History of medicine research engages students

**FIVE MEDICAL STUDENTS** from Memorial participated in the 2010 History of Medicine Days at the University of Calgary in March. There were two posters and three podium presentations, including two premier presentations by Shaina Goudie, second-year, who received first prize for the best audiovisual presentation; and David Harnett, first-year, who received the William Whitelaw Award for placing second overall for his paper.

Shaina’s project looked at the diaries of Dr. Robert Dove while aboard the floating clinic, the boat Lady Anderson, that serviced the southwest coast of Newfoundland. Her presentation was titled “Keeping healthcare afloat: Dr. Robert Dove and the Lady Anderson, 1936-1938.”

David Harnett’s paper was “A Scourge No More: The Portrayal of the WHO Smallpox Eradication Program by the North American Media.” David praised the efforts of Dr. Jim Connor, John Clinch Professor of Medical Humanities and History of Medicine. “He has committed himself to cultivating student interest in the history of medicine. Without his help and guidance, my project would not have been possible.”

Also participating in the History of Medicine Days were Curtis Budden, second-year and Angelique Myles and Bolu Ogunyemi, both first-year students.

Curtis presented a paper on “Plastic surgery in World War I and today: the pedicle flap.” He commented that the conference was great and exposed him to a completely different area of medical research – the history of medicine.

Angelique’s paper was titled “A Leper by No Other Name: Perpetuating Stigma in Discourse.” She said she really enjoyed the conference and found it to be very engaging and thought provoking.

Bolu’s paper was on “The Role of the Pharmaceutical Industry in the Medicalization of Mental Illness.”

Bolu said, “The History of Medicine Days Conference was a great chance to explore historical and social aspects of medicine outside of a classroom or hospital setting and interact with medical students from across the country.”

Memorial medical students at the History of Medicine Days at the University of Calgary. From left: Angelique Myles, David Harnett, Curtis Budden, Shaina Goudie and Bolu Ogunyemi.
Getting it right at 18 months

A NEW INITIATIVE in Ontario will provide funding for family physicians to conduct an enhanced 18-month well-baby visit. One of the tools doctors will use for this visit is the Rourke Baby Record (Ontario version), developed by Drs. Leslie and James Rourke, both now at Memorial’s Faculty of Medicine.

“We developed this baby record in 1979 when we first started our medical practice in Goderich, Ontario,” explained Dr. Leslie Rourke, an associate professor in the Disciple of Family Medicine. Her husband, Dr. James Rourke, is dean of medicine. The Rourke Baby Record was first published in 1985 and the most recent edition was completed in 2009 by Drs. L. and J. Rourke and co-author Dr. Denis Leduc, an associate professor of pediatrics at McGill University and a past president of the Canadian Pediatric Society.

Dr. Leslie Rourke said the Rourke Baby Record is a practical health supervision tool for health care practitioners of children from birth to five years of age. “It is evidence-based and includes structured forms for well baby and child visits, growth charts, an immunization chart and selected guidelines and resources.”

In Ontario, the enhanced 18-month well-baby visit builds on the current 18-month check-up. The Ministry of Children and Youth Services describes this initiative as introducing a process which uses standardized tools to allow physicians to have a discussion with parents on child development and parenting, to identify those children who will require referral to specialized services and to inform parents about the local community programs that promote healthy child development and early learning.

Dr. Rourke said 18 months is an important time to assess a child’s development. “It is an optimal time to assess development in speech and language as well as for consideration of autism spectrum disorder. It’s late enough to detect problems in the child’s development but early enough to do something about it.”

Eighteen months is also an important time because it is the age of the last scheduled immunization before the pre-school vaccines, and thus some children are not seen again until almost five years of age.

Would an initiative like Ontario’s be valuable to the people of Newfoundland and Labrador? “Absolutely,” said Dr. Rourke. “It is time to look into this and to involve several groups locally such as pediatricians, public health professionals and the provincial government.”

Since coming to Memorial in 2004, Dr. Leslie Rourke has continued work on the Rourke Baby Record. Related projects have included validation research on the tool with support from the province of Ontario, Ontario College of Family Physicians, and MUN’s Primary Healthcare Research Unit (PHRU). She has also developed a website with the help of staff in the Faculty of Medicine’s Professional Development and Conferencing Services, assisted by a Dr. Wallace Ingram Award for new faculty from the MUN Medical Graduates’ Society. The website address is www.rourkebabyrecord.ca.

“It is an optimal time to assess development in speech and language as well as for consideration of autism spectrum disorder.”
An alumna of distinction

FOR HER SERVICE to medicine and to Africa, Dr. Dawn Howse was awarded an honorary doctor of laws degree from Memorial on May 27.

Dawn Howse graduated from Memorial’s medical school in 1978. Her first appointment was at Woody Point where she worked until 1981 when she moved into private practice in Corner Brook. Four years later she took a momentous decision; she would become a Salvation Army officer and put her medical abilities to use in Africa.

With training in tropical medicine at the Liverpool School of Tropical Medicine, England, she went to Howard Hospital in northern Zimbabwe in 1988. In 1992 she moved to Tshelanyemba, near the border with Botswana, to a hospital that had been upgraded from a nursing station.

While there serving the 45,000 people in the region, she was the only medical doctor in the 105-bed hospital, supported by a staff of 25 nurses.

In that role, Dr. Howse managed the care of an average of 50 in-patients daily, and was consulted on management of an average of 25 out-patients daily. The hospital saw some 350 new tuberculosis patients a year, as well as men and women diagnosed with HIV/AIDS. In addition, she was consulted by the region’s midwives, doing about 40 ultrasounds per month, and performed about 20 surgical procedures per month.

She returned to this province after 20 years of service to Zimbabwe and for the past two years has practiced medicine in Newfoundland.

In an oration honouring Dr. Howse, Dr. Don McKay used the metaphor of bungee jumping for her life. “Bungee jumping involves a leap of faith. With one small step, you plummet headlong into an experience praying all the while that the preparations were adequate, the supports will hold, the harness will not slip, and perhaps that there are no crocodiles lurking in the waters below. And then, when you reach the end, you bob up and down a few times, until you are winched back to where it all started. Some will thank God for their safe return and then get right back in line to take another jump or seek a new adventure.

Perhaps no one at this convocation should be surprised to learn that the woman standing before you plunged 110 metres from the bridge at Victoria Falls, zip-lined over the Zambezi River gorge and flew in a hot air balloon. Above all else, Dawn Howse is a woman of faith.”

Dr. McKay said that Dr. Howse’s career in Zimbabwe serves as a template for the perfect medical school curriculum in which the medical expert also demonstrates competency as a scholar, professional, advocate, communicator, collaborator and manager. “In working with a steady stream of patients from early morning to late in the evening, Dr. Dawn Howse was a teacher to nursing students, patients and their families. She represented her hospital in professional associations and was a tireless advocate for her patients in Zimbabwe and abroad. Quite likely, a number of people at this convocation supported some of the many projects and appeals that were initiated or promoted by her.”

Dean James Rourke and Dr. Dawn Howse
A special connection

Drs. Dawn Howse and Kathryn Sparrow both received degrees at spring convocation. Dr. Howse was awarded an honorary degree in recognition of her years of service in Zimbabwe; Kathryn received her medical degree.

But the two women share another relationship. On Sept. 18, 1984, Dr. Howse brought Kathryn into the world. She was one of two female doctors in private practice in Corner Brook at the time, and Anne Lynch chose her to deliver her first child.

The connections go deeper. Dr. Howse and Kathryn’s father, Dr. Carl Sparrow, are both graduates of the medical class of 1978. And their parents lived next door to each other in St. John’s and were good friends while Kathryn’s grandparents were alive.

Since her return from Zimbabwe, Dr. Howse completed an upgrade of her skills through the Clinical Skills and Assessment Program in Corner Brook. Kathryn was doing a rotation in orthopedic surgery in Corner Brook at the time and the two women met at the Western Memorial Hospital orientation.

There’s one other connection between the two families. Kathryn’s brother Robert is an engineering student who has spent the better part of last year in Malawi with Engineers Without Borders.

“Perhaps someday we will recruit Kathryn for work in Zimbabwe,” joked Dr. Howse.

“It’s a bit of a legend in our family,” said Kathryn.
“Growing up we’d always get Dr. Howse’s newsletter.”
TO OUR NEWEST MDS: Four years ago, from the hundreds of excellent applicants, you were offered and you accepted admission to the Memorial medical doctor education program and we are glad you did. How the time has gone by! Beginning with clinical skills in first year you learned to take a history even when it contained very personal and delicate information, and you learned to examine people expertly and sensitively. We have seen your knowledge, skills and commitment grow through your learning experiences all over Newfoundland and Labrador, New Brunswick, PEI and beyond. You have developed the ability to listen to all patients, respect their stories, understand their community and respond to their needs. We were awed at how you could manage all that the medical school put you through and even do additional volunteer work from the Gateway Project to many other activities.

And now as you enter into your residency programs, you occupy a very special place. You are now MDs, but not yet independently licensed physicians. As you demonstrate increasing knowledge, skill and commitment to patient care, you will earn the trust of your patients and teachers, and in the privilege of caring for patients you will be given increasing responsibility. Each of you will grow and develop as you pursue your chosen specialty careers and what a variety you have chosen: family medicine to otolaryngology, psychiatry, radiology, anesthesia, internal medicine, pathology, orthopedic surgery, plastic surgery, urology, pediatrics, obstetrics and gynecology, emergency medicine and neurology.

I quote from Minor Myers Jr. “Go into the world and do well, but more importantly, go into the world and do good.” You have done so well. You have above average intelligence and so many natural talents. You have been given the privilege of a seat in medical school that could have been given to others. You have studied hard and earned your MD. Eventually, (it may still seem like a long time in the future!) you will earn more money than the average Canadian, have a nice house, new car and fun holidays and will be respected. You will do very well. “But more importantly do good.” You now have the ability to do so much good.

Whatever your chosen specialty, wherever you may practice, take what you have learned here and apply it to improve humanity. To find cures, to heal the sick and to relieve pain and suffering – that is our calling. Beyond that you can be community leaders. And above all, always look to help those less fortunate than you especially the vulnerable in society, those who are poor, without homes or, suffering from mental illness and those in the Third World who have so little compared to us.

Let me close with my Golden Rule for Physicians: “Strive to care for others as you would want to be cared for if you were in their situation; and work to develop the knowledge, skills and attitudes to enable you to do so.”

All of us at Memorial, your families, friends and significant others and your future patients wish you, our newest doctors, both success and happiness as you pursue your special calling as physicians.

References
1. Quote by Minor Myers, Jr., president of Illinois Wesleyan University. Closing line used at his annual graduation speeches.
2. Adapted from: “To prevent disease, to relieve suffering, and to heal the sick – this is our work.” Sir William Osler as quoted in, This Is Our Work. (Editor: Constance Higginson Murray) 5 Span Books 1994. Also from, “Guerir quelquefois, soulager souvent, consoler toujours,” inscribed on the statue of Dr. Edward Livingston Trudeau which translated into English means, “To cure sometimes, to relieve often, to comfort always,” a folk saying dating back to the 1400s as quoted in Journal of Musculoskeletal Pain, Vol. 8(3) 2000 by I. Jon Russell, MD, PhD.
Graduation awards

*AT THIS YEAR’S GRADUATION DINNER AND DANCE*, held May 27 at the Sheraton Hotel, the Class of 2010 celebrated with an evening of music by the MUNMED choir, speeches, and awards to members of the graduating class. The following evening the new class of doctors assembled in the main auditorium of the Faculty of Medicine for the traditional Shingles Night.

The Dean’s List for Clerkship (from left): Drs. Hanni Bouma, Kathryn Sparrow, Sarah Kean, Dean James Rourke, Drs. Adam Hart, Stephen Duffett, Andrew Fagan, Heather Power, Diana Isa and Neal Manning.

**Dr. Lori Shandera** received the Mary Honeygold Scholarship/Bursary, presented by Dr. Gerard Farrell, associate dean of undergraduate medical studies. This scholarship/bursary was established in memory of Mary Honeygold and her family. It is awarded to a student who has stated or demonstrated an interested in practicing medicine in rural Newfoundland upon graduation.

**Dr. Jeremiah Stitham** received the Dr. Henry Gault Memorial Scholarship, presented by Dr. Michael Paul. This scholarship is made available by the colleagues of Dr. Henry Gault and is awarded to a student who has demonstrated both interest in clinical research and academic excellence within internal medicine.

**Dr. Stephen Duffett**, left, received the Dr. Patrick J. Dobbin Memorial Bursary, presented by Dr. John Collingwood. This bursary is awarded by the Atlantic Provinces Medical Peer Review in recognition of Dr. Dobbin’s contribution to medicine in Newfoundland as a family physician and administrator for over 30 years.

**The Drs. James and Leslie Rourke Dean’s Convocation Award in Medicine** was presented to **Dr. Daniel Fletcher**. This award is made possible by a generous donation from Dr. James Rourke, dean of medicine, and Dr. Leslie Rourke. It is awarded to a student who has made an outstanding personal contribution to bettering the lives of others through volunteer work and humanitarian acts while maintaining high academic standing.

**Dr. Hanni Bouma** received the Medical Practice Associates Scholarship, presented by Dr. Michael Paul. This scholarship is made available by Medical Practice Associates, the business entity of the Faculty of Medicine, and is awarded to an outstanding student in the clinical clerkship. Dr. Bouma also received the University Medal for Academic Excellence, the Prize in Surgery and the Prize in Internal Medicine.
Dr. Amanda Hogg received the Crohn’s and Colitis Foundation of Canada Student Book Award, presented by Dr. Gerard Farrell. This book award is made available by the Crohn’s and Colitis Foundation of Canada and is awarded to a student who demonstrates an interest in gastroenterology.

Dr. Andrew Fagan, right, received the Merck Sharpe & Dohme Award, presented by Dr. Darrell Boone. This award is provided annually by Merck Frosst to an outstanding student in clerkship.

Dr. Sarah Kean, centre, received the William and Frances Pound Scholarship, presented by Heidi and Robert Pound. This scholarship is the result of a donation by Dr. Bernard So, a graduate of Memorial’s medical school, in recognition of the kindness and generosity shown to him by Mr. and Mrs. Pound during his years as a student at Memorial University.

Dr. Diana Isa received the Charles E. Frosst Medical Scholarship, presented by Dr. June Harris. This scholarship, made available by Merck Frosst Canada Inc., is awarded to a student who has shown the most promise in the field of therapeutics.

Dr. Colin Newman received the Dr. Robert B. Salter Award, presented by Dr. June Harris, assistant dean of student affairs. This award is made available from income derived from an endowment supported through a gift from Dr. Robert B. Salter, professor and head of orthopedic surgery at the University of Toronto. It is awarded to a student who best exemplifies the qualities of compassionate and competent patient care and is also an outstanding student in clerkship.

Hunter W. Earle Memorial Scholarships in Medicine were presented to Dr. Robert Mercer, right, and Dr. Jeremiah Stitham by Dr. June Harris. These scholarships are funded from proceeds of a memorial fund established by colleagues of the late Dr. Hunter Earle. They are based on the characteristics of leadership, sportsmanship and interest in student activities.

Dr. Neal Manning received the Dr. Janice E. Lessard Scholarship in Geriatric Medicine, presented by Dr. June Harris. This scholarship is made available from income derived from an endowment donated by Dr. Janice E. Lessard, an alumna of Memorial University. It is awarded to a student who has demonstrated a desire to improve the functional and social well-being of the frail and elderly.

Dr. Christine Orr received the award from the Society for Academic Emergency Medicine (SAEM), presented by Dr. June Harris. This award consists of a one-year subscription to the SAEM newsletter and a one-year resident/medical student membership in SAEM.

Dr. Matthew Andrews received the Dr. H. Bliss Murphy Cancer Care Foundation Scholarship, presented by Dr. Kara Laing. This scholarship, awarded annually by the Dr. H. Bliss Murphy Cancer Care Foundation, is awarded to a student who demonstrates clinical proficiency and an interest in oncology.
The Cooze Keinath Scholarship was presented to Dr. Adam Hart by Dr. Anne Drover. This scholarship was established by Dr. Derek Cooze, a graduate of Memorial, and his spouse Dr. Kim Keinath. It is based on scholarship standings in both years 3 and 4.

Dr. Sarah Cutler received the Dr. Phyllis H. Madryga Scholarship, presented by Dr. Brendan Lewis. This scholarship is provided by the Newfoundland and Labrador Medical Association and is awarded to a student from rural Newfoundland and Labrador in the final year of medical school with plans to practice rural medicine.

Dr. Heather Power, left, received the Donald and Elizabeth Hillman Prize in Pediatrics, presented by Dr. Anne Drover. This prize is made available by the Discipline of Pediatrics and is awarded to the most outstanding student in pediatrics.

Dr. Kathryn Sparrow received the Prize in Psychiatry, presented by Dr. David Craig. This prize is made available by the Discipline of Psychiatry and is awarded to the most outstanding student in psychiatry.

Dr. Jessica Bishop, left, received the Dr. Francis L. O’Dea Scholarship in Obstetrics and Gynecology, presented by Susan Gould. This scholarship was established in memory of Dr. Francis O’Dea and his work in obstetrics and gynecology. It is awarded to a student who has done outstanding work in this field.

Dr. Daniel Costa, right, and Dr. Alexandra Ross received Dr. John M. Darte Memorial Fund awards, presented by Christopher Rusted. These awards were established by Mrs. J.M. Darte and Mrs. Frances Darte McCabe in memory of Dr. John M. Darte, the first professor and chair of pediatrics.

The Dr. Andrew Bagby and son Zachary Andrew Memorial Bursary was presented to Dr. Amanda Park, right, by Mary Dray. This bursary is given to a student with an engaging demeanor who can relate with ease to people at all levels, as this was a unique characteristic of Dr. Bagby. In addition to demonstrated financial need, the student will demonstrate the qualities Andrew embodied: a positive, caring attitude, a sense of camaraderie, passion for life, supportive of others with a genuine concern for, and a desire to impact positively on the lives of their classmates.
The Dr. Gregory Rideout Award was presented to Dr. David Fletcher, right, by Dr. Gerard Farrell. This award was established by Dr. Rideout’s classmates (Class of 2003) in memory of his heroic act that saved the life of a man who would have drowned but for his intervention.

Dr. Amanda Park, right, received the Dr. Charles (Chip) Nardini Memorial award, presented by Dr. Lynn Dwyer (Class of 1986). This award goes to a fourth-year medical student who best exemplified the characteristics of leadership, friendliness, good humour, and care and concern for fellow students and patients. The award was established by the Class of 1986 in memory of Dr. Chip Nardini, a medical student who died accidentally March 1, 1986, and who received his degree posthumously.

Dr. Heidi Brake, centre, received the Dr. Laura Hiscock Memorial Bursary, presented by Mel and Anne McMahon. This new bursary will be awarded annually to the medical student who, in addition to demonstrated financial need, best demonstrates the following qualities Laura embodied: passion for life, devotion to family, work-life balance, selflessness, supportive of others and good sportsmanship.

Amgen Canada Memorial University Family Medicine Scholarships were presented to five graduates by John Brenton, left. The recipients were: Drs. Alison Marr, Alexandra Power, Zachary Attwood and Susan Mercer. Unavailable for photo: Dr. Peter Stryde.

Student awards

The following awards are particularly significant because the recipients are chosen by their classmates.

The Dr. Gregory Rideout Award was presented to Dr. David Fletcher, right, by Dr. Gerard Farrell. This award was established by Dr. Rideout’s classmates (Class of 2003) in memory of his heroic act that saved the life of a man who would have drowned but for his intervention.

Dr. Robert Mercer, right, received the Dr. I.E. Rusted Award, presented by Christopher Rusted. This award, named in honour Dr. Ian Rusted, the founding father of the medical school, goes to a fourth-year medical student who has made the greatest contribution to the graduating class.

Eight graduates were named members of the Gold Humanities Honour Society, a society designed to recognize fourth-year medical students who demonstrated exemplary humanistic qualities essential to good doctoring: integrity, excellence, compassion, altruism, respect, empathy and service. This year’s recipients were, from left: Drs. Daniel Fletcher, Sarah Cutler, Melanie Young and Nita Guron; Dr. Norah Duggan presenting the certificates; Drs. Colin Newman, Robert Mercer, Lori Shandera and Amanda Park.
TRADITIONALLY, A VALEDICTORIAN IS defined as the highest academically ranked student within his or her graduating class. The student is usually a shining example of the best of the best within the faculty, and demonstrates outstanding intellect and dedication to the rigors of academia.

So it’s with the utmost pride that I thank my classmates for entirely ignoring this tradition, and choosing me instead.

My real job here tonight is to say goodbye to the class of 2010. This is a bittersweet night for most of us. We get to acknowledge our accomplishments and hard work, but we also recognize that this is the last hurrah, the last big party in a line of great parties. Over the next few weeks our class will scatter across the country to start new adventures.

I remember our first week well. We were all excited to start medical school – many of us had been working towards this career path since we were old enough to realize that becoming Spider Man was not a viable option. We grouped together that first day, making small talk and searching for new friends. I remember looking around at my new classmates and thinking “wow ... what a group of overeducated nerds.” That initial impression was shattered on the very first night, when we partied together late into the night, and two of my classmates got into a wrestling match in my living room. These were my kind of people!

The following years are a bit of a blur. The early mornings on the floors and in the operating room. The late nights in the library, the emergency department, and at the Republic. The tough exams and the ridiculous exams. The physicians who made us cringe, and those that inspired us to pursue the paths we’ve chosen. Distilling this experience into a five-minute speech is a difficult task. Many others have gone through this same experience – the first Greek medical school was started in the 7th century BC, and the Hippocratic Oath was first drafted around the 4th century BC. We join a long, storied profession, but that doesn’t change the fact that these past four years belong to us, and only to us.

It’s funny how your perception changes over time. Less than a year ago, I remember standing in an overheated operating room, five hours into a surgery that had no end in sight, with my arms having gone numb from holding strange looking surgical tools for long periods of time. The thoughts running through my head went along the line of; “What am I doing here?” “Am I really learning anything?” “Can’t this job be performed by some kind of robot, or maybe even a well trained monkey?” I can’t even count the number of times I’ve been discouraged throughout medical school, but somehow we’ve all made it. You’ve all heard me rant and rave about some non-sensical policy, or useless test. In fact it is likely that “ranting and

“We were thrust together randomly, coming from diverse backgrounds with wildly differing personalities, but we came to know and trust one another. Today we are no longer classmates – we’ve become colleagues.”
raving” that earned me the honour of speaking tonight. But now that it’s actually over, I don’t want it to end. I’m already reminiscing about my medical school experience, even though I’ve only been a graduate for about 36 hours.

As trite as it may sound, these four years spent together have turned us into a family. Dysfunctional at times, but a family nonetheless. We celebrate our successes and come together to comfort each other during hard times. Like all brothers and sisters, we don’t always agree and we occasionally fight, but in the end we look out for one another. Thomas Edison, the famous American inventor, was once asked why he had so many assistants. His response was “if I could solve all the problems myself, I would”. This touches on an underlying truth – we could not have done this without each other. We were thrust together randomly, coming from diverse backgrounds with wildly differing personalities, but we came to know and trust one another. Today we are no longer classmates – we’ve become colleagues.

I’d like to take a moment now for some acknowledgments and thanks.

First I’d like to thank my home province of Newfoundland and Labrador. The education received here is unique, and I hope we all remember the lessons and experiences we had here. Thanks to the staff within the medical school who have fielded innumerable panicked phones calls and emails from us over the years and aided us with our problems large and small. I’d like to thank the incredible teachers and physicians who have helped us along the way. They inspired and challenged us, and we will be better physicians for it. Many of us have found role models and mentors along the way and their help has been invaluable. And finally I’d like to thank our families, friends, and significant others. Their patience and support, during medical school and in the years leading up to it, helped us to weather the storms. Their ability to put up with our endless medical school banter, our anatomy talk at the dinner table, and our constant level of panic is nothing short of saint-like. I speak for our entire class when I say thank you to all of these people. We would not be here without you.

Valedictorian speeches tend to be riddled with clichés. “We are the future,” “The best years of our lives,” “Whole lives ahead of us,” etc, etc ... Even acknowledging the clichés is kind of a cliché. But there’s a reason these things get repeated time and time again – they’re mostly true. When we’re curmudgeonly old doctors, terrorizing fresh faced medical students, we will still smile when we remember the obnoxious Christmas sweater party, the over-the-top debauchery of Spirit Fest, or those unforgettable bus rides to Marble Mountain. We have achieved something significant over the past four years, something respected and valued in our society. We’ve seen and done things that only a privileged few get to experience. Most valedictorian speeches talk about the future, but I’m not prepared to do that today. I have no idea what the future holds for any of us. There will be successes and failures, inspiration and humiliation. Our futures are whatever we make of them. The only thing I can say with certainty today, right now, is that we’ve worked hard, and we’ve succeeded. Right here and right now, we get to celebrate that success with our closest friends and family. Going forward, humility and modesty will be key components in our careers – but for these few days, let’s take the compliments and smile, and enjoy the novelty of being called “doctor.” Yes, we’ve had our egos thoroughly massaged this week, but screw it, we’ve earned it.
Shingles night

**WITH THE FORMAL GRADUATION CEREMONIES OVER,** the Class of 2010 enjoyed the annual Shingles Night on May 28. Drs. Bill Eaton and Alan Goodridge were on board to entertain the audience of graduates and their families. Dr. Colin Newman was chosen by his classmates to be valedictorian, and awards for staff and faculty valued by the Class of 2010 were presented. Each student received an individual “Shingle,” made by Dr. Wilson Loveys, to hang in their practice of the future.

The Class of 1010 recited the Oath of Hippocrates, led by Dr. William Pryse-Phillips.

**Dr. Alan Goodridge,** left, received the Dr. D.W. Ingram Award, presented by Dr. Ingram. This award is presented to the physician who has provided outstanding clinical teaching, shown interest in students and their well-being and served as a positive role model.

**Dr. Simon Avis** received the Silver Orator Award, presented by Dr. Kelly Hynes. This award is given to the professor who has provided the finest lectures with respect to content, style, humour and aptness.

**Dr. Andrew Latus** was selected to receive the Outstanding Intern/Resident Award. He was unable to attend Shingles Night but sent a message of gratitude to the Class of 2010 for choosing him for this award.

No picture available.

**The Honorary Order of the Killick** was presented to **Janet Bartlett,** left, by Dr. Amanda Park. This award is to the person who has made an outstanding contribution to the graduating class of 2010 above and beyond the call of duty. Janet is the undergraduate program coordinator for Community Health.

**Dr. Wendy Graham,** left, received the Community Physician Teaching Award, presented by Dr. Sarah Cutler. This award is given to the rural physician who has provided outstanding teaching and guidance to students during their clerkship.
Graduate student achievements and awards

THE ANNUAL GRADUATE STUDENT AWARDS CEREMONY was held May 10. Dr. Penny Moody-Corbett, associate dean of research and graduate studies, thanked the co-ordinators of the graduate programs in the Faculty of Medicine: Dr. Anne Kearney, Applied Health Services Research; Dr. Ann Dorward, Cancer and Development, Dr. John Smeda, Cardiovascular and Renal Sciences; Drs. Laurie Twells and Sean Murphy, Clinical Epidemiology; Dr. Diana Gustafson, Community Health and Humanities; Dr. Roger Green, Human Genetics; Dr. Sheila Drover, Immunology and Infectious Diseases; Dr. Cathy Donovan, Master of Public Health; and Dr. Xihua Chen, Neuroscience.

The following awards and achievements were acknowledged for 2009-2010:

Amanda Parsons, supervised by Dr. Gary Paterno, received the Memorial University Medal of Excellence (M.Sc.).

The Colman PhD Award, named for Genevieve and Roberta Colman, went to Tyler Wish, supervised by Dr. Pat Parfrey.

The Burness M.Sc. Award, named for Dr. Alfred Burness, was received by Christopher Corkum, supervised by Dr. Sheila Drover.

Graduate scholarships

A doctoral fellowship from the Social Sciences and Humanities Research Council went to Sylvia Reitmanova, supervised by Dr. Diana Gustafson.

A scholarship from the Canadian Institutes of Health Research (CIHR) Regional Partnership Program (RPP) with the Newfoundland and Labrador Research and Development Corporation was received by Ahmed Mostafa, supervised by Dr. Sheila Drover.

A Heart and Stroke Foundation scholarship was received by Matt P. Parsons, supervised by Dr. Michiru Hirasawa.

A Women’s Association of Memorial University of Newfoundland Graduate Student Scholarship went to Neva Fudge, supervised by Dr. Karen Meaw. Ms. Fudge also received a dean’s fellowship.

CIHR Banting and Best Canada Graduate Scholarships (M.Sc.) were awarded to Jessica Squires, supervised by Dr. Terry-Lynn Young; and Maria Whelan, supervised by Drs. Hélène Paradis and Robert Gendron.

A CIHR Interdisciplinary Health Research Team Student Fellowship (M.Sc.) was received by Erica Clarke, supervised by Dr. Mike Woods.

Alexander Graham Bell Canada Scholarships (M.Sc.) from the Natural Sciences and Engineering Council of Canada (NSERC) were received by Matthew Jeffers, supervised by Dr. Dale Corbett; and Rebecca Lethbridge, supervised by Dr. Qi Yuan.

A Newfoundland and Labrador Centre for Applied Health Research Award (NLCAHR) went to Taylor Ferrier, supervised by Dr. Maria Mathews.

Jing (Jessica) Zhao, supervised by Dr. Peter Wang, received a Beatrice Hunter Cancer Research Institute Trainee Award.

Post-doctoral fellowships

Dr. Michelle Ploughman, supervised by Dr. Marshall Godwin, received post-doctoral fellowships from the CIHR, the Primary Healthcare Research Unit, the NLCAHR, and the MS Society of Canada.

Dr. Sonya MacParland, supervised by Dr. Thomas Michalak, received a post-doctoral fellowship from the National Canadian Research Training Program in Hepatitis C.

Dr. Sherri Christian, supervised by Dr. Ken Hirasawa, received a post-doctoral fellowship from the Beatrice Hunter Cancer Research Institute.

Dr. Daniel Jones, supervised by Dr. Rod Russell, received a post-doctoral fellowship from the National CIHR Research Training Program in Hepatitis C.
Dr. Jared Clarke, supervised by Drs. Wendy Young and Shree Mulay, received a post-doctoral fellowship from the NLCAHR’s Healthy Aging Research Program.

Program prizes

**Applied Health Services**

M.Sc. awards were received by Kara Roberts, supervised by Dr. Barbara Roebothan; and Valerie Penton, supervised by Dr. Diana Gustafson.

**Cancer and Development**

The Mary O’Neill M.Sc. Award went to Mandy Peach, supervised by Dr. Daniel MacPhee.

The Mary Pater PhD Award was received by Trina Butler, supervised by Dr. Daniel MacPhee.

**Community Health and Humanities**

The Jorge Segovia Scholarship Health Services Research Award was received by Amanda Hancock, supervised by Dr. Diana Gustafson.

**Immunology and Infectious Diseases**

Program prizes were received by Christopher Corkum, supervised by Dr. Sheila Drover; and Pangiota Kolypetri, supervised by Dr. George Carayanniotis.

**Master in Public Health**

Program prizes went to Sarah Mackey and Stephanie Minor, both supervised by Dr. Catherine Donovan.

**Neuroscience – Golden Synapse**

The M.Sc. Award went to Meighan Kelly, supervised by Dr. Dale Corbett; the PhD Award went to Matt P. Parsons, supervised by Dr. Michiru Hirasawa.

Dean James Rourke presented PhD student **Tyler Wish** with the Colman Award.

The Burness M.Sc. Award, named for Dr. Alfred Burness, was presented to **Christopher Corkum**, centre, by Dean James Rourke. Mr. Corkum’s supervisor is Dr. Sheila Drover, left.

Dr. Penny Moody-Corbett and Mandy Peach.

Among those attending the Graduate Student Awards ceremony were (from left): Ahmed Mostafa, Matt Grimes, Dr. Sheila Drover, Matthew P. Parsons, Katie MacDonald, Dr. Peter Wang, Zhuoyu (Nina) Sun, Jing (Jessica) Zhao, David McComiskey, Danielle Ings, Neva Fudge and Dr. Terry-Lynn Young.

From left: graduate students Kara Roberts and Valérie Penton with supervisor Dr. Diana Gustafson.
Travel awards

The Dean M. Ian Bowmer Graduate Travel Award went to David McComiskey, supervised by Dr. Terry-Lynn Young.

The Applied Health Services Travel Subsidy was received by Amanda Hancock, supervised by Dr. Diana Gustafson. Ms. Hancock also received the Barrowman Travel Award (Community Health and Humanities).

The CIHR Institute on Aging Travel Award went to Fang Liu, supervised by Dr. Peter Wang.

The CIHR Institute of Gender and Health Travel Award was received by Katie MacDonald, supervised by Drs. Ann Dorward and Charles Malsbury.

CIHR Cancer Research Training Travel Bursaries were received by Jing (Jessica) Zhao and Zhuoyu (Nina) Sun, both supervised by Dr. Peter Wang.

A Canadian Public Health Agency Travel Award went to Joanne McGee, supervised by Dr. Catherine Donovan.

The Indo-US Conference on Recent Developments in Vitamin D Award went to Neva Fudge, supervised by Dr. Christopher Kovacs.

The Gordon Conference: Cell-Cell Fusion Travel Award was received by Trina Butler, supervised by Dr. Daniel MacPhee.

Society of Neuroscience Travel Awards were received by Matt P. Parsons, supervised by Dr. Michiru Hirasawa; and Matthew Grimes, supervised by Dr. John McLean.

A Terry Fox Research Institute (TRFI) Travel Award went to Jing (Jessica) Zhao, supervised by Dr. Pete Wang.

Beatrice Hunter Cancer Research Institute – Cancer Research Training Program (CRTP) Travel Awards were received by Danielle Ings, supervised by Dr. Jules Dore; and Ahmed Mostafa, supervised by Dr. Sheila Drover.

Distinctions

Mohammed Sarhan, supervised by Dr. Thomas Michalak, received the American Association for the Study of Liver Diseases Student Research Award. He was also awarded the Canadian Association for the Study of the Liver Student Research Prize.

Fang Liu, supervised by Dr. Peter Wang, received the CIHR Summer Program in Aging award.

Amanda Hancock, supervised by Dr. Diana Gustafson, received a CIHR Strategic Training Grant for the Summer Program Interdisciplinary Approach to HIV/AIDS “Universities without Walls.” She also received an Atlantic Regional Training Centre Graduate Scholarship.

Michelle Ploughman, supervised by Dr. Marshall Godwin, received the CIHR-NLCAHR Aging Gold Prize.

Charlene Noseworthy Simmonds, supervised by Dr. Christopher Kovacs, received the *Journal of Bone and Mineral Research Publication* citation by the editor-in-chief, Thomas L. Clemens.

April Manual, supervised by Dr. Fern Brunger, received the Margaret D. McLean Scholarship.

Neva Fudge, supervised by Dr. Christopher Kovacs, was an invited speaker at the 11th International Conference on PTH and PTHrP.

Pam Ward, supervised by Dr. Natalie Beausoleil, received an Eastern Health Employee Scholarship, NLNU Branch 44 Scholarship, and ARNNL and Janeway Foundation research grants.

Mohammed Uddin, supervised by Drs. Proton Rahman and Mike Woods, received a Canadian Rheumatology Association Science Prize.

Chris Shortall, supervised by Drs. Diana Gustafson and Marshall Godwin, received a MITACS Accelerate Internship Award.

Jeff Kelland, supervised by Dr. Daryl Pullman, received the R.O. Jones Best Paper Award from the Canadian Psychiatric Association.

PhD comprehensive distinctions went Tyler Wish, supervised by Dr. Pat Parfrey; and Diana Deacon, supervised by Dr. Diana Gustafson.
Radiology awards

THE DISCIPLINE OF RADIOLOGY held its year end resident social on June 12. The annual awards were presented at this event.

The 2010 Radiology Resident Teaching Award went to Dr. Kerri Highmore, PGY5. This award is presented to the radiology resident who demonstrates a passion and superior ability to teach both medical students and residents.

The 2010 Dr. Spencer Bridger Teaching Award went to Dr. Peter Bartlett. This award is presented to the radiology faculty who contributes most to resident education.

The 2010 Roentgen Resident/Fellow Research Award went to Dr. Kerry Arnold. Dr. Arnold also won the Resident Research Award at the 2010 Newfoundland and Labrador Association of Radiologists Annual Spring Meeting which took place in Corner Brook from March 5-7, 2010.

Internal medicine resident research day

THERE WERE 14 PRESENTATIONS at this year’s Internal Medicine Resident Research Day, held May 27. The Dr. David Hawkins prize was presented to Dr. Jillian Colbert for her presentation on “A review of Outcomes Following Placement of Zotarolimus-Eluting Coronary Artery Stents.”

The Dr. Grenfell Adams Medical Resident Research Award was presented to Dr. Dawn Armstrong by Dr. Wayne Gulliver. Her presentation topic was “Nasopharyngeal Cancer in Newfoundland: our 5 year experience 2002-2007.”

The Dr. Patrick Parfrey Medical Resident Research Award was presented to Dr. Steve Tilley by Drs. Mary Frances-Scully and Wayne Gulliver. His topic was “Impatient Workup of Suspected ACS – Could Coronary CT be a Benefit in our Institution.”

This year the Dr. John Simpson Memorial Award was presented to Dr. Steve Tilley and Dr. Babar Haroon by Dr. Kristy Tompkins. This award is given to the internal medicine resident, chosen by his or her peers, who demonstrates excellence in teaching other members of the internal medicine house staff and medical students. The award is a tribute to Dr. Simpson, a former medical internist at St. Clare’s Mercy Hospital, who died in 1998 at the age of 46.

The Cameron Raffard Award was presented in memory of Dr. Raffard, a second-year internal medicine resident who died Jan. 13, 2008. This award is given to the resident who reflects Dr. Raffard’s values and exhibits an aptitude for health advocacy. This year’s award winner was Dr. Mariam Shahidi.

The three judges who participated in this year’s research day were Dr. Don MacDonald, senior director, Research & Evaluation Dept., Newfoundland and Labrador Centre for Health Information; Dr. Mary-Frances Scully, associate professor of medicine (hematology); and Dr. Wayne Gulliver, professor of medicine and dermatology and chair of the Discipline of Medicine.
Award of Merit. This award acknowledges a library technician who has demonstrated outstanding professional achievement and leadership in the library and information community at a regional, provincial or national level. She accepted the award during the CLA National Conference and Trade show, held in Edmonton Alberta from June 2-5.

DR. MAX HOUSE, one of the most eminent members of the Memorial University community, received the Award of Recognition from the Canadian Association for University Continuing Education (CAUCE) on June 3. This award was established in 1987 to recognize contributions to adult and continuing education in Canada. It is not given out lightly and was last awarded to G. Raymond Chang in 2004. For 40 years, Dr. House has practiced neurology in St. John’s. In addition to his clinical appointments he has held a variety of academic and professional positions at Memorial including associate dean of Continuing Medical Education and Clinical Affairs and director of Telemedicine. He was actively involved in establishing the medical school at Memorial, and played a significant role in the development of information technology in Newfoundland and Labrador and in providing health and education services to isolated communities in Canada and abroad. In 1976 he founded the Telemedicine Centre, which would later be named TETRA (Telemedicine and Educational Technology Resource Agency) which received more than $10 million in grants over the years of its operations. This province-wide audio teleconference network contributed to many facets of health care and distance education. Dr. House is regarded as a world leader in the areas of telemedicine and telecommunications. He has conducted numerous research projects and directed many international telemedicine and distance education initiatives, which led him to be sought out as a keynote speaker for conferences throughout the world. Dr. House served as the 10th lieutenant-governor of Newfoundland and Labrador from 1997-2002. In 1999, he was awarded an honorary doctor of letters from Memorial. In 2003, he received the distinction professor emeritus from Memorial. First appointed as a member of the Order of Canada in 1989, he was promoted to an officer of the Order of Canada in June 2005.

DR. NIGEL RUSTED, a retired St. John’s family physician and general surgeon, was presented with the Newfoundland and Labrador Medical Association (NLMA) Honorary Life Membership Award on June 12. Born in Salvage, Newfoundland, in 1907, he graduated from Bishop’s Field College in 1925 and went on to become a member of the first graduating class of Memorial University College in 1927. After completing his MD at Dalhousie University in 1933, Dr. Rusted worked for two years at the General Hospital and then spent one year travelling to some 80 communities along the Southwest Coast aboard the MV Lady Anderson medical ship. When Dr. Rusted returned to St. John’s in 1936, he established his private practice and was appointed junior surgeon at the General Hospital. Between 1949 and 1966 he went on to hold such positions as medical director, chief surgeon and chief of staff at the Grace General Hospital.

From 1954 to 1968 he was chief of the Division of Surgery at the St. John’s General Hospital and served as a senior consultant to the St. Clare’s Mercy Hospital, the Grace General Hospital and the Janeway Child Health Centre. In 1968, he was appointed clinical professor of surgery at Memorial University. One of Dr. Rusted’s most notable contributions to health care in the province was performing more than 560 facial reconstructive surgeries for hundreds of children born with cleft lip and cleft palate. He also performed more than 9,000 surgeries before finally retiring in 1987 at the age of 80. Dr. Rusted is also well-known for his passion for medical history. Over the years, he amassed an incredible collection of material, photographs, manuscripts and medical instruments; most of which he generously donated to the NLMA and later to Memorial University’s K.B. Roberts historical collection where it will be used by students and researchers for years to come.

In 2004, Memorial established the annual Dr. Nigel Rusted Lectureship in Medical Humanities in his honour. In 2007, Dr. Rusted was inducted into the Order of Newfoundland and Labrador and in 2008 he was presented with the Freedom of the City of St. John’s Award, also known as the key to the city. On July 1 he celebrated his 103rd birthday.

From left: Dr. Patrick O’Shea, 2010-11 NLMA president; Dr. Nigel Rusted; and Dr. Anne Doig, 2009-2010 Canadian Medical Association president. Photo by Dawn Mason, NLMA.
Alumni travel on Haiti mission

THREE MUNMED GRADS spent nine days in Haiti this summer assisting in a relief effort with a group sponsored from the University of Maryland. Drs. Andrew and Allison Furey (both Class of 2001) and Dr. Will Moores (Class of 2007 and now an orthopedic resident at Memorial) worked out of the ruins of the St. Francois Sales Hospital in Port au Prince.

The connection with the University of Maryland is through Dr. Andrew Furey, who spent a fellowship year in Baltimore with the R. Adam Cowley Shock Trauma Centre. He is now on faculty at Memorial as an orthopedic surgeon and Dr. Allison Furey is affiliated with Memorial as a pediatric emergency room physician at the Janeway.

Before January’s earthquake, the St. Francois de Sales Hospital was a five-storey educational facility. It is being re-built on a new site but meanwhile work is continuing out of the remains of the ruins of the original hospital. St. Francois de Sales Hospital was built in 1881 and is one of the oldest hospitals in Port au Prince. Seventy per cent of the hospital was destroyed in the earthquake, including its maternity, pediatric, and general inpatient wards. Only portions of the surgical unit and the outpatient unit were spared. Approximately seventy staff and patients were killed.

The doctors said the devastation is still shocking, with downed power lines and huge amounts of rubble in the streets and inside the hospital. Allison worked in the triage area, treating 75 patients per day including children suffering a variety of ailments including fever, headaches and nightmares. Andrew and Will Moores operated in a makeshift operating room, often on patients who had had prior surgeries but whose bones had not healed properly. Despite the circumstances, they found the work rewarding.

“In conjunction with the team from Maryland and Chicago, we rallied to continue the hard work of the teams before us,” said Andrew. “Being part of a team has always been important to me and I was deeply moved by the way our team bonded and pushed in the same direction, each member consistently bringing more than expected and managing through less than desirable conditions.”

The Newfoundland doctors were members of the last team to arrive as part of the weekly rotation. “We knew no team would be following us immediately to pick up where we left off,” said Andrew. “The sense that after us things would change carried motivation for us to do as much as possible every single day.”

The Fureys have already decided to return to Haiti, perhaps as doctors who will help train local health care workers.
**Pickled red meat associated with increased risk of colorectal cancer**

**A NEW STUDY** conducted by researchers in the Faculty of Medicine at Memorial University shows that pickled red meat consumption is significantly associated with an increased risk of colorectal cancer in Newfoundland and Labrador. The study, published online May 27 in *Cancer Causes Control*, assessed the association between the intakes of total red meat and pickled red meat and the risk of colorectal cancer in 1,204 residents of Newfoundland and Labrador.

“In Newfoundland and Labrador, pickled meat can be either homemade or purchased from farmer’s market or supermarkets,” said Dr. Peter Wang, the principal investigator of the study. “While little has been written about the distinct dietary characteristics of Newfoundlanders and Labradorians, given the frequency and quantity of pickled meat consumption, Newfoundland and Labrador is probably matched by no other population in the world.”

Dr. Wang said this study has public health implications in terms of identifying important modifiable risk factors of colorectal cancer in the province’s population.

Colorectal cancer is the third most common type of cancer in Canadian men and women, exceeded only by lung cancer and breast cancer. People in Newfoundland and Labrador have the highest rate of colorectal cancer in Canada at 86 per 100,000 compared to a national average of 62 per 100,000.

“It is generally believed that dietary habits are a major contributor to colorectal cancer and are at least responsible for 30 per cent of colorectal cancer cases,” said Dr. Wang. “However little is known about how the effects of red meat intake on colorectal cancer vary across populations and the association between pickled meat and colorectal cancer has not been adequately examined. Our study shows a positive association between the consumption of pickled meat and colorectal cancer and demonstrates that the level of consumption of pickled meat has a significant effect.”

Dr. Wang said that two common pickled meats in the provincial diet are trimmed naval beef and cured pork riblets. These meats include sodium nitrite as one of the preserving agents and it has been suggested that nitrite/nitrate compounds can be converted to carcinogenic compounds.

Dr. Wang said that the study, in comparison with the results from a larger study using Ontario data, provides additional evidence that the effects of red meat intake on colorectal cancer may vary from one population to another. “The differences observed between the two provinces suggest that red meat intake is more likely to work with genetic and environmental factors in giving rise to colorectal cancer.”

While the results of the study show a positive association between the consumption of pickled red meat and colorectal cancer, it did not show a positive association between the consumption of red meat and colorectal cancer. “It may be that in Newfoundland and Labrador people consume substantially more red meat from wild animals such as moose and caribou,” commented Dr. Wang.

Because a person’s diet can be modified, Dr. Wang said it is important that dietary risk factors for colorectal cancer are identified so that informed decisions regarding a person’s diet can be made in an effort to minimize the risk of developing colorectal cancer.

This study is part of Josh Squires’ master’s thesis. Mr. Squires is supervised by Drs. Wang, Barbara Roebothan and Sharon Buehler, and is expected to graduate in October 2010.
Do you have a salty tooth?

EVEN IF YOU NEVER USE A SALT SHAKER, the chances are your daily diet contains too much sodium. From bread to canned vegetables to pizza, the average person's diet is rich in sodium, most of it added during the industrial preparation and processing of foods. While much of this sodium is added as salt (sodium chloride), it can also sneak into food in a number of other forms such as monosodium glutamate and baking soda.

Biomedical researcher Dr. Bruce Van Vliet is an expert on the effect of sodium on blood pressure and its relationship to cardiovascular disease, the number one cause of death in Canada. He is particularly concerned about the exposure children have to a high sodium diet and its contribution to a “slow and insidious” rise in our blood pressure during aging.

“There are a growing number of studies which show that the earlier in life you are exposed to salt, the more profound the effect will be,” said Dr. Van Vliet. “Starting to eat a high sodium diet early in life is a terrible thing.”

This raises the question of whether sodium consumed by a mother when she is breastfeeding, or even pregnant, could increase her child's risk of hypertension later in life. Dr. Van Vliet's findings could eventually influence the dietary recommendations for pregnant women.

“The maternal nutritional environment during pregnancy seems to alter the offspring in a long-term way. It can't change the offspring's genetic code, but it can change the manner in which the offspring's genes are used,” explained Dr. Van Vliet. “We want to find out if the sodium a mother consumes during her pregnancy can have this kind of reprogramming influence on her baby's genes.”

Like a sweet tooth, we all have a salty tooth, said Dr. Van Vliet. The good news is that you can re-program your palate – but it takes some effort and close attention to what you eat.

“Three-quarters of the sodium in food is added by the food industry. Only 10 per cent occurs in food naturally. If companies weren't adding salt to food we could control it more easily,” said the researcher.

Even if you carefully add up the amount of sodium listed in purchased food, and try to keep within a reasonable daily limit, you may still be eating too much sodium. “The number on, for example, a can of soup is stated as a percentage of the maximum daily limit,” said Dr. Van Vliet. “The daily limit of 2,300 mg is the most you should be consuming – an adequate intake would be about 65 per cent of this or 1,500 mg.”

Dr. Van Vliet’s research is helping us to understand precisely how a lifetime exposure to salty foods affects our blood pressure, and the underlying mechanisms. In societies where sodium consumption is high, such as North America, blood pressure rises as a person ages. This is a slower phenomenon that isn't necessarily reversible with medication or dietary changes.

“The more sodium the society eats, the more the blood pressure rises with age,” explained Dr. Van Vliet. “And when I say with age, I mean over decades. You can't see it in an individual very easily, so it's hard to investigate. But what we can do is look at it in animals.”

With the help of funding from the Canadian Institutes of Health Research, Dr. Van Vliet and his colleagues performed experiments in salt-sensitive rats, known as Dahl rats, to illustrate that salt-induced hypertension has both rapid and slow phases, with varying levels of reversibility.

Next, he plans to look at the impact of high-salt diets on pregnant mice and rats and their offspring. This research could help reveal whether or not the sodium a mother eats during her pregnancy affects her offspring’s blood pressure later in life.

For more details on sodium and health, check out www.sodium101.ca.
**Research funding for Aboriginal health, calcium and bone metabolism**

**TWO RESEARCHERS** in the Faculty of Medicine have received operating grants in the latest round of funding from the Canadian Institutes of Health Research (CIHR).

Aboriginal health research is the focus of work by Dr. Fern Brunger, Community Health and Humanities. Her project has been funded in the amount of $180,000 over three years. Dr. Christopher Kovacs, Endocrinology, has received continuing funding in the amount of $463,273 over three years for research on the regulation of murine calcium and bone metabolism during pregnancy, lactation and post-weaning.

“Our research examines how best to set up an Aboriginal-based system for controlling what health research gets done in a community,” explained Dr. Brunger. In collaboration with the Inuit-Métis of Labrador, the objective is to determine how research can best be reviewed by the community and decisions made about whether the research is ethical and worthwhile for the community.

“This is important to determine for communities where there are many ways of understanding how far the community extends and where there are many different ideas about who has the real authority to represent community interests in decisions about research,” said Dr. Brunger.

Dr. Kovacs has been continuously funded by CIHR/MRC since 1999 in his studies of calcium and bone metabolism during pregnancy and lactation. “During lactation a woman will lose calcium from her body in order to provide it to the milk,” he explained. “She meets the baby’s demand for calcium by losing five to 10 per cent of the calcium content of her skeleton.”

Dr. Kovacs said the rate of loss of skeletal calcium during lactation is extremely fast when it is considered that a loss of more than one per cent per year is termed “rapid” in a woman at menopause.

“After weaning the baby, calcium that was lost from the skeleton during pregnancy and lactation is completely restored at rates that far exceed what current treatments for osteoporosis can accomplish. This recovery is especially remarkable when it is considered that, apart from pregnancy and lactation, losses of calcium from the adult skeleton are at best only slowly and incompletely restored.”

Through this research, Dr. Kovacs and his team are trying to understand how the skeleton recovers lost calcium so quickly and readily after lactation. “This knowledge might lead to new ways to restore calcium to the skeleton in people with osteoporosis or other conditions of low bone mass. We’ve ruled out all of the known bone-regulating hormones and have entered a new phase of gene and protein discovery in order to identify the factors that stimulate bone formation after weaning. I’m joined in this effort by Dr. Natalia Bykova from the Department of Biology, who will be handling the proteomics part of this work.”
Salary awards for new investigators in biomedical science

TWO RESEARCHERS in the Faculty of Medicine have been selected to receive New Investigator Awards from the Canadian Institutes of Health Research (CIHR).

Dr. Rod Russell, an assistant professor in the Immunology and Infectious Diseases Program and Dr. Qi Yuan, an assistant professor in the Neuroscience Program, will receive salary support for the next five years through CIHR. In recognition of these awards the Faculty of Medicine will provide the two researchers with a significant amount of additional research funding annually. These additional funds will be used to purchase equipment and recruit graduate students.

Dr. Yuan is researching the fundamental processes underlying learning and memory. “This work will help build a basis in understanding how these processes may be disrupted in pathological conditions,” she explained. “Such a deeper understanding of memory through the use of animal models has implications for the treatment of memory dysfunction in neurological diseases such as Alzheimer’s or other age-related disorders, which significantly diminish the quality of life of millions of people.”

Dr. Yuan said the brain uses a variety of strategies to maximize its capacity to form new memories and retrieve old ones. “Recent advances in neuroscience suggest that external events are represented in the brain as spatial and temporal patterns of neuronal activity. Input to the brain arrives as a sensory stimulus that activates a population of neurons in particular brain regions. The population of neurons activated by a given stimulus forms a neuronal ensemble, a read out which is the representation of the sensory input in the brain. Memory is thought to be formed by enhanced communication between neurons.”

The main focus of Dr. Russell’s research is how the hepatitis C virus (HCV) assembles itself into infectious virions within an infected cell. “Through understanding this process better, my team hopes to identify putative drug targets for HCV and contribute to the development of novel antiviral therapies.”

To achieve these goals the members of Dr. Russell’s group use laboratory-based virus culture systems to study the function of a number of HCV proteins. Other ongoing projects include a collaborative study with Dr. Matthias Gotte from McGill University aimed at understanding the development of drug resistance in HCV-infected individuals, as well as a recently initiated local collaboration with Dr. Michael Grant, also from the Immunology and Infectious Diseases Program, that will focus on understanding aspects of the immune response against HCV.

“In recognition of these awards the Faculty of Medicine will provide the two researchers with a significant amount of additional research funding annually.”
One more question

**FURTHER RESEARCH** on sudden cardiac death in young men is being supported by a 2010 Research Development Award from the Medical Research Fund (MRF).

The team of Drs. Kathy Hodgkinson, Sean Connors, Terry Young and Fiona Curtis are only too familiar with the gene mutation that causes arrhythmogenic right ventricular cardiomyopathy (ARVC) type 5 (ARVD5).

“In many cases sudden cardiac death is because of one gene mutation in the gene known as TMEM43 that has been passed through the generations, which causes the electrical system of the heart to malfunction,” explained Dr. Hodgkinson. “This mutation has caused the deaths of many Newfoundlanders, some named and remembered, some forgotten, the resting places of whom can be found in the graveyards of isolated communities across the province. This is the genetic burden that has been faced by many Newfoundland families.”

These families provided the samples that allowed the gene mutation causing this disease in TMEM43 to be found in Dr. Young’s laboratory. “This made it possible to determine the way the mutation affects individuals across a lifespan and which diagnostic tests are most effective,” said Dr. Hodgkinson. “From this research we know that the Holter Monitor – a 24 hour assessment of each heart beat – can detect early signs of this disease. We have also been able to show that treatment with a cardioverter defibrillator, implanted by Dr. Sean Connors, the electrophysiologist responsible for the cardiac clinical care of these patients, shocks the heart back to a normal rhythm and leads to fewer deaths.”

The MRF funding will be used to answer one of the several remaining questions. “So far, all the ARVC families have had a family history of sudden cardiac death. This means that we already suspect the presence of the gene, and can test family members. However, if families are small, or if individuals do not know their ancestry, then they may be at-risk for having this gene but remain unaware. We want to find out if this specific TMEM43 mutation is the cause of abnormal heart beats in young people without a family history of SCD. This will enable us to provide appropriate treatment, in addition to providing information about how common this gene may be in Newfoundland.”

The researchers will look at people who have abnormal heart beats but have not had a heart attack. “With the help of our cardiology colleagues we will ask people between the ages of 18 and 40 who display abnormal heart beats on a Holter Monitor whether they will speak with a genetic counsellor about this study,” said Dr. Hodgkinson. “We will explain that we need a blood sample to see if they have the TMEM43 mutation, and what we know about the way this gene mutation works. If we find the TMEM43 mutation, they will be offered counselling and treatment. Their family will be offered genetic counselling to discuss genetic testing. As with all genetic diseases there are many factors to be discussed when deciding whether to have a gene test or not. These will be explained in detail. At any time before the blood sample, the person can decline to take part.”

Dr. Hodgkinson said the aim of this type of health research is to effect change in the lives of the people affected with this mutation. “This research may have a direct impact on those taking part. However, all the results – both positive and negative – will help us to have a much better idea of how common this mutation is, and thus the impact it may have on our health care delivery system.”

Ethics approval has been applied for this study.
Improving the retention of resuscitation skills

DR. VERNON CURRAN, professor of medical education and director of academic research and development, has received a 2010 Research Development Award from the Medical Research Fund (MRF) for a survey study of resuscitation skills retention amongst health providers in Newfoundland and Labrador.

“In terms of the level and extent of staff training and development that occurs within hospitals and across the health system, continuing education for health providers in the area of resuscitation and life support skills is significant,” said Dr. Curran. “Across the four Regional Health Authorities in the province, it’s estimated that more than 10,000 health providers across a variety of professions are trained or certified in a variety of resuscitation and life support skill areas.”

Although most of these health providers can successfully learn to perform resuscitation and life support, research on the retention of resuscitation skills has shown that deterioration in skill level occurs across professions and across a number of resuscitation skill areas. “Studies have reported skills deterioration within a minimum of two weeks of initial training with progressive deterioration until participants reach pre-training levels at one and two years after initial training,” said Dr. Curran.

Research findings definitively support more frequent review than annual recertification but Dr. Curran said there is no clear body of research on the best ways to boost resuscitation skills.

“Regular practice and training has been identified as one effective strategy to reduce anxiety and increase comfort levels when performing resuscitation and life support,” he said. “Techniques which provide for even minimal practice have resulted in significantly improved resuscitation skills retention. However, the optimal interval to facilitate boosters and the effectiveness of different tele-education – for example distance learning – modalities for facilitating boosters has not been determined nor examined in a systematic and comparative manner.”

Dr. Curran’s study will examine the perceptions and attitudes of certified resuscitation providers towards the retention of resuscitation skills and regular skills updating, examine resuscitation providers’ self-efficacy beliefs towards resuscitation skills, and explore resuscitation provider’s perceptions of methods and modalities for enhancing resuscitation skills retention.

The study will be guided by an interprofessional advisory group reflecting health managers and health providers from across the four Regional Health Authorities. It will involve a literature review, focus groups and a survey questionnaire.

“The findings of the research will have direct implications for resuscitation skills training policy and programming,” said Dr. Curran. “The findings of the study will inform future research projects in the fields of resuscitation skills retention and deterioration, utility of booster training in skills retention, and the use of low and high-fidelity simulation, tele-education and other teaching and learning modalities in the assessment and training of resuscitation skills in rural and remote areas.”

Dr. Curran plans to continue research on resuscitation skills and is looking at future studies involving the use of low versus high fidelity simulators in resuscitation and life support skills. This study is being supported by Professional Development and Conferencing Services, Faculty of Medicine, and co-ordinated by Lisa Fleet, manager of research and evaluation.
Class of 2000 fundraises

The Dr. Andrew Bagby Memorial Photography Award

THE MUNMED CLASS OF 2000 attended their 10 year reunion in St. John’s July 30-31, 2010. At the class party hosted by Dr. Mike Hogan, 22 classmates joined together to remember their dear friend and colleague Dr. Andrew Bagby who died tragically in 2001.

In addition to his humour, goodwill and passion for life, Andrew was also an avid amateur photographer. To honour Andrew’s memory and to encourage others to take the time to appreciate the beauty of the world around them, the Class of 2000 established the Dr. Andrew Bagby Memorial Photography Award.

Each year since 2001, the Class of 2000 has encouraged applicants to submit an original photograph for judging. The winner of the Dr. Andrew Bagby Memorial Photography Award receives a cash award of $500 and also has their photo framed and permanently displayed in the medical school.

During their class party, the Class of 2000 raised over $4,750 towards creating an endowment for this award. “Taking our class funds and investing them in an endowment fund at the university will ensure that this award goes on in perpetuity,” said Dr. Hogan. “To set up the endowment and have it pay out $500 per year, we need a total of $14,000. We’ve taken a big step towards the endowment but we need everyone in our class to support this initiative.”

To learn about how to make a gift to the Dr. Andrew Bagby Memorial Photography Award, call or email the Faculty of Medicine Development Office at 709 777 8289 or mmiller@mun.ca.

Dr. John Williams Lecture 2010

Exercising our minds

WHILE IT’S OBVIOUS that exercise is good for the body, it now turns out that it has benefits for the mind as well. On June 15 Dr. Brian Christie, associate professor of neuroscience at the University of Victoria, described just how this happens during the 2010 John Williams Lecture in the Neurosciences, sponsored by the family of Dr. John Williams.

Exercise stimulates the formation of new neurons in the brain, said Dr. Christie. “Our brains are dynamic – like skin and muscle, brains change in response to their environment.”

In particular the hippocampus, which is important for memory, contains neuronal stem cells. “Experiments have shown that enriched environments improve learning and memory in rats by increasing neurogenesis in the hippocampus.”

As well as increasing the production of new neurons in the brain, exercise enhances the growth of existing dendrites on neurons.

So how much exercise do you need to see results? Dr. Christie said that it’s only about 12 days in rats, but humans need 12 weeks of daily exercise to see positive results.

Dr. Christie’s research has implications for a variety of disorders including fetal alcohol syndrome, fragile-X syndrome, Alzheimer’s Disease, schizophrenia and other neuropathologies where the cognitive capacities of the brain are impaired.
Medical humanities lecturer engages audience

USING IMAGES from the now-defunct Life Magazine, Dr. Bert Hansen made a different era come alive to the audience attending the 2009 Dr. Nigel Rusted Lecture in the Medical Humanities on Nov. 13, 2009.

Life Magazine started in the mid 1930s and survived until the early 1970s. Dr. Hansen said that as a “big heavy picture book” it brought a universally-appreciated style of photojournalism to the public of the day.

Dr. Hansen’s lecture focused on medical images from Life. From the discovery of the polio vaccine in the mid 1950s the magazine carried 1,100 medical stories – an average of two per month.

“Life celebrated these scientific discoveries and the magazine’s attention to science was not casual,” he explained. “The publisher, Henry Luce, had the ambition to keep science honest. Life had a calm secular approach. It was primarily a photography show – the goal was the picture, the photograph, that told the story – the text explained the picture.”

Dr. Hansen was trained as a medievalist but has re-directed his academic work to focus on the study of medicine and culture during the 19th and 20th centuries. He is a professor of history at Baruch College of The City University of New York. In an interview prior to the Dr. Nigel Rusted lecture, he explained that he had shifted his academic focus to teach material more accessible to students.

“The history of medicine is more engaging,” he said. “Patients and epidemics involve real people— it is a thrilling kind of history.”

At The City University, Dr. Hansen teaches mainly business students, many of them first-generation immigrants to the United States.

“Most of my students are the first generation to go to university – they are the working poor. There are 90 different languages spoken at The City University of New York – the new immigrants are ambitious. It is a thrilling place to be. Our typical student is going to get an accounting degree, so I help to give them a polish to their resume.”

Dr. Hansen’s talk was based on one chapter of his new book Picturing Medical Progress from Pasteur to Polio: A History of Mass Media Images and Popular Attitudes in America.
JOHN TOMLINSON

This is a modified version of the eulogy delivered by William Pryse-Phillips, professor emeritus, at a ceremony remembering the life of John Tomlinson in St. John’s on April 7, 2010.

The recruitment of John Tomlinson to this new medical school in 1970 was a triumph for Ian Rusted and Ken Roberts, the latter his colleague at the London Hospital, U.K., where Tommy was already a noted researcher and teacher of anatomy. He and Ken were the shining academic stars in a school whose full-time faculty then numbered less than thirty, and remained so as it grew into the hundreds. They gave of their wisdom, their experience and their foresight in planning a curriculum that was different, disciplined and precisely defined for the late twentieth century.

Tommy created a system of structured teaching whereby his students got to learn what they needed to know at that stage of their careers; no more and no less. In the first years, he achieved this great task of transferring knowledge single-handedly, until he was able to recruit colleagues who, over the last 30 years, have modified but little the template that he designed. And as shown by the school’s B.Med. Sci. and LMCC results, MUN students did retain what they had learned at the feet of this patient, kindly scholar whose knowledge was so clearly all-encompassing; “The quintessential professor” (in the words of Arch Macnamara), whose teaching always clarified the obscure.

But while he set out to teach anatomy, his students learned much more from him. The standards of perfection that he maintained in his dealings with others were seen and noted by all who came to hear him – even the twits – for he behaved always comme il faut and expected us to do the same – though there was sometimes the hint of a word unspoken when we failed to do so. His students loved him, but at the same time dreaded the moment when his eye fell upon one of them in class and, addressing him or her by name, he would put a question. And especially if he began the mantra; “Tick, tick, tick, tick … fail!”

His love for people was manifest in his generosity, his accommodation and his gracious, kindly manner. As Colin Landells wrote from Victoria, B.C. “The wisdom he shared with us during our studies will never fade. He will be missed. He was a most beloved professor for the Class of ’79 and of many other classes before and after.” And that class unanimously chose him to receive Killick Award.

Moreover, he taught respect – but by example, not by precept. In the earliest years of the school, it was not easy to obtain cadavers for dissection and demonstration but in the case of one who did will his body to the school, after it had served its purpose this was carefully reassembled and transported back to Random Island for burial. That Tommy himself was there beside the grave in order to thank and to comfort the family is a fact remembered by them, and not forgotten by the physicians in Clarenville today who had been his students.

In all his interactions he showed a broad and educated sense of humour that was never malicious. It softened the image of the respected scholar, adding to it the halo of a friendly and trusted confidant. And respected scholar he was; his book with Ken Roberts, The Fabric of the Body, is an academic jewel in the crown of Oxford University Press, and as anyone who has employed that company as their publisher knows only too well, Oxford University Press hones one’s ability to suffer fools, if not gladly, at least with grace and dignity.

Tommy’s loyalty both to people and to causes was absolute and steadfast. His aim to produce a model anatomy course for future physicians required huge organization – the space, the staff, the materials, the timing and the actual delivery of anatomical data. His superb dissections and his beautiful (but sadly impermanent) chalkboard drawings in class brought the dead to life, for some things do not need to change and we are replicated in every generation. To follow him in the classroom and to have to destroy that precise artistry was a work of desecration that pains me still. With him as professor of surgical anatomy, it is hardly surprising that Memorial has produced so many surgeons whose practical skills are based on such knowledge.

Tommy was one of the pillars of a medical school that has thrived by meeting the needs of this province, indeed of Canada, and its people, for competent and caring doctors. The school is imbued with his spirit; the foundations that he laid are solid and they endure. Even without him, all is yet well.

William Pryse-Phillips
**DR. ROBERT SALTER**

Professor emeritus of orthopedic surgery and senior scientist emeritus at the Research Institute, The Hospital for Sick Children, died May 10, 2010, age 85. Dr. Salter developed a procedure to correct congenital dislocation of the hip, pioneered Continuous Passive Motion (CPM) for the treatment of joint injuries (which has been used in the treatment of 9,000,000 patients worldwide), and co-developed a classification of growth plate injuries in children. His textbook of orthopedic surgery, *Disorders and Injuries of the Musculoskeletal System*, is used throughout the world. Dr. Salter received an honorary degree from Memorial in May 1983. He designed the Coat of Arms for the Faculty of Medicine when he was head of Orthopedic Surgery at the University of Toronto and the Hospital for Sick Children. He presented it as a personal gift to celebrate the faculty’s 15th anniversary. The motto on the Coat of Arms is a translation from Sir Wilfred Grenfell, who founded the Grenfell Medical Mission in northern Newfoundland. The quotation is “Life is a Field of Service” which is translated into Latin as *Vita Campus Ministerii*. His donations to Memorial University support the endowed fourth year medical award named the Dr. Robert B. Salter Award, which is awarded annually to a student who best exemplifies the qualities of compassionate and competent patient care and is also an outstanding student in clerkship.

**WES WHITTEN**, 91, a former senior staff scientist and assistant director at the Jackson Laboratory, died in Canberra, Australia, May 24, 2010. In 2001 he was awarded an honorary degree from Memorial University for his work in reproductive physiology. His research made a number of significant contributions to understandings of early embryo metabolism and endocrine control of implantation. He found the first evidence of chemical communication between male and female mice – a fundamental breakthrough in mammalian reproductive physiology. His discovery of the synchronization of the oestrus cycle of female mice exposed to the pheromones in male mouse urine is still known as the *Whitten Effect*. He also developed the *Whitten Medium*, which facilitated culturing of mammalian eggs and developing embryos. The medium was a major breakthrough in understandings of oocyte maturation, fertilization and embryo development and is still used worldwide. His ground-breaking research in embryology, reproductive physiology and endocrinology and animal contraception was the forerunner of infertility treatment in humans.

**DR. JULIUS (“JOHN”) HOENIG**, former professor and chair of the Discipline of Psychiatry at Memorial University of Newfoundland, died Feb. 19 2009.

Born in April 1913 in Czechoslovakia to a Jewish Family, he began his medical training in Prague, fleeing to England during his final year as Hitler’s army marched into Czechoslovakia. He joined the refugee community in Glasgow, Scotland, and completed his medical education there.

After graduating, Dr. Hoenig joined the British Army Medical Corps and spent time in India, Burma and Singapore. As an ex-serviceman, he took a year of training in neurology and then completed psychiatric training at the Institute of Psychiatry in London. After another stint in India, he joined the faculty of Manchester University for 12 years.

In 1968, Dr. Hoenig was offered the position of professor and chair of the Discipline of Psychiatry at MUN, helping to develop the new medical school. He remained in this position until 1980. After retiring from St. John’s, he settled in Toronto and continued to do clinical work and teaching at the Centre for Addiction and Mental Health until a stroke in late 1992. He continued to be interested in psychiatry and continued to work for the next 12 years translating old German manuscripts for publication in the *Journal of the History of Psychiatry*.
Med grad reunion 2010

Six medical classes gathered together for reunions this summer at the medical school.

For the classes of 1975, '80, '85, '90, '95 and 2000 it was a chance to catch up with news, have a lot of fun and take time for continuing medical education. Medical Graduates’ Society (MGS) president Dr. Bridget Picco related all the activities of the weekend in her column on page 32 of this edition.

Here are some photos from the opening night reception.

Class of 1990 (from left): Ed Mercer, Karen Murphy, Karen Breeck, Don Belbin and Charlie Duffy.
DR. WALLACE INGRAM AWARD

The Medical Graduate Society’s 2010 Dr. Wallace Ingram Award goes to Dr. Vernon Richardson, professor of Surgery and Biomedical Science.

Dr. Richardson has been involved in teaching immunology at Memorial for 21 years; he will use the Dr. Wallace Ingram Award to improve the teaching and education of immunology in the medical school.

"Teaching immunology to medical undergraduates is often limited by a lack of adequate time for teaching, learning and absorbing the subject matter," he explained. "Although students performed well in tests, clinical faculty informed me that this knowledge is often inadequate or poorly retained by trainees at the postgraduate level, and further instruction is required."

Dr. Richardson said that it has been shown that repetitive and appropriate timing of the subject matter at the postgraduate level, combined with a desire by the trainee for the knowledge and reinforcement with relevant and timely clinical association, enhances knowledge retention. "Thus delivery of selected topics in immunology at relevant places in the postgraduate curriculum should assist by reinforcing learning and retention."

With the help of $14,000 funding from the Dr. Wallace Ingram Award, Dr. Richardson will supervise senior postgraduate students in Memorial’s Immunology Graduate Program in preparing instructional learning units for areas of concern identified in the postgraduate curriculum, together with pre- and post-tests and accompanying evaluation questionnaires. The success of the instructional learning units, in terms of knowledge retention, will be assessed through pre- and post-testing, and acceptability, ease of use, educational suitability and value by questionnaire using groups of 10 postgraduate medical trainees from a number of disciplines.
MGS news

THE 1975, ’80, ’85, ’90, ’95 and 2000 reunions were held July 30-Aug. 1.

Friday night, the mixer was held at the top of the stairs in the medical school. Screams and roars of laughter were heard as previous alumni became re-acquainted. The class of ’80 were well represented and brought a lot of energy to the evening. The attendance was the highest ever to a reunion. There was a Corner Brook contingent of reunion attendees, all willing to have a great time. Of course, this was the weekend of the George Street Festival and April Wine was playing. Taxi vouchers were given out to anyone who wanted to head downtown. Dean James Rourke spoke of the achievements of the med school, and mentioned the building of the new medical school. Will our re-union mixers still be held at the top of the stairs?

On Saturday morning, continuing medical education (CME) started half an hour early with Dr. Kevin Hoddinott, class of ’80, and a surgeon practicing in Florida, discussing the esophagyx procedure as a possible treatment for reflux. Photos of Kevin playing guitar in the ’70s and now were also shown.

Dr. Kevin Forward, class of ’75, then spoke about the influenza outbreaks, host and medical preparation. Dr. Terry O’Grady, class of ’85, then presented a very lighthearted update on infertility. The speaker for the class of ’90 was Dr. Karen Breeck, who discussed leadership, women and leadership, and the military. Her talk was interactive, inspirational, and a few lucky alumni received prizes. Dr. Fiona Costello, one of the Globe and Mail’s top 40 under 40 for 2009, then presented her research on eye ultrasound and multiple sclerosis. Finally, new research about movement disorders was presented by Dr. Jim Boyd, class of 2000. What a morning! Electronic copies of the lectures can be obtained through the CME office.

The Dean’s Lunch, hosted by Dean Rourke at Pippy Park, was held following CME. Even though it was raining, tables were set up in North Bank Lodge and the event was catered - so no burnt dogs. Families showed up with young kids getting nice grass stains. The food was delicious.

Saturday night festivities were held at alumni homes, except for the class of ’80, who all ate at Atlantica, down in Portugal Cove, overlooking the Bell Island ferry, and, of course, Bell Island.

Now, in September, planning will start for the next re-union; classes of ’76, ’81, ’86, ’91, ’96 and 2001. Mark your calendar!

Dr. Vernon Richardson was awarded the re-union funded Wally Ingram Award this year. He is researching the benefits of immunology updates throughout a medical education program. You can read all about his work on page 31 of this issue of MUNMED.

The MUNMed Alumni has lots of musical talent. Whether you play the spoons, the harp, the accordion, or whatever, please email me, bmp@nl.rogers.com, and I’ll include your passion (musical, that is) in the next MUNMED article.

Until next time,

Bridget
Dr. Bridget Picco