



黎贍遠教授

Professor Jim Yuan Lai

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力行救護精神 作育醫護英才

在加拿大牙醫教學界，黎瞻遠教授的地位角色都可說是獨一無二。作為多倫多大學牙醫學院教學的副院長，他是這全加最大牙醫學院有史以來最年輕的副院長，也是全加至今唯一取得教育博士學位的牙醫。除了獻身牙醫教學，他對社會服務的貢獻也不遑多讓；20多年來一直參與聖約翰救護機構，現任該機構的安省總監；還加入國家後備軍，在軍中專治牙周病。此外，還義務擔任安省省督副官。凡此種種，都體現為人群服務的精神。

年僅40多歲的黎瞻遠教授，先後拿取了5個學位。自從2001年成為多倫多大學牙醫學系教授以後，短短15年內，屢次以「黑馬」姿態取得令人側目的成就，在同儕中脫穎而出；2005年，他獲任多大牙周病系主任，是創系以來首位亞裔系主任。而多大的牙周病系，也是全北美歷史最悠久（始於1909年）。2016年，他更被委予重任，成為多大首任專責牙醫教育科的副院長。

時至今日，黎教授在牙醫教育界地位舉足輕重，加國其他地區不少大學向他取經，求問有關課程管理和教學方法，而他也經常被邀到全球各地演講和出席會議。

他回看自己所走過的路，跟傳統醫學教育界人員迥異，不過，無論遇上任何機會、處身任何崗位，他都樂於迎接轉變與挑戰，並且全心投入，締造改變。

身兼多職之同時，他依然每週一天看診；2015年，還親身前往埃塞俄比亞，花了一個多月時間義務協助當地一所大學

(Addis Ababa University) 新設的牙醫學院，鞏固及發展課程，為這牙醫極其短缺的國家帶來救治新希望。

談到義務工作，也正是黎教授故事的起步點，因為他一生中最難忘的經歷，和對他最深遠的影響，都與他參與的義工活動息息相關。

救護精神 從小做起

問黎教授自小的志願是否當牙醫，他說自小愛玩，不是一個熱衷埋首書堆的學生，小時也沒有立志要選甚麼職業。如今回看過往的許多重大決定，其實都不是他始料所及或早有計劃，反而在適當的時候做適當的事，踏出了第一步，再全情投入，全力以赴達成目標；更重要的是，在過程中努力改變身邊的人和事，以致改變社會和世界。

在中學時期加入了聖約翰救傷隊，可說是改寫了黎教授的一生。他回想起初是出於好玩加上一點好學，由此亦開展了他與聖約翰救護機構的30載服務情緣；多年來，他先後擔任過支部領導、地區總監、以至安省理事會成員；現則為安省總監，對機構的活動和事務，他已視為生活中不可或缺的一部份。當中還有一段精彩插曲，就是認識了一位好同伴，如今成了他的好太太。

他坦言，聖約翰救傷隊的經驗對他留下不可磨滅的影響，不單讓他學到重要的急救知識、服務人群的意義，也訓練他的領導才能和溝通技巧，在隊中負責的訓練課程及教學職責，也為他日後執教奠下良好根基。

他提到一次難忘的記憶，是2002年「世界青年日」在多倫多舉行；他作為多倫多地區總監，須要統籌500多位聖約翰救傷隊義工在這國際性活動的舉行地點當值。其中一天當教宗蒞臨，舉行整夜戶外活動時，在場的群眾因天氣酷熱而相繼不支暈厥，救傷隊隨即發揮救急精神，大大紓緩了應接不暇的醫護人員。此次經驗，也讓他體會到如何在自己處身的地方和崗位，動員義工的力量，把危機化險為夷。

同樣，聖約翰的使命也早已植根於他的心中：本著「為人類服務」的精神，務要拯救處於危難、受苦、患病及身處險境的人。

醫與教 推己及人

聖約翰救傷隊和牙醫，似乎是風馬牛不相及。對於自小活躍好動又不愛啃書的黎教授而言，是甚麼促使他走上學習牙科的階梯？

他說這個選擇是很順理成章地作出的，因他大學選修的是分子遺傳學和分子生物學，跟牙科有密切關係。他又說自己小時曾經身受牙病之苦，曾經有三年時間要戴著假牙渡日，也許這切身體驗也推動了他，立志一天可以為別人解除痛苦。時至今日，他從沒有後悔選擇了這一科，而且最大的滿足感，也往往來自看到病人的痛苦得到紓緩。

2001年，黎教授在多倫多大學取得牙周病學碩士學位，在開始牙醫生涯之際，卻轉而走上牙醫教學之路，對他而言，無疑是一次意想不到的「轉身」。話說有一天他接到一個電話，

邀請他在多大牙醫系兼職任教，填補一位離職教授的空缺。他欣然接受，並從此開啟了他正式執教鞭的新里程，而且表現得勝任有餘。他說這也要歸功於聖約翰的經驗，讓他的溝通、領導、教導、以至行政及組織能力都大派用場，在牙醫學系中，也迅即受師生愛戴。

2005年，年僅34歲的黎教授，被委任為牙周病科和研究學院主管，成為系中佳話。2015年，又被欽點為牙醫學院的副院長。2016年，牙醫學院正式重組，把研究和教學分拆，他更成為首任主管教學科的副院長。

成功非僥倖，黎教授對教學的熱忱，推動他更上一層樓，全力進修及鑽研教學之道，並先後於2008和2013年取得教育碩士和博士學位。他回想唸博士學位那段日子，要定期往返賓夕法尼亞州和多倫多，既要工作，又要養育一對幼小的兒女，可說是人生中一個艱難時期。

談到為何矢志教學多於行醫，他說：「授人以魚，不如授人以漁。」無疑，他選上的是「事半功倍」的路，而每年從多倫多大牙醫學院畢業的牙醫，都有一百多位。

不一樣的義工

談到喜愛教學，這是他與父親相似的地方。其父黎全恩教授是著名學者（也曾是「紅楓傳奇」得獎者），曾在維多利亞大學任教地理系。黎瞻遠教授在卑詩省維多利亞出生和長大，其後選修理科，並且隻身搬到多倫多入讀多大，當時也沒想到有一天會走上跟父親一樣的路。他補充說，一生中最大的啟發，始終是來自個人的親身經歷，因此，他也不斷尋找不一樣

的經歷，豐富自己的人生。難怪，他多年來參與的各種義務工作，也的確是很「非一般」。

2006年，黎教授加入了加拿大後備軍，接受正規軍訓，繼而開始擔任軍隊的牙醫，當時軍中極缺乏牙周病專科醫生，軍人要等候多時才得到治理，而黎教授正好解決了這個逼切的需要。他坦言，作為軍醫即使有報酬，也大大不如一般牙醫，然而他很樂於服務軍人，尤其看到他們的痛楚得到紓緩；至於「從軍」的滋味，他說即使是後備，也給他帶來很大的滿足和挑戰。

2010年，黎教授開始肩負另一個與別不同的義務工作：擔任安省省督副官；主要職責是協助安排省督出訪的活動，並陪同一起出訪，確保一切順利進行。

有如此多樣化的人生，黎教授肯定推翻了「牙醫是苦差」的說法；相反，你會對黎教授在不同崗位付出的努力增添一份敬意。

黎教授彷彿有用不完的時間和精力，除了事業、義工，還兼顧家庭生活；他的太太Jenny來自香港，而一對兒女生於加拿大，所以他每兩年都會與家人一起回港渡假，讓孩子接觸一下中國文化，開闊視野。他說自己對任何文化都不存芥蒂或隔閡，小時的友伴都是白人；到加入了聖約翰和大學時期，又與華裔留學生打成一片，可以唱卡拉OK、看電視劇，總之，生活就是滿精彩。

要活得精彩，又要找時間做那麼多的事情，秘訣在哪裡？黎教授會告訴你：「時間管理，也是一個人生課堂！」



與家人在香港
Spending time in Hong Kong with family



擔任安省省督Honourable Elizabeth Dowdeswell 的副官
As an Aide de Camp to the Lieutenant Governor of Ontario, The Honourable Elizabeth Dowdeswell



多倫多大學畢業禮
University of Toronto Convocation with dental students



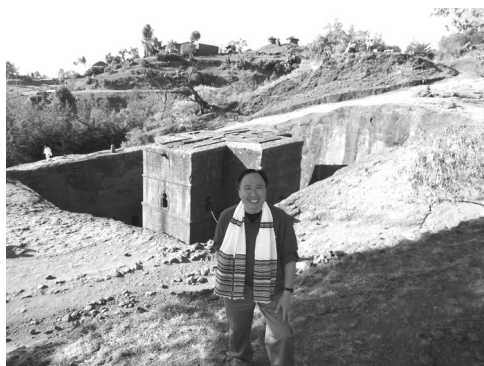
與牙周病科實習牙醫一起
With Graduate Periodontal Residents



在Addis Ababa大學教授牙周病學
Teaching Periodontics in the Addis Ababa University Dental Clinic



與埃塞俄比亞Addis Ababa 大學牙醫學生
With the dental students of Addis Ababa University in Ethiopia



攝於埃塞俄比亞Bete Giyorgis Lalibela 教堂
At Bete Giyorgis in Lalibela, Ethiopia



與諾貝爾獎得主南非聖約翰大主教
Desmond Tutu合照

With Nobel Peace Laureate and Prior of St. John
(South Africa) Archbishop Emeritus Desmond Tutu



現任聖約翰救護機構的安省總監
As the Provincial Commissioner of St. John
Ambulance Ontario

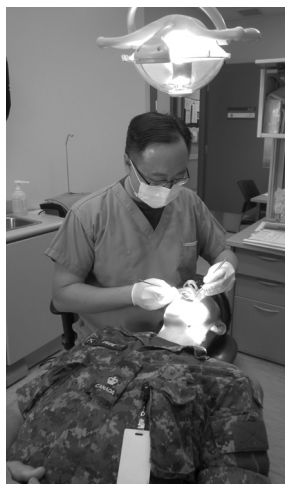


檢閱聖約翰救傷隊隊伍

Reviewing St. John Ambulance Cadets on parade as
the Provincial Commissioner of St. John Ontario



加入加拿大國家後備軍,在軍中專治牙周病
Serving as a Dental Officer Reservist in the Royal
Canadian Dental Corps



在軍事牙科
診所工作
Working at the
Military Dental
Clinic

Professor Jim Yuan Lai

Among the teaching profession in dentistry in Canada, Professor Jim Yuan Lai is one of a kind. As Vice-Dean, Education at the University of Toronto's Faculty of Dentistry, he is the youngest Vice-Dean in the history of the dental school and currently the only one with both a dental and a doctorate degree in education. What is more amazing, Professor Lai's contribution to the community is no less important than his impressive academic career. For over thirty years he has been involved with St. John Ambulance, and is now the Provincial Commissioner of St. John Council in Ontario. Professor Lai also serves as Army Major and periodontist in the Canadian reservist army. In addition, he is an aide-de-camp for the Lieutenant Governor's office. All this volunteer work reflects Professor Lai's spirit of service.

Only in his forties, Professor Lai has accumulated five academic degrees. Since he became a professor in Dentistry at the University of Toronto in 2001, Dr. Lai has stood out among his peers with his achievements and “dark horse” appointments within a relatively short period of 15 years. In 2005, he was appointed Graduate Director of Periodontology, the first Asian director in the Faculty of Dentistry at the University of Toronto. The Periodontal Department also happens to be the oldest (established in 1909) in the whole of North America. In 2016, he was appointed to be Vice-Dean, Education, in the Faculty of Dentistry, becoming the first vice-dean dedicated to dental education at the University of Toronto.

Today, Professor Lai holds an important position in dental education in Canada, with other Canadian universities wanting to learn about periodontics, dental course management and teaching methods from

him, and he is often invited to lecture and attend conferences across the globe.

He looks back on the road traveled, and feels that even though he has taken a different path from other teaching staff, he is always happy to meet challenges head on. No matter what kind of opportunities come up and which position he happens to be in, he dedicates himself to creating change for the better.

While working in these multiple roles, Professor Lai still finds time to see dental patients once a week. In 2015, he spent a month in Ethiopia to assist a newly established dental school at a local university (Addis Ababa University), and helped set up and develop their course curriculum, bringing new hope for a country that has an acute shortage of dentists.

The genesis of Professor Lai's story is really volunteering, because his most memorable experiences, those with the most impact on him, are closely related to his participation in volunteer activities.

When asked whether he had always wanted to be a dentist growing up, Professor Lai says as a child he loved to play and was never a keen student buried in books. When he was young, he did not make up his mind on any career. Now looking back, he says he actually had not planned or thought about those major decisions he ended up making later. It was just doing the right thing at the right time. Once he made a step forward, he put himself whole-heartedly into reaching his goals. Most important, in the process he was able to change the people around him, change the community and the world for the better.

Professor Lai joined St. John Ambulance in high school, and that

act has rewritten his whole life. Initially it was for fun and a little bit of learning, but the relationship with St. John Ambulance has lasted over thirty years. Over the decades, he has served as a divisional superintendent, an area commissioner, as well as a board director of St. John Council of Ontario. He is now Provincial Commissioner for St John Council, responsible for the agency's activities and affairs. He regards St John as an indispensable part of his life, out of which a wonderful story has sprung. Through St. John, Professor Lai met Jenny, his wife and lifelong companion.

He says that his experience with the St. John Ambulance Brigade has left an indelible impact on him. He not only learned important first aid knowledge, and the meaning of service, but it has also given him leadership and communication skills. Preparing for St. John's training curriculum and teaching duties also laid a good foundation for his academic career.

Professor Lai talks about an unforgettable memory for him – the 2002 “World Youth Day” – an international event that took place in Toronto. As the Area Commissioner for Toronto, he had to co-ordinate more than 500 St. John Ambulance volunteers and was on duty all night at the outdoor event venue, where the Pope was scheduled to visit. Many in the crowd fainted because of the heat, and St. John Ambulance Brigade was able to alleviate the workload of the overwhelmed medical staff. He learned through this experience how to mobilize volunteers to save the day in a crisis.

Likewise, St. John's mission has long been rooted in his mind; Professor Lai manifests the spirit of “service to humanity”, to help others in distress or at risk.

St. John Ambulance and dentistry seem to be irrelevant to each other. For someone who grew up active and restless, and not too keen on studies, what prompted Professor Lai to embark on studying dentistry?

He says that actually it was a very logical choice to make, because he studied molecular genetics and molecular biology at university, both subjects closely related with dentistry. He laughs and says he suffered from dental pain when he was young, and had spent three years wearing dentures. Perhaps this motivated him to decide one day he could relieve the suffering of others. Today, he does not regret choosing this career, and his biggest satisfaction often comes from easing a patient's pain.

In 2000, Professor Lai obtained a master degree in Periodontology at the University of Toronto, but instead of continuing his dental practice, he embarked on a teaching career in 2001. This turn-around came about when he received a phone call inviting him to teach at the Faculty of Dentistry where there was a vacancy. He accepted the offer gladly, opening a new chapter in his career and proving that he was more than well qualified. He says the experience with St. John has helped greatly his communications, leadership, coaching, as well as administrative and organizational skills at the Faculty of Dentistry, earning much respect and appreciation from other teaching staff and students alike.

In 2005, the then 34-year-old Professor Lai was appointed unexpectedly as Discipline Head and Graduate Director of Periodontology at the Faculty of Dentistry. In 2015, he was appointed Associate Dean, Clinical Sciences and this year, following a reorganization to spin-off research from education at the Faculty, he became the first Vice-Dean in charge of education.

There is no element of luck in Professor Lai's success. His enthusiasm in teaching motivated him to go to the next level, and devote himself to the field of education. He obtained Master and Doctorate degrees in Education in 2008 and 2013. Recalling those days when he had to travel to Philadelphia regularly for his doctorate studies while raising his son and daughter, Professor Lai feels that was a particularly difficult period in his life.

Explaining why he is more interested in teaching than the practice of dentistry, he says, 'It is always better to teach a man to fish than to give him a fish.' No doubt, he has elected to "multiply" his results through teaching, and more than a hundred dentists graduate from the University of Toronto every year.

Dr. Lai's love of teaching is very similar to that of his father, Professor David Lai, Professor Emeritus of Geography at the University of Victoria, who is also a famous scholar in Chinatown history, and a 2014 Chinese Canadian Legend. Professor Jim Yuan Lai was born and raised in Victoria, British Columbia. Later he studied science at the University of Toronto, not knowing that one day he would follow his father's steps. He adds that the biggest inspirations in his life have come from his own experiences. As a result, he is continually seeking different encounters to enrich his life. Not surprisingly, he participates in different kinds of volunteer work to get those unique experiences.

In 2006, Dr. Lai joined the Canadian army reserve, and received formal military training. He served as a military dentist, solving some imminent needs when there was a serious shortage of specialists in periodontal disease in the military, and soldiers had to wait a long time before being treated. He says that a military dentist gets paid much less than a general dentist, but he was very happy to serve in the military,

especially helping to ease the soldiers' pain. As for how he feels about serving in the military, he says being in the army, albeit army reserve, brought him great satisfaction and challenges.

In 2010, Dr. Lai took on another volunteer assignment with a difference: working as an aide-de-camp to the Lieutenant Governor of Ontario. His main duties were to assist with the arrangement of the lieutenant governor's activities, and accompany her trips to ensure that everything is fine.

Living such a multi-faceted life, Professor Lai certainly refutes the “dental practice is boring” argument. One cannot help but pay respect to his efforts in all his different capacities.

Professor Lai seems to have endless time and energy. Aside from his career and volunteer work, he has to make time for his family. His wife Jenny came from Hong Kong and both of their children were born in Canada. Every two years, he and his family would go to Hong Kong for a vacation, allowing his children to come into contact with Chinese culture, broadening their horizons. He says he feels no barriers with any culture. When growing up, his friends were all white, but at St. John and at the University of Toronto, he mingled with Chinese students, sang Karaoke and watched Chinese TV series with them. In one word, life is wonderful.

To live such a rich and rewarding life, and find time to do so many things, what is Professor Lai's secret? He will tell you: “Time management is another lesson in life.”