

Dear Sponsor of the Medical and Dental Awards,

I am a third year Masters of Kinesiology student studying out of Memorial University, St. John's, NL campus. I am a member of the Nunatukavut Community Council, which is the Labrador Southern Inuit. The focus of my research is on brain and spinal excitability during maximal arm-cycling sprints. Through this research, we hope to identify how brain and spine modulations alter with fatigue. In other words, we believe that fatigue alters how the brain and spine work during high-intensity exercise.

Your support has made a significant difference to my situation in various ways. I have had some financial hardships over the past two years because of a diagnosis with Crohn's Disease. The disease and the COVID-19 pandemic prevented me from working and completing my thesis on time. Thus, I have to spend another year to conduct my research. Additionally, I am expecting a baby in the next month. Though this is an exciting time, it will add more to the financial strain because my wife has been on bed rest since June. I have been our primary source of employment ever since. Despite this, life has never been better, and I hope to use your financial contribution wisely to enhance my education and provide for my family.

My future aspirations have drastically changed over the past few years. Initially, I had planned to try for Med-School. But, given my extraordinary circumstances, and almost losing my life, that was not possible. Now I am more business-oriented. My personal training business has had some recent success that I plan to build on.

Furthermore, I am still considering a career in academia, such as pursuing a Ph.D. The future is not set in stone, especially considering the situation of the world. I will take it one day at a time because not every day is a guarantee. Whatever I do, I hope that I can help improve other people's lives in some way, shape, or form.

Thank you for your generous support.

A handwritten signature in black ink that reads "Garreth Kippenhuck". The signature is written in a cursive style with a small 'g' above the 'r' in "Garreth".

Garreth Kippenhuck