

BISHOP'S



Best of Purple: five talented, graduating students recall their Bishop's experience

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David McBride '93
Director, University Advancement

When you get this issue of the *Bishop's University Magazine*, another academic year will have come and gone, spring session will have started, and preparation for Convocation Weekend (May 25-27) will be in full swing. Your University has enjoyed many successes in 2011-12, some of which you read about (or soon will) in our magazine.

At this time of year, high school/CEGEP students make their decisions for next year. Applications to Bishop's are once again strong; we expect to surpass our full-time enrolment of 2250 students in September 2011.

Bishop's graduates continue to do their part in stirring students to consider our University. I signed thank you cards to alumni identified by 180 applicants as playing a role in their application. Many thanks to all individuals who spread the good word about Bishop's to prospective students.

Our buoyant enrolment is made possible, in part, from your gifts to the Annual Fund. Without them, Bishop's could not offer scholarships to top students, both entering and returning.

These successes, however, put a strain on the Bishop's University Foundation—which funded 100% of over \$1.2 million awarded in academic scholarships in 2011-12 and will need to provide a projected \$1.4 million in 2012-13.

Our Annual Fund year ends on June 30. Your gift to our **Scholarship Program** or to the **University's Highest Priority** will support top students so they can benefit in the same way you and I did from an enriching purple experience.

Please ensure we continue to attract and retain the best students by making your gift at www.ubishops.ca/gift, by mail, or by calling **1-866-822-5210** today.

Recognizing Esprit de Corps

The model of the larger jug dates back to the mid-1800s. Local potter **Lucy Doheny '80** painted it Bishop's own and also makes smaller jugs as mementoes for recipients of *Esprit de Corps Awards*. The cherry wood bases are crafted from trees felled on campus during construction of the Champlain College building in the early 1990s.

The name of the award originates from our school song:

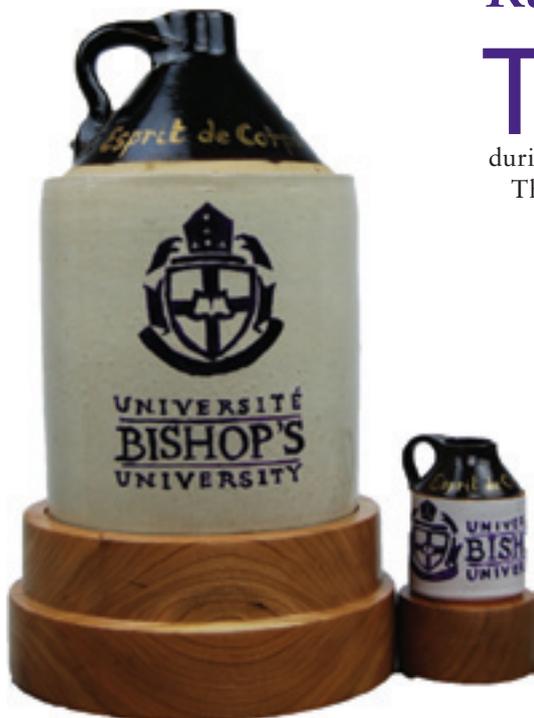
*College days will linger ever in our hearts,
Wearing gowns, raising hell and quaffing ale!
And we'll show esprit de corps
As we watch the Gaiters roar
On to victory!*

Call for nominations

The *Esprit de Corps Award* is presented to an alumnus/na who has made a difference through contribution to Bishop's, the alumni association, a local chapter or the broader community.

The award recognizes those individuals who continue to demonstrate the values and lessons learned at Bishop's related to compassion for others, community spirit, responsible citizenship, life-long learning and lasting friendships.

To nominate a deserving graduate, visit www.ubishops.ca/alumni.





Michael Goldbloom
Principal & Vice-Chancellor

“To succeed, young people must be able to navigate an international world.”

At the invitation of the Foreign Ministry of Israel, I joined a delegation of Canadian university leaders in January on a trip to Israel to explore possibilities for international collaboration in the field of higher education. It was an enlightening experience.

Early settlers of Israel faced the challenge of “making the desert bloom.” Now the country’s future depends upon innovation—facilitating and investing in the creation of knowledge.

To my surprise, citizens—and government—seem to have developed a high comfort level with the failures that sometimes result from taking risks and trying new ventures. While the military appears to be at the heart of this ethos, it carries over to business and education. There is a widely held view that you learn as much from failure as from success. Our delegation found it invigorating to witness this commitment to the entrepreneurial spirit.

For example, we had occasion to meet with the President of the Weizmann Institute of Science. When asked about the Institute’s strategic plan, Prof. Daniel Ziffman replied: “We don’t have a plan. We recruit the smartest scientists we can find and let their curiosity take them in any direction they choose.” Research for research’s sake is a critical foundation for the advancement of knowledge and innovation.

We also visited *Better Place*, an enterprise that decided Israel should be the first country in the world to abandon combustion engineered cars in favor of battery operated ones. A small country, it is geographically easy to cross and, for geopolitical reasons, cars don’t really leave the country, making it an ideal beta site.

Better Place overcame the two major drawbacks of battery operated cars: the expense of the initial purchase and the inconvenience of re-charging the battery. Without going into detail about the solutions, suffice to say our delegation was impressed to see such effective collaboration among business, government and education.

Like our universities, Israeli universities compete to recruit and retain the best and brightest faculty and students in a global market for intelligence. During our trip we talked about the value, in fact the necessity, of international research collaboration among professors and of exchange programs for students.

The trip offered an inspiring way to begin our winter semester. On the return flight I reflected on the internationalization of our campus community, recalling Orientation

Week last September when I met first year students in Centennial Theatre. I asked the students to stand up; then I asked those who speak one language to sit down. Many students remained standing. Next I asked those who speak two languages to be seated. A large number of students continued to stand. The exercise progressed until a sole student stood. She speaks six languages!

This exercise illustrates that the face of our nation, indeed of Bishop’s, has changed. In the winter semester 43 countries were represented on our campus. Of our full-time student body, 12% (261) are International students. The top four countries represented, in order, are China (91), France (65), USA (34) and Germany (11).

These students, and those from the other 39 countries, help to bring the world to Bishop’s. Some attend for one or two semesters as part of our formal exchange program (with 550 universities around the world), others for the three or four years required to obtain a Bishop’s degree. This internationalization does not begin and end with students; nearly 50% of our tenured faculty hold degrees from a foreign country.

A growing number of our academic programs also reflect an international perspective. Seventy students have been accepted into the International Studies program for next September and 30 into Modern Languages. The Bishop’s University International Student Association, the Caribbean and African Student Association and the Chinese Connection Association are three of the largest, most active associations on campus, with a variety of International and Canadian students as members.

To succeed, young people must be able to navigate an international world. Our students are already well-served, and we will build on one of our strengths: affording students ample opportunity to interact and communicate with others of diverse cultural and social backgrounds.

The international profile of our professors translates into benefits for our students. Additionally we will continue promoting both international exchanges (102 Bishop’s students will go abroad in 2012-13 to 58 different universities in 22 different countries) and summer internships overseas for our students.

Ultimately we aim to develop in our students an understanding of difference and a capacity to excel wherever their careers may take them.

Expanding the boundaries

Massage therapy, yoga, acupuncture and chiropractic: the field of health care includes alternative treatments that aim to restore the harmony of body, mind and spirit. The following profiles feature four graduates for whom life after Bishop's means changing the lives of others.

Hands on work: the treatment of lymphedema

After **Natasha Grant '98** graduated with a Bachelor of Science degree, she went to graduate school at Memorial University in St. John's to study Marine Biology. Turned out the program consisted of too much lab time instead of fieldwork, so she made the difficult decision to quit.

Sometimes finding the right career means taking a step back to move forward. Natasha earned another BSc, this time in Physiotherapy at McGill. She also trained in the management of lymphedema, a condition that results from the accumulation of protein rich fluid in the connective tissues due to trauma, surgery and/or radiotherapy. The main symptom is persistent (chronic) swelling, usually of the arm or leg.

Lymphedema falls into "quality of life" research so statistics about it are not readily available but, according to Natasha, "about 20% of breast cancer patients suffer lymphedema."

Natasha first worked in the private sector at a clinic specializing in oncology but because treatment was expensive she moved in 2005 to the Jewish General Hospital. Two years later she proposed opening a clinic for lymphedema management.

"Ours became the first hospital-based lymphedema clinic in the province that both evaluates and treats lymphedema secondary to cancer-related treatments."

Since its inception, the clinic has grown and now follows over 200 patients. Currently open three days a week, it may expand to a five-day work week.

Although Natasha sees predominately breast cancer patients, she also treats patients with melanoma and other cancers. She attacks lymphedema from four angles: massage, exercise, skin care and compression (i.e. wearing a compression sleeve or bra).

"There's no perfect fix, no medication. Treatment requires a change in lifestyle."

Consequently, much of her work involves educating her patients to lead healthier lives. To maintain her own health, Natasha practices yoga and for relaxation, "meditates" in a hot bath as well as plays the guitar and sings.

The most difficult aspect of her job is witnessing the emotional, physical and psychological suffering of her patients due to their cancer and treatments.

"My hands are literally on the patients through a massage technique," says Natasha, "so it's hard to keep my distance from their pain. I need a thick skin."

Danish therapists Drs. Emil and Estrid Vodder created and developed the special massage technique in the 1930s, and it was introduced in Paris in 1936.

"We've only been treating lymphedema for about 20 years in North America," Natasha says. Research to reduce the risk of lymphedema and to explore different treatments is now ongoing here even though not yet as advanced as in Europe.

"Treatment can improve a patient's life, for instance, by enabling someone to return to work or resume a preferred activity such as gardening."

However, Natasha concludes "the therapeutic relationship with my patients is just as important to me as outcomes. I don't discharge patients; I follow them for life."

Natasha Grant '98 (BSc, Pht)
Lymphedema Clinic, Jewish General Hospital, Montreal



Hot about Yoga: health, vitality and stress reduction

Ted Grand '93 (BA)
Co-founder, Moksha Yoga @ International

In 2010 Moksha Yoga studios recorded over 1.2 million visits. Here's the story of **Ted Grand '93**, who helped Moksha Yoga evolve into an international community of hot yoga classes and studios.

After graduating from Bishop's, Ted worked with several environmental groups and served on the board of the Canadian Animal Rights Network. He co-founded/co-hosted a radio show in Toronto called Animal Voices, which focused on the environment and animal rights activism. He also received a rich education by backpacking through South America, Europe, India and Southeast Asia, and skiing at Whistler.

Ted then earned a diploma at the Centre for Agroecology and Sustainable Food Systems, UC Santa Cruz, learning how to farm and garden organically. He moved to Nelson BC, living in a mountain cabin with no electricity, growing most of his own food and assisting local environmental and social justice groups.

Yoga captured his interest and dedication, so he took several yoga teacher-training programs. "I learned about how we create our reality and how even the best intentions can cause struggle and discord in the world. Through yoga and meditation I began changing my views and methodologies and,

as a result, peace and contentment came to my life."

In 2004 Ted and Jessica Robertson founded Moksha Yoga. "The impact of our work is immediate and visceral," says Ted. "You see and hear of dramatic changes to people's lives. Most students, however, simply find greater health, vitality and stress reduction."

Moksha Yoga now numbers 70 studios in Canada and the U.S. and has even opened studios in Europe and Asia.

Concurrent with success is the challenge of keeping alive the sense of community—encouraging studio owners and teachers to feel part of a movement aimed at improving the world, as well as making students feel like they always enjoy the best possible experience.

Ted says "we focus on cool and inspiring things that may even take away from our bottom line. One example is Living Your Moksha program."

Students sign up for a 7-week personal challenge, with each week setting a goal that aligns with the 7 pillars of Moksha Yoga's philosophy: **Be Healthy, Be Accessible, Live Green, Support Community, Reach Out, Live to Learn, and Be Peace.**

"Lives change by uncomplicated alterations in behavior. In our first year 3,000 people

enrolled in Living Your Moksha; this year we anticipate over 5,000!"

Karma classes have also proven successful. Every studio must offer at least one 'by donation' class per week, with proceeds targeted to charity. "We suggest a minimum of \$5 but those with no money can join us too. The size of a karma class averages 30. Multiply \$5 x 30 participants x 52 weeks x 70 studios and you reach \$546,000 annually!"

The studios have contributed millions to charities in Canada and the US, with donations going mainly to communities where the studios operate.

Ted is especially proud that Moksha Yoga studios are designed, constructed and managed with the highest environmental standards. Studios are obligated contractually to be as green as possible, and all studios use sustainably harvested cork floors, energy efficient heating systems and green cleaning supplies.

"You know what else is cool?" adds Ted. "Some of my best friends from Bishop's are now raging conservatives. However, our shared experience on the mighty Massawippi shore transcends political or ideological differences and allows us to revel in memories that linger forever in our hearts."

Alternative ways of finding the right balance

Illness is like a tree. The symptoms are only the branch. You have to go to the root of the issue to regain harmony in the body.

This popular Chinese medical analogy guides Leisha's treatment of all her clients in her clinical practice as a registered acupuncturist and traditional Chinese medicine doctor in Calgary AB.

Leisha (Flack) Laird '95 wasn't always engaged in the health and well being of others. After Bishop's she put her Business degree to work in the private sector, spending ten hectic years in sales. But during a trip to Bhutan with her husband, she witnessed an approach to medicine and healing that really spoke to her.

On her return from Asia, she became preoccupied with illness: her aunt died of cancer and her four-year-old nephew was diagnosed with leukemia. After considerable reflection, she decided to pursue the preventive side of the health equation, exploring health through a wider lens.

Temperamentally adverse to risk, Leisha nonetheless took a leap of faith and made a dramatic career shift in 2005. She enrolled in a five-year program at the Canadian Institute of Chinese Medicine—and has never looked back.

Leisha's practice focuses primarily on women's health by helping couples to conceive, as well as leading women through pre natal and post

partum care. She emphasizes three aspects of treatment: nutrition as the very foundation of wellness, acupuncture, and herbal medicine.

When a woman becomes pregnant after years of trying, Leisha experiences pure joy. "It's amazing to follow a couple through pregnancy and support them at the birth."

She also enjoys working with children who are "honest, direct and often quick to respond to treatment."

Leisha believes both conventional and alternative medicines play valuable roles in health care, yet she notes, "we're in the infancy in the West of integrating various medicines." She continues to advocate a blending of Western and alternative medicines.

Leisha cites Hippocrates as providing her favorite reflection: "let food be your medicine, and your medicine be your food." His advice is more relevant today than in 400 BC."

She also believes "when a mother or father makes a change to benefit their health, the effects ripple out to the entire family and generations to come."



Dr. Leisha Flack Laird '95 (BBA, RAc, TCMD)
Doctor of Traditional Chinese Medicine, Registered Acupuncturist
Maximum Health Clinic & Body In Balance Acupuncture, Calgary

Leisha's List

- 1 Health isn't merely the absence of disease; it's living in balance within ourselves and recognizing we are dynamic. An intense period of stress needs to be countered by a period of rest.
- 2 Focus on one change a week to give your body time to adapt and give feedback.
- 3 Support your digestive system where a large percentage of your immune system resides and serotonin production occurs. Treating your GI track with care will profoundly improve your energy, mood, skin and overall health.
- 4 Eat ingredients not foods that have ingredients (i.e. eat an apple rather than a fruit bar).
- 5 Stick to the outside aisles in the grocery stores. There you find living food that will nourish your body and mind.
- 6 Think of a few things you are grateful for each night before falling asleep. This mental exercise resets your perspective.

It's in your head too: treating injuries and pain the holistic way

For **Troy Sturtevant '05** finding a vocation first meant realizing what he didn't want to do. He started off during the summers at Bishop's working in a research lab at the Heart Institute in Ottawa—only to discover he needed more interaction with people than a desk job, however challenging, could provide.

His career path changed when he visited a friend at the Canadian Memorial Chiropractic College (CMCC) in Toronto. “I really enjoyed the atmosphere and the therapy, and that's what led me to where I am now.”

He graduated in 2008 from CMCC, adding professional certifications in Active Release Technique, medical acupuncture, and strength and conditioning. Returning to Ottawa, he became a practitioner at the Holistic Clinic, joining a team of professionals committed to providing the highest quality of individual health care.

A perfect fit for a guy who played hockey and baseball and who loves sports, the Clinic specializes in sports and occupational injury management through soft tissue mobilization and active lifestyles.

As Troy explains, “we seek to integrate each patient's personal perceptions and goals for health into all treatments, viewing each person as more than simply a collection of symptoms.”

From a professional standpoint, the most challenging part of Troy's work is educating people about a “new breed” of chiropractic. The most rewarding moments come from “relieving the chronic pain that has defined someone's life for a long time or getting an athlete back to competing after injury. Seeing the joy on their faces always makes me feel great.”

Troy's professional experience goes beyond the Clinic to include working as a member of the core medical team for the 2008 Canadian Olympic Wrestling Qualifications and the 2009 Canadian Grappling Team, and as the strength and conditioning coach for the Canadian Ultimate Frisbee Team and Carleton varsity athletes. Troy was featured in the fitness section of *Elle* magazine and keeps abreast of developments in his field by regularly attending seminars offered by the Canadian Academy of Sports Medicine.

Do you suffer from a sports injury or chronic pain? In the words of one patient, if you want Troy's “positive and relentless encouragement,” you must keep this thought in mind: “overcoming obstacles is 90% mental and the other 10% is in our heads” (Ray Zahab, *impossible2Possible*).



Dr. Troy Sturtevant '05 (BSc, DC, CSCS)
Chiropractor/ART® Provider/Acupuncture/
Certified Strength & Conditioning Specialist
Holistic Clinic, Ottawa

“I'm proud of winning the Purple Letter Award at Bishop's and for serving as President of the Student Alumni Association (2003-05).”

Bishop's represents a family tradition: Troy's father David graduated in 1974, his brother Trevor in 2002 and his wife Jennifer Johns in 2004.

Rev. Jesse Jackson at Bishop's: “Beyond colour, beyond culture, there is character.”

On February 15th, prominent American civil rights activist Reverend Jesse Jackson visited Bishop's University. *The Campus* had the opportunity to meet with Rev. Jackson prior to his speech in Centennial Theatre that evening.

In a University press release, Advancement Officer Craig Leroux '04 described Jackson as “the most influential civil rights activist in the United States over the past 40 years.” He then went on to recount Jackson's many political and social endeavours.

“Rev. Jackson is well known as the founder of both Operation PUSH (People United to Save Humanity) and the National Rainbow Coalition. These organizations, which merged in 1996, pursue civil rights and social justice initiatives while helping to increase political empowerment across religious, racial, gender and socio-economic lines.”

Principal Michael Goldbloom spoke highly of the past presidential candidate, saying “Jesse Jackson is a pivotal figure in the American civil rights movement, and a person who has demonstrated a tireless commitment to equality and inclusion.”

During a press engagement in Principal Goldbloom's office, Rev. Jackson addressed a group of journalists, taking the time to shake each person's hand and share a few words. Many of the ideas he sought to convey in this small gathering anticipated the themes of his later speech to the Bishop's community.

He stressed the importance of all individuals being equal, regardless of race, gender, and social status. At both events, he declared this moment in history “an exciting time to be alive.” Advances in social networking and communications mean “[humans] are connected in ways [they've] never been connected before.” There will no longer be foreigners on the planet; every person residing on Earth now “[lives] in a one-world order.”

He mentioned the on-going struggle against those who do not seek equality. “There are those who are trying to turn back the clock, but they will not be allowed to do so.”

Jackson called the current situation of black Americans “the best it's ever been.” He gave credit to those who've made a difference thus far in the battle for racial equality, referring in particular to President Obama's inauguration as a “redemptive moment in American history.”

Jackson finished the evening in Centennial with an extended Q & A. He struck a familiar chord within our community when he responded to one person's thanks for making the trip: “you don't just stop by Bishop's. Let me tell you, anybody who comes here, meant to come here.”

Jackson's final message emerged when someone asked how the torch of equality will be passed from one generation to another. Jackson thought carefully about the question before stating, “there is no torch to be passed. You have within you your own torch.”

Meagan Roulet 2nd year English, News Editor of *The Campus*

This event occurred as part of the *Donald Lecture Series*, which is generously funded by **John Donald '60**.





Photo by Frederic Hore

Best of Purple

The Bishop's University magazine talked with five talented, graduating students about their purple experience.

Photos by Vince Gagnon, 1st year BBA



Kyle DeCoste, Music Honours,
Arts Administration Major,
Business Administration Minor

Hometown: New Glasgow NS

Favorite professor: Dr. Jack Eby is one of the most generous and good-natured individuals I've ever had the privilege to know. A wellspring of knowledge, he gives generously of his time to all Music students.

Favorite course: I never felt as emotionally linked to course material as with Russian Music taught by Dr. Ross Osmun. He communicated the resiliency inherent in the Russian culture and managed to stimulate and enhance my appreciation for Russian music.

Extra-curricular activities: I've been involved in many activities, from the Music Society and Residence Life, to drama productions and recruitment. Currently, I am half of the coordinating team for the *Musique Chez Nous* concert series.

Favorite memory: It's a toss-up between an annual tradition of congregating at Jack's house for a "Pie Party" and the University Singers' trip to Halifax. On the trip it was really neat to sing with homeless people and at-risk youth, adding a new dimension to the choir show.

Future plans: Continue my education at the graduate and doctoral level before teaching at a university. Bishop's gave me many models of the classroom experience; I plan on utilizing them to provide a transformative university experience for students in the future.



Olivia Grenier, BA Education,
Drama Major, BEd

Hometown: Magog QC

Favourite professor: Dr. Avril Aitken helped me throughout my degree, accommodating me in the beginning when I was uncomfortable with my spoken English and giving good feedback on my teaching. My experience at Bishop's enabled me to become fluently bilingual.

Favorite course: My favorite class in Education was "Introduction to Youth Literature" with Dr. Lisa Taylor and, in Drama, "Introduction to Directing" with Prof. Greg Tuck. The classes were discussion-based, focusing on practical, relevant content and following a hands-on approach unique to both professors.

Extra-curricular activities: I participated in student Drama festivals (*News Plays 2010* and *Theatre Activ 2011*) and acted in the Diversity & Gender Equity Centre's production of *Laramie Project*. I also participated in Drama Department productions from behind the scenes, learning the mechanics of costume building and designing.

Favorite memory: The small-scale production of *Laramie Project* in the fall semester of 2010. The emphasis on bridging the gap between the *us* and the *other* to provide a fair education translated well in this dramatic rendition of horrific, but oh so real events. I applied knowledge from my disciplines—Education and Drama—to a single purpose.

Future plans: Pursue a career in the field of Education—though I am not yet looking at a specific location or job because I prefer to focus my energy and attention on the here and now.



Lauri Lidstone, Environmental Studies & Geography Honours, Entrepreneurship Minor

Hometown: St-Lazare QC

Favorite professors: The professors who make up the Environmental Studies faculty: Dr. Tom Fletcher, Dr. Derek Booth, Dr. Elisabeth Levac, Dr. Norman Jones, Dr. Heidi Webber and Dr. Darren Bardati '94. They truly care about their students, are wonderfully kind and open, and have encouraged me to pursue my passions by sharing their own with me.

Favorite course: My first course in Entrepreneurship was also my first Business class – New Venture Creation. We formed a team, created a plan for a new business and then pitched our idea. Our invention was a food delivery company called “Breakfast in Bed” to be marketed to college students. We were the class favourite but didn’t win in the Bishop’s Dragon’s Den.

Extra-curricular activities: As a member of the Environmental Club and Sustainable Development Action Group, I volunteered in the campaign to ban the sale of bottled water on campus. I’ve also been part of a team promoting a bike rental program, a snowshoe rental program, the use of fair trade coffee on campus, recycling and composting and the purchase of local food by the campus food service provider.

Favorite memory: When I lived in Rez I woke up early with some friends to watch a breathtaking sunrise over the fields surrounding Mitchell Farm. Afterwards we went to Dewies for a huge breakfast. It was a special moment with friends.

Future plans: Pursue a Master’s in Environmental Studies.



Justin McCarthy, BSc. Biology Health Science Concentration, Pre-Medicine Major

Hometown: Windsor NS

Favorite professor: Dr. Estelle Chamoux who teaches cell biology, the field of biology of most interest to me. I also worked as a research assistant with her at the Centre hospitalier universitaire de Sherbrooke (CHUS).

Favorite course: “The Graphic Novel” with Prof. Chad Gibbs who lectured

with passion and assigned entertaining readings and projects. I particularly enjoyed the political and societal undertones and symbolism expressed in *The Watchmen*.

Extra-curricular activities: I’m a member of the Biology, Chemistry, and Pre-Med clubs, and a member of the Golden Key International Honour Society. As VP Academic I helped to initiate the Library Study Hall - extending library hours during the exam period to provide students with a quiet space on campus to study after midnight.

Favorite memory: Organizing Frosh activities has played a big part in my experience. For instance, the Gaiter Gardens—involving a massive tent in the Quad with a live DJ—was a great way to show new students the Bishop’s spirit. Winning Best Male Frosh Judge in my 3rd year represents a highlight.

Future plans: Obtain a Master’s degree in Microbiology and Immunology and, after that, go to medical school.



Gauri Suri, BBA Accounting Major

Hometown: New Delhi, India

Unlike my university in India, Bishop’s is a small community in itself. Students get enthusiastically involved in campus life, and it’s easier to get guidance from professors and staff. But I worked my butt off to finish assignments on time and do well in tests. I’ve never studied so hard in my life!!

Favorite professors: Prof. Caroline Talbot, Dr. Robert Palmer, Dr. Lourdes Zubieta, Prof. Bill Robson and Dr. Cranmer Rutihinda are all exceptionally kind and considerate to me as a foreign student.

Favorite course: I read Sherlock Holmes’ stories and my Auditing course was like cracking his mysteries. Working in teams, we engaged in intense discussions while solving case problems.

Extra-curricular activities: I enjoy aerobic fitness classes, reading light fiction and organizing fundraising activities for the CA Club of which I am Secretary.

Favorite memory: A number of hilarious incidents happened because of English names and expressions I didn’t understand at first. In a consumer behavior course, Dr. Palmer talked about “UGGs.” While my classmates laughed, I spent the hour feeling sooo dumb. Now I know UGGs—and may even buy a pair!!

Future plans: Work in an accounting firm or a bank to gain experience. Eventually I would like to get my CA/CGA.

Photo by Vince Gagnon, 1st year BBA



Best Fest

The SRC reinstated traditions from the original Winter Carnival, mixed with plenty of new initiatives! Winterfest was filled with back-to-back concerts at The Gait, featuring *Zeds Dead* and the *Daft Punk Tribute* band, a rail jam ski and snowboard competition in the quad, a ski day to Jay Peak and a traditional sugar shack brunch at Dewies.

The cornerstone of the weekend—the rail jam—featured student and local talent, a professional rail set up, a hot tub in the quad, sleigh rides, ice sculpting, an ice bar and BBQ cookout, the inaugural presentation of the Stevenson Cup and traditional maple on snow and beavertails.

Taylor Johnston, 4th year Business, President SRC

“Sarah” refers to Canadian Sarah Burke, a four-time Winter X Games champion, who suffered a fatal brain injury just days before our event.

Taking the Lead on Leadership

Who am I as a leader? What kind of leader do I want to be? What leadership qualities do I want to embody?

A group of Bishop’s students aimed to tackle these questions and others during an inaugural leadership retreat at the Centre D’Arts Orford one weekend in March.

Organized by the Leadership Office, the retreat brought together a diverse, motivated group of 33 first and second year students identified as up and coming leaders by faculty, staff and coaches.

Our keynote speaker, Dr. TA Loeffler, is a Canadian mountaineer who shared her inspiring story and metaphors on personal achievement and leading with your life. Other activities such as a drum circle, vision collage and outdoor team-building exercises encouraged students to step out of their comfort zones and think about who they can be as leaders.

This ground-breaking initiative helps students map their strengths and conquer their weaknesses, giving them the confidence to take charge, set goals and become effective leaders in their school, their community, the world and in their own lives.

Jeff Parent, 1st year English



Outstanding Achievement Awards

Borough of Lennoxville

Arts & Culture:

Yael Filipovic, Community Art Lab

Education:

Dr. Lorne Nelson, Physics

Sports: The Small Ball Program

Gaiters Men’s and Women’s Basketball

Youth Leadership:

Adam Peabody, 3rd year Political Studies

Donald Patrick Award: **Mary Rhodes**,
Professor Emeritus of Mathematics

Teaching the Teachers

In March the School of Education, supported by the University Librarian, Bruno Gnassi, welcomed Eileen M. Herteis, Director of the Purdy Crawford Teaching Centre at Mount Allison University and internationally-renowned leader in university teacher improvement, to lead two workshops on the scholarship of teaching and learning. Faculty from across disciplines gathered for the day’s activities.

Herteis’s first workshop focused on opportunities to make university teaching a scholarly research activity that can encourage faculty to share ideas and support each other in their teaching. Her afternoon session focused on the question of content, asking whether the increased amount of information in our courses prevents our students from acquiring the process skills at the heart of a university education.

Faculty members demonstrated a strong appetite for issues about teaching and learning, enthusiastically sharing ideas and supporting each other in group activities and expressing a desire to keep the discussions flowing.

Dr. Anthony Di Mascio, School of Education

Business Honours Its Own

The Williams School of Business (WSB) hosted its 2nd Annual Awards and Recognition Gala in February in Bandeen Hall. The event recognizes the School's top performing students. Dean's List students (80%+ cumulative average) are invited, along with Business faculty and staff, University administrators, and corporate sponsors.

103 business students made the Dean's List, accounting for 17% of the WSB. Twelve major student prizes were awarded, including the WSB *Community Life Award* to **Regula Estermann** and the WSB *Student Above & Beyond Award* to **Alsu Kurbanova**.

Prof. Bill Robson won this year's WSB *Faculty/Staff Above and Beyond Award*.



Photos by Bethan Chalke, 3rd year English Honours

A Fraudulent Bard?

It may seem strange to question the legitimacy of the works of William Shakespeare, arguably the most famous contributor to English literature. However, controversy has surrounded Shakespeare's authorship for centuries and was recently the subject of a movie.

Inspired by these renewed debates, **Dr. Jessica Riddell** (English Department) saw a perfect learning opportunity. Armed with an intrepid team of legal researchers (her Elizabethan Shakespeare class), Dr. Riddell enlisted the help of faculty, alumni, and students to put Shakespeare on trial for fraud.

Trial teams and witnesses brought historical figures—such as Ben Jonson, Christopher Marlowe, Anne Hathaway, and Heminges and Condell—to life with careful attention to facts and a healthy dose of fun. As one alumnus wrote, “You struck the right course between the sublime and the ridiculous; the result was funny as well as instructive and thoroughly enjoyed by all.”

The crown and the defence teams made equally compelling arguments, which resulted in a hung jury. Luckily, Queen Elizabeth I arrived and cleared the accused of all charges.

Lauren Humphreys, 4th year English



Logo by Alexis Chouan, 2nd year English

Celebrated authors from across Canada came to Bishop's in March for the first ever Student Writing Weekend in the Eastern Townships: SWEET. The weekend featured lectures, readings, and workshops designed to give students and members of the community first-hand knowledge of the publishing world.

Anne Michaels, author of award-winning *Fugitive Pieces*, kicked off SWEET with a much-anticipated reading of her work. The rest of the weekend was jam-packed with activities for students.

Elise Moser and Lori Schubert, respectively the President and Executive Director of the Quebec Writer's Federation, lectured on how to become a published author. Former *Montreal Gazette* critic **John Griffin '71** answered questions about what it takes to be a professional critic in his lecture “Criticize That.” Pascal Girard presented the world of the graphic novelist, and former *Elle* Canada editor-turned-blogger Alison Garwood-Jones offered the “Blogger's Survival Guide.”

Workshops gave students the chance to work closely with authors such as Donna Morrissey and mystery-writer John Moss who conducted a session on how to “Kill Your Character, Not Your Story.”

Isabelle Schumacher, 3rd year English

MY SPACE



Photo by Marie-Claude Lapointe

The BUS STOP CAFÉ is located on the ground floor of the Nicolls Building, which was constructed in 1962 and named in honour of Rev. J.A. Nicolls, the first Principal of Bishop's who served from 1845-77. Prof. Bill Robson (who taught Business from 1983-2012 and coached men's rugby during the same period) regularly bought a cup of coffee before going to his class. Since September 2011 the café has purchased 1474 pounds of fair trade, locally roasted, organic coffee.

Bearing up: the effect of stress on your bones

Photo by Frrederic Hore



Dr. Estelle Chamoux

(Maîtrise Université Blaise Pascal, Clermont-Fd, France, DEA Université de la Méditerranée, Marseille, France, PhD Université de Sherbrooke) has taught in the Biology and Biochemistry Departments since 2005.

“Our observations also suggest if people are chronically stressed ... they may be at greater risk to develop osteoporosis and/or to fracture bones.”

Please tell us about your background.

I arrived from France in 1997 as a graduate student and obtained my PhD in cell biology from Université de Sherbrooke (UdeS). My PhD project focussed on the development of adrenal glands in humans. Then I did a post-doctoral internship in rheumatology, where I studied the physiology of bone cells in skeletal disorders such as osteoporosis, arthritis and bone metastases.

During my PhD I served as a teaching assistant at UdeS and discovered how much I enjoy the classroom. Since the end of my post-doc, I've been teaching in the Biology Department at Bishop's.

Describe your research activities. My primary project is to evaluate the effects of stress on bone and joint health. A hormone called cortisol is normally secreted at relatively low levels in every person. During physical or psychological stress, this hormone is produced at higher levels and can have detrimental effects on bones. However, the cellular mechanisms leading to cortisol-induced bone loss are not well identified in human beings.

In my second project, researchers in our Psychological Health and Well-Being cluster are collaborating on a multidisciplinary project evaluating the health outcomes of access to health care in English in the Eastern Townships.

Who finances your research projects?

My first project is essentially funded by grants from the Senate Research Committee of Bishop's, and my second by the Canadian Institutes for Health Research and indirectly by Health Canada.

What have you discovered so far? I'll talk about the “stress and bone diseases” project (as we cannot release data yet on the other).

A healthy skeletal balance consists of an equal activity of cells making bone material (osteoblasts) and of cells degrading the bone calcified matrix (osteoclasts). This process allows our skeleton almost complete renewal every two to three years.

We observed that cortisol (the stress hormone) increases the number and the activity of osteoclasts (bone degrading cells). In normal situations, osteoclasts

adhere to the bone matrix, resorb a bit and then migrate to another spot where they resorb again. Then osteoblasts are attracted and rebuild material where bone has been removed.

However, when osteoclasts are stimulated with cortisol, they adhere stronger to the bone matrix and fail to detach and migrate, possibly contributing to larger and deeper lacunae in the bone matrix.

What are the consequences for us?

Some people receive cortico-therapies to treat pathologies such as auto-immune disorders. Physicians know that, after only three months of such treatment, their patients can develop osteoporosis and increase the risk of fracture by 75%. We now have a good explanation: cortisol (or other corticosteroids used in clinics) increases bone degradation, without a concomitant increase of bone formation. As doses used in clinics are higher than natural blood levels, they speed up the whole process.

Our observations also suggest if people are chronically stressed (and thus have higher levels of cortisol in their blood), they may be at greater risk to develop osteoporosis and/or to fracture bones.

What's the impact of your observations?

Knowing better how cortisol affects bones gives a good start in designing drugs with lower unwanted effects.

Moreover, our observations suggest we could better screen individuals at risk of osteoporosis and give an earlier diagnosis: an evaluation of their psychological health may be added to the diagnostic tools used for bone disorders.

Lastly, adding psychological management could benefit people diagnosed with osteoporosis by improving the efficacy of their treatments and reducing their risk of fracture.

How does your research contribute to campus life?

- positive exposure for Bishop's when I present at conferences;
- use of “real-life” examples to make my lectures relevant; and
- employment of our undergraduate students as research assistants.

Reaching Out

Big Buddies in the local community

Big Buddies is Bishop's largest and most esteemed club, with a long history of providing a vital link between students and the community. The club pairs local elementary school students (ages 6-12) with Bishop's students who give back to the community through these relationships.

Kate Cassidy '93, the founder of Big Buddies, recalls how the idea for the club "came from the intersection of three concerns back in 1990": the largely negative interaction between the Lennoxville community and Bishop's students, the need for children to have good role models, and the longing of many Bishop's students to regain a sense of home and connection to family.

Candidates for the program are put through a rigorous selection process and then paired with a Little Buddy based on their specific interests, personality traits and energy level. From 45 pairs in 1990, Big Buddies has grown to 70 pairs who get together for two hours every second week. The pairs remain the same for as many years as the Little Buddy participates.

Beginning in the fall, the club meets on campus on eight Saturdays during the academic year. Each meeting has its own theme and features games as well as arts and crafts planned by the club's four Event Coordinators. This year's themes included Carnival, Pirate Adventure, Space Quest, and Winter Wonderland. Over the years, field trips have included apple/pumpkin picking, tubing, and visits to the John H. Price Sports Centre where Gaiter athletes join in the action.

Originally the club had three functions: one-to-one mentoring, tutoring in school and assisting as a sports coach. Big Buddies continues to offer children a safe and positive environment in which to learn and grow.

In many respects the club benefits its student volunteers as much as the children. For Kate "the most rewarding part was seeing or hearing about the strong connections students established not only with their Little Buddies but also with the children's families."

Students often get invited to family dinners and sometimes their "second family" attends their graduation. One piece of the club's lore even tells of a Little Buddy in the wedding party of a Big Buddy.

Big Buddies continues to attract a phenomenal group of students. If the past and present are any indication, Bishop's students can look forward to many more years of friendship and fun.

Gabriella Blais, 3rd year Sociology, Co-President of Big Buddies



Photos by Robert Vitols, 3rd year BBA

1. Kristen Walker and Jennifer Richardson with their Little Buddies on a sports day.

2. Tefari Steele and his Little Buddy in the gymnasium.

3. Little Buddy Jasmine Kerr leads a group in a game of "Alien Sign Language" in the dance studio at the John H. Price Sports & Recreation Centre.



Drew MacCannell '02 gets to the heart of the matter

If variety is the spice of life, then **Drew MacCannell** is a hot commodity in the world of science.

The postdoctoral researcher at the John A. Burns School of Medicine (University of Hawaii) possesses an unusual array of expertise, ranging from mathematics to astrophysics to cardiovascular physiology, to complement his unusual and eclectic personal interests.

Drew's academic background helped him land an American Heart Association postdoctoral two-year fellowship grant to develop a greater understanding of the changes that occur in the heart when it is deprived of oxygen. He will use his mathematical prowess to develop methods to predict what genetic changes occur in the heart when oxygen is restricted and how different treatments affect those genetic responses.

"When the heart is deprived of oxygen, for example when a heart attack strikes, specific genes are activated in the heart that elicit a series of helpful responses," Drew explains. "Some of those responses include the enlargement of major blood vessels and the formation of more capillaries. The heart's metabolism also changes to reduce the need for oxygen. My goal is to develop a mathematical model of how those various responses occur."

Such a model could help identify drugs to control heart attack damage and predict their side effects. Improved understanding

of the behavior of the heart when oxygen supply is curtailed could also contribute to better diagnostic tools and treatment protocols, he added.

Drew, who holds dual American and Canadian citizenship, attributes his broad scientific interests to his father, Keith, a gastroenterologist who founded the Calgary Science Centre and chaired the Alberta Heart and Stroke Foundation, and to his university mentors.

He was a Biology major at Bishop's when an opportunity to work as a research associate for his Physics professor, Dr. Lorne Nelson, led to a BSc in Astrophysics with minors in Biology and Mathematics. Then an invitation to apply his mathematics and computer modeling skills to a project on cellular communication at the University of Calgary led him into a PhD program in cardiovascular physiology.

Drew joined the faculty at the University of Hawaii at Manoa in 2008 to work in Ralph Shohet's laboratory in JABSOM's Center for Cardiovascular Research.

In his spare time, Drew dabbles in photography, a skill learned from his mother, who is a professional. He enjoys stargazing and hiking and is a seventh-generation disciple of Bak Mei kung fu.

"I also play the bagpipes, but finding practice space in Honolulu makes it a difficult hobby to pursue," Drew adds with a grin.

FALL HOME COMING



Gaiter Action

Lacrosse

Thursday, September 27

Women's Soccer

Women's and Men's Rugby

Friday, September 28

Football

Saturday, September 29 vs McGill

Reunion

Classes of '75, '76, '77, '78 & '79

Friday-Sunday, September 28-30



Golf

Homecoming tournament

Friday, September 28

Alumni Fun

Gaiter Gardens

Friday, September 28

Pancake Breakfast

Saturday, September 29

ALS Charity Walk

Saturday, September 29

For a complete schedule visit: www.ubishops.ca/alumni

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David King '93, Tony Addona (former Director of Athletics), Pierre Tibblin '91

RBC Wall of Distinction Class of 2011-12

Created in 1991, the *RBC Wall of Distinction* honours individuals and teams who have advanced varsity athletics at Bishop's. 42 individuals and eight teams have been inducted to the Wall.

David King '93 spent four outstanding seasons (1986-90) as a point guard for the Gaiters men's basketball team. One of the best players ever to don the purple and white, he was a four-time league All-Star and a four-time team MVP, as he helped rebuild the Gaiters into a provincial power, going 68-45 in his four years.

The talented Montreal native led the Gaiters to a 23-8 overall record on their way to the 1988 QUAA Championship, and a first berth in the CIAU Final 8. King's three-point play in the late stages gave the Gaiters the title, their first league crown in a decade.

In 1988-89, he averaged over 20 points per game, and won the Lebel Plaque as the MVP of the OUAA East Division. He was also named a Second Team All-Canadian, the second Gaiter men's basketball player to be so honoured. (**Peter Munzar '67** was the first.) Closing out his career in 1990 as the second-highest scorer in Gaiter history, he was awarded Male Athlete of the Year and an Honourable Mention All-Canadian.

During a five-year career (1986-91) **Pierre Tibblin '91** helped spur the Gaiter men's basketball program into becoming one of the premier programs in the CIAU.

A highly-decorated player when he arrived at Bishop's, with a national gold medal and a CCAA All-Canadian honour to his credit, the 6'3" forward continued to earn plaudits. He was the team's rookie of the year in 1987 and a First Team QUAA All-Star. He shared team MVP honours with David King in 1987-88 when he helped lead the Gaiters back to the CIAU Final 8. In that year, he averaged 22 points per game, including a 42-point performance that still stands as a school record.

In 1990-91, Pierre was named the Male Athlete of the Year and a First Team OUAA Ottawa-St. Lawrence All-Star—his fourth league All-Star nod, after posting an average of 20.4 points per game. He finished his career as the Gaiters' all-time leading scorer, with 2,670 points in 126 games.

John Edwards, Sports Information Officer



University residences



- Great all inclusive packages available
- Accommodations in close proximity to all facilities
- Direct access to scenic cycling trail
- Fitness centre, pool, tennis and golf

*Our university residences offer you...
a peaceful haven at an affordable price!*

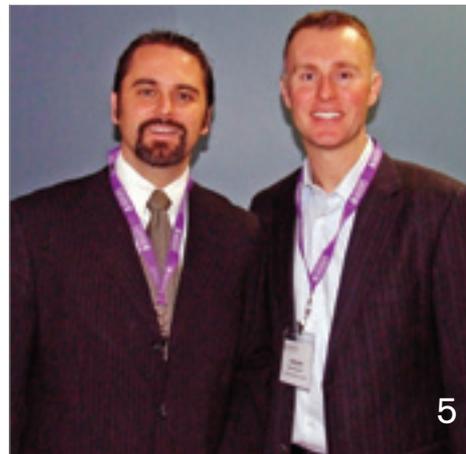
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1-3: Annual December event @ Scotland Yard Pub on the Esplanade in Toronto. 1. Organizers Michael Skutezky '69, Bob Adams '67, Brian Davidson '70, Peter Caven '72 (missing from photo: Ian Dinning '69)

2. Tim Griffin '71, Peter Caven '72, Steve Locke '67, Bob Wilton '67, Mike Wood '67



ALUMNI



3. Mary Pat Frey '72, Fred Partington '71, Betsy Cruikshank '73

4. In April alumni gathered at the Garrison Brewery in Halifax to sample local micro-brewed beer and become acquainted with new Bishop's volunteers.

5. Sherbrooke Business Networking sponsored by CFE Desjardins Eric Bergeron '96 (organizer) and guest Jocelyn Thibault (former NHL goalie)

Mark your 2012 golf calendar

25th Annual Gaiter Classic

Friday, June 1 @ Milby Golf Club

Toronto Golf for Alumni & Friends

Friday, June 22 @ Angus Glen Golf Club

6. Wine-tasting event @ Montreal Atwater Club in March.
Thanks to organizer Dave Burrige '01



8. 2012 Winter Homecoming Champions: Team Fast Foreplay



EVENTS



7. Janice Gaboury '92 and Prof. Mike Teed (Business) led Bootcamp in January 2012. Alumni conducted mock interviews with students:
Michael Drew '82, Tim Smith '98, Robert MacFarlane '91, Steven Weary '00, Charles Kobelt '87, David Marler '62, Carol Mooney '68, Tim Bradley '71, John Chesney '71, Bob McConnachie '65, Robert Hall '79, Pablo Castillo '00, Claire Mysak '00, Roland Theroux '72, Amy Kingsley '08, François Larue '89, Chris Forsythe '99
Missing from photo: David Monty



9-10: Since 2008 the Principal has hosted receptions at 5 Harrold Drive for graduating students and their professors—to offer his personal congratulations to the students as well as his best wishes for their lives after Bishop's.

Visit www.ubishops.ca/alumni/events

Marriages



Brady-Taylor: Caryn to Tim '02 on January 21, 2012 in Montebello QC. Back: Mark Carter '01, Anthony McDonald '02, Gillian (Dinning) Mair '03 Front: Holly Stallan '03, Maggie (McConnell) Carter '02, Caryn, Tim '02, Jen (Booth) Marenick '03, Rob Dyer '03



Kutney-Golding: Johanna '09 to Trevor '08 on July 3, 2011 at the Silvertip Golf Course in Canmore AB. Molly LaDuke-Wheatley, Billy O'Mahony '09, Aly Remtulla '08, Tara Jean '07, Curtis Golding '09, Stephanie Broadhurst '08, Johanna '09, Trevor '08, Ian McCracken '08, Scott Fish '07, Liam O'Rourke '08, Ariane Sansregret '09, Jyoti Shrestha



Cross-Larsen: Sophie '04 to Todd '04 on September 4, 2011 in Glen Margaret NS. Reid McGregor '04, Josh Hennessy '07, Pat Corney '08, Matt Taylor '06, Sophie '04, Todd '04, Pete Todd '04, Steph Zakaib '04, Bentley Cross '07, Ben Williams '06, Charles Blott '05, Rob MacKay '07, Katie Bruce '08, Ashley Young '04, Lisa Flood '04, Anthony Garretto '06, Jen Zwicker '04



Daisley-Flynn: Lara '11 to Matthew '11 on July 23, 2011 in St. Mark's Chapel. Claire Holt '10, Yves Landry '06, Felicia De Ciccio '08, Brandon Lee '07, Allison Snowden '08, Samuel Glazerman '07, Sandra Alain '10, Jayson Deare '07, Matthew '11, Lara '11, Chris Ramnarine '09, Jessica Caissy-Martineau '09, Chantal Mitterer '09, Jaime McGowen, Nic Bouchard '11, Andrea Lane '10, Michael Riesberry '97



Tamblin-Brace: Elizabeth '05 to Jamie on July 14, 2011 in Varadero, Cuba. They live in Yellowknife NT.

Erickson-O'Halloran:

Katie '07 to Niall '07 on September 4, 2011 at Black Creek Pioneer Village in Toronto. Back: Phil Strange '08, Jenny Serwylo '06, Melody Schaal '07, Kathryn Burke '06, Katie '07, Niall '07, Matt McIntyre, Chris Leveille '05, Ian Hanlin '08, Jeroen Snoek '07, Terry Kruyk '05 Middle: Laura Young '07, Alexis McDougall '08, Natalie Krol '07, Tara Egan Wu '06 Front: Erin Hamilton '10, Leigh Cameron '07





Beauchamp-Anderson: to Kristy '05 and Ian '05 a son, Logan George, on October 15, 2011.



Cantin-Meaney-Frizzell: to Dominique '11 and Raymond '10 a daughter, Anne Charlotte Robin, on November 18, 2011.



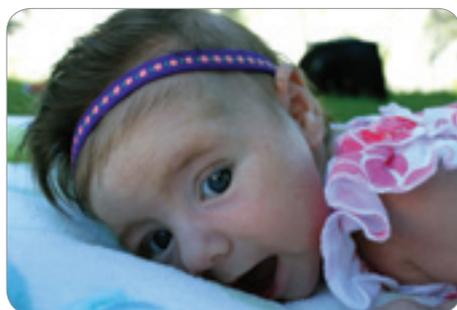
Harwood-MacDonald: to Mary '03 and Chris, a daughter, Elizabeth Anne, on June 22, 2011.



Kimens: to Melissa and Edmund '97 a daughter, Gillian Melissa, on July 25, 2011 in Regina. A sister to brothers Barron, 3 and Pierce, 2.



Chisholm-Huse: to Raquel '92 and Ron a son, Ethan Andrew, on November 17, 2011.



Klassen-Bott: to Cori '00 and Christopher a daughter, Delta Margaret, on July 26, 2011 in St. Albert AB.

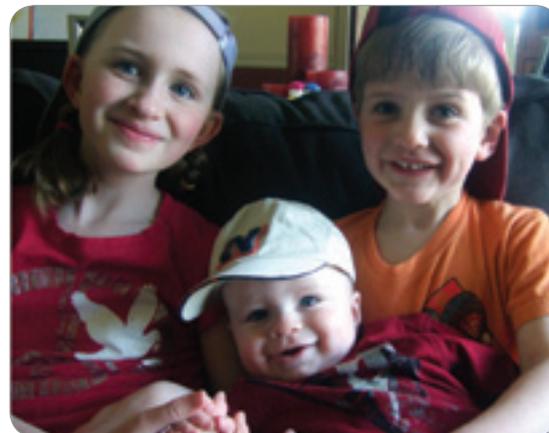
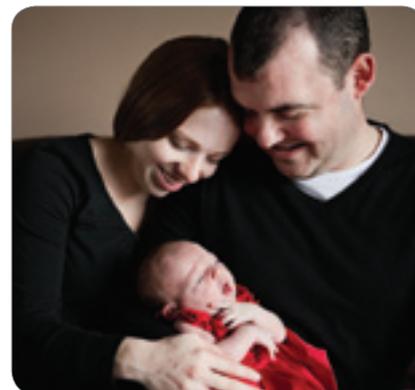


Gordon-Portengen: to Andie '00 and Mike twins, Jack and Charlotte, on October 6, 2011 in Vancouver.



Lambshead-Wilson: to Frances '02 and Mike '01 a daughter, Claire Ada, on May 8, 2011. A sister for Victoria.

LeCain-Simboli: to Liz '07 and Andrew '06 a daughter, Sophia Anne, on November 5, 2011 in Ottawa.



Miller: to Angela (Flood) '95 and Derek a son, Kyle Deran, on October 3, 2011. A brother for Ella, 8 and Rylan, 5. A nephew for Lisa Miller '95 and a Godson for Heather Knapp-Irvine '95.



Pollock: to Laura '07 and Drew '06 a daughter, Lily Grace, on November 4, 2011 in Sherbrooke.



Van Vliet-Gabor: to Kim '97 and Peter a daughter, Elena Marija, on January 3, 2011 in Toronto. A sister for Hannah, 3.

Ross Beattie (1917-2012) on February 7 at the age of 94 in Sherbrooke QC. Staff of the School of Education (1975-1992), he worked as a monitor for the graduate school teaching program. Ross's stepson **Robert Mouland '73** and grandson **Peter Mouland '10** are Bishop's grads.

Frederick Delaney '46 (1926-2011) on December 24 in Gorham ME. Frederick practiced medicine in Quebec, Ontario and in Gorham since 1967.

Roberta Edgell (née Richardson) '39 on February 14, 2012 at the age of 92 in Markham ON. Predeceased by her husband **Dr. Peter Edgell '39**.

Keith Farquharson '44 (1924-2012) on February 22 in Montreal. Survived by his children **Cameron '76** and Carol. One of his granddaughters, **Courtney Farquharson**, currently attends Bishop's.

Maurice Giroux '99 on October 24, 2011 in Sherbrooke QC (*Pères Blancs Missionnaires d'Afrique*).

Leonard Kornack '64 on November 9, 2011 in Durham ON.

Clement Sun-Yim Lee '77 (1952-2012) on February 7 in Montreal.

David Little '64 on December 15, 2011 at the age of 71 in St. Thomas ON. Survived by his wife **Sharon Squires Little '63** and three children, Brennan, Kevin and **Raegan '90**.

Charles (Chas) Millar '40 (1920-2011) on December 28 in Deep River ON. In 1947, he began a long career at the Chalk River Nuclear Laboratories (later Atomic Energy of Canada Ltd) ultimately becoming Division Head of the Advanced Projects and Reactor Physics Division that developed the CANDU reactor. For four years after retirement from AECL, he was Director of the Division of Nuclear Safety and Environmental Protection at the International Atomic Energy Agency in Vienna, Austria. Charles is predeceased by his siblings: **Oliver '39, Lloyd '43, Heather '51**.

David Morgan '79 on November 13, 2011 in Kingston ON, survived by his wife **Helen Morgan '83** and daughter Ann. David taught Fine Arts at Champlain Regional College and was a sessional Art History instructor at Bishop's, Knowlton Campus.

Thelma Parker Pitman '46 on February 9, 2012 at the age of 84 in Sherbrooke QC.

Peter John Ritchie '63 (1940-2012) on February 20 in Nanoose Bay BC.

Susan Ross (née Pepall) '57 (1937-2011) on December 2 in Calgary AB.

Donald Van Horn '70 (1949-2011) on November 27 in Montreal, survived by his wife Valerie Neville. Son of Aleda and **William Van Horn '42**, a Chemistry professor at Bishop's from 1959-86. One of his three children, **Cecily '08**, graduated from Bishop's.

The following individuals made a gift to Bishop's in honour or memory of a special person:

In Honour of:

Anne '11 & Bruno Benhamou

Joelle Hassoun

Allison & Christopher Bloom

Jim Bloom

Francine Coursolle '95

William Duncan '94

Michael Goldbloom

Michael Levinson '61

Peter & Susan Restler

Nelly Khouzam

Babak Mahdavi '97

Sophie Marsolais

Eric Marsolais

William McLaughlin '63

Rafe & Barb Engle

Jocelyn Molyneux '08

George Molyneux '72

Lorne Nelson

Lynn Young '78

Monty Newborn

Babak Mahdavi '97

Gayle '71 & Jamie '70 Saunders

Marion Tope

Hugh Scott DCL '99

Jacqueline Scott '90

Dimitri Vouliouris

Babak Mahdavi '97

Glen Wickens (on his retirement)

Ken & Marie McLean

Pam McPhail

Jessica Riddell &

Robert Burns '99

Ron Yeats

Leigh Sowerby '03

In Memory of:

Shelley Arthur

Robert Arthur

Nicholas Bachand '93

Éric Bachand

Julie Bradshaw '80

Mac '47 & Lucille Bradshaw

Rodney Brand '42

Muriel Brand '45

Jeff Cannon '89

Linton Carter '89

Virginia Cowan '95

Carol Byers

Jennifer Tidman '95

Andrea Timlin '95

Rev. Robert Crouse

Barry Wansbrough '61

Oscar Dumont

Margaret Petrus '96

James Ferrabee '57

Glyn Edwards '57

Chad Gibbs

Heather Fisher

Barbara Fisher

Four Shades of Purple

Stacy Beauchamp '07

Dillon Cameron '99

Louise Card '72

Justin Penney '06

Richard Garlick '68

Lois Shepherd '69

John Gordonsmith '64

Lorrenne Gordonsmith

Harry Graham

Sandra Gallichon '80

Stewart Graham '00

Brad & Carolyn Cameron

Yvon & Heather Cormier

Ian & Cheryl Graham

Liz Harvey '96

David Jones '76

Tim Wallace '95

Kate Huntington '94

Terry & Barbara Huntington

Jennifer Marriott

Dan '90 & Katie '90 Gray

Norah Moorhead DCL '86

David Jones '76

Arthur Motyer DCL '92

Roger Snape '63

Geraldine Sperling '60

Michael Wansbrough '61

Joyce & Ian Nishio

Greig Nishio '78

Kyle Pearson '06

Bruce & Jane Pearson

Susan Pepall Ross '57

Susan Pilson McGuire '58

Nancy-Lynn Stevenson '61

Tony Preston DCL '60

Sarah Preston

David Rittenhouse

Tim Griffin '71

Robert Laverdure

Laurie Matheson '76

William McLaughlin '63

Elisabeth Sachs '72

Peter '63 & Gussy '64 Turner

Debra Slater '80

Marc Slater '80

Gerald Tucker

Christopher Rae '06

Rachelle Wrathmall '99

Paraskevi Mazarakiotis '99

Kimberly McKell '93

Friends

The Right Honourable Paul Martin DCL '09 (Prime Minister from 2003-06) was invested as a Companion of the Order of Canada, which “recognizes a lifetime of outstanding achievement and merit of the highest degree, especially in service to Canada or to humanity at large.”

1950s

Patricia Tector '55 has taught high school, sold real estate and was the Director of Training (Human Resources) for BNR, a division of Nortel. She is still active in gender equity and affordable housing non-profits. She is a mother to three, grandmother to seven. Her husband **Bill Webb '57** passed away in 2008.

Tony Ketchum '58 and his wife Mary have founded a non-profit corporation called *For Our Grandchildren*. Their mission is to help avoid irreversible climate change in their grandchildren's lives. Both Archbishops Desmond Tutu and Stephen Lewis are honorary members of their steering committee. At the 2011 Green Toronto Awards the Ketchum's geothermal heated and cooled house was awarded first prize: \$5,000 earmarked for charities. Tony is currently the Chair of the Living City Foundation in Toronto.
fourgrandchildren.com

1960s

Graham Pottinger '67 began teaching in 1967 and retired for a third time in 2011. He has spent much of his career as a resource teacher but now does small contract work for resource setting, writing assessment reports, and suggesting ways of teaching individual students. He lives on Cape Breton Island that “has the best seafood and music in the world”!

In December 2011 **John Swift '69** joined the Board of Directors of Monexa Technologies Corp. John is a lawyer in Vancouver with an independent practice centered on organizing, financing and advising knowledge-based business and on the transfer of technology from public institutions and universities. He also



Tom '61 and Barb '63 Matthews celebrated their 50th wedding anniversary in May 2011 with their family (including daughter **Glenna '83** in centre of photo). They renewed their vows in St. Mark's Chapel where they sing in the choir. Tom supervises Bishop's student teachers; they both belong to the University Singers.



original school



new school

Don Barclay '68 and Bob Barclay '71, with encouragement from **Heather (Haas) Barclay '69 and Janice (McIntosh) Barclay '71**, recently established *Support. Education.Togo* (SET), a charity that builds schools and supports education in Togo, West Africa. On a volunteer trip to Togo in 2011, Don, Bob and two others were struck by the number of school sites that needed new classrooms, books, supplies, water and sanitation facilities, and scholarships for those children who cannot afford school. Don writes: “One of our aims in retirement was to ‘give back’ globally. Little did we know where this would lead, but we are finding out.” Since June 2011, funds have been raised, and along with their partner in Togo, *Action Enfance et Développement Togo*, a three-room school in Agbelouve has been built and a school in Agalepedo has been renovated. A third project in Asso is slated for May 2012. For further insights, visit www.supporteducationtogo.org.

serves as the Chairman of the Central City Foundation, a Trustee of the Vancouver Public Library and Director of Connotative Intelligence Corp.

1970s

Mark Franklin '75 has retired after teaching for 33 years with the Eastern Shores School Board. Mark is involved with the Masons and is the District Deputy Grand Master (DDGM) for the region called Québec and Three Rivers. He is responsible for five Lodges from Three Rivers to Gaspé, all part of the Grand Lodge of Québec.

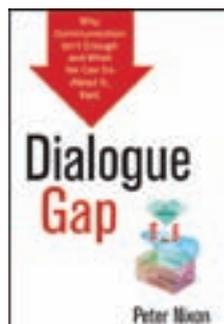
Steve MacInnis '76 won the gold medal in the 2012 Illinois State Racquetball Tournament.

Brian Dooley '77 was appointed Artistic Director and General Manager of *L'UniThéâtre*. A native of Sherbrooke, Brian has worked in Edmonton since 1996. His skills include directing, writing, producing and performing in a variety of media including radio, animation, film, television and theatre.



1980s

Shaun Lynch '81 joined Special Olympics Québec in January as Director of Philanthropic Development, after five years of running his own fundraising consultancy. For the past 11 years, he's taught marketing part-time at the John Molson School of Business, Concordia University. For the past 4 years he's also taught courses in fundraising and public relations event management at McGill's School of Continuing Studies.



Peter Nixon '83 published a book entitled *Dialogue Gap: Why Communication Isn't Enough and What Can We Do About It, Fast* (Wiley). The book bridges the chasm between communication and understanding in negotiations. Peter explores the disconnect

and significance of dialogue in an increasingly globalized world where the ability to engage with others is essential.

Chris McGregor '87 returned to Bishop's in March as a guest director for the Drama department's production of *Two Tales by Count Gozzi*. Chris graduated with a BA in Drama and has since toured Canada, the US and Ireland. In 2009 he earned his MFA in Directing at UBC. He directed his first major musical, *The Sound of Music*, at the Gateway Theatre in Richmond BC last December and next season will direct *The Fiddler on the Roof*. Chris lives in Vancouver with his wife Nicole and two children Lachlan and Quinn.



Lara (St. Onge) Eager '98 teaches Grade 3/4 at Bells Corner's Public School in Ottawa. She directs the school's junior choir which recently won a competition on a Rogers TV show called SING! The choir sang on Parliament Hill for the 'Christmas Lights Across Canada' ceremony in December.

1990s

Scott Kirkwood '90 is a Software Engineer for Google Canada.

Tom Van Alstine '92 recently partnered with Smith Petrie Carr & Scott Insurance Brokers in Ottawa as Consultant – Life & Employee Benefits. SPCS is one of the largest locally owned insurance brokerages in Eastern Ontario. www.spcs-ins.com

Tyler Bjorn '94 and his friend Richard Clarke qualified to compete in the sailing event at the 2012 Olympic Games in London. You can join Tyler at a fundraising event on Saturday, May 26 at the Royal St. Lawrence Yacht Club in Montreal. www.clarkebjornsailing.com

Last year, **Steve Pelletier '94** was promoted to Vice President Finance International Division for Bombardier Recreational Products (BRP) European Distribution based in Lausanne, Switzerland. **Claudine Briand Pelletier '94** and their daughters, Audrey 8 and Kailyn 5, moved as well, settling in the area of Vevey, Switzerland.

Ed Van Luven '96 is a Policy Analyst for Health Canada in Ottawa.

Craig Taylor '99 published his third book *Londoners: The Days and Nights of London Now – As Told by Those Who Love It, Hate It, Live It and Long for It* (Granta/HarperCollins). *Time Out* named it Best London Book of the Year and Craig one of the most influential people of 2011 in their Books & Poetry category.

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or Sarah Heath '99, Researcher & Alumni Relations Assistant, toll-free 1-866-822-5210; sarah.heath@ubishops.ca

www.ubishops.ca/alumni

2000s

Maxime Durivage '00 is the Investment Manager of the Private Equity and Infrastructure Portfolios at Desjardins Group Pension Plan.

Bram Cotton '02 is Executive Director of the Niagara Sport Commission in Niagara ON. bram.cotton@niagarasportcommission.com

Sean Kerklaan '02 is CEO of Rematee in Vancouver. www.antisnoreshirt.com

Julie Courchesne '03 has bought a farm and is living “la dolce vita” with her husband Martin in the country side of St-Eugène QC.

Kelly McEwen '04 is a kindergarten teacher for the Lester B. Pearson School Board.

Chelsea Murphy '08 is currently working for Pepsi Co. in Ottawa as a Delivery Manager. chelsea.murphy@pepsico.com

Graeme Scott '09 is currently a Financial Consultant for MediCapital Inc. in Vancouver. graeme@medicapital.net

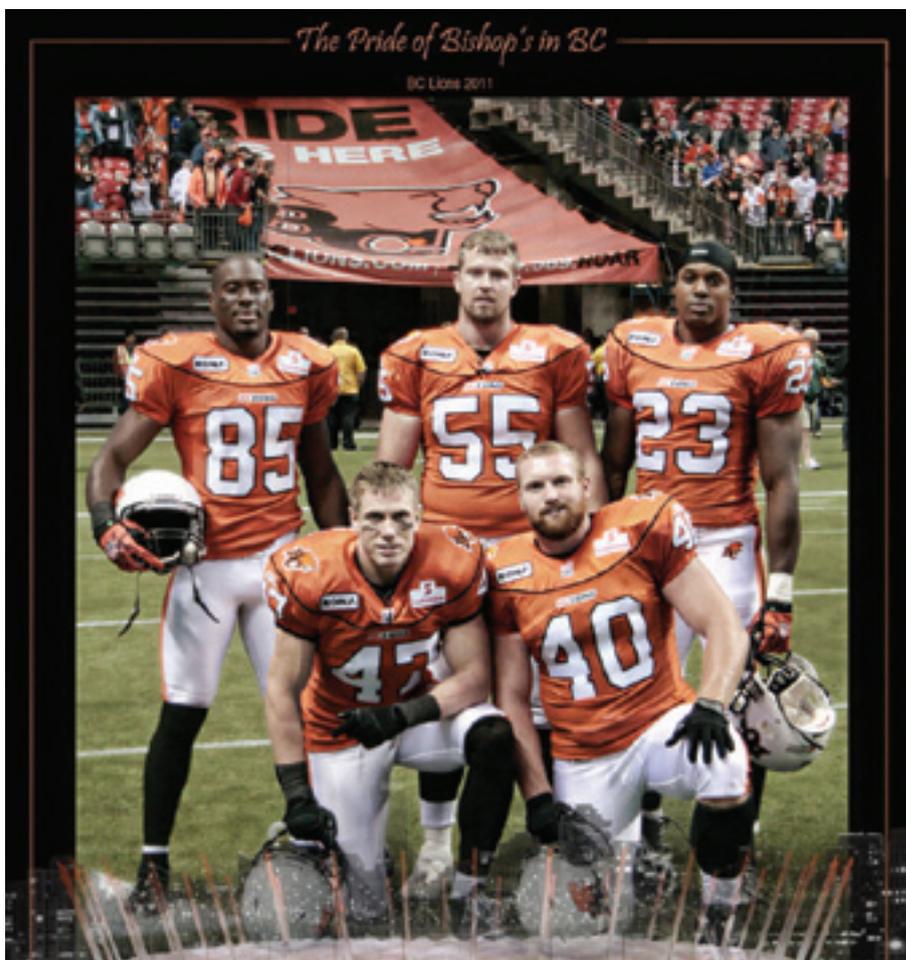
Mark Walley '09 is working on his Master's thesis dealing with magic in Classical Athens at Memorial University NL. He is also an intern at the Canadian Institute in Greece.

2010s

Caitlin Carss '10 is a Communications Officer for Scotiabank in Toronto.

Katy Germain '10, a member of the Gaiters women's basketball team from 2006-11, signed with TSV Towers Speyer-Schifferstadt of the 2. Bundesliga, the German second division, through to the end of the 2011-12 season. Katy is the first female Gaiter to play professionally since **Melissa Lemay '02**, who played in the French league until 2008.

Join Bishop's on



85 - Shawn Gore, 55 - Dan McCullough, 23 - Jamall Lee
47 - James Yurichuk, 40 - Tim Cronk '11

From Coulter Field to the newly renovated BC Place Stadium: five former Gaiters helped the BC Lions defeat the Winnipeg Blue Bombers 34-23 in the 99th Grey Cup Championship under the dome in Vancouver on November 27, 2011. Going out on top, **Jamall Lee** and **Dan McCullough** have since retired.

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BUAA invites proposals for an exclusive partnership in **life insurance** to take effect in 2012. The program will benefit alumni and friends of the University. For information visit www.ubishops.ca/alumni. The deadline for submission is June 29, 2012.

Making Change Happen: it starts with us but includes YOU



Sonia stands near paintings by Norval Morriseau, an Ojibwe painter and a member of the Royal Academy of Art in Canada. Morriseau is perhaps the most recognized native Canadian artist. His pictographic art, predominantly done in acrylic paint on paper or canvas, derives from the birchbark scrolls of the Ojibwe medicine society, the rock art of the Great Lakes Woodland region, and Ojibwe oral traditions.



Sonia Isaac-Mann '95 BSc (Bishop's) MSc (Alberta)

Everyone knows it takes time to make change happen. It also takes dedication and commitment by those who need to see it happen. First Nations need to enjoy the same level of health as everyone else in Canada. We've struggled for decades to address the health disparities that plague our people.

You may ask yourself...so what? Who is this woman and why should I care? Let me tell you.

I am Mi'gmaq from Listuguj First Nation in Quebec and am in my 8th year at the Assembly of First Nations (AFN). During my academic and employment career I realized that, for me to make significant change for First Nations, I needed to focus on changing the system of oppression under which we suffer.

What you take for granted, we as First Nations still must fight for. Following are some potent examples:

- Can you believe many First Nations people are turned away for services because prior approvals are needed before they can get eye glasses? Or they're told to get their glasses from the cheap rack?
- Can you imagine a hospital rejecting you because of jurisdictional disputes between the federal and provincial governments about responsibility?
- Would you accept being declined services because you don't reside in the province in which you need help?
- Would you accept being denied access to life-saving, prescription drugs because someone decided not to cover them?
- Would you accept housing conditions that expose you to extreme cold, mold and other contaminants?
- Would you accept living under a boil water advisory for years at a time?
- Would you accept having your children taken away from you because someone deemed it unacceptable for them to be raised in their own culture?

- Would you accept substandard education for your children? First Nations are part of your history, your heritage, your reality. Would you tolerate our situation?

In my position I try to make people aware of health disparities while advocating our inherent, treaty and constitutional rights and promoting (w)holistic health for the well-being of our Nations.

Full control of a sustainable and equitable health care system must be implemented to ensure First Nations have access to the same services as other Canadians.

In light of the United Nations *Declaration on the Rights of Indigenous Peoples*, which Canada endorses, just change can and should be realized.

As a First Nations woman, I find the current system of injustice and discrimination intolerable, so I choose to fight. YOU too should fight to make change happen.

Sonia Isaac-Mann '95

Assistant Director, Health and Social Secretariat
Assembly of First Nations

Had a good day.

Picked up my bike at the repair shop. Downloaded some tunes. My MasterCard credit card makes it easy, and helps build my credit history too. I can get emergency cash at ATMs, and even pay over time if I need to. Plus, my school gets a contribution for every purchase. Not bad.



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