

# PRIMARY CONTACT

SPRING 2020

• Volume 58

• Issue No. 2

**Reflections from CMCC's  
Past President Ian Coulter**

**CMCC's lookbook for the 75<sup>th</sup>  
Anniversary Weekend**

**The growth of sports  
chiropractic in Canada**



# SUPPLY CENTRE AND BOOKSTORE

The CMCC Supply Centre and Bookstore is proud to announce that they have become official dealers of Springwall Mattresses.

The logo for Springwall features the brand name in a bold, blue, italicized sans-serif font. The text is centered within a blue, stylized hexagonal frame that has a thick, double-line border. A registered trademark symbol (®) is positioned to the upper right of the word.

**Springwall**®



Follow us @CMCCSTORE



**CMCC**

Supply Centre and Bookstore

1 800 268 8940

store.cmcc.ca

# IN THIS ISSUE

---

02

From the President

04

From the Chair

06

CMCC News

07

Alumni News

08

The Dr. Douglas M. Brown Memorial Space

09

Dr. Ian Coulter reflects on chiropractic in North America and the work of Dr. Doug Brown

12

Dr. Mary-Irene Parker receives Lifetime Achievement Award

14

The gifts of CMCC's Governors' Club

15

RCCSS(C) and the growth of sports chiropractic in Canada

19

The FOUNDATION Social

20

CMCC's 75th Anniversary Weekend Lookbook

46

Dr. Spencer Bell receives RCCSS(C) Annual Academic Achievement Scholarship Award

47

Ms. Patti Riley honours her father, Dr. Ron Elford, with a gift to CMCC

48

A look at CMCC research

50

The Benefits of Gift Planning

52

In Memoriam

53

Passage

54

Donations

56

Go Green

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.



# FROM THE PRESIDENT



## **EXPANDING OUR HORIZONS**

At its core, CMCC has three primary driving forces. Providing chiropractic care to patients in our clinics and serving the profession and the health care community through the development of new knowledge with ongoing research are two key elements of what we do. But first and foremost is our commitment to provide an outstanding education for our students, assuring that

they acquire the competencies and have the opportunities to become excellent and successful chiropractors.

With our students in mind, CMCC has embarked upon a new voyage to seek an expansion of practice opportunities for our graduates in North America. This year we announced that we would be pursuing accreditation of our educational program by the Council on Chiropractic

Education in the United States (CCE-US). If we are successful in this quest, our graduates will meet a key eligibility requirement for licensure in all states in that country: graduation from a CCE(US)-accredited institution.

Currently, many states allow CMCC graduates to apply for licensure. In some cases, the state regulations or practice acts are vague and the licensing board has extended eligibility to CMCC graduates. But many states still will not recognize CMCC graduates as eligible applicants either because there is specific language in the regulations restricting licensure to graduates of CCE-US programs, or because the licensing board has put into effect a policy with the same type of restriction. There are even states that will not allow chiropractors to receive continuing education credits from CMCC because we aren't US accredited. We want to remove these barriers.

Today's students increasingly express a desire to have global opportunities for practice. Polling done by the World Congress of Chiropractic Students has indicated that the majority of students hope to spend at least a portion of their professional career in a country other than the one in which they received their chiropractic education. We want CMCC graduates to be able to follow their dreams and we hope that by adding this layer of accreditation we will open up new doors for them.

There are four Councils on Chiropractic Education around the world: CCE-Canada, CCE-US,

CCE-Australasia, and European-CCE. Because the profession started in the US, and because the first CCE was formed to accredit US colleges, the formal name for the US-based CCE is actually just "CCE". I have added the "US" to the name just for clarity purposes in this message. CCEC, CCEA, and ECCE all belong to CCE-International. CCE-US was formerly a member, but withdrew a couple of years ago, straining relationships between the organizations and creating some stress among students across North America. But even if CCE-US resumed its membership in CCE-I, it would not change prospects for students because licensure requirements are set locally by the jurisdictions (states and provinces), not by the accreditors.

Does this mean that CMCC will abandon its accreditation by CCE-Canada? Absolutely not! We are adding to, not substituting for, our existing accreditation. As I write this article, we are actively engaged in renewing our recognition by the Ontario Ministry of Colleges and Universities, renewing our accreditation with CCE-Canada, and preparing submission of our self-study materials for CCE-US. Accreditation is a vital part of quality assurance for educational programs and having three different organizations scrutinizing our DC degree program simultaneously and continuously will lead to a stronger program than ever before.

CMCC is, to our knowledge, the first international chiropractic program to be considered as eligible for accreditation by the CCE-US. If successful, CMCC's

Doctor of Chiropractic program could also become the first program in the world accredited by two CCE organizations. Based on our institutional maturity and existing recognition by Canadian agencies, CCE-US has set an aggressive timetable for our application and review, beginning with a comprehensive self-study report due in April 2021, followed by a site visit in the fall of 2021. A decision will be made in January 2022. Until a decision is made, we will include the following statement in any public announcement regarding accreditation:

*The Doctor of Chiropractic degree program at the Canadian Memorial Chiropractic College (CMCC) is currently engaged in the process of seeking programmatic accreditation by the Council on Chiropractic Education, 8049 North 85th Way, Scottsdale, AZ, 85258-4321, Phone: (480) 443 8877, Website: www.cce-usa.org. During this application process, the program does not hold accredited status with the agency, nor does the agency ensure eventual accreditation.*

Our 75th anniversary celebration is in June of this year and I'm looking forward to seeing many of you there at that spectacular event. Seeking additional accreditation is just one more reason for CMCC alumni to be proud of the many accomplishments and global impact of our institution.



David Wickes, DC, MA

# FROM THE CHAIR



I am very excited to greet you as the new Chair of the Board of Governors for CMCC following a long line of dedicated Chairs before me. It is with an immense sense of pride and humility that I became the first Board member from the province of Québec to be elected to this position. I was elected to this position at a Board meeting following the CMCC Annual General Meeting in October where we heard once again of the advances CMCC continues to make for the benefit of its students and for the chiropractic profession as a whole. I am constantly amazed at the progress we achieve each year while maintaining a strong and stable financial position.

At our Board meeting that weekend, we welcomed new Board Members Dr. Liza Grant as representative from British Columbia taking Dr. Richard Cronk's place, Dr. Jason Fox as representative from Nova Scotia taking Dr. Mary-Irene Parker's

place, and Ms. Donna Sharp from Toronto as a new Public Member. As well as to the two dedicated Board Members leaving the Board mentioned above, we said a warm and heartfelt thank you to Past Board Chair, Dr. David Gryfe. I look forward to working with our dedicated Board Members throughout the academic year.

I am exceptionally honoured to be Board Chair during this very special 75th Anniversary of CMCC. What a journey CMCC has navigated over these years! 2020 will hold many opportunities to celebrate and we are encouraging everyone to attend the 75<sup>th</sup> Anniversary Weekend on June 5 and 6. As well as those celebrating their class anniversary, we welcome one and all to commemorate and revere this amazing institution and the progress it has made on behalf of all chiropractors.

Please read further in Primary Contact for stories about

successes at CMCC and within our chiropractic profession. We have an exceptional team at CMCC, and look forward to a year filled with challenges, opportunities and remarkable accomplishments.

---

C'est avec une énorme fierté et une grande humilité que je m'adresse à vous à titre de Président du «Board of Governors» du CMCC devenant par le fait même le premier francophone du Québec à occuper ce poste. Lorsque je pense à toutes ces personnes exceptionnelles qui ont servi notre CMCC depuis 75 ans, je ne peux m'empêcher de ressentir des sentiments d'énorme privilège et de profonde gratitude. Tout le travail accompli au cours de ces années a su mener notre CMCC à un respect et une reconnaissance internationale quant à la qualité de l'enseignement qui y est offert,

l'excellence de la recherche qui y est conduite et la très grande qualité des soins apportés aux gens qui consultent à l'une de nos dix cliniques.

C'est aussi pour moi, un honneur indescriptible d'agir à titre de Président du « B of G » lors d'une année historique pour notre CMCC qui célèbre en 2020 son 75<sup>ème</sup> anniversaire. Nous devons avoir une pensée profonde de respect et de gratitude pour les gens qui ont lutté sans relâche pour la création et la survie du CMCC. Nul doute que si nos fondateurs pouvaient aujourd'hui constater l'excellence de notre institution, la très grande qualité de nos étudiants et la recherche qui y est menée, ils seraient tous et toutes remplis d'une extrême fierté.

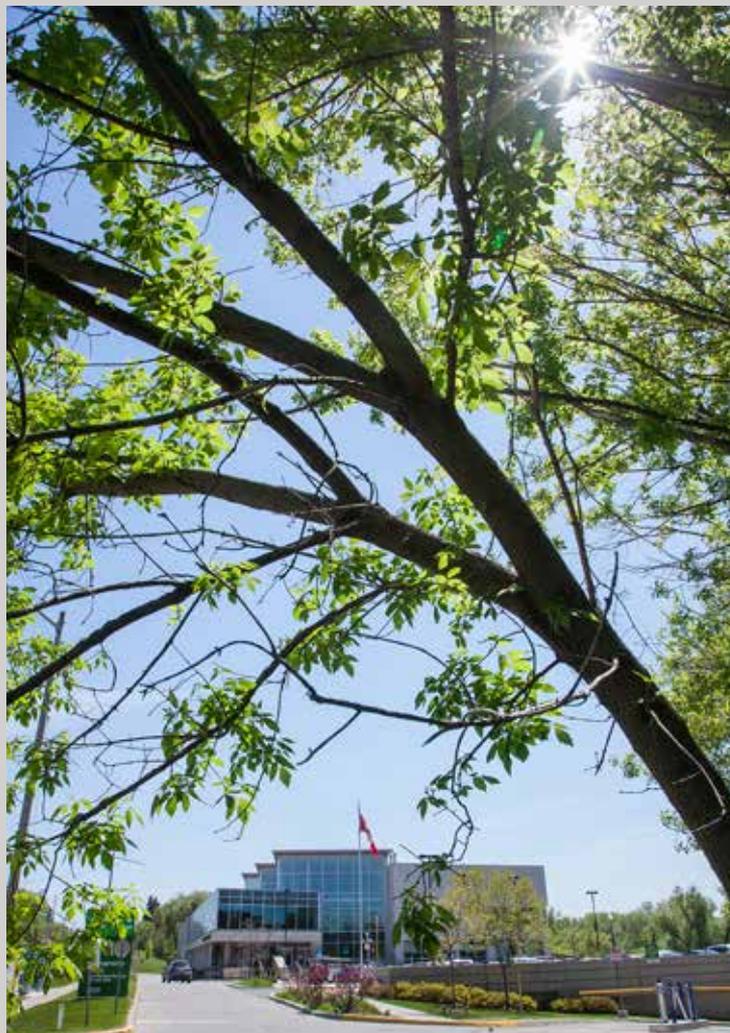
C'est donc avec un immense plaisir que je vous invite à vous joindre à nous les 5 et 6 juin prochains afin de célébrer cette grande fête avec les vôtres et ainsi vivre des émotions et des moments inoubliables!!!

À bientôt très chers collègues!!!



Richard Mercier, DC

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



"Home is where love resides, memories are created, friends always belong and laughter never ends."

Unknown author

# CMCC NEWS



Left to right: Matt McGuckin, Taylor Warman, Leah Rooke, Jacquelyn Wingrove, Drs. Lara DeGraauw and David Wickes

## THE CMCC CHIROPRACTIC CLINIC IN BOWMANVILLE OFFICIALLY OPENS

On January 8, CMCC officially opened the CMCC Chiropractic Clinic in Bowmanville, located within Bowmanville Health Centre, a multidisciplinary centre that supports placement of several other health disciplines, such as pharmacy students from the University of Waterloo, and medical students from Queen's University. The Centre values interprofessional collaboration, evidence informed practice and mentorship of future health care professionals.

The location was selected to allow students to complete a clinical rotation in a small town practice that will be a model to what many graduates will encounter as professionals. Drs. Lara DeGraauw and Steven Lester are the primary clinicians at the centre that serves a population of 40,000 and hosts 12 interns.

## CAROL ANN WEIS AND MARTHA FUNABASHI ATTEND INTERDISCIPLINARY WORLD CONGRESS ON LOW BACK PAIN

Drs. Carol Ann Weis and Martha

Funabashi attended the 10<sup>th</sup> Interdisciplinary World Congress on Low Back Pain and Pelvic Girdle Pain in Antwerp, Belgium, October 28-31, 2019. Weis, whose research interest centres on back pain issues for women during pregnancy shared a poster presentation entitled *A systematic review of manual and non-pharmacological procedures for pregnancy and post-partum back and pelvic girdle pain*. Funabashi shared a poster presentation entitled *Predictors of patients who are likely to experience adverse responses following manual therapy: secondary analysis of a survey of patients' perceptions of what constitutes an adverse response*, as well as a platform presentation at the conference's main session describing preliminary results of the SafetyNET study – an active surveillance reporting system for spinal manipulative therapy regulated providers.

Weis is the author of *The Athletic Mom-To-Be: Training Your Way into Pregnancy and Motherhood*.

The World Congress Series on Low Back and Pelvic Pain was initiated to promote and facilitate interdisciplinary knowledge and consensus on prevention, diagnosis and treatment of acute and chronic

lumbopelvic pain. Since these musculoskeletal disorders are a worldwide, costly problem, the organization has been trying to have the congress move around the world to get in touch with all working within this field.

## EVALUATING EFFECTIVENESS, SAFETY AND THE PATIENT EXPERIENCE OF POST-SURGICAL REHAB INTERVENTIONS

Congratulations to Dr. Carol Cancelliere, Project Lead for the Canadian Chiropractic Guideline Initiative (CCGI), a project of the Centre for Disability Prevention and Rehabilitation, a joint program between CMCC and Ontario Tech. Cancelliere, working with a team comprised of CMCC's Director of Research Partnerships Dr. Silvano Mior, Canada Research Chair in Disability Prevention and Rehabilitation Dr. Pierre Côté, and collaborators Drs. Margareta Nordin (New York University), and Paulo Pereira, (Centro Hospitalar S. João, Porto (Portugal) was successful in receiving funding from the Task Force Research, EUROSPINE this past September.

The team received €48,635 (approximately \$75,000 CAD) to address the increasing need to inform post-surgical care for people with low back pain. For this research project, the CCGI will collaborate with EUROSPINE to conduct a systematic review to evaluate the effectiveness, safety, and patient experience of post-surgical rehabilitation interventions for people with low back pain with or without radiculopathy.

# Alumni News

## FROM OUR LAST ISSUE



Congratulations to Dr. Madison Graylen Wardman Bell who graduated Magna Cum Laude with the graduating Class of 2019.

Wardman Bell is now practicing at Westwood Health, a multidisciplinary clinic in Toronto.



Dr. Adrienne Goldsworthy, also from the Class of 2019, was hooded by her father, Dr. Jeff Goldsworthy (Class of '87).

Goldsworthy has since joined the family practice at Goldsworthy Wellness and Chiropractic Centre, a multidisciplinary clinic in Waterloo, Ontario.

## DR. STEPHEN OSTERER RECRUITED BY THE CLEVELAND INDIANS



Congratulations to Dr. Stephen Osterer (Class of '14) who has been selected to serve the Cleveland Indians as pitching performance coach.

## DR. JESSICA WONG BECOMES A CARL FELLOW



Congratulations to Dr. Jessica Wong (Class of '10), accepted into the prestigious Chiropractic Academy

for Research Leadership (CARL) Fellowship program.

Wong is a Fellow of the College of Chiropractic Sciences Canada and obtained her Master of Public Health degree in epidemiology from the Dalla Lana School of Public Health (DLSPH), University of Toronto in 2017. An Assistant Professor with CMCC Graduate Studies, she is presently completing her doctoral studies in epidemiology at DLSPH.

As a CARL Fellow, Wong's research will be fostered by an international network of professional research peers committed to high quality evidence-based research. The aim of CARL is to facilitate high quality research that grows the knowledge base for musculoskeletal conditions, while helping to establish a strong research culture going forward.

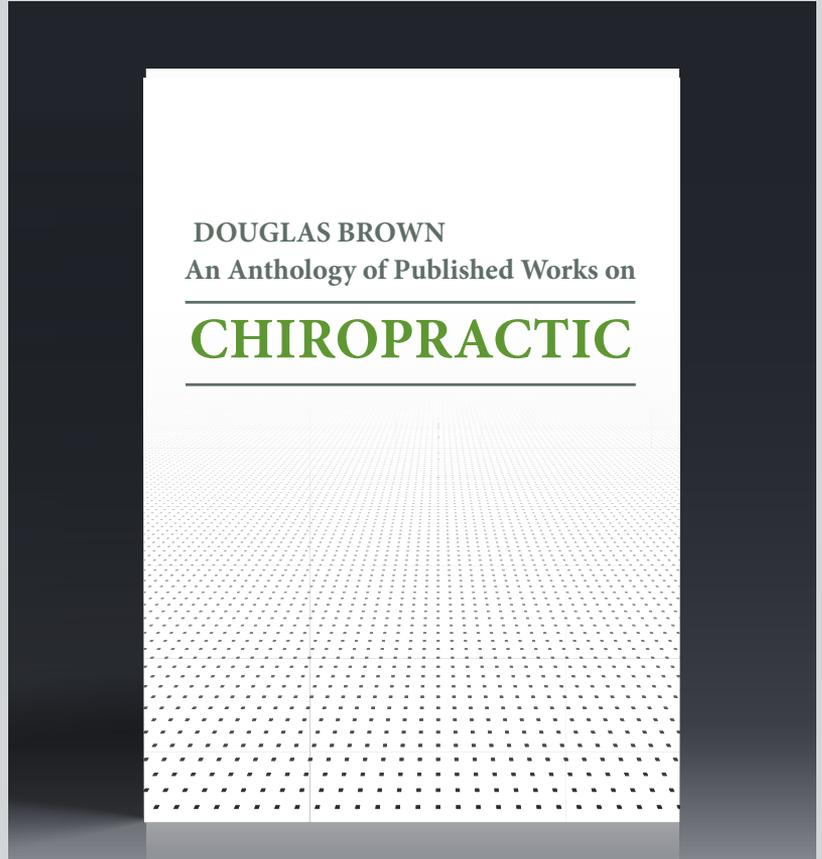
Wong looks forward to the opportunities the Fellowship will afford her in the areas of mentorship, peer support and the breadth of projects and diverse perspectives to which she will be exposed. She feels that international collaborations are integral to solving complex global health problems.

Her doctoral thesis examines the effects of low back pain and mental health symptoms on health care utilization and costs in Ontario. Wong is also a Research Associate at the Centre for Disability Prevention and Rehabilitation at Ontario Tech University and CMCC, where she is working on research projects with the Canadian Chiropractic Guideline Initiative.

# THE DR. DOUGLAS M. BROWN MEMORIAL SPACE



Dr. Ian Coulter and Mrs. Adelaide Coulter



Dr. Ian Coulter was CMCC President from 1981-91. He and his wife, Mrs. Adelaide Coulter, recently made a gift to CMCC in recognition of their friend Dr. Doug Brown. Dr. and Mrs. Coulter's generous gift to CMCC will make it possible to continue to give the Dr. Douglas Brown Graduation Award in perpetuity.

This award, established by CMCC in honour of Brown,

is presented to a graduating student who maintains a CGPA of 3.0 while demonstrating exceptional dedication and exemplary contributions to CMCC and the chiropractic profession.

Brown was the most published chiropractic historical researcher in Canada. In addition to funding the award, the Coulters' gift will be commemorated with

the creation of the Dr. Douglas M. Brown Memorial Space in CMCC's Health Sciences Library, where CMCC will place the Brown historical collection.

Dr. and Mrs. Coulter will be recognized on a plaque dedicating the space and ensuring Brown's irreplaceable historical work is visible and accessible to students and visitors.

# DR. IAN COULTER REFLECTS ON CHIROPRACTIC IN NORTH AMERICA AND THE WORK OF DR. DOUG BROWN



Left to right: Dr. Allan Gotlib, Dr. Ian Coulter and Dr. Douglas Brown at Dr. Coulter's retirement party (circa 1991).

Former CMCC President Dr. Ian Coulter is a senior health policy researcher at RAND Corporation, a leading US think tank based in California. He began his tenure at Rand during a sabbatical year from CMCC in 1990, after a 10-year term as president during which time he worked closely with

former Board Chair, Governors' Club Member and chiropractic historian, Dr. Doug Brown.

Brown remained an important ally to CMCC and chiropractic throughout his life and became one of the most prolific chiropractic historians in Canadian history.

On the occasion of a generous gift to CMCC from Dr. and Mrs. Coulter in honour of their good friend and Coulter's colleague, Primary Contact caught up with CMCC's former president for a conversation about some of the challenges and changes that occurred at CMCC and in the profession during his presidency.

Coulter and Brown began to work together in 1979 while Brown was Chair of CMCC's Board of Governors and Coulter was CMCC Executive Vice President. During that time, it became clear that it was time to restructure the manner in which the institution's administration and the Board of Governors' divided their responsibilities.

Later on, the two would work side by side as Coulter resolved some of the administrative challenges that the Ontario Health Insurance Plan (OHIP) encountered in working with CMCC's clinical structure, and in exploring university affiliation.

# "I was worried about my young age," says Coulter, "but Doug reassured me that together, he and the other administrators would age me!"

## **How did a professor of sociology become involved with chiropractic and with CMCC?**

Coulter became involved with CMCC through his work on the first federally-funded study of chiropractic at the University of Toronto, in 1976. He had been recruited away from a tenured position as a sociology professor at Laurentian University in Sudbury, Ontario to work on the study, the result of which was a book entitled "Chiropractors, do they help?" published in 1979.

While researching the book, Coulter came to know a number of administrators at CMCC and was offered the position of Executive Vice President during which time he worked closely with Brown and was groomed for the presidency, which he accepted about one year into his vice presidency.

"I was worried about my young age," says Coulter, "but Doug reassured me that together, he and the other administrators would age me!"

## **The beginning of the new Board structure**

Coulter began working on the changes to enhance CMCC's financial stability and to move the structure of the Board of

Governors closer to one that resembled that of a university.

"Doug joined the Association of Governing Boards of Colleges and Universities," says Coulter. "He educated himself very well to teach the Board. His contribution was outstanding." The two worked together in 1986 to move the Board structure to its current form, separating it from CMCC's internal affairs and making it responsible instead for policy formation, accountability and fundraising.

## **Resolving OHIP administrative issues**

Coulter was also at CMCC when OHIP was struggling with a model to apply to CMCC clinics. Here he worked with CMCC Legal Counsel Allan M. Freedman to find a solution. OHIP, it seemed, was stumped by CMCC's clinical model in which a single licensed clinician was overseeing patent treatment by several student (interns). Their work led to a cycle of reviews which were finally settled when Freedman and Coulter "suggested they treat us as they did medicine with its internships, which they did, and the issue was resolved."

**Building the research program**  
CMCC's research program was built under Coulter's tenure,

something he feels is extremely important. "There was no mechanism to bring scholarship to chiropractic before this," he says. "Dr. Howard Vernon (Class of '77) was instrumental in building it as part of the strategy for university affiliation," which was the direction Coulter was heading towards. Although CMCC did not achieve university affiliation in those days, "in developing the program," says Coulter, "we developed a worldwide cadre of chiropractic academics."

The one thing that bothers him, however, is that today, the Chiropractic Research Chairs are in the universities and not in the chiropractic colleges.

## **Reflections on CMCC and chiropractic today**

Coulter says CMCC is still the premiere college in North America and that he can spot CMCC graduates in an audience. He attributes that to the selection process, recalling that during the 90s, they selected about one out of six applicants. "We got the cream of the crop," he says.

"Chiropractors are in the hospitals today, something you wouldn't have seen 20 years ago.



Left to right: Dr. Douglas Brown with former CMCC President Dr. Don Sutherland, Dr. Howard Gouthier and Dr. Ian Coulter

In Alberta, a hospitalized patient would have to be treated outside of the hospital and then returned to rehab or bed after treatment which is quite ridiculous.”

Coulter traces the change back to the US and the acceptance of chiropractic into Veteran’s Affairs (VA). “In VA, chiropractors are considered mainstream. They are in the military, working with MDs. Once they were there, doors opened and some of that change spilled over to Canada.”

In Canada, chiropractic care is included in the spectrum of health care services provided to veterans and active military, the latter available off-base with varying levels of collaborations. CMCC is engaging in research with the Canadian Armed Forces, exploring the ways in which chiropractic care could complement current health care and address the barriers limiting the role chiropractors play in managing our injured active military personnel.

Coulter says he is disappointed that CMCC has not fulfilled a vision to become university-

affiliated, and would still like to see the Chiropractic Research Chairs working at the chiropractic institutions rather than in the universities, where the research dollars they attract fund university research, making less available for chiropractic institutions.

Despite not having university affiliation, however, he agrees that CMCC has some interesting relationships with universities. These include two articulation agreements, one with Ontario Tech University and the other with the University of Winnipeg, each allowing qualifying students to complete their undergraduate degree in kinesiology and their Doctor of Chiropractic in seven years instead of eight. In addition, partnerships with the University of Southern Denmark, the Institut Franco-Européen de Chiropraxie (IFEC) and the University of Toronto’s Institute of Health Policy Management and Evaluation (IHPME) provide opportunity for faculty at each institution to collaborate on research, in some cases share faculty, and in general, further the research capacity of each institution.

## Coulter’s work at RAND

While on sabbatical from CMCC in 1990, Coulter had the opportunity to do some research at RAND, a health policy think tank based in the US. With his experience in chiropractic education, Coulter was assigned to the Shekelle study, investigating how much manipulation was appropriate for acute back pain. He remains within the health care arm of RAND, which has expanded to include a variety of subject areas impacting society.

“RAND is an evidence-based centre for Complementary and Alternative Medicine (CAM). In the last five years, we’ve had over \$18 million in grants, virtually all within chiropractic. The Achilles’ heel for chiropractic are claims that are made about its effects with no evidence to back them up. It really bothers the MDs.”

Coulter believes in a middle ground for chiropractic. “The body does heal itself, and chiropractic is provided within a wellness perspective. It is more than manipulation, providing sensible advice that is not in the purview of other health providers.”

# DR. MARY-IRENE PARKER RECEIVES LIFETIME ACHIEVEMENT AWARD



Congratulations to Dr. Mary-Irene Parker (Class of '83), recognized this past fall by the Nova Scotia College of Chiropractors, who honoured her with their inaugural Lifetime Achievement Award. Parker graduated in 1983 and went straight to Amherst, having spent her early childhood in nearby Port Greville.

Parker says her parents were initially very concerned that as a female chiropractor moving to a designated rural part of Canada in the mid-80s, she would have a difficult time getting her practice established as she was starting from patient one on day one. In fact, they were so concerned that her mother sent her a gift certificate from the local grocery store during her first Christmas

there to ensure she didn't go without! Happily, her practice thrived and she remained in Amherst until she sold her successful practice in 2000 and moved to Parrsboro.

Here Dr. Parker shares with Primary Contact her early experience as one of the ground-breaking chiropractors in Nova Scotia:

### **How things have changed: setting up in 1983**

*How things have changed! When I graduated from CMCC in 1983, I moved to a Nova Scotia town with a population of fewer than 8,000 people, and became the second chiropractor in the entire county. In point of fact at that time, I became the third female chiropractor registered to practice in the province. Receiving licence # 31 will tell you a bit about not just the popularity of chiropractic at the time, but also how popular you might expect a female chiropractor to be. Ah, to be a pioneer.*

*It was an uphill struggle in some ways that I could not have imagined...I remember not being allowed by the local Hospital Board to see patient x-rays unless I arranged a compatible time to do so in the presence of the radiologist, for fear I would misinterpret the films or possibly*

*take the films from his office. It began with a simple request to view films of a patient who had studies completed several months prior to seeking chiropractic care. The response was quick and to the point, "no." Thanks to internal drive and memories of my jurisprudence lectures, I summoned the courage to write back to the Board that should I make an error in judgement because they denied me access to information pertinent to the care of the patient, the patient may in fact, have cause to take them to court. The second letter from the Board was much more considerate and helpful. I was able to make an appointment with the radiologist who would oversee my viewing of current films. After two or three such organized sessions, he decided I was not so dangerous and imparted his wisdom to the Board – possibly partially because I caught a case of ankylosing spondylitis that had been missed.*

*We have passed that unnecessary supervision point. Today, most offices can arrange to have their patients seen and x-rays completed at the nearby hospital the same day, accompanied by the radiologist's report and, if necessary, a video disc of the films.*

*In fact, most offices of the 80s and into the 90s were individually*

## "It was an uphill struggle in some ways that I could not have imagined..."



*owned and operated with few modalities and even fewer had x-ray equipment on site (at least in my neck of the woods). And as for an office with collaboration with other health care providers of any persuasion, there was a veil of apprehension... it may even have been considered consorting with the enemy. It wasn't yet part of the culture among chiropractors.*

*Thank goodness all modern centres involved in teaching*

*today's health professionals have advanced on that one, so that the benefits to patients and providers (of chiropractic treatment) is recognized with the growth of interprofessional education, research, and clinics.*

*And while there are certainly many other advances of equal or greater significance, I would be remiss if I ignored one of the losses I most regret. When we graduate, we silently swear an allegiance to the*

*school that turned our dreams into reality and the friends with whom we shared four years of our life.*

*But more today than ever before, we observe the loss of the camaraderie that is the glue of intra-professional growth and development. Provincial chiropractic colleges struggle to meet quorum at annual general meetings, dynamic schools and organizations search for volunteers and leaders.*

*The result is a twofold loss; on the one hand these entities struggle to be at their supportive best on behalf of the future of the profession, and on the other hand, each non-participating chiropractor is missing out on amazing opportunities for dynamic personal growth that could raise their quality of life and positively impact their practice! That comes from the voice of experience! My final words of encouragement and advice, 'Join and participate! The friends and rewards are great!'*

Parker was a Member of the CMCC Board of Governors from 2013 to 2020.

# THE GIFTS OF CMCC'S GOVERNORS' CLUB



Photo courtesy of the estate of Dr. Hart Tuck

In 1981 the Board of Governors established the Governors' Club as a fundraising body within CMCC to broaden its fundraising base. Among its founders, Drs. David West and Herb Lee and CMCC Legal Counsel Allan Freedman were instrumental in its development.

The objective of the Governors' Club was to provide funding for capital items that could not be covered by the CMCC budget. Over the years, the funding collected by this group has totaled over \$2 million and has contributed significantly to the purchase of the CMCC Campus (at 6100 Leslie St) and numerous technology improvements and upgrades.

Dr. Doug Brown (Class of '55) was a notable member and longest serving President of the Governors' Club, serving from 1989 to 2007. His wife, Mrs. Bruna Brown is likewise credited for the substantial support she provided the group.

---

## Governors' Club Presidents

1982	David West
1983	Allan Freedman
1984-87	Herb Lee
1988	Doug Trull
1989-2007	Doug Brown
2008	Ron Brady

## Governors' Club Donations

**2019:** \$50,000.00 – IT and audiovisual equipment for the library's small group learning rooms

**2018:** \$50,000.00 – Student digital signage & clinic equipment/furnishings

**2017:** \$50,000.00 – Lecture Capture technology for the two lecture halls & iPad technology for lecturers

**2014, 2015 and 2016:** Donations were a three year

commitment for the six Force Sensing Table Technology<sup>R</sup> units

**2016:** \$50,000 – Force Sensing Table Technology<sup>R</sup> units for Technique & Biomechanics Laboratories

**2015:** \$50,000.00 – Force Sensing Table Technology<sup>R</sup> units for Technique & Biomechanics Laboratories

**2014:** \$50,000.00 – Force Sensing Table Technology<sup>R</sup> units for Technique & Biomechanics Laboratories

**2013:** \$50,000.00 – 15 Laptop/tablets for Clinic OSCAR electronic health records application, a gait lab force plate for Biomechanics and/or Simulation Laboratories and a Fluorescence Microscope

**2012:** \$50,000.00 – research equipment for the Biomechanics Laboratory

**2011:** \$50,000.00 – eClinic - electronic record-keeping system

**1997 – 2011:** All Donations to the Hands on the Future Capital Campaign - \$800,000.00

# RCCSS(C) AND THE GROWTH OF SPORTS CHIROPRACTIC IN CANADA



There was more to 1978 than bell bottoms and big hair. That year saw several important beginnings, the first woman in space, the first test tube baby, the first Walkman, as examples. Times were changing. This same year, the Canadian Chiropractic Sports Academy, known today as the Royal College of Chiropractic Sport Sciences (RCCSS), was created to support the burgeoning chiropractic sports movement.

Following the success of the Montreal Olympic Games in 1976 and recognizing an emerging trend towards encouraging physical

fitness, the Canadian Chiropractic Association (CCA) realized the need for a sports organization to prepare chiropractors to treat athletic injuries and promote these services to sports organizations.

Dr. Adrian Grice (Class of '59) was charged with the task of creating a sports chiropractic organization and he approached Drs. Tom Sawa (Class of '77), Stewart O'Brien (Class of '76) and John De Finney (Class of '76) to form an association, along with students, Claude Bourassa (Class of '80), Keith Innes (Class of '80) and David Lowe (Class of '81).

As the newly minted CCSA, the group began to publish and present on sports injuries and by 1981 had generated a respectable body of work and had begun to sow the seeds of what would become the RCCSS(C).

## **CCSA gets a reboot as CCSS**

In 1984, Dr. Gordon Lawson (Class of '76), a founding member of FICS<sup>1</sup>, was elected to its executive as secretary treasurer along with Dr. Jacques Breton as President, and with Dr. John De Finney, who returned to the group as part of the executive. The trio set to work re-establishing

the organization' early momentum under the new name of the College of Chiropractic Sports Sciences.

A lecture series in Montreal was initiated, presented by Sawa, Breton and O'Brien, reigniting the interest in chiropractic sports medicine that then moved westward to Toronto, Manitoba and Vancouver. Their program required 10 weekends over 10 months for three years and prepared attendees to take a Fellowship exam. Drs. Brian Seaman and Alain Maillé were among the first to graduate from the Fellowship program.

In the early '90s, another member, Dr. John Crawford (Class of '86) set to work creating a graduate program in chiropractic sports science at CMCC from which successful chiropractors could apply to write a Fellowship exam and earn their CCSS designation. Dr. Mohsen Kazemi (Class of '96) was the first to graduate from the CMCC program, enabling him to write his exam.

### Working with athletes

The College facilitated the development of advanced skills in the management of sports injuries and the optimization of performance, creating a niche for sports-minded chiropractors and allowing chiropractic to benefit from the recognition provided by working successfully with elite athletes. "High performance athletes are almost a different species from the rest of us," says Lawson. "The ways they use their bodies is so unique."

The sense among those who work with elite athletes is that it is a truly unique experience as a chiropractor, rewarding on a number of levels, not the least of which is being part of something beyond themselves and in supporting an athlete in achieving greater heights of performance,



Backs In Motion, 2002, with CMCC President Emeritus Dr. Jean Moss, Dr. John De Finney and Pinball Clemons, General Manager for the Toronto Argonauts

perhaps never before reached. De Finney has focused on treating more casual athletes and says there are likewise high rewards for keeping people moving and happy.

Along with his practice, De Finney has spent his career building the profile of chiropractic sports medicine and is also known for his essential role in the success of what is now known as CMCC's Backs in Motion Run/Walk.

### Evidence-based model draws respect from the health community

Chiropractic treatment of sports injury has followed an evidence-based model and as such is supported by the medical establishment. Together with the opportunities to work together as members of teams dedicated to patient-centred care, this approach has led to some close working relationships between chiropractors and medical doctors. A snapshot of three Fellows demonstrates the degree to which they have become integrated into sports and the wide range of those activities. Dr. Brian Seaman (class of '82) was one of the three candidates to complete the first set of Fellowship exams in '88, and was a member of

host medical services at that year's Calgary Winter Olympics. He went on to become a member of Team Canada's Medical Team at the '99 Pan American Games, and treated at three winter Olympics (Salt Lake City, Utah, in '02, Turin, Italy in '06 and Vancouver, BC in '10). Seaman was Chair of the Medical Services for the '11 Canada Winter Games and the '20 North American Indigenous Games -- another first for chiropractic. Treating at the Halifax Chiropractic Clinic in Halifax, Nova Scotia, his involvement in high profile games is impressive.

Dr. Wilbour Kelsick (Class of '85) on the other side of Canada, is Director of Port Moody, BC's MaxFit Movement Institute and is a veteran RCCSC sports fellow and chiropractor with the Canadian national and Olympic teams. Kelsick has worked with Olympics Canada for over 25 years, is a contributing author to *Fascia in Sport and Movement*, and lectures internationally at universities and conferences on topics including Biotensegrity and fascia. He is known internationally for his running form.

Dr. Alain Maillé (Class of '82) was one of the first graduates of the Fellowship program and remained on the RCCSS(C) Board of Directors for many years. From a home base not far from Montreal, PQ, Maillé has treated during provincial Jeux du Québec for youth, was team chiropractor for the national Paralympic Track and Field team in preparation for the 2004 Olympics in Athens, and the sole health care provider at the camp. The main focus of his participation in games has come through the Special Olympics, where he has participated in countless provincial and national games as coach and provided treatment to team members.

Maillé cofounded the Québec Council of Sport Chiropractic in the early 2000s with Dr. Luc Lavigueur (Class of '83) and in 2010, he saw it transition into a post-graduate certificate program

at UQTR, where he had been teaching since 1995.

### **VANOC's Host Medical Services: another landmark**

Today, there is an unmistakable trend towards the inclusion of chiropractic in athletic medical teams, and a growing dependence on the use of chiropractors for their ability to enhance performance without drugs. How far chiropractic has come, was clear in 2010, when a contingency of CMCC alumni joined a total of 23 chiropractors as part of host medical services for the 2010 Winter Olympics in Vancouver and chiropractor Dr. Robert Armitage (Class of '96) was made Supervisor of Chiropractic Services for the Vancouver Organizing Committee (VANOC)'s Host Medical Services, invited by the VANOC Chief Medical Officer, Dr. Jack Taunton. Dr. Greg Uchacz ('92, Palmer West) was president of RCCSS at that time

and involved in the selection of the chiropractors who would be part of Host Medical Services as well as part of Team Canada's health team, during a spectacularly busy time.

"It was the first time chiropractors were part of health services and equal partners with VANOC and with the backing of the IOC medical commission," says Uchacz. From the RCCSS(C) newsletter (fall, 2009).

"It was the vision of Dr. Jack Taunton, VANOC Chief Medical Officer, that chiropractic play an integral role in the integrative team approach," says Uchacz.

On a professional level, the cachet connected to facilitating athletic performance is enormous. "Today every NHL team has a chiropractor with it," says Dr. David Gryfe (Class of '92). The exposure and



## THE ROYAL PREFIX

It was a winning year for chiropractic in 2010 and during this same time period, RCCSS(C) was entrenched in the work necessary to gain the right to use the royal prefix, something that had not been granted to a health organization for decades. Spearheaded by Dr. Gordon Lawson, earning the royal prefix would open doors within government, representing the highest standards of

professionalism. It was granted in April 2010.

From the Sport Report, written by Dr. Greg Uchacz, Past President RCCSS(C) (2010-2014)

"Several months of effort went into compiling and forming a professional and complete picture of our organization, what it stands for and the impact and integration

we've achieved in the sports medicine system in Canada. When we hit our benchmark of 25 years in August of 2009 we were fully prepared to submit our application.

All documentation had been compiled, necessary government and professional records acquired, and support garnered from government members and others to make this application a reality."



CMCC's first Run for Chiropractic Education (known today as Backs in Motion) Drs. Larry LaFrance, Sil Mior, John De Finney and D.L. Pooley stand with CMCC Public Relations Director Sharon Posen and CMCC President Dr. Ian Coulter (far right)

endorsement of chiropractic from such a group builds the cultural authority of chiropractic.

### **RCCSSC 2.0: THE FOUNDATION**

Fast forward to 2014 when after a number of successful years, members of the RCCSS(C) felt it was time to create a foundation to raise money for research and education within sports chiropractic.

Drs. Gordon Lawson (RCCSS(C) past president 1986-89), Susan Gillis (Class of '83), John De Finney, David Gryfe, Rocco Guerriero (Class of '88), John Crawford, worked to achieve charity status for the organization which they envision will:

- Facilitate education and research into sports medicine and the science of optimal performance;
- Promote health and wellness through raising public awareness of its benefits, and
- Facilitate support services to athletes in underserved communities.

The big vision; however, is to fund a Chair in Chiropractic Sports Medicine that will take chiropractic sports medicine to the next level in attracting funds for research. Lawson admits it is an ambitious

program, but one that makes sense for chiropractic.

“What we see is that practices that begin with elite groups – either athletic or otherwise, eventually become adopted by broader culture. Extrapolate that and the research that is done to improve athletic performance will likewise be available to everyone,” says Lawson. “With a Sports Chiropractic Chair then, chiropractic would have visible representation, it would gain the cultural authority that comes with being associated with elite athletics and it would generate research that would not only improve performance of elite athletes, but offer insight and strategies into improving function for everyone. Movement is medicine.”

**For more information on supporting the foundation, visit their website at <https://www.frccss.ca/>**

---

<sup>1</sup>The Fédération Internationale de Chiropratique du Sport (FICS) or the International Federation of Sports Chiropractic is an international organization which promotes sports chiropractic around the world.

CMCC's Backs in Motion Run/Walk was an idea generated by Dr. Sil Mior to support CMCC's clinic.

Mior called on Dr. John De Finney's expertise from the start and following an initial cup of coffee with Sheryn Posen, CMCC's Public Relations Officer, De Finney became the technical director, marking the race and assisting with logistics to this day.

He notes that in 1983, the Alberta Chiropractic Association provided the seed money to begin the run and it was so successful in bringing the community together, that by the second year, they had 100 chiropractors involved and events in five different cities across Canada.

Over the years, the run has contributed millions to the clinic, to research programs, infrastructure and curriculum delivery.

The race also boasted a Canadian record when John Castellano achieved a record-breaking personal best in 1984, the best time for a junior runner in Canadian history. It has changed route and locations several times and been reborn as a run/walk.

This year, Backs in Motion is slated for Sunday, April 26, and for the third year in a row, takes place exclusively in the parklands surrounding CMCC Campus.

# THE FOUNDATION SOCIAL



The FOUNDATION (RCCSS(C)) held its first fundraiser with music and a live auction, the Foundation Social, in November 2019, following the RCCSS(C) TEE it Up conference.

The next FOUNDATION (RCCSS(C)) fundraiser will be held in Vancouver, April 4 at 5 p.m., following the S.P.O.R.T.S. Conference at the Sheraton Vancouver Wall Centre.

For more information, visit <http://www.rccssc.ca/index.php/registration-payment>

**"I didn't know how much I could improve until I started seeing a chiropractor."**

Michael Jordan, former champion with the Chicago Bulls



Lookbook



Canadian Memorial Chiropractic College

CMCC

75  
1945/2020

ANNIVERSARY  
WEEKEND

June 5-6, 2020 in Toronto  
[www.cmcc.ca/cmcc75](http://www.cmcc.ca/cmcc75)



Until 1945, CMCC was nothing but a dream. Our vision was to build a home for chiropractic in Canada to teach, to learn and to practice. We came with hope and courage from all around the country and even places afar to create something extraordinary. Something new for education and for Canada. We expected to build a school but what we achieved was so much more. A community like no other.

We are CMCC and we are 75.

# CMCC 75<sup>TH</sup> ANNIVERSARY FULL WEEKEND PROGRAM

Friday, June 5  
Continuing Education at CMCC

9:00 a.m. – 9:05 a.m.

## Welcome Message

*David Wickes, DC, MA, President, CMCC*

9:05 a.m. – 9:45 a.m.

## The Future of Chronic Low Back Pain Research and Clinical Management

*Michael J. Schneider, PhD, DC*

9:45 a.m. – 10:25 a.m.

## Acute and Chronic Pain: Opioids and Cannabis vs. Alternatives

*Jason Busse, DC, MSc, PhD*

10:25 a.m. – 11:05 a.m.

## Are we asking the right questions? Using a Biopsychosocial Approach in Practice

*Matthew J.S. Barrigar, BSc, DC, FCCOS(C)*

11:05 a.m. – 11:20 a.m.

## Break

11:20 a.m. – 12:00 p.m.

## Hip and Knee Osteoarthritis: Best Evidence for Conservative Management and CMCC's Experience with GLA:D™ Canada

*Craig Jacobs, DC, MSc, FCCS(C)*

12:00 p.m. – 1:00 p.m.

## Lunch

## Workshops – Putting it into Practice

Each workshop will repeat three times, participants select three to attend.

1:00 p.m. – 1:40 p.m.

1:40 p.m. – 2:20 p.m.

2:20 p.m. – 3:00 p.m.

## Clinical Management of Lumbar Spinal Stenosis

*Michael J. Schneider, PhD, DC*

## Biopsychosocial Approach in Clinical Cases

*Matthew J.S. Barrigar, BSc, DC, FCCOS(C)*

## Managing Complex Patients with Chronic Pain

*Jason Busse, DC, MSc, PhD*

## Neuromuscular Exercise for Hip and Knee Osteoarthritis

*Craig Jacobs, DC, MSc, FCCS(C)*

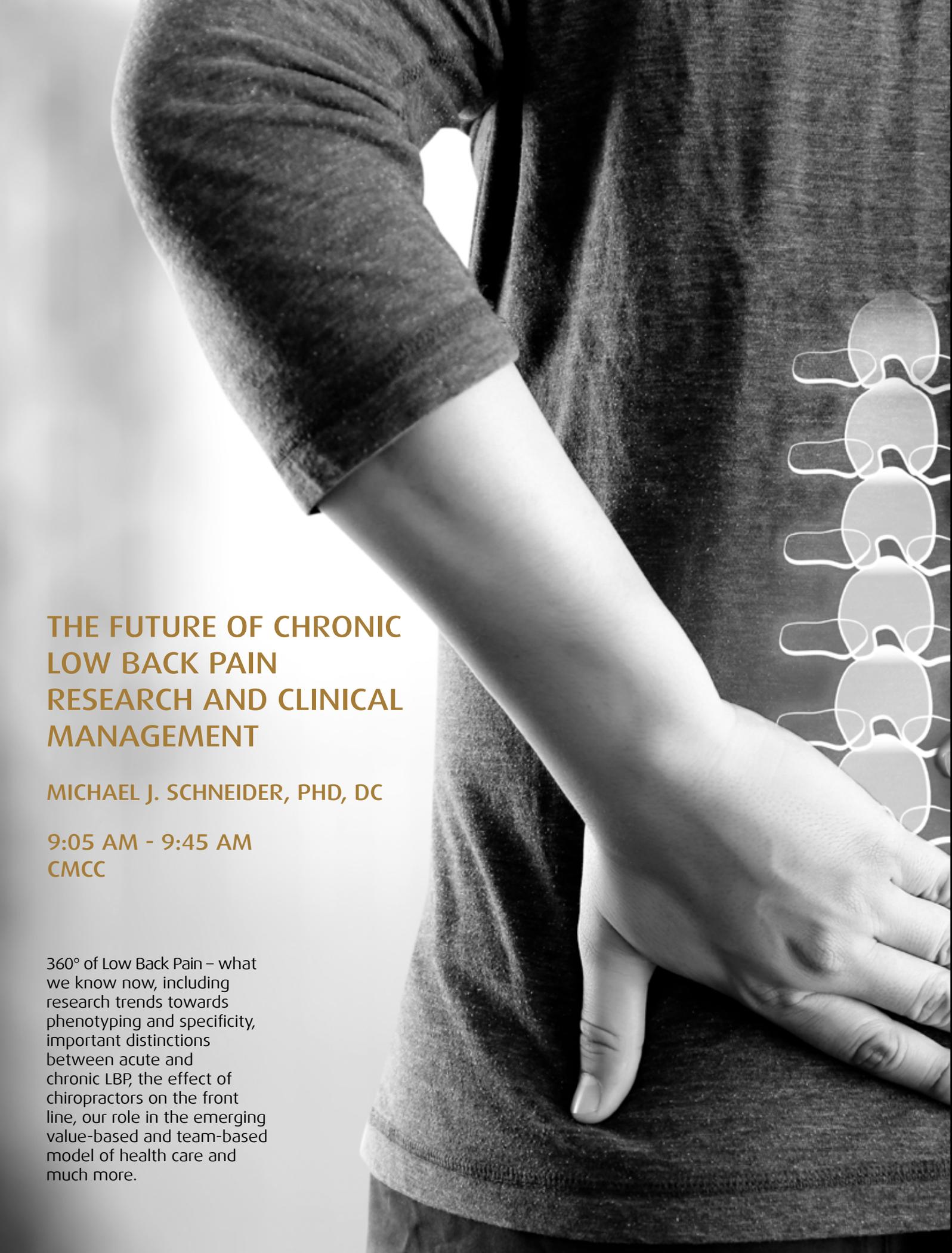
## Extremities and Spinal Adjusting: Hip, Shoulder and Lumbar Spine

*Mohsen Kazemi, RN, DC, FRCCSS(C), DACRB, FCCPOR(C), MSc, PhD*

3:00 p.m. – 3:15 p.m.

## Break





## THE FUTURE OF CHRONIC LOW BACK PAIN RESEARCH AND CLINICAL MANAGEMENT

MICHAEL J. SCHNEIDER, PHD, DC

9:05 AM - 9:45 AM  
CMCC

360° of Low Back Pain – what we know now, including research trends towards phenotyping and specificity, important distinctions between acute and chronic LBP, the effect of chiropractors on the front line, our role in the emerging value-based and team-based model of health care and much more.



## ACUTE AND CHRONIC PAIN: OPIOIDS, CANNABIS VS. ALTERNATIVES

JASON BUSSE, DC, MSC, PHD

9:45 AM - 10:25 AM  
CMCC

Behind the guidelines. The evidence for the management of acute, non-back MSK pain and the evidence for opioids, cannabis and alternatives for chronic pain.

# ARE WE ASKING THE RIGHT QUESTIONS?

## USING A BIOPSYCHOSOCIAL APPROACH IN PRACTICE

MATTHEW J.S. BARRIGAR,  
BSC, DC, FCCOS(C)

10:25 AM - 11:05 AM  
CMCC

Clinical questions aren't always enough. Learn how to ask the right questions to improve your treatment. Examples of clinically relevant psychosocial questions in what may feel like delicate topics.





## HIP AND KNEE OSTEOARTHRITIS: BEST EVIDENCE FOR CONSERVATIVE MANAGEMENT AND CMCC'S EXPERIENCE WITH GLA:D™ CANADA

CRAIG JACOBS, DC, MSC,  
FCCS(C)

11:20 AM - 12:00 PM  
CMCC

Evidence-based conservative treatment options with a focus on current best practice options to help decrease pain and improve function in patients with osteoarthritis. Key aspects of patient education and exercise to improve patient outcomes, along with CMCC's experience delivering the Good Life with osteoArthritis in Denmark (GLA:D™) Canada program in its teaching clinics.



## WORKSHOPS

Each workshop will repeat three times. Participants select three to attend.

1:00 PM -1:40 PM • 1:40 PM - 2:20 PM • 2:20 PM - 3:00 PM  
CMCC

### **CLINICAL MANAGEMENT OF LUMBAR SPINAL STENOSIS**

Michael J. Schneider, PhD, DC

Three ways to improve your patient outcomes, a review of research trial results and a demonstration of manual therapy techniques.

### **BIOPSYCHOSOCIAL APPROACH IN CLINICAL CASES**

Matthew J.S. Barrigar, BSc, DC, FCCOS(C)

Asking the delicate questions. Practice asking key questions about psychosocial factors in re-enactments of three cases where such factors were the key to patient recovery. A preliminary

case synopsis will leave the main psychosocial elements to be drawn out collectively.

### **MANAGING COMPLEX PATIENTS WITH CHRONIC PAIN**

Jason Busse, DC, MSc, PhD

Companions to chronic pain: co-morbid illness, coping and wage replacement. Strategies for managing chronic pain patients.

### **NEUROMUSCULAR EXERCISE FOR HIP AND KNEE OSTEOARTHRITIS**

Craig Jacobs, DC, MSc, FCCS(C)

Demonstration and practice of exercises used in the GLA:D™ Canada program for hip and knee osteoarthritis at varying degrees of difficulty with important modifications for patients who are limited in their functional ability.

### **EXTREMITIES AND SPINAL ADJUSTING-HIP, SHOULDER AND LUMBAR SPINE**

Mohsen Kazemi, RN, DC, FRCCSS(C), DACRB, FCCPOR(C), MSc., PhD

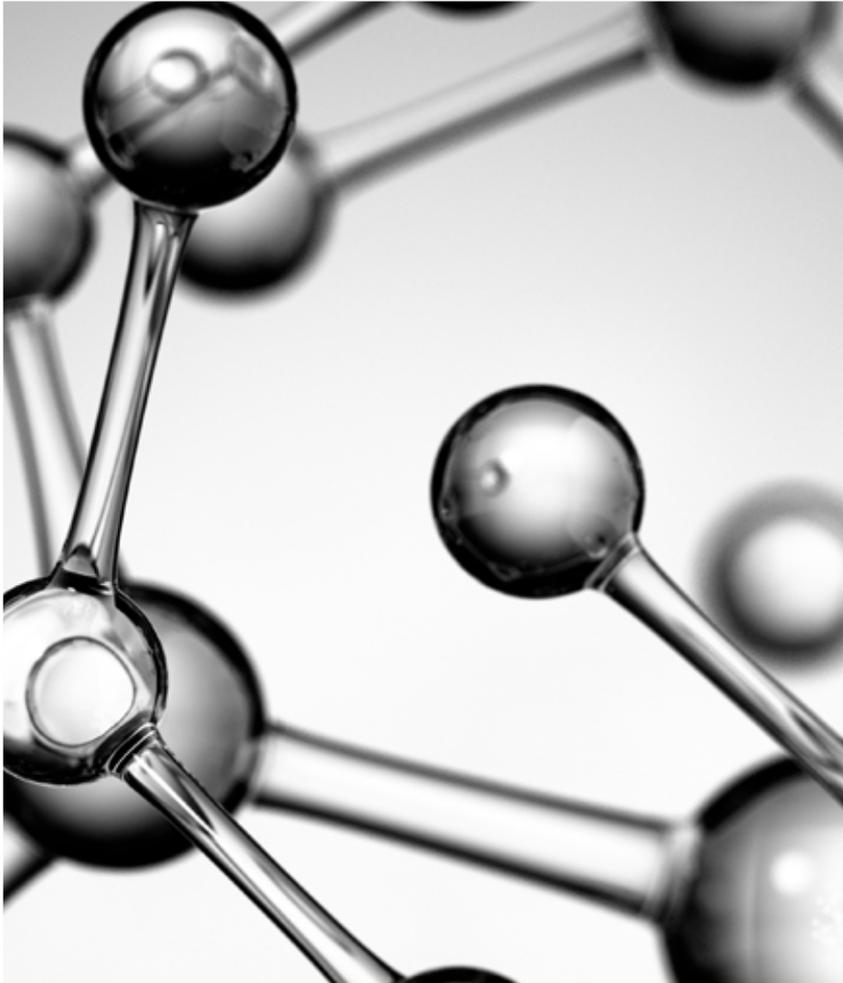
Not your average adjustment – using the drop piece and THULI board to adjust the spine and extremities.

## THE SPINAL ADJUSTMENT

CMCC

Examining the adjustment from the micro to the macro, unpacking the impact on the spine from a molecular level up to the macro environment of force patterns, delivery effects and its role in clinical care.





**MECHANOTRANSDUCTION AT THE MOLECULAR LEVEL**

BRIAN BUDGELL, DC, PHD

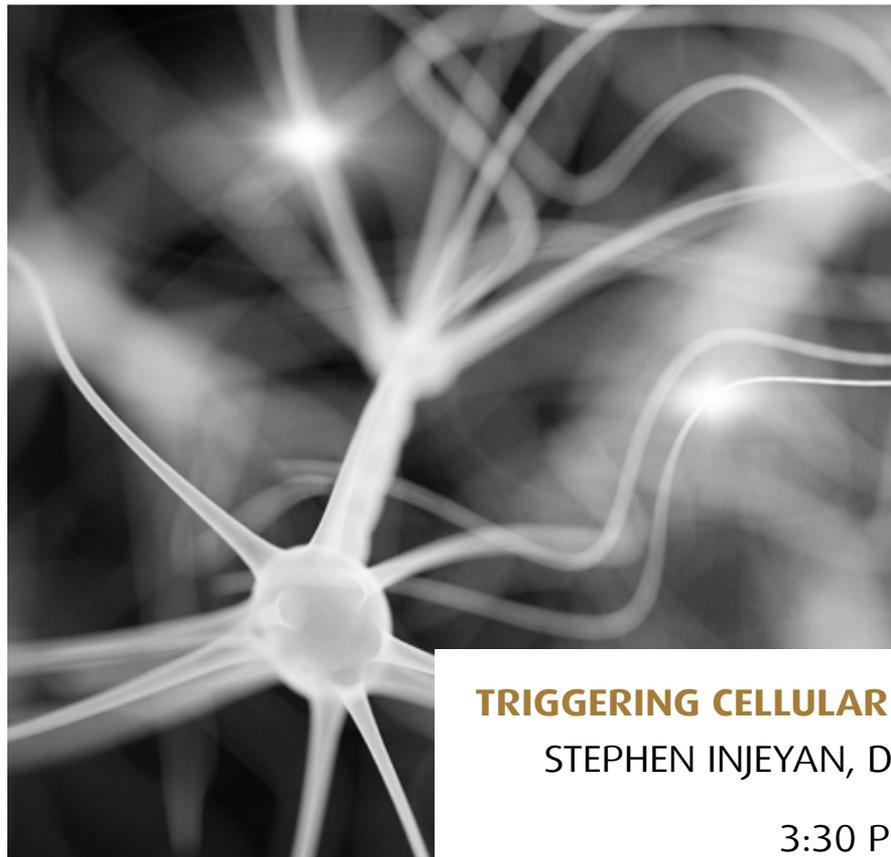
3:15 PM – 3:30 PM



**DOSE EFFECTS AND MITIGATING ADVERSE EVENTS**

MARTHA FUNABASHI, BSC, MSC, PHD

4:15 PM – 4:30 PM



**TRIGGERING CELLULAR**

STEPHEN INJEYAN, D

3:30 P

**IMPACT OF FORCE ON BIOCHEMICAL MARKERS AND PAIN**

FELIPE DUARTE, DC, MSC, PHD

4:00 PM – 4:15 PM



**FORCE PATTERNS AND DELIVERY EFFECTS**

SAMUEL HOWARTH, MSC, PHD

3:45 PM – 4:00 PM



**UTILIZATION, EFFECTIVENESS AND ROLE IN CLINICAL CARE**

SILVANO MIOR, DC, PHD

4:30 PM – 4:45 PM

**RESPONSES**

DC, MSC, PHD

3:45 PM – 3:55 PM

# TORONTO HARBOUR DINNER CRUISE

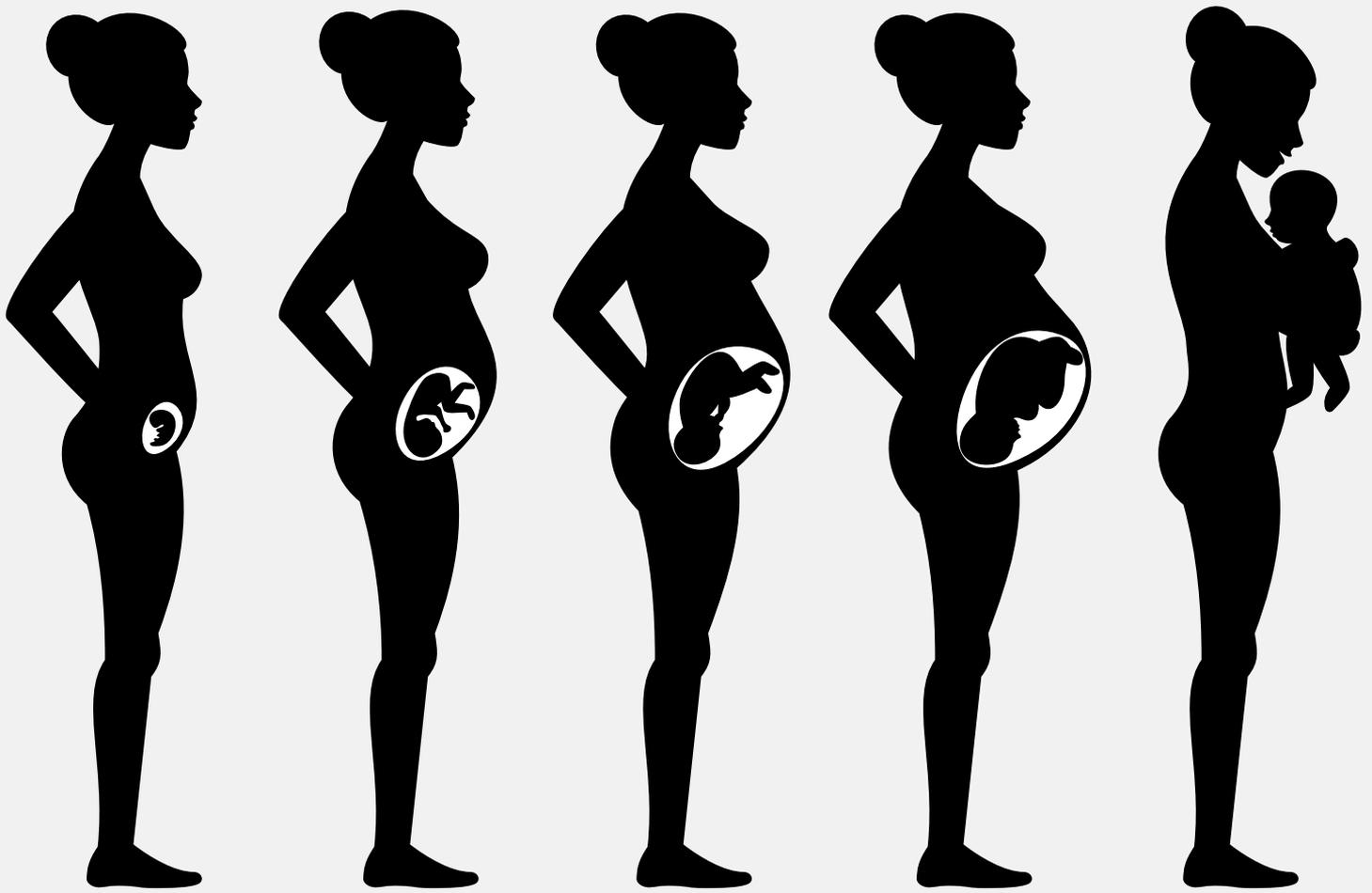
YANKEE LADY

June 5, 2020

7:00 PM - 10:00 PM

Enjoy Toronto's beautiful skyline during an evening dinner cruise. This casual summer social provides the perfect opportunity to catch up with colleagues and friends over food, drinks and music at sunset. Take in the summer breeze as you cruise by some of Toronto's famous attractions.





## LECTURE & WORKSHOPS

AN EVIDENCE-BASED  
APPROACH TO  
CHIROPRACTIC CARE  
FOR THE PREGNANT  
AND POSTPARTUM  
PATIENT

CAROL ANN WEIS, MSC, DC  
CRYSTAL DRAPER, BAS, DC

9:00 AM – 12:00 PM  
The Westin Harbour Castle  
Toronto, ON

Understand the latest guidelines and trends with respect to pregnancy-related back pain and postpartum treatment options such as spinal manipulative therapy (SMT) and taping. Assess the current level of knowledge regarding exercise and pregnancy guidelines. Engage in manual treatment, including SMT, soft tissue therapy (STT) and taping.

# ANNIVERSARY LUNCH HOSTED BY THE GOVERNORS' CLUB

THE WESTIN HARBOUR CASTLE

June 6, 2020

12:00 PM - 2:00 PM

Join us as we celebrate chiropractic at The Westin Harbour Castle, a hotel with sophisticated style, positioned by the waterfront with spectacular views of Lake Ontario. Alumni celebrating anniversaries this year will be recognized, while those nominated by their peers will be honoured through the Alumnus of the Year, Community Service and Pioneer Awards (see [www.cmcc.ca/cmcc75](http://www.cmcc.ca/cmcc75) to nominate). As has become tradition at Homecoming, a special tribute to our 50th anniversary class will take place.





WESTIN



# CMCC 75<sup>TH</sup> ANNIVERSARY GALA



## ROYAL ONTARIO MUSEUM

June 6, 2020

6:30 PM

The Royal Ontario Museum is one of Toronto's most significant historical landmarks, and will be the crowning touch on the Anniversary Weekend. Located downtown, the museum is home to CMCC for the night as well as home to a world-class collection of 13 million artworks, cultural objects and natural history specimens. The 75th Anniversary Gala will feature incredible entertainment, including musicians and dancers; a dining experience to savour and a silent auction. We hope you will celebrate CMCC's 75 years by joining us as we dance through the decades!

# CONTINUING EDUCATION SPEAKER BIOS

---

## **Matthew J.S. Barrigar, BSc, DC, FCCOS(C)**



Dr. Barrigar is the current President of the College of Chiropractic Orthopaedic Specialists (Canada). He graduated from the Canadian Memorial Chiropractic College (CMCC) in 1988 after obtaining a Bachelor of Science degree from the University of Toronto. Currently, he is the supervising clinician at CMCC's new teaching clinic at the Rexdale Community Health Centre. As an Assistant Professor in the Division of Clinical Education at CMCC, Dr. Barrigar previously supervised chiropractic interns for 11 years at Anishnawbe Health Toronto and for seven years before that at the Donwood Institute, an addictions-recovery program of the Centre for Addiction and Mental Health (CAMH). Through CAMH, Dr. Barrigar also led weekly classes in chronic pain for patients in the medically-supervised detoxification clinic. His private practice experience spans over 20 years in Napanee, Ottawa, and Hamilton in a variety of solo and multidisciplinary clinics. He obtained his Fellowship in Chiropractic Orthopaedics in 2005, and met the requirements for advanced credentialing in pain management in 2014 from the Canadian Academy of Pain Management. In 2015 he received the Ontario Chiropractic Association's Community Relations Award.

---

## **Brian Budgell, DC, PhD**



Dr. Budgell is a neurophysiologist with an interest in somatovisceral interactions and the health of the spinal cord. The bulk of his papers pertain to the effects of somatic (muscle, bone, joint) stimulation on visceral function, especially cardiovascular function. He has contributed chapters to several clinical texts and was a field editor for Springer's Encyclopedia of Neuroscience. Through efforts to assist colleagues in publishing their own research, he also developed an interest in biomedical and health linguistics, and has contributed to several corpus linguistics studies of specific health disciplines including nursing, midwifery and public health.

---

## **Jason Busse, DC, MSc, PhD**



Dr. Busse is an Associate Professor in the Departments of Anesthesia and Health, Evidence and Impact, the Associate Director of the Michael G. DeGroot Centre for Medicinal Cannabis Research, Director of the National Pain Centre, and the Research Director for the Centre of Excellence for Chronic Pain and Veterans at McMaster University. He has authored over 200 articles on acute and chronic pain, disability management, and research methodology, and was the Principle Investigator for the 2017 Canadian Guideline for Opioids and Chronic Noncancer Pain.

---



### **Crystal Draper, BAS, DC**

Dr. Draper practices at two interdisciplinary clinics in downtown Toronto, with a practice focus on pregnancy and postpartum care. She graduated from the University of Guelph with a Bachelor of Arts and Science in Human Kinetics and Developmental Psychology before attending CMCC. After graduation, and in addition to private practice, Crystal returned to CMCC as faculty. She is currently an Instructor and Course Coordinator and is involved in research on back pain and pregnancy. She has published peer-reviewed articles and presented her research at conferences with respect to chiropractic care for the pregnant and postpartum patient.

---



### **Felipe Duarte, DC, MSc, PhD**

Dr. Duarte is currently a postdoctoral fellow at CMCC in the Life Sciences Lab. He has a Bachelor of Science degree in Chiropractic from Feevale University, Brazil and a Master's Degree in Human Physiology from the Federal University of Rio Grande do Sul, Brazil. Dr. Duarte is the first Brazilian chiropractor to receive a scholarship by the Brazilian Government to take a PhD overseas. He completed a PhD from the Neuroscience Department, University of Guelph, ON under the supervision of Dr. John Srbely.

Dr. Duarte's research interest is in the cross-talk between the nervous and immune system and the role of their maladaptation in chronic MSK diseases. In particular, he recently investigated the function of neurogenic inflammation as the underlying mechanism of osteoarthritis and myofascial pain syndrome. As a mechanistic chiropractor researcher, he is also keen to understanding the effects of chiropractic care and SMT on the neurophysiological and neuroimmune system throughout preclinical, experimental and clinical investigation.

---



### **Martha Funabashi, BSc, MSc, PhD**

Dr. Funabashi is a PhD currently working as a clinical research scientist at CMCC. She is also a Chiropractic Academy for Research Leadership (CARL) fellow and the lead study coordinator of SafetyNET - an international and multidisciplinary research team to support patient safety among spinal manipulative therapy (SMT) providers. She has a Master's Degree in Neuroscience from the University of Sao Paulo - Brazil and completed her PhD in Rehabilitation Sciences at the University of Alberta under the supervision of Dr. Greg Kawchuk. Her research interests and passion are on the SMT's biomechanics and its safety aspects. She has recently won the New Investigator Award at the World Federation of Chiropractic Conference 2017. She has also published important papers in these areas and works in collaboration with emerging and well-known researchers around the world.

---



### **Samuel Howarth, MSc, PhD**

Dr. Howarth is CMCC's Director of Human Performance Research and the McMorland Family Research Chair in Mechanobiology. His current research focuses on the quantitative assessment of movement and the influence of different constraints on movement patterns utilized by healthy individuals and those with different musculoskeletal conditions. This work is ultimately aimed at identifying attributes of movements that could be used as objective clinical outcomes to monitor an individual's level of function. He previously led the development of novel approaches to determine movements and loads experienced by a patient's spine during high-velocity low-amplitude spinal manipulation.

---

---

### **Stephen Injeyan, DC, MSc, PhD**

Dr. Injeyan received a BSc in Biology and an MSc in Tropical Health from the American University of Beirut, Lebanon in 1967 and 1969 respectively. He then received a full scholarship from the School of Graduate Studies of McGill University where he completed his PhD studies at the Institute of Parasitology in 1974. After several years of teaching and research experience, first at the University of Manitoba and later the University of Toronto, he became interested in chiropractic and received his education and training at CMCC, graduating in 1984. He has been in private practice since graduation, as well as serving as a faculty member in various academic and administrative capacities at CMCC. He currently holds the title of Professor with duties and activities in Research and Clinical Education.



Dr. Injeyan's research interests have included host-parasite interactions, and cellular-morphological responses to external stimuli using various biological models. As well, he has published on topics relevant to public health and to chiropractic education. In the past several years, his primary focus of research has been on the exploration of the effects of spinal manipulation on selected parameters of the immune response. He has numerous (48) publications in peer reviewed journals. Dr. Injeyan currently leads the effort in understanding the effects of a manipulative intervention on inflammatory changes in low back patients.

---

### **Craig Jacobs, DC, MSc, FCCS(C)**

Dr. Jacobs is a Director of Clinical Education and Patient Care at CMCC. He was previously a primary clinician at CMCC as well as a researcher and Clinical Research Coordinator for the CMCC/UOIT Centre for Disability Prevention and Rehabilitation. He currently practices as a chiropractor and acupuncture provider in Toronto. Dr. Jacobs is a CMCC graduate, a Fellow of the College of Chiropractic Sciences (Canada), and holds a Masters in Science from the Institute of Medical Science at the University of Toronto. Dr. Jacobs is a member of the GLA:D Canada National Clinical Quality Committee, the GLA:D Steering Committee for the Learning Network for Osteoarthritis and is a certified instructor with Mental Health First Aid Canada. Prior to his current career, he was a professional dancer with the Batsheva Dance Company in Israel.



---

### **Mohsen Kazemi, RN, DC, FRCSS(C), DACRB, FCCPOR(C), MSc, PhD**

Dr. Kazemi graduated from CMCC in 1996 and is an Associate Professor, Clinical Education and coordinator for the Sports Sciences Residency program. He is a Fellow of the Royal College of Chiropractic Sports Sciences (Canada), Fellow of the College of Chiropractic and Physical and Occupational Rehabilitation (Canada) and has practiced acupuncture for 20 years. He has successfully defended his PhD thesis, "What makes the Sparing Taekwondo athlete successful" through South Wales University. He has published several articles in peer-reviewed journals and presented research in Taekwondo and chiropractic worldwide. He is associate editor of the Journal of the Canadian Chiropractic Association and associate editor for Acta Taekwondo et Martialis Artium. He has authored the first complete book on vibration plate exercise programs, Vibration Plate Exercise. He is the inventor of Kazemizer Shark (IASTM tool and technique) and VMTX Vibromax Therapeutics massager and soft tissue therapy technique.



---

### **Silvano Mior, DC, PhD**

Dr. Mior graduated from CMCC with a Doctor of Chiropractic in 1980 and received his Fellowship with the College of Chiropractic Sciences in 1984. In 2010, he completed a PhD from the Department of Health Policy Management and Evaluation, Faculty of Medicine, University of Toronto.



At CMCC, Dr. Mior served as Dean of Graduate Studies and Research, and as Vice-President Research and External Relations. He has also been an Associate Editor for the Journal of the Canadian Chiropractor Association, the Journal of the Neuromusculoskeletal System, the Journal of Sports Chiropractic and Rehabilitation, and other professional journals.

Dr. Mior has authored numerous articles and book chapters in areas related to clinical chiropractic practice and outcomes. He has participated in international and national committees establishing guidelines for quality assurance and standards of chiropractic practice, as well as setting research agendas. Currently a professor in the Division of Research, at CMCC, Dr. Mior also runs a private practice in Markham.

---

### **Michael J. Schneider, PhD, DC**

Dr. Schneider is an associate professor in the Department of Physical Therapy, and the Clinical and Translational Science Institute at the University of Pittsburgh. He serves as a committee member on the University's Institutional Review Board (IRB) and is also an Advisory Panel Member to the Patient Centered Outcomes Research Institute (PCORI). Dr. Schneider has designed and implemented several federally-funded clinical trials comparing conservative treatments for low back and neck pain. His primary areas of research interest are rehabilitation approaches for spine-related disorders, as well as dissemination and implementation science.



---

### **Carol Ann Weis, MSc, DC**

Dr. Weis practices at two busy inter-professional clinics in downtown Toronto. She graduated from the University of Western Ontario with a Bachelor of Arts (Honours) in Physical Education (1992) and a Master's of Science in Exercise Physiology (1997). In 2008, she graduated from CMCC. In addition to her private practice, Dr. Weis is an Assistant Professor at CMCC where she lectures and conducts research on back pain and pregnancy. She has written a number of peer-reviewed articles and has presented her research at various conferences. She is also co-author of *The Athletic Mom-to-Be: Training your way into pregnancy and motherhood*.



# Registration Form

Online registration and payment is available at: [www.cmcc.ca/events/CMCC75](http://www.cmcc.ca/events/CMCC75)

If paying by cheque, please complete this form and submit by: May 17, 2020

<b>By Mail:</b> Att: Special Events, CMCC 6100 Leslie Street, Toronto ON M2H 3J1	<b>By E-mail:</b> Scan and email the registration form to: <a href="mailto:events@cmcc.ca">events@cmcc.ca</a>	<b>By Fax:</b> 416 482 3629
--	---	--------------------------------

First name: \_\_\_\_\_ Last name: \_\_\_\_\_

Address: \_\_\_\_\_  
(Street, City, Province, Postal Code)

Preferred phone number: \_\_\_\_\_ Email: \_\_\_\_\_

Spouse/guest name: \_\_\_\_\_

Please note any dietary restrictions and or allergies by May 17, 2020: \_\_\_\_\_

## 75<sup>th</sup> Anniversary Weekend 2020 Prices

**The complete weekend package includes:** Continuing Education Program, one ticket to the Gala at the Royal Ontario Museum, one ticket to the Toronto Dinner Boat Cruise, one ticket to the Governors' Club Luncheon at the Westin Harbour Castle, as well as complimentary shuttles to and from CMCC to our host hotel, Westin Harbour Castle. If you choose the complete weekend package, additional tickets to the social events may also be purchased.

COMPLETE WEEKEND PACKAGE	Early Bird (May 1)	Regular
CMCC Member	<input type="checkbox"/> \$675	<input type="checkbox"/> \$725
Governors' Club Member and CMCC Member	<input type="checkbox"/> \$595	<input type="checkbox"/> \$645
Governors' Club Member and Non CMCC Member	<input type="checkbox"/> \$625	<input type="checkbox"/> \$675
Non-CMCC Member	<input type="checkbox"/> \$705	<input type="checkbox"/> \$755
CE ONLY (10 hours)	Early Bird (May 1)	Regular
CMCC Member	<input type="checkbox"/> \$230	<input type="checkbox"/> \$270
Non-CMCC Member	<input type="checkbox"/> \$260	<input type="checkbox"/> \$300
Governors' Club Member and CMCC Member	<input type="checkbox"/> \$215	<input type="checkbox"/> \$255
Governors' Club Member and Non CMCC Member	<input type="checkbox"/> \$245	<input type="checkbox"/> \$285
SOCIAL EVENTS & ADDITIONAL TICKETS		# of Tickets
Toronto Dinner Boat Cruise	<input type="checkbox"/> \$90	_____
Anniversary Lunch hosted by the Governors' Club*	<input type="checkbox"/> \$65	_____
75 <sup>th</sup> Anniversary Gala at the Royal Ontario Museum	<input type="checkbox"/> \$300	_____

**Total: \$** \_\_\_\_\_

\*Governors' Club Members and Spouses DO NOT pay for Governors' Club Luncheon; please check box if you are attending

NOTE: Photographs will be taken during the 75<sup>th</sup> Anniversary Weekend and may appear in CMCC publications and multimedia. Any issue in this regard should be brought to the attention of the staff at the time of registration. Information on this form is collected to produce a registrant list which may be circulated among staff and volunteers for the purpose of contacting you about the event. Credit card information is collected solely for processing your registration fee will only be used by the CMCC staff completing the transaction. Your personal information will not be used for any other purpose without consent and will be kept only as long as necessary for the fulfillment of the above purposes.

*Register Today*

For more information visit:  
[cmcc.ca/CMCC75](http://cmcc.ca/CMCC75)

# DR. SPENCER BELL RECEIVES RCCSS(C) ANNUAL ACADEMIC ACHIEVEMENT SCHOLARSHIP AWARD



Dr. Spencer Bell (Class of '17) was recognized by the Foundation for the Royal College of Chiropractic Sports Sciences (Canada) (RCCSS(C)) with their Annual Academic Achievement Scholarship Award.

Bell received the award for his project investigating the effect of extremity and foot manipulation on performance in elite sprint athletes.

**In Bell's words:**

"Although chiropractic has been an accepted element in elite track and field for several decades now, we are only beginning to understand some of the mechanisms by which the effect may be taking place.

This project is an introductory investigation into whether chiropractic manipulation of the foot can have an effect on the athlete's performance and ability to interact with the ground during high impact activity."

Bell's research is undergoing final revisions for publication and is his thesis project for the Chiropractic Sports Residency program he completed at CMCC in 2019.

Since graduation, Bell has joined his father, Dr. Larry Bell (Class of '79), at Back to Function in Orillia, Ontario, where he works with several national and internationally-ranked athletes across a number of sports. Dr. Larry Bell completed his sports fellowship in '89. In 1996, he received the Centenary Award

from RCCSS(C) for his work establishing chiropractic as a viable component of the modern sport medicine model. In 2013, the senior Bell was honoured by the RCCSS(C) for his contribution to the running community.

Together the two chiropractors distinguish the multidisciplinary practice in that it stands to offer two consecutive generations of sports Fellows in addition to CMCC graduates Drs. Ben Rayfield (Class of '03), Mike Duffy (Class of '15), Allison McFarlane (Class of '17) and Chris Grant (Class of '16) RCCSS(C) 2019.

Dr. Courtney Brown (Class of '13), RCCSS(C) was part of the practice until recently when she moved to Calgary to become Lead of the integrated sports medicine team for Alpine Canada.

# MS. PATTI RILEY HONOURS HER FATHER, DR. RON ELFORD, WITH A GIFT TO CMCC



When Dr. Ron Elford passed away in 2017, his daughter, Ms. Patti Riley, began working with CMCC to honour her father. The family's donation was provided to fund the Anatomage Table, which is currently located in the CMCC library.

Patti Riley and her partner, Henry Gruyters, attend the unveiling of the Anatomage Table funded by the donation on behalf of her father, Dr. Ron Elford (Class of '54). They are shown here with Anatomy Chair Dr. Myra Kumka (right) and CMCC President Dr. David Wickes (far left).

Carve your name on hearts, not tombstones. A legacy is etched into the minds of others and the stories they share about you.

Shannon Adler



# INVESTING IN THE FUTURE THROUGH CHIROPRACTIC RESEARCH

Chiropractic research improves knowledge, patient outcomes and cultural authority, chiropractic's public perception and trust of the profession. Thank you to our donors who make it possible to continue to pursue the important questions.

CMCC is currently pursuing research in the following areas:

## Physiological Effects of Chiropractic Adjustment Studies

- What are the symptoms (including neurological) associated with whiplash and how can chiropractic adjustments impact them?
- What is the role of sensory input from the vertebral arteries in cardiovascular function and molecular responses to cervical adjustments?
- What are the neural and biomechanical responses to different types of cervical adjustments? Specifically, does a seated scalene adjustment effect the

autonomic output to the heart and cause alterations in the levels of norepinephrine synthesis (sample population – asymptomatic subjects with cervical restrictions)?

- How do adjustments change the pro-inflammatory markers in acute and chronic mechanical low back pain patients? Assessing pro-inflammatory and anti-inflammatory mediators following baseline measurement and a series of six adjustments.

Results show that inflammatory markers in acute and chronic low back pain (LBP) patients are distinct, and that the production of selected nociceptive chemokines may be reduced. Some of the results have been published in the Clinical Journal of Pain (Clin J Pain 2018;34;68-75, Clin J Pain 2019;35;818-825). A paper currently in preparation will report on a similar study looking at the effects of lumbosacral adjustment on pro-and anti-inflammatory cytokine production.

- Are changes in cytokine levels following SMT related

to changes in immune cell numbers and/or subtypes? Using blood samples from the same sample of LBP patients as indicated above.

- An extension of previously published studies on non-specific LBP looks at pro-inflammatory and anti-inflammatory cytokine expression in LBP patients to answer the question: What is the role of miRNAs in low back pain pathogenesis?
- Is there an association between manipulative forces and changes in the production of inflammatory markers? Using Force Sensing Table Technology® to provide precise forces.

## Mechanobiology

The McMorland Family Research Chair in Mechanobiology investigates the impact of chiropractic care on spine health and activities of daily living. Specifically:

**What was the experience of practicing chiropractors with work-related musculoskeletal**

### disorders over the previous year?

A study in collaboration with the Ontario Chiropractic Association and supported by a grant from the Centre of Research Expertise in the Prevention of Musculoskeletal Disorders (MSDs) that surveyed practicing chiropractors in Ontario. The prevalence of MSDs was highest for the neck, lower back and wrists/hands. Musculoskeletal issues in the upper extremity were commonly attributed to the act of performing spinal manipulation. Data will be used in subsequent work that will seek to reduce the risk of chiropractors sustaining work-related MSDs.

### What are the effects of instrument-assisted foot manipulation on a proxy for sprinting performance?

This study brought a performance context to neurophysiological results from other labs demonstrating increased peak muscular force and the rate of force production following manipulation. Our data, obtained from a small sample of elite short-distance runners, indicated an improvement on the proxy for sprinting performance following instrument-assisted foot manipulation.

### Are movement strategies adopted during a repetitive sit-stand movement test representative of those used rising from a chair?

Functional movements such as sit-to-stand have become more prominent in the assessment of patients with lower back pain.

The time to complete five cycles of a sit-to-stand movement is a reliable and valid way to objectively evaluate functional capacity of people with lower back pain, but the extent to which the movement strategies are adopted

during this repetitive movement test are unknown.

The long-term objective of this work could be to identify a movement-based biomarker that could be used to identify and objectively monitor patients with lower back pain. Our first step was to describe the movement strategies used to complete the five-cycle sit-to-stand test and compare them to the movement strategies used to perform a single repetition of rising from a seated position. Data from this initial study has been collected and is currently being analyzed.

### Health Policy and Outcome-Based Research

#### How do individuals from different groups view and implement research evidence into practice in the multi-disciplinary, multi-sector setting of motor vehicle collision injury claims? A qualitative study.

In Ontario, motor vehicle collisions are a leading cause of disability and health care utilization. Appropriate use of research evidence can optimize health outcomes but sub-optimal use can lead to system inefficiencies and poorer health outcomes. While much is known about the use of research evidence within individual practitioner groups, little is known about the use of evidence in the wider multi-sector setting.

This work will provide foundational information that could assist in understanding how to implement evidence to practice to improve health outcomes.

#### What are the Canadian Armed Forces (CAF) patient perspectives of care delivered within the Canadian Forces Health Services (CFHS), their patient-related

### experiences when requesting or referred for chiropractic care, and why do they self-refer?

The CFHS provides a spectrum of health services in managing CAF members' health care needs with on- and off-base services provided by uniformed and civilian healthcare professionals including doctors of chiropractic (DC).

Researchers are assessing CAF patient members' experiences, interpretations, interactions and relationships surrounding chiropractic treatment of musculoskeletal conditions, within a real-life context. Specifically, they are seeking to explore CAF members' beliefs and experiences related to accessing self-referred chiropractic treatment.

### What are clinician and patient perceptions regarding strategies to mitigate benign adverse events following SMT?

Reports suggest about 50% of patients experience benign adverse events (bAEs) following spinal manipulation therapy (SMT). While most clinicians (88%) reported trying a mitigation strategy with their patients, most patients (56%) perceived their clinicians had not. Clinicians perceived that patient education either before or after treatment has the highest chance of mitigating bAEs after SMT, followed by soft tissue therapy and/or icing after SMT. Patients perceived stretching either before or after SMT is the strategy most likely to mitigate bAEs, followed by education and/or massage after SMT. This is the first investigation of clinicians and patients' perceptions of strategies to mitigate bAEs.

For a full list of the research published by CMCC faculty in 2019, visit: <https://www.cmcc.ca/publications>

# THE BENEFITS OF GIFT PLANNING

## What is Gift Planning?

Gift Planning offers you a way to maximize potential tax benefits today and leave a legacy to support the institution that helped you build success.

## Supporting CMCC in three ways:

### 1. Gifts of Life Insurance Policy

A gift of a life insurance policy in CMCC's name, lets you turn small monthly premiums into a significant gift and enjoy a charitable tax receipt for the annual premiums paid.

Consider obtaining a No Medical-Simplified Life Insurance Policy

- If you are 60 and under, and a healthy, non-smoker, you may be eligible for a policy beginning at \$10,000 for under \$30/month, with no qualifying medical.
- If you are 61 plus, you may qualify for a policy beginning at \$5,000 for under \$22/month, with no qualifying medical.
- Canada Protection Plan also offers policies to those with certain pre-existing conditions (such as non-insulin dependant diabetes), with no qualifying medical.

*Above quotes are from Canada Protection Plan's most competitive plan. Your actual premium will be based on the plan selected for which you qualify.*



## 2. Gifts of Marketable Securities

Did you know you can transfer stocks in kind to CMCC?

If you bought ABC Stock 15 years ago at \$10 and it is now worth \$50, you will get a charitable tax receipt for the current value (that is \$50), AND pay no capital gains tax (on the gain of \$40).

## 3. Gifts of RRSPs or RIFs

By identifying CMCC as the beneficiary of such gifts as bequests or residual gifts in your will, or RRSPs and RIFs, your estate receives a tax credit to offset the tax on income on your last tax return. Since these assets pass outside the estate, no probate fees are payable, resulting in further savings to your estate.

## Why Give to CMCC?

CMCC was founded by chiropractors who saw the importance of a Canadian identity for chiropractic. Almost 75 years later, CMCC is recognized globally for its high standard of education, research and patient care. Every chiropractor who has walked through CMCC's doors and those who have supported our research, hired our graduates or attended an event, can be proud of this reputation and their contribution to it. Your help ensures CMCC continues to support the Canadian vision of chiropractic.

## If you would like to discuss making a gift to CMCC, please contact:

Peter S. Y. Kim, BSc, DC, FCCS(C)

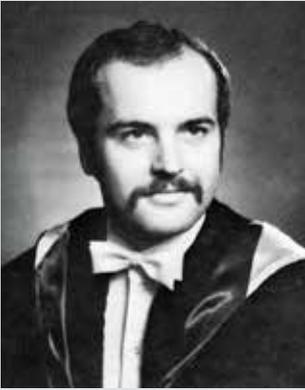
Director, Development and Clinic Advancement

416 402 2340 ext. 184

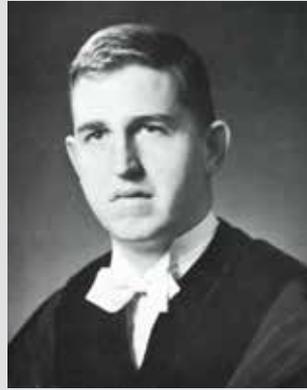
[pkim@cmcc.ca](mailto:pkim@cmcc.ca)



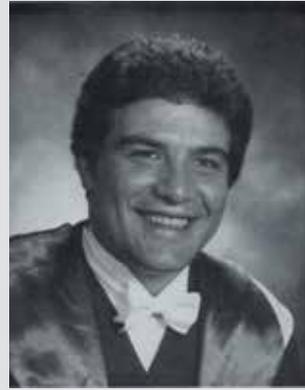
# IN MEMORIAM



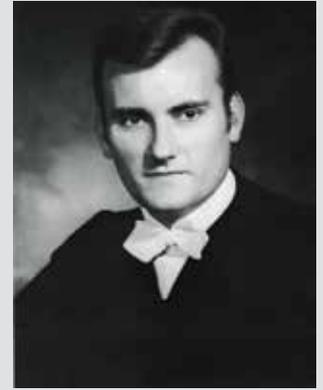
Dr. Greg Anderson  
Class of '79



Dr. Michael Beaton  
Class of '65



Dr. Angelo Cerchie  
Class of '81



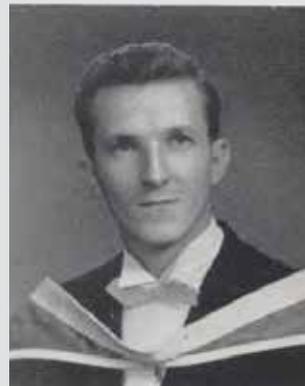
Dr. John Gaylard  
Class of '69



Dr. Gerard Scott-Herridge  
Class of '76



Dr. C. Dwain Ingram  
Class of '59



Dr. Peter Kramer  
Class of '51



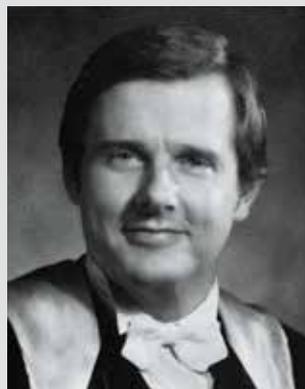
Dr. Kenneth Logan  
Class of '60



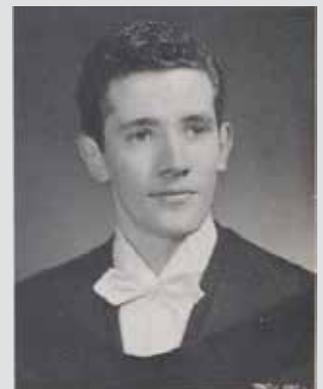
Dr. Clayton (Carl) Grant  
Phillips  
Class of '53



Dr. George Topple  
Class of '73



Dr. Eugene Track  
Class of '75



Dr. O. Hartley (Hart) Tuck  
Class of '51

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.

# PASSAGE



**Dr. Ken Goldie 1942-2019**  
Class of '66

It is with sadness that we acknowledge the passing of CMCC alumnus Dr. Ken Goldie of Lumsden, Saskatchewan. A member of the Class of 1966, Goldie was dedicated to his patients and served the profession for many years in leadership roles in his home province and nationally, for CMCC and for the Canadian Chiropractic Association (CCA).

As President of the Chiropractor's Association of Saskatchewan (CAS) from 1971 to 1975, Goldie was at the helm in 1973, when chiropractic was listed under provincial insurance and worked with the Saskatchewan Medical Insurance Board to determine the contract with providers during this momentous occasion for chiropractors across Canada.

He was Chair of the CAS Ethics and Discipline Committee and remained active with the CAS until his retirement, 53 years to the day he began practicing.

In 1985, he became a Member of the CCA Board of Governors

and later led the planning in their 1992 Saskatchewan convention. Not stopping there, he joined CMCC's Board of Governors in 1997 and served for many years as Saskatchewan representative, running the Saskatchewan Capital Campaign in its early days.

His motto was: Service is the rent we pay for the space we occupy.

Dr. Bill Johnstone worked with Goldie for many years at the CAS.

"Within the CAS, Goldie was the voice of sober second thought and he never missed an AGM. He was an advocate for CMCC within the association, an advocate from the time he graduated to the time he passed away. It never ended with his terms of formal engagement."

"An important quality that Goldie passed to the Saskatchewan Association," says Johnstone, "was that of community building. When Ken first began practice he was impressed by the level of community he found in the southern Saskatchewan chiropractic circles

and he wanted to bring that to the provincial level. He changed the structure of the bi annual meetings to include family for part of the time. It helped build morale and a cohesion among the chiropractors so that we had an identity as a professional community. I believe it made the organization more successful. Saskatchewan became a leader in terms of the level of participation.

His three loves were his family, the community and the profession," says Johnstone.

Johnstone recalls Goldie's involvement with a CAS Program to collect socks for a Salvation Army program. "Whereas really dedicated individuals would bring 200-300 pairs of socks, Goldie partnered with local schools, talked to students about the benefits of giving and brought in 9000 pairs of socks. That's how he did things."

Our condolences to his wife Karen, sons Scott and Craig, daughter Heather, extended family and his many friends.

# DONATIONS

The donations listed here were received and processed between September 1, 2019 and January 31, 2020 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.

- |                             |                               |                           |                             |
|-----------------------------|-------------------------------|---------------------------|-----------------------------|
| Dr. David E. Abbott         | Dr. Cynthia J. Chan           | Dr. Jaclyn Foster         | Dr. Timothy Hiebert         |
| Dr. Sean Y. Abdulla         | Dr. Kenny K. S. Chan          | Dr. Jason T. Fox          | Mr. Robert Hill             |
| Dr. Anthony G. Adams        | Dr. Kevin Charbonneau         | Mr. Allan M. Freedman     | Dr. Paul K. Ho              |
| Dr. Vincent Adams           | Chiropractic Care &           | Dr. Elsie L. Frickey      | Ms. Lynne Hodgson           |
| Dr. Gagandeep Aheer         | Longevity Center              | Dr. Paul D. Friesen       | Dr. Warren S. Hollis        |
| Alberta College and         | Chiropractors' Association of | Dr. Teresa H. Fujimoto    | Dr. Ian J. Horseman         |
| Association of              | Saskatchewan                  | Dr. Christine B. Garrity  | Dr. James D. Howlett        |
| Chiropractors               | Dr. Bonnie L. Chuter          | Dr. Christopher N. Garwah | Mrs. Eileen Hugli           |
| Dr. Thomas E. Amaolo        | Dr. Simon M. F. Clark         | Dr. Paul G. Georgopoulos  | Dr. Richard D. Hunter       |
| Dr. Rui Amorim              | Dr. Todd Clayton              | Mr. Dave Giles            | Dr. Stephen H. Injeyan      |
| Ms. Clara Anderson          | Mr. Norm Colhoun              | Dr. J. Stephen Gillis     | Dr. Wayne P. Jakeman        |
| Mr. James Andrew            | College of Chiropractic       | Dr. Pala Gillis           | Dr. Allan Jeffels           |
| Dr. Patricia Andrews        | Sciences                      | Mrs. Judy Gilmour         | Dr. Stephanie E. Johnston   |
| Dr. Elizabeth Angelevski    | Dr. James A. Cooper           | Dr. Dominic Giuliano      | Dr. William A. Johnstone    |
| Dr. Adam Armstrong          | Dr. Ryan Coster               | Dr. Arnie Glatte          | Mrs. Argentina Juncal       |
| Dr. Jacques Auger           | Dr. Ian Coulter               | Dr. Dana M. Gleeson       | Dr. Curtis A. Jurgens       |
| Mr. Bob Aulie               | Dr. Richard R. Cronk          | Global Office Software    | Kaneff Golf - Royal Ontario |
| Dr. Ayla Azad               | Dr. Ian D. Culbert            | Mrs. Karen Goldie         | Golf Course                 |
| Dr. Nikhil N. Bair-Patel    | Dr. Janet L. D'Arcy           | Dr. Linda Gordon          | Dr. Rahim Karim             |
| Dr. Evelyn Bak              | Dr. Leslie J. Davidson        | Dr. Liza Grant            | Dr. Mohsen Kazemi           |
| Dr. Sharon J. Barber        | Davis Drywall Systems         | Dr. Adrian S. Grice       | Dr. Terence M. Kehler       |
| Dr. Christopher E. Bardwell | Dr. Philip Decina             | Dr. Kyle A. Grice         | Dr. Donald J. Kelm          |
| Dr. Matthew J. Barrigar     | Dr. W. Mark deGruchy          | Dr. Leslie R. Grice       | Mr. Jay Kilgannon           |
| Ms. Mara Bartolucci         | Dr. Elaine Dembe              | Mr. Kyle Grooms           | Dr. Peter S. Y. Kim         |
| Dr. Melanie L. Beingessner  | Dr. James DiGiuseppe          | Dr. Anita B. Gross        | Dr. Kenneth W. Kinakin      |
| Ms. Glenda Berard           | Dr. Kevin Dinsmore            | Dr. David A. Gryfe        | Dr. Tracy Kish              |
| Dr. Condren R. Berry        | Dr. Sonia K. Doroshenko       | Dr. Bradley Gueldner      | Dr. Randy A. Kobayashi      |
| Dr. Caroline Berthelot      | Drs. Siwak & Burgis           | Dr. Dana D. Gueldner      | Dr. Richard H. Kolanos      |
| Dr. Kelli L. Blunt          | Chiropractic Professional     | Dr. Sunyatta F. Guild     | Dr. Bryan J. Kolisnyk       |
| Dr. Cameron Borody          | Corporation                   | Dr. Martin B. Gurvey      | Dr. Paul A. Korbela         |
| Dr. Luke A. Boudreau        | Dr. Tracy J. Drynan           | Dr. James A. Hadden       | Dr. Jagdish C. Kothary      |
| Dr. Annette Bourdon         | Dr. John A. Dufton            | Dr. Katie Hammerschmidt   | Dr. Shane B. Kraft          |
| Dr. Thomas H. Boyter        | Dr. Scott Dunham              | Ms. Sharlene Hanson       | Dr. Kevyn R. Kristmanson    |
| Dr. Deborah E. Brake-Patten | Dr. Carole Durepos-Ouellette  | Dr. Keith G. Harper       | Dr. Mark G. Labrecque       |
| Dr. Daniel B. Bringleson    | Dr. Jans C. Ellefsen          | Dr. Joanne M. Hartley     | Dr. Garth W. LaPlante       |
| Mrs. Bruna Brown            | Dr. Trevor Erdie              | Dr. Jillian Hartman-      | Dr. Robert A. Laquerre      |
| Dr. Keith L. Burchill       | Dr. W. Mark Erwin             | Grelowski                 | Dr. Rajiv Laroia            |
| Mrs. Margaret Butkovic      | Dr. Brad S. Ferguson          | Ms. Diane Haryett         | Ms. Paulette Larsen         |
| James & Jo Hipkin           | Dr. Brittany A. Filipetti     | Dr. Richard T. Hawthorne  | Dr. C. Feng Lee             |
| Ms. Erin Campbell Howell    | Lyle Findlay                  | Dr. E. Kitchener Hayman   | Dr. David Lee               |
| Mr. W. Harold Cantelon      | Dr. Wilfred B. Foord          | Dr. Warren A. Hefford     | Lee Chiropractic & Sports   |
| Mr. Robert D. Carman        | Footmaxx of Canada, Inc.      | Dr. Eric A. Helson        | Therapy Clinic              |
| Dr. Kimberly A. Castle      | Dr. Timothy J. Ford           | Dr. L. Kevin Henbid       | Ms. Kathryn Lees            |
| CCPOR                       | Dr. Matthew Forgie            | Ms. Shannon Hengen        | Dr. Brian D. LeMoel         |

- Dr. Pierre Levesque  
 Dr. Michelle C. Liberty  
 Mr. Harvey & Ms. Ruth Linzmayer  
 Dr. Bradley D. Luther  
 Dr. Kristine A. Lyons  
 Dr. Kate MacAdam  
 Dr. Ward D. MacDonald  
 Dr. Kevin G. Mahoney  
 Dr. Katie Malone  
 Dr. Sandra J. Malpass  
 Dr. Janice Manning  
 Ms. Deb Manz  
 Dr. Wendy A. Martin  
 Bryan & Colleen Matheson  
 Dr. Carly Mattson  
 Dr. Dorothea McCallum  
 Dr. Jason D. McDonald  
 Dr. Dominic McKenna  
 Dr. Shahroze Merali  
 Dr. Richard Mercier  
 Dr. Rob J. Merrick  
 Dr. David P. Millar  
 Dr. Patrick D. Milroy  
 Dr. Michael W. Mollenhauer  
 Dr. Robert Moore  
 Dr. Jean A. Moss  
 Mrs. Marilyn Nagel  
 Mrs. Barbara Newbigging  
 Dr. Paul C. Newton  
 Dr. David A. Noad  
 Dr. Craig D. Norman  
 Dr. Douglas Norsworthy  
 Dr. Virginia U. Nsitem  
 Dr. Grant O'Neill  
 Ontario Chiropractic Association  
 Dr. David E. Osiowy  
 Dr. Christopher A. Oswald  
 Dr. Annie Ouellet  
 Dr. Catherine Owens  
 Dr. Mary-Irene Parker  
 Dr. Sean E. J. Payne  
 Dr. Mark C. Perrett
- Dre Denise Perron  
 Dr. David A. Piche  
 Dr. Indira Pillay-Rego  
 Dr. Douglas L. Pooley  
 Dr. Karen E. A. Proctor  
 Dr. Moez H. Rajwani  
 REA Inc  
 Dr. Paul M. Rego  
 Dr. Marcel Reux  
 Dr. Laurence G. Reynolds  
 Ms. Linda L. Roedl  
 Ms. Glenda Rowein  
 Royal College of Chiropractic Sports Sciences Canada  
 Dr. Gordon F. Rust  
 Dr. Joel Ryan  
 Dr. Mark J. Scappaticci  
 Dr. Antonio Schirru  
 Dr. I. Lawrence Schledewitz  
 Dr. Murray E. Schneider  
 Ms. Penny Schneider  
 Dr. Brian Schroeder  
 Ms. Rosemarie Schumann  
 Dr. Ryan C. Scott  
 Dr. Stacey Scott  
 Dr. Darren J. Scraper  
 Dr. Brian Seaman  
 Dr. Dana C. Selby  
 Mr. Leonard & Ms. MaryLou Selinger  
 Ms. Carol Serdachny  
 Ms. Raheela Shaikh  
 Dr. Wade R. Shalagan  
 Shockwave Canada Inc  
 Dr. Michael D. Sider  
 Dr. Rudra D. Singh  
 Dr. Linda Slaney  
 Mrs. Kathleen Smith  
 Dr. William M. Smith  
 Dr. Marissa R. Sparrow  
 Dr. Keli Spencer  
 Mr. John Spicer  
 Sports Injury & Rehab. Centre Inc.
- Dr. William P. Stackhouse  
 Laurie Stankov  
 Dr. David J. Starmer  
 Dr. Douglas C. Starodub  
 Dr. Alicia J. Steele  
 Dr. Gregory B. Stewart  
 Mr. William Strand  
 Dr. Catherine M. Straus  
 Dr. Arden P. Strudwick  
 Dr. Kent J. Stuber  
 Dr. Andrew Sulatycki  
 Mr. W. Daniel Swift  
 Dr. Mark A. Symchych  
 Ms. Brenda Szala  
 Dr. Carlos A. P. Tavares  
 Dr. Patricia A. Tavares  
 Dr. Shane H. Taylor  
 Dr. Cecile A. Thackeray  
 The Board of the Nova Scotia College of Chiropractors  
 The Co-operators Group Insurance  
 Dr. Richard R. Thompson  
 Dr. Anthony Tibbles  
 Dr. Filipe Tiburcio  
 Dr. Astrid Trim  
 Trulfin Investments (2007) Inc  
 Dr. Jeffrey R. Tuling  
 Dr. Paul D. Uchikata  
 Dr. John W. Vargo  
 Dr. Marcia Veitch  
 Dr. Kathy Vertesi  
 Dr. Michael Vilkas  
 Dr. Darrell J. Wade  
 Ms. Anmarie J. Webb  
 Wellesley Therapeutics Inc.  
 Dr. Douglas White  
 Dr. Kathy Wickens  
 Dr. David Wickes  
 Dr. Darin Willar  
 Dr. Matt G. R. Williams  
 Dr. Sarah C. Williams  
 Dr. William M. Williams
- Dr. James W. Wilson  
 Dr. N. Scott C. Wilson  
 Windsor Walk-In Chiropractic Clinic  
 Dr. Robert & Mrs. Anne Wingfield  
 Mr. Ernest Wolkin  
 Dr. P. Gregory Woolfrey  
 Dr. Dean J. Wright  
 Dr. Deborah S. Wright  
 Ms. Audrey Young  
 Dr. Tim Zafiriz  
 Dr. Patrick Zak  
 Dr. John R. Zielonka

# GO GREEN

GO PAPERLESS WHERE POSSIBLE.

Offering patients the option of electronic billing and paperless receipts at the office has become a practice standard.

Do the same at home and have regular statements such as monthly bank or electricity bills sent to your e-mail instead, where they are accessible, secure, and organized for future review.

A growing number of retail outlets are offering the same option. It's a small change of habit with so many benefits.



## Spring 2020 Volume 58 / Issue 2

*Primary Contact* is published twice 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

Other frequently requested email addresses:

admissions@cmcc.ca  
alumni@cmcc.ca  
board@cmcc.ca  
development@cmcc.ca  
events@cmcc.ca  
govclub@cmcc.ca  
membership@cmcc.ca  
president@cmcc.ca

**Executive Editor:**  
Shannon Clark

**Contributing Editors/Writers:**  
Mara Bartolucci  
Margaret McCallen

**Art Director:**  
Dora Kussulas

**Photography:**  
istockphoto.com  
Chris Vassalos  
CMCC Media Services

**Associate Vice President, Institutional Advancement & Communications:**  
Mara Bartolucci

**Director, Alumni Relations:**  
David Coleman

**Director, Development and Clinic Advancement:**  
Dr. Peter Kim

---

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

Twitter @cmccnews  
Facebook.com/cmccnews  
Instagram @cmccnewsandevents

# CMCC MEMBERSHIP & BENEFITS



**SUPPORTED BY THE PROFESSION  
FOR 75 YEARS...HELP US BUILD  
UPON A UNIQUE LEGACY!**

**RENEW OR BECOME A MEMBER TODAY.**

**NEW BENEFIT:** Introducing Mediseen, an innovative mobile care software solution, which facilitates the assessment and treatment of patients in their homes. View all benefits at [cmcc.ca/membership](http://cmcc.ca/membership)

Register online at [www.cmcc.ca/membership](http://www.cmcc.ca/membership) or contact us at 416 482 2340 ext. 146 or [membership@cmcc.ca](mailto:membership@cmcc.ca)

CMCC 37<sup>th</sup> Annual

# BACKS IN MOTION

10km Run & 5km Run/Walk

## EVENT CANCELLED

due to health and safety concerns  
pertaining to the coronavirus.

## Online donations still open!

We thank participants, volunteers,  
donors, sponsors and fundraisers  
for your unwavering support.



Canadian Memorial Chiropractic College

CMCC **75**  
1945/2020

Donations can still be made at  
[cmcc.ca/Backs In Motion](http://cmcc.ca/Backs In Motion)

More information:  
416 482 2340 ext. 200  
[events@cmcc.ca](mailto:events@cmcc.ca)

Proceeds from Backs In Motion support CMCC's eight community-based clinics,  
strengthening student learning and providing important health resources in  
neighbourhoods throughout the GTA.

Bronze Sponsors



Student Challenge sponsor



Run Kit sponsors

