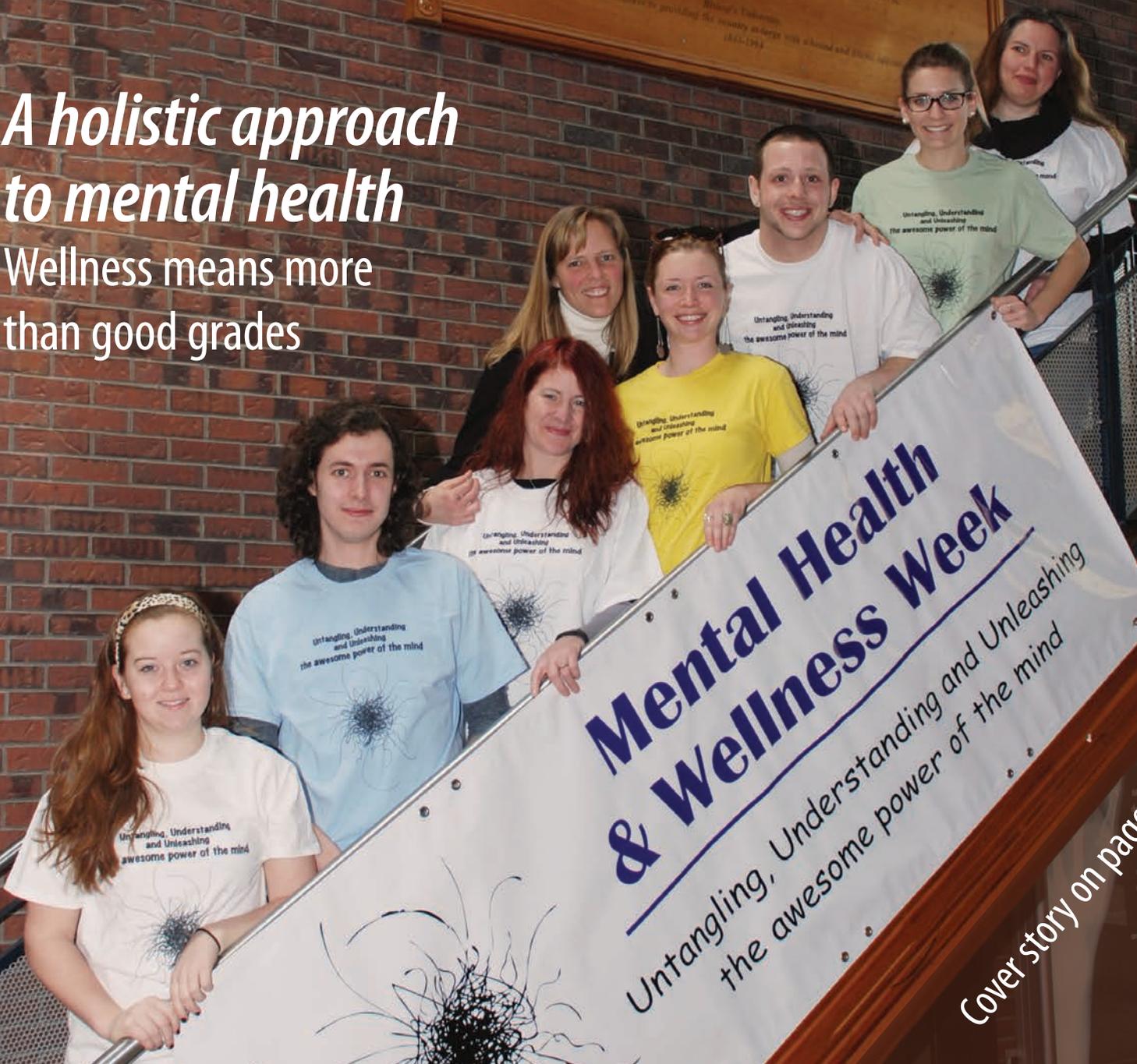


BISHOP'S



*A holistic approach
to mental health*
Wellness means more
than good grades



Cover story on page 10

Rayons X
When Carol Bragan, 86
was diagnosed with
breast cancer, she
was told she had
months to live. But
she refused to give
up. She fought for
years, and finally
won. She is now
a cancer survivor.
Her story is a
testament to the
power of the human
spirit.

YOU MAKE IT HAPPEN



“Without you, I might not be here, and that thought freaks me out. Your donations allowed me to step foot on this wonderful campus and drastically change my life.

Our school is full of magic, and I thank you for giving me the opportunity to experience unforgettable moments.

Joel Patey, 1st year from Windsor Junction NS

Charitable donations to the Annual Fund touch every aspect of campus life. They play a crucial role in providing the excellent classroom environment and enriching extracurricular experiences students like Joel are able to take advantage of on a daily basis.

Thank you to the thousands of alumni, parents and friends who make it happen at Bishop's on a daily basis. Your generosity helps our University maintain its position as a leader in undergraduate education.

To make an important difference to the lives of BU students, visit ubishops.ca/gift or contact Liz Mazurek '08: 1-866-822-5210, emazurek@ubishops.ca



Contents

- 4 **Homecoming 2014** Gaiters games, reunions, golf and more.
- 6 **Alumni Profiles** Four young graduates discuss their careers: Rebecca (Timmel) Sullivan '03, Michael Dytynshyn '08, Christie Carson-Ginger '07, Jean François Turgeon '06.
- 10 **Cover story: A holistic approach to mental health**
Wellness means more than good grades.
- 15 **Showing appreciation** Brian '06 and Caity '07 Donley talk about giving back.
- 16 **A rather bizarre bubble** Arash Madani '02 reporting on the 2014 Winter Olympics.
- 17 **Practically speaking** About two transitions: Fiona '95 and Sarah '95 Carver on real estate decisions.
- 18 **Gaiters** Winter season results and RSEQ award winners.

Cover photo, on the stairs, third and fourth from bottom: Dr. Fuschia Sirois (Psychology Department) and Dr. Jackie (Frost) Bailey '95 (Dean of Student Affairs) with student volunteers.

Regular features

- 5 **Principal's Page** Michael Goldbloom talks to the *Montreal Gazette* on civic engagement.
- 12 **Campus Notes** Two new Deans, Lennoxville Achievement Awards, 9th Annual Research Week, U4 weekend and more...
- 14 **My Space** St. Mark's Chapel and its organ.
- 19 **Alumni Events**
- 20 **Marriages**
- 21 **Births**
- 22 **In Memoriam**
- 23 **Through the Years**
- 26 **Alumni Perspectives** Omar Allam '03 on taking the leap from public service to global entrepreneurship.

Bishop's University Magazine is published three times a year by the University Advancement Office. 866-822-5210; alumni@ubishops.ca Edited and designed by Pam McPhail

HOMECOMING 2014 – SEPTEMBER 25-28

Thursday, September 25th

- Alumni Sharing Knowledge
- Free career webinar for alumni
- Gaiter lacrosse

Friday, September 26th

- Homecoming golf tournament
- Gaiter soccer
- Gaiter rugby

Saturday, September 27th

- Campus tour
- Gaiter walk for ALS
- Lunch and lecture at new Sports Centre
- Tailgate – stop by your BU Alumni Association tent
- Gaiters vs Mount A @ 7 p.m. – football under the lights at Coulter Field
- Homecoming Everywhere Saturday Night: all the action comes to you! Check your e-mail and our Facebook page for details.

Sunday, September 28th

- Chapel service in St. Mark's
- Farewell brunch in Dewhurst



20th Reunion of the 1994 Football Team
Football Gaiters return to campus 20 years after their championship season!



Gaiter walk for ALS – Homecoming 2013



Gaiter football – Homecoming 2013

50th Reunion for the Classes of 1962-66

- Friday night: cocktails, dinner and dancing
- Saturday: exclusive reunion activities, BBQ before the game and reserved seating at the game
- Special events by graduation year
- Contact Sarah Haddon '01 to say you're attending. shaddon@ubishops.ca

Reconnect and revel for a weekend

- Join our Homecoming 2014 group on Facebook for the latest news.
- And watch for more details coming your way soon!

www.ubishops.ca/alumni/homecoming2014

Michael Goldbloom appointed to the Order of Canada

The following article by Monique Muise was originally published in *The Montreal Gazette* (January 12, 2014). montrealgazette.com

Last December, **Michael Goldbloom** learned he would be joining the ranks of the Order of Canada.

While the honour likely came as no surprise to those who have followed Goldbloom's work as an academic administrator, newspaper publisher and lawyer, Governor General David Johnston was very specific about why the native Montrealer was being recognized. Goldbloom will be inducted into the Order "for establishing several transformative civic organizations in Montreal and for his dedication to building bridges between the city's English and

French-speaking communities."

Goldbloom's lifelong commitment to civic engagement and his experience as the former publisher of this newspaper and president of Alliance Quebec have given him a unique perspective on Quebec's linguistic duality and how it affects our daily lives. As the province prepares to enter into several more weeks of heated debate over the Parti Québécois' proposed Charter of Quebec Values, *The Montreal Gazette* spoke with Goldbloom about the best way to cut through the tension and find common ground.



Michael Goldbloom
Principal & Vice-Chancellor

Gazette: Quebec has gone through many periods of linguistic tension, and in recent decades you have played a key role in helping to foster respectful dialogue. What are some of the lessons you've learned that could help us as we navigate the debate over the proposed Charter of Quebec Values?

Goldbloom: The first thing is that one has to be present and engaged in the debate. And this has to be done in a respectful way. In my previous experience in the debates about Bill 101, that meant presenting briefs to the National Assembly, meeting with editorial writers for the French language newspapers. It meant meeting with politicians in government and in the opposition, and it meant engaging in the debate through the mass media. You need to be respectful of others' opinions, but firm in expressing your views.

Gazette: So showing up is important. Once everyone is at the table, what's the next step?

Goldbloom: English-speaking Quebecers have to engage with confidence. We have to act with the sense that we are full members of this society and our opinions are as important as anybody else's. You also have to be open to other people's perspectives. It's not useful just to talk to the people who agree with you. You need to reach out and engage with people who have different views than your own. That's the only way that you can ultimately find allies and make progress ... to see if there is some middle ground that's possible to achieve. We have to remind ourselves that some of the most significant changes to Bill 101 were made by the PQ government itself under René Lévesque.

Finally, you need to base your interventions on fundamental principles. You have to step back from the specific issue and ask yourself, 'what's fundamentally at stake?' I would illustrate that with the question of commercial signs in Quebec. The original Bill 101 prohibited the use of English on commercial signs. It was a confrontation, in my view, between the fundamental principle of freedom of expression and the desire to protect French. It took a long time ... but ultimately, Quebec society came around to respecting the fundamental principles that the English community had articulated.

Gazette: Why is it so important for people—of any linguistic or religious or ethnic background—to feel like they belong in a given society?

Goldbloom: I think that is a fundamental human desire. We all have multiple identities. I'm a Canadian, I'm a Quebecer, I'm a Montrealer, I'm a Townshippier, I'm an English-speaking Quebecer, I'm a Jew. We have a variety of ways that we identify ourselves, but I think any one of us wants to feel part of a larger community and an equal member of that community. I think that's what calls us to participate and try to make the society better. It's critical that one feels a sense of connection to a community and that one is respected by that community.

Gazette: Many anglophones and allophones have chosen to leave Quebec over the years, but you have remained here through thick and thin. Why?

Goldbloom: I love Quebec. It is a unique society. I like living in a society that is diverse. I enjoy the dual linguistic nature of Quebec. Some people don't want to speak about it in those terms, but Montreal is fundamentally a bilingual city. I think it's important that we protect the French language in Quebec ... but I like living in a society where there is difference. One of the things that concerns me about this proposed values charter is that, in the end, it is not a celebration of that difference. It's an attempt to diminish it.

Gazette: The hearings into the proposed charter will begin next week. As someone who has witnessed similar proceedings in the past, what do you expect to see?

Goldbloom: I am encouraged that this has not become a language issue. There are many French- and English-speaking Quebecers who are opposed to the charter. I'm actually quite optimistic about this. I think that the hearings will help clarify and help people to understand the fundamental principles and issues at stake. If you see some of the opinion polls, there have been lots of contradictions. When asked if people should be prevented from wearing ostentatious religious symbols in the civil service, a lot of people say yes. But those same people, when asked if people should be dismissed from their jobs if they do wear those symbols, say no. So I think there's still a lot of confusion.

I'm confident that, ultimately, Quebecers will choose to have a society that remains open and tolerant and respectful of diversity. ■



Rebecca (Timmel) Sullivan '03
Test Kitchen Manager, Conair Corp (Cuisinart), New York City

“The prospect of going to graduate school to improve her credentials did not excite Rebecca. Having aspired for so long to a career in a field related to political studies, she experienced a quarter life crisis.”

Get Cooking! An exciting time in the culinary world

How does someone who dreams and plans to work in the Foreign Service or at the UN end up in a kitchen, enjoying every minute? **Rebecca Sullivan '03** has never been afraid to do the unexpected or change directions.

When the time came to choose an undergraduate university, she wanted a small, personal institution where she could improve her French. After visiting the requisite US colleges within five hours' drive of her home in Sandy Hook CT, she went north of the border for a weekend at Bishop's and stayed for a four-year degree in International Studies, with additional travel to Amsterdam for a semester and, through the Model UN, to a conference in Spain.

Her Bishop's degree helped her obtain a position as an intern for a congressman in Connecticut, but the prospect of going to graduate school to improve her credentials did not excite her. Having aspired for so long to a career in a field related to political studies, she experienced a quarter life crisis.

Enter her sister who suggested that Rebecca, an avid baker, should continue her education in a culinary way. While determined not to work in a restaurant, Rebecca did complete ten months of training at the French Culinary Institute in Manhattan, interned at a food publication, and eventually landed a job in the test kitchen at Cuisinart.

Rebecca divides her time between testing products—the “scientific” side of her job, which involves working with engineers and marketers—and developing recipes for the new products—the creative side.

“It's challenging to stay abreast of all the material about food, cooking, and appliances, and to come up with fresh ideas!”

Last year she helped test a new steam oven that operates like a toaster oven but with steam. She and her co-workers discovered new issues and uses. For example, the steam oven can be used to make artisan breads, bagels and donuts.

For over seven years at Cuisinart, Rebecca has drawn on the skills she developed at Bishop's. “While I've never been a shy person, my professors taught me to present my ideas with confidence and to overcome my fear of speaking French as a second language.”

Her writing, research, and time-management skills also serve her well, whether she's communicating with different departments, demonstrating at trade shows, or evaluating new information and products. As Rebecca and two colleagues work on every single product, they must often meet tight, even crazy deadlines.

“It was a scary experience to switch career paths,” says Rebecca, but she harbours no regrets. She loves her job, especially since “it's a really exciting time to be working in the culinary world with the proliferation of information and websites and blogs devoted to food.”

Rebecca never imagined working in a kitchen and now cannot imagine being out of it. ■

Making a difference

A career in international relief

When he's not in Haiti, Panama, Colombia, Senegal, Sierre Leone or the Philippines, **Mike Dyтынshyn '08** calls Calgary home. Originally from Johnville in the Eastern Townships, Mike graduated with a Business degree and went to work as a Financial Advisor at the National Bank in Montreal.

On a vacation in Haiti, he fell in love with the country. When the devastating 7.0 magnitude earthquake hit Haiti in January 2010, he wanted to help.

"I didn't know about the field of international relief, but through my contacts I discovered Samaritan's Purse, a nondenominational evangelical Christian organization providing spiritual and physical aid to hurting people around the world." Mike's Christian upbringing plus his oral fluency in French landed him a job with this non-profit organization.

His first assignment in Haiti proved to be chaotic: figuring out the logistics to combat the outbreak of cholera. Rehydration, the cornerstone of cholera treatment, reduces fatalities if administered in a timely manner and in adequate volume, but the country lacked IV fluids and efficient distribution methods.

More recently Mike spent a month in the Philippines after Typhoon Haiyan wreaked havoc. In conjunction with the World Food Program, Mike distributed food, hygiene kits and construction materials to repair boats that support the country's fishing industry.

Mike's skills and personality suit the needs of Samaritan's Purse. His background in finance, for instance, gives him an advantage in the non-profit world where good intentions sometimes supersede financial savvy. And his willingness to embrace unfamiliar situations—given the inability to prepare for international disasters—also serves this organization well.

He spends half the year abroad. When he's not providing relief, he's in the field (Haiti and West Africa) visiting partners, coaching and training. While Mike doesn't care for the actual travel, he loves meeting people in different countries of different cultures. "Our similar human traits transcend any language or cultural barriers."

Despite his passion for making a difference in the world, Mike appreciates the comforts of home and may change careers again in the future to accommodate romance, marriage and children. ■



Mike Dyтынshyn '08,
International Regional Manager – Haiti & West Africa
Operation Christmas Child, Samaritan's Purse Canada

On assignment in the Philippines: "The Australian Navy was delivering High Energy Biscuits (HEB) to the schools of Kinatarkan Island, and I had to be there to receive the food on behalf of Samaritan's Purse. The journey from Bantayan is usually around 1.5 hours.

Without warning, the engine of our small boat began to sputter and then died. I wasn't surprised, as the boats here have seen better days—but this was not the time! The last thing I needed was to be helplessly stranded in the middle of the ocean, waves tossing the boat up and down, with a meeting ahead that I couldn't miss!

After 10-15 minutes of fiddling with the engine, the captain was able to get the boat going again. I could see two of the Australian Navy's amphibious crafts leaving the main ship and heading to the island. We arrived on the beach at the exact same time as the Australian vehicles! I couldn't help but smile—my conviction that God was in control had been confirmed.

The whole village gathered around as the amphibious crafts drove out of the water and onto the beach. On an island with no transportation infrastructure whatsoever, this was a strange sight to behold. The Australians unloaded the HEB pallets with enthusiasm.

Then, as quickly as they'd arrived, the crafts departed. It was my turn to arrange motorcycle transportation of all the boxes to the island's four schools. Three hours later, the HEB were in the principals' hands, and each child would receive a pack per day for the next two week.

As the children and teachers of Kinatarkan Island thanked me for the relief goods, I thought how privileged I was to be helping out. I left the island with a full heart." ■



Christie Carson-Ginger '07
Specialist, Loyalty, Retention & Direct
Marketing at Sirius XM Canada Inc.

Christie believes in helping to open doors for other professionals, saying, "It requires little effort for me to pass on a resumé or a job posting and the return can be great for the individuals."

www.linkedin.com/in/christiecarson;
ccarsonginger@gmail.com

A matter of loyalty — in the job and to her lifestyle

Christie Carson-Ginger's first job ended badly. She went to work at a start-up that the 2008 recession put out of business.

"I learned never to get too comfortable in your position. No matter how valuable you may be, there's no guarantee your job won't disappear. And there's always someone else who can take your place."

Christie next worked in loyalty and retention marketing at Woodbine Entertainment Group. She found an untapped market of cash-only customers and launched a new program that offered them a customer loyalty card, a program that's still running today and has generated double-digit growth every year. A key skill Christie learned: how to present ideas to management in a persuasive manner.

With the horse racing industry in decline but not wanting to leave behind her type of marketing, Christie moved in 2012 to SiriusXM, Canada's leading audio entertainment company and satellite radio

provider. SiriusXM provides programming for everyone, from commercial-free Top 40 and an all-'80s channel to exclusive Grateful Dead Radio, Howard Stern, NHL and Comedy Central stations.

The business features two sides: the public side of music, sports, talk and comedy, maybe even occasionally meeting celebrities, and a tactical one. "Our company operates like the big mobile and cable providers where acquiring and retaining customers is essential."

In promoting customer loyalty, Christie tries to engage with customers and add value to the service. Her tactics include perks, contests, keeping customers apprised of changes, and helping them get the most out of their subscription. "Satisfied customers continue as subscribers."

Christie pays attention to her professional and personal growth rather than title growth. "I used to think if I held the same job title for more than two years with no major prospects ahead, I'd move on. But

when I'm progressing professionally, why leave my position for a new title?"

She also gained a new appreciation in working for a company that fits her lifestyle. "I ride my bike 20 minutes to my office, just west of downtown Toronto. On my lunch break, I eat outside or do yoga."

Last year she ran three half marathons and her first triathlon. "I could not compete if I had to log long days or spend hours in traffic. I'd miss my training!"

Many young parents maintain flexible schedules and most leave the office on time. Christie values the company's family friendliness, especially as she and **Jacob Ginger '06** expect their first baby in July.

The fact SiriusXM is a publicly traded company brings a sense of personal responsibility and urgency to her work. At the end of each quarter, Christie either met her goals or didn't. She enjoys the challenge and her colleagues. "You know when you're working hard, everyone else is as well. And when you raise the bar, you get rewarded." ■

A travelling man Advancing in Canada's number one automotive company

In the Customer Financing Department of Ford Canada, **Jean François (JF) Turgeon** enjoys building relationships with the personnel of dealerships in every province of Canada. Travelling comes with the job but dates back to his Bishop's days.

Born in Quebec City, JF used to visit his grandparents in Sherbrooke, sometimes driving by Bishop's en route to their home. Impressed with the beauty of the campus, he enrolled in an ESL summer program and learned enough English to be admitted to Champlain College (St. Lawrence) in Quebec City. After finishing CEGEP in 2003, he went to Bishop's where, in his own words, "I had the time of my life. The size is just right and you get to know almost everyone."

During his three years at Bishop's, JF met so many people from around the world that he became "hungry for travelling." He spent his last summer in Lennoxville working to pay for a four-month trip to South America.

He took a Spanish class for a few months and then travelled through different regions of Argentina and Uruguay, ending up in Brazil to visit friends he'd made when they attended Bishop's on exchange.

"Shortly after graduating I came to appreciate how precious my Lennoxville connections are and how well they will serve me, around the world, for the rest of my life."

Returning to Canada, JF pursued his passion for sales by finding work in the conference industry. He travelled to events in Virginia, Nevada, and California. Next came a sales job in industrial tools that took him coast to coast in Canada and to Pennsylvania as well.

"I never imagined I would travel so much for business right out of school!"

In 2010 JF joined Ford Credit, "after the other two major American automotive companies had declared bankruptcy. I joined a responsible, world class enterprise which

has ranked as the number one automotive company in Canada for four years in a row."

Having worked his way up through four different positions at Ford, JF now supervises a team of credit analysts who approve auto finance loans for the customers of all Ford dealerships across Canada.

Proud of his rapid advancement, he says, "In my work, as with all big corporations, performing your job description is never enough. To get promoted you must stand out, gain exposure, demonstrate curiosity, volunteer on projects, and be willing to learn every day."

This travelling man would be happy to connect with recent graduates on LinkedIn and assist them in their job searches.

If you talk to JF, you won't forget him. After all, he hasn't lost his French roots. "My accent helps people remember me," he quips. ■



Jean François Turgeon '06
Team Lead – Originations
Ford Motor Credit Company



Untangling, understanding and unleashing the awesome power of the mind



A holistic approach to mental health

Wellness means more than good grades

“**Debunking the myths**”

Mental illness is:

- not untreatable
- not unavoidable
- not contagious
- not restricted to people in difficult circumstances and
- not a reflection of who we are as people.

Dr. David Goldbloom
Chair, Mental Health
Commission of Canada

In his January 2014 Donald Lecture, **Dr. David Goldbloom**, Chair of the Mental Health Commission of Canada, pointed out that every year one in five Canadians experiences some form of mental illness—at a cost of \$50 billion in direct and indirect services. The majority of mental illnesses strike young adults between 18-24 years old, precisely the age group of most students at an undergraduate university.

While Dr. Goldbloom would say the fight against the stigma attached to mental illness has been a long one for people in health care, it became a campus-wide concern at Bishop’s only a few years ago. In the summer of 2012, **Jennifer McDade** (a 3rd year Biology student from Mississauga) approached **Dr. Jackie Bailey ’95**, Dean of Student Affairs, about the need for Bishop’s to do more in the field of mental health and wellness. Together they decided to try to raise awareness about mental illness—debunk the myths (see sidebar) and de-stigmatize it.

A committee comprised of students, faculty and staff put together the first “Mental Health and Wellness Week” (MHWW) in January 2013. Over 20 students led the way, generating the themes for discussion, organizing daily talks, and arranging for a keynote speaker.

For the second annual MHWW, the organizing committee thought hearing stories—in addition to facts—about mental illness might prove interesting. After Jackie’s presentation on “Depression, Anxiety, and Suicide,” a student told her story about her mother’s suicide and her own struggles with depression. Many other students committed to telling their stories next year.

It was standing room only for each guest speaker and a great turnout for Dr. Goldbloom in Centennial Theatre on the final evening of MHWW.

During the week, organizers featured a table in the SUB full of good foods to illustrate the relationship between wellness and eating. They also set up an enormous branch in the lobby, with students identifying on “leaves” what mental health means to them.

“We promote a holistic approach to health and wellness,” says Jackie. “While everyone recognizes the value of diet and exercise, we wanted to show the importance of the spiritual and social sides as well. At the end of the week, we offered over 20 activities, from swimming, massages, and yoga to bowl painting, sushi preparation, and spinning—all free of charge to the entire Bishop’s community.”

Bishop’s does more than devote a week to mental health and wellness; it offers services year-round. Although not standard in Quebec, the University provides a dedicated Health Clinic with a physician and nurse on staff.

It also maintains a Counseling Office with two full-time counselors and one part-time. “As issues affecting students are often time sensitive—stress occurring close to an academic deadline, for instance—we try to assign appointments promptly and avoid putting students on waiting lists,” notes Jackie. And in contrast to other universities, “we only put a ‘soft’ cap on the number of sessions each student can book.”

This academic year Student Services introduced an early intervention program. In December, **Diane Houde**, Coordinator, Student Leadership Development, in conjunction with the Registrar and



Puppy petting, a popular event of MHWW



Students spread good feelings



Writing “leaves” about mental health

the VP Academic, reviewed the marks of first-year students. Anyone with an average below 55% received an invitation to meet with Diane in the winter semester. Although appointments are not mandatory, most students opted to meet with her. Turns out several were experiencing mental health rather than academic challenges.

As part of her continuing efforts to raise awareness about mental health, Jackie brought a professional to campus last year to train 30 employees in “Mental Health First Aid.” This national program teaches people how to recognize signs and symptoms of mental health problems, provide initial help, and guide a person towards appropriate professional care.

“Ideally, we’ll bring in a professional to offer a five-day course on becoming a trainer. Then our in-house trainer(s) could put all Bishop’s employees through the program to detect early signs of mental illness.”

With respect to faculty, the University identified Psychological Health and Well-Being (PHWB) as one of four strategic research clusters. A multidisciplinary group, PHWB consists of nine regular faculty members whose research focuses on health and wellness and nine associate members with broader though related research interests.

Dr. Fuschia Sirois (Psychology) holds a Tier Two Canada Research Chair in PHWB. A member of the organizing committee for MHWW, Fuschia declared the week a “resounding success” and a highlight of the year for the way it focuses on key issues. She spoke on “Thriving, Not Just Surviving” (see the sidebar). “The concept is to

be proactive, to prepare your inner resources so that when stress increases you don’t fold.”

In November 2012, Fuschia opened a new research-based lab associated with her Chair and a Doctoral Fellow. Ten students participate in collaborative learning by meeting once a week to discuss projects. These research assistants start as volunteers to be trained in such matters as the techniques of data entry.

“As they get comfortable we give them opportunities to contribute; we train them to be leaders in research,” reports Fuschia. “In fact several of our assistants went on to graduate programs and, given the rigor of their undergraduate work, found the transition to be seamless.”

Fuschia’s mandate covers not only research but also the dissemination of knowledge. Since Fall 2012 she and others have delivered a course in Magog on “Pathways to Psychological Health and Well-Being in Everyday Life,” giving talks over a six-week period on various topics relevant to English-speaking adult learners. They plan to turn the talks into a lecture series in Lennoxville.

Faculty, students, and staff have joined the “war” on the stigma attached to mental illness and taken up the communal challenge of finding the paths to wellness.

They’re heeding the words of Dr. Goldbloom: “It’s the responsibility of all Canadians who care about a civil society to work towards the end of stigma and discrimination and ultimately be able to say: ‘it’s not about them, it’s us.’” ■

“ Ways to thrive

Seek balance—between personal activities and academic or professional obligations.

Practice self-compassion: be kind to yourself. Realize you’re not alone in facing problems or failures, so don’t berate yourself.

Avoid procrastination: procrastination is detrimental to your academic or professional productivity and your health.

Develop strong social connections: measure the quality rather than the number of your connections. A few meaningful ones can make the difference.

Cultivate gratitude: it’s a mindset as well as an emotion. It reflects an orientation to look for the positive and then be grateful.

Dr. Fuschia Sirois
Department of Psychology

New to academic administration



Francine Turmel, BBA, PhD (Université Laval), has been appointed Dean of the *Williams School of Business* effective September 2014.

Dr. Turmel served as Dean of Business at l'Université de Sherbrooke from 2010-13. Prior to that, she was Associate Vice-Rector of Research (2008-09) and Associate Dean of Research for Business (2002-05). She has also been an invited professor at the Stephen M. Ross Business School, University of Michigan.

She is a member of many professional organizations, including but not limited to: the Association of Quebec Women in Finance, the Sherbrooke Chamber of Commerce, the Canadian Federation of Business School Deans, the Quebec Order of Chartered Accountants and the Canadian Institute of Chartered Accountants.



Marie-Josée Berger, BEd (Université du Québec à Montréal), MEd, PhD (University of Ottawa), becomes Dean of the School of Education effective July 2014.

Dr. Berger served as Dean of Education at the University of Ottawa from 2002-12. Prior to that she was Director of the Ottawa Valley Centre of the Ontario Institute for Studies in Education of the University of Toronto (1994-2002). She also worked for many years as a teacher in Ontario, Quebec and New Brunswick.

Her research portfolio includes 14 books, 21 papers in refereed journals, 34 monographs, 60 technical reports and 48 refereed conferences. Sources of funding for her projects include the Ontario Ministry of Education, the Council of Ontario Directors of Education, the Department of Human Resources and Development Canada and the *Fédération nationale des conseils scolaires francophones*.

Student entrepreneur wins awards

Enactus Canada, the country's largest student leadership development organization, named **Rylan Schwarze** (3rd year Business) Quebec's 2014 Student Entrepreneur Provincial Champion.

He won for turning Ry Guy Magic into a vibrant enterprise that performs magic and circus stage shows throughout Ontario and Quebec.

At the Enactus Canada Regional Exposition in Toronto, Rylan won Regional Champion of the Student Entrepreneur National Competition.

He advances to the national level of competition held in Calgary at the end of April.



DONALD
LECTURE SERIES



Daniel Levitin, a cognitive psychologist who runs the Laboratory for Music Perception, Cognition and Expertise at McGill University, talked about the intense effect of music on us and also suggested students have more musical ability than they think.



Maxime Picard

With inspired leaps of logic and a sense for relatable minutiae, **Chuck Klosterman** explained how pop culture becomes inextricably linked with our memories, how it helps us understand the world, and what this says about us, as individuals and as a society.

Principal Goldbloom hosts graduating classes



Lennoxville Outstanding Achievement Awards

Arts & Culture: Bishop's University Fine Arts Department, l'Université de Sherbrooke and the Lennoxville Vocational Training Centre for the conception, engineering and creation of the Canada Games Cauldron.

Citizenship & Volunteer Work: **Nancy Robichaud**, Faculty Secretary for Social Sciences, for her involvement in community events and organizations such as the Bishop's/ Champlain Refugee Sponsorship Committee, Friends of Uplands and Canada Summer Games–Sherbrooke 2013.

Education: Bishop's University's Mentoring and Tutoring Program (promotion of literacy and learning within the local community by matching up Bishop's students with school-aged kids in the area). The Build a Better Purple 2013 Grad Class gift selected this project for support.

Sports: **Marcia Boisvert '74** and **Joey Sabo '94** for their work with Canada Summer Games.

Youth Leadership: the SRC Clean Community Team.



Principal Michael Goldbloom received a host of accolades and certificates from the local community in recognition of his ongoing contributions to life in the region, as well as his appointment to the Order of Canada.

9th Annual Research Week



Dr. Valerio Faraoni (Physics) received the 2014 Research and Creativity Award in recognition of his important contribution to the field of astrophysics.



Sarah Sykes, first prize of Bishop's Idol, **Arielle Bélisle**, third prize and **Geneviève Laliberté**, second prize of the Poster Competition.



In a joint scientific contest for students to present a research idea in 180 seconds related to aging, **Hannah Shucard** won the *Prix de la relève*. With **Dr. Miles Turnbull**, VP Academic.

Other student award winners: **Tegan Maharaj**, first prize of the Poster Competition and second prize of Bishop's Idol. **Victoria Kuckzynski**, third prize of Bishop's Idol and **Zoe Costanzo**, Public Award. **Julien Vachon** and **James Carroll**, first annual award to recognize student achievement in the area of climate and environmental change research.

Another undebatable U4 success

The 2nd annual Up for Debate weekend, with a theme of Mindfulness in Higher Education, brought to campus our U4 league partners—Mount Allison, St. Francis Xavier and Acadia—to participate in rich and compelling conversations.

Dr. David Goldbloom, Chair of the Mental Health Commission of Canada, kicked off our weekend at a well attended Donald Lecture with his thoughtful presentation about the stigma surrounding mental illness.

On Saturday morning teams of student debaters from the U4 universities tackled topics such as the validity of Neil Young's viewpoint on oil sands and the decision of York University to accommodate a student who refused to work with females on religious grounds.

The final debate posed a resolution about Quebec's Charter of Values and its ban on religious symbols for public service employees. **Peter Blaikie '58**

presided over this debate that saw two StFX teams pitted against one another.

The U4 Symposium featured eight TEDx inspired talks delivered by students and faculty. All universities were beautifully represented, and Bishop's was no exception. Student **Tori Portman** spoke with intelligence and feeling about anxiety before **Dr. Adrianna Mendrek** (Psychology) took the stage to delve into neuroscience, mindfulness, and her ten-day silent journey through the plains and textures of her own brain.

As event organizer **Dr. Jessica Riddell** (English) said in her opening remarks, "the weekend allows us to renew our vows to our students: to have and to hold (the hands of our students) in sickness and in health, and to ensure we support and celebrate our students when they soar and to ensure we support and nurture them when they struggle."

Caleigh Cross, 3rd year English

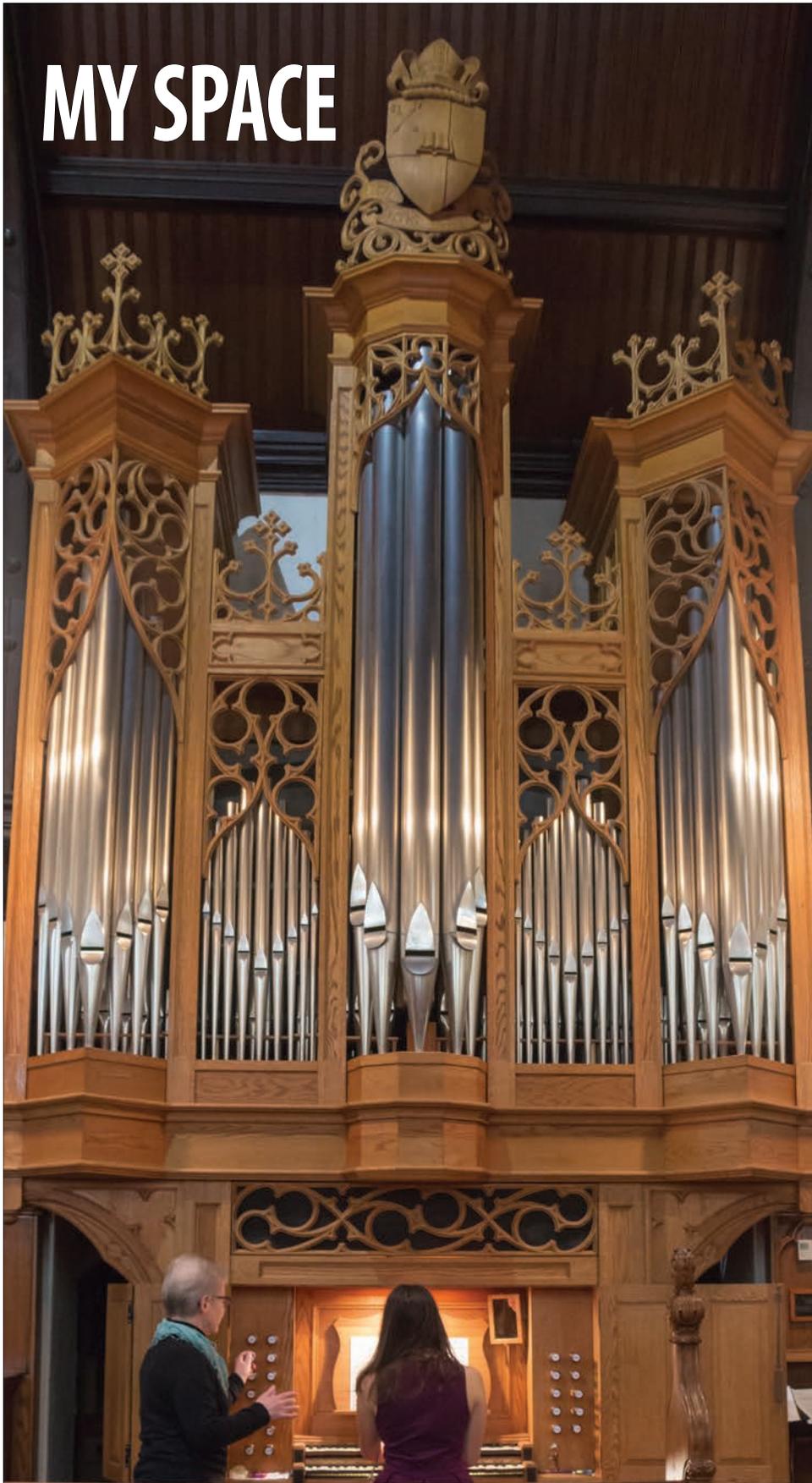


Dr. Jessica Riddell (Bishop's), Dr. Lisa Price (Acadia), Dr. Adrianna Mendrek (Bishop's), Dr. David Goldbloom, Piper Riley Thompson (Mount A), Chandler Jensen (StFX), Dr. Louis Groake (StFX), Dr. Bruce Robertson (Mount A), Tori Portman (Bishop's)



Peter Blaikie '58 in St. Mark's Chapel presiding over the final debate. Two students from StFX won this year's tournament.

MY SPACE



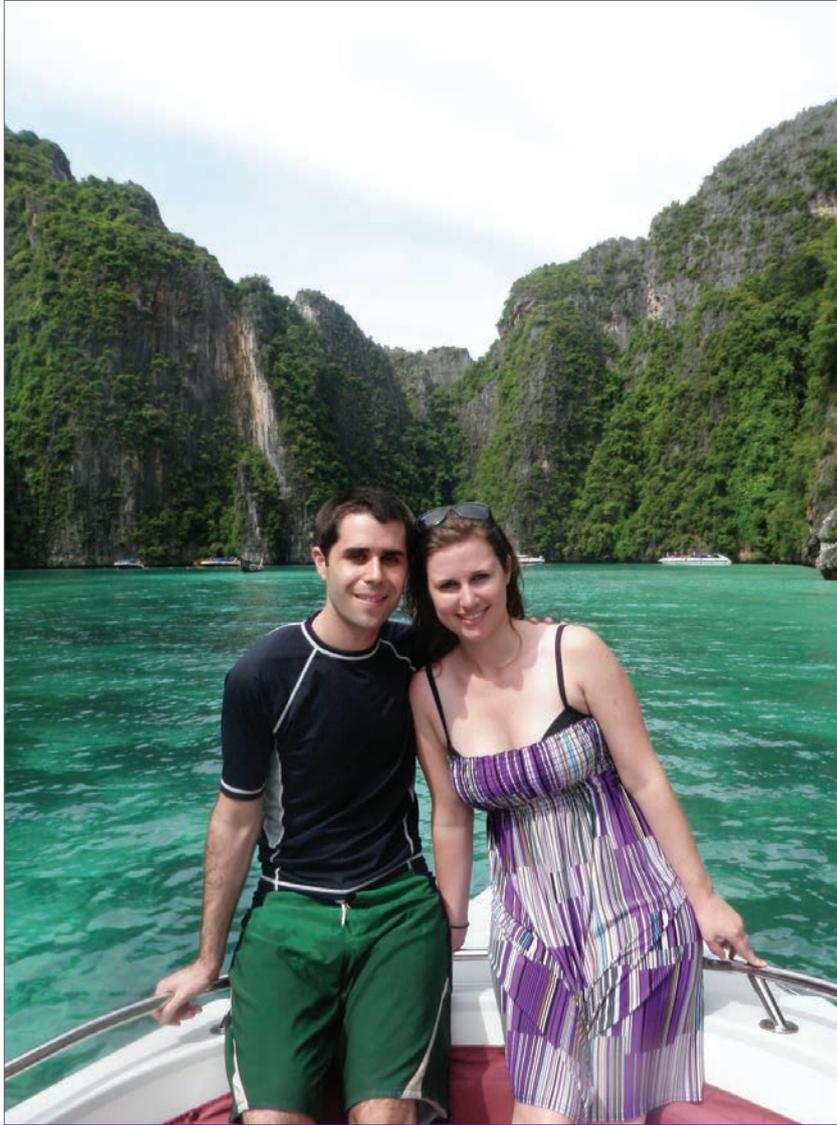
St. Mark's Chapel was consecrated in 1857 by George Jehoshaphat Mountain, the third Anglican Bishop of Quebec. Almost completely destroyed by fire in 1891, the Chapel was rebuilt in 1895 on the same site, with its superb interior furniture and paneling completed by the Sherbrooke firm of George Long (grandfather of the late Don Long '42). Made of beautifully crafted Eastern Townships ash, the interior of the chapel is most remarkable for the exquisite quality of its wood sculptures.

Twenty-five years ago, on May 21, 1989, His Royal Highness, Prince Philip, Duke of Edinburgh unveiled a plaque that commemorated the designation of St. Mark's Chapel as an historical monument.

In addition to ecumenical services, the Chapel is used for student debates, recitals, marriages, baptisms and memorials. The University's time capsule—put together during its 150th celebrations to be opened at its 175th—is stored in the basement of St. Mark's.

Twenty years ago the building of a new organ in St. Mark's Chapel became a Sesquicentennial campaign project of the BU Foundation. Karl Wilhelm custom built the organ with a case designed specifically to complement the interior of the chapel. Photo: Marie-Alice D'Aoust (4th-year Honours International Studies, Minor Music from Saint-Hyacinthe QC) during a lesson with University Organist Pam Eby.

St. Mark's Chapel exterior: Ryan Millar (3rd-year Social Studies/Education)
Wood sculpture and organ: Julie Fradette, University Webmaster



Brian '06 and Caity '07 Donley on vacation in the Phi Phi Islands, Thailand

I opted for a small school and have no regrets. I gained confidence, formed friendships with a variety of people, acquired social skills – in fact developed all the soft skills necessary to build a successful career.

Brian Donley '06
VP, Profit & Loss and Risk Reporting Manager
Bank of America, Charlotte NC

As a flutist, I entered the Music program intending to pursue a career as a professional musician. I got involved in *Musique Chez Nous* and came to realize you can put a Music degree to use in many different ways.

Caitlin (Hogan) Donley '07
Leadership Membership Manager
Museum of the New South, Charlotte NC

Showing appreciation

Caitly Hogan and Brian Donley both grew up in Vermont, she in Shelburne and he in Hinesburg, and even went to the same high school. But they didn't know each other. Independently they ended up at Bishop's: Brian started in 2002 and Caity in 2003. In October 2004 they "found" each other.

After Bishop's Caity worked as an intern at a children's museum in Lexington KY, a job she won as a direct result of her years with *Musique Chez Nous*. She and Brian later moved to Charlotte NC where Caity earned a Master's degree in Public Administration at the University of North Carolina at Charlotte and entered the field of development. Brian went to work at the Bank of America and is currently pursuing an MBA at the same university.

Now able to compare their small school experience with a larger one, they value even more their years at Bishop's.

"Bishop's gave us an excellent professional start. And we

love our core group of friends, a dozen of whom attended our wedding in June 2010. We continue to get together regularly, visiting Canada at least once a year."

They often recall their good times, for instance, Caity's weekly performances on the stage of Bandeen Hall before fellow students and professors and Brian's travels with the Ultimate Frisbee team.

Caity and Brian wanted to show appreciation for all Bishop's gave them. They began making gifts each year to support the Music program. This past December, for the BU170 Birthday Challenge, they decided to substantially increase their giving to support the University's highest priorities.

"Despite our distance from the campus, we'll continue to support Bishop's. In fact we'd like to see more Americans choose Bishop's for their undergraduate education to enjoy the same wonderful experience we did." ■



Arash Madani '02 is a national reporter for Rogers Sportsnet. He covered the 2014 Winter Olympics in Sochi for the television network. The alumni magazine invited Arash to write a first-person account of his time in Russia.

A rather bizarre bubble — 2014 Winter Olympics

Here's the thing about the Olympics: when you're covering them, it feels like they'll last forever.

One event blends into the next. The freestyle prelims can overlap with the short track finals; there may be a Canadian medal hope over in the bobsled, but you can't forget about Patrick Chan's practice—because it's his only interview availability before he competes in the short program.

You're tugged in so many different directions, in so many different areas, on so many different Olympic shuttles. You follow so many different medals and athletes and stories that by the mid-way point of the Games, you feel like you've been there your entire life—that the competition will be a never-ending hoopla of fist pumps and hugs and tears and anthems.

And then, the event that would never end, suddenly reaches its final Sunday. You pause for a moment, taking a breath inside Olympic Park, which has been a blur of humanity for the past two weeks, and the once deafening noise is almost a whimper. It's as if you were on a runaway train that suddenly comes to a stop, and you're sitting there, in a cold sweat, wondering what just happened.

For 16 or 17 days, when you're mired in the thick of the minutiae, it's not that nothing else matters—you actually don't know of anything else going on. A unique, rather bizarre, culture and bubble hover over everyone: athletes, coaches, staff, media. You're in such a fog of exhaustion and focus that you believe making the 5:18 shuttle to Rosa Khutor is a significant moment in how

the history of civilization is written.

The other remarkably bizarre part of the Olympics is this: you don't feel people are actual humans. The only reason it's acceptable to walk around the makeshift park, built on a swamp in Sochi along the Black Sea, is by a plain, bland credential around your neck. Almost everyone is anonymous.

“For those 16 or 17 days, when you're mired in the thick of the minutiae, it's not that nothing else matters—you actually don't know of anything else going on.”

Take Maëlle Ricker—a national hero, and darling of the Vancouver 2010 Olympics. Today, if she were standing in front of you in line at the coffee shop, would you even recognize her?

The 2014 Winter Olympics were to be about politics and security. The latter had no significance once the flame was lit, and thankfully no issue through to it being extinguished. The presence of Putin, and the Ukrainian crisis that began in Kiev around the mid-way point of the Sochi games, were reminders that these \$50 billion festivities were almost a mirage. It's hard to believe that

in the months before, and after, the Games, Sochi looked anything like it did for the two-and-a-half weeks when the world's eyes were on the resort town in southern Russia.

If the host country intended these Olympics to be about the Games, then mission accomplished. Once some entitled media from the western world stopped whining about shower temperatures and doorknobs in the lead-up to the show beginning, there wasn't much to take issue with.

After all, with one event bleeding into the next, the focus became the amazing stories that unraveled. The Dufort-LaPointe sisters taking over the podium, Jan Hudec persevering from seven knee surgeries and a damaged back to break Canada's 20-year alpine medal drought. There was Dara Howell winning gold for the late Sarah Burke, whose ashes were sprinkled atop the mountain. There was double-hockey gold, and (ready for this) an ice dance judging schmozzle. Who would have guessed?

And because it was one remarkable moment after another, one sport following the next, a Canadian in emotional despair sandwiched between two incredible triumphs, the show went on, day-after-day, like it would never end, and the next thing you know, you're leaving the gold medal hockey game and athletes are marching past the arena on their way to the closing ceremony.

To the trained eye, that was Mellisa Hollingsworth, walking to Olympic Stadium to represent Canada one last time. To the rest, it may as well have been a fitness instructor who had gone on a shopping spree at HBC. ■



Fiona '95 and Sarah '95 Carver have lived in Toronto for almost two decades since graduating from Bishop's. Both married with two young children each, they work together as realtors at RE/MAX Hallmark in Leslieville. Their parents Claudia (Young) '64 and Neil '66 Carver also graduated from Bishop's.

In the article below, Fiona and Sarah offer tips for two of the biggest transitions in our lives: the time of purchasing a first home and then later 'right sizing' into a place for retirement. www.carvertwins.ca

About two transitions Fiona '95 and Sarah '95 Carver on real estate decisions

First-time home buyers

Beware of the Internet

Many first-time buyers tell us they've been 'sort of looking' for a few months—surfing Realtor.ca and other online real estate sites. However, most public real estate sites only show part of the picture.

For one thing, they aren't updated frequently. Also, the sites educate you on listed prices, rather than the actual selling prices—two very different things.

You really need to see both prices to understand the ultimate value of a property. It's fun and addictive to cruise the home market scene online, and many people are MLS junkies.

Just remember: public sites show limited facts and information, not the whole picture.

Evaluate your needs

Take stock of your lifestyle. What routes do you travel to work? Where do you socialize? How often do you visit your friends? How active are you in your community?

Make a list of what you need in a home and neighbourhood (eg. number of bedrooms, finished basement, parking, access to transit, green space, shops).

Make another list of trade offs, things you are willing to sacrifice if need be. Perhaps you'd take a better home over an up and coming neighbourhood. Maybe you're willing to do some minor or even major renovations. Maybe you've never picked up a hammer, and never want to.

Set a budget – and stick to it

Assess your credit and finances. Take time at the beginning of the process to meet with a mortgage specialist to find out the amount you're qualified for. Then you won't waste energy focusing on homes and neighbourhoods that don't suit your budget. You're also less likely to fall in love with a home you really can't afford. Many realtors can recommend mortgage specialists if you don't already have one.

Find an advisor

You need an advisor, not a salesperson. Find someone who will take the time necessary to truly understand you and your needs.

The first job your agent has is to find out exactly what you're looking for in both a home and a neighbourhood. Their next job is to educate you on the home buying process and today's market. Then your agent can start setting up home viewings and can begin to get a sense of what you like and don't like with each viewing, gradually narrowing in on your perfect home. A good realtor will keep you in the loop of how the buying process works at every step.

Stay organized

Keep records and create a folder for all things related to your home search. Include notes you take from your home tours, mortgage paperwork, agency agreement, trades quotes and so on. ■

Baby Boomers – 'right sizing'

Take stock of your space

For most Boomers, the past 10-20 years have been filled with a tremendous amount of change in terms of the size and functionality of the family home. They may have gone through a few moves because of careers or when their children left home—and perhaps came back!

We don't like the term 'down sizing' because it implies getting smaller. 'Right sizing' means figuring out how you can optimize your home to suit your current needs.

Ask yourself questions such as does your home still accommodate the Christmas chaos or does someone else host the gathering now? Do you need space for the grandkids to stay overnight? Or would you prefer more day visits and use the money you'd save on a smaller home to take family trips and do some travelling? Do you still like working in your award winning vegetable garden? Perhaps you'd get more enjoyment walking to your neighbourhood's local farmer's market.

Utilize what you've earned

There are many tax breaks and specialized mortgage incentives that cater to Boomers. Meet with a specialist in the early stages so that you can optimize the resources available to you.

Get an advisor who understands you

Did you know there are realtors who specialize in working with seniors? An Accredited Senior Agent (ASA) is someone who has taken the time to learn and understand this market. But many realtors, whether certified or not, have experience and passion for working with Boomers. Make sure your realtor is one of them. ■

Gaiters

The Bishop's Gaiters 2013-14 winter season had some positives mixed in with some disappointments.

- The **women's hockey team** got together under new head coach Brian Hollands, however only played exhibition games.

- On the hardwood the **women's basketball** team fielded a young squad. Although they went 0-16 in RSEQ league play, their future looks bright: two players were recognized for their efforts.

- The **men's basketball** squad made it back to the RSEQ Championship game once again. During the season they finished at 9-7 and in second place. However, in a repeat of a year ago, they fell to the McGill Redmen (47-73) in the Final.

Marty Rourke
Sports Information Coordinator



Scott Ring (4th year Sports Studies) *Ken Shields Award* for academic and athletic excellence along with contributions to community service and leadership



Chris Henny (1st year Economics) RSEQ all-rookie team



Dave Belanger (1st year International Studies) RSEQ all-rookie team



Mike Andrews (4th year Education) RSEQ First-team all-star for the 2nd consecutive year



Jona Bermillo (2nd year Economics) Second-team all-star



Naomie Zitt-James (1st year Psychology) RSEQ all-rookie team



Mara Lis Marchizotti (1st year Fine Arts) RSEQ all-rookie team

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Alumni and friends gathered at the Jericho Tennis Club in Vancouver in April to share stories and enjoy refreshments. Thanks to **Roger Hardy '93** for co-hosting this event.



Winter Homecoming hockey tournament winners



RBC Career Preparation Bootcamp



Photo: Derek Schumann '90



Detroit at the Gladstone Theatre in Ottawa in January 2014. **Bryan McLean '81**, **Louisa Haché '07** (Stage Manager for the production), **Stephanie Izsak '09** (who starred in *Detroit*), **Cathy (McRae) McLean '82**, **Erin Down '96** and **Michael Roy '82**

Krysta Hartley '00, **John Nadeau '80** and **Mary Scott '80** organized and **Joey Gibbons '01** hosted alumni events at Joey's Whistler restaurants before and after a day of skiing. **Andrew Blanchard '90** attended from North Hatley.

www.ubishops.ca/alumni

JUMP celebrates 5th birthday



Five years ago, **Elaine Roper '78**, **Catherine Mossop '79** and a team of new grads founded JUMP, a mentorship program for recent graduates living in the

GTA. Pairing graduates with accomplished mentors, the program encourages protégés to gain insights to maximize their potential.

JUMP also offers a speaker series on a variety of topics from sports and media to being a millennial. Speakers have included Toronto mayoral candidate Karen Stintz and *Top 10 After 10* inductees **Chris Jones '96**, **Jennifer Quinn '94** and **Tova White '92**.

"JUMP offered me a way to stay connected to the Bishop's community after leaving the familiarity of Lennoxville," said **Caitlin McNamee-Lamb '09** who joined JUMP in the program's first year and now sits on its steering committee. "Five years later, I still have the same mentor and continue to learn from her."

Want to join JUMP?
lawson.mark@outlook.com or ubishops.ca/jump



A fundraiser in Vancouver collected \$1500 for the *Four Shades of Purple Fund* which honours the memories of **Michel Fontaine**, **Kyle Pearson '06**, **David Teehan '07** and **Cody Triggs**. Held at the Regal Beagle, the event included a raffle, a 50/50 draw, and a special on beer sales for the entire month of December that gave a portion of proceeds to the Fund.

Event organizers: **Emma (Stewart) Penney '07**, **Richard Fraser '06**, **Travis Black '06**, **Stephanie Furlong** (attended '03-'05), **Jeff Appelbe '03**, **Stephanie Redding '07**, **Jackson Orr '03**, **Scott MacDonald '07**, **Graeme Scott '09** and **Brad Lanthier '04**



Brault-Slabon: Karoyln '07 to Joseph on September 23, 2013 in Frelighsburg QC. Front: Theresa (Grisé) Franklin (BU '03-'07), Melanie Elliot '07, Tanya Kaye '07, Joseph, Karolyn, Jessica Starkey '07, Liz Mazurek '08, Kimberly Brault '04, Caitlin McLaughlin '07. Back: Jan Enderslev '07, Michael Deslauriers '08, Daniel Lecavalier '07, Cormac Eby (expected '16)



Dangerfield-Munro: Corrie to Graham '01 on August 3, 2013 in Vancouver. Alumni in attendance: Mike '01 and Meghan (Campbell) Bower '00.



Holt-King: Claire '10 to Nathan '04 on October 13, 2013 in Coaticook QC. Dawn Copping Laramée '06, Jennifer Smith-Beaudoin (BU '06-'09), Barbara Kott '10, Amanda Lepore '09, Lisa Shaver '09, Ashley Conn '05, Justin Smith '05, Doug McCooeye '09, Christine Murphy '04, Charlene Marion '06, Elizabeth Mazurek '08, Cormac Eby (expected '16). Missing: Wendy King '94, mother of the groom



Ghiz-McGuinty: Joanne '05 to Jamie on August 3, 2013 in Charlottetown PE. Rachel Levasseur '05, Michelle Sample '05, Erin O'Neill '05, Sarah Peacock '05, Claire Ashton '05, Jamie, Joanne, Robert Ghiz '96, Erin Mitchell '98, Meghan Grant '06, Tracy Gibson '05

Welscheid-Chapreau: Samantha to Stephan '04 on October 5, 2013 in Montreal. Front: Stacey Farber '02, Johanna Malley '03, Jennifer Morrissey '04, Charles Godbout '02, Geoff Conrad '02, Samantha, Stephan, Jacqui Cleaver '03, Sarah Stewart '02, Stuart McFarlane '04, Rob Trainor '02, Steve Gendron '01, Michael Mahoney '04. Middle: Adrian Robinson '03, Nat Doucet '01, Dorothy Stachura '03, Rick Lamanna '02, Kevin Morin '03, Alex Austin '01, Kelly Hammond '02, Jess Craig '04, Amanda Gray '03, Vince Hickey (attended '96).

Back: Matthew Somerville '03, Kathryn Hudson '05, Pete Todd '04, Jamie Beddis '04, Will Sharp '03, Graham Colby '03, Jeff Appelbe '03, Adam Barrette '08, Simon Ginger '01, David Burrige '01, Pat Osler '01. At the bar: Jaffray Hill '02, Stephanie Malley '05, Drew Aucoin '02, Jackson Orr '03, Vanessa Silverberg '03, Derek Henderson '04





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ALUMNI
GOLF
TOURNEY**
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Richmond Hill Golf Club
Friday, June 20, 2014
1:30 p.m. shotgun start

To register: www.ubishops.ca/alumni



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To place your order: ubishops.ca/alumni
Inquiries: Mark Burack '79, 416-938-2489
marknicholas@rogers.com



Copping-Laramée: to Dawn '06 and William '08 a son, Liam Joseph, on June 29, 2012 in Sherbrooke. A nephew of Ruth Copping '06.



Mahoney-Burridge: to Caitlin '05 and William '06 a daughter, Alexandra Lindsay, on August 23, 2013 in Fredericton NB. A sister for Brooklyn, 3.



Golding: to Johanna (Kutney) '09 and Trevor a son, Logan, on January 21, 2013.



Tieman-Camisa: to Maureen '96 and Chris a daughter, Isabella Jude, on August 16, 2013 in Livingston NJ. A sister for Sabrina and Christopher.



Mysak-Taylor: to Claire '00 and Dennis a son, Austin Riley, on April 10, 2013. A brother for Neil Canyon.



Lamshead-Wilson: to Frances '02 and Mike '01 twin boys, Jacob Thomas and Camden Wesley, on March 8, 2013.

Send your news!

When you receive this magazine, you turn first to the back pages to read about your classmates and friends. Why not let us announce what's happening in your life? Send your news—personal and professional—and your photos to:

Sarah Haddon '01
Alumni Relations Coordinator & Researcher
1-866-822-5210
shaddon@ubishops.ca
www.ubishops.ca/alumni

Brodie-Patterson: to Barbara '00 and Bernie a daughter, Valerie Joan, on January 16, 2014. A sister for Rosalie, Ian and Emily.

Murphy-McCooeye: to Christine '04 and Doug '09 a daughter, Ava Elizabeth, on February 19, 2014. A sister for Tyson.

Alumni

The Venerable Richard Berryman '57 on January 27, 2014. Archdeacon Berryman was a member of the '54-'56 Gaiters Football team inducted to the RBC Wall of Distinction in 2009.

Clem Brodeur '44 on February 7, 2014 at Sunnybrooke Veterans Hospital, Toronto. Survived by his daughters Paula and Chrissie, sister Irene Thorburn '51, nephew Peter Thorburn '83 and niece Joanne Towers '84.

A.J. Dalzell "Dal" Browne '54 (1930-2014) on January 22 in Wolfville NS.

Henry Bullock '70 (1929-2013) on November 27 in Sault Ste. Marie ON.

Gordon Catterson '57 (1933-2014) on March 12 in Sarnia ON. Gordon obtained a degree in chemical engineering from Queen's after graduating from Bishop's, and went on to work at Dow Chemical Canada Inc. from 1961 until his retirement in 1993.

Gordon Cooper '40 (1921-2013) on August 25 in St. Catharines ON. Brother to the late Douglas Cooper '29 and the late Dr. Everett Cooper '35, DCL '88, and uncle to the late Hon. Mr. Justice Donald Cooper '68.

Margaret Anne (Forbes) Cooper on February 14, 2014 in Sherbrooke. Mrs. Cooper attended Bishop's in the 1940s and was a member of Bishop's Corporation from 1974-83. She was the widow of the late Dr. Everett Cooper '35, DCL '88, step-mother to the late David Cooper '66 and the late Hon. Mr. Justice Donald Cooper '68, and sister-in-law to the late Gordon Cooper '40. She was also mother-in-law to Nick Stephens '77, Margaret (Rynne) Fuller '79, and Cathy Lee (Lessard) Fuller '83.

Louise Hayes-Gregory '52 (1930-2013) on December 5 in Montreal. Predeceased by her husband Ian '51 and her parents-in-law H.A.F '23 and Dorothy '21 Gregory. She is survived by children Michael, Janet, Robert and Mary Gregory '80.

Douglas Holt '63 (1942-2014) on February 14 in Florida (resident of Beaconsfield QC). His family has created the Douglas Holt '63 Memorial Fund in his memory.

Donald A. MacDonald '44 on June 6, 2013. Survived by his wife Anna (Heath) MacDonald '44.

Nancy McRae '86 on December 3, 2013 in Montreal after a courageous battle with breast cancer. She is survived by her daughters Christine and Catherine Lampron.

Dr. Robert Midgley '55 on November 16, 2013 in Stratford PE.

David Moore '55 (1937-2014) on January 20. David was a member of the '54-'56 Gaiters Football team inducted to the RBC Wall of Distinction in 2009.

Valentine "Val" Reeve '71 (1926-2013) on December 20. She is survived by her children Elisabeth, Timothy '74, Simon '75, and Andrew '77. Her late husband Rev. Ronald Reeve (1922-1998) taught in the Department of Religion at Bishop's from 1954-88.

Marjorie Salvat '75 on January 1, 2014 in Sherbrooke.

Margaret (Dimmock) Watson '52 (1927-2014) on March 10 in Ottawa.

John "Doc" Winder '52 on November 24, 2013 in Dundas ON.

Gordon Zakaib '48 (1928-2013) on December 21 in Sherbrooke.

Friends

Giovanni (Gianni) Di Lullo on March 3, 2014 in Montreal. Retired Instructor of Italian at Bishop's, Gianni grew up in Italy and upon his arrival in Montreal pursued undergraduate studies at Concordia University and graduate studies at McGill University. During his 25 years at Bishop's, he brought the Italian program from a Minor to a full component of the Modern Language Major, and enriched the language offerings with courses on contemporary poetry and cinema. He was twice cited in the *Maclean's* survey of universities for his excellence in teaching.

Prof. Dean Heller (1933-2014) on February 1 in Toronto. Prof. Heller studied under the famous Canadian mathematician Irving Kaplansky and taught at the University of Chicago and Northwestern University prior to coming to Bishop's, where he was a member of the Department of Mathematics from 1969-71.

Arthur Redpath "Ted" McMurrich on February 28, 2014 in Toronto. Ted attended Bishop's in 1936 before moving to Montreal and attending McGill.

Peggy Savage (1925-2014) on March 23 in Pointe-Claire QC. Mrs. Savage was the widow of late David Savage '42 and mother of Susan Baumann '69.

Please note that gifts made in honour or in memory will no longer be published in the *Bishop's University Magazine*. The Advancement Office will continue to send notifications to those being honoured or to the family and friends of those being memorialized with a thoughtful tribute gift.



www.mynameiscameronhughes.com

Cameron Hughes '96 on ABC: host of Katie Couric's "Challenge for Change"

Five US cities. Five US charities to support. Five shows with Katie Couric. Cameron Hughes danced, cheered and motivated Americans across the nation to give to those in need. He orchestrated the collection of 1.5 million meals for a food bank in Phoenix, 5,000 winter coats in Denver, art supplies for boys in Detroit, gifts for 200 girls in Washington, and 750 turkeys for The River Fund in New York City.

That's how Cameron makes his living: inspiring and empowering people. He does it in the sports arena, having entertained over 12 million fans in 38 states, nine provinces and five countries. He does it on university campuses, in corporate boardrooms and at international conferences.

In June, for example, he'll head to London UK to present a keynote address to 400 attendees at the 2014 Fan Experience Forum.

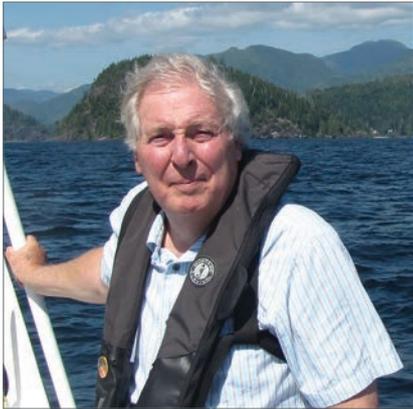
A sports cheerleader, a motivational speaker, a force of energy: Cameron spreads joy and laughter in extraordinary ways while also igniting people to strive for success in their lives.

1950s

Dr. Ronald E. Santoni '52 published an op-ed piece following the death of Nelson Mandela in December that was picked up by ABC News, in which he asked the question 'Are we failing Mandela's legacy?'. He also recently published an article in *Sartre Studies International*, entitled "Concerning the Ambivalence of Sartre on Violence: A Commentary/Rejoinder."

santoni@denison.edu

Archie Christiansen '56 lives in Vaudreuil-Dorion QC and can be reached at maisonvau@videotron.ca.

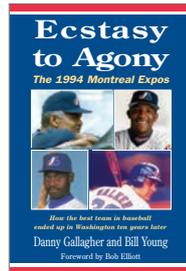


Leo Ryan '58 on a recent fact-finding trip in BC's spectacular Alberni Inlet, where major LNG shipping and other ambitious projects are under consideration.

Following a 17-year stint in Paris as a foreign correspondent reporting to *The Globe and Mail* and other publications, **Leo Ryan '58** has in the past few decades become an impassioned observer of shipping and multimodal trade developments across Canada, including the Arctic. As Editor of *Maritime Magazine* (maritimemag.com) his reports appear frequently in this high-quality, bilingual quarterly. leo.ryan85@gmail.com

1960s

Barry Wansbrough '61 is working in business with LIKA, Inc., a lean startup that enables students to gain the skills needed for living and working in the modern world. mbwansbrough@gmail.com



Bill Young '62 released a new book on the Montreal Expos, co-authored with former Expos' beat writer Danny Gallagher. Entitled *Ecstasy to Agony: the 1994 Montreal Expos* and now available in all Chapters/Indigo stores and Chapters online, the book focuses on the club's wonderful but doomed 1994 season and its subsequent descent into oblivion ten years later. This new work is a companion piece to the authors' best-selling *Remembering the Montreal Expos*, released in 2005. williamyoung@videotron.ca

Ian Griffin '63 enjoyed four wonderful years at Bishop's and since then spent 50 years in the investment business. He has worked in London, England, Toronto, Tokyo, Vancouver and Calgary, where he has lived and worked for the last 34 years. Currently he is Chairman Emeritus of Mackie Research Capital Corporation. Ian is married to his wife of 47 years, has three children (two went to Bishop's) and seven grandchildren. As his wife tells people, Ian skis until the fishing begins, fishes until the hunting begins and hunts until the skiing begins. He is past chairman of the Nature Conservancy of Canada, Alberta region, and is on the audit committee of the national board and serves on the board of the Banff Centre Foundation. igriffin@mackieresearch.com

Jane (McMorran) Paterson '63 can be reached at ronandjane@hotmail.com.

John Welch '63 is a yacht broker at Horizon Yacht Charters in Tortola, British Virgin Islands. All is grand in the BVI: trade winds, gin, clear water and cool "quaffs." johnwelchbvi@gmail.com

Larry Eldridge '67 is a Sports Facility Consultant and owner of Eldridge & Associates in Montreal. sportbuild@videotron.ca



In December 2013 **Patrick Lafferty '65** was appointed an Officer of the Order of Canada for devoting "many years to improving and advancing Canada's medical research infrastructure. An accountant and management consultant by profession, he has shared his expertise with health researchers in medical organizations across the country. By helping them develop new models of planning, and attracting crucial funding, he turns their visions into transformative realities. Notably, he was instrumental in establishing both the Ontario Institute for Cancer Research and the Canadian Institutes of Health Research."

Patrick retired in 2002 after more than 38 years with PricewaterhouseCoopers LLP. He served on numerous boards of directors and acted as an advisor for strategic planning, both before and since his retirement, to many health-related organizations as well as universities and research institutes. He is currently Treasurer of the Canadian Orthopaedic Foundation and Vice-Chair of the Neurodevelopment Network of Excellence.

Hugh Stewart '67 attended the Ottawa Anti-quarian Book Fair and recognized his former professor T.W.L. (Terry) MacDermot's handwriting on a 1933 article offprint. Dr. MacDermot joined Bishop's in 1961 to head the Department of Political Science and, as Hugh recalls, was constantly challenging his students' positions and statements with a view to teaching them to be involved, contributing citizens. Hugh recalls that Dr. MacDermot, who passed away in 1966, was but one of many engaging professors at Bishop's over the years, and wanted to share that being exposed to such wonderful people at a formative time in life epitomizes a Bishop's education.

Howard Lucia '68 retired from Champlain College Lennoxville. hlucia@live.com

Join Bishop's on



1970s

Mari (Lydiatt) Hill-Harpur '71 is a photographer and lives in New Zealand. She has two healthy and darling grandchildren and looks forward to the publication of her book about the Rivière St-Jean later this year. mari@taoco.com

Barry Smith '71 is President of Nine Dots Marketing (1992) Inc. and ROI Interiors. barrysmith@me.com

Patti Baldwin '72 is retired from teaching, happy travelling, enjoying her new bungalow and exploring new avenues, and ecstatic being a Nana! pmccann22@yahoo.ca

Laurie (Waller) Benson '75 is an Instructor at Chandra Yoga. She teaches yoga on many different levels, having achieved her 500 advanced Yoga Teacher Training in India two years ago. She also teaches “Drumming for Health” and “Le Français en Retraite” for seniors, takes care of her almost 90-year-old dad and watches her 20-something boy and girl find their way in life. thecanningtonbensons@gmail.com

Morgan Quinn '77 has retired from the Eastern Townships School Board and is presently a member of the contract faculty in Sports Studies at Bishop's. mquinn@ubishops.ca

Dr. Pierre Blier '78's Tier 1 Canada Research Chair in Psychopharmacology at the University of Ottawa has been renewed through 2018. pierre.blier@theroyal.ca



Deb Huband '79, in her 19th year as Head Coach of the UBC Thunderbirds, recorded her 400th career victory on February 1, 2014. Her women's basketball team has lost just 210 games. Totals include regular season games, playoffs and non-conference games.

1980s

John Bell '83 is a Financial Planner with FundEX Investments in Thornhill ON. info@johnbellcfp.ca

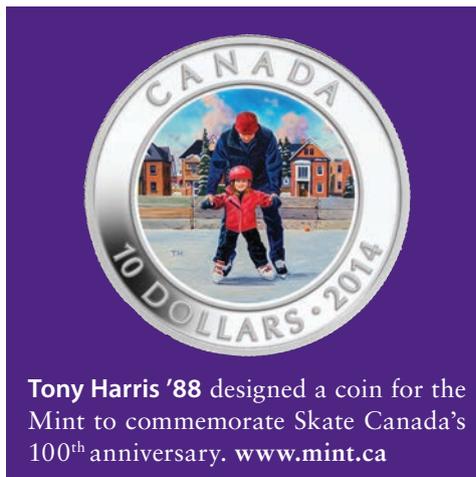
Bruce Cruickshank '85 is Senior Recruitment Consultant – Senior Sales & Marketing with Executrade in Calgary. bruce.cruickshank@executrade.com

Kelly Murumets '85 was appointed President and CEO of Tennis Canada, the sport's national governing body.

Jeffrey Pauw '85 is Director of Human Resources for the Eastern Townships School Board. pauwj@etsb.qc.ca

Michael Bennett '86 is Director of Sales & Marketing with Newalta Corporation in Calgary. bennett3@telusplanet.net

Stephanie Eyton '86 is a Geotechnical Engineer Assistant. stepheyton@gmail.com



Tony Harris '88 designed a coin for the Mint to commemorate Skate Canada's 100th anniversary. www.mint.ca

Mike Harrison '88 works in Sales & Marketing, Western Canada, for Starline Architectural Windows in Calgary. mharrison@starlinewindows.com

Mark Planche '88 is Senior Account Manager for Allstar Show Industries, designing and production managing large-scale EDM shows and designing and installing full AV systems in several restaurant chains (Earl's, Hudsons and Canadian Brewhouse). markp@allstar-show.com

Leroy Blugh '89 was appointed Defensive Line Coach for the Ottawa Redblacks.

1990s

Matthew Kinsella '90 is a home builder with Kinsella Custom Homes.

Louis Patrick Giguère '91 is a Sales Rep with Docuflex in Drummondville QC. power_pat66@hotmail.com

Saisnarine Mukherjee '91 works in operations, finance-manufacturing. saismuk@hotmail.com

David Sangster '91 is a Psychology teacher at Champlain College Lennoxville. dsangster@crc-lennox.qc.ca

Jessica (Plant) May '93 lives in Avon CT.

Martin Pépin '94 is a Wealth Advisor with TD Waterhouse Private Investment Advice in Montreal. martin.pepin@td.com

Michel Dufresne '97 is an Osteopath in Magog QC. michel@micheldufresnedo.com

Pierre-Louis Brunner '98 is President and R&D Director of Solaris Chem Inc. in Montreal. He has two children, Maya Elizabeth (born in 2008) and Edgar William (born in 2011). plbrunner@solarischem.com

Erica (Dow) Bell '99 works as a Volunteer Engagement Coordinator, Community Engagement, with the Canadian Cancer Society, Alberta/NWT Division, and is based in Calgary. erica.bell@cancer.ab.ca

Mélanie Bergeron '99 works at Armatures Bois-Francis Inc.

Katherine MacRae '99 is the Director of Marketing for Clayoquot Wilderness Resort near Tofino, BC. kathymacrae@gmail.com

Serge Bourque (attended 1999-2002) was named a finalist for the NFL Canada Coach of the Year and, although he did not win, he was one of 10 finalists from more than 450 submissions for 300 different coaches. Serge started coaching the offensive line of the Olympiens at École l'Odysée in Moncton NB in 2009. He became the offensive coordinator in 2010 and the co-head coach in 2012. He was an all-Canadian offensive lineman during his time in purple and silver.

2000s

Michael McMackin '01 is a teacher and is moving back to New Brunswick with his wife and 3-year-old son after 12 years in Thailand. mikewmcmackin@gmail.com

Graham Munro '01 recently joined Hybris Software, an SAP company, as a Senior Business Development Manager for the Western US and Canada. Graham and his wife Corrie live in Vancouver.

Patrick Naud '01 is Chief of Staff at Office of the Minister, Aboriginal Relations, in Edmonton.

Krista Wallace '01 is Regional Leader, Labour Relations for the Federal Government in Moncton NB. 2014 has been a busy and exciting year so far: Krista has a new position, purchased a new home with her husband Shane Ryder (whom she married on April 12) and her three boys, Tristan (10), Kaleb (7.5) and Maxim (4), and travelled to Hawaii on her honeymoon.

Jacqueline Jenkins '02 is a family physician. In her first year of practice, she and her husband have lived together, bought a house and a puppy—life is good!
jaxjenkins@gmail.com

Karel Wegert '02 is the VP of Digital Solutions for Canada's largest independent media buying services agency, Media Experts, based in Montreal. His clients include WestJet, Bell Canada and BMW Canada. Karel has been in the advertising industry since graduating from Bishop's, and with Media Experts since 2007. He has crossed paths with many other Bishop's grads over the years, and currently works with **Kris Davis '94** and **Mike Sherman '08**.
karelw@mediaexperts.com

Marie-Hélène Loignon '04 is Superintendent with the Canada Border Services Agency.

Robert Farrell '05 works in sales for Softchoice in Montreal.
robert.farrell@softchoice.com

Vincent Light '08 was called to the Alberta Bar in the Court of Queen's Bench on December 11, 2013 and is now a practicing lawyer at Regulatory Law Chambers. His work is focused on oil and gas, electricity, renewable energies, climate change and tolls and tariff related matters.
vincent.light@rlchambers.ca

Erik Anthony Cunha '09 graduated with a BBA, concentration in marketing. Since leaving Bishop's Erik worked in the pharmaceutical industry as a management consultant, working with Fortune 500 firms in North America, Europe, and Asia. Given the rapid growth in Africa, Erik moved to South Africa in 2010 where he completed his MBA at the University of Cape Town. His MBA thesis was titled "An Exploratory Study into Public Private Partnership Funding for Transport Infrastructure Projects in Africa." Upon graduation Erik was recruited as a senior consultant for Partners in Performance (PIP), a leading management consulting firm grounded in heavy industries such as mining, port management, and infrastructure development. He has worked on projects in South Africa, Mozambique, Ghana and Mauritania. Erik is happy to assist any BU student with advice or recommendations regarding working, living and doing business in Africa. erik.cunha@pipint.com

Olivia Diamond '09 is the sponsorship coordinator at POP Montreal International Music Festival and is also a managing partner at Korova Bar. The skills and business acumen that she uses daily were honed at Bishop's, and she would welcome the opportunity to share her experience with fellow grads. olivia@popmontreal.com

2010s



Micah Sifton '11 climbed Mt. Kilimanjaro where she proudly displayed her BU pride at the summit!

Jodilynn Côté '12 works as an Administrative Assistant.

Elyse Gagné '12, who completed an MA in English at Queen's, is Freelance Content Creator (Writer) at All Roads, an authoritative online branding agency.

Nicolas Venditti '12 has taken the helm as the new General Manager Operations of the SRC. Nick brings a thorough knowledge and understanding of Bishop's and the SRC. During his time as a student, he was involved with the SRC working his way up at The Gait, eventually managing the operation in 2011. He was then hired as SRC Director of Finance & Operations in 2011 and worked with Residence and Conference Services in the summer of 2012. Since graduation he has been an Engineering Recruiter for Aerotek in Ville-St-Laurent, where he was ranked among the top 10 recruiters in Canada.

Eric Mia '13 is an Accountant with PricewaterhouseCoopers in Montreal, currently working in auditing, and is pursuing his CA designation. eric.mia12@gmail.com

Nicholas Sincennes '13 is Costing Manager for Atlantic Beef Products in Albany PE.
nsincennes@abpi.ca

ASK (Alumni Sharing Knowledge)

Dr. Caroline Foster '05, Australian Astronomical Observatory, on "Galaxy Bullying Caught in the Act"

Dr. Ilana MacDonald '08, University of Toronto, on "Looking for Ripples in Spacetime: The Search for Gravitational Waves"

Former students in Modern Languages came to campus to discuss their careers:

Marc-André Brûlé '06, Coordinator at TRESL, Joliette

Bruno Falardeau '09, Translator at Ernst & Young, Montreal

Marc-Antoine Morin '12, Business Development Adviser at Finloc, Boucherville

Alison Jones '12, Fairmont Gold Supervisor at Fairmont Hotels & Resorts, Boston

Frédéric Dubois '10, Graduate Student, Philosophy & Ethics, Université Laval



Omar Allam '03 (BA in Environmental Studies & Geography, Concentration Geography, Minor Business)

A successful entrepreneur, a former Canadian diplomat in India and Ghana, a board director and a co-founder of a not-for-profit social venture, Omar is Senior Vice President & Partner of World Trade Advisors (worldtradeadvisors.com), Co-founder of World Tech Advisors (worldtechadvisors.com), and founding member and Global Head of Business Development with World Academy (worldacademy.tv).
Omar.Allam@worldtradeadvisors.com

Through LinkedIn I met Australia-based Omar Anzur. . . Although we live on opposite sides of the globe, our similar ambition to create our own careers and opportunities forged our business partnership.

Taking the leap

Trading in 'career' for an entrepreneur's life

For most people, career decisions are not black and white. After 10+ years in public service, I began to question my career path. Like many it had taken time to build.

As a Canadian diplomat, I saw my future complete with a great salary, a golden pension, international travel and, most of all, prestige. However, after my second diplomatic assignment in Ghana, I couldn't help but wonder: "Where is my career taking me?"

I knew I wanted the freedom to make my own decisions, be creative and be my own boss. I knew I wanted to control where I worked in the world and the times I boarded a plane. I wasn't sure I was headed in that direction.

I learned a few things in making a decision that changed my life.

Initially I set out to change 'jobs'; I began searching for an employer or a corporate culture where the possibilities would expand with my skills, and my work ethic would be met with ample room for innovation and creativity.

I learned what many entrepreneurs already know: in Canada, the landscape of employment is changing. A growing number of young people seek to buck the trend of the economic downturn by starting their own companies. As we speak, the growing influence of the millennial generation as workers and consumers is shaping the future of work. The very nature of the relationship between employers and employees has undergone a fundamental shift; today, workers are more likely to show loyalty to their careers than to the company.

The entrepreneurial culture in Canada is strong, and entrepreneurs and small businesses constitute the backbone of the Canadian economy. Over one million small businesses:

- employ 48% of Canada's total workforce,
- account for 25% of total exports,
- and provide 30% of our total GDP.

I stopped looking for a job—and started looking to create my desired career.

This 'shift' in thinking immediately changed the opportunities available

to me, and my life started moving in a drastically different direction. Through LinkedIn I met Australia-based Omar Anzur, a former investment banker with Deutsche Bank, J.P. Morgan and Citigroup. Although we live on opposite sides of the globe, our similar ambition to create our own careers and opportunities forged our business partnership.

Together we assumed pivotal roles in the creation of three global companies: World Trade Advisors, a global management and strategy consulting firm, World Tech Advisors, a creative end-to-end web development and mobile technology company, and World Academy, an education technology services startup. In less than a year, we've enlarged our global footprint—to include Ottawa, Toronto, London (UK), Geneva, Islamabad, Hong Kong, Shanghai and Sydney. We've leveraged technology and lean start up principles to attract visionaries from around the globe to join our team. **We are unrestrained by 'bricks and mortar' or geography or the hierarchy of traditional management structures.** We create on a daily basis the careers we want by producing the kind of work we've always envied.

Amid many rational factors I made the decision to take this leap. Reactions varied. Many people asked, "What about the pension you left? The benefits?"

I'm driven now by quality of life. I'm not working for something I might enjoy upon retirement; I'm actualizing it today.

Muhammad Ali once said: "He who is not courageous enough to take risks will accomplish nothing in life." Even if becoming the next Richard Branson isn't your thing, it's vital to think like an entrepreneur. In this evolving economy many people are learning the hard way that you can't count on a 9-to-5 job.

Entrepreneurship is leadership. In its purest form, an entrepreneur takes initiative, creates his or her own opportunities, and accepts risks.

Follow your inspiration. You will be able to do the most good when you are truly passionate about something and willing to learn, grow and adapt. ■

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