

the philanthropist

Dalhousie Medical Research Foundation Newsletter

Spring 2015 Issue



Dalhousie □
MEDICAL RESEARCH
Foundation
Today's Science. Tomorrow's Cures.
www.dmrfa.ca

Shaw Family

"The Foundation really showed us that it was in our reach to make a major gift, and that by doing so, we could save lives and make a lasting difference to our community."

Shaw Family, page 4

Officers

Mr. FRANK C. SOBEY
Chairman, Stellarton
Mr. ALLAN C. SHAW, C.M.
Vice Chairman, Halifax
Ms. JYL A. MacKINNON, CFRE
Executive Director, Halifax

Directors

Dr. David AMIRALI
Ex-Officio, Halifax
Mr. Jim CRUIKSHANK
Halifax
Ms. Sarah DENNIS
Halifax
Mr. Glen DEXTER
Halifax
Dr. Richard FLORIZONE
Ex-Officio, Halifax
Mr. Fred S. FOUNTAIN, C.M.
Halifax
Mr. Malcolm FRASER
Halifax
Dr. Gerald C. JOHNSTON
Ex-Officio, Halifax
Mr. Rod J. MACLENNAN, C.M.
Turbo
Mr. Brian MACLEOD
Antigonish
Ms. Janet MACMILLAN
Halifax
Mr. Charles MACQUARIE
Turbo
Dr. Tom MARRIE
Ex-Officio, Halifax
Mr. David I. MATHESON, Q.C.
Toronto
Dr. Roger MCLEOD
Ex-Officio, Halifax
Mr. Charles W. MITCHELL
Halifax
Mrs. Barbara OLAND
Halifax
Mr. Robbie SHAW
Halifax
Ms. Kaitlyn SKINNER
Halifax
Dr. Carolyn WATTERS
Ex-Officio, Halifax

Contents

Cover Story: Shaw Family	1, 4, 5
Executive Director's Editorial	2
Message from Board Chair	3
Mood Disorders	6, 7
Mood Disorders Facts	7
DMRF Corporate Connection	8
Available for Adoption	9
Adopt-a-Researcher	10
Norma's First Adoption	11
DMRF Core Facilities	12
Dean Marrie's Vision	13
In the Community	14
Molly Appeal Monthly Giving	15
Christena's Corner	16
The Grays — Planned Giving	17

Cover Photo: *Leslie and Allan Shaw*
(Photo: Courtesy Shaw Family)

Publications Mail Agreement No. 40010676
Return undeliverable Canadian address to:
Dalhousie Medical Research Foundation,
1-A1 Sir Charles Tupper Medical Building,
5850 College Street, PO Box 15000,
Halifax, NS B3H 4R2



Warm Greetings from the Executive Director

Jyl A. MacKinnon DMRF Executive Director
(Photo: Johanna Matthews)

Hello Philanthropist readers,

I hope you are enjoying a beautiful spring. It is my honour to once again bring you greetings on behalf of the Dalhousie Medical Research Foundation team!

In this issue, we are celebrating Allan and Leslie Shaw's Leadership Gift for Melanoma Research (see Cover Story). We are sincerely grateful for the Shaw's vision and generosity. This gift will fund innovative technology to quickly and accurately diagnose melanoma and will indeed improve patient care in the Maritimes.

On Page 13 we pay tribute to Dean Tom Marrie who is retiring this summer. Dean Marrie was responsible for renewing the undergraduate medical curriculum, incorporating research as a requirement for all medical students, and establishing Dalhousie Medicine New Brunswick. His leadership will impact the future of medicine in Atlantic Canada for generations to come.

As always, we love to showcase the incredible research happening right here. I hope you enjoy these articles. The research cannot happen without donors like you. In this issue, we share some stories of people who are affecting change in medicine through the Molly Appeal, Adopt-a-Researcher Program, Bequest gifts and Major Gifts. Corporations also raise the bar on our funding capacity and we say thanks to them as well.

Our next issue of the Philanthropist will have a fresh new look, and we are excited to share that with you in the fall.

On behalf of all of us, have a wonderful summer! ☺

Sincerely,

Jyl MacKinnon, CFRE
DMRF Executive Director

*(l to r) Kaye Folland,
Jane Greenlaw, Christena
Copeland, Joanne Bath,
Jyl MacKinnon, Laurel
Purcell and Dina Teixeira.*
(Photo: Danny Abriel)



Erratum: We apologize for two errors on Page 4 of the 2014 Fall *Philanthropist - Financials at a Glance*. The final sentence of the narrative piece on the left should read "General operating and fundraising expenses came in at \$975,000, an increase of less than twenty percent over the prior year." The title of the first pie chart should read "Total Contributions 13/14 - \$3,002,597."



DMRF Team... personal reflections on the importance of Medical Research

*Frank C. Sobeys,
DMRF Board Chair*

As Chair of the DMRF Board, I am witness to the profound impact medical research has on our lives. In this issue of the Philanthropist, the DMRF team and I wanted to share our personal connection to the incredible work our researchers do every day.

Frank Sobeys

Board Chair since 1997

I have always believed that philanthropy and medical research have the power to improve the quality of peoples' lives. When I was diagnosed with prostate cancer in my early fifties, my personal experience reaffirmed both of these beliefs.

We have a tremendous asset here in the Maritimes, with Dalhousie Medical School and its affiliated teaching hospitals. There is truly groundbreaking work happening right here, with incredible potential, not only to improve and save peoples' lives, but also to form the nucleus of a growing economic sector.

Jyl MacKinnon

Executive Director

In my early days at Dalhousie Medical Research Foundation, my Mum, Mary K. MacKinnon, was diagnosed with advanced Colorectal Cancer. There were many times when we thought we were going to lose her. We tried to brace for that...she rallied every time. She beat the odds. Mum is a "Black Swan," her positive outcome was highly improbable.

When you sit at the bedside of a patient, undergoing chemo, radiation, and surgeries, you gain a new perspective. I am passionate about better treatments for all patients after watching the process my Mum went through. We've made great advances in medicine but we still have a long way to go!

Joanne Bath

Director of Development

Research is very important to me. I believe strongly in the role it plays in improving health care and saving lives. Mental health and stroke research have a very personal place in my heart because of my experiences and those of my loved ones.

Jane Greenlaw

Coordinator of Annual Giving

Research clarifies our understanding of increasingly complex physical and mental health issues faced by families and communities around the world. Collaborative research shares knowledge, saves lives, improves quality of life and gives us hope.

Dina Teixeira

Office Manager

Most everyone can say that a family member, a friend or a friend of a friend has been afflicted with some debilitating or life-threatening disease. Basic science research in all areas of disease is important as it can translate to better healthcare treatments or cures.

Kaye Folland

Director of Finance

Medical research gives us hope that future generations will not have to struggle with the devastating diseases that plague us today.

Christena Copeland

Manager of Planned Giving and Communications

I'm living proof of the great results that can come from medical research, having had the mitral valve of my heart repaired through an advanced minimally invasive surgery. I am forever grateful!

Laurel Purcell

Office Clerk

At some point in time, almost all families have to deal with illness or medical conditions and, quite often, it is only then that the importance of medical research is best understood and appreciated. ☺

Frank C. Sobeys, DMRF Board Chair



Shaw family establish endowment for

By Melanie Jollymore

Photo left: Allan & Leslie Shaw

*Photo right: Allan & Leslie Shaw and Family
(Photos: Courtesy of Shaw Family)*

Based on their first-hand experience

with melanoma diagnosis, treatment and follow-up care in Nova Scotia, Leslie and Allan Shaw have taken a bold and visionary step. The Halifax couple has given a major gift of \$1 million to Dalhousie Medical Research Foundation, to set up an endowment fund that will support melanoma research at Dalhousie Medical School in perpetuity.

"We wanted to do something that would make an immediate and significant impact on patient care in the Maritimes," says Leslie. "So we designated some of the funds to purchase brand new innovative technology for quickly and accurately diagnosing melanoma. The remaining funds will be endowed to fund a research nurse coordinator and after five years, a postdoctoral fellowship in melanoma research, so we will always have a talented young researcher at Dalhousie studying this important disease."

Melanoma is on the rise, and rates in Nova Scotia are the highest in Canada. Leslie, who spent summers in the sun as a lifeguard in her teens, has had seven melanomas removed over the past 15 years. The first time, she waited eight months to see a dermatologist, over two months to receive the results of her biopsy (such results can take an average of only four days in Alberta), and another month to see a surgeon. It was an intensely stressful year, followed by many more like it.

"Melanoma moves fast — we urgently need shorter waits to see a dermatologist and quicker results from the pathology lab," says Allan, who has been a member of Dalhousie Medical Research Foundation's board for 11 years. "We are so very pleased to be bringing this new equipment to Halifax, not only because it will save lives and a great deal of stress and

worry for people, but also because it will put Dalhousie at the forefront of advancing the early diagnosis of melanoma."

One major piece of equipment is called the Verisante Aura™. Developed in British Columbia, this device uses a handheld scanner to shine a special light on the skin. Through a technology known as Raman spectroscopy, the device measures subtle vibrations emitted by molecules in and around the mole or lesion. Cancerous growths produce very different vibrations than healthy tissues, which the Verisante Aura™ is programmed to automatically detect. The Shaw's gift will also purchase two more pieces of equipment: the MelaFind™ and the FotoFinder™.

In addition to the equipment itself, the Shaw's gift will fund a five-year clinical trial of the Verisante Aura™, comparing its effectiveness to the standard method of examining the skin through a sort of magnifying glass called a dermatoscope. Two experts in the field of dermatology will be managing this project thanks to the support of the Shaws. Dr. Richard Langley, professor and director of research at Dalhousie Medical School's Department of Dermatology, will lead the study, supported by co-investigator Dr. Peter Hull, professor of medicine and division head of clinical dermatology and cutaneous science at Dalhousie Medical School.

"We want to know if the Verisante machine is capable of detecting early-stage melanoma as effectively as a human specialist can," notes Dr. Langley, explaining that, while melanoma is 100 per cent curable if detected and removed before it has spread, survival rates drop sharply when this is not the case. "If it is, we'll see major improvements to patient care, because the machine does not require a dermatologist to interpret the results — this can be done by

ablishes \$1 million melanoma research



*Dr. Richard Langley
(Photo: Courtesy Dr. Langley)*

a trained technician. So, people will not face long waits to have suspicious moles examined, and there will be fewer removed for biopsy, freeing pathologists' time to analyze the most concerning specimens."

Thanks to the Shaw's gift of such sophisticated equipment, the Nova Scotia Department of Health and Wellness has agreed to fund a melanoma clinic at the QEII Health Sciences Centre.

"We can see already that the Shaw's gift is transformational," says Dr. Langley. "We suddenly have a clinic with state-of-the-art equipment and a dedicated team of industry experts. From this kind of base, we can attract more funding and trainees to build a melanoma research program that will make a major impact on the understanding and treatment of this very serious form of skin cancer."

The Shaws are thrilled that their initial gift is generating such positive ripple effects. "It has been wonderful to work with the Dean of Medicine, Dr. Tom Marrie, and Dalhousie Medical Research Foundation to connect with Dr. Langley and establish this gift," says Leslie. Allan echoes her sentiment, adding that, "The Foundation really showed us that it was in our reach to make a major gift, and that by doing so, we could save lives and make a lasting difference to our community." ☑

Thanks to a DMRF scholarship that sent him to Harvard Medical School to pursue research studies in 1995, Dr. Richard Langley has become a pioneer in the early detection of melanoma. At Harvard, he ran the world's first studies using the confocal laser microscope to identify melanoma on living skin, without removing the lesion, and has continued his work with confocal microscopy since returning to Halifax in 2000. Dr. Langley is keen to assess the potential of the Verisante Aura™, because, unlike confocal microscopy, it does not require expert interpretation of the results. Leslie and Allan Shaw's recent gift to melanoma research, through DMRF, will enable Dr. Langley to expand his horizons as a melanoma diagnosis pioneer. ☑

KEEPING AN EYE ON MELANOMA

The reasons for Nova Scotia's relatively high rates of melanoma are not completely understood, but specialists speculate it is due to the high proportion of light-skinned people in the province. People with light skin, many moles and a history of sunburns have the greatest risk of developing melanoma, which is essentially the uncontrolled growth of pigment-producing cells known as melanocytes. People who fit this profile should keep a close eye on their moles, and see their doctor immediately if they notice any changes or unusual new growths. ☑



Dr. Martin Alda (Photo: Courtesy Dr Alda)

Mood Disorders

Dalhousie Medical Research Foundation

By Christena Copeland

“With millions of Canadians of all ages experiencing mood disorders, this research is crucial”

Dalhousie University’s Department of Psychiatry is proud to be conducting world-class collaborative research focusing on personalized treatment for mood disorders. According to Stats Canada, over 2 million Canadians suffered with a mood disorder in 2013 and numbers are on the rise. Mood disorders include conditions like depression, bipolar disorder, or dysthymia. The effects of mood disorders can be devastating, leading to severe disruptions in the life of the person with the condition, and that of their family and friends. There is a high risk for suicidal behaviours in those experiencing bipolar disorder, particularly when it has not been quickly or effectively treated. Thanks to the knowledge, time, and dedication of our researchers, and to the compassionate spirit of our donors, great strides are being made to find effective, long-term, and individualized treatments of mood disorders right here in the Maritimes.

Dr. Martin Alda, who was born and studied medicine in Prague, Czech Republic, moved to Halifax in 1999. Dr. Alda is eager to create a research-rich environment where personalized treatment of mood disorders will be the focus.

“I find that Halifax and Dalhousie is a more compact place where you can easily relate to people in other specialities and disciplines,” says Dr. Alda. “What we are trying to establish here is a long-term research program that focuses on the key, clinically-relevant issues of mood disorders, and we are doing this in collaboration with researchers from around the world.”

Dr. Alda and his associates are committed to developing a mood disorder treatment plan that is unique to each patient, and has a strong focus on early intervention. It can take months, even years, to find the most effective treatment plan for

an individual living with bipolar disorder. The risk of suicide is highest in the early stages of the diagnosis of bipolar disorder; Dr. Alda wants to shorten the length of time required to find effective treatments. By finding successful treatments faster, those experiencing mania and/or depression will start feeling better, sooner.

“We know for some patients this is just too lengthy and too slow of a process,” states Dr. Alda. “They may not respond until the fifth or eighth treatment in the line. So we clearly need to bypass all that waiting.”

With millions of Canadians of all ages experiencing mood disorders, this research is crucial. Research is expensive and often requires competition for funding. Dr. Alda and his team are currently working on an innovative, long-term project that will require substantial financial support. This cutting-edge project will study the genetic basis of response to treatment, as well as use peripheral cells, such as white blood cells or skin cells, from patients with very specific forms of bipolar disorder, and convert them into neurons that can be studied in a test tube. This would allow researchers to eventually screen large numbers of new molecules for their possible therapeutic effects. Trailblazing research like this requires time, expertise, and funding.

“We have many people who are excellent researchers, but who are not able to get funded in today’s hyper-competitive environment,” says Nick Delva, Head, Department of Psychiatry, Dalhousie, and Chief, Department of Psychiatry, Nova Scotia Health Authority. “Our research on mood disorders is going extremely well, with Dr. Alda leading the group,” continues Delva. “With mood disorders so drastically



Dr. Nick Delva (Photo: Dalhousie University)

affecting the lives of individuals around the world, we want to create a long-lived endeavour, starting with Dr. Alda, and then passing this along to his successor; that is why endowed funds are so important”.

Endowed funds allow an organization to invest monies, while making regular withdrawals to support projects indefinitely. DMRF is working with Dr. Alda and his team to create a \$3 million endowment to support mood disorder research.

“We are very fortunate to have the commitment of an anonymous donor who has pledged \$1.25 million in matching funds to support the creation of this dedicated fund in mood disorder research,” says Dalhousie Medical Research Foundation Director of Development, Joanne Bath. “We are telling this very important research story, to inspire others to get involved. So many of us have experienced mental illness or have supported loved ones in their struggle. Personally, I am very proud to be part of this progressive research; research that will save lives,” she continues. “I look forward to working with donors who want to make a difference through financial contributions.”

Mental illness is one of the defining issues of our time. It is within our grasp to make a substantial impact on people’s wellness and the health care system on which they rely. This research has the potential to save the lives of many people, around the world, including those we hold dearest.

Please contact Joanne Bath at 902-471-7032 if you are interested in learning more about how you can support this research. [✉](#)

Mood Disorders Facts

- > Bipolar disorder affects about 2 to 3 per cent of all adults
- > It is highly heritable with genetic factors accounting for about 80 per cent of causes
- > The illness starts in young people in their late teens and early twenties and is life-long, recurrent and often chronic
- > The illness is associated with a high risk of suicide. It is estimated that 10 to 15 per cent of patients ultimately die by suicide
- > Many patients can be treated successfully
- > No single treatment is effective for all patients; different forms of bipolar disorder respond to different types of treatment
- > Lithium remains the gold standard treatment for prevention of manic and depressive episodes; it is effective in about 30 per cent of all patients
- > In addition to medication, critical pieces to achieve successful outcomes include: education, psychotherapy and work with families
- > 15 per cent of all adults are affected by some form of depression



DMRF Corporate Connection

By Christena Copeland

Heidelberg Engineering

Heidelberg Engineering, an international company specializing in optical instrumentation, has continued to support Dr. Balwantry Chauhan's research in glaucoma through the DMRF Adopt Program. (See articles – facing page). Dr. Chauhan's research is both clinical and experimental and is dedicated to understanding the pathways in glaucoma, its early detection, and new treatment avenues. Heidelberg Engineering has donated \$440,000 to date, with more funds pledged.

"My relationship with Dr. Zinser and Heidelberg Engineering dates back to 1991," says Dr. Chauhan. "With our research input, many clinically valuable tools have been developed. Our relationship continues to mature with many exciting new projects for the upcoming years." ☐

Clicgear

Clicgear is a Hong Kong based company dedicated to philanthropy and passionate about designing and distributing innovative sports products. In 2014 they adopted Dr. Graham

Dellaire's lab, through DMRF's "Adopt-a-Researcher" program, with a gift of \$12,500.

"Clicgear's head industrial designer and co-founder, Kevin Kimberley, is a childhood friend of mine and both our mothers are breast cancer survivors," says Dr. Dellaire. "The support from Clicgear has been essential in maintaining momentum in our breast cancer work by helping us to continue to fund an absolutely outstanding graduate student, Dale Corkey. Dale is beyond the 4 year cut-off of external funding for his work and Clicgear is helping fill that gap in funding as he completes his degree." ☐

Dale Corkery, Clicgear "adoptee"
(Photo: Courtesy Dale Corkery)



(l. to r.) Jyl MacKinnon, Executive Director, DMRF, Dr. Balwantry Chauhan, Mathers Professor and Research Director, Ophthalmology and Visual Sciences, Dalhousie Medical School, Dr. Gerhard Zinser, Managing Director and Head of Research and Development at Heidelberg Engineering, Dr. Tom Marrie, Dean, Dalhousie Faculty of Medicine, Allan Shaw, Vice Chair, DMRF Board and Christena Copeland, DMRF Manager, Planned Giving and Communications. (Photo: Danny Abriel)

Provincial Government Employees Credit Union

As CEO of Provincial Government Employees Credit Union, Ingrid Foshay Murphy is committed to giving back to the community. For the past two years, this Credit Union has given a gift to the Dalhousie Medical Research Foundation in support of the incredible work Dr. Paola Marignani's lab is doing in breast cancer research. A breast cancer survivor herself, Ingrid cares deeply about medical research.



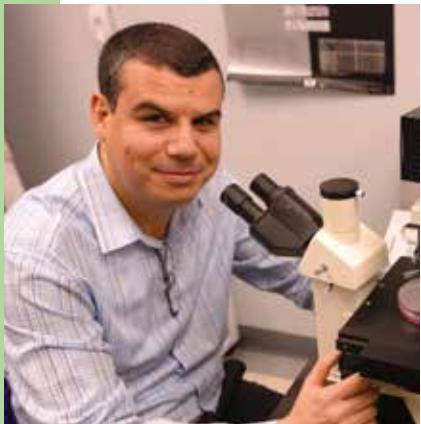
Ingrid Foshay Murphy
(Photo: Courtesy Ingrid Foshay)

"Every year we have a sum of money that we divide amongst the charities that are important to our clients and staff," says Ingrid. "I heard Dr. Paola speak about her breast cancer research and I was deeply moved. The number of committed doctors, like Dr. Paola, who are trying to find a cure is phenomenal." ☐

Available for Adoption

Adopt-a-Researcher mini-profiles

By Melanie Jollymore



Dr. Younes Anini
(Photo: Keith Jollymore)

Appetite, energy balance and diabetes

Dr. Younes Anini is shedding light on a struggle many of us face every day — the more weight we gain, the harder it is to lose. As Dr. Anini has found, this is due to complex interactions between insulin and the appetite-regulating hormone known as ghrelin. “Ghrelin sends signals to the brain that tell us we’re hungry or full,” he explains, “but when people are overweight, they’re often resistant to insulin, so they don’t get the ‘full’ signal.”

Dr. Anini, an associate professor in the departments of Obstetrics & Gynecology and Physiology & Biophysics who comes from Morocco, is working on a gene therapy to lower ghrelin levels in the blood. “This helps reduce body weight and improve sugar tolerance,” he says. “It’s one way we think we could treat obesity and prevent diabetes.”

A race against antibiotic resistance

Dr. John Rohde wants to unravel the mystery of shigella infection before antibiotic-resistant strains of the bug have a chance to take over. Shigella is the bacterium that causes dysentery, a widespread diarrheal disease that kills thousands of children in the developing world every year. “We can treat shigella with aggressive antibiotic therapy, but we’re seeing more and more antibiotic-resistant strains,” says Dr. Rohde, an assistant professor of microbiology and immunology who came to Dalhousie in 2009. “So far global efforts to develop a vaccine have failed, but our uniquely systematic approach is revealing how we may be able to design a vaccine that will work. The window is closing on antibiotics that are effective, so the need to understand how bacteria can cause disease is greater than ever.”



Dr. John Rohde (l.)
(Photo: Dalhousie University)



Dr. Rudolf Uher
(Photo: Dalhousie University)

Skills in emotional resilience

Dr. Rudolf Uher is passionate about preventing severe mental illnesses, like depression, bipolar disorder and schizophrenia. A psychiatrist who worked with adults in England for many years, Dr. Uher came to Nova Scotia in 2012 when he saw Dalhousie was looking for a Canada Research Chair in early intervention in psychiatry. “So many of my patients’ problems started in childhood, I knew working with children would be the key,” says Dr. Uher. He’s now working with Nova Scotia families and children to learn more about what early factors lead to mental illness and how young people at risk can develop “skills for wellness” to weather the emotional storms of growing up. “We aim to cut the risk of severe mental illness by half among the young people in our program,” he says. “The benefits to the youth, their families, and their entire futures will be well worth the effort.” [»](#)

When you **Adopt-a-Researcher**
you don't just write a cheque, **you write happier endings.**



(Photo: John Sherlock)

**For more information about
Adopt-a-Researcher please contact:**

902.494.1856 christena.copeland@dal.ca

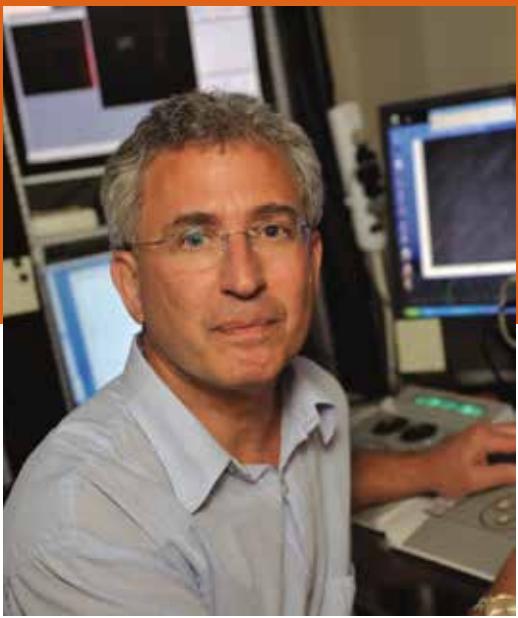
Dalhousie Medical Research Foundation

1-A1 Sir Charles Tupper Medical Building

5850 College Street, P.O. Box 15000, Halifax NS B3H4R2

Dalhousie 
**MEDICAL RESEARCH
Foundation**

dmrf.ca



Dr. Alan Fine, Norma's "adoptee", and Professor Dalhousie Faculty of Medicine, Departments of Physiology & Biophysics, Medicine (Neurology) and Pediatrics
(Photo: John Sherlock DMRF files)

By Christena Copeland

In 2009, the Dalhousie Medical Research Foundation created the Adopt-a-Researcher program, connecting donors to researchers working in an area that is most meaningful to them. Since its inception, we have seen the establishment of 31 adopts.

Norma Fraser has been supporting our Foundation for many years. A spirited and giving woman, Norma was born in Prince Edward Island but has lived and worked all over the Maritimes, raising a family with her late husband. She now resides in a beautiful condo in Dartmouth, Nova Scotia. Norma learned about our Adopt-a-Researcher program, from her friend Glenna, while attending the 2014 Molly Luncheon. Glenna, who has been proudly adopting researchers for the last couple of years, encouraged Norma to consider doing the same. Norma was intrigued.

"Well, I had some money in an account that wasn't doing anything there," says Norma. "I have had two members of the family who had Alzheimer's and cousins who have dementia. I decided I wanted to help the cause." After some discussion with the DMRF team, Norma decided to adopt Dr. Alan Fine's lab.

Norma's First Adopt

Interested in "adopting-a-researcher"? Read Norma's story to learn more...

Dr. Alan Fine and the members of his neuroscience team hope to identify potential targets for new drugs that could be used to treat or prevent memory loss. His work will have implications for Alzheimer's disease, schizophrenia, autism and other cognitive disorders.

"We're very grateful for this 'adoption' and for the advances it will make possible," says Dr. Fine. "Norma's faith in the importance of our work is hugely motivating to everyone in the lab." Dr. Fine's lab works tirelessly to investigate ways in which to improve brain functioning and memory. Norma's adopt is having a strong impact on his work this year. Dr. Fine's lab would happily welcome any further adoptions. ☺

Adopter, Norma Fraser (Photo: Courtesy of Norma Fraser)



Multi-user core facilities maximize scientific impact of every donor dollar

By Melanie Jollymore

Dalhousie medical researchers

are learning more, faster than ever, thanks to sophisticated equipment in the medical school's growing suite of multi-user core facilities.

"The most powerful research equipment is incredibly expensive, but absolutely necessary to stay on top of advances across all fields of medical research," says Dr. Gerry Johnston, associate dean of research at Dalhousie Medical School. "We made a strategic decision to invest in centralized research facilities, so all our investigators would have access to this kind of equipment."

The medical school has developed seven core facilities so far — from a brain bank and a zebrafish lab, to world-class proteomics and flow cytometry facilities — and plans to develop more.

One of the medical school's busiest, the Flow Cytometry Core Facility is opening new doors and accelerating the pace of discovery for dozens of researchers. Dr. Jean Marshall and Dr. Jean-François Légaré are just two of the many researchers who depend upon this research facility to carry out their life-saving research.

"All the advances we've made in the past few years are due to our access to flow cytometry," says Dr. Jean-François Légaré, a cardiac surgeon who's learning how inflammation leads to scarring and then failure of the heart. "It dramatically increases our ability to understand why immune cells travel to the heart and how they cause damage. Now, when we apply for grants, we are far more likely to be successful because we have access to this equipment."

Flow cytometry also offers clues to fighting off infections, such as RSV — the most common respiratory infection of early childhood — and chlamydia. "The equipment lets us purify and study human mast cells, to learn how they respond to



Dr. Jean François Légaré (Photo: Gerard Walsh, Courtesy of Nova Scotia Health Authority Research Services)



Dr. Jean Marshall
(Photo: John Sherlock, DMRF files)

"...we are far more likely to be successful because we have access to this equipment."

~ Dr. Jean-François Légaré

these and other infections," says Dr. Jean Marshall, head of the Department of Microbiology & Immunology. "We're searching for ways to harness this immune response to fight off infections."

Donors have helped purchase key pieces of equipment for core facilities, largely through DMRF's annual Molly Appeal. Now the Foundation is working to ensure long-term support for these vital facilities.

"Donors care that their gifts, while being invested wisely, are having impact and improving and saving lives," says Joanne Bath, DMRF's director of development. "Financial support of shared research facilities has a substantial effect on human health, securing the continued efforts of so many scientists in a wide range of disease areas. Donor dollars go further and help more people." ☐

Reflections on the Legacy of Dean Marrie

By Jyl MacKinnon, DMRF Executive Director



Dean Tom Marrie (Photo: Dalhousie University)

Over the past five-and-a-half years,

I've had the pleasure of working with Dr. Tom Marrie, a humble and hard-working Newfoundland native who, in September 2009, became Dalhousie Medical School's twelfth dean. In July, Dr. Marrie will finish his term. Before his term ends, I'd like to reflect on his career and his many contributions to Dalhousie Medical Research Foundation (DMRF) and Dalhousie Medical School.

Across Canada, Dr. Marrie is known as a leading infectious diseases specialist. Since the late '70s, he's been conducting research with a focus on pneumonia. Specifically, his research is in the areas of outcomes and health services. Currently, he has two research projects underway in Alberta examining outbreaks of invasive pneumococcal disease in very young and elderly populations.

Locally, Dr. Marrie was instrumental in creating Dalhousie Medicine New Brunswick (DMNB), carrying the torch lit by his predecessor, Dean Harold Cook. Just this past year, we saw DMNB's first graduating class cross the convocation stage. It was a proud moment, and one that I congratulate Dr. Marrie and his colleagues at DMNB for leading.

Dr. Marrie also played a key role in renewing Dalhousie's undergraduate medical curriculum and spearheaded a novel

research program that all Dalhousie medical students now undertake. The program, Research in Medicine, lets students conduct a four-year medical research project during their MD degree — an effort to ignite an interest in research that they can carry into their careers.

These innovations have changed the way medicine is taught and practised in the Maritimes. Just recently, his impressive career earned him membership in the Order of Canada, the second highest award of merit a Canadian may receive.

On a personal note, I'm grateful for how accessible Dr. Marrie has been to me, particularly when I stepped into the role as DMRF's executive director. Throughout our time together at Dalhousie, I've found Dr. Marrie's enthusiasm for medical education and research contagious. One of my favourite things about him is his ability to make things happen. When someone says, "We'll look into that," he hears, "Yes. Absolutely!"

This quality has worked very well with colleagues, donors, and funding partners alike.

Dr. Marrie had a vision stepping into his role as dean. His contributions at Dalhousie — and across Canada — have changed the future of medicine for generations to come. Best of luck on the next phase of your journey, Dr. Marrie. ☑

We would like to extend a sincere
THANK YOU

to R. Diane Campbell, Catherine Campbell



for generously sponsoring the annual
MOLLY Appeal Luncheon.

Guest Speakers for Neuroscience Research 2014:
Dr. Sultan Darvesh and Barbara Mulrooney



(Photo: Danny Abriel)

PLEASE mark your calendars....
Upcoming Molly Appeal Luncheon will focus
on Cardiovascular Research and will take place
at Ashburn on **Thursday, October 21st, 2015**

For further information
please call Jane @ (902) 494-2693
or email mollyappeal@dal.ca



If you can walk, run or cheer we want you to come out on Victoria Day weekend and support medical research.

For the 7th year running, we'll take to the streets of Halifax & Dartmouth. Team 2015 will be running not only to improve their own health but to raise funds for DMRF's MOLLY Appeal for cardiovascular research boosting the heart health of everyone through research.



May 16th & 17th, 2015
Scotiabank Blue Nose Marathon Charity Challenge

Let's put our hearts
into it and "Giv'er" for
cardio research!

All are welcome —
young/old, faculty/students,
family/friends.
Come join in for a great cause!
It's always a fun and
festive gathering.

FOR MORE INFO CONTACT:
jane.greenlaw@dal.ca



Every Step Helps Build Our Community
Scotiabank Charity Challenge

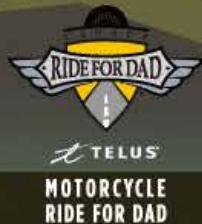


2015
FIFTEENTH ANNIVERSARY
HALIFAX

SATURDAY JUNE 6

Cole Harbour Place, 51 Forest Hills Parkway, Dartmouth

TELUS MOTORCYCLE RIDE FOR DAD
Join the fight against prostate cancer



Registration 8:00-10:00 a.m. | **Kickstands up** 10:00 a.m. sharp | **PRIZES • LUNCH • POKER RUN • SCENIC RIDE**

When Hilda Duncan says “every little bit helps,” she means it. Since 1980, Hilda has supported DMRF. Moved by the story of Molly Moore whose first gift inspired our annual Molly Appeal campaign, Hilda decided to follow a similar path. She became a monthly donor, giving many generous gifts over time.



Thanks to the loyal support of people like Hilda and Molly, we can all look to a future filled with hope.

Please know that as a monthly donor, you are making an important difference to local medical research that has global impact.

Contact us today to help create change through medical research.



DALHOUSIE MEDICAL RESEARCH FOUNDATION

1-A1 Sir Charles Tupper Medical Building, 5850 College Street
PO Box 15000, Halifax, Nova Scotia B3H 4R2
902.494.3502 Toll-free 1.888.866.6559 www.mollyappeal.ca

I wish to make monthly contributions of:

\$5 \$10 \$15 \$20 other \$ _____

*Contributions will be processed on the 20th of each month.

Name: _____

Street Address: _____

City: _____ Province: _____

Postal Code: _____ Phone: _____

E-mail: _____

At this time, I prefer to make a one-time gift of:

\$20 \$35 \$50 \$120 other \$ _____

**Today's
Science.**

**Tomorrow's
Cures.**



Method of Payment:

- Pre-Authorized withdrawal (enclose a void cheque)
- Pre-Authorized payment VISA MasterCard AMEX
- One-time gift payment VISA MasterCard AMEX
- Card Number: _____ Exp. Date: _____
- Signature: _____ Date Signed: _____

This authorization may be cancelled/changed at any time upon written notice. Allow 2 to 4 weeks for processing of first payment. You will receive one cumulative tax receipt at the end of each calendar year. (applies to monthly contributions)

I prefer my donation to remain anonymous. I do not wish to have my name appear in the DMRF annual report or have my gift publicly acknowledged.

Christena's Corner

Planning your estate: Gift opportunities and benefits with RRSPs and RRIFs



Christena C. Copeland (Photo: Kim Chiasson)

Leaving a gift in your estate to your favourite charity is a meaningful and impactful way to create a legacy that benefits your family, friends, and community. Aside from the philanthropic value of such gifts, there are important tax benefits that you will want to consider, particularly regarding gifts of Registered Retirement Savings Plans (RRSPs) and Registered Retirement Income Funds (RRIFs). By age 71, RRSPs convert to a retirement annuity or, more commonly, a RRIF.

Anyone who is investing in a RRSP or RRIF generally designates a beneficiary. Unfortunately, unless the recipient is your surviving spouse or dependants (children under the age of 18 or those physically or mentally impaired), the value of the plan or fund will be taxed as income. In many instances, this estate asset is taxed at the highest marginal rate, in the year of death.

Here are some interesting benefits of naming a charity the beneficiary of your RRSP or RRIF:

- Your estate will be issued a tax receipt for the full amount of the plan proceeds
- The amount of your gift's tax receipt can be applied against income tax owing on your estate

- It doesn't cost anything to change the beneficiary name on your plan — you simply contact your plan administrator and request a beneficiary designation form
- The gift is revocable, meaning you can change the name of the charity, or the number of charities listed as recipients, at any time.

While we are happy to provide you with information about planning your estate to your absolute advantage, it is always best to speak to your lawyer or financial planner about specific details and arrangements. If creating a legacy gift in your estate is important to you, we hope you'll consider the Dalhousie Medical Research Foundation. Estate gifts have truly been the building blocks on which our Foundation was built and through which life-changing research has been conducted. We are grateful.

A planned gift to the Dalhousie Medical Research Foundation is a gift of hope and possibility. There are a multitude of ways to arrange your gift to meet your needs and those of your family, while supporting local, innovative medical research. ☐

Warmly,
Christena Copeland
Manager, Planned Giving & Communications

Please:

- Send me info about wording in my will
- Call me to discuss my estate plans
 - RRIF/RRSP, annuities, etc.
- Call me to discuss a gift today
 - adopts, securities, etc.

- I have already remembered Dalhousie Medical Research Foundation in my will.

To find out more about estate planning, adopting a researcher, or other programs please feel free to contact me anytime by phone (902) 494-1856 or email christena.copeland @dal.ca

A Life of Giving and Service

By Christena Copeland

Walking into the home of John and Fiona

Gray on this particularly cold, wintery day, I immediately feel the warmth and comfort that comes from two people who have loved and supported each other for many years. Fiona greets me at the door of their beautiful home that overlooks the waters of Herring Cove. The table at which we gather displays a stunning bouquet of colourful mixed flowers. Smiling, Fiona tells me they are a gift from one of their sons in recognition of their 55th wedding anniversary, celebrated three days earlier. This is the story of John and Fiona Gray, two people we proudly call Dalhousie Medical Research Foundation (DMRF) donors.

Aside from their devotion to each other, John and Fiona have committed their lives to the service of those in need. While they both originally hailed from England, a desire to travel and help others saw them joining the International Grenfell Association — an organization dedicated to bringing medical and social care to the people living along the Labrador coast and the northern tip of the island of Newfoundland. The community of St. Anthony is where John, a physician who eventually specialized in geriatrics, met Fiona, and where they spent 25 years with the Mission before moving to Halifax in the early '80s, to work with Dalhousie Medical School. It was at this time that they were introduced to DMRF.

"I was appointed to Dalhousie Medical School in 1982 to help develop an interest in the area of geriatric medicine," remembers John. "I very quickly learned of the Dalhousie Medical Research Foundation. We both feel it is a very worthwhile cause. Research is vital to medicine's future and its impact is incalculable; there wouldn't be any advances in medicine without it."

John's many decades of working in medicine have certainly given him an appreciation of the importance of research and of the funds needed to ensure its continued success.

Both John and Fiona are no strangers to giving and to legacy. Before leaving St. Anthony in 1981, they, and a local committee, organized the building of a Home to provide all inclusive care for seniors in the area. Since that time, a larger facility was built. In recognition of the immense support and



Fiona and Dr. John Gray (Photo: DMRF files)

care given by the Grays, it was named the John M. Gray Centre and Complex. This 47-bed long-term and continuing care facility provides high levels of nursing care, along with support to the outside community. Today, the couple continues their life of generous support with active charitable giving.

"I'm all for supporting Dalhousie Medical Research Foundation," says John. "Leaving a gift in one's estate is a very worthwhile decision to make." DMRF gives our sincere thanks and appreciation to the Grays for their commitment to our organization and for their immense generosity of spirit. Theirs is truly a life of commitment, devotion, and service. □

Olwen Dorothy Farrell died in 2009



Today, she is shaping the future of medical research.

Olwen loved Berwick. She cherished her time on the farm, in the apple orchards and the flower gardens. She knew that successful orchards, like medical research, need nurturing and dedication to flourish. That's why she left a generous gift in her will to Dalhousie Medical Research Foundation.

Like us, Olwen believed that today's science leads to tomorrow's cures.

**To remember medical research in your estate plan,
please be sure to use the Foundation's complete name:
Dalhousie Medical Research Foundation**

1-A1 Sir Charles Tupper Medical Building, 5850 College Street, PO Box 15000, Halifax, NS B3H 4R2
e-mail dmrf@dal.ca website www.dmrf.ca telephone (902) 494-3502 toll-free 1-888-866-6559

Dalhousie 
MEDICAL RESEARCH
Foundation

Dalhousie Medical Research Foundation is an independently registered charity established for the purpose of providing financial support for research activities in the Faculty of Medicine at Dalhousie University and its affiliated research institutions.

Today's Science. Tomorrow's Cures.