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ENTRE AMIS

June 2012

A Newsletter for and about TFS Alumni

Dr. Karandeep Sonu Gaind '86, A Distinguished Visionary and Agent of Change

Stay Connected

Entre Amis is one of the many ways to keep you connected with TFS and is sent to all alumni listed on our Alumni Directory. If you would like to receive *Entre Amis* by email or have story ideas or comments, please contact Verle Thompson, Alumni Relations Coordinator, at (416) 484-6980 ext. 4246, or by email at alumni@tfs.ca.

Save The Date

TFS turns 50!!

Mark your calendars for key event dates for TFS' 50th Anniversary celebrations.

- **Inaugural BBQ** - September 28, 2012
- **Kermesse** - May 25, 2013
- **50th Anniversary Gala** - June 7, 2013*

*Honouring special anniversary classes: **1978, 1983, 1988, 1993, 1998, 2003 and 2008.**

Volunteers Needed

Volunteering at TFS is a great opportunity for you to meet our current students, get to know fellow alumni and stay connected with your alma mater. If you would like to get involved with any of the programs and events listed below, please contact Verle Thompson, Alumni Relations Coordinator, at (416) 484-6980 ext. 4246, or by email at alumni@tfs.ca.

- **Alumni Mentorship Program**
- **TFS 50th Anniversary Celebrations**
- **Alumni Reunion 2013**
- **TFS Alumni Association Events**

May 11th marked the 9th annual Alumni Reunion. Graduates from far and wide attended this special evening, and honoured year classes of '77, '82, '87, '92, '97, '02 and '07 were well represented. There was a lot of excitement in the air as old classmates reunited and met up with their former teachers. Amongst the crowd, surrounded by past and current students, including his own children, was **Dr. Karandeep Sonu Gaind '86**, this year's recipient of *Le prix de distinction des anciens élèves de TFS*.

Dr. Gaind opened his address by reflecting on his amazing journey, which began at TFS as the recipient of a scholarship. Although he was sure he wanted to become a mathematician, his interest and curiosity were heightened by his exposure to different disciplines, including languages and sciences. With the help of his teacher Mr. Wiley, Dr. Gaind attended the Physics Olympiad with fellow classmate **Daniel Phalp**, and participated in events in Yugoslavia and England. After graduating from TFS, he pursued studies in medical science. It was at this time that he became passionate about neurology and later psychiatry.

By pure coincidence, or stroke of luck, this year's Alumni Reunion dinner fell during Mental Health Week and a few days later, Canada's first-ever National Mental Health Strategy was unveiled. Dr. Gaind has devoted his life and career to helping people with mental illness. His extraordinary vision and dedication to psychiatry have made a significant difference in the way mental health is perceived. As a leader and advocate, he has fought against stigma and discrimination associated with mental illness by increasing public awareness, and laying the groundwork for policy changes to the healthcare system.

What affected Dr. Gaind most about TFS was not only the skills he acquired, but also the philosophy of education established by Mr. Giles, which continues today. "It's not just about traditional learning, sitting and listening in classrooms, but about how we fit different things together; disparate pieces in creative and new ways to effect change and have a positive impact upon the world. It's



Dr. Karandeep Sonu Gaind '86 (second from right) with Dr. John Godfrey, Alexandra Sorin '01 (Chair, AOD), Daniel Phalp '86 and Andrew Graham '01 (President, TFSAA).

about how we integrate learning in our lives." This innovative and interdisciplinary way of teaching allowed him to make connections between the skills acquired in math, language, physics and other sciences, and apply them in the realm of psychiatry.

For Dr. Gaind, TFS was the key to a door beyond which there were endless opportunities and experiences. It was a place where lifelong friendships and memories were made.

We congratulate Dr. Gaind on all of his achievements and hard work. We give him our support and wish him all the best, as he continues to raise awareness and educate our community and the general public.

by: Alexandra Sorin '01

Chair, Alumni of Distinction Committee