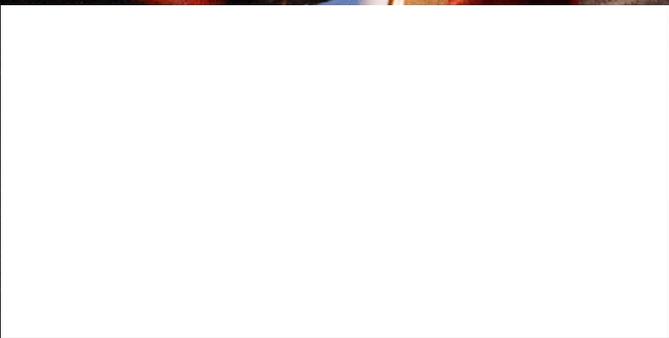


KING'S HERALD

A magazine for alumni and friends of King's University College
at Western University Canada



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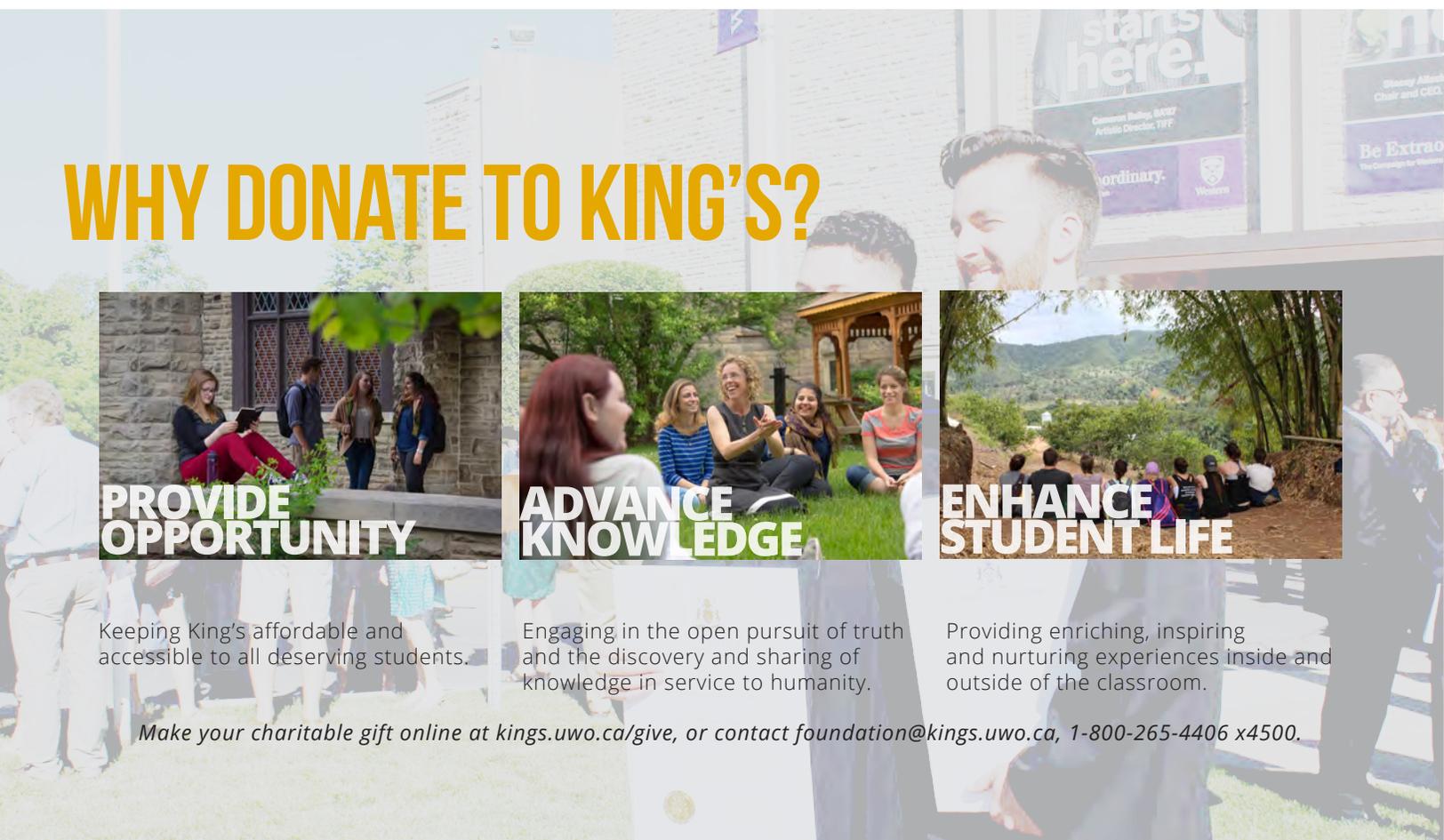
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Contents

- 4 A Fond Farewell
- 6 King's Connect
- 12 Social Network
- 14 Facing Dementia with Strength and Resilience
- 17 Seize Opportunities
- 18 Surviving Loss: A Mother's Story
- 20 From Rwanda to CultureWorks' ESL program to King's, the story of Fiacre Batera
- 22 Derek Boswell: In a Snapshot
- 24 Event Recap / Upcoming Events
- 30 Milestones & Memoriam

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We welcome your letters, suggestions or comments about the Association and the University. Opinions expressed in the *King's Herald* do not necessarily reflect those of the editor or the University's administration. To contact the editor or the Office of Alumni and Development:

519-433-3491 | 800-265-4406 x4501
 King's University College
 Office of Alumni and Development
 266 Epworth Avenue
 London, ON N6A 2M3
 website: www.kings.uwo.ca/alumni

Editor: Kim Malcolm, Executive Director of Development and Alumni Affairs

Associate Editor: Jennifer Jones

Contributing Editors: Mary Chapman, Katrina Clarke

Design: Tim Bugler, King's University College

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Some articles may have been reformatted to fit the style of the *King's Herald*.

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A Fond Farewell

Best wishes to our Principal, Dr. David Sylvester



Dr. Sylvester began his tenure at King's in the summer of 2009. His energy, enthusiasm and strong leadership were instantly apparent as the Student Life Campaign, the largest fundraising campaign in King's history, began to take shape. What started as a \$10.5 million dollar fundraising initiative closed with \$14.2 million dollars raised, supporting both the construction of the Darryl J. King Student Life Centre and the creation of many new student awards. The new building has since been referred to as the "living room of campus," a well-used gathering space and social hub for all members of the King's community.

In 2013, Dr. Sylvester was a leading force in finalizing the institutional incorporation process, effectively establishing King's as an entity separate from the Diocese of London. Ownership of land and buildings were officially transferred to King's as a result of the incorporation agreement. Dr. Sylvester also led the administrative team at King's through a restructuring process, resulting in the establishment of three Vice-Principals. The new structure granted greater leadership capacity at King's, resulting in more streamlined operations and greater focus on key areas.

In his time here, Dr. Sylvester has developed relationships with alumni and friends of King's, hearing and sharing stories about the accomplishments of graduates the world over.

Together with members of the senior leadership team, Dr. Sylvester has developed local and international partnerships, helping establish King's as an international destination for

students and faculty. During his tenure, King's has also recruited new faculty, expanded and enhanced academic programming, overseen the development of several research centres and two new academic journals.

While at King's, Dr. Sylvester strengthened the University's ties to national and international higher education organizations. He is the Canadian representative on the Board of Directors of the Association of Catholic Colleges and Universities in Washington, D.C., and he is the past chair of the Association of Catholic Colleges and Universities in Canada. As well, Dr. Sylvester is the Chair of the Governance Committee at Universities Canada.

Dr. Sylvester has been instrumental in laying the foundation for future growth at King's. We are poised with a strategic plan that will continue to build on King's existing strengths as a centre of academic distinction, personal enrichment and global development.

In addition to the many positive changes Dr. Sylvester has brought to King's campus, he has also been a valued friend, colleague and ambassador. In August of this year, he will take up his new post as President and Vice Chancellor at St. Michael's College in Toronto.

Dr. Sylvester leaves King's in a strong position as a cornerstone institution in Catholic higher education. We thank him for his years of service and leadership, and wish him all the best in his new role.



1. (2011) Meeting with Arthur Labatt, honorary patron of the Student Life Campaign.
2. (2014) Receiving a rowing lesson from King's members of Western's rowing crew on Fanshawe Lake.
3. (2017) Hosting a BBQ lunch with students to celebrate Canada's 150th anniversary.
4. (2014) Cheering on the Western Mustangs at Homecoming.
5. (2012) Overlooking the construction site of the Darryl J. King Student Life Centre with benefactor Darryl King '97.
6. (2016) Taking a selfie during o-week with King's frosh and sophs.
7. (2012) With Claire Callaghan '71, Director of Libraries, Rev. Edward Jackman and Erin Lawson, Executive Director, displaying the newly restored *Graduale Romanum*.
8. (2013) Leading students, alumni and friends on a tour of the nearly completed Student Life Centre.
9. (2017) At King's PRO-AM with Bruce Weaver, TD Insurance; Deborah Jenings, ARAMARK; course designated pro golfer; and Peter Kenny.
10. (2014) Celebrating at the Homecoming post-football event with Mark Garron '84 and James Garron '16.

President's Corner



Sheldon Hines '09

President, King's University
College Alumni Association

Spring has arrived, and with the change in season comes many changes here at King's. Our Principal, Dr. David Sylvester, has moved on to help promote change at another university in the Catholic education community. In the almost 10 years that David has been with us, he has helped transform King's in many ways. The Darryl J. King Student Life Centre is the most obvious change that has impacted our campus during this time. I was well into the working world when the Student Life Centre was built, but in my visits back to campus it is evident that this has become the go-to place for students to spend their time.

David has been a great supporter of King's alumni and students. We have an engaged alumni community that works directly with students to provide help and guidance through the Life After King's Speaker Panels and Alumni Mentoring program. We also have strong donor

support from alumni who actively contribute to the needs of the College. As King's alumni, these are important ways for us to give back, and the relationships David has developed as Principal have helped facilitate this strong community.

On behalf of the Board and King's alumni everywhere, we would like to say **Thank You** to David for his leadership and support during his time here at King's, and we wish him all the best in the future.

In my first year as the President of the Alumni Association Board, I plan to continue building on the initiatives above. We will develop more opportunities for students to connect and network with alumni. Building on opportunities for King's alumni to engage both with each other and our students will set us apart as a vibrant and dynamic alumni community. I look forward to the future and the next stage in King's ongoing evolution.

Social Work Professor Appointed Officer of the Order of Canada



Professor Carol Hopkins, School of Social Work, was appointed an Officer of the Order of Canada in recognition of her contributions to the fields of addictions and mental health, and as an advocate for culturally based treatment services. Professor Hopkins is from the Delaware Nation at Moraviantown, and has spent more than 20 years supporting First Nations people dealing with addiction and mental health challenges. She is Executive Director of the Thunderbird Partnership Foundation where she works to champion a paradigm shift in Indigenous addictions and mental health support.

Dr. Hopkins has co-chaired national initiatives known for best practices in national policy review and development, resulting in the First Nations Mental Wellness Continuum Framework (FNMWC), the Honouring Our Strengths: A Renewed Framework to Address Substance Use Issues Among First Nations People in Canada, the Indigenous Wellness Framework, and best practice guidelines for culturally-based inhalant abuse treatment.

Although the honour came as a shock to Dr. Hopkins, she welcomes recognition of the role of culture in mental health. "What it means to me most of all is that Indigenous knowledge and cultural practices are being recognized for their critical importance," she said.

Faculty News

Campus News is compiled from select articles produced by King's Communications and Media Relations. To stay current with King's news, visit www.kings.uwo.ca/news



Dr. Imants Barušs, Professor of Psychology, celebrated 30 years of teaching at King's and was recognized for his service at the Homecoming Brunch in October. To date, Dr. Barušs has published six books, over 45 papers, and delivered more than 90 presentations at conferences and universities around the world.



Dr. Cathy Chovaz and **Dr. Wendy Ellis**, Associate Professors of Psychology, jointly presented at the National Institute on the Teaching of Psychology Conference. In their presentation, they discussed community engaged learning opportunities for students majoring in Psychology.



Dr. Jeff Preston, Professor of Disability Studies, delivered the keynote address at the Motion Specialties 2018 National Sales Conference in Niagara-on-the-Lake. In his talk entitled "You're sick but I can help: a virology of 'normalcy'", Dr. Preston used intertwining personal narrative to explore the ways perceptions of 'normalcy' impact service delivery in therapeutic settings.



Dr. Sam Frankel, Part-time Professor of Childhood and Social Institutions, published "Giving Children a Voice: A Step-by-Step Guide to Promoting Child-Centred Practice." Alumnae **Lindsay Izsak '15** and **Nadine Ivankovic '15** contributed to the publication while they were students by writing a number of case studies that appear in the book.



Dr. Benjamin Muller, Associate Professor of Political Science was the plenary speaker at the 12th annual World Customs Organization PICARD conference, which was held in Hammamet, Tunisia. In his presentation, "Biometrics and border security: challenges and possibilities of harmonized standards", Dr. Muller discussed challenges around global cooperation in border security.



Dr. Ian Rae, Associate Professor of English and Coordinator of the Canadian Studies Program, delivered the keynote address at the Poetry and the Essay Conference held at Victoria University of Wellington, New Zealand.

KING'S CONNECT

Student Experience

Reading Week Experiential Learning Trips

Students and faculty in Religious Studies, Social Justice and Peace Studies (SJPS), Economics, and Management and Organizational Studies (MOS) had the opportunity to participate in experiential learning trips over reading week in February.

Religious Studies students travelled to Italy with Dr. J.K. Kato. While there, they explored the medieval city of Assisi and had guided tours of sites, including the Vatican, accompanied by local archaeologists and art experts.

SJPS students spent the week in the Dominican Republic with Dr. Allyson Larkin. Twelve students travelled to Rio Blanco and Santo Domingo to learn about the impact of large-scale mining projects, particularly those with links to Canadian companies, and the environmental and social impacts they have on local communities.

MOS students went to Toulouse, France and Barcelona, Spain with Dr. Sergio Janczak, where they visited companies, non-governmental organizations and universities. Students studied the opportunities and constraints of doing business in France and Spain.



Students Visit Residential School

Members of the Social Justice and Peace Club, the JMS Careless History Society and the King's Political Science Students' Association coordinated a trip to the Shingwauk Indian Residential School site in Sault Ste. Marie, to explore Canada's current relationship to its colonial past. Students met a former Residential School student who spoke about the experience.



The Great Canadian Sales Competition Semi-Finalists

22 King's students were selected as semi-finalists for The Great Canadian Sales Competition, Canada's biggest student competition. Semi-finalists were picked based on the passion, enthusiasm, and professionalism they displayed during their sales pitches.

Congratulations:

Ellie Bart Bailey, Michael Callin, Camille Chemali, Rayna Elabed, Alyssa Grubb, Nayla Hamid, Omar Hassouneh, Jamal Hijazi, Isaiah Johns, Akshat Kajla, Julia Kulczynski, Brianne Little, Brittany Loncar, Connor Loucks, Klevis Mazreku, Chandler Mills, Sarah Oswald, Alana Porter, Marielle Santos, Alec Stemmler, Derek Todosichuk, Rongxin Zhang.



Western Mustangs win Vanier Cup

Congratulations to the Western Mustangs football team for completing an undefeated season by beating defending champion Laval Rouge et Or 39-17 to win the Vanier Cup.

King's athletes on the Western Mustangs football team take a time-out from practice for a photo with Joe Henry, Dean of Students.

HOW DOES RAISING MINIMUM WAGE IMPACT CANADIAN WORKERS?



Dr. Don Kerr
Sociology

Prior to January 2018, the average Ontarian working at a minimum wage job over a 40 hour work week received an annual income of only \$24,100, before deductions. This was raised to \$29,120 in January 2018, and is currently slated to increase to just over \$31,000 in early 2019. By all accounts, this reform directly benefits literally hundreds of thousands of households across the province.

Despite rising labour costs, this increase can potentially lead to more productive businesses, with less stressed and more engaged employees. Even more fundamentally, a higher minimum wage arguably serves as an economic stimulus.

When low-income households earn more money, they are likely to spend it, pouring millions of dollars into the local economy. A raise for a low income Londoner means more money spent locally, on groceries, transportation, entertainment, among other miscellaneous expenses. A “living wage” of \$15 an hour, as promised for 2019, not only directly improves the quality of life of many of our lowest earning neighbours, but can also serve to stimulate local economic activity and opportunities.



Dr. Allyson Larkin
Social Justice & Peace Studies

The Ontario provincial government’s recent minimum wage hike and beefed-up paid-leave policies are a bold first-step toward reducing income inequality in the province, and will have a positive impact on the lives of many workers in precarious employment or living in poverty. Since 1990, income inequality has been polarizing at an increasing rate across Canada: extreme income inequality erodes democracy. How can we pretend to be free and equal citizens when wealth and power are concentrated in fewer and fewer Canadian hands? Even Nobel Prize-winning economist, Joseph Stiglitz, argues that beyond issues of social justice and fairness, income inequality actually hurts the economy.

Although there has been a significant resistance from small business owners who claim that higher wages will force them to hire fewer workers, empirical studies over the past two decades debunk the idea that raising the minimum wage results in significant disincentives to businesses to hire more workers. In fact, a number of recent studies demonstrate that it lifts workers out of poverty and encourages more workforce participation.



Prof. Mohamad Ghaziaskar
Economics

In simple economics, imposing a minimum price above the market equilibrium increases the quantity supplied and decreases the quantity demanded. This results in an excess supply, which is called “unemployment” in the labor market. Increasing minimum wage, of course, increases the pay for some people. However, it reduces the number of job opportunities (reduced quantity demanded) while it attracts more people to the job market (increased quantity supplied). Moreover, considering the fact that the majority of minimum wage workers are part-time workers, again due to the lower quantity demanded, they might work fewer hours and therefore end up with lower pay at the end of the month.

The minimum wage raise is an actual increase in the cost of production. In the case of small businesses, reduced profit increases the likelihood of firms leaving the industry and discourages prospective business starters. While in the case of large firms, it is reflected in the form of gradually higher prices.

Despite what is promised, the minimum wage hike produces more unintended consequences than being helpful, especially to those it is supposed to help in the first place.



Supporting Student Mental Health and Wellness

With an increasing demand for mental health services eeded on post-secondary campuses across Canada, King's has made mental health and wellness a priority. The College offers a wide variety of programs to support the mental health and overall well-being of students, including yoga and meditation classes, pastoral care, SAD lamps, pet therapy during exam study periods, and personal counselling.

King's is part of a collaborative project that was awarded a Community Vitality Grant over three years for student crisis support, education and connections to community resources. The grant will support the mental well-being of students at all Western University and Fanshawe College campuses in partnership with the Canadian Mental Health Association. The partnership aims to fill essential gaps in service, with clearer communication to help students find the right services.

One new initiative is an after-hours mental health walk-in clinic that provides crisis support for anyone in need. Staffed by crisis counsellors and peer-support volunteers, students have access to clinics at both King's and Western.

Master of Social Work students are also available for "Check-in with yourself" sessions during the exam period, providing students with supports like self-care strategies and coping techniques to get through the final stretch of the school year, as well as links to community resources.



Bell Let's Talk

King's was one of 128 post-secondary schools across Canada that participated in Bell Let's Talk Day activities, helping to grow the campus conversation about mental health and raise awareness about the wellness resources available to students.



#yellowisforhello

King's Friendship Bench Emphasizes Campus Mental Wellness

A yellow bench was installed at King's at the start of the academic school year as part of a Canada-wide effort to break the stigma around depression and suicide, encourage conversations about depression, suicide and mental health, and promote wellness on campus.

The "Friendship Bench" is among 40 identical canary yellow benches on university campuses across Canada installed by the Lucas Fiorella Friendship Bench campaign.

The colour yellow is meant to say "hello" and make it stand out as a symbol to remind people not to take their mental health for granted

and to encourage them to actively talk about it. Students who are feeling overwhelmed can get a list of community mental health services simply by entering the URL written on a plaque that is affixed to the bench.

The Lucas Fiorella Friendship Bench campaign was inspired by its namesake. Lucas Fiorella was a popular first-year Carleton University student who died by suicide in 2014 after a secret battle with depression.

Sponsored by both Students' Council and King's, the bench is the first to be installed on a London campus and can be found near the Darryl J. King Student Life Centre.

WWW.KINGS.UWO.CA/WELLNESS



SOCIAL NETWORK



Study on Islamophobia

Siham Elkassem BSW '15, MSW '16 completed a study on the impact of Islamophobia on children in London, which revealed that children of Islam are routinely ridiculed and verbally attacked for their beliefs. Dr. Andrew Mantulak '91 and Dr. Rick Csiernik contributed to the study.



Welcome new faculty member Lisa Watt!

Dr. Lisa Watt joins the School of Social Work with over a decade of social work practice experience in a variety of community settings, including addiction rehabilitation, homelessness, and violence against women. She has coordinated organizational change initiatives for diversity and inclusions, and provided counselling to individuals, groups and families.



Congratulations, Kathy Mitchell!

After 14 years of providing administrative support to both the BSW and MSW programs, **Kathy Mitchell '15** has accepted a position in the Academic Dean's Office at King's. We thank Kathy for her significant contributions to the School of Social Work and wish her well in her new position at King's.



Congratulations, Sam Pearson!

Samantha Pearson '07 has accepted a position as Manager of Administrative Affairs in the Academic Dean's Office at King's. Samantha has held various positions in the School of Social Work, most recently having been Manager of Academic and Administrative Affairs. We thank Samantha for her many years of service to the School and wish her well in her new role at King's.



Congratulations, Peter Donahue!

Dr. Peter Donahue, Director and Graduate Program Chair, has been elected as president of the Ontario Association of Social Workers (OASW). He will be introduced at the Annual General Meeting on May 4, 2018.

SOCIALWORK.KINGS.UWO.CA



Mark your calendars!

Social Work Reception

Contact julie.siverns@kings.uwo.ca if you want to start organizing your reunion.



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Field Instructors Needed!

If you are a social work graduate with more than 2 years of work experience, we hope you will consider "giving back" by becoming a field instructor. Field education is the signature pedagogy for social work – the practicum is the means by which students are able to integrate theory and practice.

Contact the Coordinator of Field Education, marykay.arundel@kings.uwo.ca for more information about how to get involved.

Field Instructor Training

Training modules are available for completion online all year and on-site training is offered each fall. Following completion of the ten modules, participants receive a certificate for their professional development portfolio. To register, please contact sarah.morrison@kings.uwo.ca.

CAREER CONNECT



www.kings.uwo.ca/career-connect

Career Connect is a one-stop career support hub for King's students and alumni. In addition to helpful career development and job search strategies, the site provides links to career events at King's and Western, alumni profiles, and experiential learning opportunities. Career Connect also houses a King's Job Board, powered by KnightHunter exclusively for King's students and graduates. Whether you're hiring or looking for a change, Career Connect can help!

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Facing Dementia with Strength and Resilience

Originally published in Western News

By: Keri Ferguson

Photo by Paul Mayne



n Sundays when he was much younger, Anthony Carapinha would tag along with his Mom to the nursing home where she worked as a long-term care provider.

"I would sit with Mr. Jones, Mr. Boyle and an international judge who spoke five different languages - all at once," Anthony, BSW 17, recalled. "I never knew what language he was going to speak. I understand now that he likely had dementia."

He couldn't know at the time how those early experiences would help shape his future.

"I went there for years and developed a sense of value and worth for the older population, enjoying their rich histories, connecting and sharing my common interests with them, like sports and planes. That experience became dormant as I moved throughout my life. Then I came to work at the Alzheimer Society, and it was awakened."

Anthony was fully intent on working with London's homeless population for his fourth-year practicum. But when he heard about a placement offered at the Alzheimer Society London and Middlesex, something clicked, and he recognized it as a unique learning opportunity.

.....
"When a person is in the late stages of dementia, they might not always be present to speak on behalf of their authentic self."

"When I first came here I thought, 'What's this going to look like? It's not a situation where I can create 10 sessions and help the person work through this. This is something that is not going to go away.' So, instead, I had to ask, 'Where are the strengths that lie within experiencing dementia? Where is their resiliency? How can we tap into those things and create a quality of life?'"

Anthony was heartened to discover that the values held by the Alzheimer Society aligned with those espoused in his social work program and, more personally, the ones he learned from a homeless man in Toronto's downtown core some years earlier.

"He had asked me for money, and I asked if I could bring him food instead. The first day I took him McDonald's, for which he was very grateful. The second, I thought, 'hmm, that's not a very healthy choice,' so instead I took him an apple, an orange and an egg sandwich. Again, he was very grateful but he had to tell me, 'I don't have any teeth, and it hurts when I eat.' That was when I learned it was not about what I thought were the right or healthy choices, and making them on someone's behalf from my own viewpoint. It's about asking, and giving that person what's best for them."

"It's the same here at the Society. It's about those one-on-one connections. It's not about just giving somebody something, it's about acknowledging their presence and their sense of autonomy and self-determination. It is about investing that time in the other."

“When a person is in the late stages of dementia, they might not always be present to speak on behalf of their authentic self,” Anthony continued. “But one of the things I enjoy about working here is that the earlier people come to our Society, the more information they are able to give. They express their wishes clearly to their loved one and say, ‘When I am no longer able to do this, we’ve talked about what I would like.’”

After a successful practicum, Anthony stayed on as a research assistant under the supervision of social worker Paul Yost, BSW ’04, MSW ’09, on the project, “Rural Support for Care Partners for People with Dementia.”

Funded by the Centre for Aging and Brain Health, the project hypothesized that providing support to care partners outside of urban centres may reduce care partner burn-out and emergency room visits for both the person with dementia (PWD) and the care partner.

“It grew out of an idea that originated when we started a Memory Café out in the country at the Four Counties Hospital near Newbury in Middlesex County,” Yost explained. “At the first café, a care partner mentioned how little support there was for care partners outside of urban centres.

“Through the needs assessment/environmental scan that Anthony completed as part of his work, it was identified that having a program for the PWD was needed for care partners who could not leave their PWD at home alone. The scan included the resources – and the lack of resources – in the area surrounding Newbury. He also examined the barriers that this demographic faces in accessing services.”

At the time Anthony was taking a social work practice-based research course, which focused on creating programs and policies and evaluating them. “Working on this project gave me a further opportunity to apply my knowledge in a professional setting. It also

really helped me understand the needs of our clients, especially in rural settings,” he said.

The project was modelled after the Care-2 Support Group, a program offered in London for those in the early stages of Alzheimer’s disease or other dementias and their care partner. The program addresses the isolation family caregivers face when dementia’s difficult advance results in their becoming less able to attend support meetings and or use services because they are uncomfortable leaving their loved one alone at home. The Care-2 program allows the homebound caregiver to attend a support group facilitated by an Alzheimer Society Registered Social Worker, while their loved one with dementia attends a concurrent social recreation program.

The first meeting of the Care-2 Support Group, Newbury, was held in May 2017. The program was modified to meet the specific needs of persons living in a rural setting, such as safety on a farm and transportation needs, as well as connecting with local or surrounding services, supports, family and friends.

“By supporting those care partners, we’re better able to offer an improved quality of life, and a more connected journey between the person experiencing dementia, and their family and friends.”

For Anthony, who upon graduation joined the Society as a registered social worker, it’s those moments of connection that make his job “amazing.”

One in particular stands out.

“My background is Portuguese, so whenever I have the opportunity to extend services in Portuguese, I do. One of my Portuguese clients, the caregiver, was having difficulty and becoming overwhelmed with the stresses associated with the dementia experienced by her partner. There was a rift of frustration and disconnection growing between the couple.”

Anthony, having learned that emotional memory lasts longest and how powerful music can be in sparking that emotional memory, put on a piece of Portuguese music that would have been popular in his client’s younger days.

“The gentleman started singing the words. So I started singing with him, to try to encourage him. Well, he starts singing louder, and then, his leg starts tapping. Now, we’re both singing louder and louder, and suddenly his partner is now up in front of us, dancing.

“He sang, and she danced in front of me for about 20 minutes. That was a moment that I was privileged to witness – the authentic intimacy in this couple’s relationship. During that time, that was not about the husband having symptoms of dementia and the care partner not being able to cope and having a hard time. It was about them being a couple, before (dementia) created a bit of a rift.”

That’s what the Alzheimer Society does so well, he said. “We try to create the opportunity for those moments to exist in the person’s life. We do that through our support groups, we do that through one-on-one counselling, we do that through our educational programs in the community.

“And I think that if we can create those moments, those are the resources, that is the resilience that we can draw back on to help our clients continue forward with courage and strength in their journey with dementia.”

.....

“It’s not about just giving somebody something, it’s about acknowledging their presence and their sense of autonomy and self-determination.”

Seize Opportunities

By: Lavlet Forde '01

Since completing my BA at King's, I've learned a lot of lessons – both through further studies and life experiences. “Seize opportunities that come your way” is one life lesson I hold onto tightly. I enjoyed my studies at King's and was actively involved as a Residence Assistant, a Research Assistant, a member of the KUCSC and a work-study student in Alumni and Foundation.

My parents immigrated to Canada in the 70s from Jamaica and Barbados and, as the first generation to be born in Canada, they eagerly encouraged me to take every opportunity that I could. As immigrants, they could not fully understand how someone would not pursue opportunities that were presented to them. My parents would often say to me, “If there is an opportunity, go for it. If you don't succeed that's okay, there is still something to gain. But if you don't try you will never know what the outcome could have been.”

Pursuing opportunities has taken me down many different paths. It led me to complete my MA in Counselling, which then brought me to my first professional job as a family therapist in a mental health agency for children and adolescents. Working as a family therapist was both challenging and rewarding. My supervisor was fair, stern and supportive, and still to this day I am so thankful for her guidance and direction. That job led to my current role at George Brown College as a Registered Psychotherapist working with students to assist with their personal, mental health and academic concerns.

While working at George Brown, I had a strong desire to re-immers myself into the world of research. I missed that aspect of my studies and wanted to further expand my skills as a psychotherapist. I decided to take on the sole project of completing a qualitative phenomenology study on a small psycho-

education program called For You. I think sometimes it is a blessing when you don't realize how big of a task you are taking on.

The focus of this research was on the unique, experiential psycho-educational college program at George Brown College. This specialized program assisted individuals with mental health disorders and/or an addiction to find balance as they transitioned into post-secondary education, employment, or volunteer work. The purpose of the study was to recognize and document changes that may occur for an individual who participated in the For You program. The results showed that this program had a profound effect on students.

After presenting my research at a few conferences in the Toronto area, I decided to apply to an international conference hosted by the British Association for Counselling & Psychotherapy at the University of Chester in England. “Why not?” I thought. “I won't know unless I try.” I put together my application and to my surprise was accepted to present.

Since then, I have decided to take a sabbatical to continue my research. My sabbatical work has taken me to different places, most recently to Jamaica where I am completing site visits at different colleges and universities to learn about wellness from a multicultural perspective.

Travelling and completing academic work has been challenging, but I continue to learn and practice strategies to balance both. My advice: develop a good routine, create a workspace, and don't sweat the small stuff. You can't control everything. Some things are bound to go right and some things will go wrong, but if you seize the opportunities that come your way, you never know where you may end up.

Do you have a story to tell?

We love to hear stories about alumni success and amazing journeys. Send your story to alumni@kings.uwo.ca and it could be featured in the *King's Herald*!



SURVIVING LOSS A MOTHER'S STORY

By: Katrina Clarke '06

Crossing the stage at Convocation is an emotional milestone for many university graduates, but when Cheryl Wituik receives her BA in Thanatology this spring, it will be a profound moment for her and her family that will be both a celebration of her resilience and a reminder of their shared sorrow.

Cheryl has already graduated from King's. She earned her Bachelor of Social Work degree in 2014, but on June 8 of that year, days before Cheryl was to cross the stage and collect her diploma along with her classmates, Cheryl's son Colin died by suicide.

At 21 years of age, Colin suffered from a relatively short battle with mental illness. Living in Toronto while studying at OCAD, he began to struggle, but did not share this with his family until the following year when he disclosed to Cheryl during Reading Week that he was depressed. He died only a few short months later.

"He wasn't suffering from issues when he was living at home in London." Cheryl believes that Colin exhibited a common late-teen/early-adult onset of symptoms. "We didn't see it, because he was in Toronto, but I began to suspect there were problems." Cheryl found that her education in Social Work and Thanatology helped her to encourage her son to speak openly about what he was facing, but it did not make the pain of losing him easier to bear. "It's challenging. It's a regret that I had the knowledge to support Colin in his struggles, but was still unable to save him. On the other hand, I feel I was at least able to start conversations with him when other parents might not have had that opportunity."

.....
**"We didn't see it, because
he was in Toronto, but I
began to suspect there were
problems."**



Colin is survived by Cheryl, her husband Rick and their two sons, Christopher and Tanner, as well as his grandparents, extended family and many close friends. He was predeceased by his Uncle Mike, Cheryl's brother, who died in 2010.

In the months and years that followed, Cheryl has been immersed in both the personal and professional aspects of grief, loss and transition. Just prior to the death of her son, Cheryl had been hired by the Women's Rural Resource Centre in Strathroy to provide systems support and advocacy to vulnerable and marginalized women. "Originally, I declined their offer, because Colin died right when I was supposed to start. But they offered to hold the position for two months, so I accepted, and had further discussion about what I might need in terms of support."

Cheryl established very clear boundaries and guidelines with her employer that allowed her to integrate into a new job while experiencing a profound personal loss.

"The key thing was balance. I needed to have the flexibility to be open and honest with how I was feeling with my direct supervisor. I also chose to be open with my new coworkers, and I let them know what I might need from them." Cheryl was clear about the fact that if she was having a difficult day she might need to reschedule appointments, work from a private office, or sometimes work from home. She also

requested vacation time around important anniversary dates that she knew would be difficult. "It was about flexibility and trust - I needed them to be flexible for me, but they needed to trust that I was getting my work done. By accommodating me in the ways that I needed, I would be able to be at my best for the women we supported."

Many people are surprised by Cheryl's willingness to speak openly about her grief, but for her, accepting the losses she has experienced has made the healing process easier. "Being open sounds like it would be harder, and it can be at first. It's scary, and we're not used to letting ourselves go, and letting ourselves cry when we need to cry. But I have learned that doing so allows me to honour myself, and to honour the people that I have lost. They are still a part of me - they remain in my heart, but so does the pain of not having them with me. The more I allow myself to feel it, express it, the more I can heal - the opposite of what most people believe."

After two and a half years at the Women's Rural Resource Centre, Cheryl was recently hired by VON Oxford as a Coordinator of Client Services for Hospice and Bereavement Programs. Her work will take her to various locations throughout Oxford County, supporting individuals and families, as well as coordinating bereavement support groups and hospice volunteer visiting programs.

On the home front, Cheryl's eldest son, Christopher, graduated from the Nursing program at McMaster University in 2015 and is pursuing a Master's in Epidemiology at the London School of Hygiene & Tropical Medicine in England. Her youngest son, Tanner, is studying at the Stratford Chefs School, and was recently hired by a highly regarded restaurant in wine country. "I am extremely proud of them and have learned so much about love and resilience from them."

Cheryl gives credit to her family for supporting her healing, and for encouraging her to continue her studies in Thanatology.

"Emotionally, you can imagine what our house has been like over the last few years. It's been a roller coaster. But we remain committed to staying together as a family through this trauma. My husband and my children have lifted me up when I needed extra support. I need to acknowledge that, because I didn't do this alone. I really wanted to show Tanner and Chris that no matter what happens in their life, they can find a way."

When Cheryl collects her diploma at Alumni Hall on June 12, her family will be there, watching with pride. Many of her friends from the King's community will also be there, and we are equally proud. Congratulations, Cheryl.

From Rwanda to CultureWorks' ESL program to King's: the story of Fiacre Batera

Originally published on cultureworkstheschool.com

By: David Langford,
Current Events Instructor, CultureWorks



This tale is about a young man who smiles a great deal. He is charming, bright and an extremely nice person to spend time with. He is also willing to share a story about his life, a story few people can relate to. Fiacre Batera is a survivor of the horrendous Rwanda genocide. He is also now at King's University College, where he is completing a double major. This came after graduating from the CultureWorks ESL program. All this was accomplished with the help of the local Roman Catholic Diocese.

Fiacre, now 30, left Rwanda in 2015 to come to London, Ontario. He speaks openly about what he left behind and what he lost.

“The genocide? I lost a lot,” he says frankly. His losses include his mother, his father, his uncle and many other family and friends.

The genocide took place from April to July in 1994, as members of the Hutu ethnic majority in the east-central African nation of Rwanda murdered as many as 800,000 people, mostly of the Tutsi minority. As many as two million refugees were displaced. It was not the world’s finest hour.

Fiacre was six when his father died; his mother passed away a year later in a refugee camp. He has three brothers and one sister who continue to live in Rwanda. Fiacre said his dad’s brother was murdered, but his parents were not. Many died from disease in the refugee camps.

“A lot of people died from sickness in the camps because of the epidemics,” he said. “People would drink the water from the rivers and the rivers were full of dead bodies. The hospitals were closed so people could not get medical attention. We were raised by my aunt, who is my Dad’s sister. We were very close before my parents died, so I was kind of lucky to have someone.”

Fiacre’s journey to Canada

Before coming to Canada in 2015, Fiacre worked as a waiter in a Rwandan hotel, sold insurance and was a teacher for five years. And then he came to London where he is particularly thankful to Father Michael Bechard, chaplain at King’s, for making the move – and his life – easier. “There are no words to say about that. He’s helping me with everything,” Fiacre said. “He’s a great person, with a great personality. He’s trying to help everyone.”

It seems fitting that Fiacre has been able to meet Lieutenant-General Romeo Dallaire during his time in Canada. Dallaire, the retired senator and general, served as commander of the United Nations peacekeeping force for Rwanda in 1993 and 1994.

“He came to King’s to speak. When I came to Canada, Romeo Dallaire was one person I wanted to meet,” Fiacre said. However, Fiacre was performing in a play the same night and missed Romeo’s speech. But he did manage to catch up with him later in the evening. “Before I met him I read his book, so I kind of knew his perspective of Rwanda. I talked to him; he asked me what program I was in. I said I am in

social justice. He said ‘so once you are finished that, go and fix that back home.’ I said for sure I will.”

Excelling at ESL school, King’s University College, and beyond

Fiacre’s double major at King’s seems to fit perfectly. He is taking Social Justice and Peace Studies and Human Geography.

His time with CultureWorks was well spent, he said. He was a CultureWorks student for eight months. “It was a very good experience. I am still using some of the skills I got there,” he said. “What to do, what not to do, where to go, where not to go, the food. Also, we had the chance to explore different cultures, like the Japanese, Chinese, Middle East.”

His connection with CultureWorks did not end when he graduated. In November 2017, CultureWorks Vice-Principal Stan Rath presented Fiacre with the CultureWorks International Student Award at the Feast of Christ the King ceremony.

Stan recalls that Fiacre was a very good student while at CultureWorks. “I think he was on one hand quite a serious academic, and on the other hand very personable and very friendly,” Stan said. “So he made a lot of friends. He was very open and very involved.

“He set a great example for more reserved students and I think his willingness to participate in everything meant two things: he got a lot out of our program academically, and he got a lot out of our program socially.”

Fiacre now finds time to work with the homeless in London by helping out in soup kitchens. He is also part of the interfaith program at King’s. He also plans to meet with indigenous people in the Canadian North this summer through the experiential learning course RS 2351G – Inculturation and Spirituality.

In the meantime, he works part-time as a dishwasher in the King’s cafeteria. “It’s little money, but it’s a Canadian experience and a chance to meet people. That’s hard to do without working. I feel very sick when I am not getting involved,” Fiacre said.

CultureWorks is very proud of all that our graduates have accomplished here at our ESL school and beyond.

Fiacre Batera, pictured with award presenter Paula Marcotte, received two awards at Feast of Christ the King in recognition of his academic achievements, as well as his commitment to the works of justice and peace.



DEREK BOSWELL: IN A SNAPSHOT

By Nicole Laidler, Spilled Ink Writing & Wordsmithing

As a young boy, Derek Boswell spent his time exploring his suburban neighbourhood, discovering his uncle's photography darkroom, and discussing psychology with his grandfather.

Today, those interests remain a driving force as the 21-year-old King's student pursues his undergraduate degree in Psychology with a minor in Visual Arts, and a burgeoning career as a serious photographer.

"Photography and psychology feed off each other quite well," Derek notes. "They are different ways of understanding the world around me."

Earlier this year, Derek participated in a group exhibition at London's Westland Gallery. The show, entitled *My Backyard*, was an artistic interpretation of London as seen through the eyes of different local photographers. It featured Derek's work alongside that of photographers Jeff Heane, Paul Lambert, and Rob Nelson.

This summer, Derek is taking part in a CBC documentary about emerging Ontario artists, set to be released by the end of 2018. "They seem to think I have my own vision," he says.

Derek's work explores themes of location, the built environment, and man's impact on the natural world. He often shoots at night, turning his lens on the inanimate objects most of us take for granted – billboards, construction machinery, parking lots, and empty sports fields.

Unlike most contemporary photographers, Derek prefers to shoot film over digital, using his vintage Rolleiflex and Linhof Technicka cameras, and developing his prints in a laundry sink at home. "I don't photoshop any of my images," he explains. "I like the challenge of capturing it in-camera and just manipulating the environment around it with lights."

For Derek, film photography is equal parts craft, art, and science. "It's fun to experiment and to figure out what works and what doesn't work, both from a technical aspect and from the creative aspect," he says.

Although Derek was first introduced to the darkroom as a child, he didn't pursue it in a serious way until his second year at Bealart, London's most rigorous secondary school fine art program.

A talk by Canadian photo journalist and war photographer, John Densky, inspired Derek to use his lens for social documentary.

A few years later, John invited Derek to exhibit with him at London's Good Sport gallery. "It was really interesting to work with someone who does what I do, but in a totally different realm," says Derek. "He focusses on black and white, I shoot colour. He shoots people, I shoot things. There was a lot of juxtaposition, but it worked."

Derek's first solo exhibit was last October at the Cohen Commons area of Western University's John Labatt Visual Arts Centre. He has also been featured in several international photography blogs and online magazines.

Despite the interest his work is already generating, Derek says he has no plans to turn it into a full-time career. "As much as I love photography, it's almost meditative for me. To commercialize it would take the joy out of it. It would change what it means to me," he explains.

Currently in his third year at King's, Derek hopes to become a clinical psychologist or apply his learning to a career at a design firm.

"Even if my photography doesn't help my psychology, my psychology always helps my photography," he comments. "That was an unexpected thing I am getting out of my program here at King's. I love the dynamic of being here, of being in the visual arts program, and having my own photography practice. They all feed off one another."

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EVENT RECAP



Toronto Chapter Networking Breakfast with Chris Overholt '87

On November 7, **Jason Peetsma '01**, hosted a networking breakfast at the Odgers Berndtson boardroom in downtown Toronto. The breakfast featured a talk by **Chris Overholt '87**, CEO of the Canadian Olympic Committee.



Toronto Merry Hours

The annual alumni holiday event was hosted at the OverDraught Irish Pub in Toronto on December 6. About 40 King's graduates attended, getting an early start on their Christmas get-togethers.



London Chapter Chocolate Tasting

On February 23, King's alumnus **Matt Miller '03** and his partner, Chef Jaclyn Sanders of Guild Chocolates provided an engaging and informative *Experience Chocolate* tasting to members of the London alumni chapter. All agreed it was our most delicious chapter event to date.



King's Hour

King's Hour is a series of culturally and academically engaging lectures on issues of importance to the King's community and society as a whole. The talks are open to the public, and intended to spark meaningful conversations among King's community members. This year's series included the following:

- *The Trouble with Trump*, featuring a panel of King's faculty experts
- *The Principal's Lecture in Contemporary Indigenous Issues*, featuring Drew Hayden Taylor
- *The Opioid Crisis and How It Impacts London*, featuring Dr. Chris Mackie
- *Cellblock Visions: Prison Art in America*, featuring Phyllis Kornfeld
- *Why Are We All So Unhappy: Envy, free-market ideology and spiritual emptiness*, featuring Father John Markey

Dr. Chris Mackie, Medical Officer of Health and CEO of the Middlesex-London Health Unit, provided a particularly popular talk about the opioid crisis in London. He covered issues such as the overlooked depth of the opioid problem in London, the success of the Naloxone Program, and how the supervised injection site will save lives. Dr. Mackie shared information about the impact of support from London Police Services, as well as real stats on the pervasiveness of addiction. His underlying message was that in order for addicts to recover, they must first have the tools to survive their addiction.



Life After King's Alumni Panel Series

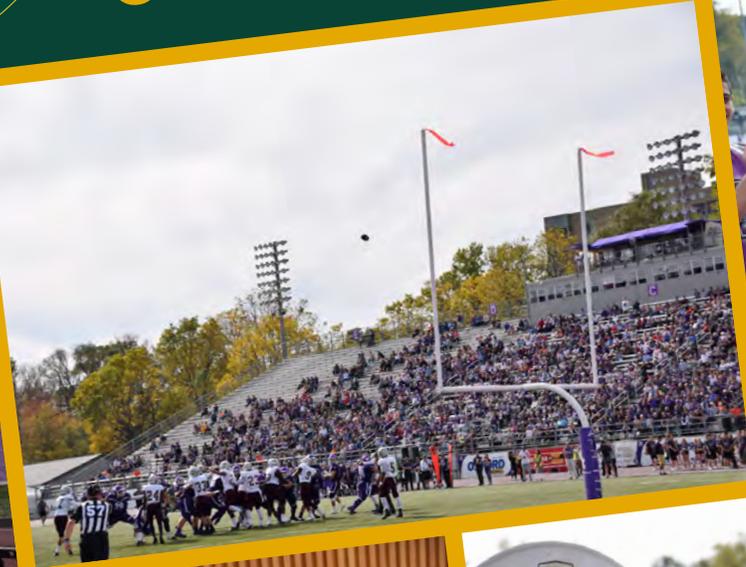
Throughout the academic year, alumni from various disciplines returned to the classroom to share their stories with current students. The sessions were tremendously well-received by faculty and students. Attendees were able to ask questions related to their career interests and begin developing their networks by connecting with alumni. Thank you to those who participated!

If you would like to help King's students realize their career goals, become a Career Services Volunteer! www.kings.uwo.ca/alumni/

HOMECOMING



OCT. 19-20, 2018



SAVE THE DATE!



SHOW YOUR COLOURS!



OCTOBER 19- 20, 2018

Homecoming 2018 will be here before we know it, and we are ready to celebrate! Join us for a reunion event, the Alumni Awards Brunch, Western Mustang's football, or one of our other exciting Homecoming activities.

Grad years ending in '8 and '3 will celebrate their anniversaries!

Stay tuned for more details
www.kings.uwo.ca/homecoming



King's PRO-AM

Monday, September 10

For a second year, our King's PRO-AM will take place at Highland Country Club, in conjunction with the Freedom 55 Financial Championship. Each foursome will be paired with a pro from the MacKenzie Tour-PGA TOUR Canada, a rare opportunity!

Space is limited, so reserve your spot now. For registration or sponsorship information, please email Rita Nicholson at rita.nicholson@kings.uwo.ca.

JULIUS CAESAR



Stratford Festival

Sunday, October 14

Be careful what you kill for

Save the Date!

CELEBRATING STUDENT SUCCESS

Feast of Christ the King and Student Awards Ceremony



Over 150 students were recognized for their outstanding academic and personal accomplishments at Feast of Christ the King and the Student Awards Ceremony this academic year.

Congratulations to this year's award recipients and thank you to those who have made an investment in King's students by supporting these awards.

To discuss how you can create a named award or support student scholarships at King's, please contact Alumni and Development at (519) 433-3491 or alumni@kings.uwo.ca.

MILESTONES & MEMORIALS

Share your milestones (job, marriage, birth announcements, etc.) in the next issue of the *King's Herald* by emailing your news to alumni@kings.uwo.ca or by completing the online form at kings.uwo.ca/alumni/address-update. Photos are welcome, space permitting.



Walter Cherwaty '62, the Godfather of Golf Balls, is proud to announce that the "Golf Balls FORE Charities" campaign in memory of his daughter, Jacqueline, and other family members and friends has reached the \$50,000 threshold. He is thrilled to benefit from the generosity of the London and area golfing community who both donate and purchase golf balls all year.



Dr. Nonie Brennan '84 received an honorary doctorate from Western University during the King's convocation on October 27, 2017. Dr. Brennan is CEO of All Chicago Making Homelessness History, an anti-poverty organization. She was the 2015 recipient of the King's Alumni Award of Distinction.



Susan Marshall '87 returned to King's in November to give a talk and reading from her young adult novel, *NemeSis*.



Lucie Bartosova's '03 thirst for learning continued after graduating from King's. She went on to earn four more degrees (MA '06, Bed '07, MA '09, PhD '16). After obtaining her doctorate in pedagogy from the Université de Montréal, she became Director of Explore, an intensive language-immersion program sponsored by the Council of Ministers of Education, Canada. Lucie accepted a teaching position at the Faculty of Education and the School of Translation and Interpretation, University of Ottawa, in September 2017.



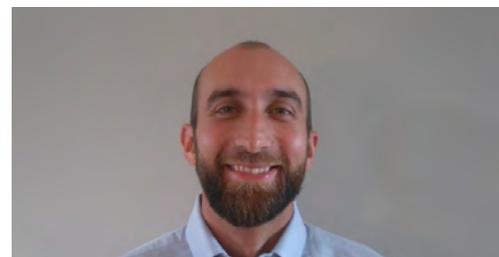
Christopher Cowley '03 was elected as the 74th President of the Ontario Teachers' Federation in August 2017.



Robert Clifford '04 became the Rector of All Saints' Anglican Church in Windsor on September 1, 2017.



Ryan Gauss '08 and his wife Haley are pleased to announce the arrival of their son, Hudson William, on August 6, 2017.



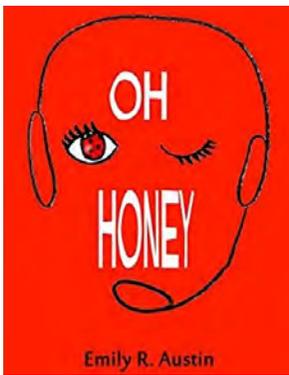
Frank Maas '08 launched his new book: *The Price of Alliance: The Politics and Procurement of Leopard Tanks for Canada's NATO Brigade* (UBC Press, 2017) at King's in November.



Ryan McMurray '08 and Brittany Belliveau are pleased to announce the birth of future King's alumna, Blakely McMurray.



Valerie (Morrison) Terejko '10, and family are pleased to announce the arrival of their beautiful baby girl, Addeleen Frances. Addeleen was born on St. Patrick's Day 2017 and parents, family and friends are in love with her.



Emily Austin '11 was at King's in January to give a talk and reading from her book, *Oh Honey*.



Barshan Quadry '12 and **Meaghan Parry '11** were married at King's on August 12, 2017.



Melanie Matthews '17 presented her paper 'A Review of Mental Health Services Offered by Canada's English Language Universities' at the Undergraduate Awards Global Summit in Ireland in November 2017. Melanie won the award for Social Sciences: Sociology & Social Policy, US and Canada region.



Summer Thorp '11, with **Nokee Kwe**, and **Justin Tiseo '16**, were recognized at the 2017 Pillar Community Innovation Awards in London. The London Interfaith Peace Camp at King's was also nominated for an award in recognition of the camp's impact on, and collaboration with, communities of all faiths. Summer received the Community Innovation Award for her work as Program Coordinator of Positive Voice at Nokee Kwe, a program created to support urban Indigenous women in creating positive narratives and community connections. Justin was recognized with the Community Leadership Award for his role in turning a one-day school fundraiser for cancer patient care into a city-wide, week-long initiative engaging high school students and raising more than \$260,000 to date.



Allan Ssemugenyi '12 was featured in the "I am London" campaign, created by the London and Middlesex Local Immigration Partnership to strengthen a sense of community for newcomers to London. Social Work Professor **Dr. Bharati Sethi** also participated in the campaign. Both Allan and Dr. Sethi were recognized for their contributions to diversity in London at a celebration in October 2017.

Carrie Channon, associate alumna, is engaged to be married to Western alumnus Paul Gentile on May 26, 2018.



Marty Elkins '03 is a Grade 8 teacher in Grey County. His first novel, *Leave Us In Peace*, was published by Ginger Press in November 2017. The book is an historical fiction that tells the story of World War 2 from many fronts and conflicting perspectives. Written for students in Grades 7 and 8, the novel covers major events and battles of the war, and includes important chapters set in Owen Sound, ON. More information about the novel is available at www.martyelkins.ca.



Brittany Garrard-Amos '12 and her husband, **Tim**, were doubly blessed with the arrival of their twins on May 7, 2017. They are proud parents of both a son, Asher Timothy Garrard Amos, and a daughter, Isla Ann Deborah Amos.

Maggie Burton '13 was a recipient of the Canadian Bureau of International Education (CBIE) bursary award for 2017, which is granted to 14 emerging leaders in the field of international education. Maggie works at King's University College as an Exchange and International Student Advisor.

Zack Fitzmaurice '15 and **Alexandria Neves '17** are engaged to be married on October 6, 2018.

Angela McInnes '15 is a recipient of the 2018 Joan Donaldson CBC News Scholarship. Angela is a multimedia journalist in London.

Nicole Bullock '16 received the Catherine Finlayson Academic Excellence Award in Corporate Communications at Fanshawe College.

Amelia Wilde '16 lived in Taipei, Taiwan, teaching English as a Foreign Language at HESS Shertzi during 2016-2017.

Colin MacDonald, associate alumnus, is assistant general manager with the London Knights.

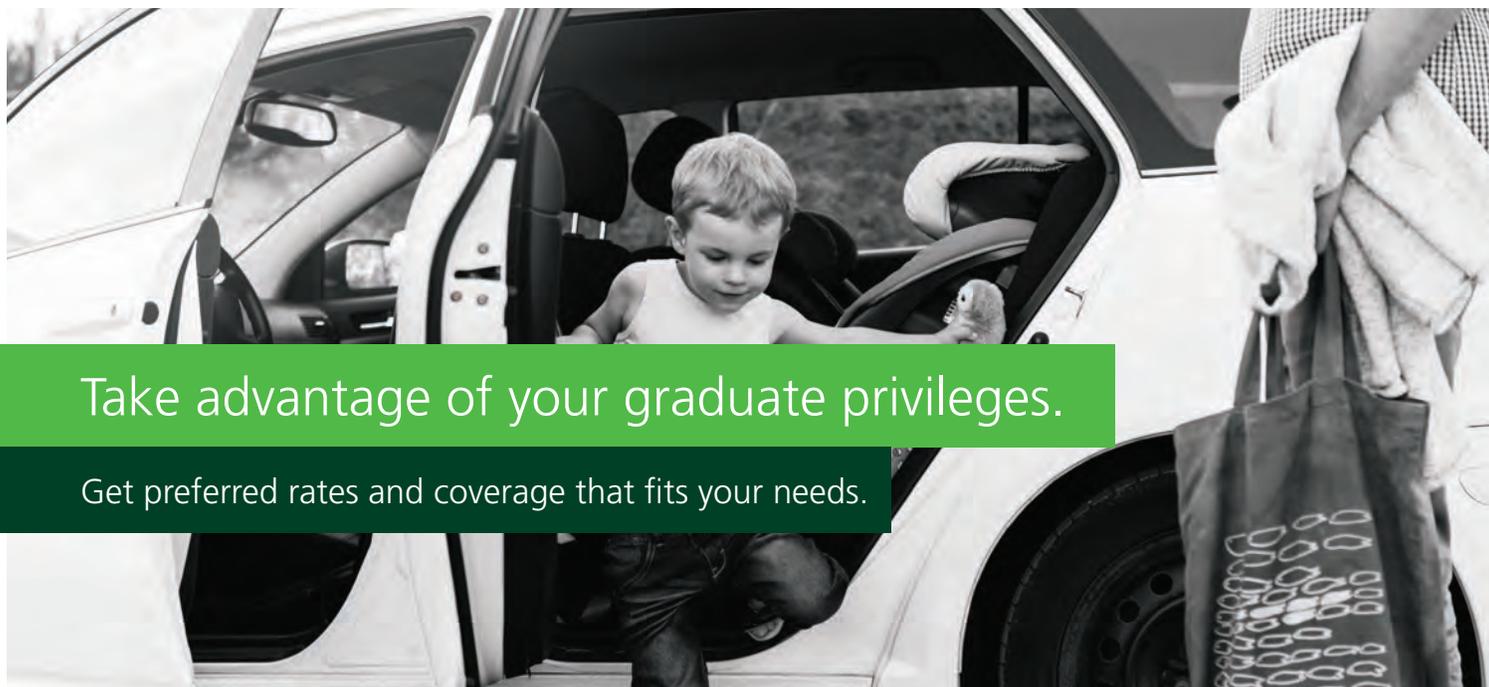
IN MEMORIAM

We extend our condolences to the family and friends of:

Jim Weber '77, who passed away on August 4, 2017, after battling cancer.

Dr. Jim Kow, King's professor of Philosophy, who passed away on August 16, 2017.

Rev. Ronald Trojczak, Professor Emeritus, who passed away on April 4, 2018.



Take advantage of your graduate privileges.

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You could **save big*** when you combine your alumni preferred rates and bundle your home and car insurance.

Recommended by the King's Alumni Association



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