

## **2009 INDUCTEES**



### **RUSSELL DONNELLY (1942-47)**

Russell received his B.Sc. and M.Sc. from McMaster and M.S. and Ph.D degrees from Yale University launching a brilliant career in the field of low temperature physics. His 45 year career as a researcher has focused on the flow behavior of super-fluid helium at temperatures just above absolute zero. Lowering the temperature of atoms and molecules allows researchers to slow down and even stop the motion of atoms and molecules as he says *“allows us to observe and study the fundamental laws of nature.”*

After ten years as a professor at the University of Chicago, in 1966, he joined the physics faculty at the University of Oregon receiving a \$ 5 million grant to develop a prototype “cryostat”, a device that allows physicists to explore previously immeasurable aspects of turbulence and convection at low temperatures. He has published more than 250 scientific papers as well as 7 books and has been a consultant to General Motors, the DuPont Corporation and serving on committees for NASA, the National Science Foundation and the Jet Propulsion Laboratory. His awards are too numerous to mention and he also finds time to pursue his love of music having played the violin in orchestras at Delta and McMaster University. Although retired as Emeritus Professor, Russell Donnelly still is incredibly active as a researcher and an inspiration to his students and colleagues.

### **SHIRLEY ELFORD (SINCLAIR) (1957-62)**

Shirley Elford has combined her talents as an outstanding glass artist with a deep and abiding commitment to supporting mental health awareness, understanding and treatment. She is a celebrated Canadian artist and glass blower who has gained an international reputation for her exquisite hand-crafted glass sculptures. After leaving Delta, she attended Dundas Valley School of Art before studying glass-making at the Ontario College of Art and Sheridan College.



Known for creating corporate recognition and one-of-a-kind pieces, she has produced unique glassworks for many local events including the Hamilton Citizen of the Year, Red Trillium and Tourism Hamilton Awards. She also received national acclaim for her new design of the Juno - Canada’s most prestigious music award for the Canadian Academy of Recording Arts and Sciences. Visitors to Hamilton such as singer Elton John, actor and advocate Christopher Reeve and US President Bill Clinton have received glassworks by Shirley Elford. Shirley continues to work as an artist and businesswoman but is equally engaged in her tireless advocacy for support of mental health issues. In the spring of 2006, St. Joseph’s Healthcare Foundation announced the launch of the “Shirley M. Elford Fund” honouring her efforts to create awareness of a disease that affects the lives of 1 in 5 Canadians. The fund will assist St. Joseph’s to achieve its mandate of making advances in the understanding, prevention, treatment and rehabilitation of individuals living with mental illness. As Shirley has stated, “If one in five people suffer from mental illness, how can we not be involved.”

By her own commitment, Shirley has answered her own question. She is and will continue to be involved. In 2009, Shirley received an honorary doctorate from McMaster University.



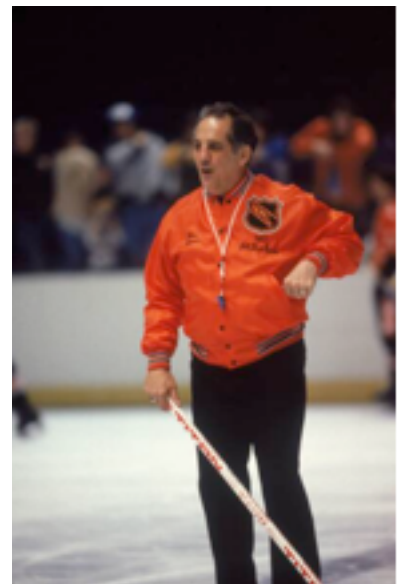
### **ALFRED SCALES (1942-46)**

While a student at Delta, Alfred Scales worked at a number of jobs but his 2 year apprenticeship at Sutherland's Drug Store led him to study Pharmacy at the University of Toronto. After graduation, Alfred returned to Hamilton eventually purchasing two locations, one in Hamilton and one in Stoney Creek. These were eventually sold in order to allow him to open up his dream dispensing store in the Medical Arts Building on Mountain Avenue in Stoney Creek. It was designed by Alfred and doctor friends to better serve the Stoney Creek community and became the first computerized pharmacy in Ontario and all first year pharmacy students toured this innovative store. Big V drug stores offered to buy his stores retaining him as owner/manager and he promoted pharmacy by becoming President of the Ontario Pharmacist's Association and then President of the Canadian Pharmacists Association.

In supporting his commitment to support health initiatives on a global level, as President of the Commonwealth Pharmaceutical Association he traveled to many countries seeking to improve health care especially in third world countries where his own safety was at risk as he sought to improve the lives of others. He was actively involved in the World Health Organization, a lecturer for the University of Toronto and McMaster University. At home, he was very active in his community and church helping to start a hospice in Hamilton with Dr. Bob Kemp after whom the hospice was named. He learned to fly and would pilot his small Cessna to his cottage and teach his grandchildren how to swim, play cribbage and canoe. Alfred was named Stoney Creek's citizen of the year in 1986. In later years he was awarded the Order of Niagara by the Anglican Church and in 2007, the Canadian Pharmaceutical Association named Alfred Scales as one of the top 100 Pharmacists of all time, a fitting tribute to his life long career of helping others.

### **GLEN SONMOR (1942 – 48)**

Growing up in the East End of Hamilton, Glen Sonmor was a consummate athlete playing hockey, basketball, baseball and football with a competitive spirit and always playing a leadership role. At Delta he was an excellent student, excelling on both the football and basketball teams during the 1940's. However, hockey became his major passion and after playing on junior teams in Ontario, with the Cleveland and St. Louis in the AHL, he made it to the NHL playing two seasons with the New York Rangers. He lost the sight of one eye ending his playing career but went on to enroll at the University of Minnesota graduating with a degree in Physical Education intending to become a high school teacher and coach. Instead, he accepted a coaching job with the Springfield Indians, Don Cherry being one of his players.



Once his daughter became of age, Glen returned to Hamilton and taught high school at Westdale and Southmount and coaching whenever he could and forging a lifetime friendship with fellow teacher Harry Neale, noted hockey coach, broadcaster and former head of physical education at Delta. Glen returned to Minneapolis as coach of the University of Minnesota hockey team and then moved to become General Manager of the Minnesota Fighting Saints of the WHA. Always known as a player's coach, Glen coached the Birmingham Bulls for one year before becoming coach of

the Minnesota North Stars. His team went to the finals of the Stanley Cup losing to the NY Islanders who were beginning a long reign as the dominant team in the NHL.

But few people knew that Glen was battling alcoholism, the same demon that had ruined his father's life. As he has admitted "Drinking forced me out of coaching." After several attempts at rehabilitation, it was the intervention of Lou Nanne his boss who stood by Glen who was able to conquer that demon. Glen has achieved success as a player, coach and teacher and is a recipient of The Lester Patrick Award honouring recipients for outstanding service to hockey in the United States. However, he feels that his greatest contribution has been to help others who face the same addiction problems. In his own words he believes that "A big part of my life now is helping people who still have that problem. I'm grateful for the people who stood by me and showed me the way out." Giving back to others is the hallmark of Glen Sonmor's life and career.