

Class of 2028 Council Nominees

Class President

Tyler Anderson

Hello everyone, I am Tyler Anderson, and I would like to apply for the position of class president for the class of 2028. There are a few reasons I believe I would be a good fit for the position. First, while doing my undergrad at St. Cloud State University, I served as the men's hockey teams' academic representative. During this role, I would attend athletic department meetings and express the concerns and opinions of our team regarding athletic department decisions. I feel as if this role has given me experience in sitting in on meetings and voicing concerns and opinions from my peers to individuals in positions of power. I feel ready to attend UGME meetings and represent our class's views and have no issues saying what we feel to those in leadership positions. I feel as if this is a very important part of the job, and I want to assure the class that all concerns and opinions will be brought forth to UGME if I am elected president. I also believe my experience as a graduate student will help me in the position, as I have learned to develop great relationships with professors at the University of Manitoba. Having had to communicate with a research lead, as well as a graduate committee, I feel comfortable speaking with professors and believe I would be a great liaison for our class between us and UGME on issues that arise on either side.

Secondly, I love events, and one of the roles of class president is helping the council with initiative and event promotion. I believe our experience with orientation week was so important, and know that as the year goes on, our class events will be crucial for our success as it allows us to unwind and become closer as a class. I would love to help do my part in securing funding, so that these amazing events are able to continue. Having been a coach for a junior hockey team in Winnipeg, I have had to do my fair share of asking certain groups for financial donations, as well as find creative ways to raise money, and I believe this experience will help me in the position of class president to do my part to help our class.

I am a very social person and would love to get to know more of our class. I believe sitting in this role will allow me to connect with more of you and hear whatever is going on and do what I can to help on an individual level, as well as on a class level. I truly feel blessed to be a part of the class of 2028. We have a special group, and I would love nothing more than to be class president and help our class continue to grow and succeed.

Amy Lloyd

Hey everyone! My name is Amy (she/her) and I'm running to be our class council president. A couple fun facts about me are that I play the violin and love sports- catch me on the court (or maybe the bench) for the Med 1 basketball team! My main interest is student governance, most recently serving as President of the UofM Science Students' Association (SSA). Through this role I led the council, oversaw programs/events and advocated for 6,500+ students (similar to M1 class president). I also created a conference for UofM student leaders where I made connections with student council execs from all the Rady Faculty colleges.

It's been amazing getting to know so many of you and learning about our unique backgrounds and interests. The work ethic, kindness and comradery I've seen in our class has inspired me to run for president and ensure that everyone is fully supported to succeed in M1. There are 4 main impacts I commit to as class president:

1. Strong advocacy I will voice the needs and desires of our class to UGME, Student Affairs and MMSA by collecting class feedback and not shying away from tough conversations at important meetings. For example, I will advocate for lecture recording consistency. Some of our classmates have been superstars in having these conversations with UGME, and it's important for the class president to advocate for long term solutions so that the burden doesn't fall on course reps.

2. Promote equity, access and participation Through working closely with the Global Health Liaison Jr. and establishing connections with equity groups on campus, it's important to that our class council initiatives promote equity, access and participation. I also plan to regularly check in with Student Affairs and UGME regarding the accessibility of our course materials (for example, ensuring that lecture slides follow the Accessibility for Manitobans Act). Most importantly, I hope to be a trusted, approachable peer to chat with if you are experiencing any barriers inside/outside the classroom and will help in any way I can.

3. Add class council positions Our class council should reflect the increase in class size, even if our lecture halls don't quite yet ;) Creating new appointed class council positions would provide an opportunity for more classmates to get involved. One example is Communications Programmer (to create event poster graphics/send class messages)- I'm open to more suggestions!

4. Have fun! My goal is to keep our 'social' energy going through supporting class council members in their initiatives and advocating for adequate funds to ensure that these events/initiatives are accessible. (Thoughts on collaborating with other faculties to purchase a pool table with a ping pong conversion top for the shared lounge in Brodie...?)

Chances are you're in the BI module trenches as you read this - thanks for making it this far. It would be an honour to serve each of you as class president; if you have any questions about my platform, please don't hesitate to reach out on Slack. Thank you!

Mikayla Mischuk

Hi everyone! For anyone who doesn't know me, my name is Mikayla, and I am running for class president. Leadership is something that I am very passionate about, and I am hoping to have more leadership opportunities, and be able to work together with all of you as your class president. I have prior experience in different leadership roles, specifically working as a collaborative leader with many different team members. In high school, I served on the student council every year in various roles, including student council president when I was in grade 12. In more recent experience, I have worked as an ER/UC nurse before getting accepted into medical school. Working as a nurse provided me with amazing opportunities to work as part of an inter-professional team in order to provide care for patients. We all work collaboratively with patients, in order to ensure that we can provide them with the best care. As we all know, no matter what field of medicine we work in, team work and collaboration is absolutely essential.

I also have experience working as a charge nurse at an urgent care in Winnipeg. As the charge nurse, I was in charge of the entire department, and acted as a supervisor, resource, and support for the other nurses and staff, as well as a support for the physicians. Additionally, I was a liaison between the nurses, patients, and physicians, as well as managers, when needed. The physicians and nurses came to me with concerns or questions, or assistance needed for the treatment plan and disposition of patients, and we would work together toward a solution. This was a role that I really enjoyed, being able to help my colleagues by working together to solve any issues that arose, supporting other nurses to care for acute patients, and acting as a liaison.

I feel that all of these experiences that I have mentioned would be invaluable as your class president. As president, I would be representing all of you on a number of different councils and in meetings, acting as a liaison between the class and UGME. I would work together with everyone in the class, to ensure that any concerns or questions are addressed, and to help support everyone to have the most fulfilling experience in medical school. This would include supporting other class council members with their initiatives and activities and encouraging feedback from students regarding classes and clinical experiences in the aim of providing relevant and beneficial learning experiences for students, as well as engaging extracurriculars. I will uphold the responsibilities given to me, ensuring ongoing, effective communication, and any recommendations I make on behalf of the class are best practice for the class of 2028, and the MD program as a whole. Ensuring that all decisions and considerations are made through an equity, diversity, and inclusion lens.

Parnya Salari

As your Class President, I would strive to build an inclusive, supportive and enriching medical school environment and ensure that every student feels they have the necessary tools and resources to succeed. I firmly believe that strong leadership entails clear communication and collaboration, ensuring that together we build a medical school experience that prepares us not only to be excellent physicians but empowering, passionate leaders in healthcare. With my leadership experience and diverse background, I'm confident I can serve as a strong representative

for our class. I promise to work diligently to address your concerns and build an unforgettable medical school experience for us all.

Key Initiatives:

Advocacy and Transparency:

- Create a transparent and open line of communication between our class and UGME, ensuring student concerns are heard
- Advocate for BIPOC, gender and sexually diverse populations through increased representation and incorporation of lived experiences

Equity, Diversity, and Inclusion:

- Create inclusive spaces through cultural events, community socials, and networking opportunities where students from all backgrounds feel supported
- Foster an environment valuing cultural safety in medicine, ensuring every student feels respected
- Coordinate student initiatives with the student accessibility office to support neurodiverse learners and counter ableist frameworks and practices
- Increase indigenous representation by incorporating indigenous perspectives in policy and decision-making processes

Academic Pursuits:

- Support academic representative initiatives to promote academic success through mentorship
- Advocate for more clinical exposure opportunities and interactive workshops to encourage professional growth
- Prioritize partnerships with organizations that offer scholarships and resources for students

Mental Health and Wellness:

- Support initiatives by council sports and wellness representatives including wellness workshops, group exercise classes and retreats
- Advocate for flexible scheduling and mental health support during exams and demanding rotations
- Support council social representatives in planning social events, mixers, and other initiatives to strengthen our bond as a class and celebrate milestones

Qualifications and Experience:

As a Surgical Technician at St. Boniface Hospital, I've worked collaboratively and efficiently in surgical teams consisting of surgeons, anesthesiologists and nurses to tackle complex problems while prioritizing patient outcome. I have further spent my time volunteering for various organizations, including both St John's Ambulance and the Butterfly Club at Ka Ni Kanichihk, an organization that empowers Indigenous children through cultural and leadership activities. My duties at St John's included being both a medical first responder providing first aid for patients during medical emergencies, and an executive training assistant, leading members through practical examinations and helping them strengthen their first aid skills. These experiences have

sharpened my ability to communicate effectively and work collaboratively in a team—skills I plan to apply in supporting and advocating for you as Class President. These four years will be some of the best yet most challenging years of our lives. However, I'm confident that together, we can build a community that supports and further improves each other in becoming the competent, compassionate physicians I know we can be.

Ha Ryun (Ben) Yang

Dear fellow medical students,

I am a 23-year-old aspiring physician from Mississauga, Ontario, with an undergraduate degree from Western University and a passion for neuro-ophthalmology. Today, I stand before you with a vision to elevate our medical school experience and prepare us for the dynamic world of healthcare that awaits us. As your potential leader in the Medical Student Association, I am committed to implementing transformative initiatives that will enrich our academic journey, broaden our horizons, and develop our leadership skills.

My platform rests on three pillars: International Exposure, Research Excellence, and Leadership for All. Let me elaborate on each of these:

International Travel Opportunities:

In our increasingly interconnected world, global health experience is invaluable. I propose establishing an International Medical Exchange Program that will open doors to diverse healthcare systems and cultural perspectives. By forging partnerships with medical schools across the globe, we will create short-term observerships, research opportunities, and medical missions. These experiences will not only enhance our clinical skills but also foster cultural competence, a crucial attribute for future physicians serving diverse populations.

To make this a reality, I will:

Establish a dedicated International Relations Committee within the MMSA

Negotiate exchange agreements with at least five international medical schools in our first year

Create a scholarship fund to ensure these opportunities are accessible to all students, regardless of financial constraints

Organize pre-departure training sessions to maximize the educational value of these experiences

Enhanced Research Initiatives:

Research is the backbone of medical progress, and as future physicians, we must be at the forefront of this endeavor. I propose a comprehensive Research Enhancement Program with the following components:

a) Research Mentorship Program: We will pair students with faculty mentors in their fields of interest, facilitating hands-on research experience and potential publications. This program will help demystify the research process and provide valuable guidance throughout our academic journey.

b) Annual Medical Student Research Symposium: This event will showcase our work, foster interdisciplinary collaboration, and provide a platform for networking with researchers and potential future employers.

c) Research Skills Workshops: We will organize regular workshops on topics such as study design, data analysis, scientific writing, and grant applications to equip us with essential research skills.

d) Research Grant Program: I will work to establish a small grants program to fund student-led research projects, encouraging innovation and independent inquiry.

Leadership Development for All:

Leadership skills are crucial in healthcare, whether we're managing a team in the emergency room or advocating for public health policies. I pledge to create leadership opportunities for every MMSA member through a tiered leadership structure:

Executive Committee: Elected positions for overall MMSA management

Standing Committees: Focused on areas like academics, wellness, community outreach, and more

Project Teams: Short-term groups for specific initiatives

Class Representatives: Ensuring each year of study has a voice

Mentorship Roles: Upperclassmen guiding newer students

This structure will ensure that every student, regardless of their year or previous experience, has the opportunity to take on a leadership role. We'll also implement a Leadership Certificate Program, offering workshops and seminars on topics like conflict resolution, effective communication, and project management.

Beyond these three main pillars, I am committed to:

Advocating for improved mental health resources for medical students

Organizing regular social events to foster a sense of community and combat the isolation often experienced in medical school

Creating a robust alumni network to facilitate mentorship and career guidance

Implementing a feedback system to ensure the MMSA remains responsive to student needs

As your potential leader, I promise to be approachable, transparent, and dedicated to representing your interests. I believe that by working together, we can create a medical school experience that not only prepares us for the challenges of our future careers but also helps us grow as individuals and future leaders in healthcare.

Let's embark on this exciting journey together. With your support, we can shape the future of medicine, starting right here in our medical school. Thank you for your consideration, and I look forward to the opportunity to serve you and our shared vision for excellence in medical education.

Academic Reps (2 positions)

Sura Alshamary

My platform is focused on the concept of “No one left behind.” I tend to dream big, and my dream for our class is to have a 100% pass rate into next year. I am running for this position because I am passionate not only about students’ academic performance and wellbeing, but also about creating an inclusive and comprehensive curriculum that will make us all better physicians. I will be an advocate based on feedback and assessed needs for all matters surrounding students whether they are struggling or not. I hope to help create an inclusive community and lessen competition and toxic culture within medicine. During medical school, we may become prone to burnout and loss of motivation. We need strategies to make the material more digestible and work towards improving the mental health of all learners. One thing I hope to push against is unfair distribution of assignments around exam times. Furthermore, some assignments could have had another format that made it easier on the student to perform well and learn while not feeling overwhelmed. I will also work to advocate for more time with senior students and compile a general ‘advice’ folder for future students, and to include more helpful diagrams in all lectures for visual learners. I will also advocate for senior students to share their study strategies and teach new students how to learn to prioritize material. I also noticed that some slides could use more appropriate modern language in describing individuals of all backgrounds, and these are important because they will work towards lessening implicit bias in medical learners. Additionally, I believe we need more education in terms of women’s health in medicine and how we can combat sexism that runs deep. Overall, my focus is on equity, inclusion, wellbeing, and advocacy for all learners.

Vidhi Arya

My passion for helping others succeed academically is the driving force behind my interest in applying for this position. Undoubtedly, medical school can be a challenging transition for many students coming from diverse backgrounds, both academically and professionally. In my experience, having a well-organized collection of learning materials passed down from upper year students can make a significant difference in helping students adapt to the rigorous nature of medical education. I’ve also had the opportunity to talk to several classmates who would agree with me as they all found the resources in the drive to be extremely helpful.

My firsthand experience tutoring students and sharing resources that have been helpful in my own studies has made me realize how much they appreciate the support, and seeing them succeed has been an incredibly rewarding experience. Similarly, I look forward to organizing and curating resources to help support my classmates and the incoming class of medical students.

Additionally, my experience as a member on the volunteer coordination team for Science Rendezvous this year has given me valuable skills in resource creation and management. I collaborated with other team members in helping create resources to ensure effective tracking and assignment of volunteers for the event, and uploading them to a shared drive.

I’m also interested in serving as a voice for my classmates as I want to ensure that their feedback

and concerns regarding classes are heard in committee meetings. Attending the course rep orientation and speaking with several upper year students has made me realize how much the staff values student feedback and actively works to implement necessary changes to improve student experience. I'm enthusiastic about being able to facilitate open communication, gather feedback from students, and advocate for improvements where needed.

Jasmine Gandhi

I am thrilled to be running for Academic Representative because I am incredibly passionate about supporting our class academically and personally, ensuring everyone has the tools and resources they need to succeed. As the Academic Rep, I will manage and organize our shared Google Drive, ensuring it's up-to-date with essential resources like review materials, and practice questions provided throughout the year by our classmates and I'm also happy to contribute by creating extra study materials when possible. I have gained experience in detailed organization in my work as medical office assistant supervisor working with patient records and organizing office files so resources are easy to navigate and accessible. I am excited to pass these materials on to future classes, maintaining the chain of support established here between medical students. Beyond managing resources, I am excited to work alongside my fellow academic and course reps throughout the year to gather input of our class experiences. I look forward to advocating for improvements in our curriculum, addressing any issues with course delivery, and working to facilitate open communication between students and faculty by representing any class concerns in committee meetings to course directors/ instructors. I hope to use my work experience where I gained key leadership and communication skills as I advocated on behalf of staff and patient concerns to management to further my role as an advocate for my classmates in these discussions. I believe it is super important that our learning environment be one that we are all comfortable, able to thrive in and create a safe space for everyone to voice their concerns. Ultimately, my goal is to ensure that we can all feel supported and heard in our academic journey and I look forward to the opportunity to serve as Academic Representative and contribute to our collective success.

Kristi Loeb

Hey everyone! I'm running for academic rep because I care very deeply about student advocacy and I feel this is where I can have the best impact. Last year while I was working on an MSc in Medical Microbiology and Infectious Diseases I served as student president of my department's student council and found it to be super rewarding - as part of my role, I ended up serving as the student representative on nine department committees, which was a ton of work but allowed me to advocate for students throughout the department. I want to continue this work for our class now, and already have some ideas for how I can do this. While I've been doing what I can in the moment as problems arise, if I'm elected as academic rep I want to meet with UGME to talk about the A/V problems we've been having that have pretty consistently been disruptive in our whole

group sessions. I also want to help ensure there are more generally open lines of communication between our class and UGME and they have a good understanding of how we're doing, whether it's through the (many) formal evaluations or through getting feedback from you guys that I can then share with the higher ups. In terms of the student drive, you guys know I stay on top of activity in the slack and I would quickly incorporate any materials shared by our classmates into the drive. On both fronts, I want to make sure that we all have the best medical education we can so we can hit the ground running when we get to our clinical years.

Adrianna Strempler

I would like to nominate myself as Academic Representative for the Class of 2028. I am committed to being approachable, responsive, and inclusive. I will listen to the needs of my classmates and will be a strong advocate for them. I will discuss the content and delivery of classes and tutorials with my peers, and relay the feedback to the appropriate committees to ensure our academic success. I have experience bridging the gap between instructors and students, and I will approach instructors to discuss lecture and tutorial delivery, assignments, and exams, when necessary. As someone who has managed labs and course reviews for hundreds of students for four years, I have advocated for changes to help students succeed, whether in the mode of lecture delivery, difficulty of assignments and exams, balancing life events with a challenging academic program, or obtaining better access to supplementary materials. I believe in representing every student's voice, regardless of background or academic performance, so I will set up an anonymous Microsoft Forms survey for students to voice their thoughts, concerns, and questions about lectures and tutorials, which I will raise to the appropriate personnel. This will allow students to feel heard and provide honest feedback about their academic needs, which we will address immediately to enhance our collective experience and success in the program.

I have plenty of experience keeping track of and organizing study resources. As such, I will excel at keeping our Google Drive up-to-date with the most recent Anki decks, tutorial files, notes, and supplementary documents throughout our time in medical school. As a tutor and mentor for four years, I truly enjoy seeing and helping my peers succeed, and I am committed to providing the tools, encouragement, and support they need to achieve their academic goals.

Social Reps (2 positions)

Allison Afable

Hello, my name is Allison, some of you may know me by Allie or remember me as “the one with a white fluffy dog”. I am wanting to run for social representative because I enjoy having fun with you all and have enjoyed seeing everyone have fun. Additionally, I find fulfillment in planning and organizing events and would love to see all my ideas come to life for you all. It was such an honor to have been part of the planning for some of the events that we have had so far including the pre-orientation karaoke, The Beer Can post midterm and the post final Little Brown Jug party. For future events, some of the ideas I have in mind would be an October Halloween themed party, a November post RS and CV final party, a Christmas secret Santa event, a New Years Karaoke party because High School Musical started in New Years and possibly a social to help us raise funds for the Mexico trip. There are more events that I would like to plan for you all, but I don't want to give you too many spoilers (also there is a word limit). I hope you trust that I would be capable of hosting these events!

Jon Carlo Arbis

Hey everyone, it's Carlo! I'm running for social representative because one of my hopes for medical school when I got accepted was for my class to be close. We're all going to be colleagues in the future, so it's important that we build strong connections now, both inside and outside of class.

One of my main goals is to create an environment where everyone feels comfortable being themselves. Something I admire from other faculties like dentistry is how close they are, and I understand that it's much easier when the class size is small, but I believe we can achieve the same sense of closeness. Given how successful our events have been so far, I'm confident we're already there but let's stay there.

If elected, I promise to plan events that are both inclusive and diverse. Of course, partying and socializing is great, but I understand that not everyone enjoys the same kind of activities. That's why I'll focus on organizing a range of events – from parties to relaxed hangouts, like board games or movie nights – so there's something for everyone. My goal is to make sure every student feels included and has a chance to participate in what they enjoy.

I'm also committed to listening to your ideas and suggestions. Your input is what will make these events successful, and I'll make sure that everyone has a voice in the planning process. Although I would be one of two social reps, it's our whole class that makes the events memorable – I'm just here to help bring everyone together.

Even if I'm not elected, I'll still work toward the goal of building a strong, united class. If you vote for me, thank you, but if not, you're probably voting for an equally qualified candidate anyway!

Annika Bernacki

Hi everyone! My name is Annika and I am excited to be running as a social rep for the class of 2028. I would love to have the chance to collaborate with all of you to plan a wide variety of social gatherings this year! I believe putting emphasis onto these events is incredibly important as we will all be a large part of each other's support system throughout the next four years. It is amazing how many relationships we have all already formed, as it feels like just yesterday that I was overwhelmed by all the new faces and names. I feel incredibly grateful to be a part of this group and have had so much fun contributing to the social events so far.

I hope to celebrate all our milestones throughout the year and provide everyone with opportunities to get involved. I believe this means my role would be to listen to all of you and work with you to create a welcoming social environment. I would of course be excited to have the opportunity to plan the infamous block parties (maybe even a brat themed one) and the Mexico trip. Some other ideas I have are:

- Halloween events or Secret Santa exchange
- Pub-crawl
- Continue to take photos and collaborate with yearbook reps
- Continue to plan interactive games for the class
- Collaborating with sports or wellness reps (Activate, skating at the Forks, Bombers game, golf-dome or Jets whiteout party)
- Joint events with other programs within RFHS
- Organizing events to fundraise
- Clothing-swap, book-swap, friendship bracelets/ backpack keychain making or paint night activities
- Group outing to Pineridge Hollow
- Other class trips (skiing or camping)

With your support, I believe we can make this one of the most memorable years of our lives. Thank you for your consideration!!

Sports Reps (2 positions)

Braidin Filbert

Hi everyone, I'm Braidin and I am running to be your sports rep for the 2024-25 school year! Getting to know all of you this past month outside of the classroom, whether it be enjoying drinks after an exam, going to workout classes, or even just spending time at the library late into the night, these are all things that make me so excited to spend the next 2 years at Bannatyne with all of you!

Sports is something that is near and dear to my heart, and something that can include everyone because of its wide range of opportunities! I want to get everyone involved in sports, even those who may not want to play themselves! This would include going to watch Bomber games during the school year, and Sea Bears and Goldeyes during the summer. I plan to have my role as a sports rep continue throughout the entire year, because a summer away from all of you sounds like a dull one. I plan to organize hikes to get out into nature, and a beach volleyball tournament in the summer, along with winter skating at the forks with hot chocolate in the winter to keep the fun going year-round. I have ideas for having prizes for intramural teams when they win games, and "player of the game" prizes as well! Other events I want to continue include workouts like the one I helped plan at Thrive, playing fitness games at "Elevate," and even drop-in dance events for those who want an option other than team sports.

I also plan to take sports to a new level by doing a "Free Throws for a Cure" fundraiser. This involves friends and family "pledging" a certain amount per free throw that the participant makes, and as a class we can decide what cause to send the money to! This is just one of the many ideas I have in which we can give back to our community through sports.

As your sports representative, I would serve you! Which means if you have an idea for ANY program, come chat with me and let's find a way to plan it! If these ideas and my *zest* for sports events and planning are something that resonate with you, I'd love your vote!

- Braidin :)

Brandon Marques

Hello Class of 2028! My name is Brandon Marques and I am beyond excited to run for Sports Representative for our class. With my lifelong passion for sports and an active lifestyle, I believe I can bring our class together through engaging athletic activities and events that promote qualities like teamwork and well-being.

My sporting career began at the age of 4 when I started playing competitive hockey. Over the years, I played on many different teams, some of which where I had the privilege of being an assistant captain. These experiences taught me valuable lessons in leadership, teamwork, and collaboration; qualities I aim to promote within our class through planned sporting events.

I have been committed to maintaining my fitness in my adult life through regular workouts. I also enjoy playing golf both casually and competitively, and I love participating in recreational sports like ping pong and volleyball. My diverse athletic background allows me to appreciate a variety of

sports, and I am excited to introduce events that cater to all interests and skill levels.

As your Sports Representative, my vision would be to create an inclusive environment where everyone feels encouraged to participate in something they already enjoy or something brand new. I plan to organize frequent sport events, competitions, and social activities that not only promote physical health but also strengthen our bonds as friends, classmates, and future colleagues. Your support means a lot to me, thank you for considering my candidacy!

Klara Whalen

I am excited to present my candidacy for the position of Class Sports Representative!

As class sports rep, I believe that sports should be accessible to everyone, regardless of skill level. I will work to create a range of activities that cater to diverse interest and ability, from competitive team sports to more casual games. I also want to ensure that all students; especially those who feel hesitant about participating, feel welcome and encouraged to join!

I personally really enjoy running and a large part of that enjoyment has come from the people I have met and the community I have been involved in because of it. Beyond just physical activity, I hope to create a sense of community and collaboration that extends beyond the activities we will do.

I know running is the last thing a lot of people want to do so as sports rep I want to make sure there is effective communication between myself and the class to ensure interest and ideas are heard and acted upon.

Some fun ideas I have for events include reaching out to different fitness studios within the city and organizing group fitness classes, organizing different lunch time intramural sports, and going modo yoga classes (I worked there during my gap year)!

I'm excited to collaborate with the M2 sports rep and class as well as hear your interest and feedback to make physical activity fun! Vote for me as your Class Sports Representative, and together we will make sports an exciting and inclusive part of our school experience.

Thank you for your support!
Xo Klara!

Wellness Reps (2 positions)

Roland Anghelo Salacup

Hi! My name is Roland, and I am running for Wellness Rep. I want to run for Wellness Rep because I've personally experienced how incredibly uplifting our class can be and I wanna make sure that everybody feels that way as well. I want to build an inclusive community that supports each other, especially during hard times. I want everyone to feel safe and comfortable, and I find it personally very fulfilling when I make someone's day a little bit better. Some of the things I've had a hand in planning are the pre-orientation karaoke night, the post-midterm Beer Can evening, and post-final Little Brown Jug event. I also planned for an evening at Across the Board, this event was mainly conceptualized after having conversations with people who I noticed didn't attend some of the o-week events. I've also given away various treats in the form of goodie bags before our Foundations final in order to get everyone's minds off of the stress of studying for a little bit. In the future, I would love to have more board games nights, paint nights, perhaps an afternoon painting mugs at a place like Crock A Doodle, a Medsgiving potluck, and I would love to coordinate with the Social Reps about the possibility of having an end-of-the-month celebration for people who had their birthdays each month. There are more plans, and I'm always open to any suggestion in the future. And of course, I will be advocating for free food! If elected, I will do my best to be your personal hype person and shoulder to lean on for whatever you may need. I will to be knowledgeable of all the available resources for students so that people can be confident that if they need anything regarding their wellness, I will be able to help, either directly, or directing them to the resources they need.

Raeann Benjamin

My name is Raeann Benjamin, and I would be honoured to be one of your wellness representatives! I have previously held several leadership positions and have been investing in my classmates' wellness since elementary school! In my third undergraduate year, I was Vice-President of Queen's Synchronized Swimming Varsity Club, where I advocated for gender equity. Since synchro was recently opened to men, I advocated for a gender-neutral club name, and I obtained 3 extra men-only roster spots to facilitate men joining. The past two years, I was involved in an EDI and wellness initiative to increase menstrual product availability in campus bathrooms and combat period poverty.

As wellness rep, I would use my leadership skills, passion for wellness, and previous experiences to maintain and improve your wellness using a holistic approach that considers physical, mental, emotional, social, and spiritual wellness. I have many ideas for this year, including outdoor activities (since nature helps decrease stress), healthy eating and meal prepping information packets and/or sessions, board game nights, mindfulness and creative art events, and pre-exam group study sessions. I will also collaborate with the sport and social representatives and relevant interest groups. However, I am always open to your suggestions, and I am committed to advocating

for your wellness-related needs! Throughout the year, I will strive to foster a welcoming environment for all, where we can get to know each other better and make new friends. I also wish to make a central online hub so we (and future medical students) can more easily access wellness-related information, tips, and available supports for all wellness domains, as I have found that finding this information can be difficult. I am also always available if you have questions, concerns, suggestions, or if you just need someone to talk to (even if I'm not elected)!

Matteo Funk

My name is Matteo Funk, and I am excited to be running for the role of class Wellness Representative. As a candidate for Wellness Representative, I understand that our mental, emotional and physical well-being plays a crucial role in our success as not only medical students but as future physicians. To promote wellness, I will strive to foster a relaxing, safe, and joyful learning environment for all members of our medical class.

My background includes experience as the Volunteer Director of Science Fundamentals from 2022-2024. Science Fundamentals is a small student group at the University of Manitoba that organizes the presentation of science demonstrations by university student volunteers at various elementary schools in the Winnipeg School Division. As Volunteer Director I gained experience organizing events, managing a large number of student volunteers, and planning/communicating alongside third party organizations.

Some ways that I hope to promote and facilitate wellness within our class are: (1) Acting as a voice and liaison to represent class concerns regarding our wellness to UGME, MMSA, and any relevant governing bodies. (2) Ensuring I maintain an open dialogue with our class to facilitate events and projects that cater to more than one idea of wellness. (3) Planning events and activities such as "Treat Yourself" days (designated days where students can enjoy complimentary sweat treats to boost morale), physical wellness events organized alongside our sports representatives (i.e. yoga), and other "pop-ups/giveaways" representative of various forms of wellness.

If elected, I look forward to promoting class wellness throughout the school year!

Raman Grewal

Hey everyone! If we haven't been able to introduce ourselves yet, my name is Raman Grewal and I'm so excited to be running for your wellness rep. We all know that med school is a whirlwind of stress, but we have already seen how joyful and fulfilling it can be when we all get together. My goal as your wellness rep would be to work with you to foster a supportive, lively community where we can all flourish together.

Preventing burnout is a top priority for me. For years, I would push myself, often saying no to anything that wasn't related to studying. I understand how hard it is sometimes to put your mental,

physical and spiritual health before due dates, and I'm still figuring it out! I recognize that wellness comes in many forms, and I want to encourage each of you to keep pursuing the things that make you feel your best. My role would be to introduce various activities that enrich and support your individual wellness journeys.

As your wellness rep, I assure you that I will promote the idea of putting us as people first. I will always be a safe space for you. I will hold meetings and forums where we can all share ideas and feedback for what we want from this role. I will advocate for change when applicable.

To enhance our safe space, I'll transform my locker into a support spot, stocked with Advil, Tylenol, tampons, pads, and chocolates to help during those tough weeks.

Working alongside our social and sports reps, I would plan activities such as:

- Class dog walks
- Secret Santa
- Paint/pottery nights
- Yoga sessions
- Themed potluck lunches (like "comfort food" or "global cuisines")
- Spa nights
- Movie nights

Thanks for considering me!:)

Patricia Machejera

This past week, I really felt the pressures of medical school. With our first final for Foundations of Medicine and an assignment due in the same week, the stress was real! Despite the mounting pressure, we supported each other as a class: staying motivated, studying together, and reminding each other to prioritize our wellness. Moments like these give me hope for the next four years, knowing that I am surrounded by such kind and caring people. This is why I am nominating myself to be a Wellness Representative!

I truly believe you cannot pour from an empty cup. During COVID, while finishing my last year of undergrad, I struggled with loneliness and anxiety. After seeking the necessary supports and learning to prioritize my well-being, it allowed me to fill my cup and show up as my best self. This is even more important in medical school, where stress can build up quickly. If appointed as one of the Wellness reps, my main goal is to be a safe space for my classmates, ensuring that they feel seen and heard. I also hope to plan fun wellness events, and advocate for their wellness concerns to UGME or Student Affairs if needed.

As a crisis counselor at Klinik Community Health, I supported diverse callers navigating different crises. I fostered skills such as active listening, empathy, and empowerment. These are the same skills I will bring to the role of Wellness Representative. Additionally, I'm excited to collaborate with

the Social and Sports representatives on joint wellness initiatives, like dance or Zumba classes, smoothie-making contests, and gratitude journal giveaways!

Beyond the fun activities, I want to foster a safe and inclusive environment for the class of 2028. My hope is that everyone feels supported and connected throughout these next four years of medical school.

Natalie Ngu

My name is Natalie and I'm running to be your next Wellness Rep. There are many reasons why I am the perfect fit for the Wellness Rep position. Firstly, I know how important it is to make time for yourself and make your own wellness a priority. Medical school can get busy, and it can be hard to find time for yourself when we have a million and one obligations to fulfill. We are busy medical students, daughters, sons, friends, parents, employees, volunteers, the list can go on forever. It is my belief that nothing is more important than your own health and well being so that you can be the best version of yourself for others. I want to help you choose yourself. Secondly, I have great ideas. If you choose me as your wellness rep, here are a few things we might be able to enjoy together: paint nights, movie nights, yoga sessions, craft nights, and most importantly, free food. I promise to make sure that the snack cart is well stocked and has many options from healthy options like fruits, to yummy treats like cookies and necessities like red bull. I also enjoy baking and can make a mean onion cheese scone. Thirdly, I am a Grade A yapper and an active listener. If you ever need someone to talk to, I would be overjoyed to lend an ear and to dissect, discuss, and debrief any situation at hand. I want to be able to work with you to create your idea of wellness and am very open to any ideas that you would have. Let's work together to get make sure everyone has a successful year!

MMSA Medicine I Rep

Katelyn Casalla

Hello Class of 2028!

My name is Katelyn and I am running to be your MMSA Med I representative! The MMSA represents the ~480 medical students at the U of M and as your Med I rep, my role is to represent the interests, values and concerns of the Class of 2028 to the MMSA council.

My responsibility is to ensure that information is shared efficiently, our interests are advocated for, and that affairs being discussed at meetings benefit, or do not disproportionately disadvantage, Med 1s.

With the information being thrown at us on a daily basis, my goal is to distill and concentrate all important news to bite-sized, relevant updates before being shared with you.

With 140 of us, it may be hard to hear everyone's thoughts, but I will advocate that our council provide forums to voice opinions and continuously consult the class on areas for improvement.

During my undergrad at U of M, I was actively involved with the Science Students Association, the governing student body representative for 6,000 science students. As both a previous Senator and UMSU representative, I was the liaison for science students on the Senate Committee and the U of M Student Union regarding matters of teaching, policy and practice implementation and management of student affairs.

From these experiences, I am confident that I have the leadership, interpersonal and communication skills to be successful as your MMSA Med I Rep.

As the largest class at the Max Rady college of Medicine, your voice and vote matters! Thank you for taking the time to read my platform. Voting runs from Wed Sept 25- Fri Sept 27th, and I hope I have your vote! If you have any questions, please do not hesitate to reach out in class, slack, email or on IG :)

Kyla Goulet-Kilgour

Med school is so busy that not everyone has the time to keep up to date with absolutely everything that's going on. When students do seek the support of the MMSA, be it about equity, safety, professionalism, or any other matter, I will make it easy to do so. This is the overarching vision that I plan on bringing to the position of Medicine I Representative.

I believe strong communication skills are key in fulfilling this position's mandate. I'm on my way to getting to know all 140 M1s and hope to be an approachable person to whom you feel comfortable bringing ideas, questions, or concerns. If elected, I vouch to answer all communications within 24h. In addition to the creation of a new "MMSA Updates" channel on our M1 Slack, I plan on creating an anonymous form for students to bring forward issues which they may not feel comfortable chatting about. I am committed to collaborating with our Class President to advocate on behalf of ALL M1s so our voices get heard in student-led decision-making bodies.

I have a wealth of pertinent experience that I believe would make me a great candidate. Prior to medicine, I worked for a couple of years as a parliamentary assistant to a cabinet minister in Ottawa. A significant part of my position involved speaking and meeting with constituents and stakeholders, disseminating that information, and relaying it to the decision-makers, while also conveying government policies and positions effectively back to them. I plan on bringing these advocacy and communication skills to my work as M1 Rep. At uOttawa, I was elected Novice Representative for the English Debate Society, a role with duties and responsibilities similar to this position.

I hope to be an effective liaison to the MMSA and look forward to your vote!

Morgan Taverner

Hey Everyone!

My name is Morgan and I would like to represent you at the Manitoba Medical Student Association (MMSA) as our Med1 Rep! Throughout my time in undergrad and grad school, I have accumulated a great deal of experience that I believe will help me represent you best. Most recently, I organized the Bannatyne campus Support Our Science (SOS) demonstration as part of a national graduate student walkout in support of higher federal funding and a living wage. In this role I engaged with graduate students, administrators, catering, A/V personnel, and media to ensure a successful event. As your Med1 MMSA Rep, I will not only represent your interests, but also defend them. My experience also includes serving as the Vice President External for the Health Sciences Graduate Students' Association. In this role I led and served on various committees where I represented students and ensured their voice was heard. Finally, as a senior residence advisor in undergrad, I have had several years of experience mediating between parties with differing viewpoints, planning events, and communicating campus resources to my peers. Overall, I believe my experience makes me an excellent candidate for the MMSA Med1 Rep position and I would be happy to continue to use my skills to give you the best representation possible.

Stefan Urbano

Hello everyone! My name is Stefan, and I'm running to be your MMSA Medicine 1 representative. Take a look at my platform below and thank you for your consideration!

My platform: As your MMSA Med 1 Representative, I hope to be the bridge between our class and the other med school classes, as well as the other programs in the Rady Faculty of Health Sciences. I want to make sure that the opinion of the Class of 2028 is heard, and I want to keep all of you informed about what's going on beyond our class.

What you can expect from me: As your MMSA Med 1 representative, I'd value communication, transparency, and collaboration. I plan to send out anonymous request forms in our MMSA channel the weekend before each meeting so I can compile any concerns or topics of interest to bring up. On the other end, I would create summary sheets for each meeting that would be posted for all of you to see so you can stay up to date! Finally, I want to push for more collaborative events between us and the other medical school classes, as well as more collaborative events with the other faculties!

My qualifications: I have been in elected and volunteer student council positions since high school! So, I have a lot of experience in these kinds of leadership positions. The most relevant experience I have is my time as a Senator for the Community Health Students' Association (CHSA). In that role I acted as the liaison between the CHSA and the U of M Senate. My time as a Senator taught me how to communicate between two different groups in an efficient and effective manner, and I hope to use those skills in this role!

Community Outreach Rep (2 positions)

Annie Jiang

Hi everyone, my name is Annie and I'm running to be your Community Outreach Representative!

One of my priorities is engaging with communities all across Manitoba. This includes hosting information sessions for northern and rural high schools and giving our peers from those communities the opportunity to share their personal journeys. Also, students have varying access to information about the medical school admissions process, and I want to address those gaps with targeted community presentations and a comprehensive resource guide. I'd love to organize panel discussions to give students the opportunity to ask questions and connect with medical students, because I know it's super valuable to hear from people with first-hand experience. Additionally, I'm committed to ensuring the mock MMIs run smoothly, and the interviewees receive the support they need because the MMI process can be daunting.

I'm running for this role because I find it really fulfilling to help others by providing the right resources and opportunities. I know from personal experiences that engaging with the community and organizing outreach events is something I love to do!

With Let's Talk Science, I was a French Assistant Coordinator and organized virtual and in-person science outreach events for schools across the province. I also co-organized a Girls in Science Event for two years, connecting 80+ middle school students with STEM leaders to inspire them to pursue careers in science. For work, I was a Supplemental Instruction Leader where I organized review sessions for first-year chemistry students. I made resource guides for my students and found it rewarding to mentor them and share my own experiences. Finally, I have many years of involvement in student government, including three years on the Science Students' Association. I'm eager to bring my experiences working collaboratively with my peers and planning events to our class council!

Dieko Oyegunle

Hello everyone

I would like to nominate myself for the community outreach position. As someone whose application benefitted a lot from the mock MMI session hosted last year, I would love the opportunity to give back and help those that are on the path to get into the program. The mock MMI was a crucial part of my first and only application process and I believe its value to future applicants cannot be overstated. Drawing from my experience and the insights I gained from both the mock MMI and the official MMI, I am committed to improving the process to maximize its benefits for future applicants. I plan to collaborate with the M2s who were in this position last year

and also seek input from fellow classmates to draw from their experiences, in order to identify possible improvements.

Additionally, as someone from a rural community in Manitoba, and now being part of the small group of people from my city that have got into the medical program at UofM, I can attest firsthand to how limited information and misinformation has deterred people from applying into the program or has limited their success during the application process. If I am elected, I would love to promote initiatives that increase awareness about the path to medicine throughout Manitoba. I hope to be able to expand the medical school information sessions to include Brandon University, and institutions in some other MB cities in order to reach more students beyond Winnipeg and ensure that community outreach includes other Manitoba cities.

Thank you for considering me for this role. I appreciate the support and look forward to the opportunity to make a positive impact.

Vote for me, and let's make a difference together! :)

Mallika Saggoo

Community outreach is integral to building an inclusive space in future medicine classes and ensuring that the class's constitution represents Manitoba. Outreach ensures having enough people from different walks of life; that includes representation from people from a rural area, who are queer, are from an ethnic minority, have a disability, are low socioeconomic status, and so many more! As a community outreach rep, I want to ensure everyone feels seen and heard during the medical school information nights at the UofM, UofW, and other outreach events. My goals for this aspect of the position are to create an inclusive space that makes it easy to access support people might need and potentially set up mentorship meetings where individuals interested in medicine can foster connections with people in medicine who are from similar backgrounds. In addition, hosting outreach events at high schools that have less-represented populations in medicine is another idea I'd love to implement!

We have all been through the MMI process and experienced the stress firsthand. The community outreach reps were the first med students we encountered collectively, and they were so helpful and comforting during the entire process! I want to take on that mantle, learn from what they did, and implement another mock MMI that will hopefully be just as successful and supportive as the one they held. I aim to gather feedback from the M1s and M2s about things they liked and things they think could be changed, notably if the format of the MMI changes this year. I believe my experiences as a director of a community-engaged project and as a peer mentor have given me the relevant skills I would need to do justice to the requirements of this position while still ensuring that every voice is heard and valued!

Global Health Liaison Junior

Andy Duong-Do

Hello everyone!

My name is Andy Duong-Do and I am running for the position of Global Health Liaison Jr. I want this position because I believe spending my time helping advance global health initiatives in any capacity would be amazing. An area of global health that I am especially passionate about is health and development. This is because helping others reach their full potential is very fulfilling for me. I would be honored to use this position to learn how I can challenge myself and others to use our platform as medical students to get involved in global health issues.

There are two areas that I would like to focus on if elected. The first area is transparency. For every event, I will do my best to make sure that information about why and how the event is being run is clearly communicated. With the demands of our schedule, I recognize how valuable your time is. That is why I want you to have all the information you need to make a decision about whether you will attend.

The second area is accountability. If you ever have anything related to global health that you would like to speak about or ask, I promise that I will listen and respond the best that I can. What you have to say is important to me. If I don't have the answer, I will make sure that everything is communicated to where you need it to go. Thank you for your time.

Sincerely,
Andy Duong-Do

Asim Ibrahim

As a second-generation immigrant with lived experiences in developing countries, I have seen firsthand the importance of advocating for vulnerable populations and the role of policy in driving change. I want to be a global health liaison to address health disparities and advance equitable healthcare for underserved communities. I am passionate about raising awareness of global health crises and working to decolonize health care systems. Acknowledging my privileges, this role would allow me to leverage my skills in leadership, advocacy, and community outreach to collaborate effectively with others to drive impactful changes.

If elected, I will focus on three key goals:

1. Facilitating student opportunities: I will partner with international health organizations to create internships, research projects, and volunteering opportunities, to provide students with hands-on experience in tackling global health disparities.
2. Enhancing awareness: I will organize guest speaker events and panel discussions to highlight

critical global health issues such as healthcare access in conflict zones, food insecurity and malnutrition, and global mental health.

3. Advocating for policies: I will organize workshops and campaigns that teach students how to advocate for global health policies at local, national, and international levels.

Relevant lived experiences:

- Living in Egypt for 4 years during a revolution and military coup exposed me firsthand to the collapse of a healthcare system.
- Last summer, I led a youth cohort on a humanitarian mission in South Africa with IRC, providing psychosocial support and community-building for orphans and vulnerable populations.
- In November, I will assist in restoring vision to 400 individuals with cataracts in Kenya through a medical mission with the IRC.

These experiences have shaped my deep understanding of global health challenges and the importance of advocacy. I am committed to making a meaningful impact, and I would be honoured to serve as your Global Health Liaison Junior!