Paul Beeston (BA’67, LLD’94) has no trouble with the curve balls of professional sport. As President and CEO of the Toronto Blue Jays, his two World Series rings prove it. And Western gave him his home field advantage.

Help develop the next generation of extraordinary leaders.
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BRINGING COMFORT TO THE UNCOMFORTABLE

S
ome of today’s students sitting in a lecture hall or lab reflecting on how
their university education will be applicable in their career might not realize that
their future ‘office space’ could be a mobile hospital in a foreign war zone with less
than ideal working conditions.

While most of us don’t plan to put ourselves in harm’s way while trying to save
another human’s life as part of our career path, thankfully, there are graduates and
professionals at Western who have done just that over the decades.

Perhaps the ultimate expression of higher learning is the ability to help a critically
injured person with life-saving surgery. In that sense, the end result is always a win.

In 2009, Army Surgeon General Lieutenant Colonel Donald Howard was called up to a
call of duty in Afghanistan. It involved the removal of an extremely large and complex
mass, the result of a bullet wound that was missed by a coalition medical team.

Howard and his team used a combination of surgery and chemotherapy to
remove the lesion and save the soldier’s life. The lesion was so large that he could
no longer carry out his military duties. Consequently, Howard made the decision to
return to Western to pursue a career in research and publish his findings.

Western is not the only school that has encouraged its students to pursue
their passions. Take the case of Michael Laneville, BSc’00 (Honours Geophysics),
who has spent his career working on behalf of the Lao people.

Laneville, who was born in Laneville, Ontario, was inspired by the work of
his grandfather, Michael Laneville, who served as a medical officer in the British
Army during World War II.

After completing his degree at Western, Laneville went on to work for the
Canadian International Development Agency (CIDA) and the United Nations
High Commissioner for Refugees. He has worked on several
hundred Lao staff and several expats to clear unexploded mines and other explosive
deVICES around Sepon, home of the country’s largest gold and copper mine.

Estimates have more than 20,000 people killed or injured by these unexploded
bombs since the end of the war. Hundreds continue to be today, approximately one person a day in Lao.

 Thankfully, alumni Uche Ezie, HBA’06, does not work in a country ravaged by war.
But she has made the decision many wouldn’t — to return to her homeland of Nigeria, Laos,
turn a hobby of an entertainment blog into her fulltime, profitable livelihood.

While she could have stayed in high-

profile corporate jobs in Calgary or London, U.K., and run her blog, it was important for her
as an African-ethnic website to have a physical presence. It is a personal philosophy of Ezie
to emit positivity for young people to see and emulate.

Her entertainment, news and information website, Gooya Niaja, has just that with
more than one million unique visitors each month, including readers from the U.K., the
U.S. and Canada in the top 10 countries.

Who knows what paths lie ahead for
current Western students? Hopefully, some
will see air conditioning as a necessity or
examine work environment policies.

challenge yourself to learn like these
courageous alumni you will read about
in this year’s issue. Start blooming in
unfavourable conditions.

2013 WESTERN HUMANITARIAN AWARD: DAVID CECHETTO

For his selfless work in rebuilding Rwanda’s
shattered health-care system, Schulich School of Medicine & Dentistry professor
David Cechetto, BSc’74, BEd’78, PhD’84, has been presented with Western’s 2013
Humanitarian Award.

In 2000, Cechetto was approached by Western’s International Office, on behalf of
the Rector of the National University of Rwanda (NUR) and the Rwandan
Ambassador to Canada, to assist in
rebuilding the Rwandan health-care system, which had been devastated by the
1994 genocide.

Although primarily a professor and
laboratory scientist, Cechetto made his first visit to Rwanda and met the recteur for NUR
and The Kigali Health Institute (KHI), who requested a partnership between Western and
the two institutions. The re-building process needed to begin with the training of
health professionals.

In 2004, Cechetto assembled a team from
across Canada and Rwanda to assist colleagues at KHI: the primary nurse training
campus in the country, in reviewing and redevelloping its program.

With funding from the Canadian International Development Agency (CIDA),
the six-year project began and has since
been completed, resulting in a new Bachelor of Science in Nursing and Bachelors in
Nursing Education at KHI. The program has graduated 130 new nurses since in 2006.

Springing from Cechetto’s work, new programs between Western and Rwandan
institutions have emerged in areas including law, business, communications, biofuels
production, high-performance computing, and gender studies.

In 2012, Cechetto received a $2.6 million CIDA grant to address maternal, newborn,
and child-health issues in Rwanda. On the
side, Cechetto and his friends in Canada and Rwanda are active supporters of an
orphanned-children’s home in Kigali, and together, have secured long-term funding for
the home.

In winning Western’s Humanitarian Award, Cechetto receives $5,000, which will be
used to support postgraduate training of Rwandan health-care teacher. Previous
winners of the award include French Studies professor Henry Boyi and Western
Application Science professor Sandra Smeltzer, Vega, PhD student. Faculty of
Information and Media Studies professor Sandra Smit, BA ’95 (MA, PhD), and
Ecosystem Health professor Charles Trick in 2011, the award’s inaugural year.

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to be used for alumni programs, to provide information about alumni services, or for fundraising purposes.

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phone 519.661.4176 or 1.800.420.7519 (Canada & U.S.), fax 519.661.4182 or e-mail advser@uwo.ca.

CAMPUS NEWS

RESEARCHERS ACQUIR TINS IN EXPEDI TION’S FATE

While we may never know exactly what
happened to the 129 men who were part of
Sir John Franklin’s ill-fated Northwest Passage expedition in 1845, Western
researchers have at least debunked some of the potential causes of death — that being
lead poisoning.

New research challenges long-held beliefs regarding the demise Franklin and
his crew, in particular a landmark study in 1981, led by Owen Beattie, a since
retired anthropology professor emeritus at the University of Alberta. Beattie and
while the British crew most likely died of pneumonia and tuberculosis, lead poisoning
was also a contributing factor due to the result of poorly soldered tin cans the crew were eating from.

But more than 30 years later, technology and scientific advancements have provided
Western researchers, led by Chemistry professor Ron Martin, with evidence that
fully soldered tin cans were the result in the remains of the Franklin crew members.

The findings, revealed in the paper titled Pb distribution in bones from the Franklin
expedition synchronous X-ray fluorescence and laser ablation/mass spectroscopy, were
recently published in the journal Applied Physics A: Materials Science and
Processing.

“We’ll probably never know what
happened to the crew of the Franklin so it will remain one of the great mysteries
of Canadian history, but our resources fail to support the hypothesis that the lead in
the bones came from the tin cans and certainly that it didn’t,” said Martin, the
paper’s lead writer and principal investigator.

“The time, from departure to death,
just wasn’t long enough for lead from the tins to become so dominant throughout
all the bones,” explained Martin.
ILEY NAMES NEW DEAN

Robert (Bob) Kennedy has been named dean-elect of Western’s Ivey Business School. He assumes the role Oct. 1. Kennedy replaces Carol Stephenson, who has been Ivey’s dean since 2003.

“While Bob’s academic pedigree, leadership experience and professional background speak for themselves, I can add that his candidacy for dean enjoyed an extremely strong endorsement from our campus community,” said Janice Deakin, Western provost and vice-president (academic). “We are very confident in his abilities to provide creative and effective leadership for Ivey as it continues to build upon the strength of its reputation as a globally recognized business school.”

Kennedy joins Western from the University of Michigan’s Ross School of Business, where he has served in roles including executive director of the Willam Davidson Institute, director of the Ross School Global Initiative and the Tom Lantos Professor of Business Administration.

A graduate of Stanford (BA, Economics and Political Science), MIT (MBA) and Harvard (PhD, Business Economics), Kennedy is an expert on the globalization of service activities and using business frameworks to address social issues. His teaching materials are used in business schools around the world.

“I want to congratulate Provost Deakin and the selection committee for their work in recruiting such an exceptional new dean to our business school,” said Amit Chakma, Western president. “Building on the strong leadership Ivey has enjoyed over the past decade under Carol Stephenson, we are well positioned to continue expanding the reach and impact of our teaching and research on the global stage.”

Beyond his academic career, Kennedy has consulted privately for dozens of clients on five continents on a wide range of strategy and executive development issues. He has held management positions at firms including Enterprise Investors (Warsaw, Poland), Quantum Associates, Inc. (Lynnfield, Mass.) and The Chase Manhattan Bank (New York).

BMO, WITH ALUMNI, PRESENT $2M GIFT TO IVEY

The alumni of the Ivey Business School are once again supporting their alma mater, as Gilles Ouellette, MBA’69, president and chief executive officer (private client group) for BMO Financial Group, presented a $2 million gift to the School in support of its new building. Here, Ouellette and Ivey dean Carol Stephenson enjoy one of the lighter moments during President Amit Chakma’s remarks.

The alumni of the Ivey Business School are once again supporting their alma mater, as Gilles Ouellette, MBA’69, president and chief executive officer (private client group) for BMO Financial Group, presented a $2 million gift to the School in support of its new building. In recognition of the donation, the main auditorium in Ivey’s new building – a two-level, 7,200 square foot, state-of-the-art facility that seats up to 640 people – will be named the BMO Financial Group Auditorium.

The gift enhances BMO’s support of Western’s $750 million Be Extraordinary fundraising campaign and Ivey’s Campaign for Leadership, which will generate a $200 million investment in Ivey.

“I am pleased to be here to make this donation on behalf of BMO Financial Group and, in particular, on behalf of the many Western and Ivey alumni at BMO who currently work at BMO or have in the past and have benefitted from this dynamic learning institution,” Ouellette said on April 4.

The BMO Financial Group Auditorium is a two-level, 7,200 square foot, state-of-the-art facility that seats up to 640 people. It features the latest in videoconferencing technology and will be used for milestone special occasions such as Homecoming and the Ivey Ring Tradition Ceremony. Throughout the year, the auditorium will host distinguished speakers, not only for students but also for faculty who will lead symposiums and other academic and practitioner forums.

“We deeply appreciate BMO’s commitment to business education. The BMO Financial Group Auditorium will be an inspirational place of knowledge sharing, collaboration and learning. It is a tangible symbol of the academic excellence Western and Ivey have achieved over the decades,” said Carol Stephenson, Ivey dean.

MESSAGE FROM THE PRESIDENT

WITH AMIT CHAKMA, PRESIDENT & VICE-CHANCELLOR

There have been a lot of media reports on the shortage of college-trained skilled workers, but we are also facing a shortage of university-educated people including engineers, physicians, dentists, dieticians, psychologists and management in the mining, oil and gas industries.

The vast majority of students who come to university do so to prepare themselves for a career, but what they come away with is far greater than an expertise in a particular field of study. Universities teach people how to be creative thinkers, how to assess a situation and how to find creative solutions to problems. They learn how to collaborate and communicate effectively, all skills that will be increasingly required in our complex world. And what we offer at Western goes beyond even those skills.

There is a uniquely Western spirit that reflects a balance of intellectual, cultural, and physical opportunities for our students. Our campus environment provides a safe place where students can hone their leadership skills. It is here where they develop a network of friends from around the world that will last a lifetime. We intend to increase the opportunities for students to grow. Among our fundraising goals is a priority to ensure 10 per cent of our students spend part of their education learning outside of Canada, which will help them succeed in our increasingly global society.

This Western Alumni Gazette is a wonderful tribute to the ways in which our alumni have taken what they’ve learned at Western to fashion great careers and enrich their lives and the lives of others. They are examples of how university can transform lives.

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ONE OF THE THINGS WE’VE DISCOVERED IN OUR WIND TUNNEL WORK IS A PIECE OF PLYWOOD WILL TRAVEL AT 60 OR 70 PER CENT OF THE WIND SPEED IN A STORM. SO, IF YOU’RE IN A TORNADO AND THERE’S 200 KM/HR WINDS, A PIECE OF PLYWOOD CAN BE TRAVELLING 130-140 KM/HR. YOU WOULDN’T WANT TO GET HIT BY THAT.”

PROF. GREGORY KOPP - Canada Research Chair at Western.

RE: GOOGLE SCHOLAR SEARCHES WITH SCHOLARLY ARTICLES AT YOUR FINGERTIPS VS MID-1990S 4-HOUR SEARCHES AT OXFORD UNIVERSITY’S BODLEIAN LIBRARY: “WE CALL THAT TIME-SPACE COMPRESSION. THIS IS REALLY WONDERFUL IN THE WORLD OF IDEAS BECAUSE IF WE CAN MOVE IDEAS MORE QUICKLY, WE CAN MAKE RADICAL CHANGES MORE QUICKLY.”

TIMA BANSAL, MA’84 - Professor; Ivey Business School.

WE’VE MADE THE OCEANS 30 PER CENT MORE ACIDIC. IN A MORE ACIDIC ENVIRONMENT, ANYTHING IN THE OCEAN THAT BUILDS SKELETONS IS GOING TO HAVE TROUBLE…FOUR OF THE FIVE MASS EXTINCTIONS IN THE PAST 500 MILLION YEARS THAT WIPED MOST LIFE OFF THE PLANET EARTH HAVE BEEN CAUSED BY OCEAN ACIDIFICATION.”

ROB STEWART, BSC’01 - Writer, Producer, Director

70% of all people on Earth will be living in urban areas by 2050 – and we should have another 2 billion on the planet by then. So, my Rachel Carson vision of a beautiful Earth is now replaced by a very interconnected Earth.”

DOUGLAS BIRKENSHAW - Principal at B+H Architects, BArch, BES, LEED AP, OAA, FRAC

TO OBTAIN PIRACY, YOU NEED FOUR THINGS: FIRST YOU NEED UNCHARTED TERRITORY. SECOND, NO CONSENSUAL RULES DEFINING WHAT IS LEGAL, WHAT IS LEGITIMATE. THEN YOU NEED STATES THAT COMPETE FOR CONTROL OVER THIS TERRITORY. AND FOURTH, USE MONOPOLISTIC ORGANIZATIONS THAT SEEK TO ACHIEVE TERRITORIAL ENCLOSURE.”

JEAN-PHILIPPE VERGNE - Assistant Professor, Ivey School Business.

Before directing an opera, it’s true that I feel fear. But it’s an enabling fear. It’s a fear that gives me the energy and the clarity and the tools that I need to do what I need to do... if you surrender to fear, it gives you clarity.”

BARBARA WILLIS-SWEETE, BMUS’75 - Film Director.

Today, we’re going to show you how human power alone you can break highway speed limits and sustain flight... If you want to find out something, you have to find the best people in the world and talk to them face-to-face.”

CAMERON ROBERTSON & TODD REICHERT - Aviators and Innovators

No study finds that music listening for babies or fetuses has any effect on brain function or cognitive ability. None whatsoever... Music can reduce pain after surgery, during labour, ease recovery after stroke, also improve endurance and perceived exertion.”

JESSICA GRAHN - Cognitive Neuroscientist, Brain and Mind Institute, Western

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ROB STEWART, BSC’01 - Writer, Producer, Director

To acquire piracy, you need four things: First you need uncharted territory. Second, no consensual rules defining what is legal, what is legitimate. Then you need states that compete for control over this territory. And fourth, use monopolistic organizations that seek to achieve territorial enclosure.”

JEAN-PHILIPPE VERGNE - Assistant Professor, Ivey School Business.
How will you impact future generations?

For alumna Sally Lane, it’s helping students, faculty and researchers achieve their goals through ongoing financial support and including Western in her will.

While those who benefit from planned gifts may never meet the donor who helped them, they will always appreciate the opportunities they have been given because of someone else’s generosity.

Consider making an endowed gift to Western through your will. Your commitment will help the next generation achieve their full potential.

givingtowestern.uwo.ca/howtogive/giftplanning

Sally Lane, BA’73, BEd’74 - donor

“For my student scholarship, I have been able to explore my educational interests and discover my ultimate career goal in public health.”

Sanna Malik, BScN ’12 - student award recipient

“Western is like a family to me and I want to do my part to take care of my alma mater.”

For more information call 519.661.2111:
Jane Edwards at ext. 88829 or jane.edwards@uwo.ca
Mike O’Hagan at ext. 85595 or mike.ohagan@uwo.ca

INTERNATIONAL INCIDENTS

HOW A WESTERN ALUMNA IS SHAPING GLOBAL OPPORTUNITY FOR CANADIAN STUDENTS

BY JASON WINDERS, MES’10

Karen McBride, BA’87, didn’t expect a revolutionary way of viewing international education would require her involvement in an actual revolution.

In 2011, the Libyan civil uprising compromised long-standing scholarships for more than 2,000 Libyan graduate students studying in North America. As president and CEO of the Canadian Bureau for International Education (CBIE), the organization managing the scholarship program for the government of Libya, McBride stood centre stage in the international crisis.

“Can you imagine,” she asked. “Not only are these students going through the psychological trauma of watching a revolution unfold in their homeland, but they also don’t know where the money is coming from to support them in their studies.”

For four months, McBride engaged in “creative triage” - juggling communications between the Canadian Department of Foreign Affairs, U.S. State Department and United Nations as well as with hundreds of students. And while the war rages on two years later in the North African country, McBride would untangle the mess for students studying here.

All in a day’s work for Canada’s top international education advocate. When not confronting revolutions, McBride’s organization is a nonprofit, nongovernmental body dedicated to international education with more than 150 member institutions, among them Western. Founded in 1966, CBIE is the only national organization committed solely to international education.

Even at an early age, McBride was no stranger to the world. Before arriving on campus, the Simcoe, Ont. native headed across the Atlantic for a European backpack trip after high school graduation. Although she had been on a plane only once in her life, she embraced the experience and let the continent’s rich history wash over her.

At Western, she would remain inspired by what she had seen and study history, architecture, literature, poetry, and languages. She would earn a BA in History and French at Western, moving on to earn a MA in International Affairs from Carleton University.

“I think of my time at Western as my true intellectual development. I was able to broaden my understanding in many areas,” she said. “The flexibility of professors – in terms of being able to study dimensions of your subject area – I found to be very broad-minded.”

“Western was a very special time in my life in terms of my horizons expanding. This was my true university experience.”

For the last two decades, McBride has promoted international education in Canada – serving as international affairs vice-president for the Association of Universities and Colleges of Canada, and as a research advisor for the House of Commons Standing Committee on Foreign Affairs and International Trade through her work at the Parliamentary Centre. Joining CBIE in 2009, McBride now leads policy development and advocacy efforts at the national and international levels supporting international cooperation in education. Simply stated, she is the cause’s man, and most visible champion.

“We must send out students to be part of a growing globalization of higher education. We must be part of that,” she said. “That appetite is fostered at a young age. The long-term sustainability of Canada’s engagement in the world starts with our young people.”

McBride credits the K-12 sector for instilling a sense of global citizenship in youth, and sees universities moving in the right direction by expanding opportunities. But not all the work falls on educators.

“Our corporate sector, our private sector have a strategic interest in helping to make certain Canadian students have that international experience,” she said. “I would love to see more of them really engage in supporting that endeavour because it is in the long-term interest of their business and Canada’s prosperity.”

It’s a legacy she hopes to leave to her 10-year-old daughter and the thousands of children like her across Canada who already see the “world as their domain.” These global opportunities – and, in turn, the responsibilities those opportunities come with – have not come overnight, but through the hard work of many.

“It changed my life and my outlook on my career, on what I wanted to study, on my country. These transformative experiences lead people in new directions, creative directions, give them the confidence to take risks and view things from another perspective,” she said. “I think that’s so healthy whoever someone builds a career in an international space or not.”

“Our ability to understand other people, other cultures, other perspectives is important for the multicultural society we live in no matter where a student builds a career.”

Karen McBride

KAREN MCBRIDE

SPRING 2013 EDITION
YEARS LATER, I WOULD'VE SAID YOU'RE NUTS."

Bryan Baeumler is now probably the biggest name on HGTV Canada. He is the star of Disaster DIY, House of Bryan, and Handyman Challenge. He's also a Gemini-award winner, successful "House of Bryan" show on HGTV. The cottage takes shape with snow still on the Bay. Finishing touches include a beautiful staircase down to the water's edge. (Photos courtesy HGTV)

Bryan Baeumler, BA’96 (Political Science), never set out to land a television gig. For five years, he steadily built his business, putting in punishingly long hours and following his simple rules of success: “Pay your taxes, be there when you say you’ll be there, do what you say you’ll do, and collect what’s owed to you.” It worked. The company grew and so did the profits. Yet Baeumler, a man possessed by a restless entrepreneurial spirit, wanted more. To do that, he needed a marketing plan. Around 2005, Home and Garden Television (HGTV) was just becoming popular and there was an explosion of big-box stores like Rona and Bed Bath and Beyond. Baeumler sensed an opportunity. So, he approached a production company working with HGTV and offered them a deal: He’d work for free in exchange for some promotion. Nothing big, just a logo at the end of one of the shows. They agreed. However, what Baeumler didn’t know was that they were also on the hunt for a new host for Disaster DIY. Soon after, the production company came by one of Baeumler’s sites. It was a classic Disaster DIY scenario—homeowners made a mess of their big reno, and they called Baeumler to repair the damage. “We were already doing the show,” Baeumler said. “We just weren’t filming it.”

Two weeks later Bryan got the call. HGTV wanted him to host. “It was unexpected,” Baeumler said. “But I thought, ‘What the hell?’ Let’s give it a shot.” Bryan Baeumler is now the biggest name on HGTV Canada. He is the star of Disaster DIY, House of Bryan, and Handyman Challenge. He’s also a Gemini-award winner, husband, and father of four. For the 31-year-old Western alumnus, it’s a success story he still finds surprising.

“IF YOU HAD TOLD ME WHEN I WAS STOMPING AROUND WESTERN WHAT I’D BE DOING 20 YEARS LATER, I WOULD’VE SAID YOU’RE NUTS.”

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Baeumler to repair the damage. “We were already doing the show,” Baeumler said. “We just weren’t filming it.”

Two weeks later Bryan got the call. HGTV wanted him to host. “It was unexpected,” Baeumler said. “But I thought, ‘What the hell?’ Let’s give it a shot.” Bryan Baeumler is now the biggest name on HGTV Canada. He is the star of Disaster DIY, House of Bryan, and Handyman Challenge. He’s also a Gemini-award winner, husband, and father of four. For the 31-year-old Western alumnus, it’s a success story he still finds surprising.
When Steve Patterson was earning his BA in Administrative & Commercial Studies at Western in the early 1990s, he made a point of starting his oral presentations with a joke relevant to the topic under discussion. “There’s room for some levity in every presentation,” he says.

In fact, this experience proved good training for stand-up comedy, which he started performing once a week at the local Yuk Yuk’s Comedy Club. “Western students were supportive in coming out for my shows,” he recalls. But not every audience was receptive. When Patterson, BA’94, did his comedy set in a London pool hall one night, he joked about the pool players, “not realizing that wit and repartee weren’t their two weapons of choice. They came at me with their pool cues.” The two comics who organized the evening had to calm them down.

Flash forward to 2013. Fortunately, the venues and the audiences for Patterson’s stand-up humour have improved spectacularly. Every Saturday afternoon, the 42-year-old jester hosts “The Debaters,” a CBC Radio show that has run since 2007 and draws half a million weekly listeners.

Quick with a quip, Patterson moderates debates between some of Canada’s best stand-ups on offbeat topics such as, “Is the Order of Canada really such a big deal?” and “When are you too old to accept money from your parents?” Patterson also hosted a television version of The Debaters that ran for 26 episodes in 2011-12. What’s not up for debate is that the Richmond Hill, Ont. native has become one of the country’s funniest entertainers. When he hosted the 2011 Canadian Comedy Awards in Toronto, he was named Best Male Standup, an accolade that eluded him on two previous nominations.

Capitalizing on his higher profile, Patterson began touring a 90-minute one-man comedy show in theatres across Canada in 2012. The 13-show Ontario leg of the tour concluded in Kingston in November and engagements in other provinces happened in early 2013. The 13-show Ontario leg of the tour concluded in Kingston in November and engagements in other provinces happened in early 2013.

Steve Patterson (right) with actor/comedian Steve Martin.

“I GOT THE NICKNAME ‘THE BATTLER’ AT THE AGENCY BECAUSE I WOULD ALWAYS BATTLE TO MAKE THE AD COPY FUNNIER.”

Patterson’s career wasn’t always this promising. An early job as a copywriter at a Toronto ad agency lasted only a year. “I got the nickname ‘The Battler’ at the agency because I would always battle to make the ad copy funnier,” he recalls. Eventually, when a mock-up that he’d prepared for his own amusement found its way to the agency’s client, Patterson’s “Mad Men” days came to an abrupt end.

So, in 1996, Patterson hit the comedy circuit full-time. “There’s no prerequisite for comedy,” he says. “I don’t think you can teach someone to be funny. They either have it or they don’t. I know if I could be funny enough on stage, I had a good enough business sense to make a career out of it. I knew if I worked for myself, I wouldn’t fire myself.”

Jerry Seinfeld, playing a stand-up comic in his hit 90s sitcom, became Patterson’s role model. “I saw his lifestyle as a stand-up comic and said to myself, ‘I could probably do that.’ Other people watched the show for the funny scenarios, but I watched it for the stand-up clips at the beginning and end. I watched the work that went into being a stand-up.”

He paid his dues, criss-crossing Canada, Ireland and the U.K. repeatedly between 1999 and 2004. The gigs were plentiful, but the downtime far from home was lonely. He then began writing for The Jon Dore Television Show, a mockumentary-style sitcom that aired on the Comedy Network. (His work on the show earned him a Canadian Comedy Award for Best Series Writing.) The Debaters followed.

Although the radio show will continue until June and perhaps beyond, Patterson would like its host, Stephen Colbert-ish TV talk show for Canadians. “We don’t have an intelligent, nightly comedy show that we can call our own,” he says. “I’ve learned that, in this country, if you want to do it, you have to do it yourself, so I’m working with a production company to develop it on our own. But I may have to start my own network – like Oprah!”
FOCUSED ON CURE
FOR DISTRACTED, FORGETFUL, IMPULSIVE

BY DAVID SCOTT

It affects one in every 25 adults – more than one million Canadians – yet only one-tenth of those will ever get a medical evaluation of their condition. The World Health Organization (WHO) looked at people with this untreated illness in Europe and found 25 days of lost job performance per person per year. Adult Attention Deficit Hyperactivity Disorder (ADHD) is not a new condition but it is finally getting attention, research, medication, acceptance and treatment devoted to it.

“If it’s a massively common condition. For something like this to be pretty much unrecognized is a real challenge,” says Dr. Tim Bilkey, BSc’74, MD’78, of Barrie, a leading Canadian expert on the illness.

“I don’t think the condition itself is new but I think our recognition and understanding of it is new. We’re now doing MRI studies, fMRI studies, brain studies, genetic studies, which are better documenting what this really is.”

Since 2009, FAST MINDS, created by Bilkey, has been a nationally accredited educational program for doctors through the Canadian College of Family Physicians.

“What I did was I came up with an acronym, FAST MINDS, for adult ADHD, and profiles to help family doctors better recognize the condition.”

FAST MINDS stands for: Forgetful; Achieving below potential; Stuck in a rut; Time challenged; Motivationally challenged; Impulsive; Novelty seeking; Distractible; and Scattered.

For family physicians in Canada, it means the next time they have a patient come in with anxiety and depression, they will be aware that he or she may also have ADHD. There are other common traits that go along with the condition that doctors who have taken the accredited program can recognize, like addiction and underachieving.

“If patients had an addiction, if they were a struggling student, if they were an adult with a couple of kids with it (ADHD), doctors would be looking for it, “ says Bilkey. “If patients had an addiction, if they were an adult with a couple of kids with it (ADHD), doctors would be looking for it,” says Bilkey.

In early 2010, he signed a book contract with Harvard. Often it is a spouse, in particular women, who will purchase self-help books. For family physicians in Canada, it means the next time they have a patient come in with anxiety and depression, they will be aware that he or she may also have ADHD. There are other common traits that go along with the condition that doctors who have taken the accredited program can recognize, like addiction and underachieving.

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“If patients had an addiction, if they were a struggling student, if they were an adult with a couple of kids with it (ADHD), doctors would be looking for it,” says Bilkey. In early 2010, he signed a book contract with Harvard University to co-author a book on Adult ADHD with Dr. Craig Surman (Massachusetts General Hospital & Harvard affiliated physician/researcher). Bilkey has seen 3,400 patients from around the world and continues to see patients from Africa, West Indies, Japan and the U.K., who have sought out his services. The stories from these adult ADHD sufferers are the strength of his new book, says the psychiatrist.

“In a way, we are a voice for all of the people that we’ve seen. We took all those stories, tied the stories to the science and then came up with evidence-based treatments.”

According to Bilkey, in the U.K. and Europe, adult ADHD is still developing as a diagnosis. The U.S. and Canada appear to be leading the way in research, with Germany, the Netherlands and Norway not far behind. FAST MINDS is as much a workbook as a textbook with checklists, exercises, questions, charts, goals, etc., for patients or caregivers to document progress.

“I think it’s extremely unique. In this book you can tick off things that apply and at the end you’ve got your own synopsis of the challenges and now you can keep them on the radar. Patients can go back to the book and say ‘oh yeah, I’ve got to work on that.’ Or ‘that’s not working for me.’”

“I DON’T THINK THE CONDITION ITSELF IS NEW BUT I THINK OUR RECOGNITION AND UNDERSTANDING OF IT IS NEW.”

Bilkey admits the label “attention deficit hyperactivity disorder” is not a good descriptor of what this condition really looks like in adults.

“The label itself doesn’t even speak to the issue of impulsivity. Some adults with ADHD are extremely impulsive: financial impulsivity, verbal impulsivity, cutting people off in conversations, sexual impulsivity. An untreated male with ADHD is five times more likely to get somebody accidentally pregnant. An untreated female with ADHD is seven times more likely to get pregnant. That’s impulsivity. Driving your car impulsively leads to increased rates in car crashes.”

The acronym FAST MINDS makes it easy for someone walking through a bookstore to know quickly the symptoms when they see the book. Bilkey said it was originally conceived as a self-help book when he pitched the idea to Harvard. Often it is a spouse, in particular women, who will purchase self-help books.

Another reason the author developed an acronym that included symptoms was to hopefully have it included in the unofficial “bible of psychiatry” – the Diagnostic Statistical Manual (DSM), published by the American Psychiatric Association.

“It’s this codebook you have to apply in diagnosing all kinds of conditions: Anxiety, Post-Traumatic Stress Disorder. Depression. The current version – DSM4 – doesn’t even really validate Adult ADHD. It has fleeting references. It’ll say ‘kids may do this, adults will do that.’ The newest DSM is coming out in May 2013. It totally validates the diagnosis of Adult ADHD. It’s the real deal. It’s kind of exciting.”

To read more about Childhood ADHD vs Adult ADHD and Making the Diagnosis, please visit: www.alumnigazette.ca To learn more about Dr. Bilkey’s clinic, visit: bilkeyadhd.com
SPICING UP THE WORLD

BY WAYNE NEWTON
Flavours. “

Growing up, I was out on a limb if we had Italian. Now it’s Chinese and it’s all different types of Asian spices: it’s Indian and it’s Filipino, it’s Korean. “Countries that have used spices for centuries such as India are migrating to packaged herbs and spices for reasons of safety and quality, and so our business there is very robust. Our business in China is growing exponentially. Our business in Russia and Poland is very important to us. “Emerging markets are now 14 per cent of our volume and expected to be 20 per cent very soon. Over the next 10- to 20-year period, emerging markets are going to be larger than developed markets in terms of their consumption of consumer packaged goods and in particular our products. With that comes tremendous opportunity for us. We’re well poised. We’ve been in China for over 20 years.”

The daughter of Italian immigrants who spoke Italian before English, and who was the first in her family to earn a university degree, Francolini credits Western and Ivey with laying the foundation for her success in international business. “I know President Amr Chakma is a big believer in bringing international students to Western and I am 100 per cent in support of that. The reason I feel so strongly about that is that it affords our Canadian students an opportunity to build a network globally that will be a lifelong network and will benefit them in ways that really are hard to imagine when you first step on campus, but it’s truly powerful. “The other thing is it teaches our Canadian students how to compete on a global stage among the best intellectual capital the world has to offer and how to get that firsthand experience of working collaboratively where the class is representative of the world and not just Canada. I think that’s extraordinarily important.”

Francolini’s ties to Western remain strong. Her husband, Tony Francolini, teaches at both Brescia and King’s. Her mother-in-law, Joan Francolini, begins a four-year term as chancellor of Brescia in July. Ditto for Gibbons, who arrived at Western a little leery of the big city after growing up as the son of a business owner in the small Northern Ontario mining town of South Porcupine.

He has served on the board of Huron University College and all four of his children attended either Huron or King’s. Gibbons also met his wife, Cathy, while both were Western students. “Coming from South Porcupine to Western, that was a colossal change for me. Probably in terms of all the transitions I’ve made both personally and professionally, that’s the most significant that’s ever happened to me. That’s where I started experiencing such different cultures, different nationalities, different foods, different perspectives.”

The iconic ‘billy bee’ honey line of products is a McCormick’s best-seller.

Gibbons said. “We think of ourselves as a flavour company.” Even the company’s annual report is flavoured. This year, it carries a blackberry and clove scent. Aside from Club House spices to flavour various dishes, McCormick acquired Billy Bee honey in 2008, a universal flavour enhancer/sweetener. In addition to standard bottled spice, the company carries a line of recipe mixes: pouches of gravy mix or Hollandaise sauce or shepherd’s pie recipes mixes, hamburger seasonings, etc.

Offering flavouring solutions means keeping current with trends in consumer tastes and lifestyles and responding to a growing demand for different types of flavours from India, Korea and various regions of Asia to meet the demands of both new Canadians and those whose cupboards have always been well-stocked with Club House and McCormick spices. “Growing up, I was out on a limb if we had Italian. Now it’s Chinese and it’s all different types of Asian spices: it’s Indian and it’s Filipino, it’s Korean. Just with the demographic changes we’ve had in Canada, in particular not only do you have an opportunity as a flavour company to sell to those new Canadians flavours and seasonings they’re used to from their home country, you also have the opportunity to sell to mainstream Canadians. “We’ve just seen that accelerating with new Canadians combined with baby boomers having a desire to experiment, trying different types of flavours.” It also cuts both ways. While the world inspires new flavouring products for Canadians, products developed and introduced here are big sellers internationally, chief among them the iconic Montreal steak spice and the La Grille barbecue seasonings line.

It’s not just in household kitchens where McCormick helps with dinner. A research facility in Mississauga works with the restaurant industry – companies such as McDonald’s and Kentucky Fried Chicken – to develop flavourings for new products. As well, McCormick provides flavouring solutions for food companies such as cereal giant Kellogg’s.

Perhaps no one has a better pulse on worldwide flavouring trends than Francolini, whose strategic role with McCormick keeps her on the road (or in the air) most of the year. During the past four years, she’s been to 55 countries including once flying to Australia five times in 12 months. “Countries that have used spices for centuries such as India are migrating to packaged herbs and spices for reasons of safety and quality, and so our business there is very robust. Our business in China is growing exponentially. Our business in Russia and Poland is very important to us. “Emerging markets are now 14 per cent of our volume and expected to be 20 per cent very soon. Over the next 10- to 20-year period, emerging markets are going to be larger than developed markets in terms of their consumption of consumer packaged goods and in particular our products. With that comes tremendous opportunity for us. We’re well poised. We’ve been in China for over 20 years.”

The new Alumni Western Online Directory makes networking and reconnecting easy.

You can now search an online database of more than 140,000 Western alumni all around the world.

It’s a great way to:
- find alumni living in your city
- make connections with alumni working in your field
- reconnect with classmates
- offer to become a mentor

You can also view your profile and update your information. It’s an easy way to network and reconnect with fellow alumni and stay in touch with Western.

Visit westernconnect.ca/directory

Have questions? Email us at alumni-directory@uwo.ca
During the first three decades following the establishment of the new campus in 1924 the Board of Governors paid special attention to the preservation of the natural beauty of the property by careful selection of building sites complemented by landscaping and the establishment of an arboretum. Situated just north of the city limits much of this campus beauty and indeed the university itself became somewhat isolated from the multitudes of pedestrians and vehicular traffic passing by on Richmond Street. What Western lacked was “curb appeal.”

In 1952, a bequest of $38,000 was received from Mrs. Edna Jeffery, widow of Dr. A.O. Jeffery (Honorary Degree, 1898), former chairman of London Life and a benefactor of the university, to construct a suitable entrance to reflect the growing stature of Western and as a memorial to her late husband. Designed by O. Roy Moore the memorial consists of two outer pylons rising 8 feet and two inner pylons rising 20 feet clad in Credit Valley limestone. They are complemented by a low wall of sandstone blocks on either side of the entrance.

Immediately to the south was a small confectionery store with an attached hot dog stand operated by Marjorie and Albert Neno known as “Happy Ours.” By the early 1950s the business had expanded to include a small restaurant. An anonymous “friend of the university” purchased the business in 1956 along with the adjoining house. Both structures were demolished and the area landscaped to complement the Jeffery Memorial Entrance. The addition of a walkway and flower garden adjacent to the entrance became a popular spot for wedding photographers applying their trade. London artist Mrs. Dougi Betts was so impressed by the simplistic beauty that she included a painting of the Jeffery Memorial Entrance as part of her 1954 show in the Blue Room at the Waverly Mansion.

The entrance has not always been in harmony with those passing through. Careless drivers have damaged the small connecting wall and in 1956 the pylons were smeared with gold paint before a football game against Queens Golden Gaels. On one occasion a temporary brick wall blocking the entrance was constructed by those masters of campus pranks, the engineering undergrads.

Rapid expansion during the late 1950s forced the London Hunt Club to abandon its campus golf course and the Board of Governors shifted attention to Western Road. Many predicted this former pioneer gravel road, originally built to allow horse and wagon passage to bypass the steep hills of the campus, would eventually become a major access to the university. In 1958, London businessman and Board of Governors member, Lt. Col. J.E. Smallman gave a bequest of $35,000 to construct an entrance that would complement the new Spencer Engineering Building. Board of Governors Chairman D.B. Weldon remarked, “Thanks to him the university now has a western entrance in harmony with the dignity and charm of the campus itself.” The dedication ceremony also marked one of the last public functions attended by former President W. Sherwood Fox, who from 1927-47 had so steadfastly preserved the beauty of the original campus landscape.

1) Jeffery Memorial Entrance as seen in 1954; 2) Mrs. Betts and painting; 3) Car crashes into entrance wall March 13, 1957; 4) Removal of graffiti from entrance pylons 1956; 5) Smallman Memorial Entrance winter 1959
UNIQUE SITE CELEBRATES AFRICAN CULTURE

BY DAVID SCOTT

Why would a business graduate working in Calgary for Shell, then in the U.K. with Cadbury, leave a high-profile position to make an entertainment blog in Nigeria her full-time job? Third time was the charm for a clear enough phone connection to the West African nation recently to interview Uche Eze, HBA’06, and find out why. When asked if a landline would be clearer, she said, “there are almost no landlines left in Nigeria. Everyone has a cellphone” – or, in fact, a few phones, to help prevent dropped calls.

That wouldn’t happen until just a few months before she quit her job in January 2010 and really created the formal business plan for a site she had been operating for more than three years. Eze admits some of the site’s success is it’s an idea originating from the heart.

“I think that it came from the heart but at the same time passion without structure won’t get you too far. She felt fortunate when the opportunity arose to remain with Cadbury but move from the U.K. to Nigeria and continue her work as Human Resources advisor for the Middle Eastern, African unit of the chocolate company.

In fact, in recent weeks, Eze felt it important to add a news section to the heart.

WHAT WE REALLY HAD TO BALANCE OUT WAS THE REALITY OF WHAT’S GOING ON AROUND US, MAKING SURE THAT PEOPLE ARE INFORMED AND THEY ARE ENGAGED IN THE CURRENT AFFAIRS AS WELL.”

“When I moved back to Nigeria, I was doing Cadbury during the day and at night I would come home and blog. It just got to the point where I had to make a decision on which to go forward with. Did I want to keep growing my career in strategic human resources or did I want to take the plunge and become an entrepreneur? It was a really, really difficult decision to make. But I decided to take the plunge.”

For the first two years of doing Bella Naija, Eze did not receive a cent from it. The Google ad revenue was a minute amount.

“So, I want everyone to come in and see something that catches their eye. But honestly, not to be cheesy, I want people to be inspired.”

Apparently, she has inspired others, including Oprah Winfrey. The talk show icon was putting together a show on “Beauty around the world” in early 2010 and Eze was contacted to see if she’d be interested in filming a segment.

“My segment was actually aired and I got to speak with her as well and that was so phenomenal because she’s such an inspiration. I don’t know if she’s ever been to Nigeria or Africa but her impact is so great. So, was one of those opportunities that was a really, really phenomenal experience.”

The message she delivered to Oprah’s audience wasn’t just the latest fashion on a model’s runway, It was a little more cerebral than just a flash in a pan. “In Nigeria beauty goes right along with brains. You have to be smart, driven and educated,” said Eze to the television audience of millions.

“Unless you are there with feet on the ground in Nigeria, there are just some perspectives that cannot entirely be captured by reading a story or visiting a website. I am an African woman. It’s unique. In Canada you wake up and like this morning, and there was no electricity. The second thing that’s kind of different out here, it’s so important for youth to be able to see some positivity, some positive examples that tell them ‘you know what, I can do this,’ Lead by example. That’s a big thing for us.”

For Eze, some of those lessons were learned at university in Canada. “My experience at Ivey, at Western, was really, really positive. The HBA program, we’re taught to challenge ourselves, push ourselves. I think that made me more fearless. So, I’m happy with the decision. It’s really paid off.”

The founder of Bella Naija, Uche Eze, recently got married (June 2012) to the son of a former deputy governor of Lagos state, Bode Pedro. The wedding section of the Bella Naija website is a very popular with readers. Even Eze’s wedding didn’t escape promotion.

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“Working? How could that work in our environment and could we build up from there?”

Operating a business, especially a web-based company, can be a challenge in Nigeria where Internet connectivity can be unreliable. Since the Ivey grad moved back to Nigeria in 2008, the Internet speed has slowly improved but not near what someone in a major North American city would experience.

Despite some technical challenges originating with Internet service providers, Eze still sets high standards for herself and for her many readers. “I want the reader’s experience from a technical point of view to be seamless. I want you to click on your desired story and you’re looking at the facts that you wanted. From the content point of view, we have so many different kinds of readers. When you have one million unique visitors a month, these are people across different age groups, across different continents, with different tastes. We want people to find that little corner where this is ‘their thing’ on Bella Naija.”

“Our readers can see all the glitz and the glam and the lovely things on our site. What we really had to balance out was the reality of what’s going on around us, making sure that people are informed and they are engaged in the current affairs as well.”

“The extra work of our small but determined team has paid off. The site has won awards for its style and events sections. And many advertisers have jumped on board, African and international companies.”

“We want to make sure that people are informed and they are engaged in the current affairs as well.”

“We really strive for is to be excellent in every single area that we cover. I think that really appeals to our audience...One of the things that we added is the wedding section. Weddings are such a big deal in Africa. And we are considered the number one wedding online portal in Africa…we’ve really done well in that regard.”

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“Lead by example. That’s a big thing for us.”
SUMMONS A SPIRIT OF ADVENTURE

BY JASON WINDERS, MES’10

Simon Donato’s scariest leap didn’t take place in any of the world’s toughest physical environments; he has pitted himself against over the years. It was the day he jumped from his job with both feet.

“There are still mornings when I wake up and I wonder why I walked away from a stable, steady, high-paying job with good future prospects,” Donato, BA’99, MA’03, said. “But for me, life is an adventure. It is amazing. That step has given me freedom in life.”

Born in Winnipeg, but raised in London, Donato, 36, entered Western without a true calling. Admittedly “naïve,” he didn’t know — nor seek out — the academic options available to him on a university campus. He had always been fitness-focused, raised on mountain bikes and ski slopes his whole life. At Western, he would join ski and outdoors clubs. It made for a wonderful social atmosphere, but he never matched his passion to his academic pursuits until late in his undergraduate days when Earth Sciences professor Stephen Hoick would hook him on geology.

“Theyought, ‘How did I miss this? This is incredible,’” Donato said.

He would go on to complete a bachelor’s degree in Anthropology in 1999, and then a master’s degree in Geology in 2003 under Earth Sciences professor Jesus Jin. After earning a PhD at McMaster University, Donato would head West, working for Imperial Oil in Alberta.

But adventure never left his blood. In 2008, he launched a side project, Adventure Science, adventurescience.ca, in a space where he saw an emerging need.

“There are a lot of researchers out there who just aren’t in good shape. So, the only field work they are doing is the work they can do, if they are helicoptered in or drove in. So, their exploration is limited by fitness,” he said. “Also, there are a lot of fit people out there who don’t know a damn thing about science or exploration or observation. If we could combine the two, we can push into new frontiers.”

Today, Adventure Science works with industry, governments, academics and activists to conduct discovery expeditions, map uncharted territory and contribute to search-and-rescue missions around the world. The company employs ultra-runners and extreme athletes to explore these locales under their own power, getting into corners of the world few would see without them.

“I have a unique skill set to do this because of my time at Western — geology/paleontology/anthropology/wildlife biology. I have the field exploration and observation I gained there. It set me up well,” he said.

Fueled that effort is another passion — oatmeal.

Donato is the cofounder of Stoked Oats, stokedoats.com, a high-quality, protein-rich, gluten-free oatmeal using premium ingredients such as chia and flax seeds, as well as Saskatchewan-grown oats. The product is available locally in Calgary, as well as around the world via online sales.

“All my ideas seem to come out of my lifestyle,” he said with a laugh. Hence, his latest project.

Along with Western fraternity brothers, Donato created a documentary around the Canadian Death Race, a 125km ultra-marathon. Last spring, the film was picked up by the Travel + Escape network. That relationship with the network would continue onto another show, Boundless, which debuted on Travel + Escape in February 2013.

Billed as an “adrenaline-charged documentary series,” Boundless, travelandescape.ca/shows/boundless, follows Donato and Paul “Turbo” Trebilcock as they compete in eight of the toughest endurance races in the world. The pair met at McMaster, where Trebilcock, a campus carpenter, and Donato, a PhD student, bonded over ultra-marathons.

The first two of 10 episodes, which debuted in February, dropped the pair into the Fire and Ice Ultra, a 250km, seven-day race through the volcanic ruggedness of the Icelandic Highlands. Other episodes included running 250 km across the Sahara Desert, kayaking in South Africa, racing paddle-boards in the open ocean off Hawaii, and mountain biking in Utah. In total, the pair raced more than 1,000 km in 18 weeks.

“I still have so many great contacts, and still meet a lot of Western alumni,” Donato said. “This show would have never happened had I not met Josh and Jordan, which means had I not gone to Western, I had not joined that organization. It always snowballs.

‘Get involved. Meet people. And things happen.’
HITTING RESET ON OUR EATING
SIX REASONS YOU SHOULD BLEND

BY HARLEY PASTERNAK, BA’97 (KINESIOLOGY, MSC, U OF T)

1. SPEED & CONVENIENCE

Blending is one of the quickest, most convenient ways to prepare food. Anyone can do it, on any schedule. You can create an entire meal in under 90 seconds. Just drop the ingredients into a blender and press the button. While I love smoothies, you can also use your blender to make delicious soups and dips.

2. HELPS US EAT HEALTHY

Not only is blending quick and easy, it’s also a fast track to super nutrition. Blending makes the intimidating easy. With the help of a good blender, it’s zero effort to get more fruits and veggies into your diet than you ever thought you could.

3. HELPS US INCREASE OUR FIBRE INTAKE

Fruits and vegetables have the most fibre when they’re in their whole, natural form. When we peel them, juice them, and process them, they lose their most valuable nutrients. The fact is, we don’t eat nearly enough, at least not as the first step toward real weight loss.

4. BIOAVAILABILITY

Nutrients in fruits and vegetables are more bioavailable, i.e., absorbed into our bodies. And we need to do it now. Yes, ‘we’ means all of us, including me. That’s right! Despite having espoused a healthy, moderate lifestyle over the last 20 years, I have realized that moderation isn’t always enough, at least not as the first step toward real weight loss.

A recent study found that people who lose a significant amount of weight early on in a weight-loss plan are far better to stick with the plan over the long run. I realized that I had to create a plan that brought immediate and dramatic results, without leading to that disastrous yo-yo effect (lose 10 pounds this week, regain 15 next week) associated with many diets. The plan I developed as a result is so simple yet so effective that even I was shocked by the results. I call it The Body Reset Diet, and it’s detailed in my new book The Body Reset Diet: Power Your Metabolism, Blast Fat, and Shed Pounds in Just 15 Days (published March 2013 by Penguin Books Canada).

A couple years ago, I stumbled across an interesting study that found that blending your meals allowed your body to access more nutrients than any other form of food prep (raw or any cooking method).

Apparantly, the blades of the blender slice up the food so efficiently that the vitamins and minerals are more bioavailable to our bodies. Needless to say, I started to incorporate one smoothie to my diet each day.

Why Blend?

1. SPEED & CONVENIENCE

Blending is one of the quickest, most convenient ways to prepare food. Anyone can do it, on any schedule. You can create an entire meal in under 90 seconds. Just drop the ingredients into a blender and press the button. While I love smoothies, you can also use your blender to make delicious soups and dips.

5. REDUCES BELLY BLOAT AND DIGESTIVE DISTRESS

Your body in a manner it can use. It’s like the blender is doing the chewing for you, but doing a much better job.

6. COST EFFECTIVE

When you calculate the cost of ingredients, you won’t break the bank. Choosing seasonal ingredients if you like, but even then, you can do it for as little as $2.20 each. That’s for a nutritionally complete meal (protein, fibre, healthy fat, etc.). You may pay a little more for organic ingredients if you like, but even then, you won’t break the bank. Choosing seasonal ingredients and buying frozen fruit and vegetables in bulk can save you even more.

Do you have a favorite smoothie? Tweet me the recipe @harleypasternak.

We need to reset the way we think about food. We need to reset our metabolisms. We need to reset our bodies. And we need to do it now. Yes, ‘we’ means all of us, including me. That’s right! Despite having espoused a healthy, moderate lifestyle over the last 20 years, I have realized that moderation isn’t always enough, at least not as the first step toward real weight loss.

A recent study found that people who lose a significant amount of weight early on in a weight-loss plan are far better to stick with the plan over the long run. I realized that I had to create a plan that brought immediate and dramatic results, without leading to that disastrous yo-yo effect (lose 10 pounds this week, regain 15 next week) associated with many diets. The plan I developed as a result is so simple yet so effective that even I was shocked by the results. I call it The Body Reset Diet, and it’s detailed in my new book The Body Reset Diet: Power Your Metabolism, Blast Fat, and Shed Pounds in Just 15 Days (published March 2013 by Penguin Books Canada).

A couple years ago, I stumbled across an interesting study that found that blending your meals allowed your body to access more nutrients than any other form of food prep (raw or any cooking method).

Apparantly, the blades of the blender slice up the food so efficiently that the vitamins and minerals are more bioavailable to our bodies. Needless to say, I started to incorporate one smoothie to my diet each day.

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Laneville said, “Nothing against geography, but geophysics as he thumbed through the course calendar. He wanted to take, a ‘fluky chance’ landed Laneville on the path. His twin brother, Patrick, BESc. ’00, enrolled at the same time, both in high school, and he carried that passion to Western. His twin still resonate to this day.

Once here, and unsure what required science class make it to Earth Sciences professor Richard Secco’s first-year Geophysics class because he “simply couldn’t miss out on his continuation from the previous lecture. It was like reading a book you couldn’t put down. ”

After university, Laneville headed to South Korea, where he would teach English for a year, and then on to a four-month backpack across Southeast Asia. It was in Laos when he first heard the stories. “I had never really considered it before, ” he said. “But different places I go I would see different things – a centre making prosthetic limbs; a hospital with patients waiting for amputations to be done. We found them, ” Laneville said. “I thought, definitely, geophysics must be able to help.”

With an optimism reserved only for those who wouldn’t be able to afford it. “I THOUGHT, DEFINITELY, GEOPHYSICS MUST BE ABLE TO HELP.”

When Laneville offered his geophysics knowledge, nobody jumped. “I didn’t know if it was me really not getting it or if it was them not knowing what was out there, ” he said. “Maybe these guys didn’t know what they didn’t know and didn’t understand geophysical problems.”

From that point on, he would dive into the subject, reading every academic paper and study on the topic. “But I knew there were no jobs to be had, so Laneville went to work in mineral exploration in Laos, ” he said. “We’ve taught a lot of Lao nationals how to use geophysical methods to map an accurate portrait of what lies below the region. ”

“IT’S BETTER THAN WORKING WITH SOMETHING THAT goes ‘beep’ when you walk over it. ” Laneville said with a rare laugh.

Laneville also puts his efforts into academic research, exploring best practices, as well as partnering with organizations like COPE, a provider of prosthetic limbs in Laos. “What we have learned is trickling down to people who wouldn’t be able to afford it, ” Laneville said. “We’re now working on other ways to leverage the skills at our company and spread them out to these other organizations that don’t have the money for it.”

While the work directly supports mining activities, Laneville has pushed his company to share its learnings with other organizations clearing bombs in the country. It’s a partnership Laneville considers a duty for his company, and a calling for himself. “We have learned to work with people who wouldn’t be able to afford it, ” Laneville said. “What we have learned is trickling down to people who couldn’t be able to afford it.”

Laneville directs his team in dragging his mine-detecting device (Modified EM38, with 2-turn transmitter) near mineral exploration sites around Sepon, Laos, home of the country’s largest gold and copper mine. The mine, which represents almost 30 per cent of Laos’ gross domestic product, is located along the Ho Chi Minh Trail, in the heart of the bombing. Knowing this, the company made every effort to purge the area, but when two 500-pound bombs surfaced in a cleared area during a mining operation, they pushed into more sophisticated means of finding unexploded ordinances. While Laneville on board, the company now employs the most cutting-edge exploration of the area, using geophysics to map an accurate portrait of what lies below the region. “It’s better than working around with something that goes ‘beep’ when you walk over it. ” Laneville said with a rare laugh.

Last year alone, his team discovered more than 4,000 bombs.

That number equates to an unfathomable 150 million bombs, or about 10,000 people. Laneville says those numbers can only grow. “We have been working with the United Nations’ humanitarian demining program. ”

“TO BE HONEST, I’m still looking for ways to use my skills to bring benefit to the average person here in Laos and elsewhere who, by no fault of their own, have to deal with unexploded ordinances (UXO). “We’ve taught a lot of Lao nationals how to use geophysical equipment, but with no courses on geophysics in Laos universities, there is a significant skill gap, ” Laneville said.”

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To celebrate the launch of Western’s new Medieval Studies program, students, staff and faculty gathered at the D.B. Weldon Library in late March for the reveal of Canon Grandel’s Prayer Book, a 15th Century illuminated manuscript named for its original owner. Here, faculty of Music professor Jim Grier discusses the manuscript’s detailing and hymns with Amanda Zafar, a second-year student at Western.

**RARE BOOK CENTREPIECE FOR NEW COURSE**

**HIDDEN TREASURES OF WESTERN ARCHIVES: 15th-CENTURY ILLUMINATED MANUSCRIPT**

**BY JENNIFER ROBINSON, MLS’97 COMMUNICATIONS & OUTREACH LIBRARIAN**

Normally the introduction of a new program at Western prompts Western Libraries to seek out and add the latest in research and scholarship for that field to the library collection; the newest books and cutting edge digital sources. However when the Faculty of Arts & Humanities announced earlier this spring a new minor in Medieval Studies at Western, the most prized addition to the collection supporting the work of our medieval scholars wasn’t exactly new, although it is new to Western. Canon Grandel’s prayer book, recently acquired by Western Archives, is a rare 15th century illuminated manuscript, a highly personalized text commissioned for a person of some means.

An illuminated manuscript is a manuscript that includes both text and illustrations, usually in the form of decorated initials, borders or miniature illustrations. Canon Grandel’s prayer book includes hundreds of such decorated initials, borders or miniature illustrations. Canon Grandel’s prayer book also includes many musical items (i.e. literary text associated with music), hence Professor Grier’s interest, but no actual music.

Canon Grandel’s prayer book is the oldest complete illuminated manuscript held in Western Archives. It was purchased specifically by Western Libraries to support the new minor in Medieval Studies and is a welcome addition to Western’s collection.

**ALUMNI GAZETTE.CA**

To see previous winning entries, visit: http://bit.ly/alumni–photocontest

**ARLIE LAXTON ALUMNI PHOTO CONTEST**

The Arlie Laxton Alumni Photo Contest is named in honour of the late Arlie Laxton, BScN’37, a nursing grad who made it possible through an endowed gift to Western.

**Categories:**
- People – portraits, candid and activity photos of family, friends, other alumni, etc.
- Other – landscape, still life, nature, architecture, animals, etc.
- Digitally Enhanced – Photos altered, enhanced, touched up after the fact by Photoshop or any other computer photography software. This category is open to photos of people, portraits, landscape, nature, etc.

**Rules:**
- Limit one entry per person.
- Entries must include photographer’s full name, degree and year, address, telephone number and a brief explanation of the photograph, how it was taken and in which category it is being entered.
- Photos of people must be accompanied by a statement that those depicted have given permission for the photograph to be published. People in the photos must be identified.
- If there is any digital enhancement of the photos, it must be declared and entered in the Digitally Enhanced category.
- Photos not meeting these requirements or formatted improperly will not be judged. Entries mailed will not be returned. Contest open only to alumni of Western University who are not employees and/or officers of the University.

**Deadline for entries:** June 30, 2013

- Winners will be announced online at alumngazette.ca and in the Fall 2013 issue of the Western Alumni Gazette.

**Prizes:**
- First prize in each category – $250 each
- One runner-up prize in each category – $100 each

**Judges:**
- Dallas Currow, BA’06 (MIT), freelance marketing associate, McGill University; photographer
- Paul Mayne, Western News reporter/photographer
- Jim Rankin, BSc’88 (Biology), Toronto Star photographer
- Terry Rice, BFA’98, MA’00, Marketing & Creative Services, Western

**Submissions:**
- Preference is for photos to be submitted via e-mail to wag.editor@uwo.ca (maximum file size 5MB). Photos can also be submitted to Arlie Laxton Alumni Photo Contest, Communications & Public Affairs, Western University, Suite 360, Westminster Hall, London, Ontario, Canada, N6A 3K7

**For more information, please e-mail:** wag.editor@uwo.ca
It’s one of the only times doctors don’t want to see healthy patients: when training surgeons to perform in a war zone.

“You can’t maintain your competence if all you’re doing is dealing with a healthy population,” says Dr. D. Ross Brown. BSc’77 (MD, McMaster, MA, Royal Roads), co-founder and Medical Director of the Canadian Forces Trauma Training Centre in Vancouver.

Brown should know. Aside from being a trauma and general surgeon at Vancouver General Hospital (VGH) and clinical professor in the department of surgery at the University of British Columbia (UBC), he has spent 25 years with the Canadian Forces in various ranks and roles, and done tours of duty in the Middle East and Afghanistan.

“In those early days when I deployed, I was there with people who came out of a clinic and then went to the O.R. experience was doing hemorrhaging and hernias.”

When the medical team arrived in Afghanistan for Brown’s 2003 tour, the logistics were setting up and organizing the camp and initially dealing with lots of medical ailments. Then there was the inevitable wait for casualties, an intimidating experience for anyone.

“As the tour went on, our troops were deploying a little further. There were deaths. There were mine strikes as they call it. We had casualties. So, it did bring a different experience for anyone.”

In a kidding way, the surgeon says his three tours in Afghanistan were a bit like the Three Little Pigs where he went from a tent on a Canadian base with just his Canadian team to eventually the ‘brick house’ hospital. The Straw House - or Tent

“That was one surgeon, one anesthetist, and all the support around. That was an O.R. nurse, small diagnostic imaging contingent, some primary care doctors and physician assistants and medics. And of course an ambulance group with our armed ambulance, who would go out and pick up casualties as required. I think the number in total would have been about 50 – not that big.”

The Stick House - or “ Plywood Hospital”

Then, Brown’s team moved down to Kandahar, Canada’s responsibility as the lead nation for the multinational medical facility at the Kandahar airfield.

“That was a huge responsibility for Canada. In those early days, we had some fantastic leadership amongst our military commanders. They lived there and ran that organization for a year.”

Then the Canadians were combined mainly with medical colleagues from the Netherlands and Denmark as the core group.

Canada did that for about five years and then handed leadership over to the Americans. “While we were in command, that was the ‘plywood hospital. We went from canvas to plywood. That’s the hospital the TV program ‘Combat Hospital’ was based on, with Canadian leadership, primarily Canadian contingents, not only clinicians but the headquarters component as well.”

As Brown relates, Canada had not taken on a military/medical commitment of those proportions in an international conflict since the Korean War. The Brick House – or Brick Hospital

And then finally when we handed it over to the Americans, we moved into a brick hospital. By then, there would have been between 110 to 150 medical staff in that building. A large emergency department, 12 resuscitation bays, five full resuscitation teams, that was the core group. There were two or three general surgeons, orthopaedic surgery, neurosurgery, ENT, ophthalmology. So, we had quite a large surgical group. Of course a big component of nurses, med techs, O.R. techs. And diagnostic imaging – we had two CT scans.”

The facility was actually accredited through the American College of Surgeons as a Trauma Centre.

“That was an important milestone for them. That was sort of the transition and that still exists. Now it’s American-run.”

Canada is now in a mentoring role. “One of our colleagues in London, Dr. Vivian McAlister (Western professor), has been over there working very hard in a mentoring leadership role, now back in Kabul helping with their surgical education program for Afghanistan at the University of Kabul.”

Brown admits the experience that the medical and surgical teams picked up around Kandahar was “truly war surgery.” Those were lessons of trauma surgery he could bring back and share not only with the military but with VGH Trauma Services and UBC.

Most large hospitals today in Canada have constant competition for resources – from those trying to do emergency surgery, to those doing emergency surgery, to those doing elective surgery.

“That challenge of resource in North America, where we are so rich and have so much, is very different to when you’re in an emergency field hospital just waiting for the casualties to come in. Of course you never say ‘no’ because resources are always scarce.”

Things not considered in the civilian medical world include how to deal with the “evacuation chain” of returning coalition troops back to their home country if they were too injured to continue fighting – and what to do with local nationals? In the case of Kandahar, the Afghan army and the Afghan national police.

As any viewer of evening news knows, civilians unfortunately are also victims of war. How does a foreign army medical unit deal with civilians and release them safely?

“I think there are ethical challenges dealing with care in a war zone where our own resources are limited to an extent and you’re thinking of the cases ahead,” says Brown.

“How do we manage our non-combatants and how do we manage ‘people of interest’ or perhaps Prisoners of War (POWs)?” Again, those were great lessons to bring back and share with our colleagues here.”

Canada’s Forces Trauma Training Centre

It was in the 1990s when Dr. Brown had the opportunity to meet the founding members of what was then called the Joint Trauma Training Centre in the U.S. “I’d been to Taub in Texas (Ben Taub General Hospital, Houston). The military on both sides of the border recognized in the early to mid 1990s that in order to maintain the competence of our medical personnel and to enable them to deploy into war zones, conflict zones, high risk zones, they needed to maintain their skills in a rich environment.”

What that meant in the U.S. was taking their military medical teams that were about to deploy and put these 30 or 40 people into an inner-city hospital in a big city, in the “shooting gallery” where they could get firsthand experience with penetrating trauma. (That’s a nice term for gunshot, bullet and stabbing wounds.)

Brown returned and put a proposal together for the Canadian Forces, offering to stay in Vancouver where he could learn more and solidify his skills.

“The military didn’t quite know how to do that because nobody had done that before.”

“So then I looked at that Ben Taub model that the American people were doing in the Joint Trauma Training Centre and I just proposed it to the military... I said this is working for me. We need to do this for others. We need to create something like that.”

It was 2002, the Canadian Forces Trauma Training Centre, co-founded by Brown, officially opened in May 2001, just months before 9/11.

“And at 9/11, we had a group of students here in the building, learning and maintaining skills and being ready to deploy. But it was quite timely for those early 2000s and the problems and challenges the military had that Canada had and our commitment in Afghanistan after that.”

Dr. Brown has ventured where other Western University-affiliated doctors have served in foreign war zones. He has encountered and worked with professor and surgeon Dr. Vivian McAlister and Dr. Raymond Kao, recently named the Group Captain G. Edward Hall Chair in Military Critical Care Research, named after Western’s former Dean of Medicine and longest-serving president.

More about their work can be found online at: www.alumnigazette.ca. You can also read online about Dr. Brown’s work with the Vancouver 2010 Winter Games and establishing the Mobile Medical Unit used to treat athletes, trainers and dignitaries, supported through VGH.
Rise Above

Singer-songwriter Kimberly Boyce, BA’79 (English), releases her jazz-flavoured debut recording, *Rise Above*. Produced by Mike Ewing, the CD features some of Canada’s best session players, including Mark Kelso on drums, David Woodhead and Scott Alexander on bass, Kevin Fox on cello, Rob Guesve on keyboards, Rob Carroll on guitar and John MacLean on sax. Mixed by Juno award-winning Michael Philip Wojewoda, and mastered by Juno and Grammy award-winning Joao Carvalho. Kimberly Boyce has earned a reputation as a lyrical, intimate songwriter, in the singer/songwriter tradition, but with *Rise Above*, she has revealed a sophisticated, smooth jazz sound that is comparable to Sade, Joni Mitchell, Marc Jordan or Diana Krall. She has graced the stage of many of Canada’s small club venues and has appeared at Folk and Music Festivals across the country. Kimberly’s songs have been compared to Alice Munro stories: personal and intimate and yet stories that we have all lived. It has been called buoyant, deeply satisfying to the ear and heart. Mysterious, enigmatic, soulful, beautiful, haunting. These are all words that have been associated with Kimberly’s music. Samples of her music can be heard at kimberlyboyce.com/discography or www.cdbaby.com/cd/kimberlyboyce

NEW RELEASES
From Western Alumni

Visit alumni.gazette.ca to read summaries of each new release.

1) **BOLIVIA (SECOND EDITION)** - by Dr. Ivar M. Mendez, MD’86, PhD’94
2) **THE SACRED FIRE** - by Leon ‘Bob’ McNarry, BSc’49, MSc’50
3) **BRECCIA** - poetry by Irene Golas, MLS’83
4) **ENVIRONMENTAL ISSUES FOR THE TWENTY-FIRST CENTURY AND THEIR IMPACT ON HUMAN HEALTH** - Richard B. Philp, PhD’64
5) **HALF MYTHS & QUARTER LEGENDS** - poetry by R.L. Raymond, BA’94, MA’95
6) **ENTITY** - by Joanne Elder, BESc’84, MESc’86
7) **WINTER – FOURTH BOOK IN FOUR SEASONS SERIES** - by Emily-Jane Hills Orford, BA’78
8) **1972: THE SUMMIT SERIES...STATS, LIES & VIDEOTAPE, THE UNTOLD STORY** - by Richard J. Bendell, BA’88
9) **FRUGAL LAWYER, FLASHY LAWYER** - by Donald Desaulniers, LLB’71
10) **PILOTED TO SERVE** - by sisters Maureen Chung, BSc’72 and Deborah Chung
11) **BECOMING A MULTICULTURAL EDUCATOR** - by William A. Howe, BEd’77 and Penelope L. Lisi
12) **WHOLE LIFE SUSTAINABILITY** - Ian Ellingham, MBA’79 and William Fawcett
13) **BASEBALL’S CREATION MYTH** - by Brian ‘Chip’ Martin, BA’74
14) **A CAPPELLA ARRANGING** - by Dylan Bell, BEd’97, and Deke Sharon
15) **ON SIX CONTINENTS** - by James K. Bartleman, BA’63, LL’02
HELP WANTED

Do you remember when this title was used to advertise Employment Opportunities? Well, today, the debate about how much focus that a university should place on preparation for specific careers is even more prevalent as concerns with youth unemployment, anticipated skills shortages and priorities for scarce funds increase.

Wherever you stand on this continuum, I believe it is incumbent upon us all to extend a helping hand to fellow alumni and students as they explore, navigate and advance on their career paths.

So, what are some ways that we can all provide meaningful help?

Accept a call from a student or alumni and share your insights and link them to people and opportunities. This is a common expectation of alumni from major US universities (including the one with the single word motto, Veritas!) Experience their enthusiasm and energy.

Give an Information Interview so that a keen career seeker can pose their questions and experience your work setting and sector. Please consider giving a tour and providing referrals to your network. Explore your shared “purple and proud” experiences.

WHEREVER YOU STAND ON THIS CONTINUUM, I BELIEVE IT IS INCUMBENT UPON US ALL TO EXTEND A HELPING HAND TO FELLOW ALUMNI AND STUDENTS AS THEY EXPLORE, NAVIGATE AND ADVANCE ON THEIR CAREER PATHS.

Become a mentor or host a work experience so that your enterprise is developing its talent pipeline and building its brand in an increasingly competitive marketplace. Opening doors is mutually fulfilling!

Alert Western to Career Opportunities through a faculty based contact or westerncareercentral.ca. Western has a wonderfully broad base of talent for you to draw upon and these contacts provide a great opportunity for job seekers to find you.

Attend a Career Day / Job Fair or Networking Event so that your profile and connections continue to build and realistic expectations are shared meaningfully.

With over 260,000 alumni in over 150 countries, we have the potential to collectively enhance the value of Western’s total educational experience and its contributions to the workplaces of today and tomorrow… as well as provide that all important “helping hand.”

Robert Collins is president of Western’s Alumni Association.

ALUMNI EVENTS

Connect with old friends and make some new ones at Alumni Western events happening in locations around the world. Many of our events are family friendly and offer a great opportunity to enjoy the summer months with the company of fellow alumni. Our full events listing can be found at alumni.uwo.ca/events

FEATURED EVENTS

JUNE 6 – Author reception with Cathy Marie Buchanan BSc’86, MBA’88 – Niagara-on-the-Lake, Ont.
JUNE 12 – Reception with David Wood, HBA’97, MBA’12, of Western’s Ivey Business School – Guelph, Ont.
JUNE 16 – Alumni Day at African Lion Safari – Hamilton, Ont.
JULY – Alumni Post-show Reception with Alan Thicke, BA’77, Dancing with the Pros – Niagara Falls, Ont.

Q & A WITH ROBERT COLLINS ON FUTURE OF ALUMNI ASSOCIATION

“I give to Western so students will have the same opportunity I had.”

Carolina Torres, BACS ’05
Senior Credit Officer, RBC Capital Markets

As a student, Carolina received a Western scholarship that provided meaningful opportunities to learn and grow. Since graduating, she has been making a monthly gift so other students have the same support.

Join Carolina by giving to The Western Fund at westernconnect.ca/wagpledge

Western Alumni hosted Last Lecture 2013 on March 18th featuring a keynote by Harley Pasernak, BA’79. Featured at the event are the 2013 Last Lecture Planning Committee members; Khusathii Sivanesarajah (BHSc ’15), Trisha Beauregard (BA’11), Preyantha Pasternak, BA’97. Pictured at the event are the 2013 Last Lecture Planning Committee members; Khusathii Sivanesarajah (BHSc ’15), Trisha Beauregard (BA’11), Preyantha Pasternak, BA’97. Pictured at the event are the 2013 Last Lecture Planning Committee members; Khusathii Sivanesarajah (BHSc ’15), Trisha Beauregard (BA’11), Preyantha Pasternak, BA’97.

Contact Annual Giving at 1-800-423-9631 or visit extraordinary.westernu.ca

Find us on Facebook

To view all upcoming trips, visit alumni.uwo.ca/travel
Support Student-Athletes
Your donation transforms students’ lives

A winning team requires the collaborative efforts and resources of many people – coaches, players and supportive alumni.

Your gift to the Adopt A Mustang program ensures our athletes can train at an elite level and bring their personal best to the team.

Donate online: It’s convenient and safe westernconnect.ca/adopt

Ways you can donate:
1. Web: westernconnect.ca/adopt
2. Phone: 1.800.423.9631 or 519.661.4200
3. Fax: 519.661.3884
4. Mail: Complete and mail this form

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___ Expired ____________________________

Graduating year ____________________________

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1950s
Dr. James G. Goodale, BA’52, MD’57, was one of 20 recipients out of 95 nominees to receive the 2022 Senior Achievement Award, presented by Lieutenant Governor of Ontario, the Honourable David C. Onley, at Queen’s Park in Oct. 2022.

M. Kathryn (Apellely) Ham, BA’53, has had juvenile onset diabetes for 46 years (diagnosed at the age of 8). She received a medal in April 2013 from the Joslin Clinic in Boston for having had diabetes for 75 years. Exercise (curling and aerobics), nutrition and a positive attitude contribute to her still being around. Best wishes to UWO.

J. Graeme Goebelle, BA’59 (Huron) was recently named as Citizen of the Year by Georgetown for more than 45 years of volunteer work in the community. Goebelle received a Canada 125 Medal in 1993, the Queen’s Jubilee Medal in 2003 and was named to the Halton Business Hall of Fame; these awards recognized both his volunteer and professional work. Goebelle received the Citizen of the Year Award at an awards dinner held March 26 at the Georgetown Lions Club Hall.

1960s
The research and teaching career in respiratory physiology of Jerome A. Dempsey, BA’63, PhD, Professor of Preventive Medicine at University of Wisconsin-Madison, Medical School has recently been recognized with the Institute of Medical Research Awards for Canada (Toronto); the Bayview-Stirling Prize in Cardiovascular Research (British Physiological Society); the Maguire Distinguished Visiting Fellowship (University of Kansas, April 1-3, 2013). For his contributions to the field of respiratory physiology, Dempsey and his colleagues in the John Rankin Laboratory have supervised the research training of 20 postdoctoral fellows since 1968, 16 of which are fellow Canadians and include graduates of Western.

‘63 UWO REUNION - Thursday, September 23, 2021 for Western Women; Lunch – Food Fellowship, Fun at the Mississippi Gulf, Mississauga Golf Club; Mississauga for graduates of 62, 63, 64, however, all women are associated with Western are welcome to attend. More information contact Marion (Roberson) Dow BA’53 at maridow1813@gmail.com

R. John Gibson, BSc’64, MSc’65, was awarded a Queen Elizabeth II Diamond Jubilee medal in February 7 in St. John’s, Newfoundland for his contributions to environmental work related to freshwater and having the conception of the Fluvialum, a stream tank and building for exhibiting stream ecology.

Graham W.S. Scott, BA’65, LLB’66, was elected Chair of the Institute for Research on Public Policy, headquartered in Montreal, in 2012. The IRRP created in 1972, seeks to improve public policy in Canada by generating research, providing insights and sparking debate on current and emerging policy issues facing Canadians and their governments. Graham was also awarded the Queen’s Diamond Jubilee medal.

James Weaver, BA’67 (Music); and his wife Sandra Weaver sold their Bella Air Music Locations to Long & McQuade and continue to work at the company’s new store on Fanshawe Park Rd.

Chyns, Onymryk, MBA’68, recently donated his collection of ancient maps of Ukraine and Eastern Europe to the University of Alberta Library’s map collection.

Cecil Rorabeck, MD’68, DS’79, has been appointed a president of The Royal College of Physicians and Surgeons of Canada effective February 2023.

Dr. David W. Schefelbein, MD’69, has been appointed an Officer of the Order of Canada for his contributions to the prevention of infections in children.

1970s
On March 6, 2013, 41 members of the Canadian sport community were honoured with receipt of Queen Elizabeth II Diamond Jubilee medals for their contribution to Canadian sport. Nomination to the Canadian Olympic Committee; Dr. Michael F. (Mike) Murphy, BA’70, Doctg’71, MSc’77, PhD’95, was one of the recipients. His award recognizes his outstanding and enduring commitment to the sport of rowing. In 2009, he became the President of the handguns (the he actually served as president or past president of the organization for 22 of the past 28 years). He is also a former chair of the Sport Alliance of America and the current chair of the national high performance centre for rowing at Western University.

Fran (Colone) Tymchyshyn, BSc’71, and Dick Tymchyshyn, MBA’72, retired in Fort Erie in 2002. Dick recently passed away from pancreatic cancer on March 23. Fran continues to reside in Fort Erie following Dick’s wishes that she “Live the life you love and love the life you live.”

Last November Doug Clark, BA’72 (Sociology & Computer Science), was awarded the Queen Elizabeth II Diamond Jubilee medal for his volunteer work with Habitat for Humanity. He also did his BCom degree at University of Windsor - 74. Doug obtained his CA designation in 1977.

Mary Crump, BA’73, is a new business owner of RFE. Careers assisting individuals with career transition.

After many years in the business world, Kevin William McNell, BA’74, MBA’78, has decided to step down from his leadership post as President and CEO of Good Mutual Insurance Company. Kevin intends to do more volunteer work and to travel. Happy 60th in March and Happy Retirement from your staff at Great Mutual in Cambridge.

Bill Weaver, BA’75, has been named Agriulturist of the Year for Chatham Kent. He and his wife, Suellen, BA’74, operate a 250-acre farm in the former Chatham Township.

Jon A. Allen, LLB’76, has been appointed as Canadian Ambassador to the Kingdom of Spain.

Cecil Rorabeck (1960s)

ALUMNI NOTES AND ANNOUNCEMENTS

SPRING 2013 EDITION 41
The Bangladesh Statistical Association (BSA) has recognized the world-class, scientific contributions and global professional leadership of Australia-based Bangladesh statistical scientist Professor Shahjahan Khan, MSc’57, by awarding him the prestigious Q.M. Hossain Gold Medal in an international statistics conference held in the Senate Building of Dhaka University on December 22, 202.

Professor Khan has been involved in the industry for over 19 years, and is proud to receive the award for his dedication to both the Bangladesh Statistical Association and related expertise.

Paul Seed, BSc’84 (Economics), is the president and CEO of Startel Inc., a London-based company that was named amongst the Best 50 Small and Medium Employers in Canada.

Marianne Harrison, BS’85, has been appointed to senior executive vice president and general manager of Canadian division, Manulife Financial.

Russell Andrew Bruch, BHA’85, EMBA’13, has been promoted to Senior Vice-President and Chief Information Officer of the Ontario Teachers’ Pension Plan. He joined Teachers’ in 1993.

M. Patricia Lindsay, BS/NF’86, (RN, PhD), was awarded a Queen Elizabeth II Diamond Jubilee Medal. Pictured in photo: Eleanor Westwood accepts her Queen Elizabeth II Diamond Jubilee Medal from Steve Hovrath, President and Chief Executive Officer, the Canadian Centre for Occupational Health and Safety.

Gayffor Cann, BM’86, has a new role: National Director, Oil and Gas for Deloitte Touche, Tohmatsu, Australia. He will be based in Brisbane, Queensland and focusing on the coal seam gas, shale gas, offshore and NGL projects in the region.

Enabling Technologies Inc., of Edmonton, a leading supplier of optical components and subsystems for telecommunication access, metro and long-haul markets and enterprise and other applications, has appointed Timothy David Marcello, BM’87 (King’s), who has been recently retired for his leadership role.

Donalad Cameron, MBA’93, has been appointed a director of Selkirk Systems Inc., a company that manufactures sensors that athletes wear on their helmets to help determine if they may have been hit hard enough to have a traumatic brain injury (TBI).

Craig Hamilton, BM’92, has been awarded the 2017 Sales Representative of the Year Award by the Canadian Gift & Tableware Association (CGTA). Craig has been involved in the industry for over 19 years, and is proud to receive the industry’s highest honour.

The Hamilton Chamber of Commerce named Tim Peetos, BM’92, the Distinction Award recipient for 2017 for his dedication to both the annual SculptureWalk Festival and the revitalization of downtown Hamilton as a Museum at the Hamilton Community Awards Dinner, which took place in January.

Cameron Green, BS’93, is the Director of Communications at Strat Energy Service in Calgary. He was previously the Director of Communications with Bill Canada. He also holds a MBA from the University of Ottawa.

Jason Leung, BSc’95, is the first Canadian lawyer named the National Asian Pan-Pacific Bar Association (NAPPBA) as one of their “Best Lawyers Under 40.” This award is given annually to law students who demonstrate promise in their respective legal endeavors and who have exhibited steadfast commitment to community and public service, particularly in the Asian Pacific American community. He is an intellectual property lawyer at Blakes and Blake’s Toronto office.

David Hanick, BM’96 (Economics), has been appointed VP Corporate Development and General Counsel for Starlight Investment Ltd.

Justice Christopher Mainella, M’93, has been appointed Judge of Her Majesty’s Court of Queen’s Bench for Manitoba, Trial Division, in Winnipeg, Manitoba. Christopher practiced law as a crown prosecutor in Manitoba and as counsel for the Minister of Justice in Ontario. In 2015, he was appointed Justice of the Peace.

Dean Wolf, ML’94, has taken up the role of fundraising Manager (Trusts & Foundations) at the University of Strathclyde in Scotland.

Hannah McDew, ML’94 (Sociology), was formerly the Dean of Environment, Economy, Health and Safety.

MBA500 award recipient, Kim Mitchell, BSc’90, is the founder and CEO of Chamber Network Group Inc., a professional-owned company providing integrated multidisciplinary engineering, marketing, economic development, program evaluation and M&A services.

The government of Canada and the Starlight Investment Ltd. appointed her Queen Elizabeth II Diamond Jubilee Medal.

The event is extremely pleased to welcome Neil Hetherington, BM’95, EMBA’12, as its new Chief Executive Officer, effective February 2013. Hetherington served as the CEO of Habitat for Humanity in Canada for the past two years, and brings deep experience in all facets of leadership and successfully growing the number of low-income working families who help themselves become first-time homeowners and improve the communities in which they live.

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DEADLINE FOR INCLUSION IN THE FALL 2013 ISSUE IS JULY 1.

By EMILY-JANE HILLS ORFORD, BA’78

“Do you know what you should do?” That question, accompanied by an irresistible sparkle in the eye, an enthusiastic smile and sometimes a slight giggle, was a vivid way to start anyone’s day, especially if it is followed by an interesting suggestion. “You should write about...” Those words have sparked my creative juices for the past 30 years and will continue to do so for many years to come. The question belongs to a voice that I can still hear today, do so for many years to come. The question belongs to a voice that I can still hear today, an enthusiastic smile and accompanied by an...

What’s new with you? Share your news with fellow grads and help us keep our records up to date.

Gazetteer notices, like all other portions of the print magazine, appear in gazetteer.ca. Submissions can be sent to wag.editor@uwo.ca or Remembering, c/o WAG oru@uwo.ca.

F一旦 the fall 2013 edition, a single notice of achievement will be published, and the number of notices will be limited to three. Non-graduates who have previously been included in the Gazetteer may be included again. Please be sure to include your full name and graduation year when submitting your notice.

Correction: Our sincere apologies to Brenda MacEachern, BA’65 who was mistakenly omitted from the People Who Have Passed list in the May issue. Brenda, a former student of the Arts and Science Faculty, was a dedicated volunteer and a valued member of the Western community. She will be deeply missed by all.

REMEmBERING: BRENDA MACEACHERN, MLS’87

BY EMILY-JANE HILLS ORFORD, BA’78

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Telling my favourite nine-year-old, I was surprised at how much trouble he was having with fractions. This is a smart kid with a good number sense, but he was flummoxed as he tried to grasp the applications of halves, quarters and eighths. I went through the stages of tutor grief — I’m talking little kids here — a bird is just a bird. Eventually you graduate to metaphor, and now a bird can be a stand-in for hope or freedom or death. In law you move past different readings of a statute to competing notions of the good or just. In music, harmonies become richer, relations among notes more open to interpretation, until the very notion of harmony becomes something a composer can retain or reject according to taste and need. And then you listen to Bach’s St. Matthew Passion and you wonder whether any of this change can be said to represent progress.

There’s a place in modern society where the notions of relation, proportion and contingency are most frequently encountered and applied, it’s the university. In fact that’s a serviceable definition of the word. I can go to all sorts of places to learn something useful. At a university I spend at least some of my time struggling with the very meaning of utility. Of course this struggle is often indistinguishable from wanking. Few places are easier to mock for their pretentiousness. (Why are campus politics so vicious? Because, Henry Kissinger said, the stakes are so low.) But at universities people are at least a little kiever, on average, to question their assumptions, to be prepared to defend or discard them, than in the rest of the world. That’s the hope, anyway.

So it’s disappointing, while unsurprising, that these bastions of relativism — a sometimes pejorative word that universities should more often wear with pride — have spent so much time marketing themselves as purveyors of sure value. This is the “job-for-tomorrow” marketing line I’ve decried at some length in previous columns. It has contributed, inevitably, to some of the biggest downsides of higher education. And since in this world none of us really knows what we’re getting into, it may even catch on.

That may help explain why I didn’t make a career in marketing, but it strikes me as an honest and accurate glimpse at the real merit of higher education. And since in this world none of us really knows what we’re getting into, it may even catch on.

Paul Wells is a senior columnist for Maclean’s magazine. Follow him on Twitter @inklessPWN.
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