



MAA MATTERS

U of T MD Alumni Newsletter

Winter 2025

FEATURE STORIES



Pamela Mark on 40 years in family medicine

By Emma Jones

Pamela Mark (MD '84, PGME Family Medicine) is a family physician who practices in Toronto's east end. Her connection to U of T and what is now known as the Temerty Faculty of Medicine stretches back a generation to her father, a graduate of the MD Class of 4T7. We talked to Mark about her life and work, the many changes she has witnessed in family medicine over her career, and why she prioritizes supporting new generations of medical learners at U of T.

What inspired you to specialize in family medicine?

My father was a family doctor who also trained at U of T, so my introduction to medicine came early on. After taking an accounting class in grade 10, I helped with his OHIP billings and bookkeeping. There were no computers in those days; billing was handwritten cards that you had to fill out and mail in. It was very labour intensive.

I was in his office every Saturday and his patients would stop by and say hello. I got to see how the family office works. Later on, when I was doing my residency in family medicine, I would fill in for him for a week or two if he wanted to take time off or go away on vacation. Eventually, his patients became my patients, and I took over the practice.

Did you find many generational differences between your and your father's approaches to medicine?

We agreed to disagree on some things, which is how I could work with him. But even from a young age, I was allowed to have my own mind. And having different perspectives is important in medicine. By the time I joined him, so many things had changed, and he was open to that change — things like new classes of medicine and new computer programs to track patient information.

How do you stay connected to the medical community as a solo practitioner?

It's easy to be isolated in family medicine, so it's important to be part of a community and go to meetings and go to lectures and try and keep up with what's happening.

I worked in the area of Toronto East General Hospital, now known as [Michael Garron Hospital](#). I was involved in its continuing medical education programs, helping to organize talks and things like that. That kept me involved in talking to other doctors and learning what worried them or what they had heard about.

You must have seen so much change over the past 40 plus years of your practice.

Oh gosh. There is no comparison between then and now. I mean, Dad was interested in computers, but I don't think he could ever imagine that we would one day be able to do things like talk with patients over video chat.

When I joined my dad, his charts were these 3 by 5 index cards that you would write on in tiny little letters. And the files would take up so much space. I eventually transitioned to computerized charting. That was a major shift, because I had been handwriting all those decades and now, all of a sudden, I had to learn how to type while looking at the patient so I could have an actual conversation with them. My patients would tease me about how I would be trying to pay attention to them and fix typos at the same time. I got a lot better after a year!

Now with artificial intelligence, the next shift will be to sit back and fully commit all your attention to the patient and not have to worry about recording. I'm so jealous of the next generation of doctors who will get to work with these scribe programs.

Going back to your time as a student, I know that a highlight was your involvement with Daffydil, the annual student run musical production. Tell me more about that and why it meant so much?

I tell people that Daffydil is how I got through medical school. It was school related, but didn't involve trying to cram more knowledge into my brain.

Daffydil had students from all different years. I could talk to people from the year ahead of me about what was stressing me, and they always had a good word or a good tip or something. They were always very encouraging.

I was really proud of our shows. They were always special because people wouldn't expect this level of performance from medical students. Everyone involved was so smart, but also so talented. You just wanted to be around those people.

You are a monthly donor to the Dean's Priority Fund and you have also supported the MD Class of '84 Award — what inspires your philanthropy?

I was lucky that my father was able to pay for my tuition, so I never had to apply for loans. I remember going in on the first week of class to buy our textbooks, and I was horrified. I couldn't believe the cost of the books. I called my dad and I said I don't have enough money — just one book chewed up 3/4 of my budget, and I was in the used textbook store. My dad helped me out there too, and I am still really grateful for his support.

I think now, what do the students do? I mean, their rent is incredible. Food is more expensive than ever, and I don't even know what the tuition is anymore. And so, any way I can help — maybe with a month or two of rent — I want to contribute.

What is your personal philosophy for giving and philanthropy?

You can't take it with you. It's better to use it to help your community.

I also have some patients who've gone into medicine. I'm always so thrilled that I was hopefully part of that decision or just supported them emotionally to get through that process. I feel that philanthropy can either be giving financially or emotionally. We do it because this is our community and we need to support each other.

What are your hopes for family medicine in the future?

What we really have to work on is getting more doctors to go into family medicine because that's really fallen behind. It's not totally puzzling — especially with our salaries in Ontario. It's better than it was, but still, it's not enough for students to choose family medicine. But I also think something else is missing. I haven't figured that out.

I think people will lose out by not going into family medicine. It's the beauty of the continuity of the practice. Knowing somebody for 35, maybe 40 years, you help them through their life stages, help them make major decisions with their health... and sometimes beyond that, too, because they want to talk about family issues or other things. That's so rewarding and it's a privilege to be part of that.

Do you have any advice for students who are considering family medicine?

I think that they need to look at the longevity of the relationships they'll have in their careers and if that's something that they want. Family practice goes beyond just medicine; it goes into building relationships with your patients. I don't know many other specialties that have that same experience. You are so much more involved in different people's lives. You're in a position to really connect with them and influence their health decisions and that is so rewarding — especially if they listen to you. They don't always, but you get that ability to see them again and nudge them in a good way.

Alumni Give Back

Consider joining your fellow alumni with a donation in support of new generations of Temerty Medicine students. Gifts are eligible for a tax receipt and can be directed to the [Medical Alumni Association \(MAA\) Awards](#), [class funds](#), the [Dean's Priority Fund](#) or [any other priority](#).



Words of Wisdom: How one message from alumnus to student forged a meaningful connection

By Heather McCall

“Always remember how you feel right now, your gratitude, your sense of wonder and awe, and your excitement to care for your first patient. It will help you get through the tough times.”

- **Bobby Yanagawa** (MD '08, PGME Cardiac Surgery)

It was the MD Program orientation week at the University of Toronto's Temerty Faculty of Medicine, and first-year student **Catherine Nie** held a card imprinted with this message in her hands.

She was seated in historic Burwash Dining Hall along with about 280 classmates for the traditional MD student welcome breakfast hosted by dean **Lisa Robinson** (MD '91, PGME Internal Medicine). Nie had just been handed an envelope marked Alumni Words of Wisdom and was instructed to open it and read the message inside.

As she started to absorb the words, she looked around at the other students reading their messages in this Hogwarts-like setting, and it started to sink in — this was really happening. She had made it into medical school.

“It was a surreal, pinch-me moment,” she says. “I literally had tears in my eyes.”

Nie had known she wanted to be a physician since she was a child. At age 13 she was diagnosed with scoliosis and frequently visited the McMaster Children’s Hospital in Hamilton for scans, bracing and other appointments. She eventually received spinal fusion surgery and now has two titanium rods and 20 screws in her spine.

The experience could’ve been traumatic, but Nie has fond memories of the health care professionals who took care of her during that time.

“I had some incredible doctors that really made a difference in my life,” she says. “I knew I wanted to be that doctor for someone else.”

Now, sitting in Burwash Hall, Nie’s dreams of starting her medical education had come true and she was filled with excitement and gratitude — but she also felt a little apprehensive. Having grown up in Hamilton and completing her undergrad at McGill University in Montreal, Nie didn’t know a single person in Toronto. Receiving words of encouragement from someone who’d once been in her shoes felt special.

Nie looked up Yanagawa and contemplated reaching out to him to let him know how much she appreciated his message. After debating for a while, she finally decided that if he had taken the time out of his busy schedule to submit the message, he would appreciate a thank-you email.

She put her thoughts together and hit send.

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Years earlier, in 2004, Yanagawa received his own good news about his acceptance to the U of T MD Program. At the time he was pursuing a post-doctoral fellowship in the UK, having recently completed his PhD in cardiovascular pathology at the University of British Columbia. He had tried unsuccessfully to get into medical school twice before, so knowing he’d just been accepted by one of the best in the world, he was on cloud nine.

Yanagawa had only been to Toronto once before for his application interview. He didn’t know a single person in the city, but he was excited to return to Canada for the next chapter in his medical education.

At his own Dean’s Breakfast that fall, he didn’t receive a card but he does remember the “words of wisdom” from alumnus Dean **David Naylor** (MD ’78), who gave welcoming remarks to the incoming class.

“It was one of the best speeches I’d heard in my life,” he says. “It was all about the past, present and future of medicine. I was so inspired, I decided to get involved in student governance.”

Yanagawa started by learning all 200 of his classmates’ names. His personal and professional network grew, and he eventually became his class president in first and fourth year as well as president of the medical society.

More than twenty years after he arrived in Toronto, Yanagawa is now the division head of cardiac surgery at St. Michael’s Hospital (Unity Health) as well as the program director and associate professor of cardiac surgery at U of T.

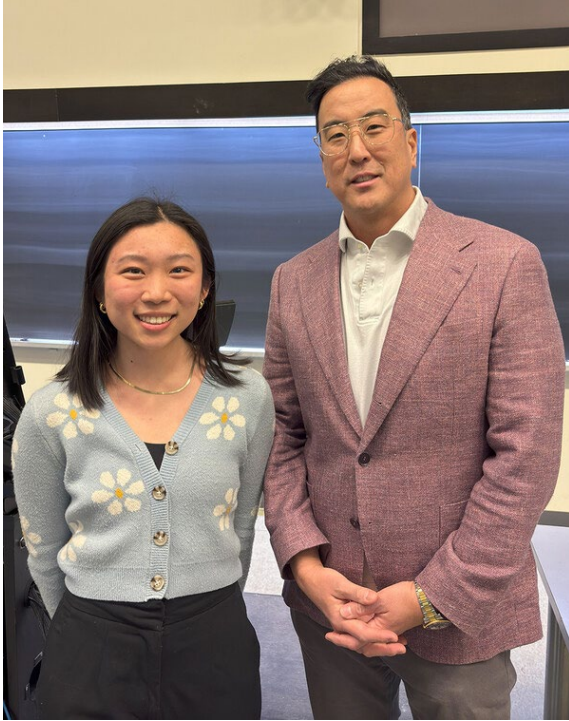
He continues to be involved in the MD Program, delivering a heart-focused lecture to MD students each year. He also regularly responds to the annual call for Temerty Medicine alumni Words of Wisdom when it lands in his inbox. He likes to focus on gratitude, which he feels is a “superpower” for managing hardships.

“It’s almost like a force-field,” he says. “I think it’s important to talk about the hard times, about the B-side of the album, and reinforce the importance of gratitude.”

Yanagawa had never received a direct response to one of his Words of Wisdom messages before he heard from Nie, but he is no stranger to MD student mentorship. His contact info appears at the end of his undergraduate heart lecture presentation, and he invites students to reach out to him for help. Every year he has about 40 or 50 students shadow him in the operating room.

When the email arrived from Nie, Yanagawa knew how he would respond. He put his thoughts together and hit send.

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Nie couldn't believe it — Yanagawa was suggesting they grab coffee. She was flabbergasted that someone with such a busy schedule would offer his time to a stranger he only knew as the random recipient of his Words of Wisdom message.

Nie took the opportunity to instead ask Yanagawa about shadowing, and he was happy to oblige.

This past October, Nie spent about six hours in an operating room observing Yanagawa, watching him perform three separate heart surgeries. He had her stand on three stacked stools, tall enough to see over the drape with a clear view of the patient's heart below. She admits she didn't fully understand what was happening but was enthralled. She is hoping to return to observe Yanagawa later this year — after her cardiology unit, so she has a better understanding of what she's seeing.

For now, Nie is interested in paediatrics but is keeping an open mind and welcoming opportunities as they present themselves. She is participating in the Longitudinal

Academic Mentorship Program (LAMP), which paired her with a paediatrics resident at the Hospital for Sick Children (SickKids), and she's looking forward to shadowing him on his clinical rotations.

But no matter where her educational and career journeys take her, she vows to heed the advice shared by Yanagawa and will always remember the gratitude she felt on day one.

You can inspire Temerty Medicine learners with your Words of Wisdom

Through the Words of Wisdom program, each incoming MD and postgraduate medical learner receives a printed welcome card from an alum sharing their congratulations, encouragement and/or advice. [Submit your Words of Wisdom note online.](#)

CLASS NOTES

Class of 6T4

Dr. **Agnes KLEIN** studied public health and occupational health after her MD and worked in occupational health before returning to train in medical biochemistry. She has used her public health training and knowledge of medicine, clinical and otherwise, to good use and is still working in the federal government. For 25 years she worked in pharmaceuticals and since 2025, she has worked in the biologicals area and has gleaned great satisfaction from an alternate way to apply her knowledge for the good of Canada. She now has four adult grandchildren who are artistically and technically inclined.



Dr. **Bernard STEIN**: "Our 60th graduation anniversary was celebrated on September 10, 2024. A wonderful time was enjoyed by 17 graduates and 13 partners, who reminisced and renewed their relationships."

Class of 6T6

Dr. **Vladimir HACHINSKI**, a distinguished professor at Western University, received the 2024 Ryman Prize from New Zealand's Prime Minister Christopher Luxon "for the world's best discovery, development, advance or achievement that enhances quality of life for older people."

Class of 6T9

Dr. **Michael LITTNER** received the 2024 Distinguished Leadership Award from the American Academy of Sleep Medicine (AASM). He developed and was chair of the AASM Board Review Course, was chair of the AASM Standards of Practice Committee, was an accreditation site visitor, and served on various other committees within the AASM. Littner was a visionary who recognized the potential of home sleep apnea test devices, behavioral sleep medicine, and oral appliance therapy, incorporating them in his practice at the VA Greater Los Angeles Healthcare System, where he also co-founded the UCLA sleep medicine training program. He graduated from the University of Toronto Medical School and trained in pulmonary medicine at UCLA, where he is professor emeritus of medicine at the David Geffen School of Medicine.

Class of 7T1

Dr. Dafna GLADMAN received the Temerty Faculty of Medicine 2024 DAA Lifetime Achievement Award.

Class of 7T4



Dr. Barry GOLDLIST helped organize his class's 50th medical school reunion in the spring with a dinner at the Faculty Club and a follow up brunch at his home. Members of the class have been contributing to a bursary fund for medical students with financial need. Also, as part of its 100th anniversary celebration, Mount Sinai Hospital raised funds to establish the **Barry J Goldlist Chair in Aging and Health**, and an event was held in September 2024 once the chair was fully funded.

Class of 7T8

Dr. Casey Kwan Ho CHAN has retired but recently went back to part-time teaching at the National University of Singapore in the Department of Orthopedics and Department of Biomedical Engineering. They have been living in Singapore as permanent residents for the past 25 years.

Dr. Joseph CHU continues to practice as a consulting neurologist in Etobicoke and is also on teaching staff at the Toronto Western Hospital-University Health Network. Besides his clinical practice, he is also the Chair of Research, Chinese Canadian Heart and Brain Association, and since the COVID-19 pandemic he has published three peer-review papers collaborating with his team of researchers from Toronto and Ottawa ([download "COVID-19 and its Cardiac and Neurological Complications among Chinese Canadians and South Asians" PDF](#)). In addition, he is also a Co-PI for a CIHR supported Wide Impact Study of COVID-19 among Canadian Visible Minorities.

Dr. Peter DODEK: "My retirement is filled with music (jazz piano combo), mentoring (UBC and U of T medical students; teaching health research methods in low and middle income countries), and travel (cycling in Italy, touring in India)."

Dr. Peeter POLDRE is retired from his clinical hematology practice. He is the incoming chair of the board of The Riverwood Conservancy in Mississauga. He has recently been appointed as a public member to the Council of Early Childhood Educators and its Discipline Committee. Nature (typically birds) and sports photography, especially the Steelheads hockey team, are his passionate hobbies which he posts regularly on Instagram.

Class of 8T2

Dr. Hershey BELL was recently appointed Founding Dean of the Methodist University College of Medicine in North Carolina. [Read the press release](#)

Class of 8T3

Dr. Michael FEHLINGS co-led the creation of the Clinical Practice Guidelines for the Management of Acute Spinal Cord Injury that were published in the *Global Spine Journal* in March and supported by AO Spine and the Praxis Spinal Cord Institute ([read the press release](#)). These guidelines were a significant undertaking and had input from an international, multi-disciplinary team of experts. In April, he took over as Editor-in-Chief of *Spinal Cord*, a Springer Nature journal.



Dr. Rick ZARNETT is the head physician for the Toronto Argonauts in the Canadian Football League. He has been the team orthopaedic surgeon since 2004 and in November 2024 he won his fifth Grey Cup with the team in Vancouver. His son Dr. **Oren Zarnett** (MD '16) is also an orthopaedic surgeon and has been associated with the team since 2023. The father and son were both in Vancouver accompanying the team for the 111th Grey Cup Championship.

Class of 8T7



Dr. Jonathan BERNSTEIN is retiring after 31 years in practice as a vitreoretinal surgeon. He is looking forward to more pars and birdies on the golf course, dabbling in music, traveling and spending time with family and friends. He is so proud of his daughter **Kayla**, who is currently a medical student at The Ohio State University, as there will be three generations of physicians in the family. Jonathan's father, Dr. **George Bernstein** (MD '50) was an orthopaedic surgeon from the U of T MD class of 5T0. The torch is now being passed on to Kayla to hold on high!

Dr. Mary MACHAMER retired from family practice in March 2022. Her daughter, **Annabelle Mannard**, graduated from the University of Alberta in June 2024 and is working full-time in Edmonton. She is enjoying a less demanding schedule with her husband, **George Mannard** (MSc Geology, McGill 1983), now that they're both retired!

Class of 8T8



Dr. Yvonne BUYS and Dr. Chris COMPEAU (both 8T8) retired from clinical practice in 2020. They spend most of their time in Prince Edward County where they have a hobby farm raising chickens, turkeys, pigs and occasionally rabbits. In addition they have anywhere from one to five beehives depending on weather and swarming. When they aren't busy with the animals they enjoy golfing, cycling and birding. Yvonne writes a weekly column in the local paper entitled "Look What Flew through the County" and is working on her first book with the same name. In 2022, they walked the Camino, completing the 800

km trek in 33 days — a great segue into retirement which was slightly delayed due to COVID-19. In 2024, Chris received the Distinguished Service Award from the Canadian Association of Thoracic Surgeons and Yvonne will be receiving the Lifetime Achievement Award from the Canadian Ophthalmological Society at their June 2025 meeting.



Dr. Shafiq QAADRI is now re-settled into family practice in Toronto, after having served 15 years as Member of Provincial Parliament (MPP) in the Ontario Legislature. His daughter will become MD in NYC in June '25; his older son, a lawyer in '27; and his youngest son is at Upper Canada College. He is completing an MA (Literature) and looking forward to being a prof at the new TMU School of Medicine. He continues to do his share of CME lectures and conferences.

Class of 8T9

Dr. Doug ARNOLD was reappointed in July as the Chief of Staff at the Timmins and District Hospital for four years. Having already served in this capacity for four years, he wonders if any of his colleagues who are psychiatrists are available for a virtual consult to assist him with delusional decision making! If any graduates from 8T9 or any other years are interested in doing locums, please reach out to me!

Dr. Anna BANERJI received the Temerty Faculty of Medicine 2024 DAA Humanitarian Award.

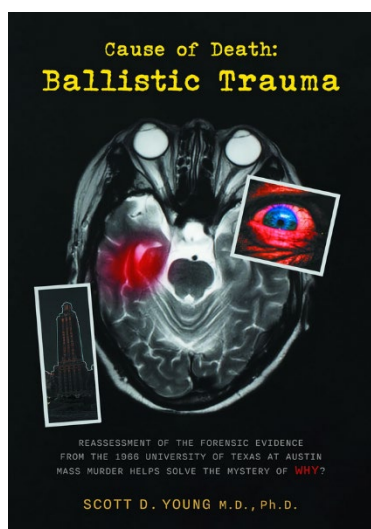
Class of 9T0

Dr. Ezra COHEN joined Tempus AI as Chief Medical Officer in May 2023. Prior to that, he was Division Chief Hematology/Oncology and Associate Director Clinical Science at University of California San Diego, Moores Cancer Center.



Dr. Rajiv SINGAL has been practicing urology at Michael Garron Hospital since 1996 and currently also serves in the role of Chief of Surgery. He has enjoyed the breathtaking evolution of surgery in that time span. He has a passionate interest in global health and surgical capacity building primarily in Malawi and Kenya and has made numerous trips over the last 10 years. He and his **Sandra** have been married 30-plus years and reside in Toronto and have enjoyed raising three amazing children into productive and happy young adults.

Class of 9T3



Dr. Scott YOUNG retired from medicine in 2020 after practicing medical oncology at the Northeastern Ontario Cancer Centre (Sudbury) for 21 years. He subsequently wrote a true crime book about a mass murder which occurred in Austin, Texas in 1966. At autopsy, the perpetrator was found to have a previously undiagnosed brain tumour. His book, [Cause of Death: Ballistic Trauma](#), explores how this 'organic brain disease' lead to the disaster. It is available on Amazon and at the FriesenPress bookstore.

Class of 0T0

Dr. Grant CHEN was appointed Physician Lead, Faculty Development, Scarborough Academy of Medicine (SAM) effective January 1, 2025.

Class of 1T2

Dr. Tina ZHU completed her training in Adult Cardiology and Level III Echocardiography at Queen's and Ottawa respectively. She has since opened her own Cardiology clinic ([APEX Heart Centre](#)) in Kingston, Ontario with a full Echo and stress lab, as well as a full suite of other cardiac testing. They have over 30 employees and treat over 10,000 patients in the region. The clinic is always looking for dynamic young individuals to join us as observers, elective residents, fellows, or to join on as a staff internist or cardiologist.

Class of 1T3

Dr. Anthony DI FONZO is privileged to announce his Medical Directorship at the [Releva Chronic Pain Centre](#). With locations in Etobicoke/Toronto and Mississauga, he and his team are honoured to provide interventional chronic non-cancer pain services to the GTA and beyond, focusing on the delivery of innovative, efficient and excellent care (short wait times (<4 weeks), no negation to referring MDs, OHIP-covered).

Dr. Sameer MASOOD received the Innovation Fund Awards 2024 Award for Technology, AI and Virtual Care from Mount Sinai Hospital – University Health Network (MSH-UHN).

Class of 1T5

Dr. Suleiman FURMLI helped establish the first-of-its-kind Centre of Excellence for Osteoporosis in Durham Region to help prevent osteoporotic and fragility fractures. It features a "one-stop shop" multi-disciplinary team including osteoporosis clinician, xray/bmd technologists, kinesiologists, researchers as well as on-site diagnostics. Website is still underworks but you can download the [new clinic announcement](#).

Class of 1T9

Dr. Adriano MOLLICA wants to share that he's recently released an album of original music. Prior to studying medicine at U of T, he studied music at Berklee College of Music in Boston. Music and songwriting have always been passions of his but understandably had to be put on pause during his medical training. Reconnecting with songwriting helped him process and heal following a recent personal tragedy. He performs under the name The Adriatic. His debut album, "[Fortune](#)," was released on June 21, 2024. Writing a full album of music was not the intention at the start, but the songs and themes unfolded organically, and now he has a collection of songs he is proud to share. He is the sole songwriter for all the songs and performs vocals and guitars. Thematically, the album focuses on the joys and disappointments in life, and the process of making peace with what haunts us.

CLASS REUNIONS

Register Now

25-Year Reunion for U of T MD Class of 2000

Friday, May 23, 2025 | 5:00 – 8:00 p.m. (ET)

The Great Hall, Hart House | 7 Hart House Cir, Toronto

Save the Date

50-Year Reunion for U of T MD Class of 1975

Friday, May 30, 2025 | 5:00 – 9:00 p.m. (ET)

Faculty Club, University of Toronto | 41 Willcocks St, Toronto

45-Year Reunion for U of T MD Class of 1980

Friday, May 30, 2025 | Evening reception (venue TBD)

Saturday, May 31, 2025 | Dinner and dancing

Badminton and Racquet Club of Toronto | 25 St Clair Ave W, Toronto

35-Year Reunion for U of T MD Class of 1990

Saturday, June 21, 2025 | Evening, time TBD

Faculty Club, University of Toronto | 41 Willcocks St, Toronto

25-Year Reunion for U of T MD Class of 1999 (belated)

Saturday, June 7, 2025 | 1:00 – 10:00 p.m. (ET)

Faculty Club, University of Toronto | 41 Willcocks St, Toronto

Planning in Progress

35-Year Reunion for U of T MD Class of 1989

20-Year Reunion for U of T MD Class of 2005

10-Year Reunion for U of T MD Class of 2015

Planning your MD class reunion? We can help!

Temerty Medicine supports MD alumni with coordinating class reunion events throughout the year. Visit the [Class Reunions page](#) or contact **Katrina Heisz** at katrina.heisz@utoronto.ca for more information.

IN MEMORIAM

Class of 4T7

Dr. **David Lloyd SHAUL**, after a long life well-lived, on September 9, 2024, days short of his 100th birthday. David was a well loved, passionately dedicated and highly respected obstetrician and gynaecologist, following in the footsteps of his father. Their practices at Mount Sinai Hospital spanned about 70 years. He was an innovator in medical practice. Among his achievements, he became the first director of a course on human sexuality in the University of Toronto (no Temerty) Faculty of Medicine, and in 1980, he received the faculty's W.T. Atkins award for excellence in teaching. He retired as Associate Professor of Obstetrics, Gynaecology and Psychiatry, a certified sex counsellor and sex educator. David's lifetime hobby was photography. He was also a skilled sailor, although a hacker at golf. He was the ultimate people person as a delightfully entertaining comic and for his empathetic nature and dedication to service. For a decade he was the highest individual fundraiser in the Walk for Alzheimer's raising more than \$280,000.

Class of 5T3

Dr. **Donald BARR**, peacefully in Collingwood, Ontario on August 13, 2024, just shy of his 95th birthday. Don met Elizabeth in medical school at the University of Toronto and they were married 50 years before she passed. He served in the Navy part time and rose to the rank of Surgeon Lieutenant. He moved from private medical practice to Director of the Ryerson Medical clinic where he wore many hats including team doctor, Chairman of Health Science, Dean of Community Services and on the Board of Governors as well as many advisory committees over his 24-plus-year career. Post-retirement he continued to serve underserved areas as fill-in MD. His love of Church (St George's and Trinity), stamps, crosswords and bridge filled his available time when not travelling the world.

Class of 5T4

Dr. **Sam RUBENZAHL** on Thursday, October 3, 2024 (Rosh Hashana 5785), at Baycrest Hospital. Sam was loved and respected by the many people whose lives he touched, both in his professional and private life. He cared for thousands of patients for over 50 years at the Baycrest Apotex Centre and the Terraces, as well as in his family practice in Downsview and at the Branson Hospital. He was interested in everyone's story. He had an insatiable interest in learning, music, culture, exploring, hiking and staying active, but most of all, he adored his family and friends. Dr. Rubenzahl, Sam, Dad, Zaidy.... He will be missed by many.

Class of 5T6

Dr. **Arnold ARAI**, peacefully on August 19, 2024, at Mackenzie Health-Cortellucci Vaughan Hospital. Arnold was born on April 14, 1928, in Vancouver, British Columbia, and married in 1958 to **Sadie**, the love of his life, who was at his side for 49 years. Arnie attended the University of Toronto and graduated in 1952 with a degree in Honours Science (Physiology and Biochemistry). After graduation from the U of T medical school in 1956, he began working in the medical practice of Langstaff, Smith and Wynne in

Richmond Hill. Dr. **James Langstaff** encouraged Arnie to pursue General Surgery (graduated 1963) and showed him the path to work-life balance in the Muskokas. Arnie is best known as the surgeon who worked tirelessly saving lives and always showed up in a suit and tie when he was not in scrubs. Arnie worked at York County hospital (Southlake Regional Health Centre) for a short period of time, awaiting the opening of York Central Hospital (Mackenzie Health Richmond Hill) in December 1963. At hospital opening, he was one of two general surgeons on staff, leading to a legendary career holding many positions including Chief of Surgery and Chief of Staff during his tenure. Arnie is fondly remembered for his gentle demeanor, and passionate and respectful care for patients and hospital staff, and as a leader and mentor to new surgeons and healthcare professionals.

Class of 5T8

Dr. R.C. (Charles) BULL, peacefully with family at his side in his beloved Humber Hospital, on Saturday, September 7, 2024. At the age of 15, Charles was in eighth grade after skipping three years and had to repeat a year, as the University of Toronto would not accept such a brilliant young student at that age. He followed in the footsteps of his father and uncles into med school at U of T. Charles was the team doctor for the Jr Marlboroughs hockey team, and worked at the Maple Leafs training camp, going on to Team Canada Hockey Doctor from 1972 to 1991 including the 1972 "Series of the Century" Canada vs USSR. He ran a successful medical practice in sports medicine and orthopaedic surgery from his Weston office, and with Humber Hospital from 1964 until 2009. He held a clinic at the O&A Hospital and started clinics at both York University and the Fitness Institute. He was also on the medical team for multiple track clubs as well as the World Masters Track Games and Pan-Am Games as the team doctor and sports specialist.

Class of 6T1

Dr. Paul DRUCKMAN, peacefully on September 18, 2024, at the age of 87. Born on April 9, 1937, Paul lived a wonderful life full of adventure, friendship, humour and passion. He loved and revered his family above all else, and will be sorely missed. Paul had the rare combination of razor sharp analytical skills, fierce competitive drive, questioning intellect and all with disarming warmth and positivity. Paul's legacy is remembered by his family and friends, who will never forget his wisdom, curiosity and caring.

Class of 6T3

Dr. Derek Anthony DAVIDSON, peacefully on October 21, 2024 after a brief illness, with family by his side. Derek will be remembered for his gentle kindness, his devotion to his family and community, and his never-ending pursuit of education.

Class of 6T4

Dr. Alexander E. M. BORGIEL, peacefully, with his family by his side, on Monday, July 15, 2024, at Dorothy Ley Hospice, at the age of 86.

Class of 7T0

Dr. Francis BOBIK-ORCHARD at Chapman House, Owen Sound on Wednesday, July 17, 2024, in her 84th year. Francis enjoyed many years practicing anesthesia at Women's College and the Orthopedic and Arthritic Hospitals in Toronto.

Class of 7T8

Dr. Michael David PAUL, unexpectedly on Tuesday, September 10, 2024, at his home in St. John's, Newfoundland, where he was a practicing nephrologist until the end ([published obituary](#)). MD 7T8 classmate **Howard Ovens** shares that Michael did not attend reunions but always kept in touch with him by email and that he was delighted to see Michael and his wife (**Barbara Grandy**, a family physician) over dinner a couple of years ago at **Sid Nusinowitz's** home. Michael had had some health problems but was relentlessly positive. Howard learned of Michael's passing in response to a message he sent about the passing of **Art vanWalraven**. Howard passes on his condolences to Michael's wife and his many friends, colleagues and patients who will all miss him terribly.

Class of 9T9

Dr. Adam ADLER, on November 9th, leaving behind a legacy of excellence in emergency medicine and an enduring impact on all who had the privilege of working with him. In 2004, Adam became the first physician to be recruited to the Scarborough Health Network's Emergency Department (ED) with a prestigious five-year Royal College Fellowship in Emergency Medicine. His exceptional skills, keen intellect, and dedication to patient care earned him the respect and admiration of his colleagues and frontline staff alike. Those who worked alongside Adam knew him as a superb clinician — a compassionate and trusted physician whose judgment was never in doubt. Despite facing significant health challenges in recent years, Adam continued to serve with unwavering commitment. He was always willing to step in and help cover shifts in the ED, where he remained a fixture, demonstrating an exemplary work ethic and an enduring passion for his patients. Adam's approach to medicine was characterized by his deep care, skill and compassion. He was known for taking the time to listen, for always putting the needs of his patients first, and for bringing a sense of calm to even the most difficult situations. His legacy extends beyond his professional achievements; his kindness, generosity, and humility will be remembered by all who knew him. Adam left this world far too soon, but the way in which he lived — his passion for his work, his kindness to others, and his unwavering commitment to care — will never be forgotten. He will be deeply missed, but his memory will continue to inspire us all. (Adapted from a memo shared by SHN staff.)

MD STORIES



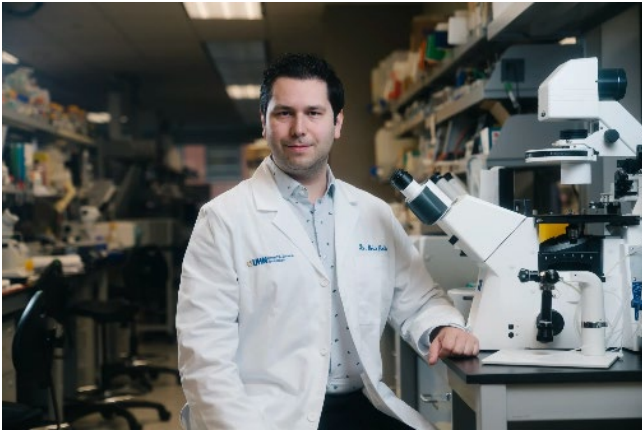
Temerty Medicine community members recognized with Order of Canada

Dafna Gladman (MD '71, PGME '76 Rheumatology) and **George Trusler** (MD '49) are [among 88 new appointments to the Order of Canada announced on December 18](#), 10 of whom are Temerty Medicine community members.



Alumni Profile: Andy Lam and Sharon Tai on helping to fulfill each other's dreams

Andy Lam (MD '84, PGME Internal Medicine) and **Sharon Tai** (MD '84, PGME Internal Medicine, PhD '04 Pharmacology and Toxicology) met in their first year of the MD Program at the University of Toronto and eventually married. [Andy shares how they went from friends to romantic partners, what they've achieved together and the keys to their success.](#)



Alumni Profile: Brian Ballios on fighting blindness

Brian Ballios (MD/PhD '15, PGME Ophthalmology '20) specializes in retinal disease and ocular genomics and currently pursuing groundbreaking research into treatments for genetic blindness. [We talked to Ballios about his research and vision for the future of retinal disease treatment.](#)



Temerty Medicine MD Program launches new Medical Innovation & Technology Program

Nardin Samuel (MD '18) [discusses her involvement in developing a new MD Program offering](#) that seeks to provide aspiring doctors the opportunity to explore the intersection of medicine and business and grow their entrepreneurial mindset.



Entrepreneurship in 3D: U of T trainees create new knot-tying board

Surgical knot tying is a foundational skill in medical training, and the catalyst for third-year MD student **Marco Istasy** and his 3D Printing in Medicine clubmate **Tiffany Ni** to develop a new knot-tying board.



Making health care quality improvement more equitable

Part of a team that recently identified barriers to sustainable equity-enhancing quality improvement (QI) interventions, third-year MD student **Jane Jomy** is already thinking about how to improve equity in health care.

MD ALUMNI EVENTS, BENEFITS & OPPORTUNITIES



NEW [MAA MD Alumni of Distinction Award added to Dean's Alumni Awards](#)

In honour of the Medical Alumni Association, a new award has been added to the Dean's Alumni Awards program. The **MAA MD Alumni of Distinction Award** recognizes MD and MD/PhD alumni who have made exceptional contributions to the medical profession and/or health care field through research, innovation, clinical care or other remarkable contributions. [Find out more and submit a nomination for this year's Dean's Alumni Awards.](#)



[Do you live and work outside the GTA? Become "TemPals" with a new grad in your region](#)

If you live and work outside the GTA, you can become a Temerty Medicine Pal or "TemPal" to a new MD or residency grad who is relocating to your region. Your casual guidance and insider tips could make all the difference with their transition. [Pairings launch this spring — sign up for TemPals through our volunteer form today.](#)



Join us at Daffydil and share your Daffy memories

This year's production, *The Hippocratic Oaf*, runs from **February 20-22, 2025** and a portion of proceeds will help fund MD student bursaries. [Get your tickets now](#) or donate directly to the [Daffydil Fund](#). The Daffy team would also love to hear about your Daffydil experience — please [share your Daffy memories through this feedback form](#).



Alumni Reunion plans are shaping up

Alumni Reunion takes place from **May 28 to June 1, 2025**, with Temerty Medicine planning to take part in Kids Passport and the Stress-Free Degree lecture series. [Stay tuned to our Alumni Reunion page for updates](#).

MAA Matters is a semi-annual digital publication featuring news, events and updates for University of Toronto MD alumni. Do you have a life update, memorial tribute or other special news to share with your fellow alumni? [Submit Alumni News](#).