It was a very emotional experience, reports David. He has

parted company with KPMG and is now consulting with PwC. David says that he still plans to semi-retire in 2015 in order to spend more time travelling, fishing and diving.

Randy Riggs, Arts'72, retired in August 2014 after 34 years with Johnson & Johnson working in Canada, China and the U.S. Randy was the area vice-president for DePuy Synthes Spine, responsible for sales in the Western U.S. He completed his MBA at Pepperdine in 2008 and he and his wife Marjorie reside in Pasadena, Calif. Queen's friends can contact him at PKECXX@live.com.

Deaths



Frank Lalonde, BSc'74, died Feb. 25 following a long illness, surrounded by his family in Kirkland, Que. He is survived by his wife, Marilyn.

Frank was the loving father of Laura (Phil), Caroline (Tom) and Daphnee (Nolan), grandfather of John, Anette, Ryan, Flora and Callie. Frank retired in 2013 after a successful career at Transport Canada in Montreal. He is remembered by his many friends and former colleagues for his love of sports (golfing, skiing, jogging and biking), his wonderful sense of humour and his contagious laugh.

Margaret Pammatt, BA'79, died Jan. 29 in Peterborough, Ont., aged 66. She is survived by her husband, Ken Connor, and nieces and nephews. Margaret enjoyed her years as a teacher with her local school board.

David Mervyn Tye, BSc'73, of Manotick, Ont., died unexpectedly Nov. 30, 2014. Retired after his career in the civil service, David had an abiding interest in his U.K. roots, piping and trains. He was predeceased by his parents and his brother John.

Kenneth Weston, BA'70, MEd'77, died Nov. 9, 2014. Ken worked at Kingston General Hospital as director of vocational services. After his retirement, he became involved with the Domino Theatre in Kingston as a director and playwright.

1980s

Job News



Stacey (Ridsdill) Cruise, Artsci/PHE'88, MSc'91, is now co-owner and operator of Further Afield Travel and Tours, an Oakville-based travel agency specializing in individual and group travel. She can be reached at stacey@furtherafieldtravel.ca.

Junior Del Brocco, Com'88, has accepted a leadership role in corporate banking with BMO Harris Bank in Chicago, after six years with BMO in Toronto. He and his family plan to relocate this summer and look forward to living in another city that has an NHL team. Junior is also proud to report that his son Junior Jr. (or Blake) has just finished his first year at Queen's, although not in Commerce.

Brian Lenahan, Com'86, is now associate vice-president, North American Claims and Recoveries for TD Bank Group. He is based in Mount Laurel, N.J., and Markham, Ont. Brian is also proud to be mentoring Queen's business students as a "Qvisor," through the QSB Business Career Centre.

Steven Zakem, Law'89, is now managing partner at Aird & Berlis LLP in Toronto. Steven has served on the firm's executive committee since 2011. He has been a partner of Aird & Berlis since 1993, practising as a member of the firm's municipal and land use planning group. Steven is well known for his expertise in land use planning matters involving residential, commercial and industrial properties. He is recognized in *The Canadian Legal Expert Directory* and *The Best Lawyers in Canada*.

Family News

Brad Greenwood, Artsci'89, shared this family photo from 2001. Brad, then the head coach of Queen's men's rugby, was with his family on Kingston Field (now Nixon Field) after Queen's won the 2001 OUA championship. Pictured here, Brad,



and his wife, Anna, and their daughters. Sarah is holding the gold medal and Hannah is holding the game ball. Brad played rugby for

Queen's from 1985 to 1988. This September, Hannah carries on the family tradition, as she joins the Queen's class of 2019, and the Gaels women's rugby team.

John Lech, BSc'84, who died in 2007 of a brain tumour, is being honoured by his family. John's nephew Phil Furrer, Sc'14, has organized a cross-Europe bike tour to raise funds for the Brain Tumour Foundation of Canada. See more on page 38.

Notes



Susan Crossman, Artsci'83, is working on her fourth book. The as-yet untitled work on using content marketing to generate business is due out later this year.

Susan's previous works are *Shades of Teale*, a novel; *Passages to Epiphany*, a short story collection, and the non-fiction work *The Write Way: Becoming a Successful Writer*. In addition to providing content marketing services to businesses, Susan's company, Crossman Communications, provides book coaching and editing services to people who are working towards the publication of books of their own.

Lesley Drummond, BFA '82, has decided that 30 years as a visual arts educator is sufficient, so she is moving on to other things. Travel with her husband, Brady, (director of Lindsay's artist co-operative, Kawartha Arts Network), continuing to teach for Girl Guides of Canada and getting back into her own artwork are all on the agenda – along with gardening, reading books of choice and wine on the porch! Please feel free to get in touch with her at eyeyo44@gmail.com.

Jamie Hanna, MBA'85, continues to live with his daughter Julia, and their two yellow labs in Oakville, Ont., where he runs Brand Experts Inc., a boutique brand- and management-consulting firm for companies that want to break into the Canadian retail market.

Deaths

Markthor Raymond MacFarlane, BA'83, of Rochester, Wash., died at home on March 7 of melanoma. After studying geology at Queen's, he went on to earn a BLA in landscape architecture and advanced degrees in architecture. His work took him across North America, the Middle East and Europe. He and his wife, Selma Bjarnadottir, settled near Rochester where they made a home on land they called Bone Dry Ridge Farm. In addition to his work with his design firm, Arch-Eco Design, Markthor worked as a planner for the Washington Department of Natural Resources and State Parks. He also taught at Evergreen State College. He is survived by Selma, children

Othinn and Edda, parents Morris and Ramona MacFarlane, sisters Christianne, Artsci'79, and Nicolette, Artsci'76, and their families.

1990s

Births

Dorrie (Block) Manu, Com'98, and her husband, Eric, were excited to welcome their son, Kweku, born March 18. Kweku is a traditional Ghanaian name, meaning Wednesday-born, reports Dorrie. His full name is Nana-Arthur Ajare Amissah Manu. Nana (a traditional Ghanaian name meaning chief), Arthur (named after Dorrie's dad), Ajare (named after Eric's uncle) and Amissah (the family name of tribal heritage).

Linda Warren, PT'93, announces the early but safe arrival of her daughter Alexandra Grace Martin on March 3. Currently on maternity leave, Linda will be returning to private practice physiotherapy in Vancouver later in the year. She can be contacted at physiolinda@hotmail.com.

The University Club @ Queen's

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admuclub@queensu.ca queensu.ca/uclub

Commitments



Blythe Mac-Donald, Sc'99, and **Neil Alexander**, Sc'95, were married Sept. 20, 2014, in Toronto, with many Queen's

alumni in attendance.

Honours



Jennifer Jones, Artsci'92, is one of only 16 students across Canada to receive a 2015 Pierre Elliott Trudeau Foundation scholarship.

Jennifer is currently pursuing her PhD in geography at the University of Guelph. She completed her undergraduate degree in geography and women's studies. Jennifer's research focuses on finding a more accurate methodology to assess the impact of mine development on the health and well-being of Canada's northern Indigenous communities.



Larry Thompson, NSc'97, was honoured by Health Canada with a 2015 award of excellence in nursing. Larry, who received his primary health-care nurse practitioner certification at Queen's, now works in Tuktoyaktuk, N.W.T., as primary nurse for clients with diabetes and chronic kidney disease. He has worked as a nurse and nurse practitioner with First Nations and Inuit communities throughout Northern Ontario, the Yukon, and since 2005 in the Beaufort Delta region of the Northwest Territories. Seen here, Larry Thompson (*on right*) with Health Canada's Deputy Minister Simon Kennedy.

Job News

Warren Bass, Artsci'92, is a senior editor at *The Wall Street Journal*, based in New York City.

David Caldana, Com'99, and his best friend and business partner, fellow Canadian Justin Kowbel, launched their second Borough Kitchen cook shop in the U.K. in May. Located in North London's Hampstead neighbourhood, the new outpost joins the existing store at Borough Market. Their online store (www.boroughkitchen.com) is set to re-launch in August. Later in the year, David and Justin hope to explore other opportunities for growth in the U.K.

Alan Crossley, EMBA'99, is now owner and president of Rotovac Group Inc., a plastic-component manufacturer based in Milton, Ont. The company provides custom-thermoforming and rotational-molding manufacturing services to OEMs (original equipment manufacturers) and industrial-supply companies across North America.

Jennifer Hookey, Com'99, and family are relocating to Calgary after more than 13 years in Sydney, Australia. Jennifer is joining Ernst & Young as an associate partner in its fraud investigation and dispute services practice. Reports Jennifer, "It will be colder than what we are used to, but we are all very excited!"

Koel Loyer, Com'98, has been appointed to the partnership at Stonegate Private Counsel in Toronto. As principal and portfolio manager, he provides comprehensive wealth-management services to business-owner families and professionals. Koel resides in Toronto's Little Italy community and still enjoys good food and wine, travel, skiing, cycling and his philanthropic pursuits. He also reports that his good buddy Eric Beynon (also Com'98) lives on the same block!

Will LeMay, Com'93, was appointed to the Ontario Superior Court of Justice on Dec. 11, 2014. He is very much enjoying his new responsibilities. Prior to his appointment, Will, who was called to the Ontario Bar in 1998, practised labour and employment law with Hicks Morley in Toronto.



Kristina Rogers, Com'92, is now consumer products global leader for EY. Based in Turkey, Kristina has been with the company since 2013. Previously, she was a senior partner at Monitor Group, a global strategy consulting firm, co-leading its Middle East management team.

Notes

Rob Bickerton, Com'96, has been appointed vice-chair of the Gananoque Police Service Board. "It is an honour and privilege to serve," says Rob. He is also pleased to offer his corporate and business clients key-person insurance. To reconnect with Rob, email robbickerton@gmail.com.

Jamie Leong-Huxley, EMBA'99, wrote a personal article entitled "A daughter in her mother's eyes" that was published in *The Globe and Mail's Facts and Arguments* page in March.

2000S

Births



Heather Bates, Artsci'01, PHE'02, and husband Trevor Rogers welcomed Fern Alison

Everly Rogers on July 28, 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 (Swin-ton) 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.

Shellee (Rogers) MacKay, Artsci'02, Ed'04, and her husband, Ryan, are overjoyed to announce the birth of



Duncan Francis Russell MacKay, born Feb. 25. Duncan is a relaxed and easygoing baby and his mum and dad are enjoying getting to

know his smiles! The family lives just outside Vancouver.

Doug Mah, Artsci'02, and wife Jennifer welcomed their daughter, Chloe Yim-Kuen Mah on May 1. Doug and family live in Boston where he is an assistant professor in paediatrics at Harvard Medical School. Chloe is the first grandchild for Lilian and Jung Mah, Meds'75. Baun Mah, Artsci'01, and Kandice Mah are also thrilled with their niece. Baun is a television and film editor, and Kandice is completing her fellowship in paediatric cardiology at the Hospital for Sick Children in Toronto. Other Queen's graduates in the Mah family are Doug's uncle Min Mah, Sc'74, Law'78, Min's daughter Lisa, Artsci'09, and uncle Edward Mah, Sc'81, and Ed's daughter, Marissa, Com'13.

Megan Williams, Artsci'02, and her partner Mark Letellier are the adorable new parents of a little boy named Ben, born in time for Christmas on Nov. 30, 2014. Megan teaches Franco-Ontarian elementary school students in London, Ont. with the *Conseil scolaire Viamonde*.

Commitments



Michael Brolley, Artsci'08, MA'09, and **Kate Laudrum** were married on Aug. 2, 2014, nearly a decade after meeting in their Artsci frosh group.

They currently live in Toronto, where Kate is an art director at Proximity BBDO and Michael is finishing his PhD at the University of Toronto. Michael will take up a position as an assistant professor of finance at Wilfrid Laurier University this summer.

Kelly Greensides, PT'06, and **Mark Halls**, PT'11, were married on



August 22, 2014 in Collingwood, Ont. Celebrating with the couple were members of the bridal party, Tanya (Branch) Bianconi, PT'06,

Aaron Slingerland, James Van Toever, and Ross Horsley, all PT'11. Other members of Queen's alumni in attendance were Jessica (Collins) Robinson, PT'06, Cheryl (Mitchell) Morrison PT'06, Nicole (Leakey) Slingerland OT'11, Jay Graham PT'11, Natalie Sim PT'12, and Andrea Malinowski PT'12.

Akshara Kothari, Com'08, married Karun Chandhok in Chennai, India, in December 2014. The celebration was attended by friends and family from around the world, including classmates Marwa Abdou, Melissa Lam, Antony Ramsden and Erica Young. The couple lives in London, U.K.

Crystal Kuan and **David Brent**, both Com'07, were married July 4 in Toronto. They currently live in London, U.K. where Crystal works at Apollo Asset Management and David at Rolls-Royce.

Honours

Glenda Ouellette, EMBA'07, was selected as one of 50 national candidates in the Canadian Board Diversity Council's 2014 'Diversity 50' program, Canada's only national database of qualified, diverse candidates for corporate board of director appointments.

Job News

Natalie Cowling, Artsci'09, studied veterinary medicine at the University of Edinburgh. After graduating last year, Natalie moved to Thunder Bay, Ont., where she is a vet at Highview-Meadows Animal Clinics.

Gurjit Gill, EMBA'05, has returned to Montreal after a five-year posting in India. He is now manager, training centre business development at IATA (International Air Transport Association), and will be looking after IATA's network of authorized training centres globally.

Adam Gordon, MBA'09, reports that after a military career, an MBA, and a five-year stint in management consulting, he is now focused on his family legacy of supporting people downsizing their homes and those dealing with estates. As the COO of MaxSold, he works with CEO Sushee Perumal, MBA'07, to expand the company across North America. adam@maxsold.com

George Paraskevagos, EMBA'02, is now the executive director of International Probiotics Association, a non-profit association overseeing regulatory matters and scientific standards for the global probiotic market. Having worked in the industry as a stakeholder for the last seven years, George decided to make the jump and take on this new role as industry ombudsman.

Tao Zhou, EMBA'05, is the CEO of the Beijing-based Luneng Group Hotel Management Company, the real-estate subsidiary of the State Grid Corporation of China. He oversees both the operation and asset management of all Luneng's hotel assets. Prior to joining Luneng in 2013, Tao worked in the hotel asset-management division of Morgan Stanley in Tokyo, Japan, overseeing a large hotel portfolio for six years. He is also the founding president of the Hospitality Asset Managers Association (HAMA) China. tao.zhou@lunenghotels.com

Notes

Sharon Bain, EMBA'05, recently retired and reports that she couldn't be happier. Her Team Winnipeg EMBA classmates helped her plan her early retirement, thanks to a financial plan they developed as one of their group assignments. Sharon now has time to spend time with her family and is also actively involved in promoting financial literacy through the CPA Canada Financial Decisions Matter Program, targeted at middle-income Canadians. Baincrew@hotmail.ca

Robyn (Lawrie) and Rob Rutledge, both Com'00, still love living in San Francisco. Their daughter Samantha celebrated her second birthday in July. Robyn is an operating partner at TSG Consumer Partners and has

also been appointed a founding faculty member at the Food Business School. Rob was recently promoted to managing director at Genstar Capital.

Stephen Sheffer, Artsci'01, appeared off-Broadway this summer in a major role in the play *New Country*, running at New York's historic Cherry Lane Theatre.

2010S

Births

Mukul Mehta, MBA'11, and his wife, Charu, welcomed daughter Nishaka on Oct. 26, 2014.

Yoanna Sayili, MSc'14 (Management) and husband Koray welcomed their first child, Michael, in September 2014. They are looking forward to taking Michael on his first trip to Europe this summer to visit his grandparents, meet his cousins, and swim in the Mediterranean.

Commitments

Caroline Crawford, Artsci'10, and **Daniel Quinn**, Artsci'11, were married in Winnipeg on Jan. 3. In attendance were William, Sc'11, and Stephanie (Ho) Jenden, Artsci'11, Ed'12, whose wedding Caroline and Daniel had attended last summer.

Sara Dudley and **Matthew Yip**, both MBA'11, were married in Niagara-on-the-Lake in August 2014. They met through the MBA program, now live in Toronto, and are expecting their first child in October.

Family News

Congratulations to **Maia Ingram** on her May graduation from the Queen's MBA program. On the Dean's Honour List, Maia also received a responsible leadership certificate. Coming to Queen's with a BSc from the University of Victoria ('09 Economics, Business), Maia is now the fourth generation in her family with a Queen's connection, following her mother, Ann (Tracy) Cullen, Arts'71, grandfather Gordon Tracy, BA'48, great-aunt Ann (Tracy) Vallentyne, BA'48, and great-grandfather Herman Tracy, teacher in the Department of Classics, 1926-61.

Honours

In April, **Emma Barlow**, Sc'12, received the 2015 G. Gordon M. Sterling Engineering Intern Award from Professional Engineers of Ontario (PEO). Emma was honoured for her volunteer work with both Women in Science and Engineering (WISE) and PEO's Upper Canada chapter. Emma is a junior structural engineer for Engineering for Industry, a division of Lowe, Gravelle and Associates, in Cornwall, Ont.

Job News

Joseph Edgar, CQEMBA'14, has started a company, TenantCloud.com, a marketplace for tenants, landlords and service professionals that provides free renter resumés and property-management software. The company's software is now used in 25 countries.



Captain Nicholas Kaempffer, Artsci'11, is now the adjutant of The Royal Regiment of Canadian Artillery School. Prior to

this appointment, he spent four years at W Battery as a troop commander, gun position officer, and battery captain, which included a deployment to Afghanistan on Operation ATTENTION. Nicholas is now a member of Headquarters Battery, responsible for the timely preparation of administration for the commandant.

Jordan Martin, Com'13, completed his graduate degree in luxury brand management at the European Business School in London, U.K. He has started a new job as a marketing manager at Global Hospitality Services (Grange Hotels) in Westminster.

Fadi Abdel Massih, MFin'12, is an associate analyst at Moody's Financial Institutions Group in Toronto. He would be happy to connect with fellow alumni in the area: 11mfa1@queensu.ca.

Kate Nesterova, MIB'13, has started a new job with P&G Canada in its brand management department as

part of the fabric-care portfolio. Previously, Kate worked at Big Heart Pet Brands, managing all aspects of brand and trade marketing for its pet-food business.

Joel Nicholson, Com'10, has returned to Toronto to start a new venture called the Global Leadership Academy (GLA), after having spent five years abroad working in management consulting. GLA is a youth leadership program focused on self-discovery, skills development and real-world leadership experiences. Visit gla.academy for details.

Roland Walters, AMBA'11, is executive director, Corporate Finance and Capital Advisory with Deloitte Corporate Finance Inc. Roland and his team assist companies with transactions and accessing the capital markets.

Notes



In May, **Jen Donovan**, Artsci'13, and **Phil Furrer**, Sc'14, embarked on a bike trek across Europe, in memory of Phil's uncle, John Lech, BSc'84. John died in 2007 of a brain tumour. Jen and Phil's "Brain Cycle Tour" will take

them from Gibraltar to Bergen, a distance of more than 5,000 km. As of July 7, they had reached Belgium and had raised more than \$18,000 for the Brain Tumour Foundation of Canada. You can follow their progress online at braincycletour.tumblr.com.

Leslie Dunning, EMBA'10, is serving her seventh year on the Golf Canada board of directors, this year as second vice-president.

Hasan Mujtaba, MBA'10, and his wife, Nazia, live in Toronto, where Nazia is exploring business opportunities in the Canadian market. Alumni in the GTA can connect with Hasan at hasan.mujtaba@gmail.com.



**Total raised 2014–15:
\$71,235,259**

**Total given by alumni:
\$46,874,578**

Donors: 12,034

**Students who received financial assistance:
7,443 (30% of student body)**

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Recipient, The Alumni Association Bursary

See who gave to Queen's last year and how it's making a difference now at
queensu.ca/initiative/impact

INITIATIVE CAMPAIGN



MICHELLE DOUCETTE

Halifax Breaking the Silence lecture

In June, Queen's and Bell Let's Talk hosted the third annual Breaking the Silence lecture, this year in Halifax. Dr. Heather Stuart (Faculty of Health Sciences) joined actors Marthe Bernard and Mary Walsh for the lecture and Q&A with local Queen's alumni and friends. Seen here, from left to right, Ms. Walsh, (the emcee for the event), Dr. Stuart, and Ms. Bernard. The banner behind Ms. Bernard shows the "five simple ways to end the stigma around mental illness," which Dr. Stuart helped to develop for the Bell Let's Talk campaign. You can see more photos from the event at flickr.com/photos/queens_alumni_photos.

Award recipients

Calgary

Michael Casey, Law'72, will receive the 2015 Johnson Award from the Calgary Branch. Mr. Casey has volunteered with the Calgary Stampede since 1975 and was elected to its board in 1997, becoming president, 2011-13. Mr. Casey played a major part in having Queen's Bands participate in the 2012 Stampede parade. He is also involved with the Queen's Law Alberta Alumni Committee. The Johnson Award event will take place Oct. 7 at the Petroleum Club.

Vancouver

The Vancouver Branch will present its 2015 Kathleen Beaumont Hill Award to Karen Flavelle, Com'79, CEO of Purdy's Chocolates. The award celebrates Ms. Flavelle's outstanding service, passionate advocacy, dedicated support and contributions to the betterment of Queen's University and Canada. The award event will take place Sept. 30.

Toronto

The Toronto Branch Award returns after a long hiatus and will be presented this fall to Mary Ann Turcke, Sc'88, MBA'97, who embodies what it means to lead, both in her esteemed professional life and in her relationship with Queen's. She has been recognized as an influential leader in Canada and brings her breadth of talent to Queen's in support of an array of on-campus initiatives. The award will be presented this fall.

QUACB photo contest

The Queen's University Alumni Calgary Branch has a new hashtag, #QUACB (pronounced "Quack-B"). Help spread the word and share your creative and innovative Calgary photos, tagging them with #QUACB. Photos must show something from Queen's and something from Calgary! Photo contest closes Oct. 9. Learn more at facebook.com/QueensAlumniCalgary.

Upcoming events

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

Canada

Brockville

Sept. 14 – Luncheon with Chancellor Jim Leech

Brockville Country Club. 12-2 pm. \$20. Chancellor Leech will discuss his experience as a member of the largest expedition ever to ski to the North Pole in support of injured Canadian soldiers. Register by Sept. 9: contact Cheryl Johnston, Artsci'01, at brockville_branch@tricolour.queensu.ca or 613-342-8688.

Calgary

Sept. 24 – Career management workshop

From bottom to top, we will be discussing your career and how you can maximize your potential! Whether you are looking for a job, excelling in a large company or trying to start your own entrepreneurial business we have tips and tricks for success. Hosted by the Calgary Branch with Queen's University and CareerJoy.

Nov. 19 – Chancellor Lougheed memorial ceilidh wine and cheese night

Lougheed House. Enjoy great food and wine, as well as a journey back in time through guided tours and tales of this grand estate.

Kingston

Sept. 11 – Football Hall of Fame reception

Isabel Bader Centre for the Performing Arts.
gogaelsgo.com

Oct. 27 – Page Lectures

Watson Hall. 2:30 pm. Each year, the Department of English Language and Literature invites a distinguished Canadian writer to campus to present an original paper on the theme "the page." The Page Lectures, inaugurated in 2012 by then-writer-in-residence Phil Hall, honours Kingston poet and artist Joanne Page, who died earlier this year. This year's speaker is novelist Elizabeth Hay. Information: queensu.ca/english

Ottawa

Oct. 29 – Shakers and Stirrers event with Chancellor Emeritus David Dodge

Hosted by the Ottawa Young Alumni committee. Registration and location information will be posted on facebook.com/QueensAlumniOttawa.

Nov. 4 – Ottawa Over-50s luncheon with Marc St-Onge, PhD'81, Geological Survey of Canada

Topic: "Geology, Resources and Sovereignty: the new geological and tectonic maps of Arctic Canada." Royal Ottawa Golf Club. Online registration will be available in late September.

Toronto

Sept. 22 – Cha Gheill luncheon with Nik Nanos

Toronto Cricket Curling and Skating Club, 141 Wilson Ave. Tickets: \$50 (includes a three-course plated luncheon and talk by Nik Nanos, recognized Canadian public opinion pollster, Queen's alumnus and Queen's University councillor. Register at events.queensu.ca.

Sept. 26 – Gaels tailgate party

Cheer on the Gaels football team as it takes on long-standing rival U of T at Varsity Stadium.

International

London, U.K.

Nov. 9 – Meet the author: Losing the Signal

Join Sean Silcoff, Com'92, co-author of *Losing the Signal: The Spectacular Rise and Fall of Blackberry*. This is a complimentary book release event.

Shanghai

Sept. 17 – Canada-Shanghai business relations

A complimentary business networking reception.

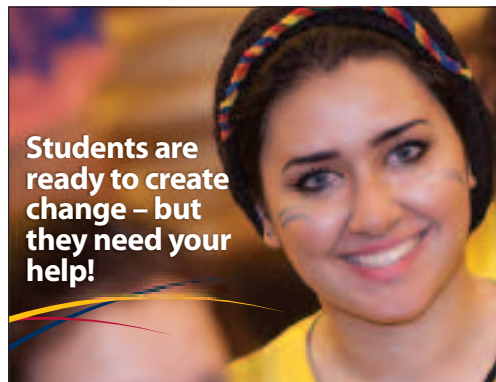


Singapore-Japan trip

In May, Principal Daniel Woolf and Vice-Principal (Research) Steven Liss visited Singapore and Japan, participating in several events at partner institutions and diplomatic missions in both countries.

One of the trip's highlights took place at the Canadian Embassy in Tokyo, where Principal Woolf and Vice-Principal Liss took part in interviews for the Prince Takamado Visiting Student Scholarship. The scholarship is a special tribute to Prince Takamado, who studied at Queen's in the 1970s and '80s and died suddenly in 2002.

Principal Woolf writes more about his travels in Singapore and Japan on his blog: queensu.ca/principal.



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The power of athletics and recreation

Looking back at my time as a student at Queen's University, my memories of playing football resonate with me the most. Playing as a linebacker for the Golden Gaels, I still remember the adrenaline rush that came with chasing opponents across the field and moving with a sense of urgency, while the crowd watched with anticipation. Such movements on the field required me to engage not only my body, but also my mind, teaching me the value of perseverance and determination in the face of daunting odds.

I think all athletics have the power to teach students great work ethic and discipline. Athletics

teach you how to work together to achieve certain goals and to win. At the same time, you also master the art of accepting failure, ultimately learning to grow and evolve from it, both as an individual and as an athlete.

University life has its fair share of stresses and challenges. Physical activity enables you to unwind during these stressful times and helps create a balance in life, all the while improving your fitness and mental health. Team sports, in particular, create lifelong friendships that you might not have formed otherwise. The camaraderie and bond that is developed in the locker room offers a strong source of support during difficult times. And the support system stays with you long after you leave Queen's and become alumni.

We, on the QUAA board, recognize the power of athletics and recreation in creating strong ties between students and alumni. Whenever we get together, we look forward to watching a game together to cheer on the Gaels. It is what connects the alumni family with students, creating a special bond among them. The live streaming of most football games through QTV and the creation of sports booster clubs have also enabled alumni to stay connected to athletics on campus, allowing the tricolour spirit to live on forever.

I hope to see this spirit rejuvenated this Homecoming when students and alumni will have the opportunity to come together in October, creating new memories and reliving old ones. Joining my extended Queen's family in a packed stadium is always the highlight of Homecoming weekend for me. Even when I was a player on the field, I was always taken with our alumni's enthusiasm. The powerful images of Richardson stadium erupting in an *Oil Thigh* when the Gaels scored a touchdown, and of being surrounded by jubilant alumni singing and dancing arm in arm, will forever be etched in my memory!

In this digital age, the importance of coming together to meet, talk, laugh and cry in person cannot be underestimated. We have the spirit, the culture and the special venues to do this. Sport is the catalyst but also the glue that binds us together. As the great Queen's football coach Frank Tindall was known to say, "It's hard to rally around the math class."

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



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KATHLEEN BEAUMONT HILL AWARD

VANCOUVER BRANCH

September 30, 2015

Karen Flavelle, BCom'79



JOHNSON AWARD

CALGARY BRANCH

October 7, 2015

Michael Casey, LLB'72



THE TORONTO BRANCH AWARD

TORONTO BRANCH, Fall 2015

Mary Ann Turcke,
BSc(Eng)'88, MBA'97



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Athletic Financial Awards

Julie-Anne Staehli, Artsci'16, could have gone to just about any North American university. A gifted track and cross-country runner, she was courted by schools across Canada and the U.S. She credits her decision to come to Queen's to her Athletic Financial Award (AFA).

"Coming into my first year, I received an AFA that was renewable for four years," she says. "It was one reason why I chose Queen's."

Queen's has a generations-long history of awarding students for that winning combination of academic achievement and athletic excellence, but it is only since 2007 that Ontario University Athletics has allowed schools to offer awards to incoming students. Leslie Dal Cin, Executive Director of Queen's Athletics & Recreation, says the entry-level awards are necessary to attract high-calibre athletes.

"The competition for student athletes is fiercer than ever," she says. "We must provide competitive offers to attract the very best. This extends beyond our academic reputation and successful athletic programs to a variety of individual student-athlete development and support services including Athletic Financial Awards."

Dal Cin says student-athletes are important ambassadors for the school, and not just on campus. "The good will they generate – among students, in town-gown relations, in terms of community spirit – is invaluable."

But it's not just their presence that makes them so valuable. "To compete at the highest levels against our peer institutions at the provincial and national level we ask student-athletes to do more," Dal Cin says. "They have individual technical workouts with coaches, strength and conditioning workouts, extended competition, extensive off-season programs, community service and much more."

Volleyball player Mike Tomlinson, Sc'16, says a typical week includes more than 30 hours in competition and training, in addition to his school work. "There's no time for a job," he says.

Dal Cin says AFAs are recognition for the time and effort student athletes put in, on both the athletic and academic fronts. Of the 1,000-plus student athletes on campus, slightly more than a third are Academic All-Canadians (Canadian Interuniversity Sport varsity athletes with 80 per cent averages or better), a ratio that places Queen's in the top four nationwide.

Of course recipients also have to match their academic achievements with high athletic performance, but, Dal Cin says, that is rarely a problem.



QUEEN'S ATHLETICS & RECREATION

Julie-Anne
Staehli

"We're talking very, very motivated students here," she says.

The awards, which top out at \$4,500 (commencing in September 2016), help pay for everything from tuition to living and incidental expenses. Staehli, for example, was able to travel to meets across Canada and in the U.S. "Travel can be expensive," she says. "The AFA gives me the flexibility to participate."

Tomlinson says his AFAs have allowed him to assume a leadership role in campus athletics. As co-president of the Varsity Leadership Council, he has extra demands on his time beyond volleyball and academics. "I couldn't do what I do and maintain the marks I need to be eligible for post-graduate studies without my AFAs," he says.

The awards also have an impact on the playing field. "They make our lives easier, which lowers the stress and improves our performance," says Gaels hockey player Kevin Bailie, Artsci'17. "The AFAs make us feel that the whole school is behind us." ■

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A day in the life of a student-athlete

BY KEVIN BAILIE

Monday morning. 5:30 am. The painful sound of the alarm goes off.

Time to walk to the gym. Time to start the week.

Breakfast is warm, but it's dark and cold outside. Third week of January already. Where has the time gone?

We've just come off a huge home stand against Laurier and Waterloo, beating the fifth-ranked team in the country, but it isn't the time for complacency.

6:30 am. Workout starts. Still bruised and sore, but as 22- to 26-year-old men, we've known this routine for well over a decade now.

8:00 am. Workout's over, but my hips have been bothering me. Time to get some rehab so this doesn't turn into a chronic issue during the most important time of the year – playoffs – which are now only a month away.

9:30 am. Classes start for the day. Body can take a break, but the mind, still, cannot.

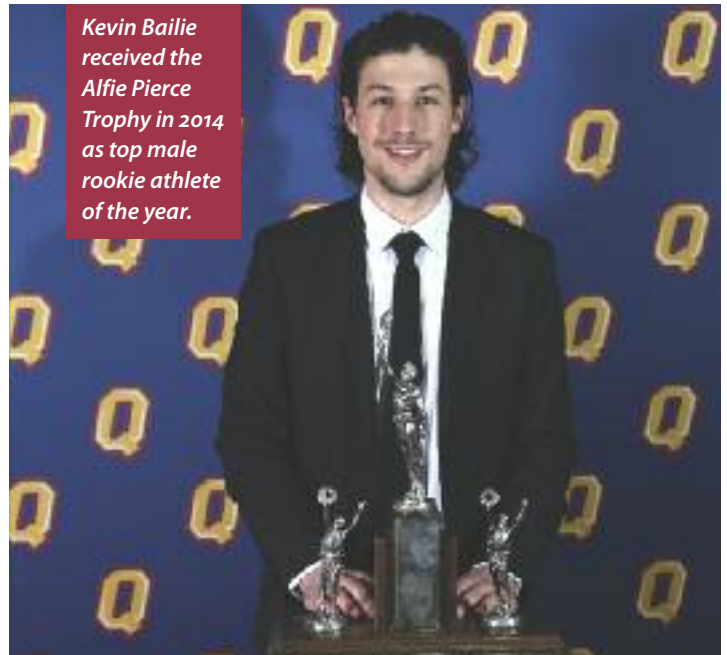
1:00 pm. Time to quickly refuel with some food before heading over to the Memorial Centre for practice. We have a big weekend coming up, and how well you treat your mind and body now will reveal itself five days from now.

1:15 to 5:30 pm. Video, meetings, and a gruelling practice. The big win is already in the past and forgotten. Time to improve.

6:00 pm. Refuel again quickly before it's time for my last class of the night. Three more hours to go.

9:30 pm. Get home. It was a tough day. Time to study and work on a couple of papers. I need a 3.7 this semester if I want a good shot at law school.

12:00 am. Time for bed, to dream about doing it all again.



IAN MACALPINE

This is a real day – Monday, Jan. 19, 2015 – from this past season, which is a footnote in the longest, perhaps toughest, most demanding season in CIS men's hockey.

Adding this routine and schedule to the academic demands at one of Canada's top universities can make time scarce, but there is one thing we always make sure to have time for: our mental health.

We are of no use to ourselves, our teammates, and more importantly, our current and future families, either academically or athletically, if we don't look after each other's most valuable assets – our minds.

As a group of men who pride themselves on being tough, there is one thing we can't "tape up," and that's our mental health. We make it a top priority, and take pride in ensuring everyone is doing all right. And if they aren't, we make sure that resources are made available to them. We strongly encourage everyone else in the Queen's community to do so as well.

Regardless of the playing surface or academic program, Queen's is a community. The best one, in my opinion. Let's take pride at being the best at another subject: breaking down the stigmas surrounding mental health and illness.

Kevin Bailie is going into his third year of health studies at Queen's. The goaltender for the Queen's varsity hockey team, in his first year, he was named CIS rookie of the year and also received the Alfie Pierce Trophy. Prior to coming to Queen's, he played in the OHL for five seasons. Kevin is active in the Mental Health Awareness Committee and Caring Campus project. After finishing his degree, he hopes to go to law school. ■

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