



It's a new year — and a new yearly publishing schedule for News Brief. Starting with this issue, your newsletter will be available twice a year, in January and September.

As always, you'll be advised when each issue is ready, and hope you'll take a few moments to read about the great things alumni, students and faculty have on the go. And if you share your newsletter with friends and colleagues, that helps spread the word even farther.

News Brief is one way to celebrate the many achievements that abound in the Faculty of Health Disciplines. Your story is welcome, and you're invited to let others know about your personal and professional successes. Please [send a note to fhdnews@athabascau.ca](mailto:fhdnews@athabascau.ca).

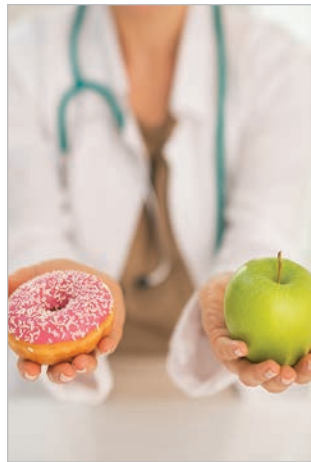
Enjoy this issue!



Grads take home gold and silver

The Governor General's Academic Medals are awarded to the top graduate (Gold Medal) and undergraduate (Silver Medal) graduates at each of Canada's universities. In 2016, Faculty of Health Disciplines grads 'showed their mettle' and claimed AU's top honours.

[Read more](#)



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[Read more](#)



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AU casts the spotlight every year on three outstanding alumni and one remarkable student, awarding Alumni Awards to the University's best. Once again, the Faculty of Health Disciplines was well represented, claiming two of 2016's four honours.

[Read more](#)



Meet AU's largest graduating class. It's us!

Convocation is the most wonderful time of the year! In June 2016 the Faculty of Health Disciplines beamed with pride as graduates, families, friends and faculty celebrated their academic accomplishments. A total of 528 graduates joined the alumni family — AU's largest grad class.

[Read more](#)



You've been busy

Alumni, students and faculty continue to inspire! Here are the news items received since the last issue of News Brief. Do you have a new job? Been on an adventure? Have a reason to celebrate? Share it with your AU friends and family by sending an e-mail to fhdnews@athabascau.ca.

[Read more](#)

Share your news! Submit a story! Let us know what you want to read about! [Drop us a line](#) and help grow and strengthen the Faculty of Health Disciplines community. Together, we'll have the conversations that matter to you.

Invest in the future of health care by donating to student awards, research and scholarly activities, and learning resources. Learn more at giving.athabascau.ca, and donate online.

Grads take home gold and silver

The Governor General's Academic Medals are awarded to the top graduate (Gold Medal) and undergraduate (Silver Medal) graduates at each of Canada's universities. In 2016, Faculty of Health Disciplines grads 'showed their mettle' and claimed AU's top honours.

Keira St. George (Post-LPN Bachelor of Nursing '16) and **Ruth Stewart** (Master of Counselling '16) were awarded Governor General's Academic Medals — silver and gold, respectively — at AU's Convocation in June. Bright medals notwithstanding, both are shining examples of what's possible when passion, hard work, the flexibility of online learning, support from friends and family, and a little fun all come together.



Keira St. George

“I wouldn't be doing what I'm doing now if not for AU,” says St. George, an RN and Clinical Coordinator for Vancouver Coastal Health's Primary Outreach Services in the city's challenging Downtown Eastside. Helping people who are marginalized, vulnerable, dealing with addictions and mental illness or are homeless, her interdisciplinary team proactively reaches out to find those who need care.

“I've always wanted to be involved in social justice health care, and to work in the community,” she says. “I'm drawn to people who are less able to help themselves, and want to help and advocate for them. My final clinical placement at AU was at a community health clinic that serves this population, and I immediately knew this is where I wanted to stay. Everything just fit together.”

Receiving the Governor General's Award — Silver was “surreal,” St. George says. “I was in total disbelief. Really? Me? I love academics, was really into what I was learning and like to push myself, but even so, this was a great surprise.

“It's the most amazing and beautiful medal.” She laughs as she says that receiving it was perhaps meant to be. “My friends and I talk about having 'spirit animals,' and mine is a unicorn — and there's a unicorn on the medal!”



— continued —



Ruth Stewart

Being a medical doctor with a busy family practice would be ample challenge for anyone. Dr. Ruth Stewart upped the ante by combining it with marriage to a member of Canada's Armed Forces and moving both her family and her practice across the country for more than 16 years. But no matter where she was, her passion for mental health, and specifically for helping people who serve and who struggle with Post-Traumatic Stress Disorder (PTSD), kept calling.

“I knew that if I wanted to practice what I really believed in, I needed extra training,” she says, explaining her journey to AU and its flexible, online program. “I couldn’t have done it any other way; there was no other option at that point in my life.” There was also no doubt that her thesis would focus on treating military PTSD.

“These people are my family, and PTSD hits close to home,” Stewart says. “There is a difference between military and civilian communities and, even though care providers are well-educated and well-intentioned, standard approaches can miss the mark.” Her master’s research explores why that might be, and offers new ways to approach treatment for better results. (Watch for the March 2017 issue of AU’s *Open* magazine, which will include a feature story about Stewart’s research.)

Even this doesn’t take Stewart as far as she’d like to go, and she’s now back in the MD world completing a five-year residency to become a psychiatrist.

Receiving the Governor General’s Academic Medal – Gold affirms that Stewart’s path is the right one for her — and came as a surprise. “I was on a nightmarish internal medicine rotation and the Registrar’s Office kept phoning,” she says. “I thought I had made a mistake on the Convocation forms!

“I have an obsessive devotion to learning and AU was such a wonderful opportunity to dig for knowledge and to research to my heart’s content. This was the creative synthesis of everything I’d learned and experienced, and it gave me the chance to explore ideas and concerns that had been burning a hole in me for years.

“I was like a kid in a candy store.”

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How do we create high awareness of low-GI foods?

It seems most people believe ‘you are what you eat.’ So what’s the best way to inform people with Type 2 diabetes about the health benefits of eating low-Glycemic Index foods? And inspire them to change their eating habits? A new research grant is enabling Steve Johnson to look for answers.

The many health advantages of eating foods low on the Glycemic Index (GI) are becoming better understood. Increasing evidence shows that these foods — which convert to sugar more slowly than those higher on the Index — help prevent blood sugar “peaks and valleys.” Unfortunately, most people with Type 2 diabetes are unaware of the benefits low-GI foods have in relation to their disease.

Dr. Steve Johnson, Associate Professor in the Faculty of Health Disciplines, is the lead investigator of a new Alberta-wide study looking into why people whose health could benefit from a low-GI diet don’t have this important information.

A grant from the Canadian Foundation for Dietetic Research in June 2016 is enabling Johnson and his colleagues to study how GI-based diet information can be better communicated. The project is another avenue of inquiry in Johnson’s ongoing Healthy Eating and Active Living for Diabetes program.



“We want to look at the information people receive, how they receive it, why they prefer it and what they do with it — to take proven science and get it into the hands, brains and habits of people,” Johnson explains, noting that this knowledge can help inform programs to encourage people to change what they eat.

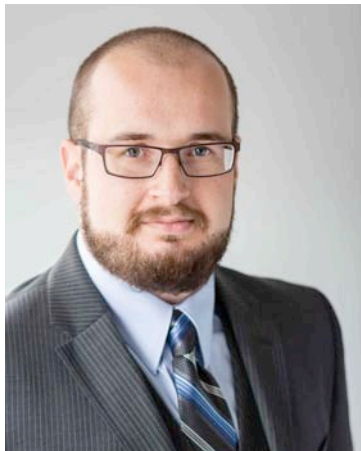
Many people with Type 2 diabetes don’t receive adequate counselling about a low-GI diet. Literature shows that some dietitians find it hard to teach. Some patients don’t have access to resources. Some don’t get the information they need or want. Some need more support. As a result, the uptake of the low-GI diet is lower than it can or should be. “The practical guidelines are there, but don’t seem to be working all that well,” Johnson notes. “If we learn the best mode of education and promotion, then we get a good idea of where future testing should go.”

Recruitment for participants in the three-month study began last fall, and analysis of collected data is expected this summer. “What we learn could have wide applicability and be scalable beyond people with diabetes. It will be relevant for anyone with pre-diabetes, and could help anyone who is overweight and needs to reduce their blood pressure. And it will be useful for anyone who wants to live a more-healthy life.”

Counselling grad gets down to work

How do you get the job you want if it doesn't exist yet? Counselling alum Derek Pierce knew he could improve a company's bottom line by making employees' lives better. He channeled that passion to create a job for himself — and now works on the leading edge of organizational change.

Derek Pierce (Master of Counselling '14) didn't plan to help a large company — a major construction company with 3,000 employees and 17 sister companies, no less — rethink its organizational culture and take a new approach to employee management. But by blending his dual passions for helping people and advancing business, he's doing just that.



Derek Pierce

Pierce hangs his hat in the Human Resources Department of Valard Construction (an Alberta-born business growth and success story in itself), where he is the Organizational Development Specialist. He's pretty much written his own job description over the past two years, seeking ways to make employees' lives better and, in turn, boost the company's performance.

"I look at what I do as 'preventive care," he says, explaining that he tries to get ahead of the curve by identifying issues early to prevent crises. "Most Canadians spend the majority of their time in their workplace, so if I can find ways for people to enjoy their work even a little bit more, I can help prevent mental health issues that make people sick, force them to take leave, or stress their families."

He looks, for example, at everything from what compensation motivates and is most meaningful to employees — "It's not always a raise. For some people, it could be more time." — to process automation, to how exit interviews are conducted, in order to enhance retention and reduce employee illness and injury.

"I'm trying to change organizational and employee habits, to gain more value for both," Pierce says. "For years, employees were seen as 'widgets,' but companies like Valard are flipping that idea on its head. Instead of assigning someone to a box, people are being asked how they can add value to the company. Instead of trying to fit 'square pegs' into round holes, we're looking for ways to make 'square holes.'"

Driving change from within a company and in this industry is arguably avant garde and on the cutting edge of organizational psychology practice. "People are more than tasks," Pierce says. "The more adaptive companies are to employees, the more they contribute, and the more companies benefit."

And he knows that his current dream job proves the point. "I can't imagine many people doing what I'm doing, and doing it with a construction company. I've been given so many opportunities — and there's room to do more. Until that stops, I'm loyally and faithfully theirs."

How do you AU?

Would you, could you, on a train? Have you ever on a plane? Have you, did you, before the dawn? Would you, maybe, on the front lawn? Would you, could you, when your kids play? Did you, perhaps, on a holiday? Would you, could you, even at the zoo? We'd love to know how (and where) you AU!

With apologies to Dr. Seuss, we couldn't resist having some fun with this one!

Online education makes it possible to study almost anywhere and, over the years, we've heard some great stories about how people fit their AU studies into their busy schedules.

There's the junior hockey team that makes good use of Wi-Fi on the bus when travelling. **Sarah Stephens** (Master of Nursing: Nurse Practitioner '15) says she read while lying face down and peering through the hole of a massage table, as she recovered from back surgery. One student says he avoids rush hour traffic by doing his homework at work, and heading home when rush hour has subsided. And then there are the women who take it up a notch, working on their papers from hospital beds while in labour, and finishing those papers after they've delivered their babies!



So that got us thinking: How do you AU? What's the most unusual place you've ever done your reading or writing? Where's your best place to study? Where are you most inspired?

News Brief — and our alumni, student and faculty readers — want to know! Share your stories by sending a note to fhdnews@athabascau.ca and we'll publish them in future issues of the newsletter (with or without your name, as you request).

Let's see if we can compile the most eclectic, fun and wacky collection of "study places" — and show that AU's "open. online. everywhere." tagline really does say it all.

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Alumni shine as AU award winners

AU casts the spotlight every year on three outstanding alumni and one remarkable student, awarding Alumni Awards to the University's best. Once again, the Faculty of Health Disciplines was well represented, claiming two of 2016's four honours.

What **Julie Lys** (Master of Nursing '07) and **Nina Sangra** (Master of Counselling student) have achieved so far is remarkable — and it hasn't gone unnoticed.

McLain Swift photo



Julie Lys

LIGHTING PATHWAYS TO SUCCESS

Community is everything for **Julie Lys, recipient of AU's 2016 Distinguished Alumni Award**. She is a proud champion of her northern Métis heritage, her sprawling family and her community members of Fort Smith, in the Northwest Territories.

A nurse practitioner and educational health advocate, Lys is committed to doing whatever it takes to nurture her community and instill in its members a sense of passion, pride and a continuous desire to learn — no matter one's personal circumstances.

"I love to learn and I love education," says Lys, who has served on the education board in Fort Smith for 14 years and was instrumental in developing Fort Smith's Phoenix School for youth, an alternative platform to help students reinvest in their education and, moreover, graduate. She is a strong advocate of youth and enjoys talking to them about the post-secondary experience, adding that nothing is more satisfying than the poignant moment when she gets to flip over the tassel of a high school graduate's cap.

Equally inspiring, she says, is watching these young people "graduating from university and coming back to work here. ... If a student has a high school diploma and then goes on to post-secondary education, they can do great things — meaningful things in the community."

— continued —



McLain Swift photo



Nina Sangra

BLENDING THE ART AND SKILL OF THERAPY

It takes a special person to be a good therapist, especially when helping individuals along the healing journey from sexual violence. **Nina Sangra, recipient of the 2016 Future Alumna Award**, has those special traits. Moreover, she has contributed them to her research at AU and to the many not-for-profit communities in which she has worked and, ultimately, helped to transform.

Sangra, who graduated last June, is a full-time Calgary-based counselor. She enjoys the one-on-one therapy with her clients and the fact that the role allows her to use a variety of skills she's acquired through her research and training.

"I can really bring both my head and heart into the work — and both of those are pretty strong. It allows me to be a bit flexible and adaptable. I find that very sustaining and very rewarding," she says.

She hopes her work and applied research will one day contribute to grand-scale change. In the meantime, nothing is more gratifying than knowing she's making a difference. "Being a witness to people's healing and their ability to change — it's fulfilling and rewarding on a lot of levels."

You can read more of Julie and Nina's stories on the [AU news website](#).

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Convocation is the most wonderful time of the year! In June 2016 the Faculty of Health Disciplines beamed with pride as graduates, families, friends and faculty celebrated their academic accomplishments. A total of 528 graduates joined the alumni family — AU's largest grad class.

Please join us in congratulating the Class of 2016!

The following names of graduates were published in the AU Convocation program. Watch the Convocation videos and download the program on the AU [Convocation website](#).

Master of Counselling

Elham Assadian-Rad, North York, Ont.
Halyna Batsoura, Toronto, Ont.
Yvette Bear, Vancouver, B.C.
Katrina Belliveau, High River, Alta.
Kelly Christine-Ann Birmingham, Lindsay, Ont.
Susi Bolender, Vancouver, B.C.
Cindy Ann Bote, Regina, Sask.
Anya Leah Brooker, Iqaluit, Nunavut
Lauren Samantha Byrne, Okotoks, Alta.
Ashley Julia Caringi, Chilliwack, B.C.
Taya Marie Cassidy, North Vancouver, B.C.
Laura Blakely Chiarenza, Vancouver, B.C.
David Jon Combden, Blairmore, Alta.
LeeAnn Jean Cormier, Newcastle, Ont.
Nadina Maija Dodd, Burnaby, B.C.
Shayla Dawn Drewicki, Edmonton, Alta.
Lara D'Souza, Toronto, Ont.
Jenny Raye Duffield, Calgary, Alta.
Diana Eisenfeld, Ottawa, Ont.
Blaine Andrew Findlay, Red Deer, Alta.
Leslie Anne Fletcher, Courtenay, B.C.
Barbara Louise Gladdish, Kamloops, B.C.
Matthew Jacob Goetz, Ottawa, Ont.
Evelyn Monica Gorecki, Edmonton, Alta.
Faye Beth Gosnell, Calgary, Alta.
Vahini Govender, Victoria, B.C.
Kimberly Graumann, Calgary, Alta.
Lauren Groves, Edmonton, Alta.



Michael In Tri Ha, Calgary, Alta.
Kaitlyn Marie Hillier, Woodstock, Ont.
Lisa Marie Hoffart, Regina, Sask.
Nina Hopmeier, Southport, Australia
Kylie Howard, Spring Bay, Ont.
Whitney Huckstep, Cold Lake, Alta.
Paige Allison Irwin, Edmonton, Alta.
Nicholas Tyler Jackson, Airdrie, Alta.
Annagretha Kambarami, Rankin Inlet, Nunavut
Kathleen Elizabeth Kelava, Calgary, Alta.
Lindsay Jean Kennedy, Calgary, Alta.
Lianne Clare Kirby, Sooke, B.C.
Maeghan Elaine Kirkley, Barrie, Ont.
Alina Kislenko, Guelph, Ont.
Laura Knapp, Calgary, Alta.
Amy Melissa Knodel-Moser, Edmonton, Alta.
Michael John Raymond Lawrence, Edmonton, Alta.
Jessica Lebovic, Calgary, Alta.
Amai Luc, Calgary, Alta.
Tara Leana Marshall, Vancouver, B.C.
Amy Misener, Brantford, Ont.
Steven Ngu, Calgary, Alta.

Jenny Peetoom Heida, Calgary, Alta.
Alison Faye Perry, Calgary, Alta.
Katelyn Christina Reimer, Wetaskiwin, Alta.
Natalie Sigurdson Reitsma, Edmonton, Alta.
Michelle Elise Sande, Calgary, Alta.
Rebekah Marie Scully, Fort St. John, B.C.
Katherine Margaret Seale, Ottawa, Ont.
Shannon Sevigny, Ottawa, Ont.
Jennifer Marie Stewart, Lethbridge, Alta.
Ruth Stewart, Whistler, B.C.
Andrea Jean-Ann Stobbe, Calgary, Alta.
Patricia Ioana Suteu, Calgary, Alta.
Aileen Michelle Thornton, Edmonton, Alta.
Cathy Mae Tremblay, Coquitlam, B.C.
Lauren Van Impe, Ancaster, Ont.
Melanie Lynn Vassell, Okotoks, Alta.
Vanessa Shirley Watson, Spruce Grove, Alta.
Nicole Christine Whale-Kienzle, Raymond, Alta.
Kirsten Elan White, Calgary, Alta.
Rebecca Louise Wideman, Minden, Ont.
Diana Jessie Wiebe, Altona, Man.
Raina Dawn Willier, Vancouver, B.C.
Michael John Wood, Lantzville, B.C.
Scott A. Xamin, Oakville, Ont.
Christina Nian Chu Yu, Calgary, Alta.
Kristen Leigh Zuest, Abbotsford, B.C.

Master of Health Studies

Raina Dawn Willier, Vancouver, B.C.
Michael John Wood, Lantzville, B.C.
Scott A. Xamin, Oakville, Ont.
Christina Nian Chu Yu, Calgary, Alta.
Kristen Leigh Zuest, Abbotsford, B.C.
Kimberley Dawn Helene Beaudry, Coquitlam, B.C.
Laura Becotte, Kamloops, B.C.
Leah Kathleen Berger, Calgary, Alta.
Marie-Noull Boncy, Gloucester, Ont.
Claudine Cleopatra Brown, Etobicoke, Ont.
Shari Cherepacha, Saskatoon, Sask.
Irina Ciornei, Calgary, Alta.
Heather Jeanette Clark, Port Moody, B.C.
Valentina Constantinescu, Hamilton, Ont.
Jose Manuel Da Silva, Vaughan, Ont.
Danielle Daisy Jane Dubois, Richmond, Ont.

Anna-Marie Duffy, London, Ont.
Joanne Margaret Engram, Inuvik, N.W.T.
Angela Erza, Red Deer, Alta.
Kathryn May Eyben, Vermilion, Alta.
Dana Maureen Fidgen, Williamswood, N.S.
Dana Foisy, Ottawa, Ont.
Patricia Carolyn Gauley, North Lancaster, Ont.
Evelina Bertha Glasser, Calgary, Alta.
Angela Christine Godee, Hazelridge, Man.
Cara Lee-Ann Green, Thunder Bay, Ont.
Violet Morag Green, Lone Butte, B.C.
Cheri Gunn, Hatchet Lake, N.S.
Heather Gail Halladay, Rocky Mountain House, Alta.
Jennifer Marie Hansen, St. Catharines, Ont.
Danya Lauren Huneault, Welland, Ont.
Janet Lynn Jackson, St. Marys, Ont.
Patricia Lynne Jappy-Loker, Abbotsford, B.C.
Kashmiro Kainth, Burnaby, B.C.
Dina Berti Henain Kaldas, Richmond Hill, Ont.
Barb Lynn Kenny, Surrey, B.C.
Kelli Anne Kingston, Petawawa, Ont.
Linda Lai, Vancouver, B.C.
Chantal Krista LeBlanc, Eastern Passage, N.S.
Lysa Lecky, Brampton, Ont.
Carolyn Lea MacPhail, Charlottetown, P.E.I.
Sherna Elaine Marcus, Thornhill, Ont.
Sharon Denise Maye, Petawawa, Ont.
Amanda Mckissock, Bowmanville, Ont.
Wendy Dorothy McLaughlin, Barrie, Ont.
Diane Susan Mulcaster, Essex, Ont.
Olulana Oredola Olonisakin, Edmonton, Alta.
Elaine Margaret Ori, Calgary, Alta.
Wendy Joanne Petillion, Kelowna, B.C.
Ildiko Ilonka Polgar, McBride, B.C.
Catherine Elizabeth Raiskums, Oakville, Ont.
Josee Susan Raymond, Markstay, Ont.
Kera Lee Redlack, Calgary, Alta.
Krystal Kimberly Sander, Saskatoon, Sask.
Lori Kathleen Sashegyi, London, Ont.
Laurie Leigh Schmidt, Weyburn, Sask.
Carlo Rei Sebastian, Aurora, Ont.
Heather Maureen Senchuk, Edmonton, Alta.
Kim Elizabeth Siegel, Waterloo, Ont.
Jane Ann Smithson, Burlington, Ont.

Kristine Margaret Smolsky, Brampton, Ont.
Darrel Blake Sparkes, Toronto, Ont.
Mary Angela Stairs, Bras d'Or, N.S.
Michelle Lee Stephens, London, Ont.
Jesus Guillermo Valenciano, Langley, B.C.
Abdul Wadood, Cambridge, Ont.
Tracey Dawn Watkins, Lake George, N.S.
Diana Elizabeth Whelan, Enfield, N.S.
Nathaniel James Wickett, Fredericton, N.B.
Patricia Marie Wright, Aurora, Ont.
Danielle Marie Yantha, Cambridge, Ont.
Robert Harold Zwicker, Cocagne, N.B.

Master of Nursing

Krista Leigh Aktug, Calgary, Alta.
Jodi Lynn Allard, Dauphin, Man.
Margot Olivia Antle, St. John's, N.L.
Jeanette Marcelino Asayo, Surrey, B.C.
Angela Carolyn Baker, Conception Bay South, N.L.
Julie Nicole Bakko, Coaldale, Alta.
Lisa Cavell Barbour, Hamden, Connecticut, U.S.A.
Lorna Christine Jaques Bennett, St. Albert, Alta.
Devon Anne-Maree Benoit, Pitt Meadows, B.C.
Amy-Lyn Sita Natalie Bertucci, Orillia, Ont.
Claire Eileen E. Blight, Dartmouth, N.S.
William Paul Boudreau, Charlottetown, P.E.I.
Terri Bowland, Richibucto Road, N.B.
Jessica Jill Bradley, Calgary, Alta.
Nancy Cavell Bragg, St. John's, N.L.
Nancy Pacheco Branco, Montréal, Que.
Raman Brar, Abbotsford, B.C.
Kathryn Ann Braun, Winnipeg, Man.
Courtney Lynn Breen, Halifax, N.S.
Erika J. Brisson, Edmonton, Alta.
Jenny Marie Broser, Surrey, B.C.
Rachel Emma Burwell, De Winton, Alta.
Arvinder Buttar, Toronto, Ont.
Amy Byrne, Vancouver, B.C.
Christine Cameron, Toronto, Ont.
Amanda Elizabeth Cappon, Hamilton, Ont.
Gurpinder Kaur Chahal, Surrey, B.C.
Elissa Sarah Champ, Edmonton, Alta.
Cindy Chow, Montréal, Que.
Veronica Nonyelum Chris-Ike, Hamilton, Ont.

Denise Cynthia Clark, Calgary, Alta.
Jennifer Margaret Clark, Alliston, Ont.
Megan Catherine Clarke, Waterdown, Ont.
Antonia Amelia Cole, Vaughan, Ont.
Kimberly Ashley Cordell, Brampton, Ont.
Kelly Diane Corlazzoli, Nanaimo, B.C.
Arlene Court, Mississauga, Ont.
Rhonda Lee Crew, Stittsville, Ont.
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Wendy Kay DeBoer, Calgary, Alta.
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Laura McIntyre Fraser, Windsor, Ont.
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Erin Francena Mae Garneau, Cold Lake, Alta.
Tosha Janelle Giesbrecht, Penhold, Alta.
Shelly Sue Gillespie, St. Albert, Alta.
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Rachel Goodliffe, Campbell River, B.C.
Karen Elizabeth Gorle, Orleans, Ont.
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Tracey Joanne Hagkull, Victoria, B.C.
Laurel Ann Hamann, Victoria, B.C.
Ilham Hashi, Doha, Qatar
Meagan Alisa Lynn Hatfield, Saint John, N.B.

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Harjot Kaur Kooner-Basant, Richmond, B.C.
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Colleen Margaret Laidlaw, Calgary, Alta.
Margaret Lynn Lalonde, Palm Beach Gardens, Fla.,
U.S.A.
Crystal Ann Lawrence, Prince George, B.C.
Shawna Lee LeBouthillier, Guelph, Ont.
Lori Lynn Leighton, Ancaster, Ont.
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Dana Catherine Letto, Edmonton, Alta.
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Elizabeth Grace Lofts, Vancouver, B.C.
Colleen Nicole Lum, Coquitlam, B.C.
Alicia Rae MacDonald, Port Rexton, N.L.
Carrie Marie MacDonald Liska, Stittsville, Ont.
Margaret Ann MacLellan, Calgary, Alta.
Susan Yvonne MacNeil, Kingston, Ont.
Navjot Kaur Mahil, Vancouver, B.C.
Jacqueline Teresa Mann, Calgary, Alta.
Jonathan Steven Marchand, Grand Falls-Windsor, N.L.
Allison Lane Marchuk, Calgary, Alta.
Diana Filisha Mariapen, Toronto, Ont.
Janice Alayne McCaffrey, Surrey, B.C.
Melissa McCallum, Grimsby, Ont.
Marie Dianna McCoy, North Vancouver, B.C.
Nancy Janice McGuire, Gadshill, Ont.
Janelle Lee McMillan, Calgary, Alta.
Shari Danelle McNiven, Duchess, Alta.
Ilona Miller, Gatineau, Que.
Jennifer Lynn Miner, Edmonton, Alta.
Heather Moore, Ottawa, Ont.
Anita Muchalla, Prince George, B.C.
Angela Helen Murphy, Cochrane, Alta.
Holly Lorraine Murphy, Beaver Bank, N.S.
Miya Nakamura, Nanaimo, B.C.
Sherisse Santos Nichol, Vancouver, B.C.
Susan Joan Nikkila, Cambridge, Ont.
Kari Lynn Nish, Springbrook, Alta.
Renia Nissan, Windsor, Ont.
Robyn Mariea Noseworthy, St. John's, N.L.
Natalie Dawn Nymark, Hammonds Plains, N.S.
Patricia Oghan, Beechville, N.S.
Sharon Cindy O'Grady, Laval, Que.
Jami Suzanne Osadczuk, Dunmore, Alta.
Emma Kerubo Oseko, Edmonton, Alta.
Tshun Ket Pang, Langley, B.C.
Gayle Christine Parker, Waterloo, Ont.
Tina Nerisa Parrill, St. John's, N.L.
Peggy Marlene Parsons, Shearstown, N.L.
Donna Darlene Patterson, Pointe-Claire, Que.
Sharon Rebecca Patterson, Toronto, Ont.
Tracey Marie Payne, Comox, B.C.
Julia Peart, Peterborough, Ont.
Kristin Amory Petrovic, Okotoks, Alta.
Trang Thuy Pham, Nanaimo, B.C.
Lori Ann Pinson, Edmonton, Alta.
Jaële Poirier, Dieppe, N.B.
Alice Lynne Price, Heidelberg, Ont.
Cheryl Pryce, Winnipeg, Man.
Sukhjeet Kaur Randhawa, Calgary, Alta.
Margaret Catherine Ranger, Fort St. John, B.C.
Patricia Diane Rawn, New Lowell, Ont.
Linda Ready, Lindsay, Ont.
Bernice Grace Reurink, Coaldale, Alta.
Ali Nicola Rippon, Delta, B.C.
Crystal Lynn Robinson, North Sydney, N.S.
Anne Marie Rock, Bornholm, Ont.
Jennifer Lynne Rogers, Kingston, Ont.

Zara Rose, Barrie, Ont.
Katherine Lisbeth Rueda, Georgetown, Ont.
Julie Muriel Sabourin, Cornwall, Ont.
Mariko Liette Sakamoto, Vancouver, B.C.
Karen Christine Samson, Winnipeg, Man.
Sharlenne Yvette Sanchez, Toronto, Ont.
Michelle Santos, Georgetown, Ont.
Sandi Vinetta Schaefer, Edmonton, Alta.
Landis Lindsey Scheibel, Nanaimo, B.C.
Elisabeth Schuetzle, Calgary, Alta.
Robin Henry Schumaker, Milton, N.H., U.S.A.
Tricia Ann Scornaiencki, Sault Ste. Marie, Ont.
Kimberly Dawn Seeley, Lower Eel Brook, N.S.
Marilyn Suzanne Senior, Burin Bay Arm, N.L.
Lonah Chepkoech Seurey, Guelph, Ont.
Anne Elizabeth Sherrard, Lower Coverdale, N.B.
Kirandeep Sidhu, Brampton, Ont.
Catharine Rebecca Simpson, Saint John, N.B.
Anna Lynn Solbrekken, Surrey, B.C.
Krista Louise Spence, Calgary, Alta.
Rose-Marie Stangl, Etobicoke, Ont.
Amy Ruth Stiles, Elora, Ont.
Melissa M. Stringer, Sudbury, Ont.
Tammy-Lou Mae Surbey, Sundre, Alta.
Deanna Michele Sykes, Cardston, Alta.
Lindsay Suzanne Taberner, Vancouver, B.C.
Sara Rachel Tansley, Deer Lake, N.L.
Tammy Jean Taylor, Paradise, N.L.
Janice Michelle Thorne, Markham, Ont.
Brittany Danielle Tonello, Vancouver, B.C.
Renee-Claude Tremblay, Oshawa, Ont.
Ruth Marion Trinier, Scarborough, Ont.
Anthony Raymond Turner, Slave Lake, Alta.
Nancy Joanne Vandenberg, Toronto, Ont.
Adrienne Villamil, Edmonton, Alta.
Carolyn Margaret Wadsworth, Calgary, Alta.
Noreen Patricia Wallwin, Thompson, Man.
Karen Ann Walsh, Halifax, N.S.
Deborah Joan Watson, Montréal, Que.
Shaunna Rae Watt-Dorscheid, Dauphin, Man.
Kendra Elbi Weerheim, Cambridge, Ont.
Jeanne Ann Weis, Sherwood Park, Alta.
Shauna Welsh, St. John's, N.L.
Julie Ann Werry, Coquitlam, B.C.

Melody Whitehead, North Bay, Ont.
Brenda Colleen Whyatt, St. Anthony, N.L.
Briar May Wiens, Niagara-on-the-Lake, Ont.
Vicky Jay Wilson, Gladstone, Man.
Heather Windecker, Bradford, Ont.
Elizabeth Anne Wylie, Edmonton, Alta.
Bai Yang, Kitchener, Ont.
Katelyn Jane Yeadon, Swift Current, Sask.
Chai Shi Yee, Scarborough, Ont.
Tanya Lea Zboril, Cambridge, Ont.

Bachelor of Nursing

Lilia Panghulan Abanador, Uxbridge, Ont.
Katelyn Abbey, Montréal, Que.
Jacqueline Rena Abbott, St. John's, N.L.
Megan Aksenchuk, Calgary, Alta.
Nelly Doris Albornoz, Edmonton, Alta.
Susana Aleabong, St. Albert, Alta.
Marissa Dawn Allin, Richmond Hill, Ont.
Maria Wilma Almonte, Calgary, Alta.
Emelda Lum Ambe, Calgary, Alta.
Kimberly Rose Andrus, Hamilton, Ont.
Leticia Naana Appiah, Edmonton, Alta.
Troy Archie (with distinction), Edmonton, Alta.
Tanya Leah Armstrong, Abbotsford, B.C.
Crystal Lynn Arnold Swanson (with distinction), Vermilion, Alta.
Titilayo Julianah Arowobusoye, Calgary, Alta.
Catherine Awla, Niantic, Connecticut, U.S.A.
Xue Kelly Bai (with distinction), Thornhill, Ont.
Kimberly Dawn Bailey, Carbonear, N.L.
Jaspreet Kaur Bains, Calgary, Alta.
Louise Ruby Baptiste (with distinction), Langdon, Alta.
Sylvia Erica Barabas (with distinction), Nepean, Ont.
Rosy Daniela Bartolomucci, Montréal, Que.
Angela Marguerite Bedard, Toronto, Ont.
Rosina Lorraine Belec, St. Albert, Alta.
Heather Frances Bertholet, Medora, Man.
Hardev Singh Bhullar, Surrey, B.C.
Paramjit Kaur Bhullar, Surrey, B.C.
Angela Maria Bianca, Riyadh, Saudi Arabia
Karen Robin Billingham (with great distinction), Sainte-Anne-de-Bellevue, Que.

Ewa Blikowski, Edmonton, Alta.
Megan Patricia Bobbee, Saskatoon, Sask.
Ashley Nicole Bois, Leduc, Alta.
Ashlee Brewer (with distinction), Whitehorse, Yukon
Sarah Jane Brisebois, Kelowna, B.C.
Jennifer-Lee Helen Brouwer (with great distinction),
Brockville, Ont.
Carlee Michelle Brown, Calgary, Alta.
Kayla Dawn Brown, Sutton West, Ont.
Stacey Buksa, Airdrie, Alta.
Kimberly A. Burt (with great distinction), Conception
Bay South, N.L.
Susan Cameron, L'Île-Perrot, Que.
Benedicta Siphatisiwe Campbell, Brampton, Ont.
Kevin Alexander Campbell (with distinction), Winnipeg,
Man.
Judith Mary Candy (with great distinction), Calgary, Alta.
Cecilia Poliquit Cardinoza, Calgary, Alta.
Julie Lorraine Carter Delayani, Longueuil, Que.
Alice Ga Ting Chan, Vancouver, B.C.
Indira Dk Chauhan, Markham, Ont.
Light Bosah Chiotu (with distinction), North York, Ont.
Isabelle Cormier, Montréal, Que.
Carol Angela Correia, Brampton, Ont.
Tiffany Elizabeth Court, Tide Head, N.B.
Alison Clara Craggs, St. Johns, N.L.
Jennifer Lynn Cumpsty, Winnipeg, Man.
Rory-Lynn Cunada, Vancouver, B.C.
Michelle Catherine Currie, Port aux Basques, N.L.
Christine Daniels, Riyadh, Saudi Arabia
Natalie Michelle D'Aoust, Ville St-Laurent, Que.
Robert Davidson, Toronto, Ont.
Kevin Carl De Torres, Delta, B.C.
Joanne Detmar Davis (with distinction), Abbotsford, B.C.
Jasvir Kaur Dhaliwal, Edmonton, Alta.
Harbaal Singh Dhillon, Vancouver, B.C.
Surrey Jean Dowell, Edmonton, Alta.
Tina Drainville, Victoria Cove, N.L.
Lyndon Dueck (with distinction), Red Deer, Alta.
Yvette Ann Duhaney, Lachine, Que.
Scott Brent Durling, Ridgeland, Mississippi, U.S.A.
Candice Jean Elliott (with distinction), Sherwood Park,
Alta.
Cindy Emmerson, Calgary, Alta.
Sarah Courtney Emond, Bowmanville, Ont.
Francesca Ercolanese (with great distinction), Deux-
Montagnes, Que.
Kali Lynne Nina Ewanyshyn, Gilbert Plains, Man.
Nicole Elizabeth Eye (with distinction), Calgary, Alta.
Gabriela Gabriel Faraon (with distinction), Edmonton,
Alta.
Frances Joyce Faron, Montréal-Nord, Que.
Tanya Leah Federico, Calgary, Alta.
Jodie Lynn Fernquist, Calgary, Alta.
Danessa Elena Figueroa, Edmonton, Alta.
Tara Lynn Flaman (with distinction), Calgary, Alta.
Shane Gregory Fudge, Paradise, N.L.
Jacintha Melanie Gabriel, Calgary, Alta.
Jessica Kate-Lyn Galbraith, Drumheller, Alta.
Nancy Lynn Gallinger, Airdrie, Alta.
Michelle Anita Garabb, Calgary, Alta.
Julia Katharine Garland, Montréal, Que.
Kelly Ann Geertsema, Edmonton, Alta.
Susan Patricia Gilbert, Pickering, Ont.
Anke Gilmour, Belleville, Ont.
Suzanne Marie Gordon, Guelph, Ont.
Esther Ruth Gould, Amherst, N.S.
Eva Groenewegen, Edmonton, Alta.
Shirlyne Guiang (with distinction), Vaudreuil-Dorion,
Que.
Amina Gulzar, Markham, Ont.
Mandy Kim Gutsche, Hanna, Alta.
Firas Yousef Haddad, Langley, Alta.
Amy Nicole Haglund, Edmonton, Alta.
Darla Leanne Hall, Regina, Sask.
Erin Lynn Hall, Sarnia, Ont.
Sharlene B. Hammond (with distinction), Elginburg, Ont.
Crystal Gayle Hansen, Edmonton, Alta.
Kimberly Ann Haverkamp (with distinction), Hensall,
Ont.
Chantal Lyne Hegge, Calgary, Alta.
Savannah Mary Violet Hodgson, Kennedy, Sask.
Michelle Lynne Hodson (with great distinction),
Sherwood Park, Alta.
Janna Ellen Hotson (with distinction), Deep River, Ont.
Lyse Chantal Huneault, Orleans, Ont.
Kimberley Anne Hunt (with distinction), Regina, Sask.
Joanne Hurtubise, Ingleside, Ont.

Steve Michael Iduye, Valley-Truro, N.S.
Elizabeth Jack, Pointe-Claire, Que.
Rhonda Jansen (with distinction), Nanaimo, B.C.
Patly Sherlyn Jean-Francois, Calgary, Alta.
Catherine Jefferies, Ottawa, Ont.
Qinglian Jiao, Calgary, Alta.
Coco Jin, Calgary, Alta.
Richele Rayjeet Johl, Surrey, B.C.
Cara Johnston, Calgary, Alta.
Nancy Francine Jutte, Comox, B.C.
Nazeer Hussain Kabir, Calgary, Alta.
Katherine Marie Kania (with distinction), Niverville, Man.
Suhaila Khedri, Calgary, Alta.
Yvonne Mary Ann Klaver, Calgary, Alta.
Tracy Elizabeth Klien (with distinction), Stittsville, Ont.
Candace Lynne Knull (with distinction), Calgary, Alta.
Thuy Trang Lam, Belleville, Ont.
France Marie-Claude Larouche-Uffen (with distinction), Calgary, Alta.
Meranda Brooklynn Lee, Red Deer, Alta.
Michele Ann Lepp (with great distinction), Winnipeg, Man.
Hongmei Li, Burnaby, B.C.
Rong Lin, Richmond Hill, Ont.
Barbara Michelle Loewen, Edmonton, Alta.
Geraldine L. Logan, Edmonton, Alta.
Cristin Beverly Low (with distinction), Drumheller, Alta.
Ashley Amberley Luckwell (with distinction), Camrose, Alta.
Mary Elizabeth MacDonald (with distinction), Guelph, Ont.
Brianna Jill Malbog, Edmonton, Alta.
Sandra Maloney (with distinction), Bassano, Alta.
Natasha Martin, Delhi, Ont.
Lisa Kristine Mayes, Edmonton, Alta.
Alicia Marie McClintock, Sarnia, Ont.
Jocelyn McDermott, Calgary, Alta.
Theresa Tayo Merilles, Surrey, B.C.
Krista Joy Miller, Wainwright, Alta.
Valerie Ann Mitchell (with distinction), Wilson's Beach, N.B.
Kara Nicole Moll, Red Deer, Alta.
Ermine Kasen Moncherie, York, Ont.
Marilyn Rose Muir (with distinction), Winnipeg, Man.
Ruth Elizabeth Murray (with distinction), Bay Roberts, N.L.
Kimberley Elizabeth Murrin (with great distinction), Corner Brook, N.L.
Tenzin Chodon Namgyal, North Wollongong, Australia
Nyiransengiyumv Joyce Ndekezi, Edmonton, Alta.
Monica Wendy Nelner, Trochu, Alta.
Thi Hoang Diem Nguyen (with distinction), Côte Saint-Luc, Que.
Lori Ann Gail Noonan (with great distinction), Brockville, Ont.
Semi Oh, Langley, B.C.
Gloria Malong Olpindo, Calgary, Alta.
Leticia Serwaa Osei (with distinction), Aurora, Ont.
Mary Michelle Otayde, Edmonton, Alta.
Layla May Page (with distinction), Lacombe, Alta.
Beth Ann Pattison, Sparwood, B.C.
Liesel Topacio Petiluna, Edmonton, Alta.
Darlene Margaret Polich, Niagara Falls, Ont.
Christine Porretta, Newmarket, Ont.
Sujata Tiwari Poudyal, Edmonton, Alta.
Nadia Purvis (with distinction), Newmarket, Ont.
Dallas Anne Quennell, Kenora, Ont.
Kiranjeet Kaur Randhawa, Surrey, B.C.
Regan Alice Rawson, St. Catharines, Ont.
Valerie Lin Reddin (with distinction), Charlottetown, P.E.I.
Lisa Marie Redford (with distinction), Devon, Alta.
Susan Shirley Reid, Norris Point, N.L.
Adeline Elizabeth Riehl, Saskatoon, Sask.
Lynn Mary Robitaille, Nepean, Ont.
Leanne Eileen Rolston, Williams Lake, B.C.
Pamela Marilyn Ronbeck, Calgary, Alta.
Lisa Jean Rotz, St. Catharines, Ont.
Angela Margaret Roy (with distinction), Winnipeg, Man.
Rebecca Rutherford (with great distinction), Port Hope, Ont.
Kuldeep Kaur Sandhu (with distinction), Calgary, Alta.
Kristen Schoon, Spruce Grove, Alta.
Ashley Aileen Sebulsky (with distinction), New Westminster, B.C.
Marina Sedova (with distinction), Calgary, Alta.
Sarah Nicole Seider, Victoria, B.C.

Jacqueline Carol Senych, Redwater, Alta.
Barhampreet Kaur Sidhu, Surrey, B.C.
Shaneeza Sinclair, Lacombe, Alta.
Tanya Lynn Slette, Claresholm, Alta.
Cheryl Ann Sorenson-Voigt (with distinction),
Winnipegosis, Man.
Tatyana Sorokina, Calgary, Alta.
Daneve Jeanne Spronk (with distinction), Sherwood
Park, Alta.
Keira St. George (with great distinction), North
Vancouver, B.C.
Sandra J. Stam (with great distinction), Chilliwack, B.C.
Nicole Andrea Staple, Temple, Texas, U.S.A.
Joanne Diane Stevens, Coquitlam, B.C.
Fahrija Stivicic, Edmonton, Alta.
Kimberley Ann Louise Stringer, Orleans, Ont.
Jennifer Catherine Stronge (with distinction), Golden,
B.C.
Kimberlie Joan Marie Stubbe, Regina, Sask.
Carrie Marie Stumpf, Houston, B.C.
Cynthia Helen Sutter, Cochrane, Alta.
Katherine Louise Svitak, Toronto, Ont.
Karen Eunice Swan (with great distinction), Debert, N.S.
Connie Diane Tanner (with distinction), Ayr, Ont.
Kelly Tarasoff, Calgary, Alta.
Anniena Taurasi, Etobicoke, Ont.
Tammy Roxanne Tetford, Paradise, N.L.
Kanwaljeet Kaur Thakur, Surrey, B.C.
Joanne Thompson (with distinction), St. John's, N.L.
Vanessa Jean Tilson (with great distinction), Kelowna,
B.C.
Susie Yap Tio (with great distinction), Surrey, B.C.
Maryna Tkachenko, Brossard, Que.
Thandi Tshuma, Edmonton, Alta.
Carrie Lynn Tuck (with distinction), Victoria, B.C.
Natalie Elaine Tucker Merry, Corner Brook, N.L.
Kimberly Anne Tufford (with distinction), Grande
Prairie, Alta.
Ruzica Tutic, Edmonton, Alta.
Amandeep Uppal, Calgary, Alta.

James Manalili Vallido (with distinction), Stettler, Alta.
Brittany Vercammen, St. Albert, Alta.
Holly Patricia Watson (with distinction), Watford, Ont.
Emily Dawn Weedman, Belleville, Ont.
Yu Wen, Calgary, Alta.
Keisha Lee Werner (with distinction), Red Deer, Alta.
Sheryl White, Pointe-Claire, Que.
Cheryl Lynn Wilts (with distinction), Auburn, Ont.
Robert Wilmore Wiscombe (with distinction),
Conception Bay South, N.L.
Beverly Joan Woodward, Goose Bay, N.L.
Sarah Alida Wright, Langley, B.C.
Chelsey Louise Wyght, Lethbridge, Alta.
Chantelle Virginia Yacob, Lake Country, B.C.
Valerie Nosa Yakubu (with distinction), Calgary, Alta.
Rebecca Margaret Zacharias, Bristol, Que.
Stacie Leeann Zimmer (with great distinction), Fernie,
B.C.

Post-Master's Diploma: Nurse Practitioner

Della Charlotte Hare, Lindsay, Ont.
Rajvir Parmar, Rockyview County, Alta.
Dawn Elizabeth Pryde, Nanaimo, B.C.
Heidi Mae Veldman, Lethbridge, Alta.

Post-Master's Certificate in Counselling

Eunice Marie Lavell (Counselling Psychology), Selkirk,
Man.
Barbara Elizabeth Nichols (Counselling Psychology),
Prince George, B.C.
Jamie Prowse Turner, Red Deer, Alta.

Post-Baccalaureate Diploma in Counselling

Taunya Jean Iervella, Airdrie, Alta.
Brittanny Whalley, Calgary, Alta.

You've been busy!

Alumni, students and faculty continue to inspire! Here are the news items received since the last issue of News Brief. Do you have a new job? Been on an adventure? Have a reason to celebrate? Share it with your AU friends and family by sending an e-mail to fhdnews@athabascau.ca.

Erin Bampton
MN alumna

... had her research into the impact of resistance training on older adults, "Profiles of resistance training behavior and sedentary time among older adults: Associations with health-related quality of life and psychosocial health," published in *Preventive Medicine Reports*, Vol. 2, 2015, and also in the *Canadian Journal of Public Health*, Vol. 107 No. 3, 2016.

Sandra Collins
Professor

... is making it easier to save a tree — by hugging an e-book! She has authored *Professional Writing in the Health Disciplines*, a free e-book for graduate students to enhance their competency in professional writing and APA format. This is a great resource for students in all disciplines and Faculties.

David Comben
MC alumnus

... is realizing his life-long goal to become a psychologist and works for Crowsnest Counselling Services in Blairmore, Alta. David, his wife and their two children moved to the Crowsnest Pass just over three years ago, and was profiled in a story in the *Crowsnest Pass Herald*.

Karen Cook
Assistant Professor

... spearheaded Young Adults Social Day in Vancouver last spring, **the first time in North America** that an event like this has been organized for young adults with life-limiting illnesses. Participants had the rare opportunity to get together on a Saturday afternoon to interact with others who truly "get" the challenges, worries and hopes of living with a life-limiting illness.

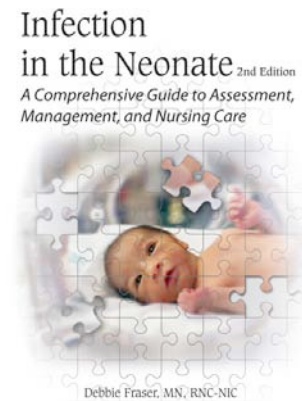
Adrijana D'Silva
MHS student

... is garnering global attention. Three abstracts have been accepted for presentation, one at the World Lung Congress in Vienna (December 2016) and two by the Society of Behavioral Medicine in San Diego (March 2017). For her research, she measured objectively assessed physical activity and sedentary time in 130 lung cancer survivors.

— continued —

Debbie Fraser
Program Director,
Associate Professor

... authored *Infection in the Neonate: A Comprehensive Guide to Assessment, Management, and Nursing Care, 2nd Edition*, a reference for neonatal staff nurses. It covers assessment, diagnosis and management of both congenital and neonatal infections, and discusses desired effects, and side effects, of antimicrobial agents and other therapies.



Melanie Fuller-Brudersas
MC student

... became the webmaster of the counselling psychology section of the Canadian Psychological Association — cpa.ca — in January 2016.

Cara Green
MHS alumna

... has been busy! A Registered Dietician (RD), she recently accepted a position as a clinical instructor with the School of Nursing at Lakehead University in Thunder Bay, Ont., becoming one of the first RDs to focus on nutrition related to specific diseases. Her manuscript, “So you think you’ve designed an effective recruitment protocol?” has been accepted for publication in a future issue of *Nurse Researcher*, while an article based on her Master’s thesis, “A necessary evil? Patients’ experiences receiving tube feeding in acute care” has been accepted for publication in *Nutrition in Clinical Practice*. Cara’s findings have also been compiled into an education brochure to inform patients families about what they can expect with tube feeding while in hospital.

Patty Johnson
MHS alumna

... received the Manitoba Gerontological Nursing Association’s Nursing Distinction Award – Administration in May 2016. A nurse since 1982, Patty served as the Director of Long-Term Care Programs with the Misericordia Health Centre in Winnipeg for the past 10 years, before retiring on April 29, 2016.

Derek Luk
MN alumnus

... blended his affinity for tech with his passion for nursing — and for caring for caregivers — to found an award-winning social enterprise that promotes mental health through mindfulness. The CEO of **Mindful Mental Training** won the 2015 Startup Calgary People’s Choice Award and ATB BoostR’s Changemaker competition, and received the Alberta’s Top Young Innovators Award in 2016. In September, he successfully defended his Master’s thesis “Determining the Accessibility and Effectiveness of an 8-Week Synchronous and Asynchronous Online Mindfulness Program in Reducing Symptoms of Burnout for Nurses: A Pilot Study.” He recently received a grant from Alberta Innovates Technology Futures to build a mindfulness platform for first responders, an idea stemming from his thesis.

Margaret Rauliuk ... chairs the Board of Directors of the Association of Registered Nurses of Manitoba (ARNM). Margaret is a family Nurse Practitioner at Access River East primary care clinic in Winnipeg, and was a founding member of the Manitoba RN Network and the ARNM.
*Academic Coordinator,
Instructor*

Josee Raymond ... was published in *Transplantation Proceedings*. “Walking, Sedentary Time and Health-Related Quality of Life Among Kidney Transplant Recipients: An Exploratory Study” is in the January issue.
MN alumna

Gwen Rempel ... travelled to Rome this summer for two presentations. She delivered the keynote lecture, “State of transition in 2016 and future perspectives,” and a lecture, “Supporting parents of children with HLHS: Is a resilience lens still best?” at the 50th Annual Meeting of the Association for European Paediatric and Congenital Cardiology.
*Chair, Graduate
Programs and Associate
Professor*

Laurie Schmidt ... has been accepted into the PhD program in the University of Regina’s School of Kinesiology and Health Studies. A manuscript from her thesis, looking at physical activity perceptions among older adults in rural Saskatchewan, has been accepted for publication in the *International Journal of Qualitative Studies on Health and Well-Being*.
MN alumna

Robyn Schumaker ... and instructor Dr. Kim Bergeron published “The Clock Model: A Tool for Clinical Reasoning in the Emergency Department” in *The Journal for Nurse Practitioners*.
MN:NP alumna

Colleen Toye ... had “Normalisation Process Theory and the Implementation of Resident Assessment Instrument–Home Care in Saskatchewan, Canada: A Qualitative Study” published in *Sage*.
MN alumna