

# PRIMARY CONTACT

FALL 2017



## Cycling to change lives

**Congratulations Class of '17!**

**CMCC brings Ontario its first  
Anatomage Table**

# A competitive advantage for your practice.

# Acupuncture certification two ways. Take your pick.

## Functional Integrated Acupuncture Certificate Program

Mark Scappaticci, BSc (Hons), DC, RAc, FRCCSS(c), CKTI

- Online Self-Study
- Acute and Chronic Pain Management
- Sport Injury Management

**Three programs available. (200 hours) Choose one:**

1. October 20-22 and November 10-12, 2017
2. January 26-28 and February 9-11, 2018
3. March 3-5 and March 23-25, 2018

---

## Clinical Acupuncture Certificate Program

Kwong Chiu, BSc, DC, RAc, FCCO(C), DACO

**One program over seven weekends in 2018 (200 hours)**

January 13-14	April 14-15
January 20-21	April 28-29
February 24-25	May 5-6
April 7-8	

Above dates will include two guest speaker days. Speakers to be announced.  
You must attend all seven weekends in order to obtain certificate

All programs recognized by the CCO. Discount rate available for Year IV students at CMCC

**Visit our catalogue for more details at [ce.cmcc.ca](http://ce.cmcc.ca)**

**T: 416 482 2340 ext. 191 E: [ce@cmcc.ca](mailto:ce@cmcc.ca)**



**CMCC**

Canadian Memorial Chiropractic College

Continuing Education

# From the Chair



*"Laughter is not at all a bad beginning for a friendship, and it is far the best ending for one."*  
– Oscar Wilde

Fond farewells and bright beginnings will greet the CMCC community as we begin the 2017-18 academic year. On behalf of the Board of Governors, I am extending congratulations and appreciation to Lenore Edmunds for many years of dedicated service as she is retiring from

her position as Dean of Undergraduate Education; we wish her health and happiness going forward.

This presents the opportunity to extend a warm welcome to Dr. Christine Bradaric-Baus who is joining us from Mohawk College and will be stepping into the role of Vice President, Academic at CMCC. We look forward to a long, productive friendship. Preeminent researcher, Dr. Howard Vernon has also retired and we wish him nothing but the best. He has been a great asset and resource at CMCC and to the chiropractic profession throughout his 40 year career.

There is more news of an exciting retirement at CMCC that will not lead to a departure; having successfully funded the McMorland Research Chair in Mechanobiology endowment fund, the Board has officially retired the active fundraising campaign. We thank you for your support in this important endeavor, and will continue to accept gifts to the fund at a donor's request.

Commencement recognizes the culmination of an academic program and marks a beginning; endings make for great beginnings. Convocation ceremonies celebrating the graduating class of 2017 were held in June at Roy Thompson Hall. We have a photo feature in this issue for you.

Keep pace with our interns on the move in no less than four bike rallies this summer. In these pages, you'll see stories about their efforts in PWA's Friends for Life Bike Rally Outreach from Toronto to Montreal, Unleash Your Potential cross-Canada bike team, the Darling Home for Kids' Wheels Bike Rally Outreach, and the Ride to Conquer Cancer.

A new place to keep up with all the news at CMCC can be found at a familiar website; [www.cmcc.ca](http://www.cmcc.ca) has been re-launched and optimized for your mobile device. Check it out!

There's a lot more news in this issue of Primary Contact. I hope you enjoy it. I have one more ending to disclose, this will be my last Chair's message in Primary Contact. Thanks for the opportunity. Oscar Wilde would approve - It's been a laugh!

David Gryfe, DC, FRCCSS(C)

To contact any member of the Board, please email [board@cmcc.ca](mailto:board@cmcc.ca).

## Fall 2017 Volume 55 / Issue 3

- 02 From the President
- 04 CMCC News
- 06 Muscle Care topical pain relief out performs Voltaren in new research study at U of T
- 08 In the Community *with bikes!*
- 10 Convocation
- 12 Welcome Dr. Christine Bradaric-Baus as Vice President, Academic
- 14 Homecoming 2017
- 16 Dr. Vance Kruszewski organizes Nova Scotia soccer teams for NAIG
- 17 Doors Open 2017, Toronto
- 18 Graduate finds his optimal way to success in Nanaimo
- 20 Sim Lab training comes through for new graduate
- 21 BC BackSwing golf tournament
- 22 Ontario gets its first Anatomage table
- 26 Donations
- 27 In Memoriam



## From the President



*David Wickes*

David Wickes, DC, MA

Summer holidays are now behind us and everyone at CMCC is back to the normal buzz of activity that characterizes our vibrant institution. We welcomed a new class of Year I students on August 21, with almost 200 highly qualified students accepted from over 675 applicants. These will be our first students required to have iPads® to take their written exams and use a growing number of applications to enhance their learning.

This class will also be the first to be exposed to our new Anatomage® virtual dissection table that is featured later in this publication. Technology-enhanced learning is a big part of our strategic plan and this summer our IT department

replaced the Wi-Fi enterprise system to improve connectivity and boost network performance for students and employees.

Over the summer our physical facilities experts and consultants were busy making upgrades throughout the campus. New energy saving lighting has been installed throughout the building and perimeter, allowing us to reduce our carbon footprint and save on our hydro bill. The cafeteria continues being updated, with new signage and a new exhaust system. A new retaining wall has minimized erosion near the back entrance to CMCC and repairs to the stonework at the main entrance were made to restore

## Go green

You can reduce your carbon footprint and read *Primary Contact* in a digital format (PDF) instead of receiving a paper copy. Email us at [communications@cmcc.ca](mailto:communications@cmcc.ca) and we'll make the switch for you.



a nice appearance and support the walkway. Early this fall we will complete our two-year project to replace the cooling towers and other parts of our air conditioning system. We worked closely with Students' Council to relocate and modernize the student lounge. The campus clinic's rehabilitation room was also refurbished and modernized. The clinics were outfitted with two state-of-the-art flexion-distraction treatment tables, a perfect accompaniment to Dr. James Cox's presentation at Homecoming 2017 on cervical and lumbar distraction techniques. As well, we made the tough decision to take the first steps to decommission the swimming pool to make room for more academic and student support spaces that will have greater usage.

Elsewhere in this edition, you'll read about some of the personnel changes at CMCC. Dean Lenore Edmunds and Professor Howie Vernon both retired this year and will be missed dearly. Dr. Christine Bradaric-Baus joined CMCC in August as our new Vice President,

Academic and you will have a chance to meet her on your next visit to CMCC. Christine brings a nice combination of experiences as a senior academic administrator and a research scientist.

In late spring, I attended the European Chiropractors' Union annual conference in Cyprus, providing an opportunity to host a dinner for CMCC alumni and to meet with many dignitaries from the professional associations and chiropractic educational programs across Europe. The days of North American dominance of chiropractic education are long gone and there are now more chiropractic programs in other parts of the world. It is gratifying to see that many of these programs are led by CMCC graduates.

This fall I'll be attending annual general meetings in several of our provinces. I'd like to attend them all, but it's just not possible because several of the AGMs are held on the same weekend in September. If I'm not able to be at your provincial

meeting, I will at least send a CMCC representative and will try hard to be there next time. I enjoy these opportunities to meet with our alumni and friends across the nation and when possible we host a reception or get together at the event.

I hope to see you very soon!  
Dave

The Annual General Meeting of the membership of CMCC will be held at 11:00 a.m. on Saturday, October 21, 2017 at CMCC, 6100 Leslie Street, Toronto. The agenda will include reports, the election of directors, bylaw changes, and any such other business as may be desired and proper.

For those members unable to attend, we have emailed a proxy to the address you have provided. You may also go to [cmcc.ca/CMCCAGM](http://cmcc.ca/CMCCAGM) to download a proxy.

# CMCC News

## Dr. Howard Vernon retires



Congratulations to Dr. Howard Vernon, who retired May 30 after 40 years of service at CMCC, most recently as a senior research scientist.

Dr. Vernon studied and worked under three CMCC presidents and

is the current Homewood scholar. He is widely known and respected internationally among researchers and with warmth from all his colleagues and friends at CMCC.

Along with a lifetime of chiropractic research as his legacy, Dr. Vernon

was the voice of chiropractic during the time of the Lana Dale Lewis inquest, during university affiliation talks with York and over the years. In his role responding to the anti-chiropractic rhetoric of Murray Katz, Dr. Vernon was steadfast, reasonable, exceptionally well-informed and always delivered crucial, accurate information in a language that everyone could understand.

Around the world, Dr. Vernon is also known for creating The Neck Pain Disability Index with Dr. Silvano Mior, a paper recognized as one of the most influential papers of all time for cervical spine research.

## Dean Lenore Edmunds retires

Congratulations to Dean Lenore Edmunds who retired on June 23 after 10 years at CMCC. Dean Edmunds was instrumental in ushering in a new model of care and improvement in the chiropractic curriculum and the overall organization within the



undergraduate education program. The establishment of Directors for Years I, II and III has given each student cohort a faculty champion and administrator who can ensure the very best curriculum delivery for each year.

During her tenure, Edmunds initiated CMCC's first Teacher's Education Program (TEP), now capably managed by Dr. Scott Dunham, Director of Curriculum and Faculty Development, providing faculty with access to new modes of delivering the curriculum and insights into how to engage new student groups in a changing technological environment.

As Dean, Edmunds oversaw the establishment of the popular Dominican Republic Outreach and encouraged CMCC's move to greater use of technology for exams, while moving away from paper scantron cards.

Dean Edmunds will be widely missed for her warm and caring

nature, her constant smile, her good humour and close friendship with colleagues.

### New website

After months of planning, designing, coding and recoding, CMCC is excited to announce that our new and refreshed cmcc.ca is LIVE!

We've migrated to a new, modern web platform to provide a fully responsive, mobile friendly website and intranet including changes to navigation, a new menu for desktop mobile versions as well as landing pages for all key areas. We have also made improvements to the structure of the content so you can quickly find the information you need. This new site and platform provide CMCC with greater opportunities to expand its digital presence. If you are a CMCC member and haven't yet logged in. Please do so using the same user name (your same email) you used with our previous website.

### Thank you everyone!

On June 10, 2010, CMCC received a generous donation of \$500,000 from the McMorland Family to start a fund for a Research Chair, the first of its kind in Canada.

Almost seven years later, we are proud to say that 278 donors pledged their support and this \$3.5 million fundraising goal of pledges and donations has been exceeded!\*

"Completing this research funding goal is a monumental achievement that will ensure CMCC's position at the forefront of musculoskeletal research in the chiropractic profession. Maximizing research productivity requires a full-time commitment and the McMorland Family Research Chair in Mechanobiology provides this opportunity. I am looking forward to continuing our work, which will impact clinical education, practice and patient care."

Dr. Sam Howarth, Chair

\*Donations to this fund are still welcomed.



# Evidence-based and natural

## MuscleCare topical pain relief out performs Voltaren in new research study at U of T



Dr. Chris Oswald (Class of '88)

According to a 2017 study out this February from the the University of Toronto Department of Exercise Sciences, Dr. Jack Goodman found that, "The MuscleCare formulation is healthier and equally effective to Voltaren."<sup>1</sup>

In 2008, Dr. Chris Oswald (Class of '88) formulated MuscleCare to provide the public with a safe, effective topical analgesic to accompany chiropractic treatment in alleviating muscle pain. Made from natural ingredients, MuscleCare is free of carcinogenic parabens and other irritants.

Recognized for its strong pain relieving properties, the formula was recently compared in a study conducted at the University of Toronto, with Voltaren, an over-the-counter analgesic cream.

"Our skin is made up of about 1,600 pores per square inch, which makes it crucial that we avoid substances that are proven irritants and potentially carcinogenic agents," says Oswald. "Ninety percent of MuscleCare's competitors use parabens in their ingredients, which merely act as stabilizers to ensure the product can sit on the shelf longer. However, these stabilizers are suspected carcinogens, are harmful and do not assist in treating the symptom. A cocktail of stabilizers used in topical applications (both in NSAIDs and non-NSAIDs) are bio-accumulative, inhibit absorption of the primary medical ingredient, and may produce undesirable hormonal changes. On the other hand, MuscleCare takes advantage of our skin's natural propensity for absorption by utilizing nourishing ingredients that remedy inflammation and pain."

### Evidence-based

According to Oswald, the impetus behind the creation of the product was twofold.

1. to create a non-harmful, natural pain reliever and
2. to provide a formula that was evidence-based.

"My father, Dr. Ron Oswald, was president of the CCA and very active in the politics of our profession. I felt I could do my part in enhancing public perception of chiropractic by creating products backed by evidence. Basically, I feel that evidence-based practice should be supported by evidence-based

products. Many of the pain relief topical formulas now available are never subjected to double blind studies\* nor do they have FDA or Health Canada approval. I'll go a step further in saying that the topicals that are menthol and camphor based leave a pain-relieving sensation for about five minutes. Some have been shown to actually increase nerve sensitivity through the absorption of the non-medicinal additives that excite the nervous system, something shown through a double blind study published in 2012. CMCC research scientist Dr. Howard Vernon compared MuscleCare with BioFreeze in a double blind study. The results can be found on the Biomedcentral site:<https://chiromt.biomedcentral.com/articles/10.1186/2045-709X-20-7>

"A lot of people – including chiropractors – don't realize that the skin is continually working, absorbing from the environment and expelling toxins. Unfortunately, most people don't read labels and if they do, don't understand which ingredients are toxic."

### The power of magnesium

"Magnesium has a phenomenal effect on muscles," continues Oswald. "Pain causes contractions and can cause muscles to hold inflammation along with the metabolites such as lactic acid, again increasing pain. MuscleCare is made from a proprietary carrier that moves the magnesium right into the muscles; allows them to relax. Normal circulation will then push the toxins out and help reset the muscle to a healthy state."

### A non-pharmaceutical approach

Due to the laundry list of potential side effects presented by pharmaceutical options, the importance for safer alternatives is vital, especially given the addictive consequences of prescription pain relief and noting that oral Voltaren has been taken off the market due to safety concerns. "It would appear that the skin's ability to absorb the harmful ingredients has not been considered."

### Safe during pregnancy

In a study published in BMC Complimentary and Alternative Medicine in 2015, by Biomed Central, MuscleCare was also found to be safe for pregnant women and their unborn babies as well as for breastfed infants.

"Of the 1,500 publications reviewed, 100 papers were retrieved and included in the review," says Oswald. Although some ingredients in MuscleCare products might cause adverse reproductive effects at high (extreme) systemic doses, these

doses are hundreds to thousands fold greater than those systemically available from topical use at the recommended maximum dose (i.e. 10 g/day).<sup>2"</sup>

### Future research

The next study Oswald is looking into is MuscleCare's efficacy against the kind of pain for which opioids are prescribed. He is investigating a study with a veteran hospital in the US. Anecdotal evidence indicates that it can reduce the need for prescription pain relief.

*1) MuscleCare™ Pain Relief Therapy is as Effective in the Relief of Trapezius Trigger Point Musculoskeletal Pain as Voltaren® Without the use of NonSteroidal Anti-Inflammatory Drugs.*

*Ryan Sless, Dr. Jack Goodman, Department of Exercise Sciences, Faculty of Kinesiology and Physical Education, University of Toronto, Canada*

*2) Ms Alsaad, Abdulaziz & Fox, Colleen & Koren, Gideon. (2015). Toxicology and teratology of the active ingredients of professional therapy MuscleCare products*



*during pregnancy and lactation: A systematic review. BMC complementary and alternative medicine. 15. 585. 10.1186/s12906-015-0585-8.*

*\*A double-blind study is one in which neither the participants nor the investigators knows who is receiving a particular treatment. This procedure is utilized to prevent bias in research results.*



# Giving Tuesday

## November 28, 2017

Give to CMCC to support vital community outreach programs, world class education and research.

[www.cmcc.ca/givingtuesday](http://www.cmcc.ca/givingtuesday)



[@cmccnews](https://twitter.com/cmccnews) #Back2CMCC



[/cmccnews](https://www.facebook.com/cmccnews)

# In the community with bikes

Summer and biking are a great combination for an active community. This summer saw a number of cycling related events that brought communities together over bikes for health-related fundraising, awareness and outreach. Just another reason to be proud of CMCC students and faculty.

## CMCC was a major sponsor of Friends for Life Bike Rally



In the summer of 2012, CMCC first teamed up with the Toronto People With AIDS Foundation (PWA) as part of the Wellness Crew during their six-day, 600 km Friends for Life Bike Rally. The incredible first experience grew to an annual outreach in which interns share in a life enriching experience offering chiropractic treatment to the cyclists and crew who cycle to raise awareness and funds in support of critical services that help people living with HIV/AIDS.



PWA wellness team including CMCC clinicians, Drs. Janet D'Arcy and Craig Jacobs and interns: Mary Brown, Lydia English, Liam Ryan, Andrew Mercer, Brian Wright, Katherine Whitton, Justin Kutasiewicz

This year, six CMCC interns: Andrew Mercer, Lydia English, Katie Whitton, Liam Ryan, Brian Wright and Nikki Brown – accompanied cyclists from July 30 to August 4, the fifth time a CMCC group has joined the rally in what has become an increasingly popular outreach for the interns. Drs. Janet D'Arcy and Craig Jacobs supervised the interns. Again this year, CMCC was a major sponsor of the event and participated in related events throughout June and July.

CMCC Interns and clinicians were also involved in a number of training rides and educational outreaches such as teaching the Rubbermaid Rustlers proper lifting form and technique to protect their backs during the rally.

The CMCC team is much appreciated for the care they offer for injuries, aches and pains during the ride, as well as education and rehabilitation for a wide variety of musculoskeletal complaints leading up to, and occurring during the rally. This year, the CMCC crew was able to successfully ensure that

all cyclists with musculoskeletal injuries made it to their goal of completing the rally and cycling in to Montreal. Dr. Craig Jacobs, Director of Clinical Education and Patient Care at CMCC, cycled in 2005 and was involved in the creation of this strong community partnership. He says that interns are busy treating between 30 and 40 riders daily on the 600 km charity fundraiser. "I am very proud of this partnership. The interns gain important insight into the particular musculoskeletal issues and additional health challenges that are associated with living with HIV. They also gain a greater understanding of the challenges and stigma that people living with HIV/AIDS still face in society."

Chiropractic patients at Sherbourne Health Centre also participate each year. This year, the CMCC crew fundraised as a team and were in the number one spot for top crew fundraisers.

Intern Niki Brown, who was among the CMCC crew, said the ride not only provided valuable clinical experience but also helped put into

perspective some of the difficulties people living with HIV can face. "This experience is a valuable opportunity to better understand the life struggles of those living with HIV/AIDS, their particular health needs and challenges, and has inspired all of us to continue to work toward providing care and support for members of the community."

"We were truly honored to treat members of the bike rally," Brown says. "The energy and sense of community during the ride was incredible."

This year's rally raised more than \$875,000 to help support people living with HIV/AIDS.

## Unleash Your Potential

The 2017 Unleash Your Potential Team has returned from their cross Canada cycling trip, where they spoke to community youth groups across the country about the benefits of physical exercise, proper nutrition, chiropractic, and bike safety. Jordan Morin-McCool, Jared Barrieau, Jourdyne Mason and Kalynn Crane made up the sixth CMCC student group to train hard, fundraise and commit to cycling across Canada to promote a healthy lifestyle.

The ride began with the team dipping their bikes in the Pacific Ocean in Vancouver on June 5, 2017. It ended in St. John's, NL on August 11. The trip covered nearly 7,000 km over the 10-week ride.

The team was able to speak at schools, community centres and camps to help educate, inspire and motivate Canadian youth. Along the way, friends and family, members of the communities they visited, and even a number of CMCC alumni and Board of Governors members



Unleash team cools their heels in St. John's, NL (From left to right: Jared Barrieau, Kalynn Crane, Jourdyne Mason, and Jordan Morin-McCool)

provided accommodation and an enthusiastic welcome.

Jordan Mason spoke to Primary Contact, saying "it's bittersweet that the ride is now over. It feels great to have accomplished something so huge, but I'm also sad to be done." She says that getting to share knowledge of healthy living with Canada's youth was very special, adding that doing so while cycling, which she calls one of the best things in the world, made it that much better. "It was such a fantastic time."

The dynamic team created memories for themselves, the groups they spoke to, and all the chiropractors and friends with whom they stayed as they crossed Canada. Another successful Unleash Your Potential campaign has reached its end. A huge thank you goes out to everyone who helped the team by offering their homes and hospitality, to their sponsors, the Canadian Chiropractic Association, Bianchi, GORP Clean Energy Bar, Metagenics, the Student Canadian Chiropractic Association and CMCC.

## Darling Home for Kids Wheels Bike Rally Outreach

CMCC interns offered their services to the Darling Home for Kids Wheels Bike Rally on June 25. The event took place outside of the Mattamy National Cycling Centre in Milton and involved close to 100 cyclists, participating on various distances and routes. CMCC interns Samantha Burchill, Martin Levesque, Kurtis Munro and Vincent Ng set up in the cyclist lounge, treating returning cyclists.

## CMCC travel team on the Ride to Conquer Cancer

CMCC students have found a niche with the Ride to Conquer Cancer, working as a large part of the travel team for the event since 2014. Close to 30 new CMCC students join the team each year, often remaining with the group through their four years. Year IV student Liam Ryan estimates close to 80 students have been involved, filling positions that include accounting, signing the route, coordinating volunteers, building campsites and many other tasks essential to the ride.

# Convocation 2017



CMCC is proud to congratulate the Class of 2017 who crossed the stage Friday, June 16 at Roy Thomson Hall on a beautiful spring day in downtown Toronto.

This year's convocation address was delivered by Dr. Gregory Stewart (Class of '86), immediate Past President of the World Federation of Chiropractic. The valedictory address was given by Dr. Lauren Quattrocchi.

The ceremony was notable for the high number of graduates being hooded by a guest, (a chiropractor

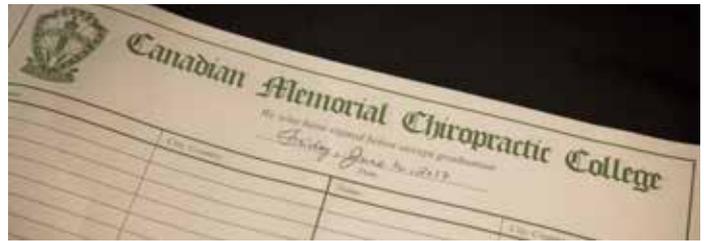
or CMCC faculty member is given the honour of placing the ceremonial hood on a graduating family member), contributing to the warm, celebratory atmosphere of the day. This year's participating family members included sisters, fathers, stepfathers, uncles, aunts, cousins and one spouse.

A heartwarming story this year occurred when Dr. Nikolai Kreps was hooded by his uncle, Dr. Harald Kreps. Primary Contact was told that Nikolai's mother was seven months pregnant with him when she sat in the audience with Nikolai's

father, Werner, in the summer of 1988 to watch Harald graduate. They must have felt that they had come full circle watching the two of them on stage this year, as Nikolai received his Doctor of Chiropractic degree.

Spousal hoodings are always extra special and this year, Dr. Nir Ben Simon was hooded by his husband, CMCC Faculty member Dr. Guy Sovak.

Well done graduates and thank you to everyone who helped to make the day so special.



# Welcome Dr. Christine Bradaric-Baus as Vice President, Academic



In her role as Vice President Academic, Dr. Christine Bradaric-Baus will serve as CMCC's Chief Academic Officer and provide academic leadership and strategic direction for the institution's undergraduate program (Doctor of Chiropractic degree), graduate education programs and Canada's largest chiropractic library.

In this role, she will set, implement and lead the strategic and financial planning for these academic program areas, and establish performance standards for students, faculty, and academic staff including departmental chairs, directors of education, curriculum and faculty development, and the simulation lab.

"We are excited by Dr. Bradaric-Baus' breadth of experience and her dynamic approach," says President Dr. David Wickes. "She really understands how we can create practical links between diverse areas of study within the chiropractic program so that the students can easily see them as part of a continuum. As well, her previous experience demonstrates an excellent understanding of library services in the new millennium and ways to provide resources for learners and researchers. Dr. Bradaric-Baus is interested in creating access to post-secondary education for individuals living in vulnerable communities and in promoting access to chiropractic care to

those in need, which is entirely consistent with CMCC's practices and philosophy. We also share an interest in increasing the school's footprint and level of community engagement."

Bradaric-Baus holds an Honours, Bachelor of Science and PhD in Organic Chemistry from McMaster University. She has authored and presented numerous scientific articles and has significant research experience resulting in both grant funding and patent ownership.

With over a decade of leadership experience in Ontario's college system, she has led academic initiatives that include academic programming and quality, partnerships and pathways, internationalization, co-operative education, student retention and continuing education and has experience with simulation and blended learning.

"CMCC faculty members and the executive team are very much looking forward to her perspective and contributions to our programs," says Dr. Tony Tibbles, Dean, Clinics, who led the committee that selected Bradaric-Baus. "Christine has been where we want to go and brings a wealth of experience with degree programs and working with PEQAB, the body that CMCC works with to maintain degree granting status," says Tibbles. "She has also worked on strong quality assurance programs for teaching and learning.

“In looking at CMCC’s organizational review and self-assessment, I appreciate the rigour and quality of the program and its unique role. I am also impressed with the faculty and staff and CMCC’s leadership position in research.”

**Dr. Christine Bradaric-Baus**

We were looking for someone who demonstrated a strong cycle of learning and implementing that learning. Both the committee members and staff and faculty who met Dr. Bradaric-Baus were impressed and excited about her approach which is very consultative, and her understanding of the role of technology and its possibilities for library services and teaching. “

“We also really liked that she brings broad, dynamic experience, coming from a place of first being a research scientist and then moving into academia, and now being able to converse in a sophisticated way about both areas. CMCC is typically focussed on a small area of the world and we will be significantly enriched by her perspective.”

“She is also a strong advocate for chiropractic, relating stories about how the profession has had a direct impact on her family. That, among

her other qualities, was exciting to hear.”

Speaking to Bradaric-Baus about her decision to come to CMCC revealed a strong champion for chiropractic who saw the role as aligning with her education as an organic chemist and her work experience as a research scientist and as an academic leader. “In looking at CMCC’s organizational review and self-assessment, I appreciate the rigour and quality of the program and its unique role. I am also impressed with the faculty and staff and CMCC’s leadership position in research.”

Bradaric-Baus sees current societal changes including aging demographics and the opioid crisis as well as the move towards patient centred health care as presenting opportunities to grow CMCC’s academic program and the role that chiropractic care can play. “As people gain access to their own health

records, they will gain insights into what contributes to their overall wellness, increasing the demand for different health care options.”

Going forward, Bradaric-Baus is interested in growing CMCC’s reputation through academic programming and partnerships, clinical collaborations and community engagement. She also understands her role as one that facilitates collaboration among CMCC divisions to ensure that together the institution can deliver a curriculum that is competency driven, clinically led, evidence informed and enhanced by facilities and technology. “There isn’t an area of CMCC that is untouched by the delivery of programs and the students served, she says. It is that realization that will continue to drive our success.”

Bradaric-Baus and family moved to Toronto from Hamilton to be closer to CMCC.

# HOMECOMING 2017



Homecoming 2017 was held in honour of the classes of '52, '57, '62, '67, '72, '77, '82, '87, '92, '97, '02, '07, '12 and '16, and was attended by 250 alumni, travelling from as far away as Australia, Israel, Switzerland and England. It was an amazing weekend of events that included a grand reception, President's welcome home BBQ, Governors' Club luncheon and the anniversary class luncheon.

This year saw the reintroduction of a sit down dinner on the Saturday evening which was very well received by our guests – this final event of the weekend also included a reception, silent auction, dj and dancing and a CMCC trivia quiz which the classes clearly enjoyed. The silent auction featured paintings by a variety of artists donated by Dr. David Drum, Class of '67. Dr. Drum also donated one of his paintings to Dr. Wickes

for CMCC on behalf of the Class of '67. The 50<sup>th</sup> anniversary class was honoured with a tribute video, the 19<sup>th</sup> video in a series that began with the class of '49. The Class of '67 was also the winner of the Homecoming Backs in Motion Class Challenge and raised over \$4,000 this year.

All participants enjoyed tours of the campus which included a demonstration of the Anatomage Table and the Microgate technologies in the Human Performance Lab, both new to the tour this year. The Continuing Education program included two internationally acclaimed speakers in Drs. Mark Charrette and James Cox.

A special thank you to the Physical Facilities Department and the many student volunteers who contributed significantly to a successful weekend.

*Dr. Gary Greenman submitted the following poem in honour of the 50<sup>th</sup> anniversary of the class of '67*

*In the spring of '67  
From a college on Bloor Street West  
A class of 35 would leave  
Designed to be one of the best  
They practiced across our nation  
And over the ocean's blue  
A couple didn't practice at all  
But only to mention a few  
Now one man would lead our college  
Another the CCA  
One would excel in X-Ray  
Class leaders all the way  
A few wrote papers in research  
Some would teach at our college  
While the rest spread Chiropractic  
With their art, their science, their knowledge  
Now 50 years have come and gone  
And some we've lost along the way  
While some still practice off & on  
The rest have called it a day  
We've had our highs and lows  
Like going thru hell and heaven  
And yet when the Profession talk  
of one of the best  
They always mention the class of '67*



# Dr. Vance Kruszewski organizes Nova Scotia soccer teams for NAIG, coaches girls U19



Congratulations to Dr. Vance Kruszewski (Class of '98), for his leadership in organizing the first Indigenous girls and boys soccer teams to represent Nova Scotia in the 2017 North American Indigenous Games (NAIG) held in Ontario. Over 5,000 athletes from Canada and the US competed for 30 teams in 14 different sports in what has been called a celebration of both culture and sport.

Kruszewski has practices in both Wolfville and in his family community of Millbrook First Nations.

Known for promoting healthy active living, in 2016 he was asked to organize the first Indigenous girls and boys soccer teams to represent Nova Scotia. Honoured, he says he immediately accepted,

also assuming the position of head coach for the girl's soccer team that competed at the Games in Hamilton the week of July 16-22.

"Players for this year's girls U19 team were identified beginning in July 2016. They ranged in age and skill levels and we trained all year to prepare. The team made tremendous gains in skill level throughout the year, kept a great attitude and had an amazing time," says Kruszewski. "Both soccer teams represented Nova Scotia well and placed 5th overall in their divisions."

"I emphasized goal setting and keeping a positive attitude. These young athletes are role models in their communities and leaders of tomorrow. They showed great respect for others and showed

great pride in being the first Indigenous soccer teams in Nova Scotia. I have encouraged them to continue to maintain active, healthy lifestyles and to inspire and support others to believe in themselves and achieve their goals."

"My 14 year-old daughter Lauren was one of the youngest players on this U19 team. She had a great time meeting people from different cultures and forming friendships, and was thrilled to play at such a high level event. She looks forward to the opportunity of returning to the games in 2020 should she be selected again."

"My son Nelson competed in the 400m and 800m events in track. He achieved his target times and beat his previous personal records."



### A great start for Indigenous Soccer in Nova Scotia

"Competing in the NA Indigenous Games has been a great start for Indigenous Soccer in Nova Scotia," says Kruszewski, who discussed the concept of creating an Indigenous

Soccer league with Mark Elton, the Technical Director for Soccer Cape Breton.

The initial conversation with Elton has since led to meetings between Soccer Cape Breton, Sport Nova

Scotia and the Unama'ki Munciple Physical Activity Leadership Program (MPAL) over the last few months to come up with a plan to create and support a soccer program for the five indigenous communities of the region. Eskasoni, Membertou, Potlotek (Chapel Island), Wagmatcook, and Waycobah (Whycocomagh) communities will come together to form the Unama'ki Soccer Association, offering a full soccer program in the summer of 2018. It is hoped the association will become a template for all of Maritime Canada and the Indigenous communities.

"With more capacity to develop players," says Kruszewski, "our soccer teams at subsequent NAIGs should be competitive as strong medal contenders and open more opportunities for our athletes."

## ☐ GREAT GULF

# DOORS OPEN

## Doors Open 2017, Toronto

It was another busy weekend at CMCC with our second time hosting Doors Open Toronto, May 27 and 28, during which we welcomed 300 people, offering interactive tours highlighting both the building features and our program. Some of the visitors were Doors Open Toronto fans; many were neighbours curious about what goes on at 6100 Leslie. We also had current students and their family members, potential students and their families, and many others.

Together, 26 volunteers including

a local member of our community generously volunteered their time as greeters, tour leaders, room monitors, presenters, information outreach interns, tour backups, and more, ensuring a good experience for visitors and helping to promote CMCC.

Feedback has been very positive. Visitors were impressed by the beautiful campus, the warm welcome they received, and the impressive knowledge of the students and staff.

Again this year, visitors were captivated by the demonstrations in the Sim Lab and the John W. A. Duckworth Anatomy museum. The interns who participated in their first information outreach for this clinic year accompanied many of the tours and helped answer questions from the public about the profession, clinic services, the education, general health questions.

Some came away with a potential patient or two as well!

# Graduate finds his optimal way to success

By Sharon Aschaiek



*Dr. Abe Avender (Class of '07) runs a successful practice in Nanaimo BC. Recognizing that his education has enabled him to thrive in practice, Dr. Avender has been inspired to give back to CMCC. Here he shares some of the features of his practice and how they have come together with the interests he shares with his wife, fellow CMCC graduate, Dr. Kristin Butler (Class of '07)*

With a solid commitment to best practices, ongoing learning and productive collaboration, Dr. Abe Avender has built a comprehensive health care practice that is integral to its community.

Avender runs Island Optimal Health + Performance, a multidisciplinary, multi-site health and wellness centre in Nanaimo, BC. Offering chiropractic care and several other types of health services, Island Optimal is the local

go to practice for individuals seeking integrated treatment for various aches and pains, especially those caused by sports injuries. Using advanced technologies, examination methods and treatment techniques, Island Optimal practitioners help patients deal with pain, increase their mobility and resume their daily routines. "There's no better gift than giving people functionality or relieving their pain," Avender says. "The human body is an amazing, adaptable, resilient thing."

Establishing his practice in Nanaimo, a mid-size city on Vancouver Island, and offering services such as yoga and rehabilitation have been key for both Avender and the community the clinic serves.

### **Leveraging a love of sports**

The power of the human body began fascinating Avender in 1999, when

he started his kinesiology BA at the University of Victoria. At that time, he also played varsity volleyball, hockey and lacrosse, and he and his teammates were treated for any sports injuries by Dr. Jamie Grimes, a Victoria-based chiropractor whose clinic offers a mix of health-care services. Avender also completed a final-year practicum at Grimes' clinic. Those experiences inspired him to not only pursue chiropractic, but to also take a multidisciplinary approach, with an emphasis on his personal interest of treating athletes. At CMCC, he met fellow student and yoga teacher Kristin Butler. By the time they graduated in 2007, they had dedicated themselves to each other both as life and business partners.

The husband and wife team launched Island Optimal in 2008 as a chiropractic clinic and yoga studio at a 4,800 sq. ft. site in Nanaimo's north

end. Two years ago, they significantly expanded their business by opening a 7,100 sq. ft. clinic in the heart of the city. Near this clinic is their new 10,000 sq. ft. performance centre, which offers comprehensive workout equipment and classes. Bringing Avender and Butler's vision to life is a health care team that includes other chiropractors, a naturopathic physician, massage therapists, physiotherapists, strength training coaches, a personal trainer, an injury rehab expert, an athletic therapist and a clinical counsellor. Additionally, several instructors teach yoga classes at the clinics, and a variety of classes at the Performance Centre.

The clinics' clients include post-surgical patients, stroke victims, seniors with mobility issues, adults seeking maintenance care, even children whose parents are taking preventative health measures. However, half are athletes, ranging from beginner to elite level, who can access conventional modalities of chiropractic and other health disciplines, as well as cognitive behavioural therapy, concussion rehabilitation support and even guidance to improve their golf game. The clinics together attract about 150 patients a day, and their treatment is facilitated collaboratively by the different practitioners.

"If someone has a frozen shoulder, I'll work on their soft tissue, and if they need more strength or a better range of motion, we have conditioning coaches. They can also learn about what good exercise is available at our gym," Avender says. "When you can tie it all together with the different specialties, where everyone has the same goal of helping patients get better, it's very effective."

### Continual Learning

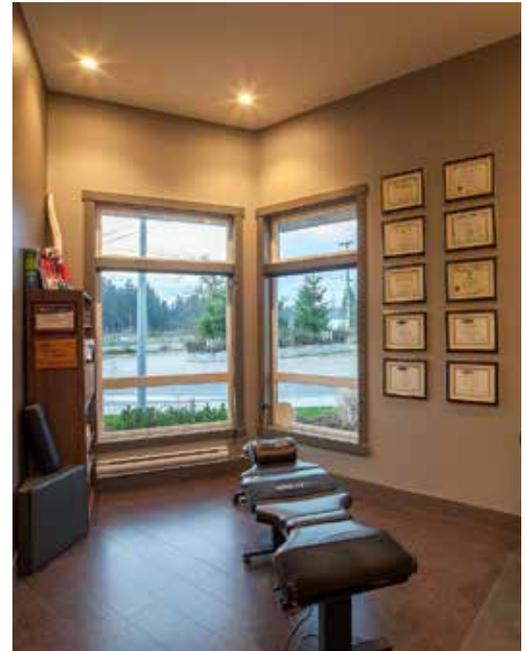
Avender agrees that continuing education has supported his success.

Since graduating from CMCC, he has completed dozens of training sessions in areas such as dynamic neuromuscular stabilization, functional range release, active release therapy, trigenics, orthotic fitting and golf biomechanics. What has also served him well is his role, since 2008, as head coach of the men's volleyball team at Vancouver Island University. Observing first hand the players' athletic achievements and how they overcome injuries has allowed him to stay current on sports injury recovery techniques, and to maintain an enthusiasm for athletic achievement that he uses to motivate his athlete patients. His involvement at the university has also helped Island Optimal land contracts to exclusively treat players on the school's junior hockey and football teams.

### Using his education and taking chances

Ten years in, Avender is in the enviable position of enjoying mostly repeat-and-referral business. He says his philosophy of focusing less on generating revenue than on providing patients the best care has allowed Island Optimal to develop a positive reputation and grow organically. The route to success in chiropractic, he says, is open to anyone who, like he does, leverages their education, always strives for excellence and is ready to take some chances.

"The CMCC education is phenomenal – it gives you the knowledge and tools to excel in this amazing profession," he says. "Don't settle for anything less than what you want, and don't let a line of credit stop you from doing it. Find ways to stay motivated, and keep learning to stay current."



# Sim Lab training comes through for new graduate Dr. Jonathan Marshall



Dr. Jonathan Marshall crossed the stage at this year's Convocation on June 16 and shortly afterward, joined his wife Emily (Class of '13) and their children, Violet and Tessa, in Peace River, Alberta. Having graduated earlier than Jonathan, Emily had the dual role of raising their girls and running the practice while Jonathan finished his studies back in Toronto. Thrilled to rejoin his family, Jonathan spent his time observing Emily treat patients until his own license was processed.

On July 11, while Emily was treating, they heard a large bang and the building shook. Thinking something like a large shelf had fallen over, he ran to the front desk where he discovered that a car had hit the front of their building. At the time,

the clinic receptionist and two or three patients were in the waiting room. Luckily, the car had struck the brick between the windows and the glass was still intact. He ran outside to find an older woman in a red car. Air bags had not been activated. Taking a wider view of the surroundings, he saw bystanders and learned that someone had been hit. "I was really concerned someone was under the car. I ran back inside and asked reception to call 911, then I called Emily and grabbed the first aid kit."

"I saw the pedestrian, unconscious outside against the building upside down, with his legs up the wall, but still breathing. The driver was still in the car and the car was running so I turned it off. She was shaken but otherwise alright and able to walk with us inside. We settled her in a chair and it turned out one of our patients knew her and was able to contact her family."

"Emily and I assessed the pedestrian and saw no noticeable bleeding from head or neck. After a few minutes, he woke up and wanted to move. I supported his neck and reassured him that help was on its way. Within 10 minutes the fire department arrived. Emily was able to go back inside to attend to the clinic while I stayed with the injured man and first responders."

According to Jonathan, after a quick assessment, the Firefighter said to him, "Sir do you have his neck?" and I

replied "I'm a chiropractor. Necks are kind of my thing!"

"We're in a small town, so the fire department drove the driver of the car to the hospital. I helped out by putting the cervical collar on the pedestrian and loading him onto the stretcher."

Jonathan says that the first aid training he received at CMCC was helpful, but says the Simulation Lab training was even more important in providing an opportunity to practice an unexpected situation. "It definitely helped me to stay calm and in control. Another thing that I took from the Sim Lab training was the idea of having an emergency action plan in the clinic. In this instance, we didn't have one yet, but both Emily and I knew what to do because we had practiced these scenarios in the lab."

After deftly handling the emergency, Jonathan returned to the clinic to observe that both of the police officers on the scene were making appointments and becoming new patients. A few short days afterwards, Jonathan received his own license and was able to begin practicing alongside Emily. "I love it here," he says of the town and his new practice in which he feels he can really make a contribution to and be an important part of the community.

The pedestrian who was hit did indeed suffer a neck fracture without spinal cord damage and is expected to make a full recovery.

CMCC's 5<sup>th</sup> annual

# BC BackSwing golf tournament

The 5<sup>th</sup> annual BC BackSwing golf tournament took place on May 17 at the Richmond Country Club in Richmond BC. The event is not only an opportunity to raise funds for CMCC but also to engage with local chiropractors and other friends of CMCC.

Participants enjoyed 18 holes of golf on a 6,800 yard, par 72 course which is known as one of British Columbia's premiere golf venues. Set within the greenbelt of the agricultural land reserve, this championship level golf course is known for its tree lined fairways, well-positioned bunkers, and its signature raised, undulating greens.

A silent auction, awards presentation, raffle and tasty buffet dinner were a fitting conclusion to an enjoyable day on the course. Many thanks to our hard working committee, volunteers, sponsors, donors and participants for making the event a big success.

Congratulations to winning foursome Richard Cleland, Nasheel Kassam, Joey Oikawa and Christopher Wiens with a score of 62. Closest to the pins winners were Lincoln Lee, Brad Kehoe, Bill Rogal and Keith Beaton. Winner of the longest drive was Brad Kehoe.



# Ontario gets its first Anatomage Table as CMCC enhances its educational program



CMCC is the first health care institution in Ontario to enhance its anatomy program with the acquisition of the Anatomage Table, an advanced digital anatomy visualization system. The table, one of only four in Canada – is a life-sized virtual dissection table preloaded with male and female digital bodies in addition to 300 pathology cases built on animal and human models. It will become an integral part of CMCC's educational program.

The Anatomage Table 5 includes three full body cadavers with high-resolution 3D regional anatomy completely annotated and dissectible using special digital tools. It makes use of high quality graphics and flexibility of display,

while touch screen manipulation of the models allows the user to remove select layers of tissue to highlight specific systems and allows for repeated dissection and rotation of the body. A pen tool allows an instructor to make further annotations and highlight areas, while the images can be projected onscreen and saved onto a USB drive.

The virtual body can be cut, layer-by-layer, revealing the details of the internal structures. Individual anatomy can be isolated by system and by individual structure of the cardiovascular, nervous, and muscular system. In addition, the regional scans cover the entire body from the head and neck to the pelvis, joints, legs, and feet.

The Table's software can load any 3D DICOM medical imaging data such as computed tomography (CT) and magnetic resonance imaging (MRI) scans. The Table is able to integrate with PACS (Picture Archiving and Communication System) for clinicians to load medical images from hospital archives for immediate review as both 2D radiological slices and 3D reconstructions.

"It's a powerful clinical tool," says President Wickes. "It doesn't diminish the importance of cadavers for understanding the nuances of the human body or the ability to view real tissues in 3D, but with its technical capabilities, serves to augment traditional dissection and is extremely versatile for our students and instructors, allowing integration with microanatomy, histology X-ray, CT and MRI images."

Dr. Scott Dunham (Class of '06), Director of Curriculum and Faculty Development, views the table as "an exciting technology in line with adult learning principles that will provide another perspective in the study of anatomy." He also sees the table as having the potential for expansion into other areas of study, such as diagnostic imaging.

Dr. Myra Kumka, Chair, Department of Anatomy agrees the Anatomage is unique. It has capabilities to teach dynamic anatomy, be a

"Students can cut the virtual body to expose each layer and internal structure and isolate details by system and structures."

Dr. Myra Kumka

potential radiology workstation and at the same time serve as a clinical education tool for surgical case review, patient consultation, and research. "The tables include full body cadavers, ensuring students are exposed to anatomical variations. Students can cut the virtual body to expose each layer and internal structure and isolate details by system and structures. Additionally, for teaching and testing purposes, instructors can create and save preset views for use in lectures, lab practicals and exams." The Anatomy Faculty will be evaluating the capabilities of the tables and integrating them into the anatomy curriculum.

CMCC is one of 10 institutes of higher learning in Ontario with its own cadaver lab, which it has maintained since it opened in 1945. Technology and equipment has changed, but the anatomy program remains a vital part of the chiropractic program in ensuring a comprehensive understanding of the body and all its intricate systems.

CMCC's body donation program is provincially controlled by the Chief Coroner's Office and regulated by the Anatomy Act of Ontario.





# CMCC

Canadian Memorial Chiropractic College



## Why become a member?

Offset your membership dues by saving thousands through our benefits program.

Contact us and find out why so many of our members have switched over to our group plans and orthotic programs!



- Group extended health and dental benefits; save over \$1,000
- Free and discounted orthotics
- Up to 40% savings on group auto and home insurance
- Significant savings on Continuing Education, Supply Centre and Bookstore purchases and more!

"By taking advantage of the group car and home insurance with Co-operators, my fees are reduced by \$1,800. I pay less for membership and group insurance combined than personal insurance alone."

Dr. Jene Lee - Cornerbrook, Newfoundland  
Class of '93, CMCC

Contact Alumni Relations  
416 482 2340 ext. 146  
or [membership@cmcc.ca](mailto:membership@cmcc.ca)

Learn more at [cmcc.ca/membership](http://cmcc.ca/membership)





**CMCC**

Canadian Memorial Chiropractic College

# Practice OpportUnity '18

Your window of opportunity is almost here.

Wednesday, February 14, 2018 — CMCC

Meet graduating students in person from your province and other provinces.

Promote your association along with the benefits you provide.

Discuss province specific benefits and challenges.

Facilitate practice opportunities.

**Locations will be locked in on a first-come, first-served basis**

**Registration is now open for Practice OpportUnity '18.**

For exhibitor or display information, or to register as an attendee:

W: [www.cmcc.ca/PracticeOpportUnity](http://www.cmcc.ca/PracticeOpportUnity)

T: 416 482 2340/1 800 669 2959 ext. 200

E: [events@cmcc.ca](mailto:events@cmcc.ca)

Please contact [sponsorship@cmcc.ca](mailto:sponsorship@cmcc.ca) for more information on the opportunities available.

# Donations

The donations listed here were received and processed between April 1, 2017 and August 31, 2017 for: Research Chair, Awards and Scholarships, Backs in Motion, Gifts in Kind, In Memoriam and general donations. We extend our sincere appreciation to those who have made gifts to CMCC. If you have a correction to this list or would like more information about making a donation, please call Donation Services at 416 482 2340 ext. 194.

Mr. Jason Abbott  
 Dr. Sean Y. Abdulla  
 Active and Innovative Inc.  
 Dr. Anthony G. Adams  
 Dr. Vincent Adams  
 Adverttek  
 Dr. Raphael H. Ahn  
 Alberta College and Association  
 of Chiropractors  
 Altis Human Resources  
 Dr. Thomas E. Amaolo  
 Ampere Limited  
 AMR Barristers & Solicitors LLP  
 Mrs. Marie Aragona-Shin  
 Dr. Peter J. Asselbergs  
 Dr. Ayla Azad  
 Dr. Nikhil N. Bair-Patel  
 Dr. Evelyn Bak  
 Dr. Christopher E. Bardwell  
 Dr. Fred N. Barnes  
 Barrus Healthcare and Medical  
 Management Inc.  
 Ms. Mara Bartolucci  
 Dr. Ronald J. Batte  
 L. Battistuzzi  
 Wayne Beattie  
 Dr. Condren R. Berry  
 Dr. Deborah A. Berry  
 Dr. Scott E. Bitz  
 Dr. Kelli L. Blunt  
 Dr. Cameron Borody  
 Dr. Luke A. Boudreau  
 Dr. Trevor Boudreau  
 Dr. Annette Bourdon  
 Dr. Ron Brady  
 Dr. Deborah E. Brake-Patten  
 Dr. Alan Breen  
 Mr. Art Brown  
 Dr. Douglas M. Brown  
 Dr. Keith L. Burchill  
 Dr. Kimberly D. Burgis  
 Mrs. Margaret Butkovic  
 Canadian Compounding  
 Pharmacy  
 Canadian Imperial Bank of  
 Commerce  
 Dr. John Castiglione  
 Dr. Arthur J. Cattafi  
 Ms. Lesley Cesana  
 Kelly Cetnaiski  
 Dr. Cynthia J. Chan  
 Dr. Kenny K. S. Chan  
 Dr. Kevin Charbonneau  
 Teri Chase

Mr. Dan Chicoine  
 Chiropractic Care & Longevity  
 Center  
 Dr. Dena G. Churchill  
 Dr. Todd Clayton  
 College Chiropractic Clinic  
 College of Chiropractic Sciences  
 Dr. Michael J. Cordasco  
 Dr. Paul Cornacchia  
 Dr. Richard R. Cronk  
 Dr. Ian D. Culbert  
 Dr. Janet L. D'Arcy  
 Mr. Joseph Danckert  
 Mairead Davis  
 Dr. Ivone De Marchi  
 Dr. Philip Decina  
 Dr. John P. DeFinney  
 Dr. W. Mark deGruchy  
 Dembar Financial Services/  
 Healthcare Financial Group  
 Dr. Elaine Dembe  
 Dr. James DiGiuseppe  
 Dr. Fred T. Dobson  
 Dr. Stephen J. Doholis  
 Ms. Elizabeth Donison  
 Dr. David R. Dos Santos  
 Dr. A. Ronald Elford Charitable  
 Foundation  
 Dr. Scott Dunham  
 Dr. David F. Dunn  
 Ms. Kelly Eagan  
 Ms. Ann Elford  
 Dr. Jans C. Ellefsen  
 Dr. Brad S. Ferguson  
 Mrs. Elizabeth Fleury  
 Dr. Bruce Fligg  
 Dr. Wilfred B. Foord  
 Footmaxx of Canada, Inc.  
 Dr. Timothy J. Ford  
 Dr. Jason Fortier  
 Dr. Jason T. Fox  
 Mr. Richard Fox  
 Frank H. Hori Charitable  
 Foundation  
 Mr. Allan M. Freedman  
 Dr. Elsie L. Frickey  
 Dr. Angelo Frisina  
 Dr. Christopher H. Gallimore  
 Dr. Christine B. Garrity  
 Dr. Paul G. Georgopoulos  
 Dr. J. Stephen Gillis  
 Dr. Pala Gillis  
 Dr. Paul C. Gilmore  
 Dr. Arnie Glatzer

Dr. Lynn A. Glazier-Goldie  
 Ms. Amy Gordon  
 Dr. Gary A. Greenman  
 Dr. Adrian S. Grice  
 Dr. Paul J. Grittani  
 Dr. Anita B. Gross  
 Mr. Henry Gruyters  
 Dr. David A. Gryfe  
 Dr. Sunyatta F. Guild  
 Dr. Martin B. Gurvey  
 Dr. Rene Hache  
 Dr. James A. Hadden  
 Dr. Katie Hammerschmidt  
 Haven Innovation, Inc  
 Dr. Richard T. Hawthorne  
 Dr. Bruce A. Hayhoe  
 Mrs. Rachelle Hebert  
 Dr. Warren A. Hefford  
 Dr. L. Kevin Henbid  
 Hicks Morley Hamilton Stewart  
 Storie LLP  
 Dr. Timothy Hiebert  
 Dr. Paul K. Ho  
 Ms. Lynne Hodgson  
 Dr. Warren S. Hollis  
 Mr. John Horton  
 B. Hotson  
 Dr. Samuel Howarth  
 Ms. Joan Hughson  
 Humber Family Chiropractic  
 Rehabilitation & Wellness Inc.  
 Dr. Richard D. Hunter  
 Dr. John N. Huy  
 Ms. Vania Iaboni  
 Impact Cleaning Services  
 Dr. Stephen H. Injeyan  
 Integrated Assessment  
 Services Inc.  
 Dr. Allan Jeffels  
 Dr. Craig D. Johannes  
 Ms. Adrienne Johnson  
 Dr. Rahim Karim  
 Dr. Terence M. Kehler  
 Dr. Mark Kenney  
 Dr. Sean T. Kilgannon  
 Dr. Gideon J. Kilian  
 Dr. Kenneth W. Kinakin  
 Dr. Richard H. Kolanos  
 Dr. Paul W. Kowall  
 Dr. Shane B. Kraft  
 Dr. Kevyn R. Kristmanson  
 Dr. Susanne Langdon  
 Dr. Jack B. Lanskail  
 Dr. Luc Lavigueur

Mrs. Lorna Laws  
 Dr. Kevin J. Leizer  
 Dr. Brian D. LeMoel  
 Let It Be. Health Inc.  
 Dr. Carolyn J. Levere  
 Dr. Pierre Levesque  
 Dr. Michelle C. Liberty  
 Dr. Dennis Liu  
 Dr. Kristine A. Lyons  
 M.I.T. Consulting  
 Dr. Kate MacAdam  
 Dr. Ward D. MacDonald  
 Dr. David G. MacKenzie  
 Dr. John E. MacRae  
 Mr. Anthony Magistrale  
 Dr. Sandra J. Malpass  
 Ms. Noreen Martin  
 Dr. David J. Matheson  
 Dr. Dorothea McCallum  
 Dr. Jason D. McDonald  
 Mr. Chris McGrath  
 Dr. Kevin D. McKenzie  
 Dr. Murray I. McPhail  
 McQuarrie Hunter LLP  
 Dr. Richard Mercier  
 Dr. Rob J. Merrick  
 Metagenics Canada  
 Dr. David P. Millar  
 Dr. Patrick D. Milroy  
 Dr. Silvano A. Mior  
 Ms. Janet Moffat  
 Dr. Jean A. Moss  
 Dr. Amr M. R. Mostafa  
 Mr. George Nenos  
 Neptune Security Services  
 Dr. Craig D. Norman  
 Dr. Douglas Norsworthy  
 North York Healthcare  
 Associates Inc  
 North York Rehabilitation Centre  
 Corp.  
 Ontario Chiropractic Association  
 Dr. David E. Osiowy  
 Dr. Christopher A. Oswald  
 Dr. Annie Ouellet  
 Dr. Catherine Owens  
 Dr. Peter A. Pain  
 Dr. Sean E. J. Payne  
 Dr. L. David Peeace  
 Dr. Mark C. Perrett  
 Ms. Jacqueline Perry  
 Dr. Karen E. A. Proctor  
 Al Prowse  
 Qualicom

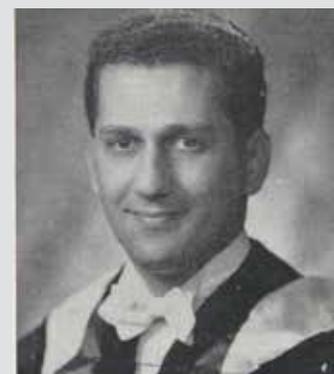
# In Memoriam

Dr. Elmer E. Raabe  
 Dr. Moez H. Rajwani  
 Dr. Dianne L. Randall  
 RBC Wealth Management Inc.  
 Dr. James Reilly  
 Dr. Laurence G. Reynolds  
 Mrs. Patti Riley  
 Dr. Shyla S. Robertson  
 Ms. Susan Robinson  
 Dr. Gordon F. Rust  
 Dr. Rowena Ryan  
 Dr. Giovanni Scalia  
 Dr. I. Lawrence Schledewitz  
 Dr. Murray E. Schneider  
 Dr. Ryan C. Scott  
 Dr. Stacey Scott  
 Dr. Darren J. Scraper  
 Dr. Brian Seaman  
 Ms. Raheela Shaikh  
 Dr. Wade R. Shalagan  
 Dr. Jeffrey R. Sheppard  
 Showcase Restaurant  
 Dr. Michael D. Sider  
 Arlene Sokalski & Family  
 Dr. Marissa R. Sparrow  
 Dr. Deanna Spicer  
 Dr. William P. Stackhouse  
 Dr. David J. Starmer  
 Dr. Douglas C. Starodub  
 Dr. Igor Steiman  
 Ms. Cari Steinberg  
 Mrs. Elizabeth Stevenson  
 Dr. Gregory B. Stewart  
 Dr. Kathryn A. Stitt  
 Dr. Catherine M. Straus  
 Dr. Kent J. Stuber  
 Sunlife Financial  
 Dr. Mark A. Symchych  
 Dr. Carlos A. P. Tavares  
 Dr. Patricia A. Tavares  
 Dr. Shane H. Taylor  
 Dr. Cecile A. Thackeray  
 The Co-operators Group Insurance  
 The Talent Company  
 The Vaughan Team Inc  
 Dr. Richard R. Thompson  
 Dr. Rodney A. Thompson  
 Thomson Industries Ltd  
 Thumper Massager Inc.  
 Dr. Anthony Tibbles  
 Ms. Wendy Topping  
 Trulfin Investments (2007) Inc  
 Dr. Paul D. Uchikata  
 United Way of Peel Region

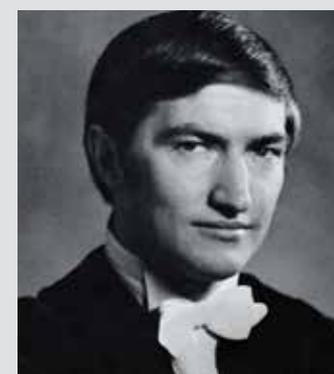
United Way Toronto & York Region  
 Dr. John W. Vargo  
 Dr. Howard T. Vernon  
 Ms. Olena Veryha  
 Dr. Darrell J. Wade  
 Ms. JoyAnne Weatherup  
 Ms. Elaine Welter  
 Dr. David I. West  
 Westin Resort & Spa Whistler  
 Dr. Celina White  
 Dr. Kathy Wickens  
 Dr. David Wickes  
 Dr. Darin Willar  
 Dr. Matt G. R. Williams  
 Dr. William M. Williams  
 Dr. N. Scott C. Wilson  
 Dr. Leslie J. Wiltshire  
 Windsor Walk-In Chiropractic Clinic  
 Dr. Robert M. and Mrs. Anne Wingfield  
 Mr. Ernest Wolkin  
 Ms. Phyllis Woodrow  
 Dr. Dean J. Wright  
 Dr. Lori-Anne Yarrow  
 York-Peel Chiropractic Society  
 Dr. Tim Zafirris  
 Dr. Robert J. Zimmerman



Dr. Arthur Ronald Elford  
 Class of '54



Dr. Angelo Mione  
 Class of '57



Dr. Robert Scott  
 Class of '71

CMCC is grateful to its supporters who have thought to include a donation to CMCC in recognition of the passing of their loved one. Memorial cards are available through Donation Services at 416 482 2340 ext. 194.

# Can you help to make a difference for CMCC and chiropractic?

We are excited to share three new funding opportunities, where you can make a meaningful contribution to CMCC, our students and ultimately, the future of chiropractic!



## Teaching Technologies

### Anatomege Tables – Goal \$200,000

Having this revolutionary 3D technology teaching tool available will enable our students to have an increased ability to learn and more easily understand anatomy. These tables will enhance the traditional textbook learning but not replace cadavers.

## Research

### Physiological Effects to Chiropractic Adjustments - Goal \$200,000

Researchers are currently conducting a number of basic scientific studies to understand the mechanisms by which chiropractic care achieves its many effects. Among the projects underway are studies of the role of inflammation, the effects of spinal cord and nerve root compression, the role of sensory input from the vertebral arteries and molecular responses to cervical adjustment.

### Clinical Outcomes, Health Services and Policy Research – Goal \$200,000

Research will be directed toward improving patient centred care for musculoskeletal conditions, a foundational component of chiropractic care, through studies focusing on clinical assessment and interventions. Primary areas of study include clinical guideline development, systematic reviews, studies of assessment and diagnosis, clinical and cost-effectiveness trials, prognosis, disability, rehabilitation and health services.

To learn more about these innovative opportunities, please contact Dr. Peter Kim, Director, Development and Clinic Advancement at 416 482 2340 ext. 184 or by email at [pkim@cmcc.ca](mailto:pkim@cmcc.ca).

## Fall 2017 Volume 55 / Issue 3

*Primary Contact* is published three times a year by the Division of Marketing and Communications at CMCC.

Your opinions, comments, and input are important to us. Do you have suggestions for topics we can cover?

Phone: 416 482 2340 ext. 217  
Fax: 416 482 3629  
[communications@cmcc.ca](mailto:communications@cmcc.ca)

Other frequently requested email addresses:

[admissions@cmcc.ca](mailto:admissions@cmcc.ca)  
[alumni@cmcc.ca](mailto:alumni@cmcc.ca)  
[board@cmcc.ca](mailto:board@cmcc.ca)  
[advancement@cmcc.ca](mailto:advancement@cmcc.ca)  
[membership@cmcc.ca](mailto:membership@cmcc.ca)  
[president@cmcc.ca](mailto:president@cmcc.ca)

Executive Editor:  
Shannon Clark

Contributing Editors/Writers:  
Sharon Aschaiek  
Mara Bartolucci  
Margaret McCallen  
Michael Radoslav

Art Director:  
Dora Kussulas

Photography:  
[istockphoto.com](http://istockphoto.com)  
Denny An  
Chris Vassalos  
CMCC Media Services

Associate Vice President, Institutional  
Advancement & Communications:  
Mara Bartolucci

Director, Alumni Relations:  
David Coleman

CMCC does not necessarily endorse or approve advertisements published in *Primary Contact*. Opinions of individual authors do not necessarily reflect the views of CMCC.

Publications Mail Agreement Number:  
40062432

Change of address and undeliverable copies should be sent to:

CMCC Alumni Relations Office  
6100 Leslie Street  
Toronto, ON  
M2H 3J1  
[cmcc.ca](http://cmcc.ca)

Twitter @cmccnews  
[Facebook.com/cmccnews](https://www.facebook.com/cmccnews)



# Wear the backpack properly!

- 1 Place the heaviest items innermost and tighten the contents inwards towards the back.
- 2 Fasten and tighten the hip belt.
- 3 Tighten the top straps.
- 4 Fasten and tighten the chest strap.
- 5 Tighten the shoulderstraps so that the hipbelt rests on the pelvic crest.

## Beckman of Norway Backpacks now available at the CMCC Supply Centre and Bookstore

Visit our new online store at  
[cmccstore.ca](http://cmccstore.ca)

CMCC Supply Centre & Bookstore  
6100 Leslie Street  
Toronto, Ontario, M2H 3J1  
Toll Free: 1 800 268 8940  
[bookstore@cmcc.ca](mailto:bookstore@cmcc.ca)

CMCC's Inaugural

# Fashion Show

## Coming in 2018!

Join us for CMCC's newest, most anticipated event!

Enjoy a unique runway show that features CMCC alumni, students, staff and supporters, showcasing a diverse collection of Canadian fashion designs, great entertainment, delicious food and drinks... all in the spirit of supporting CMCC.

.....

**MODEL • PERFORM • VOLUNTEER • ATTEND**

.....

**Models:** must pledge a minimum of \$500 to walk the runway; CMCC students only \$200

**Performers:** looking for musicians, singers, dancers and entertainers

For more information please contact Victoria Marshman, Special Events Coordinator at [vmarshman@cmcc.ca](mailto:vmarshman@cmcc.ca) or 416 482 2340 ext. 200

**W** [www.cmcc.ca/fashionshow](http://www.cmcc.ca/fashionshow)

**@cmccfashion #cmccfashion**