



MDAA Fall Newsletter 2023

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President's Message ~

Hello again, MD Alumni!

The leaves changed colours and fell and the daylight hours are shorter - it is definitely Fall in Victoria... going into the holiday season now.

It was a treat this summer to see so many MD alumni reuniting. Eight reunions were organized by keen classmates. See some photos and details below.

Already so far we know of 4 reunions for 2024 in the planning. See the list in this newsletter and check our website for more information. Do let us know if your class is planning a reunion and we can add it to our website as well and help you wherever we can.

This year our board has been carrying on best it can with a smaller group of directors. We do need more alumni help with some tasks. Do let us know if you can lend us your time for a few hours a month. Contact me at: w.gedney@icloud.com . I look forward to hearing from you.

Our Zoom MDAA AGM was successful this October, with alumni joining us from various places near and far - an advantage to Zoom meetings.

Put your feet up and make a "cuppa" and enjoy the read our contributors have assembled for you.

Warmly,

*Wendy Gedney
MDAA President*

~ ~ ~ ~ ~



Principal's Message ~

MDSS Alumni,

The 2023-2024 school year is nearing the end of quarter 1 and we have had a wonderful start to the school year. We welcomed two new administrators to the school, Heather Brown who came from Spectrum Community School and Maylyn Elliot who came from Reynolds Secondary. They have been great additions to the school community. We were sad to see Phil Pitre head off to Vic High and Nancy Archer to Eagleview Elementary. We wish them all the best in their new assignments.

Mount Doug's Leadership classes have been busy this year organizing events to build

Mount Doug's Leadership classes have been busy this year organizing events to build school spirit and community. Rambucks is selling daily lunch items as well as supporting all students with healthy breakfast options which is a free access to a food program sponsored by a government initiative called Feeding Futures. Students also have access to healthy snacks throughout the day as well as we are looking to implement a lunch program for families and students struggling with food insecurity.

School Clubs are in full swing with some new a creative groups coming together. Clubs this year include: Chess Club, GSA (Gender & Sexuality Alliance), Fashion Club, Math Challengers, Board Game Club, Debate Club, Model UN, knitting club, robotics team, and space club. All are meeting throughout the week at lunch or after school.

Mount Doug Athletics has just finished up our fall sports season, with hundreds of student-athletes participating in football, volleyball, soccer, field hockey, swimming, rowing, and cross-country. The opening three months of the high school sports season were an extremely busy and exciting time for school athletics.

Our Freshcoast Ram of the Month program has also returned and is kindly sponsored by Freshcoast Healthfood Bar at Shelbourne Plaza. This program recognizes deserving student athletes who distinguish themselves not only in athletic competition, but also in team leadership and through success in the classroom. Congratulations to those who have taken home the honour so far this school year.

The winter sports season is just getting up and running with 4 basketball teams as well as 2 curling teams in action. Best of luck to the teams and athletes in the coming months. Go Rams!

Grads have been able to enjoy some Grad Activities this year including: Monthly Jersey Days, Spirit Week, and our Winter Formal on December 3rd at The Inn at Laurel Point. Our Grad Recognition Ceremony will be held this year on May 30th. A Grad Lock In and a Grad Formal Dinner Dance are being organized as well in the spring to help celebrate and honour the accomplishments of the Grad Class of 2024, our next Alumni members.

Sincerely,
Donna Thompson, principal,
Heather Brown & Maylyn Elliot, vice-principals
The MDSS Administration Team

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**~ MDAA PLAQUES ~**

For this coming holiday season, consider purchasing a plaque to permanently recognize the tenure of any Mount Doug alumni member, be they staff or grads. Plaques are affixed to the bleachers in the Mount Douglas school gymnasium and prominently display the name and grad year of the alumni of your choosing. You could purchase a plaque for yourself, a sibling or classmate, your favourite teacher, principal, employee (noted as staff & their years at MDSS) or as a memorial to any alumni who has passed.

Plaques serve as a great gift to not only permanently recognize our Mount Doug

Plaques serve as a great gift to not only permanently recognize our Mount Doug alumni, but also provide the Mount Doug Alumni Association with critical working capital to achieve our charitable objectives. Purchase more than one plaque and receive a discount!

- 1 Plaque - \$50.00
- 2 Plaques - \$90.00
- 3 Plaques - \$120.00

Go to our website: [mountdoug alumni.com](http://mountdoug alumni.com) and under Alumni Sales make your purchase.

~ by Rod Lindquist, MDAA Treasurer



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CONGRATULATIONS to our MDAA Bursary Recipients!

We are pleased to announce our 2 bursary winners for June 2023. They were: *Lorie Tien*, who is the recipient of the MDAA Academic Bursary and *Gabe Brouwer*, who is the recipient of the Len Michaux Fine Arts Memorial Bursary . Read on for more about each of these graduates.



Lorie Tien

The Academic Bursary funded by the MDAA was presented to Lorie Tien at the June awards ceremony at Mt. Douglas. Lorie attended Mt. Douglas for four years and despite the Covid-19 lockdown enjoyed the adapted events the school held. During her grade eleven and twelve years, she had the opportunity to “help, create, and run events” which she found memorable because she got to “help others feel connected to their school

community and peers.”

Since graduating, Lorie has spent time working at Shoppers Drug Mart and exploring Vancouver. She also enjoys drawing, watching movies, shopping and visiting with family and friends. In September, she began the Business Administration Program at Camosun College and is taking accounting, business information technology and economics. She is looking for a subject area within this program that she would like to specialize in. So far, she has used half of her bursary to purchase textbooks for her business and accounting classes.

Lorie wants to express her “sincere gratitude to the generous donors at MDAA whose contributions have helped me and others in achieving success. Thank you!”



Gabe Brouwer is this year’s recipient of the Len Michaux Fine Arts Bursary. He was presented with this bursary along with the Jazz Award at the June Awards’ Ceremony at Mt. Doug.

While Gabe was at Mt. Doug, he was actively involved in the music program. He especially enjoyed playing in the Jazz Band and the Concert Band. He credits his band teacher, Douglas Awai, as being instrumental and inspirational in his musical success. In fact, he said, “Because of him, I have seriously considered becoming a band teacher myself.”

In the meantime, Gabe is spending this school year working towards completing a one-year certificate in the Omega Program at Summit Pacific Bible College. “This is a discipleship program that ends the year with a mission’s trip to Uganda.”

Gabe is currently spending his free time practicing piano, drums, and trumpet and playing ultimate frisbee and soccer. His plan is to use his bursary during the 2024-25 school year when he will be attending the University of Victoria to pursue a Bachelor of Arts degree in music.

He is very grateful to the MDAA for this bursary that will contribute towards furthering his music career.

~ by Debbie Marchand



Gone but Not Forgotten

Thanks to those who let us know about alumni they knew who have died by writing a note to obiteditor@mountdoug alumni.com (often including the obituary too where possible) so we can add the deceased alum to our

In Memoriam section

under their class' year on our website. Our thanks to alum **Carol Williams** for sending out MDAA Sympathy cards to families of the alumni who have died - if we have their contact information.

Since our Spring newsletter, these are the alumni who we understand have passed:

Mary Farrell '68 - d. July '14 **
Joanne Griffin Horton '76 - d. April '19 **

Barbara Lifton Vater '51 - d. May '23

Brian Belcher '70 - d. May '23

Frances Paulson Bigham '68 - d. May '23

Ed Attfield '61 - d. May '23

Andrea Hall '76 - d. June '23

Bruce Bailey '73 - d. June '23

John Herbert '54 - d. July '23

Sharon MacKay Gelling '59 - d. Aug. '23

Joyce Dovey Wright '50 - d. Aug. '23

Bev Curtis Playfair '65 - d. Aug. '23

Andy Robilliard '76 - d. Aug. '23

Richelle Briggs '80 - d. Aug. '23

Sirje Vanajan MacWilliam '71 - d. Aug. '23

Keith Lawrence '55 - d. Sept. '23

Greg Griffin '65 - d. Sept. '23

Ray Bell (Karey Litton) '57 - d. Oct. '23

Bob Partridge '67 - d. Oct. '23

** denotes alumni who we were just informed about their deaths even though they died some years ago. They will also be posted on our website in their class year.

~ by Wendy Gedney

MD Alumni - can you help?

Mount Douglas Secondary School is busy preparing for our yearly Holiday Hampers. This year our goal is to raise \$6000 to help support our families in need over the holiday season. We have started to receive donations and are working to raise funds with opportunities within the school. This year in particular, with food prices on the rise, we are reaching out to our alumni to see if they can also support this very important cause. If you are able to donate, please use the cash online link to help us this season. Your donations are very much appreciated. You will also receive a tax receipt for any donation over \$20.00. In the message box, please indicate that your donation should be directed to Mount Doug Secondary School Winter Hampers.

Thank you so much for your support.

Shameem Ebrahim
Inclusion Support Teacher, Mt. Douglas Secondary
Greater Victoria School District No. 61
Ph: 250-477-6977
Fax: 250-477-0277

<https://sd61.schoolcashionline.com/Fee/Details/2967/140/false/true>

[SchoolCashOnline.com: Fee Details](https://sd61.schoolcashionline.com/Fee/Details/2967/140/false/true) SchoolCash Online



OUR FEATURE ALUMNUS

Meet OMNA SHARMA....

How many years did you attend MDSS, Omna?

All 4 years of high school – from 2013 - 2017.

In what year did you graduate?

2017

What subjects did you enjoy studying while you were at MDSS?

I particularly enjoyed Calculus and Biology – the human biology course fostered an early interest in medicine for sure.

Did you have any favourite or influential teachers? If so, how did they influence you?

I remember Mr. Phil Ferreira fondly – especially because of his physics course (and the challenges that came with it haha) and for his unique teaching style. I was never a fan of physics and it was not my strongest suit but he taught it in such a matter-of-fact and practical way with real life examples that it really stuck with me all the way through premed. Still remember the million microwaves in his classroom and the experiments he would do on those. Special shout out to Mr. Phil Pitre – who was VP at the time – he didn't teach me per se but right from day 1 in MDSS - he was very supportive and believed in me the entire way through; he was one of the first people who found out I was going to medical school and I appreciated him writing a recommendation letter for me back then.

What did you enjoy most about your time at MDSS?

The sense of community and camaraderie was like none other - I am still in touch with my friends from MDSS despite being continents apart. I loved that we had such a diverse student body and I got to interact with people from different cultures and backgrounds. I also appreciated the different career counseling sessions and programs that MDSS offered its students particularly in the latter half of high school – I benefitted quite a bit from these and was able to utilize these to my advantage when exploring my options for medical school.

What motivated you to study medicine?

I was always fascinated by the intricacies of the human body and knew that I would want to pursue a career in the healthcare field – but I would definitely credit the human biology course in MDSS for giving me a bird's eye view of what medicine would look like. However, a bigger motive was my desire to contribute and give back to those in the community especially those from lower SES (Socio-economic Status) and lack of access to healthcare. I also had a chance to volunteer for 3 years at Royal Jubilee Hospital while in high school which also allowed me to interact with others in the field.

It is such a privilege to care for those who are sick and at the lowest points of their lives and to be entrusted and have the ability to do so is truly a blessing –

the difference I am able to make in the lives of my patients is a motivator like no other – and this is something I realize more so now that I am actually a physician.

Describe your journey to pursue your career.

I chose to pursue medicine in a 6-year accelerated program offered by Cornell University’s branch campus in Qatar where I was able to complete premed in 2 years (instead of the traditional 4) before the 4 year medical program. I also did a number of my clinical rotations at main campus in New York. I applied for the US residency match and was fortunate to match into one of the top neurology residency programs in the United States at Case Western/University Hospitals Cleveland Medical Center at Cleveland, Ohio where I am currently pursuing neurology residency training after graduating medical school in May 2023.

What are your hopes for the future?

Once I complete neurology residency, I plan to pursue further subspecialty fellowship training – currently find myself most interested in epilepsy – but will see where the remainder of neurology residency takes me.

Anything else you’d like to add?

I would like to add that for those considering a career in medicine or in the healthcare field – it is a long journey and may seem daunting at first but don’t let that deter you! It is worth the effort – it requires a lot of hard work and dedication but it’s so rewarding – I wouldn’t have it any other way. Take advantage of the opportunities around you – whether it is volunteering at the local hospital – or career counseling offered at MDSS or through UVIC’s Island Medicine program. I am also happy to answer any questions or offer advice now that I am on the other side!

~ interviewed by Debbie Marchand

MDSS Staff Retirement in June 2023:

~ Bernie Kidd - PE & Socials



DONATING TO YOUR ALUMNI ASSOCIATION

The Mount Doug Alumni Association is proud to provide annual bursaries to assist graduating Mount Doug students with their post-secondary tuition. We also maintain an active website database of alumni members and regularly attend and advertise class reunions with the goal of keeping alumni connected. We pride ourselves in preserving the long storied history of Mount Douglas Secondary School within our archives room where we collect and organize historical school materials such as documents, artifacts, year books and clothing. Your donation today will go towards these programs and continue to improve and solidify the charitable legacy that we have with the school and all alumni members.

Consider donating now and receive your charitable donation receipt for 2023 tax season.

The alumni association also maintains an endowment fund with the Victoria Foundation. The endowment principal is maintained in perpetuity and creates a long term source of revenue for the charity. Annual disbursements from this endowment are critical to charitable operations with distributions mainly utilized for student bursaries. Consider donating to our endowment fund to ensure your capital is used to benefit Mount Douglas school for decades to come.

**Simply click on Donate on our home page on the top line.
A tax receipt will be issued to you immediately by email.
Thank you for supporting your MD alumni and MD students.**

~ by Rod Lindquist, MDAA Treasurer



REUNIONS - 2023 & 2024

It was another great summer for MD reunions this year. Eight classes celebrated with their classmates. Thanks SO much to the reunion organizers in each class.

All alumni attending these successful events were thankful that the committees had gathered them together.

Great times were had by these groups:





* MD '73 Class - 50th - Uplands Golf Club, June 17th
 A huge team organized this extravaganza headed by Gail Vantreight Owens.
 132 in alumni in attendance! Planned over 2 years! :)



*MD '68 Class - fun gathering - Colwood Golf Club, July 8th
 Planners for this event were: Diane Stewart Carson, Linda King McConnan, Randi Masters, Jane Zellinsky Kennard & Ross Morgan



Photo was taken by Diane Allan: Clockwise from the bottom left: June(Marks) Carver, Ina Gibb, Julie Noble, Bob Noble, Dave Allan, Fran Primrose

*MD '55 Class - 68th reunion - their annual lunch - June/22



***MD '00 class** 23rd reunion Strathcona Maple Room on Sept 30th. Thanks to Wendy Letezec who organized this reunion herself & for her organizing a tour of MDSS on Friday afternoon too! Thanks to the '00 reunion attendees for their **\$350** gift to MDAA!



***MD '88 class** - 35th year reunion at - The Mint - Aug.19th.
Organizers: Kathy Kinnis Betts, Jeff Palmer, Kate (Browne) Dorion, Shannon (Hall) Kowalko, and Sherri (Regan) VonKornfeldt.



***MD '78 class** - 45th reunion - Royal Victoria Yacht Club on
Sept. 9th. Thanks to Kirsten Mawle for organizing the whole reunion! And thank you also
to Kirsten & her reunion class for their **\$530.** donation they make to our MDAA!

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***MD '93 Class** - 30th at JR SLIM - Aug. 26th
Thanks to organizers: Kristie McDonald Waterman, Jessica Barber, Rose Lima & Rishi
Sharma

~ ~ ~ ~ ~

***MD '83 class** - 40th - Sept.3th
Thanks to ShannonD~eBuin & Jackie Worth Adkins who organized for this reunion in
record time - 2 months!! It was held casually at Swan's Pub.

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**Next summer 2024, so far, we know of these MD classes
who are preparing to celebrate:**

MD '64 class' 60th on April 17th
MD '74 class' 50th on July 13th & 14th
MD '84 class' 45th on August 24th
MD '04 class' 23rd on June 29th

If you are in any of these 4 classes,
see details about your reunion on our website homepage.

Click **Learn More.**

Also, do let us know if your class is planning a reunion and we will post it on our site for
you and your class. Send us your reunion information to: **info@mounddoug alumni.com**

~ by Wendy Gedney

Our Newsletter Committee - Wendy Gedney, Debbie Marchand, Rod Lindquist &
Dianne Gillespie - our proof reader



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