Faculty Updates

"The Stresses of Medical School" A Theatre-Based Mental Health Workshop with David Diamond

**When:** 17:00-19:50, April 12, 2018  
**Where:** ECHA 1-490

Arts & Humanities x Mental Health Event: THEATRE WORKSHOP! Come explore the ups, downs, stresses, tribulations, and joys of med school and life in general through interactive theatre techniques with the amazing Theatre for Living Director, David Diamond. No theatre experience necessary and refreshments will be provided!

To register, click [here](#).

For information, please contact aulora@ualberta.ca

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Create Collaborate Connect

**When:** 17:30-21:00, April 10, 2018  
**Where:** Ledcor Hall - Art Gallery of Alberta

An arts based exploration of the patient experience! Come hear local artists share their stories through performance art, and participate in facilitated breakout sessions with other healthcare students to develop implementable takeaways for improving healthcare collaboratively with patients!

For information, please contact aulora@ualberta.ca

**Read More**

David Diamond’s "šxʷʔəhmət (home)" – What does reconciliation mean to you? (April 11th) - EVENT 1/2

**When:** 12:00-13:00, April 11th, 2018  
**Where:** Location TBD

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Events

**Monday, April 16th**

17:00 Women in Surgery Panel

17:00 Jazz Band Practice

**Tuesday, April 17th**

17:00 Courtyard Choir Practice

**Wednesday, April 18th**

12:00 Alzheimer’s Society Lunch Talk  
12:00 ER CaRMS Match Talk  
12:00 Intro to Space Medicine  
12:00 Ophthalmology CaRMS Match Talk  
17:00 Pediatric Medicine Skills Night  
17:00 MSA Orchestra Practice

**Thursday, April 19th**

12:00 2021 Class council  
17:00 Smash Club

**Friday, April 20th**

(No events)

**Saturday, April 21st**

(No events)
AHHM Speaker Series Presentation

šxʷʔən̓ət (home): Opening Up Dialogue on Reconciliation

Join us for a screening of "šxʷʔən̓ət (home)" - an interactive play about the blockages we all face to true and honourable Reconciliation. David will share insights from the BC/Alberta tour, followed by audience Q&A, w/ light lunch provided.

To register (to help with catering), go here.

For information, please contact Samia Sarwar at ahhm@ualberta.ca

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David Diamond's "šxʷʔən̓ət (home)" – What does reconciliation mean to you? (April 11th) - EVENT 2/2

When: 16:00-18:00, April 11th, 2018
Where: Location TBD

AHHM Workshop - Beyond šxʷʔən̓ət (home): Making Reconciliation Personal

A film screening of šxʷʔən̓ət (home) will be followed by an interactive workshop session with David Diamond, who will facilitate an embodied inquiry into issues represented in the play. Refreshments and light snacks will be provided.

To register (to help with catering), go here.

For information, please contact Samia Sarwar at ahhm@ualberta.ca

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New Year 1 and 2 Elective Opportunity: The Healer's Act

When: Introductory Overview - Feb 13, 6:00 – 9:00 pm (Optional). Additional 5 mandatory sessions: Feb 27, Mar 13, Mar 27, Apr 10, and Apr 24, 2018, 18:00-21:00.
Where: University of Alberta

In this NEW UofA elective, offered annually at 70 medical schools around the world, students will collectively participate in discussions that focus on values clarification, professionalism, and the practice of medicine. The course is designed to encourage medical students to trust the power of listening and presence to heal, formulate a personal, comfortable, and compassionate response to loss, experience the healing power of grief, recognize awe and mystery in the daily practice of medicine, explore the concept of calling, write a personal mission statement, and explore the personal meaning of physicianhood.

For more information, read the elective description here. To register, click here.

For information, please contact ahhm@ualberta.ca

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Student Updates

Roll Out the Reusable Cup

Buy 10 beverages from the Tim Hortons outside Katz 1080 using a reusable cup and get a $5 Tim Horton’s gift card.

For more information contact Alex Perry or Rahul Moorjani
CFMS Health & Environment Earth Week Challenges!

Photo Contest: Submit your favourite environmental shots to finola@ualberta.ca between by April 23 to win cash prizes and have your photos displayed at the CFMS SGM in Halifax!

#Environmed Challenge: Post pictures of your eco-friendly actions to facebook, instagram or twitter with #Environmed between April 16-23 to win cash prizes!

For more information contact julia7@ualberta.ca

Emergency Medicine - Ultrasound Clinical Skills

**When:** 19:00 - 21:00, April 29, 2018
**Where:** Katz DL Rooms

Come learn ultrasound skills from Emergency Medicine residents. This is a great opportunity to network, ask questions about emergency medicine and learn skills that will be vital for clerkship.

For more information, please contact acrocker@ualberta.ca

Volunteers Needed - Starlight Performance Camp

**When:** July 7, 2018
**Where:** Ortona Gymnastics, Saville Center, South University Campus

Volunteers needed for Starlight Performance Camp! The Starlight Performance Camp student initiative is looking for 2 junior leaders as well as instructors, group leaders and floating volunteers. Starlight is a camp that gathers workshops in gymnastics, dance, cheerleading and fashion for children living with a chronic illness and/or disability. The only requirement for most positions is a desire to have fun with kids!

Check out our website [here](#).

For more information contact: starlightperformancecamp@gmail.com.

Alberta Doctors Digest Student Spotlight

If you would like to nominate a medical student to be recognized in a Student Spotlight, please submit a maximum of 500-word narrative to the AMA Committee on Student Affairs. We are looking for stories about medical students who are advocating for and leading change in their school, clinical environment or community. We want to recognize these students for their efforts and their ability to positively impact the health care system in Alberta. Together we can make a difference!

Please submit your nomination narrative and a picture to daphne.andrychuk@albertadoctors.org. If you submit a picture, please also include a signed AMA photo consent form for each person in the picture. Here's the [form](#).

For more information, please contact daphne.andrychuk@albertadoctors.org

Looking for coaches to join our team!
MedCoach is a network of medical students across Canada aimed at providing affordable coaching opportunities for students wishing to enter medical school, while also raising money for health-care related charities.

We are looking for medical students at UofA to join our team! If you are interested in mentoring students through the stressful time of applications, please fill out an application here.

For more information contact support@mymedcoach.ca

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**Ophthalmology CaRMS Match Talk**

**When:** 12:00-13:00, April 18, 2018  
**Where:** Katz 1080

We're excited to invite two 4th year U of A students, Helya and Scott, who matched to Ophthalmology this year to come speak with us! They'll be talking about their experience with the match, electives, and provide valuable insight into the process. Come get all your questions answered about CaRMS and learn more about applying to a competitive specialty.

For more information contact jma6@ualberta.ca.

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**Intro to Space Medicine**

**When:** 1200-1300, April 18, 2018  
**Where:** ECHA 1-182

Come learn about aerospace medicine and how one may get involved in this amazing field! Dr. Michael Gallagher will be present to answer all your burning questions. He is a primary care physician for the Canadian Armed Forces and is currently the CEO of the Association of Spaceflight Professionals (ASP).

For more information contact esli@ualberta.ca.

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**Alzheimer's Society Lunch Talk**

**When:** 1200-1300, April 18, 2018  
**Where:** ECHA 2-430

Neurologist Dr. Sim, and a representative from the Alzheimer's Society will speak about the clinical aspects, as well as the experience of living and/or caring with someone with dementia. Sign up here.

For more information contact llxia@ualberta.ca.

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**CFMS Updates**

**CFMS Membership**
Please ensure to sign up for your CFMS membership using this code: **MyCFMS_1977** (website [here](https://secure.campaigner.com/csb/Public/show/cfgr-ofd8m--fd2ug-5knyquf0)). We encourage all students to sign up for the website as it's the only way you can access all of the services, discounts, and resources that we offer, and they we to make sure that you are getting the most out of your membership. Be sure to also follow us on [Facebook](https://www.facebook.com) as well!

For additional information, please contact: [msavpext@ualberta.ca](mailto:msavpext@ualberta.ca)

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**CFMS Communiqué**

In This [Communiqué](#)

**CFMS Spring General Meeting - Halifax, April 27-28 2018**

1. Register for SGM 2018! (Deadline: APR 6)
2. Call for Resolutions: CFMS SGM (Due: APR 13)
3. Call for Nominations: CFMS President-Elect (Due: APR 27)

**CFMS Wellness**

4. CFMS Longitudinal Wellness Initiative: Nutrition tips
5. Wellness Spotlight Profiles: Submit your story

**Have Your Voice Heard**

6. Health Impacts of Cannabis Use Contest - Cash prizes! (Closes: APR 15)
7. CMAJ Student Humanities Blog: Call for submissions

**#HowWeAdvocate**

8. Press Conference at Ontario Legislature: Ontario Medical Students Association (OMSA) & CFMS collective advocacy on increasing residency spots & support for unmatched graduates
9. Memorial University Provincial Medical Student Day of Action on medical abortion
10. USask Provincial Medical Student Day of Action on mental health

**CFMS Member Discounts**

11. Free Tax Returns by MNP (taxes are due APR 30)
12. WestJet Discount: Save 10% (until APR 10)
13. Running Room: Save 10 % (until MAR 31)
14. UpToDate: Save up to 54% off subscriptions

**CFMS In The News**

15. HealthyDebate: 'Medical students who don't match through CaRMS: "It's like a scarlet letter"'
16. CMAJ News: 'Medical trainees want benefit of doubt when reporting harassment'

**CFMS Education**

17. Graduating this year? New MCCQE Part I practice test now available
For more information, contact msavpexternal@ualberta.ca

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**Submitting an Article**

**Listserv and Steth Submission Instructions**

Please use [this document](https://secure.campaigner.com/csb/Public/show/cfgr-ofd8m--fd2ug-5knyquf0) as your guide for MSA Communication. It has the details on sending an email to the listserv or submitting an article to The Steth. There is updated information so make sure you take a look!

If you have any questions about communication, please e-mail msavpadm@ualberta.ca.

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[msa.ualberta.ca](http://msa.ualberta.ca)

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