

Nursing Alumni Reunion: Presenters Biographies

Keynote Speaker: Rob Calnan

Rob began his nursing career as a Licensed Practical Nurse (LPN) in 1974 and graduated with his RN diploma in 1977. In the 1980s while working full time he returned to university on a part- time basis, earning a BScN (1987) and a Masters of Education (1990).

His clinical practice experiences have been in general surgery, urology, EENT, intensive and coronary care units as well as cardiac rehabilitation. He has also been the Professional Practice Leader in the Emergency Department and a Manager for Surgical Services for the Vancouver Island Health Authority (South). He has also been an interim Manager for Intensive Care and for the Emergency Departments.

He has taught in two diploma-nursing programs (Malaspina College and Camosun College) and with the University of Victoria Collaborative Nursing Program. He presently holds an adjunct professorship at the University of Victoria, University of British Columbia and the University of Ottawa.

From 1997-99 Rob served as president of the Registered Nurses Association of British Columbia. He was chosen President-elect of the Canadian Nurses Association in 2000 and served as President from 2002-2004. He is a patron of both the Registered Nurses Foundation of British Columbia and the Canadian Nurses Foundation.

In 2003 Rob received the Queen's Golden Jubilee Medal for his contributions to health care. In 2005 he received the BCIT Distinguished Alumni Award for Significant Contributions to a Trade or Industry and in 2006 he received the Award of Merit from the College of Registered Nurses of British Columbia, which is the highest award a registered nurse can receive in British Columbia

Internationally Rob has represented Canadian nurses at the International Council of Nurses (ICN) Council of Representative Nations, the Commonwealth Nurses Federation and was 1 of 4 nurses selected to participate in the ICN delegation to the World Health Assembly in Geneva. He has also worked in a voluntary capacity in Haiti and Mozambique.

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Workshop Presenters: Staying New

Dr. John Yim

Dr. John Yim is an alumnus of Malaspina University/College and Bastyr University in Seattle, WA. He has been practicing as a naturopathic physician since 1994. Dr. Yim is a general practitioner treating a range of conditions from allergies, arthritis, gastrointestinal complaints, cardiovascular disease, chronic fatigue, gynecological complaints, menopause, and so on.

Besides working with his patients, Dr. Yim's other passion is educating the public. He writes a regular column in the Nanaimo News Bulletin, he has appeared on television and been on the radio discussing health issues, he gives free lectures at his clinic, and lectures to students, parents, athletes, business people, support groups, and service groups.

His presentation is titled, "Tired of Being Tired: 7 Keys to Destressing Your Life." Incorporate simple things into your busy life to help cope with stress. This normally 2 hour lecture will be condensed into 10 minutes to fit the format of the panel discussion. Dr. Yim will provide a comprehensive handout that will cover the 7 keys and there will be time to ask him questions at the end of the presentations.

Linda Byrnes, RN, BScN, MA

I have been in nursing since 1973. Most of my career has been in the acute health care setting in various areas and positions. Most of my time in the acute care setting was spent in critical care and in head nurse and manager positions. I have been teaching in the Malaspina BScN program since 2000.

My experience in teaching in this program has been across all of the years. My Master's thesis was called "Unravelling the 'Giant Hairball'". The thesis work looked at organizational practices and behaviours in an acute health care setting. My interests lie in self-renewal, organizational behaviour, emotional intelligence (especially critical thinking and inquiry).

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Kavita Maharaj: BFA, SYT, RYT, SFL, TFL, PTS, NWS

Kavita Maharaj, owner and operator of Red Door Yoga, is an internationally recognized Registered Yoga Teacher and Teacher Trainer, a nationally certified Personal Trainer and Nutrition and Wellness Specialist, and a provincially registered Supervisor and Trainer of Fitness Leaders.

Her introduction to yoga began over 20 years ago when her father, Krishna Maharaj Sharma, a traditionally practicing Yogi, introduced her to kriya yoga. Since this time, she has become both a well-respected and accredited Senior Yoga Teacher and Teacher Trainer, licensed as the Yoga Certifier and Teacher Trainer for all of British Columbia and Alberta with East to West Yoga (a recognized Yoga School through the Yoga Alliance).

Kavita has authored and implemented a number of very unique, highly successful rehabilitative and preventative programs which have made her well-known within the Nanaimo medical community. She has been a Health and Wellness presenter for various private and public organizations, within British Columbia, Alberta, and Ontario. Kavita appears weekly in "The Yogic Way", a widely read yoga column featured in the Nanaimo News Bulletin.

She is a natural-born teacher with a genuine love of passing along knowledge and helping others. She has worked within the fitness industry for over 10 years to date. And is a traditionally practicing Yogini.

Oscal Kim:

Oscal Kim is originally from Korea and graduated from the Margaret Prichard College of Nursing in Chonju, South Korea in 1993. After graduation she worked for the SICU at the Asian Medical Center till 1995. In 1997 she came to Malaspina University-College and studied English as a Second Language and after she traveled and taught English in Mexico and Korea. In September of 2001 she came back to Canada and took a Nurse's Refresher course and successfully completed the Canadian Registered Nurses exam.

Oscal also came back to Malaspina University-College in 2002 to complete her Bachelor of Science in Nursing. She graduated from the program in June 2004 with distinction and has been working at the Nanaimo Regional Hospital for the last 2 years.

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Lorraine Harry: First Nations Phenomenological Experience

Lorraine Harry RN, BSN is a graduate of the Malaspina University-College Collaborative Nursing program as of June 1998. Prior to completing the degree program she graduated from the Malaspina College as an LPN in 1991. As an LPN she worked in all areas of the hospital and facilities while she was working on completing her nursing degree.

Upon graduating from the BSN program, her focus has been with the Aboriginal communities. She works as a Home Care Manager part time and a Community Health Nurse part time for the Sh'ulh-etun Health Society for the Chemainus community in Ladysmith BC. She has worked in areas of Health Administration, community health nursing and home care management. Much of her work is reflected in her voice advocating for optimal care, accountability, and ethical services in First Nations Health.

Lorraine is a member of the Homalco First Nations community and is the proud mother of four children 2 boys and 2 girls. She is also a proud grandmother of 2 beautiful girls. She enjoys walking and spending time with family and extended family.

Val Olnyk

Alumni of Malaspina University-College more information to be posted soon.

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Workshop Presenters: Global Village

Lori C. Evans, RN BScN AMMA: "Women Crossing Borders."

Lori Evans graduated from the Malaspina BSN program in 2000. Lori began her nursing career at NRGH, 3rd floor- surgical. In 2001 she returned to study a Master's in Medical Anthropology, at the Universiteit van Amsterdam; her thesis was entitled: "An Ethnography: Community Health and Risk Perceptions of Young, Foreign, Female Squatters- Amsterdam 2002." Here, she explored the development of (sub)cultural explanatory models of perception; in correlation with health, housing and migration policies- to provide an urban construct of ecological adaptation.

Following this 12-month experience in Amsterdam, Lori then relocated to New Aiyansh, British Columbia, to work with the Nisga'a Nation. Here, her lessons encompassed cultural awareness while providing care within First Nations communities. She started as a home care/treatment nurse and then assumed development and coordination of the Home and Community Care program- between the four, very unique communities. Lori's next move was to Scotland, where she lectured at the University of Edinburgh and worked as a case manager with Argyll and Bute Council, in Oban. On April 1, Lori returned to the Island- and is now a professor in the BSN program, here at Malaspina.

"I've had my walkabout... and it's great to be home."

Lorna Jefferis: "Beyond the Veil: Nursing in Saudi Arabia".

Lorna Jefferis has been a faculty member at Malaspina University-College since 2003 teaching theory and clinical in all years of the nursing program. She graduated from the Royal Jubilee Hospital in Victoria and received her BSN and MA from the University of Victoria. She is involved in the CRNBC as a workplace representative and faculty liaison. Always interested in travel and other cultures, she has worked in a variety of nursing positions in Canada, England, Saudi Arabia and most recently taking Malaspina nursing students to Dominica.

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PRISCILLA LOCKWOOD: RN, MSN, ENC (C)

In nearly 25 years of nursing practice I have had the opportunity to combine a background in education and media work with strong interests in rural life and First Nations communities. Living on the West Coast of Vancouver Island has provided an opportunity to pursue all these interests.

For 11 years I had the privilege of working as a community nurse with the Nuuchahnulth Tribal Council, principally in the village of Ahousaht (pop. 900) on Flores Island. Since 1999 I have worked at Tofino General Hospital, a small 10 bed facility, where I have completed my CNA Emergency Nurse Certification and a Masters in Nursing degree. I remain professionally active in the nursing honor society (Xi Eta, STTI), the rural nurses' association (CARRN) and a national pain management interest group (CNPIWG) and as an associate member of the Aboriginal Nurses Association of Canada.

Currently serving as a Workplace Rep for the CRNBC I have traveled regularly in the past two years to Ottawa to serve the CNA as an Item Marker for the Nursing entrance exams.

Na-Young Kim : "Experiences of a Korean student and Nurse in Nanaimo"

Na-Young is originally from Korea and been in Canada for 6 yrs. She was an intensive care unit nurse for 3 yrs in Korea before coming to Malaspina University-College and enrolling in an ESL program and then going on to her post RN program which she graduated from in 2003. After graduation she was hired by NRGH as a casual and one month later was successful in obtaining a full time position working as a relief medical and surgical nurse.

Darlene Sharpe

Darlene Sharpe RN BSN is a community health nurse and has been employed at Ts'ewulhtun Health Centre, of Cowichan Tribes, Duncan, BC, for over 8 years. She has nursed in public health and hospital settings. She also had a brief but memorable nursing experience within a correctional facility.

She has worked with Aboriginal communities, on and off reserve, with a special interest in holistic family health from a historical Aboriginal perspective. Her main focus is health promotion through education.

Darlene is a proud graduate from the first RN nursing diploma program of Malaspina College in 1988 and received her nursing degree from Malaspina/University of Victoria collaborative degree program in 1997.

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Anne Grieve:

Anne Grieve is currently a Professor with the Faculty of Nursing and has worked in a variety of countries developing nursing education programs. She is a registered Nurse in the Yukon Territory and British Columbia which has given her the opportunity to function as a community nurse practitioner in isolated Aboriginal communities.

For the past three years with her teaching partner Maggie Kennedy they have been successfully funded by the Nursing Directorate for the Nat and Nellie Traveling Nurses' Show which focuses on recruitment and retention of nurses to work in remote BC communities.

Some other highlights of her work include:

1993 Lemakot, Papua New Guinea spent the year providing nursing education; started "Lemakot nursing news" a tool to provide nurses working in remote villages a means of communicating on nursing issues (note this predates faxes and computers!)

1998 Kavieng, Socialist Republic of Vietnam in collaboration with Memorial University, Newfoundland and the Vietnamese ministry of health spent the year upgrading nursing instructors on primary health care initiatives with an emphasis on community nursing.

2003 developed a field school for Malaspina University-College nursing students in the Socialist Republic of Vietnam. This successful initiative has given three groups of students the opportunity to travel to Vietnam and come to understand the country's health care system. As well it has provided many Vietnamese nursing organizations with up to date nursing resources.