



ART
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COMMERCE
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PHILOSOPHY
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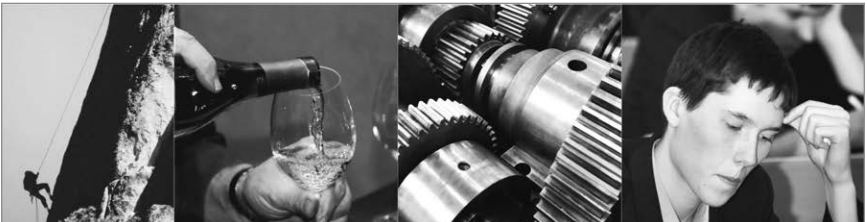


LAW
SCIENCE
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MEDICINE
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TRAVEL

ST. JAMES LITERARY SOCIETY INC. SOCIÉTÉ LITTÉRAIRE ST-JAMES INC.

For the social and the cerebral since 1898

**PROGRAM
2023-2024**





THE GOVERNOR GENERAL · LA GOUVERNEURE GÉNÉRALE



Her Excellency the Right Honourable Mary Simon,
Governor General and Commander-in-Chief of Canada

Photo credit: © Sgt Johanie Maheu, Rideau Hall

Message
from the Governor General
on the occasion of
the 125th anniversary of
the St. James Literary Society

I am pleased to convey warm greetings to mark the 125th anniversary of the St. James Literary Society.

Formed in 1898, the St. James Literary Society is the oldest of its kind in North America. Over the years, its members and distinguished guest speakers have been contributing to the community, bringing people together through the free exchange of ideas and a common interest in intellectual improvement.

I commend the past and present members for their dedication in supporting the society's mission of sharing knowledge, promoting openness and fostering camaraderie.

Congratulations to everyone involved in achieving this significant milestone. I wish you the very best for the future.

Mary Simon

The President's Message

Welcome back! The aim of the St. James Literary Society is to not only to share knowledge about current affairs, but also to promote friendship and humanity. This has been our mission for the last 126 years, since our founding. Our 125th anniversary was recently recognized by Canada's Governor General, Mary Simon, who has sent us her wishes for continued success.

One historic change is that we have adopted is the ease of online meetings, which are less expensive to hold and allow us to continue to provide our meetings free of charge.

Looking to the events we have planned: as usual, the 2023-2024 season features a wide range of topics such as lowering your risk factors for dementia, environmental stress initiators, the rise of antimicrobial resistance, pain management and more.

I ask you to please join us and participate! Share your interest in our events by telling your friends about us.

Finally, I would like to thank the dedicated team that plans and organizes to make St. James Literary Society events possible. We are a non-profit organization and we are currently looking for volunteers to join the board. If you are interested, send us a note.

Stay safe and all the best to you and your loved ones!

Kevin

Season 2023-2024 Events:

2023

Dr. Guy Rouleau

Open Science in Practice:

The Neuro's Virtual Integrated Patient Platform

Tuesday, September 26, 7:30 PM, online6

Kathleen Finlay

Making Compassion the New Normal in a Post-Pandemic World

Tuesday, October 10, 7:30 PM, online7

Dr. Caroline Menard

Stress and Depression

Tuesday, October 24, 7:30 PM, online8

Jay Ingram

Reducing Your Risk for Dementia

Tuesday, November 14, 7:30 PM, online9

Jennifer Carruthers

Bubble Bath - A Deep Dive into the World of Sparkling Wine

Tuesday, November 28, 5:00 PM, online 10

2024

Dr. Gustavo Duque

The Risk of Falls in Seniors and How to Prevent Them

Tuesday, March 5, 7:30 PM, online 11

Gwendolyn Owens

Public Art in the 21st Century: Challenges and Priorities

Tuesday, March 19, 7:30 PM, online 12

Dr. Mark Ware

The Challenge of Pain: Art, Science and Beyond

Tuesday, May 7, 7:00 PM, St. Mary's Hospital Centre.....14-15

Dr. Dao Nguyen

Antimicrobial Resistance, the Silent Pandemic

Tuesday, May 21, 7:30 PM, online 16

Dr. Guy Rouleau is the Director of The Neuro, chair of the Department of Neurology and Neurosurgery of McGill University, Director of the Department of Neuroscience at the MUHC and co-founder of the Tanenbaum Open Science Institute. In 2022, he was elected First Vice-President of the World Federation of Neurology.

For more than 30 years, Dr. Rouleau and his team have focussed on

identifying the genes causing several neurological and psychiatric diseases such as autism, ALS, epilepsy and schizophrenia.



As co-founder of the Tanenbaum Open Science Institute, Dr. Rouleau is pioneering a new way of doing research by transforming the Neuro into the first academic institution to adopt Open Science principles in an effort to accelerate discovery and to benefit patients and society.

Dr. Guy Rouleau

OPEN SCIENCE IN PRACTICE: THE NEURO'S VIRTUAL INTEGRATED PATIENT PLATFORM

**Tuesday, September 26, 2023, 7:30 PM
online**

The Neuro's Virtual Integrated Patient Platform expands the Open Science ecosystem at the Neuro and links these five established cores at the Montreal Neurological Institute-Hospital: clinical research, biorepository management, drug discovery, microscopy and bioinformatics. This open science platform also expands links with our patient partners, as well as helping them understand how their contributions advance meaningful neuroscience research.

Kathleen Finlay speaks the universal language of compassion for those struggling to heal from life's challenging obstacles, especially the most vulnerable.

Whether advocating to combat gender violence and sexual harassment before committees of parliament, working with patients, families and providers to improve health care outcomes or championing innovations in mental health delivery and suicide prevention in op-eds and media interviews, she is an unwavering voice for making compassion the new normal. In 2022,

she launched the consulting firm Compassion Innovation Advisors to bring that goal into reality for universities, municipalities, healthcare providers and leading organizations.

Her work has seen a number of policy and legislative firsts in mental health support, in creating safer healthcare and in combatting gender and sexual harassment. The common thread in the advocacy, research and writing has been the prevention of trauma and its avoidable outcomes that too often alter lives in tragic ways.



Kathleen Finlay

MAKING COMPASSION THE NEW NORMAL IN A POST-PANDEMIC WORLD

**Tuesday, October 10, 2023, 7:30 PM
online**

A number of areas of avoidable harm will be discussed such as medical errors in the hospital setting and sexual misconduct in the workplace. Learn how a heightened commitment and a better structure for delivering it in public sector institutions and private corporations can make all the difference.

Dr. Menard was recruited by the CERVO Brain Research Center and Laval University Faculty of Medicine.

Her research program aims at deciphering the role of the blood-brain barrier and the cells that form it in stress responses. Her lab combines behavioral experiments and imaging

with molecular, cellular, pharmacological and viral-mediated approaches.

Dr. Menard has won several prizes and awards and her work has been published in such prestigious journals as *Nature*, *Nature Neuroscience*, *Trends in Neuroscience* and *Biological Psychiatry*.



Dr. Caroline Menard

STRESS AND DEPRESSION

Tuesday, October 24, 2023, 7:30 PM

online

Major depression will affect 20% of the population and chronic stress is the main risk factor to becoming depressed. For decades, the brain was thought to be the sole actor mediating stress responses. However, increasing evidence supports that chronic stress exposure is also associated with changes in the immune system, vascular system and the gut microbiome. This is in line with higher rate of depression in individuals with conditions such as arthritis, cardiovascular diseases, irritable bowel disease or Crohn's disease.

Dr. Menard's research program is investigating how stress impacts the body along with the brain by combining studies performed on animal models of depression with analysis of human brain and blood samples. The ultimate goal is to identify biomarkers of depression to help with diagnosis and choice of treatment as well as new biological mechanisms associated with stress resilience that could lead to innovative therapies.

Jay Ingram has hosted two national science programs in Canada, *Quirks and Quarks* on CBC radio and *Daily Planet* on Discovery Channel Canada. His 19 books have been translated into 15 languages. Jay has six honorary degrees and is a member of the Order of Canada. From 2005-2015, he chaired the Science Communications Program at the

Banff Centre and he is co-founder of the arts and engineering smashup called Beakerhead in Calgary.

Previous board experience:

- The Aphasia Centre
- Ontario Science Centre
- Canadian Bacterial Diseases Network
- Prionet
- Genome Canada
- Beakerhead (Chair)



Jay Ingram

REDUCING YOUR RISK FOR DEMENTIA

**Tuesday, November 14, 2023, 7:30 PM
online**

There is a well-defined list of risks for dementia, many of which can be reduced, even late in life. Taken together, these risks may amount to 30-40% of an individual's susceptibility to dementia.

Once a Civil Engineer, Jennifer stumbled into the wine industry during her move from Canada to California.

She started out on the broker/distributor side of the business over ten years ago, always passionate about the lesser-known, fantastic wineries and their stories.



In 2019, she launched her dream business, JC Select Wines®, to bring her favourite wines directly into the hands of those in search of the great gems out there.

JC Select Wines:

“Curated Wine Selections, Wine Club, Events & Concierge Services for the Modern Wine Enthusiast”.

Jennifer Carruthers

BUBBLE BATH – A DEEP DIVE INTO THE WORLD OF SPARKLING WINE

**Tuesday, November 28, 2023, 5:00 PM
online**

A bubbly world rich in history, full of complexity and something *pétillant* for every palate. Have you ever wondered what the difference is between Prosecco, Cava and Champagne? She's got you covered.

Do you ever wonder when the right time is to pop the bubbly? She'll cover that too. The best way to open sparkling? That's on the list!

This is meant to be interactive so please bring any and all questions that have been burning in your glass and we'll put out the flames with some sparkling knowledge...

No purchase required but if you'd like to fill your glass with something bubbly for our discussion, try a Prosecco, Cava, Crémant or Champagne of quality, and feel free to reach out for assistance and recommendation at jennifer@jcselectwines.com.

Prof. Gustavo Duque, MD, Ph.D., FRACP, is a geriatrician and biomedical scientist with a research interest in the mechanisms, potential therapies and biomarkers for age-related bone loss, osteoporosis, sarcopenia, osteosarcopenia and frailty in older persons. He is also looking at the effect of vitamin D, exercise and proteins on bone and muscle mass.

His initial training included Internal Medicine at Javeriana University (Colombia) and Geriatric Medicine. In 2003 he obtained his Ph.D. at McGill University with a thesis entitled “*Molecular Changes of the Aging Osteoblast*”. In 2007 he moved to Australia and became Head of the Division of Geriatric Medicine and Director of the Musculoskeletal Ageing Research Program at University of Sydney, where in 2012 he was promoted to Professor of Medicine. In 2015-2022 Prof. Duque held the positions of Chair of Medicine and Director of the Australian Institute for Musculoskeletal Science at the University of Melbourne.



In 2022 Prof. Duque assumed the roles of Full Professor at Dr. Joseph Kaufmann Chair in Geriatric Medicine, Director at RUISSS McGill Centre of Excellence for Sustainable Health of Seniors / Simone & Edouard Shouela (CEDurable) and Principal Investigator at the Bone, Muscle & Geroscience Group of the Research Institute of the McGill University Health Centre (MUHC). He is also the Editor-in-Chief of the *Journal of Gerontology: Biological Sciences*, one of the official journals of the Gerontological Society of America.

As a geriatrician and clinician-investigator, Prof. Duque has implemented several Falls and Fractures clinics (the most recent at the MUHC). His clinical trials unit

conducts testing the effect of pharmacological and non-pharmacological treatments for age-related musculoskeletal diseases. He is the author of more than 280 peer-reviewed articles and multiple book chapters and has edited five books in the aging and musculoskeletal fields.

Dr. Gustavo Duque

THE RISK OF FALLS IN SENIORS AND HOW TO PREVENT THEM

Tuesday, March 5, 2024, 7:30 PM
online

In this session, we will discuss the importance of identifying risk factors for falls in older persons and current strategies to prevent those events in this population.

Gwendolyn Owens is the Director of the Visual Arts Collection at McGill University in Montreal, Quebec.

This growing collection includes over 3500 works of art on view in 90 buildings and on the grounds of the University's three campuses.

She was previously the Assistant Director, Curatorial Affairs, at the Canadian Centre for Architecture and Consulting Curator responsible for the Gordon Matta-Clark Archive at the institution.

Her scholarly publications include articles, exhibition catalogues



and books on a wide range of topics including artist-architect Gordon Matta-Clark, on whom she has written extensively; mid-nineteenth century American landscape painting; painters Maurice Prendergast and David Milne; artist and architect Melvin Charney; art markets in the 20th century; and kitchen wallpaper.

With Philip Ursprung, she co-edited *Gordon Matta-Clark: An Archival Sourcebook* (University of California Press, 2022).

She is currently researching the art of Montreal artist Marian Dale Scott (1906-1993).

Gwendolyn Owens

PUBLIC ART IN THE 21ST CENTURY: CHALLENGES AND PRIORITIES

Tuesday, March 19, 2024, 7:30 PM
online

Sculptures removed under cover of darkness, statues knocked over, graffiti covering faces and inscriptions—it can seem as if public art is a target everywhere. What is not in the news is how much public art is appreciated and indeed loved by people who see it everyday.

This talk will put this situation in historical context. Public art goes back to the beginning of history as the paintings in caves were early public art—think of Greek statues, the Sphinx in Egypt! The challenge of determining what should be public art (who gets to be honoured, what type of art, etc.) and how we should protect it is nothing new. What can we learn from this history to help us think about the situation today?

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**McGill**Department of **Family Medicine**

The McGill University Department of Family Medicine
and the St. James Literary Society
are pleased to present

**the Dr. Hirsh Rosenfeld
Annual Distinguished Lecture
in Family Medicine**

Dr. Mark Ware

**THE CHALLENGE OF PAIN:
ART, SCIENCE AND BEYOND**

**Tuesday, May 7, 2024, 7:00 PM
St. Mary's Hospital Centre – Auditorium
3830 Lacombe Ave**

Of interest to the general public as well as to health-care professionals, this Distinguished Lecture Series in Family Medicine was inaugurated in 1990 and was made possible by an endowment by the late Dr. Hirsh Rosenfeld, a Montreal family physician. He was a staunch supporter of a number of educational activities and this lecture series is another example of his generosity.

For over 20 years, Dr. Mark Ware has been working on evaluating patient-driven questions concerning the safe and effective control of pain and its consequences.

From 2001 to 2018, while on the faculty at McGill, he was deeply involved in the development of pain education curricula and in the teaching of pain management to students, residents and health professionals.



One of his goals as the Director and Chair of the Alan Edwards Pain Management Unit is to support the ability to offer patients truly interdisciplinary pain management.

The importance of learning how to improve pain care comes directly from the need for better understanding and management of chronic pain. One in five adult Canadians lives with chronic pain. This comes with a huge cost to society, both directly and indirectly causing loss of work and disruptions to the patient's social structures and quality of life.

The Alan Edwards Pain Management Unit is one of the oldest pain clinics in Canada. Over several decades, the clinic has grown to be a truly multidisciplinary team including physicians, psychologists, physical therapists and other allied health professionals.

Free admission
Open for the general public
Space is limited
Reservations are required

Dr. Dao Nguyen is an Associate Professor of Medicine at McGill University, a respirologist at the McGill University Health Centre, a clinician-scientist at the Research Institute of the McGill University Health Centre.

She is a *Chercheur de Mérite* of the *Fonds de Recherche Québec - Santé* and past recipient of career awards from the Canadian Institutes of Health, Burroughs Wellcome Fund and Cystic Fibrosis Canada.

Dr. Nguyen's research focuses on understand-

ing the mechanisms of chronic bacterial infections, particularly those causing respiratory infections. She is also interested in new diagnostic and therapeutic innovations that can help address the rising threats of antimicrobial resistance.



Dr. Nguyen is the founding director of the McGill AntiMicrobial Resistance Centre whose purpose is to help advance research and build an interdisciplinary scientific community to fight against antimicrobial resistance.

Dr. Dao Nguyen

ANTIMICROBIAL RESISTANCE, THE SILENT PANDEMIC

Tuesday, May 21, 2024, 7:30 PM
online

Antimicrobial resistance (AMR) occurs when bacteria and other microbes causing illness become resistant to antimicrobial drugs, most notably antibiotics. Once-treatable infections could become untreatable or require more toxic “last resort drugs”. AMR is recognized as one of the top threats to human health across the globe by the WHO, could threaten the lives of 10 million people worldwide every year and cost up to 100 trillion by 2050. Yet few people outside the public health communities have heard about it or understand what is at stake...

Voices from the Past:

Wilder Penfield

Phil Gold

Stephen Jarislowsky

John Diefenbaker

Heather Munro Blum

Suzanne Fortier

F. Cyril James

Senat'r Hugh Segal

Julie Carrier

Graham Carr

Charles Moyse

Sonia Lupien

John Gomery

Solange Chaput Rolland

Eugene Forsey

Victor Goldbloom

A. M. Klein

Irving Layton

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Best Wishes
for Another
Successful Season

Samuel Browman



**From a person who has learned
a great deal, made some good friends
and truly appreciates being
a St. James Literary Society
member for 40 years.
Looking forward to many more years.**

Thanks!

