

Dear Sponsor of the Medical and Dental Awards,

I am a final year Masters of Kinesiology student studying at Memorial University, St. John's, NL campus. I am a member of the Nunatukavut Community Council, the Labrador Southern Inuit. My research focuses on brain and spinal excitability during maximal arm-cycling sprints. We hope to identify how brain and spine modulations alter with fatigue through this research. 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 in my situation in various ways. I have had some financial hardships over the past several years because of a Crohn's Disease diagnosis and a debilitating concussion more recently. A series of seemingly, never-ending problems paired with the COVID-19 pandemic prevented me from working and completing my thesis on time. Thus, I needed yet another year to conduct my research. Additionally, my child turned one in November, so our financial situation has drastically changed in the past year. 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.

I am now pursuing my business aspirations as I clue up my final year of University. My personal training business is steady but did not achieve the growth over the last year as I had hoped. Thus, we launched a fitness clothing and equipment e-commerce store last week. We hope that as I finish school, the business will become a more significant source of income.

My wife and I dream of helping the people from our home in Labrador. In some way, shape, or form, we plan to benefit the people there with our business in the coming years.

Thank you for your generous support.

A handwritten signature in black ink that reads "Garreth Kippenhuck". The signature is written in a cursive, slightly slanted style.

Garreth Kippenhuck