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**

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David Diamond’s "šxʷʔəmət (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 9th**

12:00 CARMS Mix n Mingle  
12:00 2020 Class Council  
17:00 CMA Advocacy Training  
17:00 Intro to Clerkship  
17:00 Jazz Band Practice

**Tuesday, April 10th**

12:00 Intro to Toxicology  
17:00 Play Brand New Board Games  
17:00 Courtyard Choir Practice

**Wednesday, April 11th**

12:00 Competitive Specialties CaRMS Talk  
12:00 ER CaRMS Match Talk  
16:00 Intro to EMG Lab @ Glenrose  
17:00 Anesthesia Clinical Skills Night  
19:00 Inner City Health Elective: Homeless Count

**Thursday, April 12th**
AHHM Speaker Series Presentation
šxʷʔəm̓ət (home): Opening Up Dialogue on Reconciliation
Join us for a screening of "šxʷʔəm̓ət (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

**David Diamond's "šxʷʔəm̓ət (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 šxʷʔəm̓ət (home): Making Reconciliation Personal

A film screening of šxʷʔəm̓ət (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

**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

**Student Updates**

**CMA Advocacy Training**

**When:** 17:00-18:30, April 9, 2018

**Where:** Katz 1-080

https://secure.campaigner.com/csb/Public/show/cfgr-o9v9l--fb1kd-5knyrkp7
Interested in advocacy, community engagement, or politics? The Canadian Medical Association is sending representatives to our medical school to give us their advice on how to advocate as medical students. Come, learn, and be informed! Pizza from Famoso will be served to the first 40 people who sign up!

**RSVP**

For more information contact howie1@ualberta.ca

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**Play New Board Games**

**When:** 17:00-20:00, April 10th, 2018  
**Where:** ECHA L1-140

For our last event of the year, board games club will be purchasing new board games, and invites everyone to come out April 10th to play them!

For more information contact dg1@ualberta.ca

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**ER CaRMS Match Talk**

**When:** 12:00-13:00, April 11th, 2018  
**Where:** Katz 1080

We're stoked to announce that we'll be having our fourth-year UofA students, Julianna, Brian & Taylor, who just recently matched to emergency medicine come speak to our group.

They'll be discussing electives, what CaRMS was like, and answering any questions you might have on or related-to the topic. Definitely a talk you won't want to miss, and invaluable for anyone considering applying to a competitive speciality in the future.

For more information contact acrocker@ualberta.ca

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**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

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**Competitive CaRMS Specialties Match Talk**

**When:** 12:00 - 13:00, April 11, 2018  
**Where:** ECHA 2-150

Fourth year clerkship students who have matched to Dermatology, Neurosurgery, and Plastics will share their journey to Match Day. They will provide tips and advice regarding electives, extracurriculars, parallel plans, and how to keep your sanity in clerkship. BYOP bring your own pizza

For more information, please contact bthomsen@ualberta.ca

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**Family Medicine CaRMS Panel Talk**

**When:** 12:00 - 13:00, April 12, 2018  
**Where:** ECHA 1-498
SEVEN of our 2018 grads matched to FM across the country (urban + rural) available to give advice on:

- CaRMS applications process
- FM as a field
- How to optimize electives
- Approach to reference letters
- Rural vs. Urban
- Pearls for the wards
...and more

For more information, please contact uday@ualberta.ca

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**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

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**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

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**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

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**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

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**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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**CFMS Updates**

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**CFMS Membership**

Please ensure to sign up for your CFMS membership using this code: MyCFMS_1977 (website here). 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 as well!

For additional information, please contact: 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](#) 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 msavpadmin@ualberta.ca.

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[msa.ualberta.ca](#)

1-002 Katz Group Centre for Pharmacy & Health Research

University of Alberta

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