

SPRING 2019

UNIVERSITY OF TORONTO MEDICAL ALUMNI ASSOCIATION MAGAZINE

# MAAMATTERS

A man with grey hair and sunglasses, wearing a light blue button-down shirt and dark blue jeans, is playing a light-colored acoustic guitar. He is standing in front of a red brick wall with a green-painted window frame. A black guitar case is on the ground to his left.

## WHEN A PHYSICIAN RETIRES

NAVIGATING  
THE COMPLEX  
TRANSITION

DONOR APPRECIATION • MED SOC'S SCADDING COURT MENTORSHIP PROGRAM



## Students benefit from additional interest-free loans



IN 2017-2018, OUR ALUMNI generously donated \$288,547 in unrestricted donations and \$61,465 in restricted donations, for a total of \$350,012. Our monthly giving program continues to grow, as it is an easy, convenient way to support MAA programs.

We adjusted the interest-free loan program, increasing the number and amount of loans available to 60 loans

of \$3,000 each. We therefore provided a total of \$180,000 in loans. As of March 2019, we have \$563,450 out in loans to medical students and graduates.

We disbursed \$171,471 in awards, bursaries, grants, and scholarships, including \$72,500 for international health selectives and research projects. In addition, close to \$78,000 was provided in student assistance through the Faculty of Medicine as a result of MAA-directed endowed donations.

Our support to the Medical Society totalled approximately \$25,000 for academic and student life initiatives.

In December, we sponsored the fifth annual Dr. Peggy Hill Memorial Lecture on Indigenous Health with guest speaker Julie Bull, an award-winning Inuk researcher and educator, and a member of NunatuKavut, Labrador.

We maintained our commitment to fund several student-organized groups and events, including the Indigenous Health Elective, which is funded by the MAA 4T6 Memorial Fund.

As of February 28, 2019, with the guidance of Mr. Lee Rorabeck and his team at BMO Nesbitt Burns, our portfolio is valued at \$6,238,272.

We thank all of our donors for their continued support, which allows us to maintain our long tradition of supporting medical students, operating independently from, but in close partnership with, the Faculty of Medicine.

Thank you to our volunteer Board of Directors; Patricia Coty, our Manager; and Sarah Groom, our Administrative Assistant.

DR. LYNDON MASCAREHNAS (8T4)

## Excellence through Equity



AT THE FACULTY OF Medicine, we've made equity a central priority, recognizing equity and inclusion as essential to fostering excellence.

After consulting with over 400 people to inform our Academic Strategic Plan for 2018-2023, we identified

"Excellence through Equity" as one of our three strategic domains of focus. (The others are "Ecosystem of Collaboration" and "Groundbreaking Imagination" — supported by enablers including a culture of well-being, and infrastructure and technology.)

And we're translating this into action in a variety of ways. Our Diversity Mentorship Program links medical students from underrepresented and equity-seeking groups with faculty members and senior residents. The Summer Mentorship Program gives high school students of Indigenous or African ancestry a chance to explore health sciences at the University of Toronto. The Community of Support program helps Black undergraduate students across Canada develop their potential as future health professionals. Additionally, a free MCAT program as well as admissions support programs for Black and Indigenous students help to reduce barriers.

I'd like to thank the Medical Alumni Association for supporting this vision for greater equity. For example, the MAA sponsors the Dr. Peggy Hill Memorial Lecture in Indigenous Health (see page 15 to find out more about the most recent speaker), as well as supporting our MD students through scholarships and bursaries.

DR. TREVOR YOUNG

PHOTO: JAYSON GALLOP

PHOTO: FACULTY OF MEDICINE



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**ON THE COVER:** Now semi-retired, Dr. Jacob Langer (8T0) has rekindled his love of music



# THE BUDDY SYSTEM

Mentoring is a mutually beneficial adventure

**THE** Scadding Court Mentorship Program pairs children aged 6 to 12 one-on-one with Faculty of Medicine students. The Saturday afternoon program enrolls 25 children who are handpicked as being likely to benefit from further developing the qualities that the program encourages, such as being respectful, tolerant, and confident. The kicker is that it's hard to tell who is getting more out of the program – the kids or the volunteer mentors.

"I love the idea of spending Saturday afternoons with one mentee throughout the year and really getting to know each other," says Nuley Seo, a first-year medical student.

"It's something fun to look forward to after a hard week in the lab," adds Co-Director Alessandra Tuccitto, a PhD student in her fourth year at the Faculty.

The Medical Society program starts at 12 noon with 10 to 12 large pizzas or 40 to 50 submarine sandwiches. "Everyone can just show up, and everything is taken care of," explains Tuccitto.

After lunch, the mentors and mentees engage in any one of a plethora of activities designed to encourage laughter and fun. They might stay at the Scadding Court Community Centre to play board games such as Heads Up!, Jenga, Monopoly, or The Game of Life. "It's a relaxed time," says Tuccitto. "The child's only job is to have fun."

Or they might head out on the town. The mentors and mentees have gone skating at City Hall, gotten their hands dirty making clay

sculptures at the Gardiner Museum, marvelled at the sea creatures at Ripley's Aquarium, attended the TIFF Kids International Film Festival, and much more.

While it's great for the kids to explore Toronto and enjoy experiences they may not have otherwise had access to, the program's real value is in the relationships that the children and mentors develop. As they share in the activities, the mentors build the child's self-esteem, encourage positive communication skills, and help the child to problem solve.

**The continuity that the program offers allows you to develop a strong mentoring relationship**

But it can take time for the relationship to blossom. "I remember our first day," recalls Seo. "My mentee was extremely shy, and it was very hard to get a word out of her. But after meeting her regularly, she has completely opened up and will crack jokes with me."

"The continuity that the program offers allows you to develop a strong mentoring relationship," says fourth-year med student Catherine Lu. "Both the mentors and mentees

learn from each other and grow together throughout the year. You see mentees become more engaged and mentors become more confident."

Some mentors become so enamoured of the mentor-mentee relationship that they continue to volunteer even after they've graduated.

*The Medical Alumni Association supports U of T's Medical Society through an annual grant.*



# WHEN A PHYSICIAN RETIRES

In the twilight of  
their medical careers,  
all doctors must  
answer the same  
question:  
What's next?





**R**etirement can be a complex transition for physicians. Some physicians work a gruelling 80 hours a week, and the interests they once had outside of medicine have fallen by the wayside. They may dread retirement, seeing it as vacuous, and fearing that their identity and status will be stripped away.

Others can't wait to hang up their stethoscopes. They have a burning passion to do something different – whether it's renovating their home or sailing around the world.

There are as many ways to retire as there are fish in the sea. What will you do next? Here's how five alumni are navigating retirement.



Jack Langer (top row, far right) and family

## FROM SURGEON TO MUSICIAN

In 2014, **Dr. Jacob “Jack” Langer** (8T0) had completed 13 years as the Chief of General and Thoracic Surgery at the Hospital for Sick Children, and as he approached his 60th birthday he needed a break. He took a six-month sabbatical in San Francisco, where he had done his research training almost 30 years earlier. The sabbatical changed his life. “I had time to reconnect with the music that had been so important to me when I was younger,” he says.

Jack learned to play the guitar when he was 12 years old and wrote songs throughout high school and university, performing them at open mikes, including the legendary Riverboat on Yorkville Avenue, where Joni Mitchell, Gordon Lightfoot, and Bruce Cockburn launched their careers. He continued to write and perform his music while at medical school, where he directed Daffydil in his third year. When he started a surgery residency, though, the program demands forced him to put his guitar in the basement; he took it out only occasionally for a singsong around a campfire or to play late at night for his own enjoyment.

After completing his general surgery, paediatric surgery, and research training, Jack became an academic surgeon in Hamilton and St. Louis, Mo., and then returned to the Hospital for Sick Children where from 1999 until 2012, he was Chief of the Division of General and Thoracic Surgery and held the Robert M. Filler Chair in Paediatric Surgery. While working 100-hour weeks running a busy practice, teaching, and writing 70 book chapters and 230 papers in peer-reviewed journals, music faded further and further into the background.

“I didn’t intend to take such a long break from music,” says Jack. But since his sabbatical, he has made up for lost time. In 2016, he released his debut album “Return.” Fourteen musicians contributed to the CD, including his sons, Ben, age 30, on banjo, harmonica, and backup vocals; and Alexander, 23, on tambourine. His daughter, Jessica, age 34, and wife, Ferne, did backup vocals on several songs.

For the album, Jack reworked some of the songs he penned in his teens and added new material. In “Song for Ben,” he writes about watching his grandfather as he lay dying. “A love lost is love to be saved,” he sings. He wrote “Someday” as a tribute to Ferne and their 25th anniversary: “I know you well enough to know, You will believe in me, As I believe, believe in you.”

“The making of this CD has been an amazing journey,” he says. “It has allowed me to use my right brain, while my surgical career involved my left brain. The change has been invigorating!”

“I believe that we should all be diversifying ourselves, especially as we get closer to retirement,” he continues. “A lot of people in their 50s and 60s have trouble, they have a midlife crisis. For me, the process of making the CD has been an antidote to that kind of anxiety.”

While winding down his medical career, Jack is revving up his music as he prepares his second album. “Now, I can’t imagine ever stopping making music,” he says.

*You can download Jack’s CD on iTunes, or stream it on Spotify or Apple Music. Or, buy the album at [www.jacoblangermusic.com](http://www.jacoblangermusic.com) or CD Baby.*

# STEPPING OUTSIDE YOUR COMFORT ZONE



"I'm not the expert anymore," says **Dr. Ralph Manktelow** (6T4), who 12 years ago, at age 68, retired from a stellar career as a plastic and reconstructive surgeon. "Learning new things, like how to be a town councillor, put me in the position of stepping outside my comfort zone into an arena of not knowing much. I have had to be humble.

"When you retire, I see the value of going in a quite different direction from medicine," he continues. "In fact, I am quite bullish about the value of going in a different direction, which demands being comfortable with no longer being the expert. I have had to be a good listener and keen to learn."

When Ralph retired, he even dropped the "Dr." title in front of his name. "Suddenly, I became just another person walking down a country road," he says. "It was a pretty abrupt change."

In 2007, he moved to the 100-acre farm in Mono, Ont., that he and his wife bought in 1983. Now that he has made the farm his home, new opportunities have surfaced. For example, a neighbouring farmer asked to pasture his sheep on Ralph's land. At first, Ralph refused, but then he began reading about raising sheep and found it stimulating to learn about what would be involved. Soon, he developed a partnership with the farmer, and they were breeding and grazing more than 120 sheep on his property.

Another different direction for Ralph has been joining the local rowing club, where he has been the president and head coach. "This was actually quite challenging and a good learning experience," says

## 67.4

The average age when  
physicians who trained  
outside of Canada retire

*Patterns of physician retirement*

## 65.1

The average age  
when physicians retire

*Patterns of physician retirement and pre-retirement activity:  
A population-based cohort study, CMAJ, Dec 11, 2017*

Ralph, who has won gold medals in rowing in international Master's competitions. "It's so different working with independent volunteers than with caregivers in the hierarchy of a hospital.

"I'm a big fan of learning from mistakes, and at the rowing club I made a mistake by not recognizing that it's a fine line between recommending and criticizing, and the line moves depending on the person. Now I've learned to be a little more sensitive to the needs of each individual."

Another new direction for Ralph has been getting elected to the local municipal government. Again, he started out knowing next to nothing. "I didn't even know where the town office was," he admits. Now in his fifth year as a councillor, Ralph has helped stop two projects that could have potentially damaged Mono's pristine hills, forests, streams, and ponds. "I feel that the natural spaces of Mono are worthy of our protection," he says. "Being a councillor has given me new relationships and taught me how to make significant accomplishments in the community.

"I realized very quickly that retirement is an opportunity and a gift. You never stop learning. That's the best part of it."

## A TIME TO REFLECT



In 1995, after retiring from a rewarding career in psychiatry, **Dr. Mary McKim** (MacKenzie), née Struthers, (4T9) decided to write her memoir. But she couldn't type.

"Throughout my medical career I always had a secretary, so I enrolled in a typing course," says Mary, now

92. After mastering touch typing, she bought a computer and slowly learned how to use it.

Her memoir shows how her medical career in London, Ont., is dotted with achievements. In 1967, as a psychiatry resident, she worked with girls who were past the age for Children's Aid Society assistance. "They were unable to live at home and struggling to survive," identified Mary. Before long, a committee formed to try to resolve the issue. In 1970, the Girls' Group Home of London swung open its doors.

Then in 1974, Mary joined the founding board of the Canadian Association for the Repeal of the Abortion Laws, making two trips to Ottawa to canvas MPs.

Later, she tackled the issue of family violence. "Wife abuse was not



## 61 The average age when female physicians retire

Patterns of physician retirement

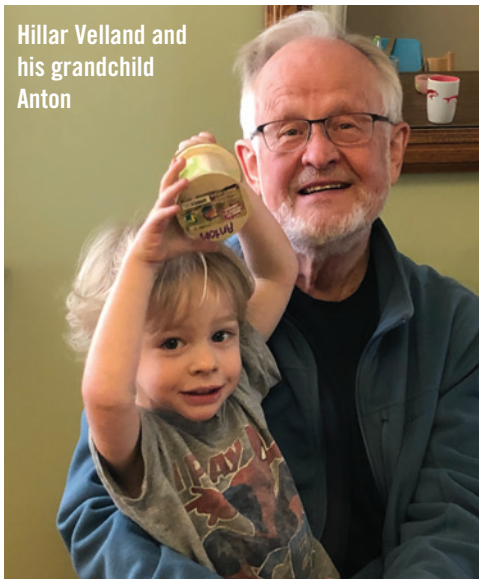
in the Criminal Code!” exclaims Mary. “We changed that, and London led the way.” In 1979, Mary was a member of the committee that established the Abused Women’s Shelter. “Sadly, London’s two shelters continue to be filled,” she says. From there, she helped establish the Sexual Assault Centre. “Tragically, it’s also a busy, vital, active resource,” says Mary.

Inspired by writing her memoir, Mary proceeded to write about her mother, who had taught in one-room schoolhouses to earn her university tuition. Her mother graduated from Queen’s University in 1914 with a degree in Greek and Latin. Then she went to China under the Presbyterian Women’s Missionary Society to teach in Girls’ High School in Honan Province.

China figures prominently in both accounts. Mary’s memoir begins with her birth in Jinan, China, where her father, Dr. Ernest Struthers (1T2), was a professor of medicine.

## ENJOYING EVERY MINUTE

Hillar Velland and his grandchild Anton



“The best part of retirement is being in virtually complete control of my life,” says **Dr. Hillar Velland** (6T8). “Former colleagues often ask, ‘What do you do to keep busy?’ For me, the whole idea of retirement is *not* to be busy.

“Another major benefit is the absence of stress,”

continues Hillar. “After 50 years of learning and practising the art and science of medicine as a general internist and infectious disease consultant, I decided to completely divorce myself from this noble, altruistic but stressful profession. I wasn’t even aware of the negative impact of stress until I was able to escape it.”

Having taken control of his life and tossed stress out the window, Hillar is making up for lost time – including catching up on his reading. One of the first things Hillar did when he retired was trade in his College of Physicians and Surgeons of Ontario membership for a Toronto Public Library card. Since retiring, he has gone from reading one novel a month to seven novels a month, delighting in his favourite crime fiction genre.

“Spending extended quality time with my four grandchildren, aged

## 62.8 The average age when physicians working in rural areas retire

Patterns of physician retirement

3 to 13, has provided me with unimaginable joy,” he says. “Both of my sons were born during my residency training in Toronto and Boston. Accordingly, their mother assumed the majority of early child care, responsibilities that I missed out on.”

As luck would have it, Hillar’s oldest son, Eric, is a professional food writer, wine critic, and recipe developer. “He and I regularly dine out at some of the finest restaurants in Toronto in addition to taking short culinary holidays in Montreal, Halifax, and Boston.”

To keep in tip-top shape, Hillar simply puts one foot in front of the other, taking up to a 90-minute walk every day. “I really like the city’s amazing network of interconnecting ravine trails,” says Hillar. “There is more to life than medicine!”

## LIFE AFTER WORK



“I retired in 1994 as a family doctor with its life of office visits, house calls, and delivering babies,” says **Dr. Gerry Boswell** (5T8). As he closed the door on his family practice, he began to open other doors; in particular, doors to volunteer opportunities.

“Since retiring, I’ve worked with a variety of charitable groups,” he says. Gerry sold pots of purple, yellow, and white

crocuses for CNIB’s annual fundraising campaign. He interviewed parents and foot-printed their children for Child Find Ontario, which advocates for and prevents the incidence of missing children.

Gerry also volunteered to be on the board of Carey House, a home for adults with disabilities in Burlington, Ont. That volunteer commitment sprung into Gerry serving on the board leading the construction of a new Carey House in Dunnville, Ont. “Our help in developing this larger facility was most interesting,” he says. “It took almost three years to handle.”

For the Salvation Army’s Christmas fundraising campaign, Gerry is a steadfast volunteer. “It requires six to nine hours weekly over six to seven weeks to ‘bell-ring’ for donations,” he says.

But life isn’t all work and no play. After retiring, Gerry learned to play golf and bridge. “But most importantly, my wife and I joined a social club,” he says. “It has provided us with a new group of friends and kept us busy with lots of activities – sporting events, dinners, and dances.”



Graduating class  
of 1T8 at Hart House

# Thank you

for your support and for carrying on the time-honoured  
MAA tradition of helping medical students

Over a hundred years ago, before universities had fundraising departments and capital campaigns, the Medical Alumni Association was helping U of T students with the financial challenges of an education in medicine. With your support, the MAA can continue its proud tradition of helping those who follow in your footsteps.

The MAA is deeply grateful for your generosity. Your donation to the MAA has helped ease the financial burdens of students through zero-interest loans, bursaries, and scholarships. It has provided future physician leaders with recognition through MAA awards. Your support has also helped keep alumni connected and informed.

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Dr. Teddi Orenstein Lyall  
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Dr. Daniel Ovakin  
Dr. William Page  
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Dr. Richard Penciner  
Dr. Sunita Penmatcha  
Dr. Gordon Perkin  
Dr. Reginald Perkin  
Dr. Melvyn Petersiel  
Dr. John Peto  
Dr. Howard Petroff  
Dr. Peter Petrosioniak  
Dr. Brian Phillips  
Dr. Terry Picton  
Dr. P. Gail Pirie  
Dr. Cheryl-Lynn Pitre  
Dr. Christina Plaskos  
Dr. Peeter Poldre  
Dr. Irene Polidoulis-Giontsis  
Dr. David Posen  
Dr. David B. Posen  
Dr. Wayne Potashner  
Dr. Brian Power  
Dr. George Prieditis



Dear Medical Alumni Association,  
I am humbled to receive the Dr. Helen Quinlan Fund Bursary. I appreciate your generous contribution to my education, and I am very grateful.

As you know, medical school can be expensive, especially in the final year. I have taken nine planes to complete electives in Red Deer, Alta.; Victoria; Ottawa; and other locations. I am now interviewing across the country to pursue a residency position and so will be on several more flights.

This grant will help pay off my loan and ensure that I can get on my feet when I become a family medicine resident.

Thank you,

*Laura Duncan, Class of 1T9*

Dear Medical Alumni Association,  
My sincere thanks for the Dr. Charlotte Hahn Richard Paveling MAA Bursary.

I was raised in New Brunswick by a single mother on disability, and my post-graduate education has been entirely funded through summer employment, student loans, and awards, such as this one, that generous donors have made possible.

My dermatology and family medicine shadowing experiences have been phenomenal, and I find both specialties appealing. I hope to practise in one of these fields and eventually get involved in medical education.

Since starting the MD program, I have met amazing, inspiring people, and I'm sure I'll meet many more in the months and years to come. Thank you very much for this award!

*Matthew Ladda, Class of 2T1*

Dr. Kenneth Pritzker  
Dr. William Prost  
Dr. Gordon Prowse  
Dr. Michael Pryszlak  
Dr. Stewart Pugsley  
Dr. Corinna Quan  
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Dr. Michael Roe  
Dr. Robert Roe

Dr. Lillian Rojnica  
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Dr. Michael Rooney  
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We deeply appreciate your consistent support. It is essential to maintaining our signature student assistance programs.

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Dear Medical Alumni Association,  
I want to express my gratitude for the Dr. Ruth Kurdyak Memorial MAA Undergraduate Medical Student Award. Your donation helps offset the stress of managing financial challenges alongside a busy, rigorous curriculum, and allows me to prioritize my growth and development as a future physician.

Before medical school, I completed an undergraduate degree in life sciences and a master's degree in public policy. My multidisciplinary background has inspired me to think about systems issues.

By reducing the burden of financial stress, I can engage in the abundance of extracurricular and professional development opportunities at U of T and elsewhere. Recently, I was nominated to be the Student Representative on the Association of Faculties of Medicine of Canada's Oversight Committee, which will create Canada-wide competency-based curricula for future physicians in pain management, problematic substance use, and substance use disorders.

Thank you again,  
*David Wiercigroch, Class of 2T1*

Dr. Stanley Venis  
Dr. Jobst Von Heymann  
Dr. Bryn Waern  
Dr. John Wait  
Dr. Robert Wald  
Dr. Paul Walfish  
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Dr. Sheryl Young  
Dr. Kenneth Yuen  
Dr. Ming-Ching Yung  
Dr. Arthur Zalev  
Dr. Raymond Zarins  
Dr. Irving Zelter

We have made every effort to ensure the accuracy of this list. If your name has been listed or omitted in error, our sincere apologies. Please contact us at 416.978.0991 or [medical.alumni@utoronto.ca](mailto:medical.alumni@utoronto.ca).



# 2019 Class Reunions

Is this your reunion year?

*Email the MAA at [medical.alumni@utoronto.ca](mailto:medical.alumni@utoronto.ca) for details on the following reunions*

**The Class of 5T4** is planning to celebrate its 65th anniversary on Sunday, June 2, 2019, with a luncheon from 11 a.m. to 2 p.m. at the Gallery Grill in U of T's Hart House. Class members must make their own reservations with the Gallery Grill at 416-978-2445 or [gallerygrill@gmail.com](mailto:gallerygrill@gmail.com). Contact: Dr. David Smith

**The Class of 5T9**, in celebration of its 60th anniversary, will hold a reunion over the May 31 to June 2, 2019, weekend. On the Saturday, there will be a reception in the Common Room of U of T's Massey College followed by a formal dinner in the college's Upper Library. Contacts: Drs. Andrew Baines, Cornelia Baines, Ross Prince, Doug Wilson

**The Class of 6T9** is hosting an elegant but casual event with food, drink, and entertainment to celebrate its 50th anniversary. It will be on Sunday, June 2, 2019, from 5 to 9 p.m., at the University Club of Toronto, 380 University Ave. Contacts: Drs. Sarah VanderBurgh, Joe Marshall, John Kempston, Doug Milloy, Terry Bates

**The Class of 7T4** will celebrate its 45th anniversary with a reunion over the weekend of June 7 to 9, 2019. Events will include a dinner, informal



presentations, and a brunch. Contact: Dr. Carolyn Bennett

**The Class of 8T4** is looking for someone to organize a 35th anniversary celebration. Contact the MAA if you are interested.

**The Class of 8T9** is planning a 30th anniversary reunion, tentatively set for September 21, 2019, in Niagara. Plans are underway for a wine tasting followed by dinner. Contacts: Dr. Jane Nixon, Dr. Marilena Biscotti

**The Class of 9T4** reunion is on October 19, 2019, at the Islington Golf Club in Etobicoke, Ont. We have more than 60 already confirmed. Please contact [medical.alumni@utoronto.ca](mailto:medical.alumni@utoronto.ca)

**The Class of 7T5** held a reunion last July at the Capilano Golf Club in Vancouver. From left: Peter Petrosniak, Anna Schleback, David Lau, John Pullerits, Michael Weingert, Nelson Savein, John Le Nobel, Jim Dubbin, Jake Onrot

[utoronto.ca](mailto:utoronto.ca) and let us know if you can attend – yes or no. This will not be the last reunion, and we want to improve the class contact list. Contact: Dr. Stuart McCluskey

**The Class of 9T9** is planning to celebrate its 20th anniversary this year with a reunion event. Details TBA. Contact: Dr. Matthew Cheung

**The Classes of 7T9, 0T4, 0T9, and 1T4** will celebrate their 40th, 15th, 10th, and 5th anniversaries, respectively.

## We're here to help

For help organizing your class reunion, contact the MAA at [medical.alumni@utoronto.ca](mailto:medical.alumni@utoronto.ca) or 416-978-0990. The MAA can provide online registration and payment.

## Don't miss the party

To ensure you remain on the mailing list for updates and invitations, update your contact details. Fill in the MAA's online form at [www.maautoronto.ca/maa-contact-update-form](http://www.maautoronto.ca/maa-contact-update-form) or phone 416-987-0990.

# Class Notes

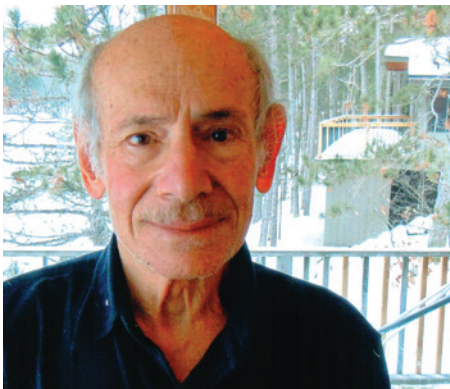
News from your classmates

## CLASS OF 5T9

**Dr. Robert CARLISLE** reports that his move to Vancouver in 1980 has proven to be “a fabulous success.” Bob writes, “It has



been great to be able to explore and share the beautiful mountains with my family. As well, I was able to pursue my career in industrial and rehabilitation medicine; I made friends who I still enjoy today.”



**Dr. Jack HOFFMAN** is leading an active life. Since 1997, he has been living by a lake near Parry Sound, Ont. In the summer, Jack enjoys swimming, canoeing, and cycling. In the winter, he goes to SilverStar Mountain Resort in British Columbia to cross-country and downhill ski. Contact: [jhoffman@vianet.ca](mailto:jhoffman@vianet.ca)

**Dr. Donald PAUL** moved to Collingwood, Ont., soon after graduating. In 2000, he retired from radiological practice. Don and his wife, Joan, have three children and five grandchildren. Contact: [djpaul@sympatico.ca](mailto:djpaul@sympatico.ca)

**Dr. David STEPHEN** recently retired. He is enjoying golf and cottage life in Haliburton, Ont. Contact: [redstephen@rogers.com](mailto:redstephen@rogers.com)

## CLASS OF 6T3

**Dr. Fred Farhad HAFEZI** retired in 2014 and has undergone multiple surgeries including a right rotator cuff graft repair, three level laminectomies, and resection bladder cancer. He has also recovered from renal carcinoma. “I’m fighting old age,” he writes.

## CLASS OF 6T9



Dr. Friedman's driftwood sculpture “Raptor”

**Dr. Jerry FRIEDMAN** will show his driftwood sculptures at his studio on the Artists of the Limberlost Studio Tour, August 17 to 18. The tour is along historic Limberlost Road, which is 12 kilometres east of Huntsville, Ont. It includes six artists' studios; as well, 11 guest artists will show their work. For more information, visit [artistsofthelimberlost.ca](http://artistsofthelimberlost.ca) or email [jerryfriedman@rogers.com](mailto:jerryfriedman@rogers.com).

**Dr. Melvin GOLDBERG** was honoured to be able to award the daughter of his



Dr. Melvin Goldberg (left) after presenting the “Righteous Among the Nations” medal to Irena Pawlak. Irena's parents hid Melvin during the Holocaust.

Holocaust rescuer the Righteous Among the Nations Medal in 2014 in Warsaw, Poland. “Righteous Among the Nations” is an honorific that Israel uses to describe non-Jews who risked their lives during the Holocaust to save Jews from extermination by the Nazis. Contact: [melvin.goldberg@tehn.ca](mailto:melvin.goldberg@tehn.ca)

**Dr. Richard ISAAC** has retired after 42 years of coroner's service and even more years as a hospitalist in downtown Toronto.

**Dr. Samuel LANGER**, who practises in New York City, has four children, all of whom are male. Of his seven grandchildren, all are female except for one boy. Contact: [sjlander69@hotmail.com](mailto:sjlander69@hotmail.com)

**Dr. Michael LITTNER** is semi-retired as an internist/pulmonologist/sleep specialist in Los Angeles and emeritus professor of



medicine at the University of California, Los Angeles. He also inspects sleep centres seeking accreditation from the American Academy of Sleep. Michael and his wife, Sandra, celebrated their 50th wedding anniversary in March. Contact: [mlittner@ucla.edu](mailto:mlittner@ucla.edu)

**Dr. Alvin PETTLE** practised obstetrics and gynecology for 25 years at Etobicoke General Hospital in Toronto where he pioneered the Leboyer Gentle Birth Technique in Canada. In the last decade, Alvin has opened two Toronto wellness centres that embrace integrative medicine to tackle the problems associated with menopause and aging with natural hormone replacement therapy. Contact: [doctoralvin@icloud.com](mailto:doctoralvin@icloud.com)





**Dr. Mary O'KEEFE** is retired but still doing locums. Mary and her husband, **Dr. Bill Fitzgerald** (also from the Class of 6T9), have four children and six grandchildren. "See you in June!" she writes. Contact: [trudyokeefe@gmail.com](mailto:trudyokeefe@gmail.com)

## CLASS OF 7T4

**Dr. Stephen BOYD** has retired as the Medical Director of a U.S. nutritional supplement company but continues to work as a consultant and the Vice-Chair of its Global Science Advisory Board. Contact: [stephenboyd1940@gmail.com](mailto:stephenboyd1940@gmail.com)



Dr. Dingle (right) "hooded" his daughter at Western University

**Dr. Brian DINGLE** retired in 2017 and now lives in Waterloo and Muskoka, Ont.

**Dr. W. Derek GEORGE** reports that he has "finally retired and is still married." Contact: [wdgeorge@sympatico.ca](mailto:wdgeorge@sympatico.ca)

**Dr. Lindsey HORENBLAS** has been retired for four years but occasionally works for an air ambulance company. Lindsey continues to volunteer to do laser tattoo removal for ex-convicts and abused women. Contact: [lindsey@horenblas.com](mailto:lindsey@horenblas.com)



**Dr. Charmaine JONES** is loving retirement, which is coming up to 12 years. In 2000, Charmaine and Linda Gaudet took a "year-long self-supported sabbatical" and cycled through 45 countries. Then last year, they were off travelling for 257 days. In January, they returned to their island home in Sharbot Lake, Ont., where they needed to cross the lake in a hovercraft. "Climate change is having noticeable effects," says Charmaine. "The ice is firm in January but it's often topped with water from the winter rains." Contact: [chmjones@alumni.utoronto.ca](mailto:chmjones@alumni.utoronto.ca)

**Dr. Leslie KIRALY**, a psychiatrist, continues to be involved in clinical practice in Toronto and Collingwood, Ont., and with medical legal work in Toronto and



Vancouver, where he likes to ski. "I have an intact marriage after 43 years, two daughters,

and five grandchildren," he writes.

"Everyone is in good health in spite of the 'damn human condition.'" Contact:

[leskiraly@gmail.com](mailto:leskiraly@gmail.com)

**Dr. Steve SAMUEL** continues to practise



plastic surgery at Humber River Hospital in Toronto. He has four children and 11 grandchildren. Contact: [drssamuel@rogers.com](mailto:drssamuel@rogers.com)

**Dr. Reet VANASELJA** retired from family practice in 2015. She enjoys travelling, and spending time at the cottage and with her family, which includes two granddaughters. Contact: [reetmarley@yahoo.ca](mailto:reetmarley@yahoo.ca)



**Dr. Paul WATERS** is working full time as a thoracic surgeon. Paul and his wife, Cheryl, have four children, aged 24 to 36, and two grandchildren.

## CLASS OF 8T0

**Dr. Daniel DRUCKER** received the Principal Innovation Award from the Manning Foundation for his discovery and development of glucagon-like peptide 2 for short bowel syndrome. "It's a nice recognition of the GL-2 discovery, our team, and a made-in-Canada bench-to-bedside story resulting in drug approval," says Dan. "This was a basic science discovery. No one planned it, there was no consortium involved. We stumbled on a discovery that



led to an 'Aha moment.' Dan is a U of T professor and senior scientist at Sinai Health System's Lunenfeld-Tanenbaum Research Institute.

## CLASS OF 8T4



**Dr. Donald REDELMEIER** has been named a fellow of the Canadian Academy of Health Sciences. Don's research focus is medical decision science, which explores how people reason, formulate judgments and make decisions about their health. Don is a professor in U of T's Department of Medicine, and a senior scientist and staff physician at Sunnybrook Health Sciences Centre.



## CLASS OF 8T9

**Dr. Len GUSHE**, who has been a family physician in Mattawa, Ont., for 29 years, set a new world Masters swimming record in the men's 200-metre backstroke in December. It was his fourth world Masters swimming record; he set the other three world records in 2008. In addition, Len, age 55, has set 33 Canadian Masters swimming records in 2018.



## CLASS OF 0T7

**Dr. Husam ABDEL-QADIR** has received the prestigious Polanyi Prize for his research on the link between breast cancer treatments and the development of heart disease. "My career trajectory has involved a lot of delayed gratification," says Husam, who has spent almost 20 years as a postsecondary student. "Getting the Polanyi Prize is a very powerful form of positive motivation." Husam is an assistant professor in U of T's Department of Medicine and the Director of Continuing Professional Development for the Black Physicians' Association of Ontario.



**WHAT IS THE MAA?**

The Medical Alumni Association is a charitable organization of U of T MD graduates, working in partnership with the Faculty of Medicine. MAA programs are funded by donations and endowments from our members. We provide financial assistance to medical students, connect alumni through reunions and publications, and provide faculty and student awards to recognize excellence.



# “NOTHING ABOUT US WITHOUT US”

At the latest Dr. Peggy Hill Lecture on Indigenous Health, Julie Bull asked researchers to respond to community needs



“**I**ndigenous people have been researched to death, now we’re finding a way to research ourselves back to life,” said Julie Bull, PhD, an Inuk researcher and member of NunatuKavut, Labrador. “We have the right to govern the collection, analysis, ownership, reporting, and application of research data. We can decide for ourselves what happens to us, with us, for us.”

Bull, who gave the 2018 Dr. Marguerite (Peggy) Hill Lecture, called on researchers to ask communities directly about what research questions and priorities are in their communities. “Researchers should not be researching Indigenous communities just to fulfil their own agendas,” she said in her presentation titled “Indigenous Data Sovereignty: A global movement with local influence.”

An Independent Scientist in the Institute of Mental Health Policy Research and Aboriginal Engagement and Outreach departments at the Centre for Addiction and Mental Health, Bull warned against painting all Indigenous people with the same brush. “Everyone has a different story, and none of us would appreciate it if someone said, ‘Everybody from that place does that thing.’ Yet we see that happening all the time in Indigenous research.

“Our data tells a story, and Indigenous people are not the ones telling our story.” A PowerPoint slide popped up with a quote illustrating her point: When writing your life story, don’t let anyone else hold the pen.

“Researchers need to stop thinking that everything is wrong in Indigenous communities,” continued Bull. “There is so much that goes well, there is so much resilience. As researchers, we can help build on community strengths by letting go of deficit-based studies.”

The Medical Alumni Association in partnership with the Faculty’s Office of Indigenous Medical Education sponsors the annual lecture. Now in its fifth year, the event attracts faculty, staff, alumni, and students.

For second-year med students Alexandra Moloney and Emily DeHaas, the lecture in December was their first exposure to Indigenous data sovereignty. “Emily and I hope to apply these concepts throughout our future academic and clinical endeavours,” says Moloney, a coordinator of the Indigenous Health Elective, which the MAA also helps fund. In the elective, Indigenous community members, including elders, traditional healers, and physicians, introduce medical students to aspects of Indigenous history, health, and culture.

The Peggy Hill lecture inspired Moloney and DeHaas to integrate Bull’s concepts into the elective. “The ideas will help build future physicians prioritize the data rights and interests of Indigenous communities,” Moloney says.

*The next Dr. Peggy Hill Lecture on Indigenous Health will be in November 2019.*



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# In Memoriam

Lives well lived



Medical Alumni Association

## CLASS OF 5T0

### Dr. William Donald WATT

*by Dr. Don Butt (6T0)*

Dr. William Donald WATT, at age 94,  
on Dec. 29, 2018, in Abbotsford, B.C.

Don and I go back to 1961 when, fresh from internship, I started work as a “real doctor” in Hazelton, B.C., where Don was Supervisor for the United Church of Canada’s medical work. He was personable and supportive, but I wondered if he had taken leave of his senses when, after only three years, he assigned me to open a brand-new hospital on the isolated north shore of Newfoundland, organize medical services for 12,000 people, and administer the hospital.

That’s when Don showed me what he was made of – he was so supportive in the



face of the heavy workload and unpredictable Newfoundland politics. Without Don’s humour and constant encouragement, I hate to think how it might have turned out.

Don would not have asked me to take this on had he not known that I could do it. Don himself had started his 38-year career with the United Church as the lone physician on British Columbia’s Queen Charlotte Islands, where he travelled by

plane, truck, and boat to see patients. Later, Don set up clinics in the villages of Sandspit, Skidegate, and Masset. In 1956, he moved to Bella Coola, B.C., where he spent seven years as the hospital superintendent and a physician who provided care to community members, including the area’s lighthouse keepers.

Beginning in 1980, Don served two terms as the President of the BC College of Family Physicians. Then in 1986, I placed the chain of office of President of the College of Family Physicians of Canada from my shoulders over to Don’s. He led the College with distinction, and his colleagues across Canada remember him fondly.

One of my fondest memories is stopping by his idyllic cottage on Nelson Island, B.C., which Don and his wife, June, built with their own hands. As I secured my boat to the dock, Don would always ask, “Would you like a cup of coffee?” To this day, I never have a cup of coffee in my hand without a passing thought of Don’s cheerful positive optimism.

## CLASS OF 4T5

**Dr. R. Keith MacDONALD**, at age 96, on Nov. 14, 2018. Keith, an ophthalmologist, received the Alexander Pigott Wernher Memorial Trust Fund, a fellowship for glaucoma research in London, U.K., that led to him co-authoring a paper on the effect of steroids in preventing abnormal capillary leakage in inflamed eyes. He continued glaucoma research at the Banting Institute in Toronto and had a private ophthalmology practice.

## CLASS OF 4T8

**Dr. Jean HILL**, on Nov. 13, 2018, in Mississauga, Ont.

**Dr. Gordon Kenneth MARTIN**, at age 93, on Dec. 29, 2018, in Burlington, Ont.

As the Executive Director of the Ontario government’s Public Health Programs and then as Ontario’s Chief Medical Officer of Health, Gord helped consolidate local health units, build public laboratories, start the under-serviced area physician program, and oversee stronger home care, anti-smoking, and immunization programs.

**Dr. John Killoran WILSON**, at age 93, on Jan. 13, 2019, in Toronto. After six years of post-graduate study in internal medicine and cardiology, John joined the staff at St. Michael’s Hospital and U of T’s Faculty of Medicine. In 1968, J.K. played an integral role on the team that performed the first successful heart transplant in Canada. In 1970, he became the first Chief of Cardiology at St. Mike’s, a position he held for 13

years. In 1971, he helped lead a cardiac team to Budapest to treat patients and share knowledge on mitral valve prolapse. J.K. leaves behind nine children, 38 grandchildren, and 17 great-grandchildren.

## CLASS OF 4T9

**Dr. Vera SOLOWSKA DUANE**, at age 94, on Nov. 6, 2018, in Toronto. Vera was the first female Chief Resident at the Hospital for Sick Children.

**Dr. Edward Benjamin FISH**, on March 1, 2019. Ed will be missed by Joyce, his wife of 68 years, and their four children, eight grandchildren, and 23 great-grandchildren.

**Dr. Irving Bernard SCHACTER**, on Nov. 29, 2018, in Toronto.



## CLASS OF 5T0

**Dr. William Kenneth HOBBS**, at age 93, on Feb. 22, 2019, in Toronto. Ken joined the Royal Canadian Air Force in 1943, attaining his pilot's wings in 1945. His military postings included Canadian Forces Bases Trenton and Cold Lake, Alta.; and Ottawa's National Defence Medical Centre. In 1968, Ken completed a specialty in anesthesiology. After retiring from the military in 1976, he practised at Queensway Carleton Hospital in Ottawa as Chief of Anesthesiology.

**Dr. Walter Francis PRENDERGAST**, at age 97, on Feb. 9, 2019, in Toronto. For many years, Walter was the physician for Eaton's department store.

## CLASS OF 5T1

**Dr. Edward BEATON**, at age 91, on Nov. 30, 2018, in Barrie, Ont. In 1958, Ted earned a certificate in surgery and in 1959 moved to Barrie to practise at Royal Victoria Hospital. Later, he became Chief of Staff. Ted served on the boards of Georgian College, the YMCA, and other community organizations.

**Dr. William Howard Bailey PRESTON**, at age 91, on Sept. 2, 2017, in Plano, Tex. From 1951 to 1980, Bill practised family medicine and general surgery in Burlington, Ont. Then he moved to Duncanville, Tex., where he practised until 1995, when he retired and moved to Punta Gorda, Fla. Later, he moved to Coppell, Tex., to be closer to his children.

**Dr. Charles Edwin REED**, at age 95, on March 24, 2018, in Guelph, Ont. In the Second World War, Charlie was stationed in Wales where he trained as a flight engineer. He practised family medicine for almost 60 years, first in Matachewan, Ont., and Malartic, Que., and then in Guelph. He is remembered as an old-fashioned doctor who made house calls at all times of the day and night.

**Dr. Douglas Raymond RUDD**, at age 96, on Aug. 29, 2018. Doug served in the Air Force during the Second World War. Then for almost 40 years, he was a family physician in Moose Jaw, Sask. Doug enjoyed golf, curling, hunting, and spending time with his four daughters and their families at Buffalo Pound Lake, Sask.

**Dr. John A. THOMSON**, at age 92, on Oct. 25, 2018, in Ottawa.

## CLASS OF 5T3

**Dr. L.L. deVEBER**, at age 90, on Feb. 28, 2019. Barrie, a pediatric hematologist-oncologist, devised innovative therapies for intrauterine Rh factor and hemophilia, and pioneered palliative care for children. He initiated Camp Trillium for families affected by childhood cancer, the deVeber Institute for Bioethics and Social Research, and the Euthanasia Prevention Coalition.

**Dr. Morris WASYLENKI**, at age 89, on Feb. 24, 2019, in Valencia, Penn. After completing his surgical residency at the Cleveland Clinic, Morris became a surgical clinician, instructor, and researcher at Jefferson Medical School in Philadelphia. In 1965, he helped open a group practice in Ashtabula, Ohio. Morris was President of the Ashtabula Clinic from 1981 to 1998 and the first physician to be a full member of Ashtabula General Hospital's board of trustees.

## CLASS OF 5T4

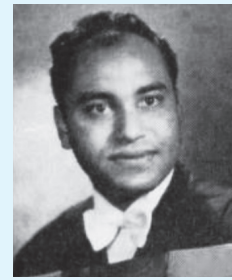
**Dr. Robert J. WATSON**, at age 87, on Dec. 3, 2018, in Cavan, Ont. Bob was a surgeon at Ross Memorial Hospital in Lindsay, Ont., for 40 years.

## CLASS OF 5T5

**Dr. James C. FALLIS**, at age 89, on Jan. 6, 2019, in Clearwater, Fla. Jim was a pediatric surgeon at North York General

Hospital and the Hospital for Sick Children before being appointed SickKids' first Director of the Emergency Department. He enjoyed playing piano, coaching basketball, bird watching, travelling, and spending time at the family cottage on Twelve Mile Bay, Ont.

**Dr. Peter George MORSE**, at age 88, on Jan. 2, 2019, in Richmond Hill, Ont. Peter practised in Thornhill, Ont., from 1958 to 1995.



**Dr. Philbin Radcliffe Richard TACKOOR**, at age 90, on Nov. 19, 2018, in Upland, Calif. Born in Trinidad and Tobago, Philbin returned to his island home in 1956 to serve two locums. Later he became a medical officer, practising surgery and emergency care in Port of Spain and then San Fernando, Trinidad. From 1958 to 1963, he was a general practitioner in San Fernando. Then, Philbin moved to Minneapolis to do a urology residency at Hennepin County General Hospital. In 1967, he joined the Southern California Permanente Medical Group, and later served as the Chief of Urology at Kaiser Foundation Hospital in Fontana.

## CLASS OF 5T6

**Dr. Douglas James ALTON**, at age 85, on Feb. 3, 2019, in Toronto. For 42 years, Doug was a radiologist at the Hospital for Sick Children, where he enjoyed working

# In Memoriam

Lives well lived

with radiologists visiting from other countries. He worked with Dr. Lailai Gu from Shanghai on a Caffey Award-winning article on air reduction of intussusception, which introduced the procedure to North America. Early in his career Doug spent two years in Kuala Lumpur, Malaysia, where he helped establish the University of Malaya's radiology department. Doug was a committed nuclear weapons abolitionist and active in several peace organizations focused on disarmament.

**Dr. Barry Winston SHOEMAKER**, at age 87, on Nov. 26, 2018, in Pleasanton, Calif. After completing a pediatric residency at Vancouver Children's Hospital, Barry did a general practice residency at Niagara Falls General Hospital in Ontario and an anesthesiology residency at Veterans Hospital in Buffalo. Weary of the winters in Ontario and New York, he moved to California in 1962 where he practised at Eden Hospital in Castro Valley, Doctors Hospital in San Leandro, and East Bay Medical Surgical Center in Castro Valley. A music enthusiast, Barry played music during surgeries to ease the tension.

## CLASS OF 5T7

**Dr. James GORDON**, at age 86, on Oct. 19, 2018. Graduating as a Gold Medalist from U of T Medicine, Jim went on to enjoy a 35-year career in internal medicine at Southlake Regional Hospital in Newmarket, Ont. In 1976, he opened the hospital's first nuclear medicine department.

**Dr. John Harvey WHITESIDE**, at age 86, on Jan. 7, 2018, in Charlotte, N.C. John moved to Charlotte in 1973 to join the Bradford Clinic in Obstetrics and Gynecology, where he practised until retiring in 1996.

## CLASS OF 5T8



**Dr. Grant Angus FARROW**, at age 84, on Jan. 5, 2019, in Toronto. Grant was a urological surgeon who pioneered several procedures and performed the first kidney transplant at Toronto General Hospital. Over the course of his 50-year career, he practised internationally, including in China, Turkey, Egypt, and Zimbabwe. Grant was Chair of the International Society of Urology.

**Dr. John Donald STEWART**, at age 84, on Nov. 18, 2018, in London, Ont. After training in Oxford, England, and Boston, John established a cardiology practice in Ontario's Kitchener-Waterloo region.

## CLASS OF 5T9

**Dr. Gerald GOLD**, at age 85, on Feb. 11, 2019, in Ajax, Ont. Gerry was the first Medical Director of OHIP and then worked with the College of Physicians and Surgeons of Ontario. He had been looking forward to attending his class' 60th reunion this year.

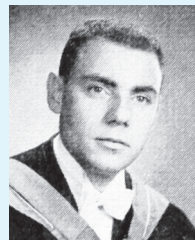
**Dr. Charles G. GONSALVES**, at age 84, on Nov. 18, 2018, in Toronto. Charles practised family medicine in Alberta before specializing in neuroradiology at St. Michael's Hospital in Toronto and continuing in private practice.

**Dr. Herbert Fredrick HABERMAN**, on Jan. 1, 2019, at home. Herbert practised at Toronto Western Hospital.

## CLASS OF 6T0

**Dr. Douglas David HUNTER**, at age 83, on Jan. 20, 2019, at home. Doug was an anesthesiologist at Scarborough General Hospital in Toronto.

## CLASS OF 6T1



**Dr. Arnold NOYEK**, at age 81, on Dec. 14, 2018, in Toronto. An otolaryngologist, Arnold pioneered a technique to detect deafness in newborns by measuring brainwave patterns. The technique became a mandatory newborn screening procedure in 2001. He served as the Otolaryngologist-in-Chief at Mount Sinai Hospital for more than 10 years and was the Director of International Continuing Education at U of T's Faculty of Medicine. In 1984, Arnold founded the Canada International Scientific Exchange Program, an international charity that sought peace in the Middle East through academic exchanges in universities and medical centres.

## CLASS OF 6T2

**Dr. Seymour BERLIN**, on Feb. 24, 2019, at home. Seymour was a family and geriatric practitioner.

## CLASS OF 6T3

**Dr. Donald Pears ARMITAGE**, at age 79, on Nov. 13, 2018, in London, Ont. For more than 30 years, Don practised cardiology at Peel Memorial Hospital in Brampton, Ont.

**Dr. Stanley Andrew DZIURDZY**, at age 80, on Aug. 19, 2018. Stan practised psychiatry in Ontario's Burlington and Hamilton area for more than 50 years. He was widely known for his passion for First and Second World War model planes.

**Dr. David Lester SPROWL**, at age 81, on Oct. 13, 2018, in Brantford, Ont.



Over his 49-year medical career, David provided care to four generations of families. He enjoyed the outdoors, cottage life, and canoe tripping.

## CLASS OF 6T4

**Dr. Archiebald G. ERWIN**, at age 77, on April 22, 2017, in Kingston, Ont.

**Dr. Raimo REPO**, on Nov. 6, 2018, in Guelph, Ont. Ray completed his orthopedic training at McGill University in Montreal, and then moved to Hamilton where he taught at McMaster University and operated at St. Joseph's Hospital.

## CLASS OF 6T6

**Dr. Fred Zlatan FERRIS**, at age 77, on Jan. 15, 2019, in Louisville, Ky. After completing an internal medicine residency and nephrology fellowship, Fred was a University of Louisville School of Medicine faculty member. In 1979, he became a founding partner of Nephrology Associates of Kentuckiana, where he practised until 2006. Until retiring at the age of 73, he practised in Radford, Va. Fred made himself available to his patients at all hours, even sharing his home phone number with them.

## CLASS OF 6T8

**Dr. Dennis KARPIAK**, at age 75, on Feb. 23, 2019. Dennis completed fellowships in internal medicine and respirology at the University of Alberta in Edmonton. In 1975, he moved to Kamloops, B.C., where he practised cardio-pulmonary and critical care medicine for 35 years and helped establish the School of Respiratory Therapy at Thompson Rivers University.

## CLASS OF 6T9

**Dr. David John CARLL**, at age 73, on Jan. 20, 2019, in Mississippi. Dave had a busy family practice in Paris, Ont., where he built a medical centre with space for a

dentist, pharmacy, and specialists, who would come for a day on a rotating basis. He also practised as a trauma surgeon at hospitals in Hamilton; Brantford, Ont.; and the Middle East. Since retiring 13 years ago, "Doc" canvassed for food and supplies to donate to the desperately poor in Mississippi. If there was a need, Dave wanted to meet it.

## CLASS OF 7T4

**Dr. Richard Alexander MacLACHLAN**, at age 69, on Oct. 19, 2018, in Freeport, N.S. Richard was a family medicine clinical teacher at Dalhousie University in Halifax from 1978 to 1985. Then, after teaching for four years at Queen's University in Kingston, Ont., he returned to Dalhousie as a professor. From 1995 to 2005, he headed Dalhousie's Department of Family Medicine. Richard helped lead the medical management of the 2,400 Kosovar refugees received at Canadian Forces Base Greenwood in Nova Scotia. He frequently travelled to Gambia and Sierra Leone to supervise students and provide interprofessional education.

## CLASS OF 8T6

**Dr. Spencer Alan TIGHE**, at age 61, on Nov. 26, 2018, following a short battle with cancer. After completing his psychiatry residency at the University of Ottawa, Spencer had a private practice and contributed to psychopharmacology research. Then, he practised on the Assertive Community Treatment Team at Pinecrest-Queensway Community Health Centre in Ottawa. He also served as a steering committee member and mentor for the Ontario College of Family Physicians' Collaborative Mental Health Network.

## CLASS OF 0T0



**Dr. Gordon Rae VAIL**, at age 49, on March 3, 2019, after a two-year battle with cancer. Gord was an ER physician and considered his hospital colleagues his friends.

## CLASS OF 0T3

**Dr. Wang-Chun William IP**, at age 42, on Aug. 1, 2018, in Brandon, Man. Bill practised internal and critical care medicine with the Royal Canadian Medical Service. The Forces commemorated his contributions by writing, "Lt.-Col. Ip joined the Canadian Armed Forces in 2000 as a medical officer, and following his specialization in internal medicine he was posted to 1 Canadian Field Hospital and was based out of Winnipeg. During his nearly 18-year military career, Lt.-Col. Ip was a skilled and compassionate clinician, and he will be sorely missed."

*MAA Matters* accepts death notices and obituaries, which may be edited. Email to [medical.alumni@utoronto.ca](mailto:medical.alumni@utoronto.ca) or mail to MAA, Room 3249, Medical Sciences Building, 1 King's College Circle, Toronto, ON M5S 1A8.



## Your legacy

A bequest in your will is a testament to your life-long commitment to medicine. Your legacy will help shape the physicians of the future who will follow in your footsteps, and ensure that the tradition of the Medical Alumni Association's support for medical students will endure.

A gift from your estate supports student bursaries and scholarships, clinical elective travel grants, interest-free loans, international health selectives, summer research scholarships, and awards to recognize academic and clinical achievements.

Making a bequest in your will is an important personal decision. We encourage you to seek professional advice to ensure that your financial goals are considered, your tax situation is reviewed, and your estate gift is tailored to best fit your requirements.

For more information on bequests, please contact the Medical Alumni Association at 416-978-0990 or [medical.alumni@utoronto.ca](mailto:medical.alumni@utoronto.ca)

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