

ALL HANDS ON DECK A crew of Queen's sailors hits the high seas to Bermuda
NO DRESS REHEARSAL The Tragically Hip's new docuseries has its world première

QUEEN'S ALUMNI REVIEW

THE MAGAZINE OF QUEEN'S UNIVERSITY SINCE 1927

THE GIFT

*Murray and Cara Sinclair
turned a devastating loss into
new hope for cancer research*





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Fall 2024

On June 21, a team of Queen's sailors set sail from Rhode Island to Bermuda in one of the world's greatest ocean races.



COVER PHOTOGRAPH EXCLUSIVELY FOR QUEEN'S ALUMNI REVIEW BY HÉLÈNE CYR; (RIGHT) DANIEL FORSTER/BERMUDA RACE FOUNDATION; SPOT ILLUSTRATION BY SOL COTTI

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ABOUT THE COVER

Cara and Murray Sinclair, photographed at Pacific Spirit Regional Park in Vancouver on Sept. 6, 2024.



Photographer H el ene Cyr spent a late-summer evening following the Sinclairs as they walked the Vancouver beaches and paths they know and love. Capturing the heart of the story in one image was a difficult assignment – the Sinclairs' journey is simultaneously heartbreaking and hopeful. Having lost her own parents to cancer, Ms. Cyr's images were captured with great empathy, the sky and ocean symbolic of the enormity of the cancer question, while the Sinclairs' forward motion conveys their determination and hope. "It was an honour to spend time with Cara and Murray," she says. "Their commitment to their cause, and to each other, was very moving – and also incredibly inspiring."

Off Campus



"What I try to do is encourage more equitable and accessible discussions, so folks have a better understanding of what 'environment' can encompass."

–FAITH EDEM, P. 35

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THE EASIEST WAY TO HELP IS ALSO THE MOST POWERFUL

In the cover story of this *Queen's Alumni Review* we learn about Cara and Murray Sinclair, whose extraordinary gift to the university in memory of Murray's brother will dramatically increase our capacity in cancer research, enhance the facilities in which that research is conducted, and create new training opportunities in the field.

Elsewhere in this issue we also hear from Dr. Jane Philpott, Dean of the Faculty of Health Sciences, about her recent book that lays out a new vision for health-care reform in Canada. It is a vision that has driven some of the notable achievements of Queen's Health Sciences during Dean Philpott's tenure: the highly innovative and timely Queen's-Lakeridge Health MD Family Medicine Program, for example, which has been much applauded as a new way of addressing Ontario's acute shortage of family physicians, and also the Weeneebayko Health Education Campus initiative on James Bay, which will train Indigenous health professionals for that community.

Physical and mental health is a vital concern that touches people everywhere in this country, and these stories speak to the positive and significant impact of Queen's University in that area. But the spheres of life in which the beneficial impact of our university is felt are many, varied, and extend far beyond Canada's borders. This year's winner of the Principal's Globally Engaged Education Innovation Award, for example, is the Jim Leech Mastercard

Foundation Fellowship on Entrepreneurship, delivered by the Dunin-Deshpande Queen's Innovation Centre, that has in the space of three years brought subsidized training in entrepreneurship to 4,500 students from 350 different universities in 49 African countries.

At a time when the public estimation of universities is being complicated by cultural-political strains in society at large, stories like these need to be told and retold. The economic impact of Queen's is considerable – estimated three years ago to be \$1.82 billion in GDP annually in Kingston alone – but that pales in comparison with the human impact of our teaching and research mission, which has been building since 1841.

Right now, though, universities in Ontario are having to make the case for their importance to society and the economy. It should be easy to do, because the facts are clear. Despite being funded by government at 57 per cent of the Canadian average, they produce graduates – 90.4 per cent of whom are employed within six months and can expect to earn 35 per cent more on average than persons without a degree. The number of 18- to 24-year-olds in the province has been rising and is projected to do so steadily over the next 15 years. We are already seeing the consequence of this: over the last four years, the number of Ontario high school applicants to the province's universities has risen by 12 per cent. And all of this speaks only to the private good served by institutions like our own; the public good, effected by those same students when they graduate and by our researchers, artists and innovators, is incalculable.

I am often asked by alumni how they can be helpful to Queen's, and of course there are many ways graduates and friends of the university can sustain and advance the work we do here. But the easiest way is potentially the most powerful, and that is to tell the stories of your alma mater, to publicly celebrate the impact of our students and faculty, and to be an informed, active, and passionate advocate for higher education.

A handwritten signature in black ink that reads "Patrick".

PRINCIPAL PATRICK DEANE



We belong to Queen's

The journey of an old jacket reveals a lifetime of memories.

It's nearly 80 years old, but Keith Lachance's beloved Queen's jacket looks almost brand new.

Sure, there's a small, frayed hole at the wrist – Mr. Lachance wore it to every reunion of his Sc'47 class he could get to – but the tricolour seems as bold and vibrant as the day it was made.

Mr. Lachance, a chemical engineer who had a long career in the pulp and paper industry, treated the wool-and-knit jacket like an heirloom, a treasured memento of his days at Queen's.

When he died in 2021 in Vancouver at age 95, his stepdaughter, Terri Macdonell, understood the jacket's significance. And she knew it should be honoured.

"He loved Queen's," Ms. Macdonell says. "It showed in his face whenever he talked about Queen's. He got a glint in his eye and his face would light up."

Find out what happened to Keith Lachance's jacket and how his family honoured his love for his alma mater – read the full story by Blair Crawford on the *Alumni Review's* website.

I am Alfred

Alfred Bader, BSc'45, BA46, MSc'47, LLD'86, is not known for his poetry, but a poem he wrote when he was 81 reveals a man who was witty, irreverent, and self-deprecating. Written to share with a group of students learning English, Dr. Bader paints a simple picture of a complex man – as we celebrate Bader Day, we think it's an appropriate way to remember him.

I am Alfred.
 I am 81 years old.
 I am bald, fat and 5'8"
 with brown eyes and eyebrows.
 I have four jobs, three of
 which I enjoy.
 I love one woman, to whom
 I proposed nine days after we
 met – some thirty years later
 she accepted.
 I like to eat most everything
 simple, no pork or shellfish, prefer
 tap to bottled water, tea with milk,
 Cinzano/lemon, Bristol Cream
 Sherry, Southern Comfort. I don't
 drink coffee and don't like beer
 or Scotch.

I don't like anything fancy,
 5 star-hotels; we travel second
 class and Economy.
 I have never liked physical
 work, snow shoveling, mowing,
 washing dishes.
 I hate being late and owing
 money to anybody.
 I love my work, try to be in
 my office from 8 to 5, with a
 brown bag lunch, and catch up
 on Sunday, with fewer calls then.
 I buy and sell some 200
 paintings a year, very non-elitist,
 from the 15th to the 20th
 centuries, of all kind except
 abstract art, which I do not
 understand.

My favorite artists
 are Rembrandt and his
 students. Buying paintings,
 I wear two hats, buying 3 or
 4 paintings a year for my
 own collection (to go to
 Queen's University) and
 the rest for sale.

I consult for and invest
 in chemical companies.

I give many talks, some
 30-40 a year and write,
 mainly historical articles.

My fourth job, the
 hardest, is giving money
 away sensibly. There

my younger son, Daniel, helps
 greatly.

I read a lot. In the Bible, my
 favorite books are Deuteronomy,
 Ruth and Amos. Many books in
 art history, art journals, some
 detective stories, the *New York
 Times* and the *New Yorker*.



My favorite sport is soccer.
 I have been to a baseball game
 once, for one inning. It's almost
 as boring as cricket.

I love my two sons who are so
 different, and really look forward
 to getting to know my 6
 grandchildren.

WRITE
 TO US

The *Queen's Alumni Review* welcomes
 comments at review@queensu.ca.
 All comments may be edited for
 clarity, civility, and length.

review@queensu.ca

“The emotion from the crowd as the Hip arrived on the red carpet was palpable.”

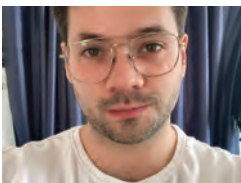
— EDUARDO LIMA



Eduardo Lima is a veteran photojournalist whose work has appeared in the *Toronto Star*, the *Globe and Mail*, and the *New York Times*, among others. He has earned several awards, including the News Photographers Association of Canada’s Picture of the Year Award, and holds a bachelor’s degree in journalism and a master of fine arts in documentary media from Toronto Metropolitan University. See “No Dress Rehearsal: A Film of Blood and Band,” on page 20 and “The Hip’s Real Story,” on page 26.



From left, Johnny Fay, Paul Langlois, Gord Sinclair, and Rob Baker attend the opening-night première of *The Tragically Hip: No Dress Rehearsal* at the Toronto International Film Festival in September.



Adam Cook is a PhD student in the Screen Cultures and Curatorial Studies program at Queen’s. A film critic, curator, and scholar, his byline has appeared in the *Globe and Mail*, the *New York Times*, *VICE*, *Film Comment*, and *Filmmaker Magazine*, among others. See “No Dress Rehearsal: A Film of Blood and Band,” on page 20 and “The Hip’s Real Story,” on page 26.



Hélène Cyr is based in Victoria and has spent 35 years behind a camera. Educated at the Dawson Institute of Photography, her photograph on the cover of the winter 2023 cover of the *Alumni Review* was a finalist for Best Photograph in the National Magazine Awards B2B competition. See cover and “When the Clock Stopped,” on page 14.



Jordan Whitehouse, Artsci’07, is a freelance journalist who writes about food, technology, business, and the environment. In 2019, he won gold in the National Magazine Awards B2B competition in the Best Column or Regularly Featured category. Read “When the Clock Stopped,” on page 14, “Workshop of Wonder,” on page 10, and “A Cure for All that Ails Us,” on page 36.

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ON CAMPUS



Alumni from around the world converged on campus from Oct. 18 to 20 to celebrate Homecoming, a beloved tradition at Queen's for almost a century.

Under glorious blue skies and with unseasonably warm weather, more than 2,500 alumni returned to Kingston

↓
from as far away as Singapore, New Zealand, and Chile to fly the tricolour and connect with housemates, classmates, faculty members, and family.

And there was much to celebrate.

Members of the Tricolour Guard marched to the cheers of a sellout crowd at Richardson Stadium during the half-time parade at the football game, with the Gaels giving the crowd another reason to cheer when they trounced the Waterloo Warriors 54-7.

Queen's fans also celebrated the men's hockey team besting the Laurier Golden Hawks 3-0 at Kingston's Memorial Centre to improve to 4-1 on the season and the women's soccer team capped off Homecoming weekend with a 2-0 playoff win over the Carleton Ravens.

Alumni also took part in dozens of organized events, including faculty breakfasts, open-house tours, and reunion dinners. Both the Black and Queer alumni chapters held special socials for their members and supporters. The Tricolour Guard welcomed the class of 1974 to its ranks, with an elegant reception (attended by both Principal Patrick Deane and Chancellor Shelagh Rogers) to honour their place in the university's most distinguished alumni group.

Hundreds also attended the Fall Harvest Alumni Gathering, which took place on Agnes Benidickson Field. Alumni and their families were treated to live music, food trucks, and games at this all-ages event that supports local vendors.

Homecoming dates for the next two years have been set for the third weekend of October, allowing alumni to plan to return to Kingston on Oct. 17-19, 2025, and Oct. 16-18, 2026.

The Recognition

Royal Society of Canada honours four Queen's researchers

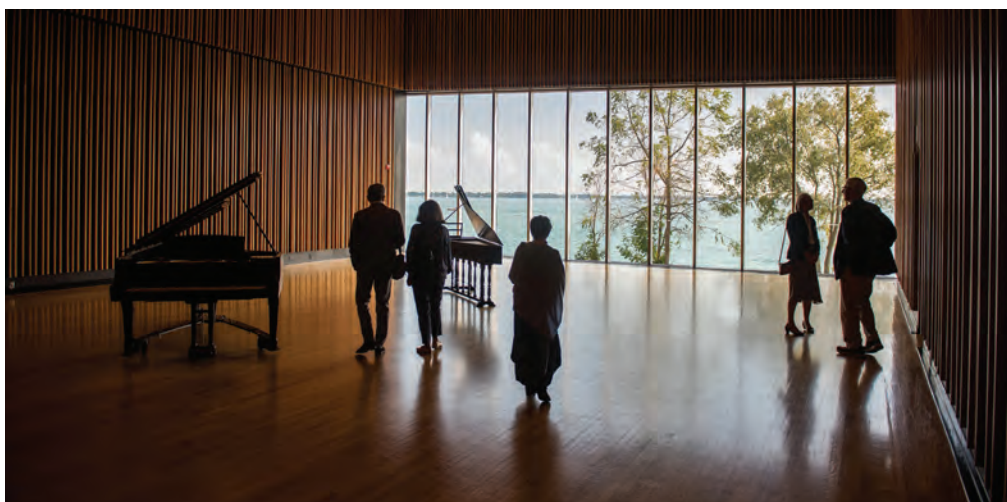
Four Queen's researchers have been named to the Royal Society of Canada's 2024 cohort of new Fellows and College Members – among the highest recognitions for Canadian academics. Douglas Munoz (Biomedical and Molecular Sciences) and Mark Diederichs (Geological Sciences and Geological Engineering) will be inducted as Fellows, while Bhavin Shastri (Physics, Engineering Physics, and Astronomy) and Cao Thang Dinh (Chemical Engineering) will become members of the College of New Scholars, Artists and Scientists. The researchers are recognized for their advancement of their respective fields – from developing innovative diagnostic tools to advancing renewable energy technologies.

▼
The Isabel is marking its 10th anniversary with nearly 300 events.

The Departures

Three deans moving on from Queen's

Principal and Vice-Chancellor Patrick Deane has announced that Dean Jane Philpott will be taking on a new role with the Ontario government, effective Dec. 1, 2024. She is stepping down as dean of Queen's Health Sciences to chair and lead a new primary care action team. Earlier this year, Dean Philpott announced her intention not to seek a second term as dean to focus on her commitment to improving health-care systems. The search process for a permanent dean is underway. In the Faculty of Arts and Science, Barbara Crow ended her term as dean to begin an administrative leave on Aug. 1. Principal Patrick Deane announced that Dr. Bob Lemieux will fill the position of interim dean for the next two years. Dr. Lemieux is returning to Queen's from the University of Waterloo, from which he will be taking a leave of absence. Wanda Costen, Dean of Smith School of Business, announced in August that she would be stepping down to become the provost



PHOTOGRAPHY BY (BELOW, TOP RIGHT) GARRETT ELLIOTT

and vice-president academic at Dalhousie University. Dean Costen will end her term on Dec. 31 and Dr. Lynnette Purda will step in for an 18-month appointment as interim dean as of Jan. 1.

The Flag

Survivors’ Flag a new addition to campus

The Survivors’ Flag will now fly permanently on Queen’s campus. Raised on Sept. 23, the flag is located between Douglas Library and Ontario Hall, near the Indigenous Past and Futures at Queen’s plinth.

The orange and white flag honours the resilience of those who survived Canada’s residential school system, and commemorates the many Indigenous children whose lives were tragically lost. First unveiled in 2021, the flag can be found at many public buildings across the country. On Sept. 30, academic activities were suspended as Queen’s observed the National Day for Truth and Reconciliation with several events taking place across campus.

PHOTOGRAPHY BY QUEEN’S UNIVERSITY



The Survivors’ Flag now flies on campus.

Transformations, the graffitied artwork featured on the façades of the Agnes Etherington Art Centre, was dismantled in late August as part of Agnes’s DEMO-lution Party. The artwork was set to be demolished as part of construction for Agnes Reimagined.



The Celebration

The Isabel marks its 10th anniversary season

The Isabel Bader Centre for the Performing Arts is celebrating its 10th anniversary season in 2024-2025 with a large and diverse range of programming, including approximately 300 events – nearly eight times the programming of its inaugural season. The anniversary season began in July with a concert by the National Youth Orchestra of Canada, marking the launch of the orchestra’s 2024 summer tour. The anniversary continued in September with concerts by two outstanding Indigenous musicians, Inuk opera singer Deantha Edmunds and Polaris award-winning

performing artist Jeremy Dutcher. To mark the anniversary, a special event was held at the Isabel on Sept. 21 for friends and supporters of the centre. This event featured a presentation in the Isabel performance hall by the architecture firms Snóhetta and N45, as well as Arup sound engineers, on the story of the design of the Isabel, which was followed by a reception in the Isabel’s splendid lobby atrium. The 10th anniversary season at the Isabel is curated around the theme of “Inspiration and Alliances.” Gordon E. Smith, Director of the Isabel, explains that the theme signifies a celebration of the wonderful relationships with artists, staff, faculty, students, and communities that the Isabel has formed since its opening in 2014, as well as celebrating new and innovative pathways in the performing arts as the centre moves into its second decade. 🐾

Workshop of wonder

Smith Engineering puts experiential learning to the test in McLaughlin Hall.

BY JORDAN WHITEHOUSE

Down in the sprawling basement of McLaughlin Hall is a young inventor's dream. From one wall to the other are 3D printers, laser cutters, milling machines, welding stations, drill presses, and beyond. "We like to keep up with the Joneses," says Machine Shop Supervisor Andy Bryson on a recent tour. "If something comes out in the industry, I like to get it incorporated."

This is ground zero for the Department of Mechanical and Materials Engineering, and usually it's engineering students who are drilling, milling, turning, welding, and cutting here. During the school year, this place is "just abuzz," says Mr. Bryson, who is one of five full-time staff members. "Once students find out that they shouldn't be afraid to ask anything, we can't get rid of them!"

Most of those students get introduced to the shop in MECH 212, a class that covers the basics of what's here and how to use it safely. It's the "hallmark experience" for students, says Mechanical and Materials Engineering Department Head and Professor Keith Pilkey. It also fits right in with the type of problem-based experiential learning at the heart of how engineering is being reimaged at Queen's, he adds.



Most students get introduced to the shop in MECH 212, a class that covers the basics of what's here and how to use it safely. It's the "hallmark experience" for our students.

DEPARTMENT HEAD AND PROFESSOR KEITH PILKEY

20th

Queen's Baja SAE team's overall placement against 150 others at the Baja SAE Williamsport competition in Pennsylvania in May

90

Percentage of the vehicle built in the Machine Shop. The only parts that weren't fabricated or assembled there were the engine, shocks, wheels, and electronic sensors.

8

Months it took to design and build the vehicle from the ground up

70

Number of Queen's Baja SAE team members last year

Some students apply their MECH 212 learnings to one of the 18 student design teams at Queen's, like Baja SAE. Using many of the tools and technologies in the shop, the Baja SAE team designs and builds a single-rider off-road vehicle from the ground up every year. When they're done, they haul it to competitions in Canada and the United States and take it out for a rip against over 150 teams from around the world.

Cleo Lazar, Sc'23, the 2023–24 co-captain of the Queen's Baja SAE team, says the team and the shop were huge for developing many of the technical and communication skills she is now using as a mechanical designer. "It was such a great environment for really motivating you to do the best work you can," she says. "For someone who really likes hands-on work, the shop really is the best place to be." 🍷



(opposite page and above) Using skills they learn in McLaughlin Hall, the Baja SAE team designs and builds a single-rider off-road vehicle every year.

(far left) Working at speeds of 1,200 inches per minute, the Laguna CBX fibre laser cutting system is ideal for precision cuts of up to half-inch-thick mild steel.

(left) The Churchill surface grinder uses a spinning grinding wheel to produce a smooth finish on metallic surfaces.

Handle with care

A family health crisis sparked Afolasade Fakolade's research on caregiving.

BY PHIL GAUDREAU

Afolasade Fakolade was sitting in a doctor's office with her parents when they got the news. Her 51-year-old mother had cancer.

The first reactions were shock and fear. Her dad was especially concerned, as her mom was the one who usually took care of everyone else.

Once those initial emotions passed, the family turned to more practical thoughts – “How will we cope?” A solution presented itself: Afolasade had recently graduated from a physiotherapy program. She thought her background and knowledge meant she was up to the task of caregiving for her mom.

“I was so wrong,” confesses the now Dr. Fakolade. “Nothing in my professional training as a physiotherapist had prepared me for the burden of being a family caregiver or its subsequent impact on my own physical, psychological, and even economic well-being.”

Dr. Fakolade ended up caring for her mother for three years in person with remote caregiving duties for another two years afterward. She couldn't work during those first three years and had to help her mother through major surgeries and post-operative complications.

That fateful doctor's appointment was 15 years ago. While Dr. Fakolade's mother's health is now



28%

Canadians who are
in a caregiving role
for a family member



“Nothing in my professional training as a physiotherapist had prepared me for the burden of being a family caregiver or its subsequent impact on my own physical, psychological, and even economic well-being.”

DR. AFOLASADE FAKOLADE

stable with a care plan in place, a growing number of Canadians are becoming caregivers for sick or older family members and providing ongoing support whether for a season or the balance of the family member’s life. In the years to come, it’s expected that one in two Canadians will have caregiving responsibilities.

Dr. Fakolade’s experience led her to pursue further studies in rehabilitation science, and she now teaches at Queen’s. Inspired by her own experiences, her research focuses on ways to help preserve the well-being of caregivers.

While caring for caregivers may seem like a straightforward idea, an aging population and shrinking family size make it a critical one. Canadian caregivers provide 5.7 billion hours of care in a year – work that can’t be absorbed by the primary care system.


What can be done to keep caregivers in good shape and stave off a caregiving crisis? Technological advances have provided connective technologies such as social media as well as virtual meeting platforms that both reduce the burden of caring for someone and help caregivers find support and empathy from other caregivers with similar

challenges. A website directory of useful resources for caregivers, ranging from discussion groups to publications to full courses, is available from the Canadian Centre for Caregiving Excellence.

While addressing a knowledge gap is helpful, there are also hard costs to caregiving. Dr. Fakolade and her colleagues also want to see the federal government step up with tax credits that help caregivers offset their caregiving expenses.

And she acknowledges there is work to be done in bridging different cultural perspectives on caring for parents or those who are ill – viewpoints that mean some caregivers do not report or consider their own needs or advocate for themselves.

But, beyond computers, credits, and cultural awareness, she believes better care begins with better education and training for those who become responsible for a loved one coping with sickness.

“We act like it’s OK for them to assume this role without adequate preparation, without access to the tools that they need to succeed, and without knowing how to be well,” Dr. Fakolade says. “Our society must develop the capacity to do better. Caregivers are as worthy of care as their care recipients.” 

36%

Canadians who spend more than 10 hours a week providing care

5.7 billion

Hours of care given in a year, valued at \$97.1 billion

All data from Statistics Canada 2018 General Social Survey on Caregiving and Care and Portrait of caregivers, 2012




Dr. Afolasade Fakolade

PHOTOGRAPHY BY LIZ COOPER



when the clock



Cara and Murray Sinclair's \$25-million gift to Queen's made news across Canada. But the story behind the story reveals a couple who went outside their comfort zone to turn their grief into hope for everyone who has been touched by cancer.

BY JORDAN WHITEHOUSE

PHOTOGRAPHY BY HÉLÈNE CYR

STOPPED

T

ie-dye T-shirt, cowboy hat, and cowboy boots. That's what Craig Sinclair would wear to many of his chemotherapy treatments at BC Cancer in Vancouver. It didn't take long for most doctors, nurses, and staff there to know him by first name and smile every time they saw him. It was an "outrageous outfit," remembers his sister-in-law, Cara Sinclair, with a smile of her own. But that was just who Craig was.

Whether he was helping one of his special education students with a math problem or his two young children with the intricacies of kicking a soccer ball, Craig was always trying to lift up those around him. He just loved life, says his brother, Murray Sinclair, Com'84.

So, when Craig was diagnosed with the aggressive form of brain cancer known as glioblastoma in March of 2021, it wasn't too surprising what his instructions were to his brother, who was also his medical power of attorney: Craig not only wanted to live as long as he could, but he wanted to live "big" every day.

And he did, says Mr. Sinclair, indulging in everything from hamburgers and milkshakes when he probably shouldn't have to watching movies late into the night to spending as much time as possible with his family. That lust for life stayed true even as Craig started to lose the function of his limbs and other body parts and as he travelled to London, England, to receive the immunotherapy that he couldn't get in Canada.

But even though Craig was holding out hope for more time – which the immunotherapy did give him – "you always knew the clock was ticking," says Mrs. Sinclair.

On March 20, 2024, that clock finally stopped. Craig was 55 years old.

Almost three months after Craig died, Mr. and Mrs. Sinclair were onstage in the atrium of the Queen's School of Medicine. They were there to announce their \$25-million gift to cancer research at Queen's, one of the largest donations ever made to Queen's Health Sciences.

As it was explained that day, the money would go toward a new state-of-the-art cancer imaging facility, a specialized biomanufacturing facility for immunotherapy treatments, a new training program for aspiring cancer researchers, and more. In recognition of the gift, the Queen's Cancer Research Institute was renamed the Cara & Murray Sinclair Cancer Research Institute.

The Sinclairs' gift had been in the works for more than a year at that point, but the timing of the announcement was particularly poignant. Mr. and Mrs. Sinclair fought back tears as they talked about Craig and their hopes for what this gift would do for those diagnosed with cancer and the loved ones who watch them face it.

You could hear a pin drop.

"Sadly, our loss is not unique," said Mrs. Sinclair. "Cancer crosses all lines, all cultures, races, and religions."

According to the Canadian Cancer Society, two in five Canadians are expected to be diagnosed with cancer in their lifetime. Approximately one in four Canadians will likely die of the disease. This year alone, it's estimated that every day an average of 675 people in the country will be diagnosed with cancer and 241 people will die from it.

But as Mrs. Sinclair noted, cancer's universality is what can actually bring hope.

"We are all touched by cancer," she said. "And because of that we can find the collective strength and motivation to do something about it."



PHOTOGRAPHY BY COURTESY OF CARA AND MURRAY SINCLAIR



Two months later, I catch up with the Sinclairs via Zoom from their home in Vancouver. I want to learn more about who they are and why they wanted to make such a large gift to cancer research at Queen's in particular. The two sit on a big couch in their living room sipping coffees with a wall of abstract paintings behind them. Their dog, Parker, a Frenchie, makes a brief appearance to say hello.

Giving interviews isn't something the Sinclairs are necessarily used to. They aren't used to having their names attached to their charitable work either. The words "humble," "down to earth," and "understated" come up again and again when I talk to others who know them.

Giving back is nothing new for the two, however, particularly Mrs. Sinclair. She was born in Kingston, grew up in Ottawa, and eventually moved to Vancouver where she completed an MFA at the University of British Columbia.

It was also in Vancouver where Mrs. Sinclair's volunteer work took off, particularly in the Downtown Eastside, an area notorious for a complex set of challenges including drug use, crime, homelessness, and poverty. In 2005, Mrs. Sinclair started

a charitable initiative that eventually became HELP Youth Canada Society in 2011. The non-profit now assists unhoused and at-risk Vancouver youth through a bursary program and the distribution of backpacks stuffed with essential items.

In 2021, Mrs. Sinclair was awarded British Columbia's Medal of Good Citizenship for her volunteer work. In the award announcement, the committee said, "Cara's vision and efforts have directly improved the lives of thousands of disadvantaged youth, educated thousands of others about youth homelessness, and made Vancouver a kinder place to live."

Mr. Sinclair admits that giving back "probably isn't as instilled in my DNA as it is in Cara's" (though Mrs. Sinclair says he does a lot more than he lets on). He grew up in Toronto and went to Queen's from 1980 to 1984 for a commerce degree. Among a long list of Queen's memories that stick with him are his time living in Princess Towers, rolling \$10,000 worth of pennies during Frosh Week, caring professors like Lewis Johnson, and learning how to be self-sufficient.

One good Queen's friend was a popular engineering student named Peter Carty, who was diagnosed with cancer in the fall of 1983. He was the first person Mr. Sinclair knew who battled the disease. "Peter was

LEFT: Brothers Craig, left, and Murray Sinclair.
ABOVE: Cara and Murray Sinclair walk in Pacific Spirit Regional Park.

collected every Wednesday and driven to Pearson where he flew to Atlanta to undergo the immunotherapy of the day,” remembers Mr. Sinclair. “He flew home after a couple of hours of treatment to resume his studies.”

Mr. Carty died in the spring of 1984.

“It was tough to comprehend his passing at that age,” says Mr. Sinclair. “I’m not sure it’s much easier now.”

After graduation, Mr. Sinclair moved to Vancouver for a job in finance and never looked back. Since 2013, he has been the chief investment officer at Earlston Investments Corp., a private investment company. Before that, he founded and was the chairman of Sprott Resource Lending Corp. and held various senior management roles with Quest Capital Corp., the predecessor to Sprott.

THE CARA & MURRAY SINCLAIR CANCER RESEARCH INSTITUTE: A WORLD LEADER

Founded in 2001, the Sinclair Cancer Research Institute (SCRI) is the only research centre in Canada that brings together experts from three key areas: cancer biology and genetics, clinical trials, and cancer care and epidemiology.

It’s rare to have this breadth of research in one institution, says Queen’s Health Sciences Dean Jane Philpott. And as she put it during the Sinclair family’s \$25-million gift announcement in June, that comprehensiveness means that the SCRI can “take cancer research from bench to bedside and back.”

The Sinclairs’ gift will build on that foundation and help position the SCRI “to be a leader in cancer research on the world stage,” adds Dean Philpott.

In particular, the gift will fund two new state-of-the-art facilities.

One will be an imaging facility equipped with technology for seeing the immune system interact with cancer cells in real time. This will allow researchers to better grasp how cancer cells defend against the immune system and resist treatments.

The other facility will focus on making personalized immunotherapy treatments available to Canadian patients faster for clinical trials. These types of therapies use a person’s own immune system to find and attack cancer cells and are among the most promising for treating a variety of different cancers.

The Sinclairs’ gift will also go toward a new training program to support graduate students, as well as an innovation fund for supporting new collaborative team-based research on cancers that remain hard to treat.

“This gift really does change the game for us,” says Dr. Andrew Craig, director of the SCRI. “And it’s so exciting when alumni want to make sure Queen’s is in a better place than when they left it. So, I’m looking forward to working with the Sinclairs and my colleagues to make sure their gift yields maximum potential benefit for all of those affected by cancer.”



Scan to learn more about how you can support the Sinclair Cancer Research Institute. Visit scri.queensu.ca/contact-us to be the first to hear about innovative cancer research at Queen’s.

Although Mr. and Mrs. Sinclair moved to Vancouver around the same time, they actually met on Bourbon Street in New Orleans in 1986 during a conference. The two married in 1987, had two children, and later made it part of their collective mission to give back whenever they could. Over the years, that has meant donating time and money to a range of organizations, including the Winnipeg Art Gallery, the BC Cancer Foundation, and the Canadian Mental Health Association. Their gift to cancer research at Queen’s, however, was by far their largest.

“The fact that Cara and Murray made a donation to cancer research doesn’t surprise me, although the generosity of their gift is really quite remarkable,” says Dale Bonsall, a longtime friend of the Sinclairs and a colleague of Mrs. Sinclair’s at HELP Youth Canada. “They’re

BELOW: Craig Sinclair told his brother he wanted to live “big” every day.





LEFT: Cara and Murray Sinclair at the beach near their home in Vancouver.

about their family, about Vancouver, their travels. Nothing was pretentious about it.”

Dean Philpott was also struck by how confident the Sinclairs were about making their gift. They never questioned whether it was the right thing to do, she remembers. “They knew right from the beginning that this was something that was really important to them, and they knew it would have an impact.”

Part of that confidence came from a couple of visits the Sinclairs made to the Queen’s Cancer Research Institute in 2023. As they toured the facilities and met with passionate PhD students hunched over microscopes and leading researchers like immunotherapy expert Paul Kubes, the “enthusiasm of

just wonderful, caring, understated people. I wouldn’t have been surprised if they had done it anonymously but I’m very happy they didn’t because the personal story behind their donation may inspire others to also contribute to cancer research.”

That personal story doesn’t just include Craig. Mrs. Sinclair’s parents both had cancer, another brother-in-law has cancer, Mr. Sinclair’s father died of cancer, and they both have a handful of friends who either have cancer now or have had it in the past.

“It’s everywhere,” says Mrs. Sinclair. “And Murray and I talked for a long time about whether we could make this gift anonymously or not. And we ultimately decided, ‘No. Queen’s wants to leverage this.’ And we wanted that, too. And so, we just thought that there comes a time when you’re trying to make a significant impact that you have to get outside of your comfort zone.”

Queen’s Dean of Health Sciences Jane Philpott can still clearly remember meeting Mr. and Mrs. Sinclair for one of the first times in mid-2023 on a trip to Vancouver. The three met for dinner on a Sunday evening at the Marine Lounge, a laid-back restaurant overlooking English Bay.

“I was struck by how casual it all was,” says Dean Philpott. “You tend to think when you meet with people who can make a \$25-million gift that it’ll be in some fancy, formal place. But it wasn’t, and we just chatted

the place became contagious,” says Mr. Sinclair.

Mrs. Sinclair agrees. “This is the top cancer research institute in Canada, and we could see that. A lot of what these brilliant scientists were doing went way over our heads,” she says with a laugh, “but you just knew they knew what they were doing, and they were doing it right.”

Back on their couch in Vancouver, the Sinclairs are thinking again about Craig. You can see the impact of his life and death in their faces and hear it in their words about him – “optimistic,” “modest,” “funny,” “strong.”

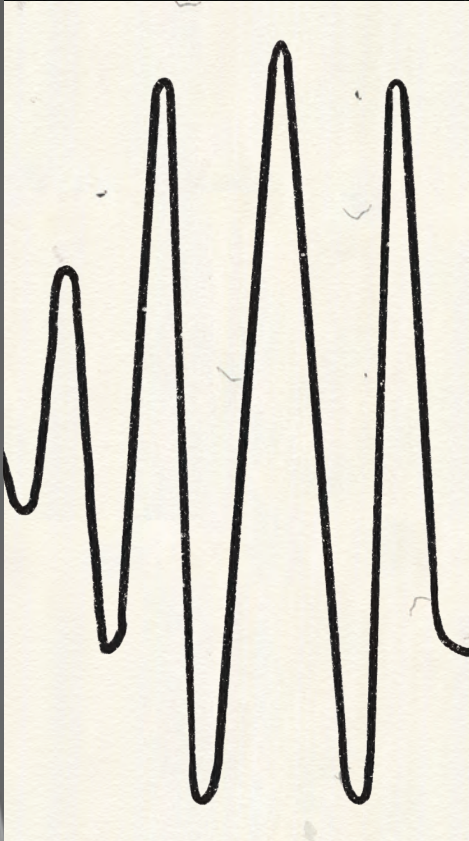
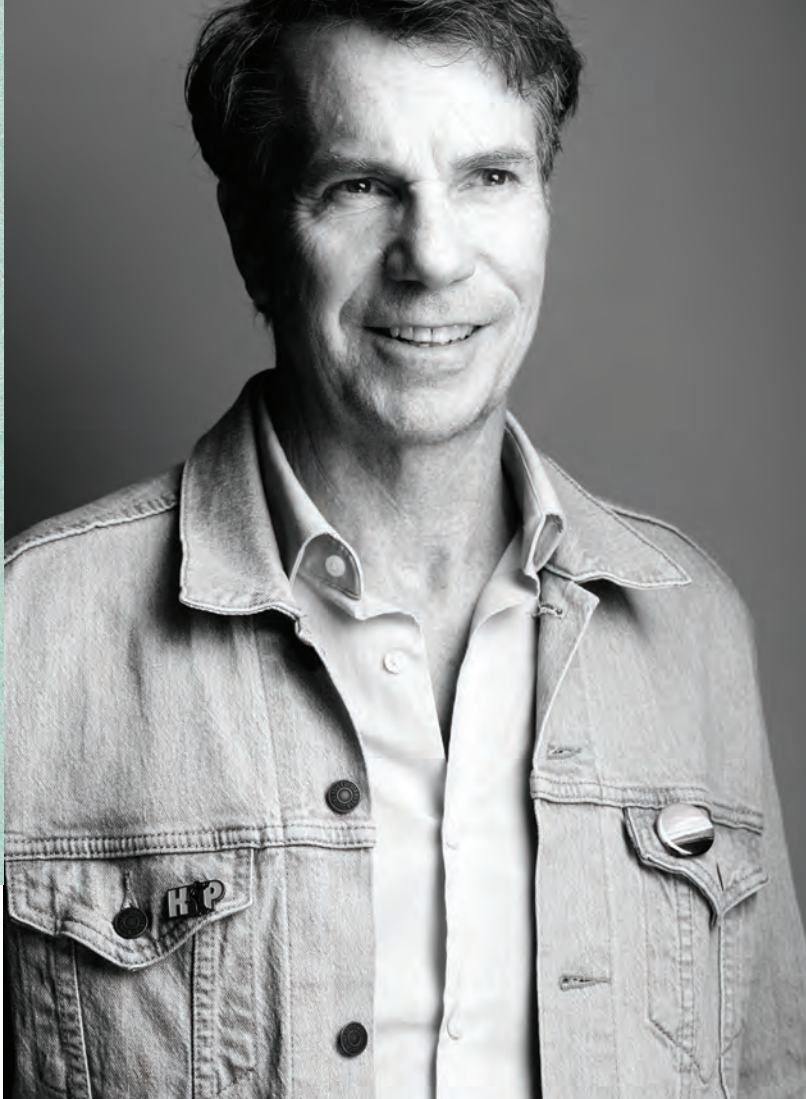
Yet as devastated as the Sinclairs are about Craig’s passing, they clearly aren’t swallowed by grief. They are determined to use Craig’s memory and this gift to help others, to try to extend lifespans, to put, as Mr. Sinclair says, “even one more tool in the toolbox” of the experts who wake up every day trying to beat back this disease.

Mrs. Sinclair is still thinking about Craig’s “outrageous” chemo outfit.

“What a strange, ironic reversal,” she says. “That somebody so ill can make you feel so buoyant by their story, that they can make you somehow feel better.”

But that’s what cancer can do, she adds.

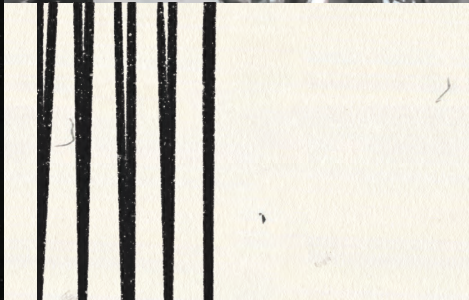
“It can teach you so many lessons along the way. It taught us about Craig and his strength, about ourselves. And it taught us that even though the clock was ticking, if cancer research can give you more time – five, 10 years – then that can be such an incredibly positive thing.” 🙌



A DOCTORAL
STUDENT IN
FILM STUDIES
REVIEWS
MIKE DOWNIE'S
DOCUSERIES
ABOUT HIS
BROTHER'S
BAND, THE
TRAGICALLY HIP.



by ADAM COOK



No Dress Rehearsal

A FILM OF BLOOD AND BAND





IN

1995, Kingston actor Dan Aykroyd of Blues Brothers fame returned to 30 Rockefeller Plaza's iconic Studio 8H stage to guest on *Saturday Night Live*, the show he helped popularize 20 years prior as one of its original cast members. When invited by showrunner and fellow Canuck Lorne Michaels, Aykroyd presented one stipulation: that episode's musical guest *had* to be the Tragically Hip. And so, on March 25, Aykroyd, donning a memorably oversized Canadian coat of arms on a white T-shirt, introduced the Hip to more than 10 million people tuned in to their television sets. Gord Sinclair, Rob Baker, Johnny Fay, Paul Langlois, and Gord Downie had just passed around a joint backstage to quell their nerves. Now a little too stoned, and no less nervous for it, the band performed a recent single, *Grace, Too* and, without warning, Downie cheekily replaced the opening lyric "He said, 'I'm fabulously rich'" to "He said, 'I'm tragically hip'" – thereafter a staple of their live performances.

It was but one of many legendary moments enjoyed by a legendary band before and after that milestone, from when they were grinding away as a local success gigging at Kingston bars to

PHOTOGRAPHY BY JACK CHIANG



ABOVE: Gord Sinclair, Paul Langlois, Gord Downie, Johnny Fay, and Rob Baker pose against the Kingston skyline in the early 1990s. RIGHT: The Hip perform *Grace, Too* on *Saturday Night Live* in 1995.

Made lovingly by family - both blood and band - the series ... sharpens our appreciation of the music and what it means to several generations of Canadians, and counting.

touring Ontario to packing venues across the country, then around the world, and eventually to when they would once again perform live for more than 10 million viewers one last time, during their televised final concert in Kingston in 2016 at what was then still known as the K-Rock Centre. Aired by CBC as *A National Celebration*, the show was the final stop of a tour that the whole country knew was to be their last following Gord Downie's diagnosis of terminal brain cancer.

Mike Downie, brother to the Hip's inimitable late frontman, has successfully mounted an ambitious documentary project, *The Tragically Hip: No Dress Rehearsal*, that tells these stories and dozens more that happened throughout the remarkable career of Canada's most beloved rock band. Having just premiered at the Toronto International Film Festival in September and now streaming on Prime Video, the series spans four hour-long episodes that follow the band's journey from humble high-school beginnings to their final bow in 2016 and beyond. Downie's doc soars due to its rare level of detail. Of course, the Hip's meteoric rise in this country is an inevitably significant chapter of the story, but what makes *No Dress Rehearsal* special is how every chapter is given its due.

Fans will appreciate how comprehensively the story is told, but other viewers less familiar will be just as compelled to watch it through to the end and leave as Hip experts themselves. More than just

a run-of-the-mill music bio, this is a document of an important part of Canadian history.

In *Part One: Looking for a Place to Happen*, Mike Downie chronicles the earliest days in the teens' musical careers at Kingston Collegiate and Vocational Institute (KCVI) (purchased by Queen's after it closed in 2020) where each member went to high school but were yet to have their fates so closely intertwined. Footage of the surviving members walking through the hallways in the present day is tinged with bittersweet poignancy. Their talent was obvious from the outset but that didn't prevent Gord Downie from getting ousted from his first band. Meanwhile, close childhood friends Rob Baker and Gord Sinclair played together in Rick and the Rodents. The Hip would later give a nod to Rob and Gord's early band in the music video for their song *Poets*, where they pose as "the Rodents" in the basement of the Kingston cat house - an infamous, and Guinness World Record-holding home on Elm Street overrun with hundreds of cats.

Downie had already stood out to his eventual band members from a show at a school dance where his magnetic presence, unique voice, and wild dance moves suggested something singular. Before they were the Hip, Rob and Gord Downie would join





PHOTOGRAPHY BY (ABOVE, RIGHT) EDUARDO LIMA; RICHARD BELAND



ABOVE LEFT: Mike Downie, director of *The Tragically Hip: No Dress Rehearsal*, at the film's world première at the Toronto International Film Festival, Sept. 5.

ABOVE RIGHT: Gord Downie onstage, at Woodstock '99.

LEFT: Rob Baker, Gord Sinclair, Paul Langlois, and Johnny Fay at TIFF.

forces in a band called the Filters while attending Queen's. Later, Gord and Rob formed a new band – that's when Sinclair, also a student, came back into the fold. Drummer Johnny Fay signed up soon after; Langlois would join a couple years later. Before long, a band resembling the Hip as everyone would soon come to know them played its first show at the Toucan on Princess Street, where they would go on to play regularly. Here Mike Downie cuts between incredible footage of this vintage debut performance with Fay walking through the bar in the present day, the camera following him to the basement that served as their dressing room.

"I actually did some homework down here," recalls Fay, adding that he once wrote an essay on *The Great Gatsby* between sets (I wonder what grade he got?). Locals and Queen's alumni will especially appreciate these nostalgic glimpses of Kingston's past.

No Dress Rehearsal benefits immensely from having Mike Downie at the helm, in part for the sheer wealth of archival material – a feature film's typical length simply could not have provided adequate running time – the access, and perhaps most importantly for its familial feel throughout. In a documentary, trust between subjects and the director is paramount. Were someone else behind the camera, the extensive interviews with the surviving band members surely would not have the same intimacy. Their voices shape the documentary and give it authenticity.

The range of other interview subjects is impressive, from actors Will Arnett and Jay Baruchel to Prime Minister Justin Trudeau. And there's Aykroyd, too, of course. Bona fide Canadian music aficionado George Stroumboulopoulos provides expert commentary throughout. He points out that the band's nationwide adoration had little to do with nationalism. While Downie's lyrics often evoked distinctly Canadian characters, stories, and histories, they were never nationalistic. They were honest. Sometimes they were provocative, even profound, such as with *38 Years Old*, which alludes to a prison break from Millhaven Institution and is written from the perspective of an escapee's younger brother: "He's 38 years old/Never kissed a girl." On *Now the Struggle Has a Name*, Downie confronts Canada's uneasy grappling with its colonial past: "Now the struggle has a name/We are the same, it hasn't changed/I still feel the same."

In the latter part of his life and career, Gord Downie devoted himself to his *Secret Path* project, a concept album about Chanie Wenjack, an Anishinaabe boy who died in 1966 after escaping from a residential school. It would be the final release during Downie's life (several posthumous albums have emerged since). In detailing the final two years of Gord Downie's life and his determination to draw awareness to the need for truth and reconciliation between Canada and Indigenous Peoples, *No Dress Rehearsal* evolves into something deeply moving and inspiring.

Made lovingly by family – both blood and band – the series brings into relief just how fresh the loss of Gord Downie and the Hip still is. But it also underlines an artistic legacy of the highest order. It sharpens our appreciation of the music and what it means to several generations of Canadians, and counting.

No Dress Rehearsal, perhaps, but they nailed it. So, too, does this invaluable series that puts it all into perspective. 🍷

Adam Cook is a film critic, curator, and a student in the Screen Cultures and Curatorial Studies PhD program at Queen's, where he teaches in the Film and Media department.

THE HIP'S REAL STORY

ADAM COOK INTERVIEWED DIRECTOR MIKE DOWNIE, ARTSCI'86, AND BAND MEMBER GORD SINCLAIR, ARTSCI'86, LLD'16, ABOUT THE MAKING OF THE DOCUSERIES.

As the filmmaker, was your job made easier or more difficult by the fact that you are so connected to your subject?

MIKE DOWNIE: Mostly easier but I'd get stuck on things and needed other people. You can imagine some of that would be emotional because of the connections and the people that I wanted to be in there. But then you got a team saying, "Well, we're serving the story." We had a question that we were trying to answer: "Why?" Why did this band mean so much to so many? And why did so many Canadians see something of themselves in that group standing up on the stage?

There's a great moment where both George Stroumboulopoulos and Jay Baruchel each mention how the Hip's music was devoid of nationalism. People mention the Hip and Canadiana in the same breath, but do you think that the honesty – and even ambivalence – in the music is part of why it resonates with so many people across the country?

GORD SINCLAIR: I think so. We learned early on that this is a broad country from coast to coast. We can't pretend to know each other



"Making the doc, Mike was really sensitive to our upbringing and our friendships. He knew it intimately," says band member Gord Sinclair, centre.

as a nation unless we understand the perspective from people from the North, from Newfoundland, Vancouver Island, the Prairies, and everywhere in between. Being from a small town, we could relate to what it's like to be a teenager or young adult in a town that doesn't have other towns closer than six hours away. When an artist comes to a town like that to play, it means something. We soaked that up as we crisscrossed Canada.

MD: Gord read a lot of Canadian authors. He had a special fascination with smaller stories. A lot of those songs tell those. It wasn't cultural medicine that was meant to be good for you. These are gripping and interesting stories. I like that they were telling these stories in a confident way without a clear objective other than to tell their own stories – our own stories.

How did having Mike at the helm affect everyone?

GS: It was really great. When the Downie family moved to Kingston – which is covered in the doc – Gord and Paul were in Grade 11 and they immediately became best friends. Mike was in Grade 13 with Rob and I, so we got to know each other really well. Making the doc, Mike was really sensitive to our upbringing and our friendships. He knew it intimately. A documentarian without that connectivity would probably do a bird's-eye-view thing, an objective look at the group, a puff piece. Mike was down there in the weeds with us since we were in high school and so he knows what the weeds look like, and he knows where the real story is.

Do you have a favourite moment in *No Dress Rehearsal*? Maybe something that captured the essence of everything?

GS: For me it's among the most emotional moments of the movie. Mike was able to find this big spread on the group in the *Kingston Whig-Standard* from very early on in our career. There's a photograph of all our parents with each other, the 10 of them without whom we would never have met or made it without their unconditional support and love. Very sadly, we're down to three out of that 10. It's a reminder that life is about love and loss. You cannot experience one without the other. But



Mike Downie received the 2024 People's Choice Award for best documentary for his docuseries about his brother's band, the Tragically Hip.

night." Kingston is a great place for that. Queen's is a great incubator. The CFRC is still there, too ... I was a late-night DJ. I could spin whatever songs I wanted. And my five friends would listen to them. That's a real cool thing.

MD: Queen's changed my future. I met my wife at the end of my time there. Kingston and Queen's – it's such a nurturing place to develop. Four of my five kids have gone to Queen's and those attributes are still really alive and well. One specific memory comes to mind: I used to have this bike that was my best friend's mom's bike and she gave it to me. It was a classic woman's bike with a wicker basket on the front of it. I used to ride through campus on my way to class and it just made me feel so great, cruising through that beautiful campus. I don't think I was trying to be anything. I just really loved riding through Queen's and people would say hi or whatever as I rode by – I'm glad you took me there because I have not thought about that in 30 years.

that's what art helps you cope with. It's a different way of expressing love and different way of expressing loss. That little picture of all our moms and dads ... by far the heaviest moment ... I don't think you'd find a guy in the band that would give you a different answer.

Aside from his incredible musical legacy, Gord put so much love and energy into the *Secret Path* project and the Gord Downie & Chanie Wenjack Fund towards the end of his life. Can you talk about the significance of that part of the story?

MD: It gave him so much purpose. When he completed the final tour, which was very much in question, but of course *he* did it. It's pretty hard to wrap your head around. He already had two brain surgeries and radiation treatments. To do all that *and then* launch himself into *Secret Path* ... that was Gord. We had always planned that it would come out on the 50th anniversary of Chanie Wenjack's death. We saw the initial announcement was top news across the country and I thought we needed to create something to capture the energy of that moment that could last. So, we co-founded the foundation with the Chanie Wenjack family. That fund is now the largest reconciliation fund in the country for the type of work that we're doing. It's been a great thing for me, our family, and to keep Gord's memory alive and the legacy of not just what he did but what he believed in – that this could be a good country, but we have some things to deal with.

You are both Queen's alumni. Do you have a favourite Queen's memory?

GS: You write and sing songs because you have to. You're inspired by your own life and by fellow musicians. And that's still alive and well in Kingston. I think that has a lot to do with students wandering downtown and seeing someone up there with a guitar and thinking "Maybe I should try that some

Mike, the last time you were interviewed by the *Alumni Review*, you talked about Gord and his many notebooks, in the context of him being an incredible listener and observer. What do you think he would have written in his notebook about your film?

MD: He might have jotted down "too much me." I don't know. We got to work together a lot. We made music videos together. We worked closely towards the end. I hope that he would write something in there about working together with his brother and trying to make something special. Gord was a tough one to read. But I think he'd appreciate this. 🙌

This transcript has been edited for length and clarity. Read an extended version on the *Queen's Alumni Review* website.



written

THOUGH CRASHING
WAVES TOSSED
THEIR SHIP
THROUGH PERILOUS
NIGHTS, A GROUP OF
FEARLESS QUEEN'S
SAILORS CHARTED
THEIR OWN COURSE
IN ONE OF THE
WORLD'S GREATEST
OCEAN RACES.

in the

stars



by
BLAIR CRAWFORD

*I must go down to the seas again,
to the lonely sea and the sky,
And all I ask is a tall ship
and a star to steer her by*
— John Masfield, "Sea Fever"

Sophie Carter was at the tiller, deep into the Atlantic Ocean night, when the electronic navigation aids she and her fellow Queen's sailors relied upon went black.

They were far from land, their Farr 40 racing yacht tossing and pitching in the darkness midway through the prestigious and gruelling 1,200-kilometre open-ocean race from Newport, R.I., to Bermuda. For the next several hours, Ms. Carter steered as mariners have done for thousands of years – by the stars.

"There were three stars that lined up perfectly with the headstay," recalled Ms. Carter, who will graduate this fall with a bachelor of science in life sciences. "And one that lined up perfectly with the backstay. I was actually steering by the stars. Even when the instruments came back on, I found myself using both the stars and the instruments."

The course she set was for the Royal Bermuda Yacht Club, the finishing line of the "Thrash to the Onion Patch" – the world's oldest open-ocean race. But more importantly, it was a course Ms. Carter and the other students on the Hold-Fast Ocean Racing Team hope will be followed by future generations of Queen's sailors.

Ms. Carter has sailed for as long as she can remember, beginning on her father's boat. "Fiercely competitive," she raced small one- and two-person dinghies and chose Queen's because of its renowned sailing reputation.

But like many young Canadian sailors, she soon exhausted the options for competitive sailing. There's the ultra-competitive, ultra-expensive route to the Olympics, or casual race nights with sailing hobbyists at a sailing club.

"That's like a hockey player in the NHL minor leagues playing in a beer league with a bunch of guys over 50," says former Olympic sailor John Curtis (Artsci'90, Law'95), president of Wind Athletes Canada, an organization that fosters amateur sailing.

"If you're one of the top sailors in North America, sailing at a local yacht club on a keelboat owned by your uncle – it may be fun, but it just doesn't cut it if you want to compete at an elite level," he says. "That super-competitive outlet just doesn't exist unless you're on the Olympic track."

Julian Hill is another Queen's student who didn't want to give up competitive sailing after university. Mr. Hill, who is entering the fourth year of a bachelor's in life sciences, began sailing at age seven in Hong Kong, where he was born. He loved the seamanship, the tactics and physicality of racing, and the independence of sailing a dinghy alone on the sea.

"There are very few situations where you're under 13 and you're completely in control of everything around you," Mr. Hill says. "It's your boat and you're in it, and I loved that."

It was sailing that drew him to Kingston. "Queen's is known in Canada as the place to go for sailing," he says.

The average age of sailors in the race was 56 and 95 per cent of the racers were male. The Queen's team was a 50/50 split of men and women, all 24 years old or younger.





PHOTOGRAPHY BY (LEFT, RIGHT) PETER TAYLOR; (ABOVE) STEPHEN R. CLOUTIER/BERMUDA RACE FOUNDATION

“THERE ARE VERY FEW SITUATIONS WHERE YOU’RE UNDER 13 AND YOU’RE COMPLETELY IN CONTROL OF EVERYTHING AROUND YOU. IT’S YOUR BOAT AND YOU’RE IN IT, AND I LOVED THAT. - JULIAN HILL

Queen’s sailors for the Newport-to-Bermuda race.

Established in 1906, the race attracts some of the best – and wealthiest – yacht racers in the world. Every two years, as many as 200 open-ocean racing yachts gather for the 636-nautical mile (1,200-kilometre) crossing.

The crew, who are all also members of the Queen’s sailing team, began mulling the idea of an entry in December. In January, the work got serious with weekly meetings. They established HoldFast Ocean Racing to separate themselves from the university and to begin planning and fundraising.



Soon they had a team put together: Mr. Hill and Ms. Carter, Clea Yates (political science), Liam Toward (life sciences), Jane Butler and Amelia Nugent (both environmental studies) and Sam Barbara (engineering). An eighth HoldFast member, philosophy major Luca Graham, was unable to make the Bermuda race.

“We were just trying to figure out, ‘How is this going to work? How are we going to get this money?’” Mr. Hill says. “We put together a sponsorship package and we just started cold-calling.

“It was just phone call after phone call. Midterms would come and go and we’d stop talking for two weeks. Then we’d go at it again. It’s like feeding a baby; you can’t stop. We had to constantly work on it. It felt like we were starting a small business.”

To prepare for the race, the group planned to train at the prestigious Oakcliff Sailing Center in Oyster Bay, N.Y. Eventually, they drummed up enough money for tuition (roughly \$4,700 per person), helped in part by grants from Wind Athletes Canada and a sponsorship by the Armour Group, a Halifax real estate company.

The team spent weeks training and racing in Long Island Sound aboard one of Oakcliff’s 12.1-metre Farr 40 racing yachts. HoldFast raced *Farr 40 Oakcliff Black*, one of three Farr 40s Oakcliff entered in the Bermuda race.

Mr. Curtis praised the Queen’s students’ approach.

“They’ve been brilliant about it,” Mr. Curtis says. “They recognized that the best money to spend in sailing is on coaching. They were

accessing the brain trust of the United States elite offshore sailors.”

On June 21, race day, the HoldFast team was ready. That morning, *Farr 40 Oakcliff Black* jostled with more than 150 other sailboats at the starting line in Newport, known as the sailing capital of the United States. Joining them for the race was coach and veteran Canadian keelboat racer Morgen Watson, Oakcliff staff member Siri Schantz, and another Oakcliff student, Charles Lafferty.

“It felt like Christmas Eve,” Mr. Hill says. “It was pretty crazy. There were two helicopters flying overhead and there were spectator boats in the hundreds. I’d never seen Newport Harbour like that. It was just buzzing.”

The weather on the crossing was good and the wind constant, a steady blow of 25 knots that hardly varied in direction for the entire race. The team was divided into two watches of four hours each, with Mr. Hill and Ms. Carter as “watch captains” on the tiller.

“We had a slight offset so when a new watch came on deck there was always one tired and one fresh,” Mr. Hill says. “The fresh watch brought new energy, but the tired watch was already warmed up. You could say, ‘Here’s what the waves are. There’s the boat we’re chasing. This is what the wind direction has been.’”

With the wind direction constant, the crew never had to tack, that is, change heading to maximize their speed. But the constant strain made steering a full-body workout, Ms. Carter says. Hours spent on the tiller left her with bruises on her back and calluses on her feet from where she braced herself on a railing.

Life below decks was cramped and uncomfortable, with barely 50 square feet of living space to be shared by 10 people. The wind kept the boat constantly heeled on its side. Those not on watch tried to sleep, the

The team spent weeks training and racing in Long Island Sound to prepare for the world’s oldest open-ocean race.





rush of adrenalin colliding with the exhaustion from hours of exertion and concentration.

They ate meals of freeze-dried food heated with water boiled on a single-burner camp stove. They downed carrots and apples, handfuls of peanuts, and granola bars.

“If you don’t keep on top of things, people get unhappy pretty quickly. And if the crew isn’t happy, it’s going to make the boat go slower,” Mr. Hill says.

“Down below, it’s warm and you’re so exhausted you just fall asleep immediately,” Ms. Carter says. “Then you get woken up and go topside and there are these giant waves coming over the bow and it’s really wet and windy.

“There were times when the boat would come up on the front of the wave and then there would be no back to it. It feels like you’re falling off a cliff. The bow plummets and, if you’re steering, there is absolutely nothing you can do about it.”

When they reached the Gulf Stream, the seas became chaotic as they were swept along by that warm mid-ocean current. Their coach, Morgen Watson, likened it to being in a washing machine.

“The first night in the Gulf Stream, Morgen gave us this pep talk,” Ms. Carter says. “He said, ‘Everyone is tired. This is going to be the hardest night, but if you can stay focused, be ready to wake up and be present and give everything you have, then it will pay off in the long run.’

“In the Gulf Stream, you have to stay alert. The sea state is crazy and the waves are coming in all directions. It’s windy. But I like having a

10

The average crew has 10 men or women, often including many from the same family.

50%

Half the fleet is New England-based while the remainder are international.

BIGGEST FLEET

265 boats for the 100th Anniversary Centennial Race in 2006, followed by 198 in 2008.

MOST VICTORIES

3 – John Alden
Malabars
(1923, 1926, 1932)

3 – Carleton
Mitchell
Finisterre
(1956, 1958, 1960)

million things to focus on. It made me feel more in tune with everything.”

Even as the team raced on, behind them disaster was brewing. Another boat, *Alliance*, struck an underwater obstruction – likely a partly submerged shipping container. *Alliance* began to sink and its crew abandoned ship. All 10 were rescued by another yacht.

Ahead and out of radio range, the HoldFast team pressed on, unaware.

Their more immediate concern was another Farr 40 boat named *Hydromec* that was just ahead of them, crewed by an experienced team from Quebec. The HoldFast team did everything they could to squeeze a bit more speed from their boat.

“We were 200 miles out and we calculated we only had to be four per cent faster to catch them,” Mr. Hill says. “That became our mantra – four per cent! Four per cent!”

After three days at sea, Ms. Carter was just coming off watch and heading below deck when she heard a ruckus from topside.

“They were screaming and shouting, ‘It’s the glow!’”

In time-honoured maritime tradition, Sam Barbara ran to the bow. “Land ho!” he cried.

HoldFast crossed the finish line three days, 10 hours, and 53 minutes after starting, just 20 minutes behind *Hydromec*.

They learned about the loss of *Alliance* when they landed.

“As soon as we got on shore I started getting texts. They were, ‘Oh my God. People sank. Are you OK?’” Ms. Carter says.

News of the near tragedy made her realize the very real dangers the team had faced in the open ocean and how significant their accomplishment had been.

And there was another surprise waiting for her. Ms. Carter’s Queen’s roommates had flown to Bermuda to greet her dockside.

“I was so exhausted. I immediately started crying.”

The HoldFast team finished 11th in their class. They were the first of the three Oakcliff boats, holding their own against crews with years of experience.

Julian Hill knows the eight friends might never race together again. But he hopes they’ve shown other young Queen’s sailors that the ocean is open to them.

“We’re trying to create a pathway for what is possible for sailors after high school,” he says.

Too often, sailing means knowing someone wealthy who’s willing to take you on as crew. HoldFast showed that you can set your own course. The average age of sailors in the Bermuda race was 56 and 95 per cent of the racers are male. The Queen’s team was a 50/50 split of men and women and, at 24, Sophie Carter was the oldest.

“It’s always the question of ‘How do I keep it up after university?’” says John Curtis. “Now I need a boat but I’m into my first job. I have to buy a new wardrobe. There are all these expenses and basically people stop sailing.

“The cool thing about what they’ve done is they’ve taken their love of competing at a high level, taken their existing skills, added some new skills, and become competitive at a world-class level.

“Success breeds success. What I’m hoping is that other young people will look at them and say, ‘Look at what they did. That’s what we should do, too.’” 🏆





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QUEEN'S ALUMNI REVIEW

OFF CAMPUS



First Up

Faith Edem, sustainability leader

Faith Edem, MPA'19, became an environmental activist early in life and continues to make a name for herself. Whether being named one of Canada's top 30 under 30 sustainability leaders of 2021 or contributing to a book highlighting the views of BIPOC youth on climate change, she continues to work to ensure diverse voices are heard in the environmental movement. That concern for her community traces its roots to her first job as a teaching assistant in a high school civics class. Today, she uses that experience to help shape international trade policy at Environment and Climate Change Canada.

My school board was providing young people the opportunity to be teaching assistants during summer school. I think I was 16 at the time. It was a fun and interesting experience for me, but it struck me how something as accessible as education still struggled to provide students with an equal footing in terms of their development. Half the students took the summer course to earn credits to graduate earlier; the other half were students who had fallen behind and didn't get the credit during the regular school year.

Overall, that second group struggled with the civics material: →

→ whether it was with learning, logical reasoning, or reading comprehension, it was challenging. Providing those students with customized one-on-one support helped me see the big picture and the need to provide robust solutions that help folks be the best that they can. I also learned from the early credit students that young people can be ambitious and forward-thinking, but if gaps are not addressed, some students can go unnoticed and, unfortunately, falter without receiving the one-on-one attention they deserve. From a public policy point of view, it's important to understand that we can develop really great solutions, but we also need to consider who could fall into these gaps and what we could do to support those most vulnerable.

The other half of the problem was that those students were not connecting with the learning material because they simply didn't understand the technical language. This resonated with me, and continues to, especially now working in public policy, where I value my role in bridging the gap on complex topics such as energy policy, climate finance, and now trade. I know this can be difficult, especially for young people interested in speaking or advocating on an issue, since some material can be very technical and you feel like you need to be an expert to be able to raise issues. So, I think the most important aspect of conveying something as important as civics or environmental impacts is to make sure the information is accessible: it needs to be useful to the people who are getting it, so they can understand it and act on it.

What I try to do is encourage more equitable and accessible discussions, so folks have a better understanding of what "environment" can encompass. It's not just pollution; it could also be plastics, climate justice, energy, or sustainability. There's so much that goes into protecting our environment and, for me, that civics class serves as a reminder that great solutions can still have gaps and not to take that process for granted.

— As told to Jeff Pappone

Jane Philpott,
Dean of the
Faculty of
Health Sciences

THE BACKSTORY



A cure for all that ails us

Dean Jane Philpott's national bestseller looks at how we can inject new life into a failing health-care system.

There is an analogy that Dean Jane Philpott keeps coming back to in her recently published book, *Health for All: A Doctor's Prescription for a Healthier Canada*. It's one that many of the estimated 6.5 million Canadian adults without a family doctor might agree with: access to primary health care in Canada should be like access to public school in this country – guaranteed.

On the surface, it doesn't seem like that bold a statement. After all, this is apparently the land of universal health care. But, of course, anyone who has been on a family doctor's waitlist for years or had to visit an emergency room for a cold knows how dissimilar public school and primary care access can be.

It doesn't have to be this way, stresses Dr. Philpott on a recent video call. And in her book, she sketches a vision not just for how to guarantee primary care access for everyone in Canada, but for how to fix an entire health system that has become, in her words, "broken."

She clearly has the credentials to provide a potential cure. Before leading the Faculty of Health Sciences at Queen's, she was a family doctor and

New content from faculty and alumni



the federal health minister. But as she stresses on our call and in the book, it's not like the solutions she presents for Canada's cracked health system are a secret to policy wonks.

"We know what the answers are for how to solve this crisis," she says. "But they aren't well understood by the general public, who only seem to be getting a message of despair. So, I thought it's about time I write them down."

What she ended up writing down, however, wasn't just health policy. It's a bigger vision for how the country can be healthier, and it includes deep dives into the social determinants of health, the spiritual aspects of well-being, and how a healthier form of politics is needed now more than ever.

Infused throughout are sometimes deeply personal stories from Dr. Philpott's life, including her decision to resign from federal cabinet during the SNC-Lavalin affair, the death of her first-born child, and her Christian faith.

She was nervous about including these more private details, she says, but now she is happy she did. "It's amazing how many people say to me that they really loved those chapters about the personal story and the spiritual stuff – and people I would not have expected to hear from. So, it's been a good validation that it was a helpful part of the whole picture."

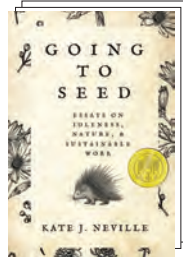
As for the next chapter in Dr. Philpott's story, effective Dec. 1, she will be taking on a new role with the Ontario government, stepping down as dean of Queen's Health Sciences to chair and lead a new primary-care action team.

As Dr. Philpott's tenure at Queen's comes to an end, she says her "big focus," the thing she really wants to work on now, is helping ensure everyone has access to primary care.

"If we have the collective will," she writes in *Health for All*, "we can build the way."

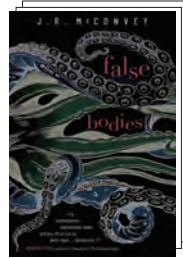
Health for All: A Doctor's Prescription for a Healthier Canada is available from Penguin Random House Canada.

— By Jordan Whitehouse



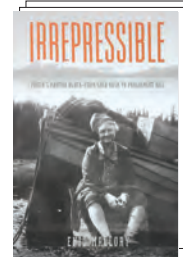
01

Idleness is not often praise-worthy; it is associated with laziness and unproductiveness that can lead to ruin – a state captured by the idiom "gone to seed." But author **Kate J. Neville, Artsci'04**, makes a case for the opposite in *Going to Seed: Essays on Idleness, Nature, and Sustainable Work*. What could we learn about ourselves, our society, and our planet, she explores, if we simply took a cue from nature and sat idle like a seed, which is a packet containing the energy for new life? Winner of the 2023 Sowell Emerging Writers Prize. University of Regina Press.



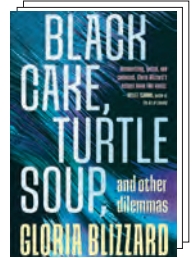
02

The mass death on an offshore oil rig on the East Coast is believed to be the work of the fabled kraken, a legendary sea monster of mythical proportions. In his debut novel, *False Bodies*, **J.R. McConvey, Artsci'02**, plunges an already unhinged detective into a sinister world of squid cults, a corrupt corporation and tentacled beasts. The author was the winner of the Kobo Emerging Writer Prize in 2020 for his collection of short stories, *Different Beasts*. Giller Prize-nominated author David Demchuk calls *False Bodies* "a gripping supernatural thriller with a wry, noirish edge." Breakwater Books.



03

In 1935, Martha Black became only the second woman ever elected to the House of Commons – the culmination of an unstoppable spirit that governed her life and is captured by **Enid Mallory, Arts'58**, in her biography, *Irrepressible: Yukon's Martha Black*. The author of 11 books, some of which chronicle other prominent figures of the North such as Robert Service and George M. Douglas, in *Irrepressible* she takes the reader from late 1800s gold-rush-era Yukon to Parliament Hill. Abandoned by her first husband, Martha perseveres and later marries a lawyer who becomes commissioner of the Yukon. When he falls ill, there is an opportunity for Martha to take his place. Hancock House Publishers.



04

Author **Gloria Blizzard, Artsci'85**, is an award-winning, Toronto-based writer and poet, and a Black Canadian woman of multiple heritages whose collection of personal essays, *Black Cake, Turtle Soup, and Other Dilemmas*, is a thought-provoking and poetic work. Weaving together moments from different parts of her life, she takes a closer look at the connections between music, dance, and culture, as well as geography and language, in what CBC Books calls a "powerful and deeply personal collection." Her work draws attention to issues involving belonging, while fearlessly addressing contemporary themes of feminism, racism, and colonialism. Dundurn Press.





200
COLLINGWOOD
STREET

BUILDING
Gable-end, two-and-a-half-storey red brick, built circa 1818 for William Moore, later the proprietor of Bill's Smoke Shop on Wellington Street.

STYLE
The most distinguishing feature is the round-arch window in the top gable.

The best part of being at Queen's

BY TONY AHTERTON

Susan (Kirkwood) Westwater, Artsci'86, Ed'88, had not laid eyes on 200 Collingwood before she and six housemates moved there in August 1983. But she'd heard about it.

"Our house was called SNAFU, and was well known among Queen's students," she says. "Everybody knew SNAFU. I think it had been named that years prior."

SNAFU is a military acronym for the phrase "Situation

Normal, All Fouled Up" (euphemistically rendered), which you'd think might give pause to prospective tenants. But the house had seven bedrooms, one and a half bathrooms, and a living-room wall painted in Queen's tricolour. What was not to love?

Also, it was on budget.

"In those days, rent was \$175 each a month," recalls Ms. Westwater.

As it turned out, 200 Collingwood's unnerving nickname was utterly undeserved. "This house was the best part of being at Queen's," she says.

Ms. Westwater only knew one of her future housemates, Nadine Harding, Artsci'86, a high-school friend from Oakville, Ont., when she signed a lease the December before she moved in. But the seven women formed an enduring bond soon after arriving. That bond brought them all back to campus 30 years later, from as far away as Sydney, Australia, for Homecoming 2016. Of course, the

visit included a pilgrimage to 200 Collingwood.

“It’s divided into units now,” says Ms. Westwater. Her daughter, a Queen’s undergrad, still gives her occasional updates on the home.

Built in the last year of the First World War, 200 Collingwood had housed only one family for most of its life, according to Kingston architectural historian Jennifer McKendry. Carolina Moore, the widow of original owner William Moore, lived there until her death in 1972, just 11 years before Ms. Westwater and her housemates moved in. It’s not clear when the acronym SNAFU was inscribed in the cement near the front door.

The house “was great: a large bedroom on the main floor off the kitchen, four bedrooms on the second floor, and two bedrooms up top – but only one and a half bathrooms,” recalls Ms. Westwater. “How seven girls could have one shower was amazing.”

“We ate dinner together every night and bought food together – all seven of us, which just doesn’t happen anymore,” she says. “You had a night when you were in charge of cooking. It was basic [cuisine], a lot of pasta. Not the healthiest.”

The togetherness meant “your social life was all under the same roof,” says Ms. Westwater. “Thursday night was Alfie’s ... Saturday morning was pre-football warm-up parties.” The housemates all joined in.

The campus defined them in other ways, says Ms. Westwater. “Virginia (Leighton, NSc’88) worked at the Quiet Pub, J.E. (Husband, Artsci’86) was a constable at Alfie’s, Nadine was a cheerleader. Everybody was involved in her own fashion in university life.”

After two years at 200 Collingwood, the housemates, who also included Tuula Hoop, Artsci’85, and Cindy Linkert, NSc’88, decided to go their own ways, says Ms. Westwater. “I think you mature, right? You get to your fourth year and you’re not so focused on the social part; you’re more serious, and I think that’s how we felt.”

But the kinship formed in those two years holds fast, she says. When one of their number, Kerry Lee Kalm, Artsci’86, died a few years ago, the girls from SNAFU gathered together again. “There’s still a connection,” Ms. Westwater says.

“The Queen’s [University District] is what makes Queen’s unique,” she says. “It was a very happy time in my life and [the house] was a big part of my being a student at Queen’s.” 🍷

▲
Tell us about the University District house you lived in and the memories you made: review@queensu.ca

It’s not just about the glory days



Getting involved in alumni activities involves a lot more than nostalgia and pride.

It has been a busy autumn of alumni activities! In addition to attending a wonderful Homecoming, I had the pleasure of attending the Young Alumni Welcome event in Toronto and the Fine Art 55th Anniversary closing reception in Kingston. Each of these events left me feeling heartened, reinvigorated, and reminded of the value of staying connected to the Queen’s alumni community. Thank you to all those who came out.

This is actually something I have been thinking a lot about lately: the value of connection with one’s alma mater. In our busy, overwhelming world, where we are inundated by so many options as to how to spend our valuable personal time – what value or relevance does being an engaged member of the Queen’s alumni community have? While most are too polite to say it, I do think that sometimes people are quite perplexed about why I, a busy professional, am still so involved with Queen’s, so many years after graduation.

With my 15-year reunion now come and gone, it’s clear to me that while nostalgia and pride are huge drivers of our alumni community’s activities, at least for me, they are only one small part. It is not all about reliving the glory days. Rather, my favourite parts of being involved in the Queen’s alumni community include mentoring students; meeting interesting, compassionate, and engaged people whose paths I wouldn’t otherwise cross; intergenerational friendships with people living across Canada and internationally; continuing to be a lifelong learner; and the feeling of satisfaction one receives from volunteerism and philanthropy. Not many communities offer such robust and extensive ways to be connected and to have an impact.

Our alumni community is so much more than events, but events are often the entry point. So, I hope you will consider joining us sometime. Personally, I am already looking forward to Homecoming 2025, Oct. 17–19: a milestone reunion for classes ending in 0 and 5, and for the Tricolour Guard (alumni celebrating having graduated 50 years ago or more). While it won’t be a milestone reunion year for me, I look forward to meeting more members of our alumni community. If you are ever interested in learning how to become more involved in the alumni volunteer community, please reach out!

Sincerely,
ALLISON WILLIAMS,
PRESIDENT, QUAA

Chancellor Shelagh Rogers returns to Queen's to fulfil her grandmother's dying wish, and to listen with her heart to the stories of others



In July, longtime CBC broadcast journalist Shelagh Rogers, Artsci'77, became the 16th chancellor of Queen's. Here, she tells us about her student days at Queen's and CFRC, her reasons for returning to her alma mater as chancellor, and how her commitment to truth, healing, and reconciliation will inform her work.

You've had a long history with Queen's, but do you remember why you chose to study here back in the 1970s?

I do. It was the dying wish of my late grandmother, Dorothy Sutherland (nee Shannon), who went to Queen's. She and her best friend were visiting San Francisco, and they went to see an opera. And during that opera, my grandmother had a heart attack and was rushed to the hospital. Apparently, as she was holding her friend's hand, she said, "Tell Shelagh I'd like her to go to Queen's because I had a great time there." I don't think you mess around with that!

What was your own experience like at Queen's as an art history student?

You know, when I was a kid growing up in Ottawa, I spent a lot of time at the National Gallery just walking around. And I was really intrigued by abstract art and by colours. I think I've always had a fondness for colours – as you can see! – and motion, but in two dimensions. So, when I arrived at Queen's, I thought, "I'm going to take the intro to art history course." It was taught by Professor Kathleen Morand, who was a spitfire, so animated, so disciplined. Queen's is where I grew up, where I learned to think for myself, to think critically. I had some wonderful teachers and made great memories here, including at CFRC.

What's the story behind CFRC? How did you start working there?

I listened to a lot of radio when I was a kid – had a little red transistor that was all mine.

One day at Queen's, I was listening to CFRC and the host was just reading the record notes on the back of an album of Glenn Gould doing the Bach harpsichord concerto in D minor, but played on piano. Now, I had that record and was reading along with her, and I thought, "Hey, I could do that!" I learned very quickly that hosting is much more than that, but that's what lit the fire. Three weeks later, I was on the air. I know I made many mistakes, but I loved it. I came to love sitting in a studio, talking and imagining there's only one person listening, that you're talking only to one person at a time.

Let's fast forward to today. Why did you want to return to Queen's as chancellor?

Well, I've been a chancellor – at the University of Victoria for seven years – and I loved it. I love being at a university, love being around students and that wonderful energy. I don't have an easy answer about what a chancellor does, but I found that I could make the role my own at UVic, and that's what I hope to do here. I want to see certain causes of mine furthered, specifically around mental health and truth, healing, and reconciliation. It was pointed out to me by a student at UVic that we shouldn't be jumping from truth to reconciliation; there has to be healing in between. She was 21 years old when she told me that, and learning from her is part of why I want to be on a university campus – you're going to learn not only from your elders, but also from people who are young and emerging.

Can you talk a little more about your commitment to truth, healing, and reconciliation? I know you're Métis yourself and were an honorary witness at the Truth and Reconciliation Commission (TRC). How do you see that experience informing your work at Queen's?

I should first say that I'm deeply honoured to come after Murray Sinclair, who is a cousin and a very dear friend. I think he broke the





mould, and I want to carry on the work that he began and make sure we become historically literate citizens to understand why our country is where it's at right now regarding the relationship between Indigenous and non-Indigenous people. I gained a whole new understanding through my time with the TRC. Bearing witness completely changed who I am and my understanding of Canada, and bearing witness is a lifelong commitment to standing for truth. There are a lot of people right now who are denying aspects of the residential school era, but I witnessed probably a thousand Survivors and their families give their testimony. You cannot make this story up. And it is a story that is part of the story of Canada, and I think Canada has a great chance to make it right. But it's not going to happen overnight. As Murray says, it will take seven generations. And

“I’m deeply honoured to come after Murray Sinclair, who is a cousin and a very dear friend. I think he broke the mould, and I want to carry on the work that he began.”

then there is his famous quote about education getting us into this mess and education getting us out of it. I completely agree.

You’re obviously just getting settled into this new role. How do you see your initial months as chancellor unfolding?

I want to walk around campus and listen to people and hear what they think the issues are. What are our strengths? What are the things we can do better? Listening is going to be a big deal. I’ve learned a lot

about listening as a broadcaster and from listening to Survivors. It’s mostly about shutting up and making sure you create the space and atmosphere for people to share their story. A late friend of mine, Harold Johnson, who was a Cree lawyer and wonderful writer, talked about heart listening. It’s different than listening from the brain, because it takes all of you, it takes everything you’ve got, and I’m trying to practise that. 🙏

– Jordan Whitehouse



Dave Cash, a graduate of the Queen's University Executive Program, says Gordon's attention to detail and efficient process helped minimize stress. Working with the company, he says, was the best choice for his family.

In capable hands

GORDON'S CAN HELP CLIENTS DEAL WITH ALL THE EMOTIONAL CHALLENGES AND PHYSICAL TASKS INVOLVED IN DOWNSIZING.

Anticipating and understanding a client's needs before they are explicitly stated is one of the hallmarks of a successful business. An experienced and empathetic company team attuned to customers in this way can readily create a quality experience and earn years of positive word of mouth.

Dave Cash felt he was in such capable hands when his family partnered with Gordon's Downsizing & Estate Services, a real estate company serving clients throughout Ontario, to assist his parents.

Cash, a graduate of the Queen's University Executive Program, was looking for a company capable of moving his mother and father from the family home into a retirement community. Gordon's could handle all the family's immediate needs: moving the pair into their new residence, conducting an auction of household items the family did not wish to keep, and selling the parents' property.

"It all took about four months," Cash says, "a wonderful timeline with a minimum of stress on everyone involved. Frankly, I thought it would take longer, but we were able to get it done in that short amount of time. And at every step, Gordon's kept us in the loop, telling us next steps, providing timeline revisions when necessary, and being very flexible in response to our needs."

Adam Gordon, CEO of Gordon's Downsizing and a Queen's University alumnus, says meticulous attention to customers' needs is central to the company's decades of success. "Our team members have decades of experience serving this unique need and know the emotional challenges and physical tasks to be addressed."

The moving team, in particular, impressed Cash with their diligence. Gordon's staff came to the house and photographed the placement of furnishings in his parents' sitting room and bedroom. The contents were then packed up, taken to the new residence, and set up in the new rooms exactly as they had been in the family dwelling.

"My mother has early-stage dementia and it was important that everything be as familiar as possible for her in her new home," Cash says. The move began early in the morning and by dinnertime everything was complete. "Even the pictures were hanging back up on the walls. The move was absolutely fantastic."

After the parents were happily moved in with their chosen belongings, family members selected a few mementos, and the Gordon's team catalogued the remaining contents for sale.

The auction went smoothly, Cash says, noting that Gordon's secured top dollar for the family by bundling items to ensure even less-valuable items would find buyers. The few that went unsold were donated to charity. "Everyone was a winner in this process," he says, "and nothing went to waste."

Gordon's, working in concert with retirement communities and movers, offers the full spectrum of downsizing needs. When working with outside specialists, Gordon's provided quotes so the Cash family could see a range of competitive pricing. The team ensured the house was cleaned and prepared for sale, and the sale process was completed in short order.

"When I look back, I marvel at how efficient and agreeable the whole process was," Cash says. "There is no doubt that bringing in Gordon's to help us was the right choice for our family and was well worth the cost."



Thinking about downsizing or settling an estate? Scan or call (800) 267-2006 ext. 3.

Riding the wave of success

An alumna takes the hottest brand of swimwear to a podium finish at the Paris Olympics.

BY JENNIFER CAMPBELL

Laura Low Ah Kee, PhysEd'04, Artsci'04, was on a three-month sabbatical from her job as a rising star at Lululemon and was being a “beach bum” in Maui when she discovered a need she could turn into a business.

“I was surfing, kiteboarding, and then hanging out on the beach,” she recalls. “But I was wearing sports bras for activity and bringing a bikini to hang out in.”

A few weeks later, she was back in her native Vancouver, catching up with Shannon Savage, fellow Lululemon alumna and now her business partner. She mentioned no one was making multi-purpose bathing suits or using their Lululemon-learned knowledge of “fabric and fit” in the swimsuit industry.

In 2017, six years after Ms. Low Ah Kee planted that seed, the friends started their business. By 2024, their company – Left on Friday (LOF), a name that signifies a spontaneous, weekend-warrior approach to life – had designed and produced the uniforms for Canada’s women’s beach volleyball team at the Paris Olympics. Two players, Brandie Wilkerson and Melissa Humaña-Paredes (who also happens to be a student in the Certificate in Business program at Smith School of Business), were wearing the suits when they claimed silver in the finals – the first time Canadian women made it to the Olympic podium in the sport.

“What Left On Friday does an incredible job of is balancing pushing boundaries while also creating support and allowing for execution and performance,” says Ms. Humaña-Paredes. “You can be completely stylish and have freedom

▶
 Laura Low Ah Kee, photographed in Mexico in September, says her interest in athletic fashion came about while she was competing for Queen’s in several sports.



“You can be completely stylish and have freedom of expression while playing at the highest level.”

– Melissa Humaña-Paredes, beach volleyball Olympian

of expression while playing at the highest level.”

As she looks back on her career so far, Ms. Low Ah Kee can trace some things back to her time at Queen’s. An interest in sports led to her double major in physical education and life sciences. Her interest in athletic fashion came about while she was competing for Queen’s in several sports.



After graduation, she applied for a retail job at Lululemon. “I thought I’d be there for three months; I stayed for 12 years.” She worked her way up from the sales floor and remembers founder Chip Wilson giving her pointers, until one day he had no advice. At that point, she asked for a corporate job and became head visual merchant and assistant to the head of product.

“Lululemon was my MBA in retail,” she says. Her last job there, as head of speed-to-market, meant watching trends and getting Lululemon’s take on them to market fast.

Soon, she was ready to become her own boss. She and Ms. Savage determined that LOF’s suits had to be nice to the touch, compressive when wet and dry, cover well, and be durable. From 100 fabric swatches, they asked a friend’s mother to make bathing suits with five. Then they product-tested them with athletes.

The company was busy from the beginning; the Olympic deal pushed that into high gear.

“I’m still coming down from the high,” Ms. Low Ah Kee says of sitting among fans at the foot of the Eiffel Tower watching Canadian beach volleyball players wear their designs. “It was a result of six years of blood, sweat, and tears – and sleeping with my computer – coming to life.”

The relationship with Volleyball Canada began in 2022 with the 2024 Olympic uniform announcement featuring a campaign with silver medallists Melissa Humañá-Paredes and Brandie Wilkerson. Trade journal *Women’s Wear Daily* picked up the news immediately, as did *BOF (The Business of Fashion)*, the *BBC*, and *Vogue*, which used LOF’s own images.

“That uniform is the pinnacle of why LOF exists,” Ms. Low Ah Kee says. “It’s put us on the global stage for fashion and function. I underestimated the fashion component of the Games – and then I thought: ‘We’ll ride this wave.’”

Ms. Low Ah Kee credits Queen’s for her time management skills; she’s a busy entrepreneur who also insists on exercising daily and seeing friends often.

“With a double major, we had seven courses plus labs and you always had more to do than you had time.” 🍷

CLASS NOTES



1970s

Barry Kuretzky and George J.A. Vassos

Law'78 and Com'76, Law'80 Littler, the world's largest employment and labour law practice representing management, is pleased to announce that Barry Kuretzky and George Vassos, partners with the firm, have been featured in the 2025 edition of *The Best Lawyers in Canada* in labour and employment law.

Howard Stewart Patch

Sc'74

Fifty years after completing his engineering and mathematics degree at Queen's, Stewart has completed a degree in honours physics at McMaster University, near where he now lives in Dundas, Ont.

▲ A photograph from the 1980s shows Boo Hoo the bear cheering on the Gaels football team. It was only in 1980 that Boo Hoo began to appear as a human in a bear suit - prior to that, the Queen's mascot was always a real bear.



Bruce Weir

Sc'71

Bruce welcomed his grandson, Alex McArthur (Artsci'27), above, to Kanata, in Ottawa's west end, and congratulated him on being selected to sit on the Alma Mater Society's board of directors at Queen's.



WRITE TO US

If you have memories of friends, faculty, and colleagues you would like to share, email us: review@queensu.ca.

All comments may be edited for clarity, civility, and length.



@queensureview



1980s



Terry Edwards
Artsci'87,
MBA'89
Terry recently published his first book, *My Invisible Locket*. It's an illustrated

children's book designed to support kids, as well as adults, who are coping with loss. The book is intended to help kids discuss feelings about the death of a loved one, the loss of a pet, a best friend moving away, or a military family member on deployment. It's available on Amazon.

Eric Schjerning

Artsci'82, Law'84
Every summer for the past 37



consecutive years, a group of alumni who met at Queen's University in the late '70s and early '80s gather in Kingston for some golf, beer, and tall tales from undergrad days. The above photo is from their 2024 gathering.



Sheila Stewart
Artsci'82, Ed'85
Sheila is happy to announce the publication of her third poetry collection, *If I Write About My Father*,

published by Ekstasis Editions in 2024. Her book explores the daughter-father relationship and draws on reflections about her father, a Northern Irish Presbyterian minister who immigrated to Canada and joined the United Church. Her poetry uncovers the complexities of growing up as the minister's only daughter in a family shaped by church and manse in small-town southern Ontario. Sheila can be found walking in Toronto's High Park, along the shore of Lake Ontario. www.sheilastewart.ca.

▲ From left, Eric Schjerning; Mark Thomas, Artsci'83; Shawn Roane, Artsci'82; Mark Schjerning, Artsci'82; and Richard Kunow, Artsci'85. Missing in 2024 were Scott Cowan, Artsci'83, and Greg Houllahan, Artsci'83.

1990s



Jason Balgopal
Com'94
Jason wrote a practical guide to the criminal justice system, *Balgopal's Guide to Criminal*

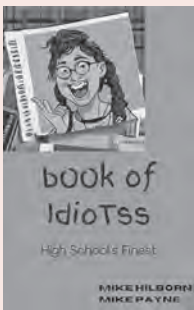
Practice 2024 Edition, which was published by Thomson Reuters in May. The book seeks to provide users (police, investigators, prosecutors, defence practitioners, students, and lay users) with the tools and information necessary to navigate the daily busy practice of criminal justice in the provincial court. Jason graduated from Queen's and went on to obtain an LLB/JD from Osgoode Hall Law School ('97), and was called to the Ontario bar in 1999. Since 2004, he's been an assistant Crown attorney for Scarborough (now Toronto); has prosecuted all manner of offences, from theft to murder; and has appeared in all levels of court in Ontario.

The royalties from the sale of the book are being donated to Mental Wellness Peer Support Groups: www.mentalwellness.help.



Jamie Lamb
Artsci'96
Jamie,
Michael
Payne
(Artsci'99),
Frank Cipolla
(Artsci'99),

David Finkelstein (Artsci'04), Dan MacKay (Com'00), and Bennett Birchard (who attended Queen's for a time) are all musicians who played in bands while at Queen's, were in Queen's Players, and/or were part of Queen's Musical Theatre. Over the ensuing 20 years since graduation, the six friends have stayed in touch after moving to Toronto. While there, they overlapped each other's musical careers and worked on a variety of projects in various iterations. The sextet formed an indie rock/roots band dubbed the Lustre and recorded a self-titled, full-length album, which was released in June. After playing two successful shows in Toronto to showcase their songs, the band has decided to keep writing and performing. The band and their album can be found wherever music is streamed.



Michael Payne
Artsci'99
Michael
and Michael
Hilborn,
who attended
undergraduate
classes in 1971
at Queen's,
recently
co-authored

a self-published collection of one-liners, anecdotes, and short stories about life in a modern high school entitled *The Book of Idiots*. The authors, who spent their careers teaching and enjoying their time in the classroom, spill the beans on staff relationships, truancy, exams, visits to the principal's

office, and more. Short stories zoom in on classes in science, gym, and health, including sex ed for Grade 9 and 10 boys. The book is available from Amazon in digital and print formats.

Karl Wunderlich

Artsci'94, Ed'95
Karl retired from the Kawartha Pine Ridge District School Board after 28 years, including 21 years as a vice-principal and principal. Karl looks forward to volunteering, pursuing his hobbies, supply work as a principal, and more time with family.

2000s

Zulfikar Ali Causer

Com'02
Zulfikar is privileged to have been appointed as managing partner of BDO in Pakistan, an appointment that took effect July 1, 2024. At this pivotal juncture in his life, he recollects with fond memories his wonderful years at Queen's and would like to thank his teachers and mentors who helped him along the way.

Meghan J. Ward

Artsci'07
Meghan's film *Wildflowers* was set for its world premiere at the 2024 Banff Centre Mountain Film Festival in early November. Meghan, who graduated from Queen's with a major in drama and a minor in global development studies, is the co-producer of the documentary, which blends history and backcountry adventure to explore the legacy of Mary Schäffer Warren, the early 20th-century Rockies explorer. Featuring an all-female creative crew, the film was completed on the heels of two particularly challenging events for the mountain community and the filmmaking



▲ Meghan J. Ward's film *Wildflowers* premiered at the 2024 Banff Centre Mountain Film Festival in November.

team – the tragic death of Natalie Gillis, the film's expedition photographer, in a plane crash in June, and a devastating wildfire in Jasper National Park (where the film is set) in July. The film is a timely and poignant reminder to make the most of life's adventures and cherish special landscapes while we can.

2010s

Mustafa Ansari

MMIE'19
Mustafa recently received a promotion at the Toronto Business Development Centre (TBDC) as marketing manager of recruitment

▶ Mustafa Ansari was awarded the Editor's Choice Award for the Toronto Business Development Centre by CanadianSME.



and training programs. Recently he was awarded the Editor's Choice Award for TBDC by CanadianSME. The construction and trucking industries are facing a major shortage in Canada, and Mustafa has taken this challenge upon himself to solve. He's launched info sessions and boot camps to introduce careers in these industries to prospects looking for a new career, newcomers, and refugees. He has videos and pictures to share, if anyone is interested: 18mma@queensu.ca.

Thuy-Dan Dang

Artsci'14
Thuy-Dan and her husband, Jared Porter, are delighted to announce the birth of their first child, a girl. Mai Linh was born in the summer of 2024 in Ottawa. Thuy-Dan is currently on maternity leave from her legal practice as counsel at the Department of Justice Canada.

2020s

Osama Bin Mazhar

MFIT'23
Osama and his wife, Unzila, welcomed their first child, a gorgeous boy named Raed, into the world this past summer. The new parents are elated and in love with their little guy.

Matt Shepherd

LLM'22
Matt has been named the executive director of the Chess Institute of Canada, a registered charity that teaches children life skills through chess. The organization serves kids from all walks of life and across the economic spectrum, teaching resilience, critical thinking, fair play, strategy, and much more through the medium of the world's greatest game. The institute is perpetually seeking new partners



◀ Osama Bin Mazhar and his wife, Unzila, welcomed their first child, Raed.

and donors. Feel free to reach out to Matt at matt@chessinstitute.ca.

IN MEMORIAM

Anne Atkinson, nee Horton

BA'60

Charles Bird

Professor Emeritus, MD'56

Judith Brown

BA'69

Alvin Cheung

Professor

Josephine Chisamore

BA'75

Joan Kathleen Crooks, nee Jamieson

BNSc'55

Duncan John Currie

BA'58

Joseph A. Day

LLB'71

William Dewar

BSc'68, MSc'69

Fred Euringer

Professor Emeritus

Pamela Frid

MD'82

Melvin Goodes

Com'57, LLD'94

Annette Hayward

Professor Emeritus

Liam Horton

BSc'21

Robert Horwood

Professor Emeritus, BA'55, MSc'60

John Jefferies

MD'70

Wing Lam

BA'16

John Limeburner

MBA'74

Allan Manson

Professor Emeritus

Beverley May, nee MacKinnon

BA'53

Lawrence "Larry" Harold McKay

BEd'75

Janet Nadeau, nee Henderson

BPHE/BE'd'81

James (Jim) Alexander Ramsay

BSc'48^{1/2}

Morris Richardson

BA/BPHE'51

Carl Rockburne

BSc'60

Terrance Edward Rummery

BSc'61, PhD'66, DSc'93

Susan Schafheitlin

BSc'68

Max Vernet

Professor Emeritus

NOTE

Full obituaries submitted by family members and friends can be found on the Queen's Alumni Review website.

LEGACY

1926-2024

Helen Mathers

Founding director of Ban Righ took an unexpected path to Queen's

Helen Mathers, the first director of the Ban Righ Centre when it opened its doors in 1974, is so admired that a framed photo of her still sits on a bookshelf in the current director's office.

It was placed there by Carole Morrison, one of Helen's successors, who says she would look to Helen's wise face for a sense of calm during stressful times. The portrait is a show of respect for Helen and demonstrates the long-lasting impact she had on the Queen's community.

Helen, whose loved ones called her "Honey," died in July at the age of 97. Kingston was her home, though it was far from where her life began. She was born and raised in California, and after attending Occidental College in Los Angeles, she went to Union Theological Seminary in New York City. That's where she fell in love with Donald Mathers, who hailed from Scotland.

They married in 1951 and moved to London, England. They weren't there long, though, thanks to Donald accepting a job offer from Queen's to teach at its Theological College.

The American and the Scotsman arrived in Kingston in 1953 and quickly embraced their new surroundings. They joined Chalmers United Church, which led to lifelong friendships. On campus, Helen made connections through the Faculty Women's Club, now the Queen's Women's Association.

She quickly became a busy mother of three sons. James, Artsci'77, Law'80, Alastair, Artsci'79, MSc'84,

and David, Ed'93, were born in the span of seven years.

In 1972, her life took a detour when Donald, then principal of the Theological College, died of cancer. That set Helen on an unexpected path as a single mother, who soon began her own career at Queen's.

She was tapped to lead the new Ban Righ Centre, a place for mature female students that offers cosy spaces to study and emotional, academic, and financial support provided by dedicated staff, along with a daily soup lunch.



▲ Helen and Donald Mathers met in New York and married in 1951.

Helen, riding her bike to the centre on Bader Lane, brought her hard-working and empathetic nature to the role and it flourished under her leadership.

"She set the ambience and the welcoming nature of it for the women students," says Mary Davis Little, Arts'62, a friend through Chalmers Church who led the Ban Righ Centre after Helen. "She was very interested in people, and she was very non-judgmental."

She believed women should aim high and was dedicated to helping

them succeed. She was known to carry scraps of paper in her purse with the names of students who needed assistance written on them, and other pieces noting various resources and ways to help. Then she'd play matchmaker.

"Helen's approach was warm, accepting, pragmatic and encouraging, all underpinned by humour and an empathetic smile," says Davis Little.

Her successors say they had big shoes to fill after Helen retired in 1990. They describe her as a wonderful role model who set the centre up for success. As it marks its 50th anniversary this year, they say Helen's legacy lives on in its vitality.

"Helen's wisdom, her kindness, her fortitude shaped the culture and operations of the Ban Righ Centre, forging a path and a role for the centre at Queen's that serves us to this day," says current director Susan Belyea.

Helen's contributions to Queen's extended beyond the Ban Righ Centre over the years. She also served on the board of the Theological College and on the admissions committee for the Faculty of Medicine. In 1981, the Kingston branch of the alumni association recognized her years of dedication with the Padre Lavery Award for outstanding service in the community. A bursary was also named in her honour that supports

women in pursuing their education.

Helen was also part of strong communities of women off campus. For more than 30 years, her women's spirituality group has been meeting monthly to socialize and discuss literature, feminist theology, and other intellectual topics.

The women were among the many friends Helen hosted at her beloved cottage at Buck Lake. The rustic property north of Kingston was where her passions for connecting with nature, her friends, and family would intersect.

"She loved nature, she was inspired by nature, she was a student of nature, and what she learned from nature she would often try to apply to friendship and human endeavour," says her son David.

Known to be an early adopter of the reduce, reuse, and recycle tenet, Helen wouldn't let anything go to waste. She encouraged others to respect the environment and she served on the boards of both the Cataraqui Region Conservation Authority and the Friends of Lemoine Point.

Helen loved swimming, hiking, canoeing, and entertaining at Buck Lake. Her friends and family have fond memories of an annual event she hosted there on New Year's Day. The festivities included roasting sausages over a fire, skating and



▶ Helen with one of her great-grandchildren.

tobogganing, and tossing snowballs at one another.


She also loved gatherings at her Kingston home on Kensington Avenue, where she stayed as long as she could, into her 90s. "She was an institution on the street, and loved all the neighbours," her son Alastair says. Every Halloween she transformed her basement into an epic haunted house for trick-or-treaters.

"She was fun to be around, people gravitated to her. She could easily become the life of the party," David says. His mother took great delight in large family gatherings and doted on her grandchildren and great-grandchildren.

Her loved ones say Helen was a caring friend, a good listener, had a curious mind and relished deep, thought-provoking conversations.

At a memorial service this past summer, her friends and family gathered to pay tribute to the woman they say it was an honour to be loved by, and they expressed how she showed them how to be better people.

On her last day, she told her family it had been a "great life," that she would miss them, and she had one last request: "When I'm gone, have a swim for me!"

To honour Helen's memory, donations to the Ban Righ Centre can be made at givetoqueens.ca/brc. 

– Meagan Fitzpatrick

▼ Helen and her friend, Mary E. Rawlyk, on Buck Lake, north of Kingston. Helen also enjoyed hiking with friends in Frontenac Provincial Park.





A trip to remember

77 years ago, Allan Dibblee made an eventful journey to Queen's. Now 97, he still remembers every mile.

Each fall, thousands of alumni make the annual migration to campus for Homecoming. The trip can be long and arduous for those furthest away – 14 to 16 hours by plane and another two-and-a-half by train. That, you might think, is the ultimate expression of Queen's dedication.

That is, until you hear the story of Allan Charles "Dibb" Dibblee's first trek – or should we say odyssey? – to campus in June of 1947, a trip that changed his life. Mr. Dibblee, Arts'53, IR'54, wasn't coming from another country, or even another province. But in 1947, a trip from the backwoods of northern Ontario wasn't an excursion; it was a commitment.

Mr. Dibblee, then a forestry worker with aspirations of higher education, recalls it was a fine day when he set out, having enrolled in a summer semester at Queen's.

"The journey began 40 miles upriver from civilization by boat, down to the dock at the depot camp, and then

15 miles by miniature railroad to avoid the rapids ... to the northern dock for the final boat trip to the town dock," he remembers.

From there he caught a Canadian National Railway train to the railway hub of Cochrane – but still some 730 kilometres north of Toronto.

So, he switched to Ontario Northland Railway heading south from Moosonee. The train took him overnight to Toronto, arriving "exactly 24 hours after the start of (my) journey."

And still hours away from Kingston.

On a late afternoon train ride to Kingston, Mr. Dibblee met 30 teachers headed to summer school at Queen's.

"I was an object of curiosity when I told them I was a forestry worker seeking an education," he says.

Once in Kingston, he found a room at Berry House, one of the co-ops founded by engineering students just a few years before, and began a summer of learning and socializing, including "dances at Ban Righ ... trips to Wolfe Island and Gananoque, and off-campus summer theatre at The Princess Hotel."

It was a time he says he will always remember – and a story familiar to his family members who also became alumni: son Tom Dibblee, Ed'87; daughter-in-law Sharon (Kehoe) Dibblee, Artsci/PHE'83, Ed'84; and four grandchildren as well.

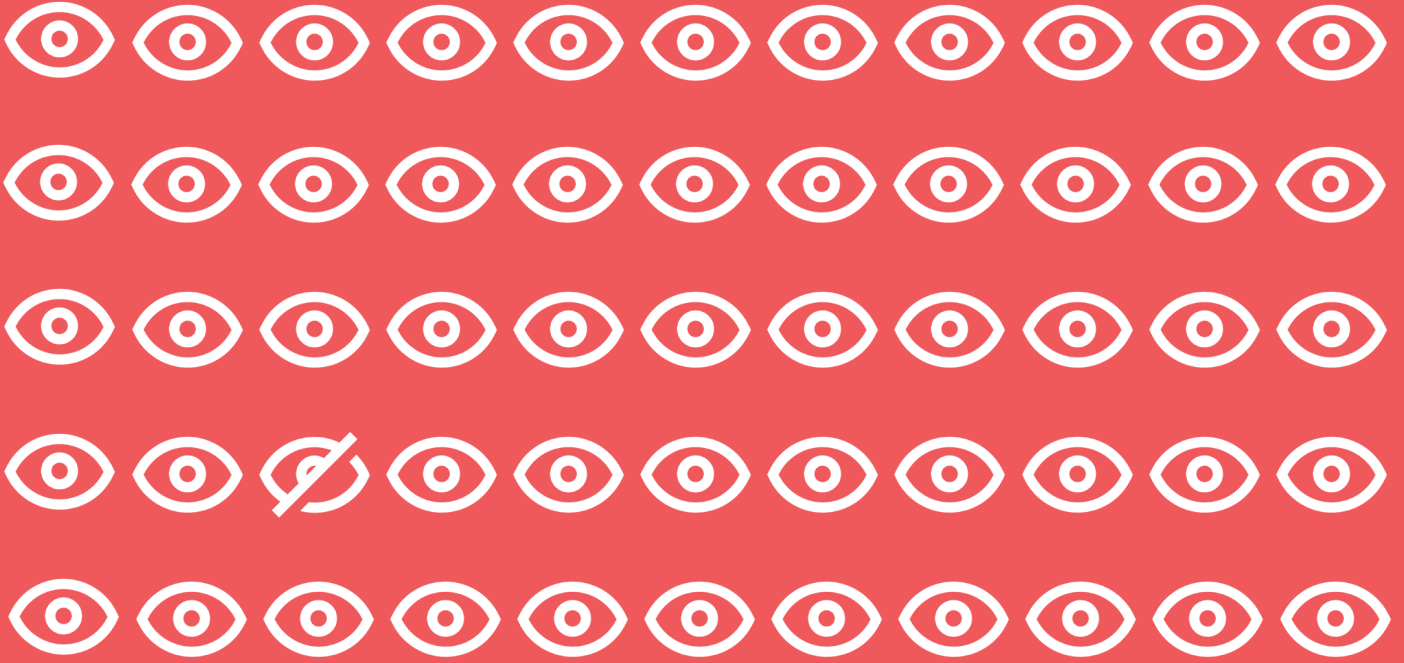
It's a connection that all goes back to a sunny Saturday in 1947, when Allan Dibblee set foot on the boat that put him on course to Kingston, and a tricolour destiny that's a source of pride for his entire family.

"The campus was busy all summer and with exams in August, it was all over," Mr. Dibblee says. "But the Queen's bug had bitten, and I became a true Queen's man and as a result of the summer school experience, those days are forever in my memory.

"That trip ... was one to remember." 

– Story by Tony Atherton, based on an account written by Allan Dibblee

▲
Allan Dibblee, left, at his graduation in 1953 and right, celebrating with friends at the British American Hotel, the oldest hostelry in Kingston.



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