

doctorsNS

The official magazine of Doctors Nova Scotia



Dr. Gordon Young's Olympic Journey

Tax Time

T3, T4, T4A forms on the way

Professionals' Support Program
3rd doctor joins team

New EI rules benefit doctors

An Olympic moment

Physical activity enthusiast Dr. Gordon Young was chosen to carry the 2010 Olympic torch in recognition of the healthy lifestyle example he sets and for providing opportunities for others to do the same

BY KIM BOTTOMLEY
Staff writer

It was only 50 metres, and lasted just a minute or so, but for a moment in time Dr. Gordon Young of Pictou County embodied the spirit of the Olympics.

The longtime doctor and physical activity enthusiast was in Ottawa last Dec. 14 to take part in the 2010 Olympic Torch Relay. His 50 metres with the torch completed a one-kilometre run collectively with 19 other physicians from across the country.

"The more I read about the torch relay, the more I realized that the run is bigger than the Olympics, and for a few brief seconds I was the Olympics. It was incredible," said Dr. Young about his experience running with the torch.

Dr. Young was nominated to take part in the torch relay in recognition of the example he sets by living a healthy lifestyle and for providing opportunities for others to do the same. His involvement includes being a founding member of the Pictou Trails Association, creating the Jitney Trail as part of the Trans-Canada Trail system, project coordinator for construction of the Cape George-to-Cape Chignecto hiking trail,



vancouver 2010



and arranging and participating in the HeartLand Tour, a week-long bicycle event across Nova Scotia. Graduating from Dalhousie Medical School in 1974, Dr. Young grew up yearning to do something with relevance, to use his life to make a difference in the lives of other people. Although medicine had been a constant influence, as his grandfather and father both practiced medicine in the Pictou area, he grew up resisting the idea of becoming a doctor. This resistance only lasted until his third year at Mount Allison University, when he realized medicine should and would be part of his life. Besides his 32 years practicing medicine at Sutherland Harris Memorial Hospital, it was important for Dr. Young to "walk the walk" rather than just facilitate other people's work. He began participating in activities to help the community get moving. Physical activity is more than something Dr. Young promotes; it's the cornerstone of his life. "I've always been an active person. I regularly run and hike. I've been a master swimmer with the Ancient Mariners club for 30 years. I love to bike and spin and have involved all my children in these activities, too,"

he said. But physical activity isn't just a family priority for Dr. Young. It's one he gives to the entire community. When the Pictou rail lines were lifted, Dr. Young helped found the Pictou Trails Association so the community could enjoy the hiking and walking he enjoys every single day. "I honestly couldn't tell you why I am so passionate about creating trails. It's just something I feel can be easily done and because I enjoy hiking it just comes naturally," said Dr. Young. The rails-to-trails conversion has been a rewarding experience and he reaps that reward every time he observes someone walking the trails as he drives to work. "In the office it's common practice to measure your exercise by how often you walk the Jitney Trail. I feel I've done more good for the health of Pictou through creating trails than I have in the office being a doctor," he explained.



The more I read about the torch relay, the more I realized that the run is bigger than the Olympics, and for a few brief seconds I was the Olympics. It was incredible.

- Dr. Gordon Young
Olympic torch bearer