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# Editor's Letter



## A refreshed brand for a digital age

*Min /Bry/Spirit*

As we move forward into a digital age, we are excited to announce a refreshed brand for our institution. This new identity reflects our commitment to innovation, excellence, and a vibrant community. The updated logo and color palette are designed to be versatile and impactful across all digital and print platforms.

Our new brand is a reflection of our values and the future we envision. It is a bold statement of our identity and a commitment to staying at the forefront of education. We are proud to share this exciting news with you and look forward to seeing the new brand in action.

We are excited to see how this refreshed brand will help us connect with our students, faculty, and the wider community in a more meaningful way. Thank you for your support and partnership in this journey.

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## Celebrating convocation & 40 years

As we celebrate our 40th anniversary, we are proud to honor the Class of 2018 at our convocation. This milestone marks a significant chapter in our history, and we are grateful for the dedication and hard work of our graduates. We look forward to seeing the achievements of this class as they continue their journey.

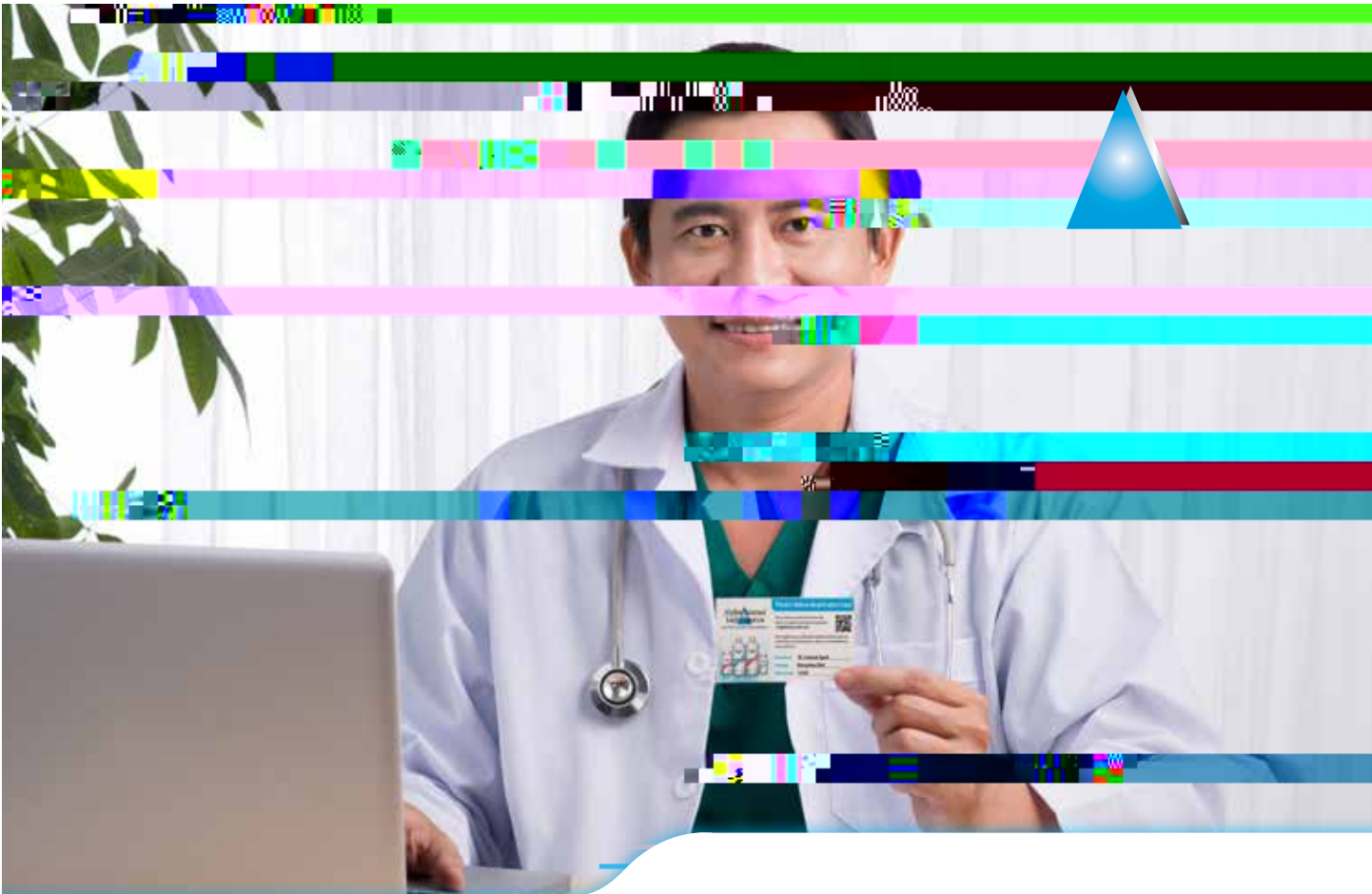
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John Doe  
President













...the community has been incredibly supportive and many of my former classmates are pursuing natural medicine in what it and forth in lives. It feels like the community has been waiting and stepping in has felt natural.

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**Being home...finally**

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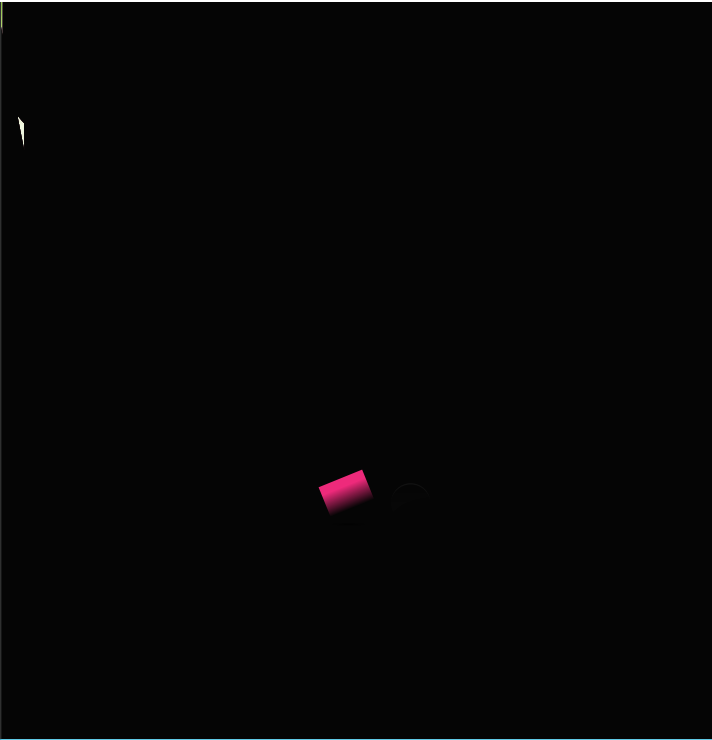
Learn more about Oak Clinic: [oakclinic.ca](http://oakclinic.ca)

*“The community has been incredibly supportive and many of my former classmates are pursuing natural medicine in what it and forth in lives. It feels like the community has been waiting and stepping in has felt natural.”*

Dr. Ayla Andrus, ND (Class of 2017)

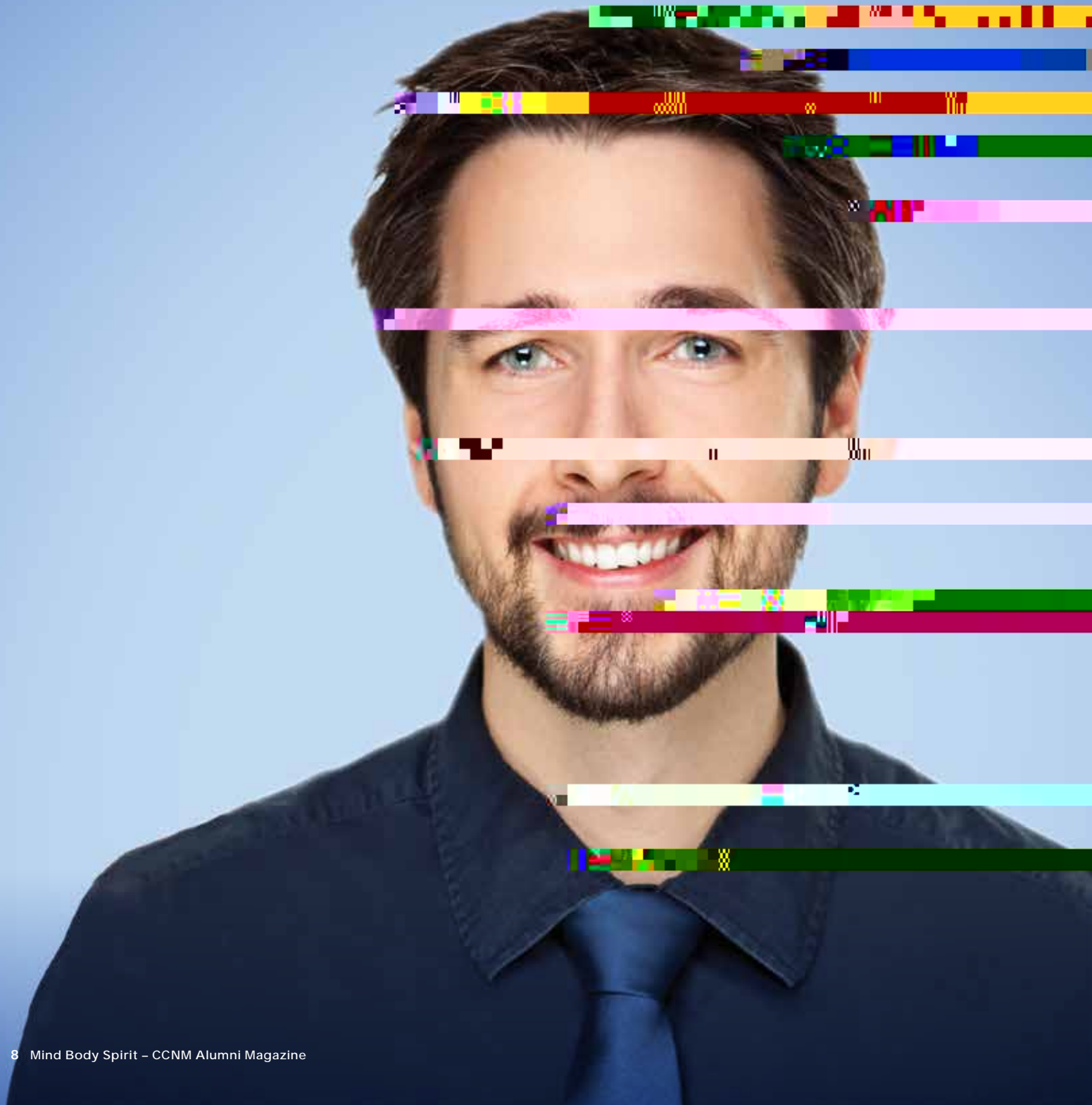






# Fifteen minutes with East Coast Naturopathic Clinic

We catch up with Dr. Bryan Rade, ND (Class of 2008),  
about the residency he offers at his clinic



**Docere** (doctor as teacher); it's one of the principles of naturopathic medicine but how can one apply it in practice? We catch up with Dr. Bryan Rade, ND (Class of 2008), about the residency he offers at his clinic to mentor the future generation of naturopathic doctors and with Dr. Cheryl Karthaus, ND (Class of 2016), about the benefits of doing a post-graduate residency.



Dr. Bryan Rade, ND (Class of 2008), practises at his East Coast Naturopathic Clinic in Bedford, Nova Scotia.

**Q** How long have you been hosting residencies at your clinic? What made you decide to host a residency?

**A** – I have been hosting residencies at my clinic for about 10 years now. I decided to host a residency because I wanted to give back to the profession and help the next generation of naturopathic doctors. I wanted to provide a hands-on learning experience for them, where they could learn from me and other experienced practitioners. I also wanted to help them build their confidence and skills in a supportive environment. I think it's important for new doctors to have a mentor and someone to guide them through the challenges of practice. I also wanted to help them understand the business side of naturopathic medicine, which is often overlooked in their education. I think a residency is a great way to do this, as it allows them to learn from real-world experience and to develop their own style of practice. I also wanted to help them build their network and connections in the profession, which is essential for success. I think a residency is a great way to do this, as it allows them to learn from real-world experience and to develop their own style of practice. I also wanted to help them build their network and connections in the profession, which is essential for success.

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**Q** What are the benefits of having a resident? Have there been any challenges?

**A** – The benefits of having a resident are many. It allows me to pass on my knowledge and experience to the next generation, which is a great feeling. It also allows me to stay current in my field, as I have to keep up with the latest research and techniques. I also enjoy the challenge of teaching and mentoring someone who is just starting out. It's a great way to stay motivated and to continue to grow as a practitioner. There have been some challenges, but they are all worth it. One challenge is finding the right person to host. It's important to find someone who is motivated, hardworking, and has a good attitude. Another challenge is balancing my own practice with the resident's needs. I have to make sure I have enough time to spend with the resident, while still running my own clinic. I also have to make sure I am providing a good learning experience for the resident, which can be a challenge at times. But overall, the benefits far outweigh the challenges, and I would not trade this experience for anything else.

**Q** What does your placement entail? What does a typical day for a resident look like?

**A** – The placement entails a variety of tasks and responsibilities. A typical day for a resident might include seeing patients, performing physical exams, and providing treatment. They would also be responsible for keeping up with their own education and staying current in their field. They would also be expected to help with the clinic's administrative tasks, such as scheduling and billing. The resident would also be expected to participate in the clinic's ongoing education and training programs. The placement is designed to provide a comprehensive learning experience for the resident, covering all aspects of naturopathic medicine. The resident would also be expected to help with the clinic's ongoing education and training programs. The placement is designed to provide a comprehensive learning experience for the resident, covering all aspects of naturopathic medicine.

*“Int ę stinglysin panti ipating in th ę si ę n ypn ę gnam  
my lini has gę wn v nfast ę, l a ingust ę, ęnsi ę ninging  
ę v n m ę NDs.”*

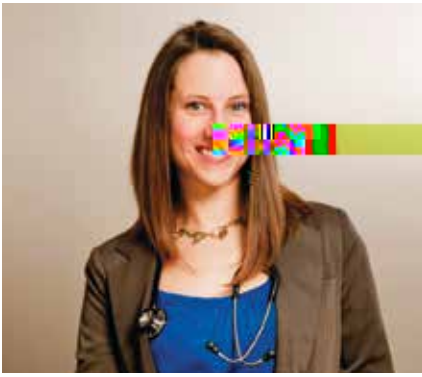
Dr. Bryan Rade, ND (Class of 2008)





# East Coast Naturopathic Clinic post-graduate residency





**What are some of the similarities and differences between your clinic internship at RSNC and your residency?**

**A** - I think the biggest similarity is that in both settings, we are providing care to patients. In the clinic, we are seeing patients who are often in the early stages of their disease, and we are able to provide them with the best possible care. In residency, we are seeing patients who are often in the later stages of their disease, and we are able to provide them with the best possible care. Another similarity is that in both settings, we are working with a multidisciplinary team of healthcare professionals. In the clinic, we are working with nurses, pharmacists, and other healthcare professionals. In residency, we are working with nurses, pharmacists, and other healthcare professionals. One of the main differences between the clinic and residency is the level of supervision. In the clinic, we are supervised by a senior clinician, while in residency, we are supervised by a senior clinician and a resident. Another difference is the amount of time spent on administrative tasks. In the clinic, we spend a lot of time on administrative tasks, while in residency, we spend a lot of time on administrative tasks. Finally, another difference is the amount of time spent on teaching. In the clinic, we spend a lot of time on teaching, while in residency, we spend a lot of time on teaching.



# Convocation 2018

This year's graduation ceremony was marked by celebration – after all, CCNM turned 40 and there were many milestones to commemorate. In his speech, Bob Bernhardt, president and CEO of CCNM, took a stroll through history, acknowledging many of CCNM's accomplishments over the past four decades.

The Class of 2018 elected Max Crispo as their valedictorian by a landslide. His speech to the 136 graduates in attendance at Ryerson Theatre was funny, heartwarming, and reinforced the many reasons why naturopathic medicine is a calling for so many.

Our honorary degree recipient, Dr. Joseph Pizzorno, ND, is considered a leader in advancing naturopathic medicine in North America. His contributions to the profession are numerous – he has authored many textbooks (some of which are used in CCNM's classrooms), helped to shape the College's curriculum in the early days, was instrumental in founding Bastyr University, and was involved in public policy in the United States.

CCNM's graduates are joining a family that is shaping the future of health care in Canada and beyond. Congratulations to the Class of 2018!





**2004**  $\mathbb{Z}^2$  is a free  $\mathbb{Z}$ -module of rank 2. Let  $\alpha = \begin{pmatrix} 1 & 2 \\ 0 & 1 \end{pmatrix} \in \text{GL}_2(\mathbb{Z})$ . Show that  $\langle \alpha \rangle$  is a free subgroup of  $\text{GL}_2(\mathbb{Z})$  of rank 1.

**2015** Let  $\alpha = \begin{pmatrix} 1 & 2 \\ 0 & 1 \end{pmatrix} \in \text{GL}_2(\mathbb{Z})$ . Show that  $\langle \alpha \rangle$  is a free subgroup of  $\text{GL}_2(\mathbb{Z})$  of rank 1.

**And so we arrive at 2018.** Let  $\alpha = \begin{pmatrix} 1 & 2 \\ 0 & 1 \end{pmatrix} \in \text{GL}_2(\mathbb{Z})$ . Show that  $\langle \alpha \rangle$  is a free subgroup of  $\text{GL}_2(\mathbb{Z})$  of rank 1.

**2013** Let  $\alpha = \begin{pmatrix} 1 & 2 \\ 0 & 1 \end{pmatrix} \in \text{GL}_2(\mathbb{Z})$ . Show that  $\langle \alpha \rangle$  is a free subgroup of  $\text{GL}_2(\mathbb{Z})$  of rank 1.



**CCNM honorary degree recipient 2018**

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# New CCNM scholarship honours the career of Dr. Ken Dunk, ND

CCNM has created the Dr. Kenneth Dunk, ND, Scholarship for Excellence in Naturopathic Physical Medicine



At this year's convocation ceremony, we bid a happy retirement to Dr. Ken Dunk, ND, long-time faculty member, clinic supervisor, and champion of naturopathic medicine.

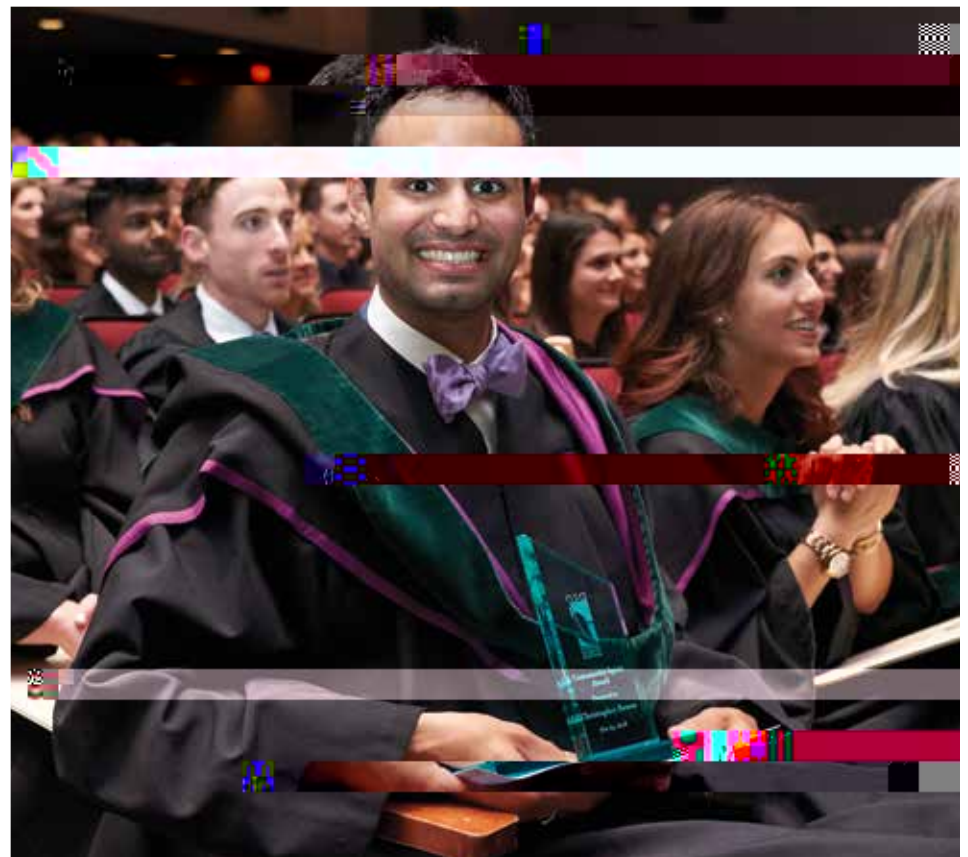
Dr. Dunk's career at CCNM has been marked by a commitment to excellence in naturopathic physical medicine. He has served as a faculty member, clinic supervisor, and a champion of the profession. His dedication to the field and his students has been a source of inspiration for many. We are grateful for his contributions and wish him well in his retirement.





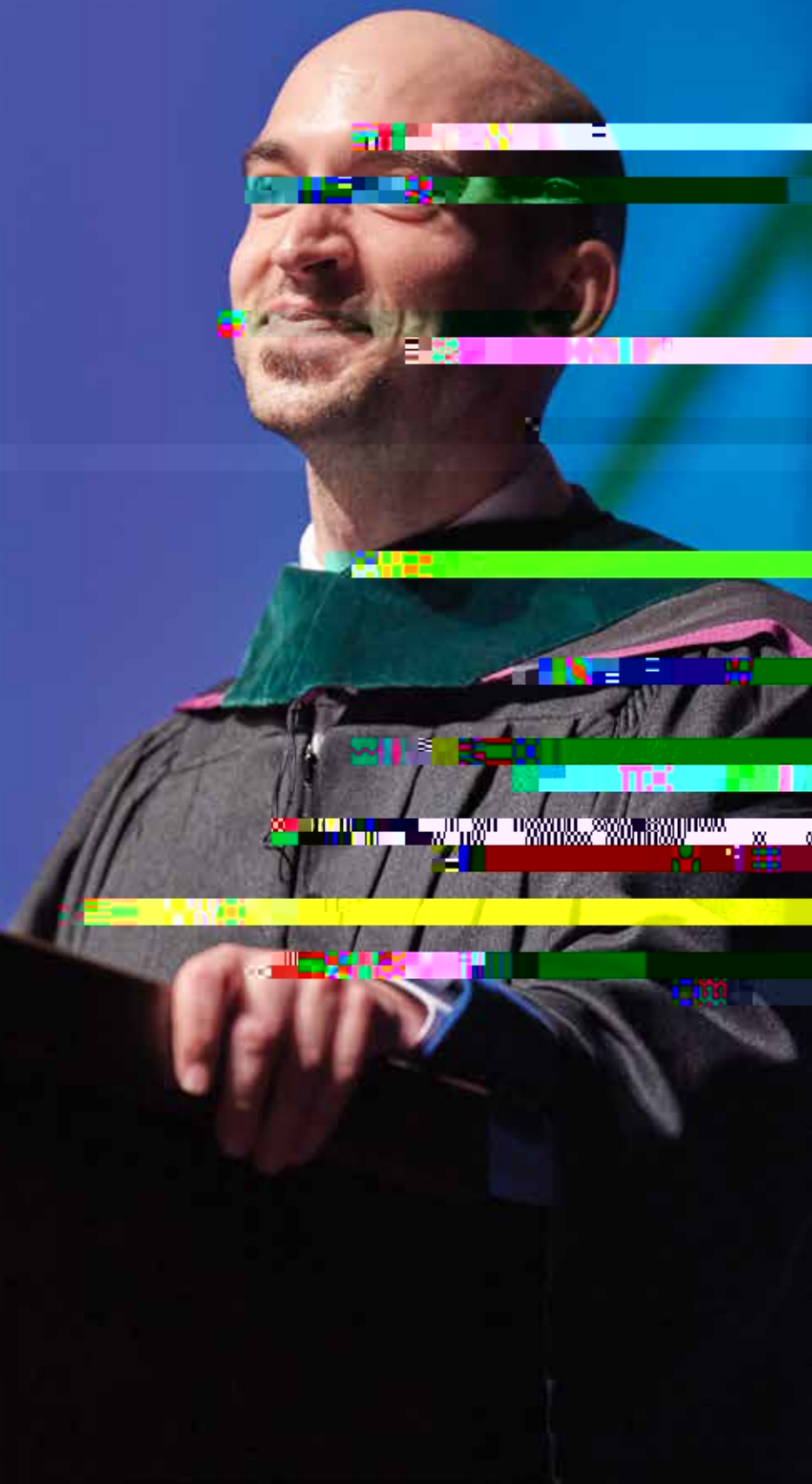






# We are bound to others

Max Crispo delivers  
his valedictorian address  
to the Class of 2018







Are our patients experiencing low energy, irritability or weight gain? Are they having problems conceiving, or experiencing other menstrual cycle concerns?

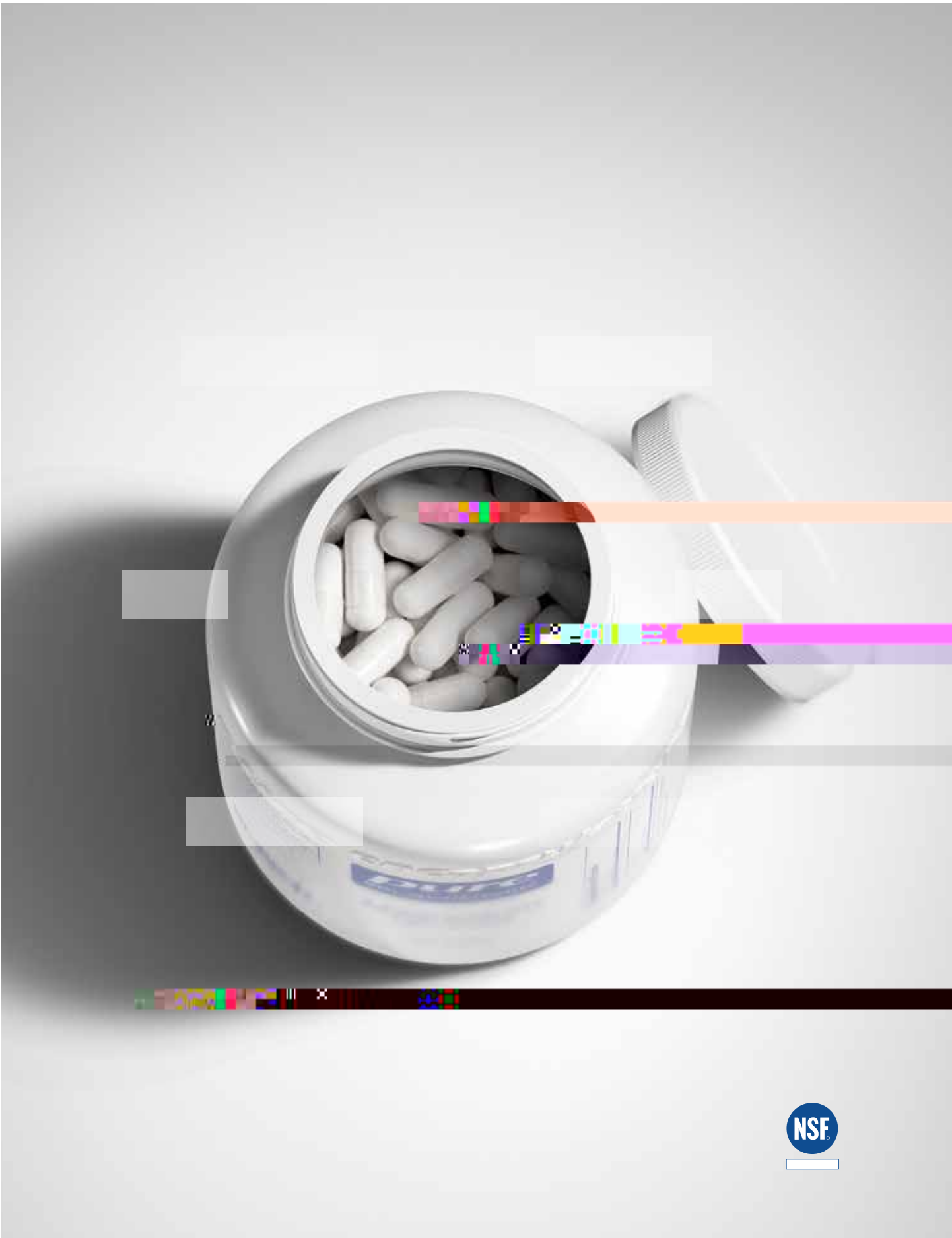
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22, 2018 | 8 . . 12 . .

For practising NDs, this will be a great opportunity to meet clinic interns, many of whom are looking for preceptoring and externship opportunities, and become acquainted with recent graduates, many of whom are ready to start practice.

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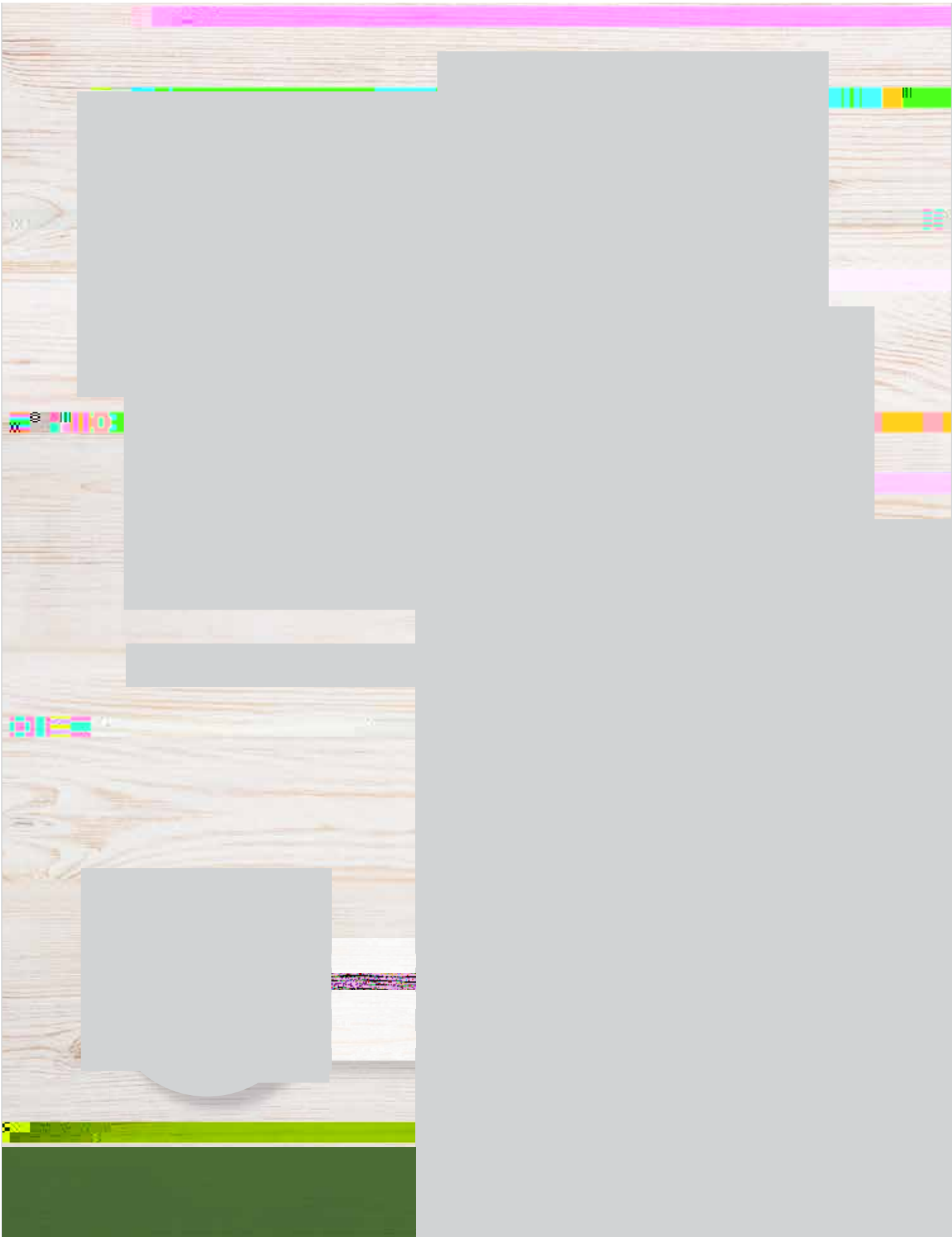






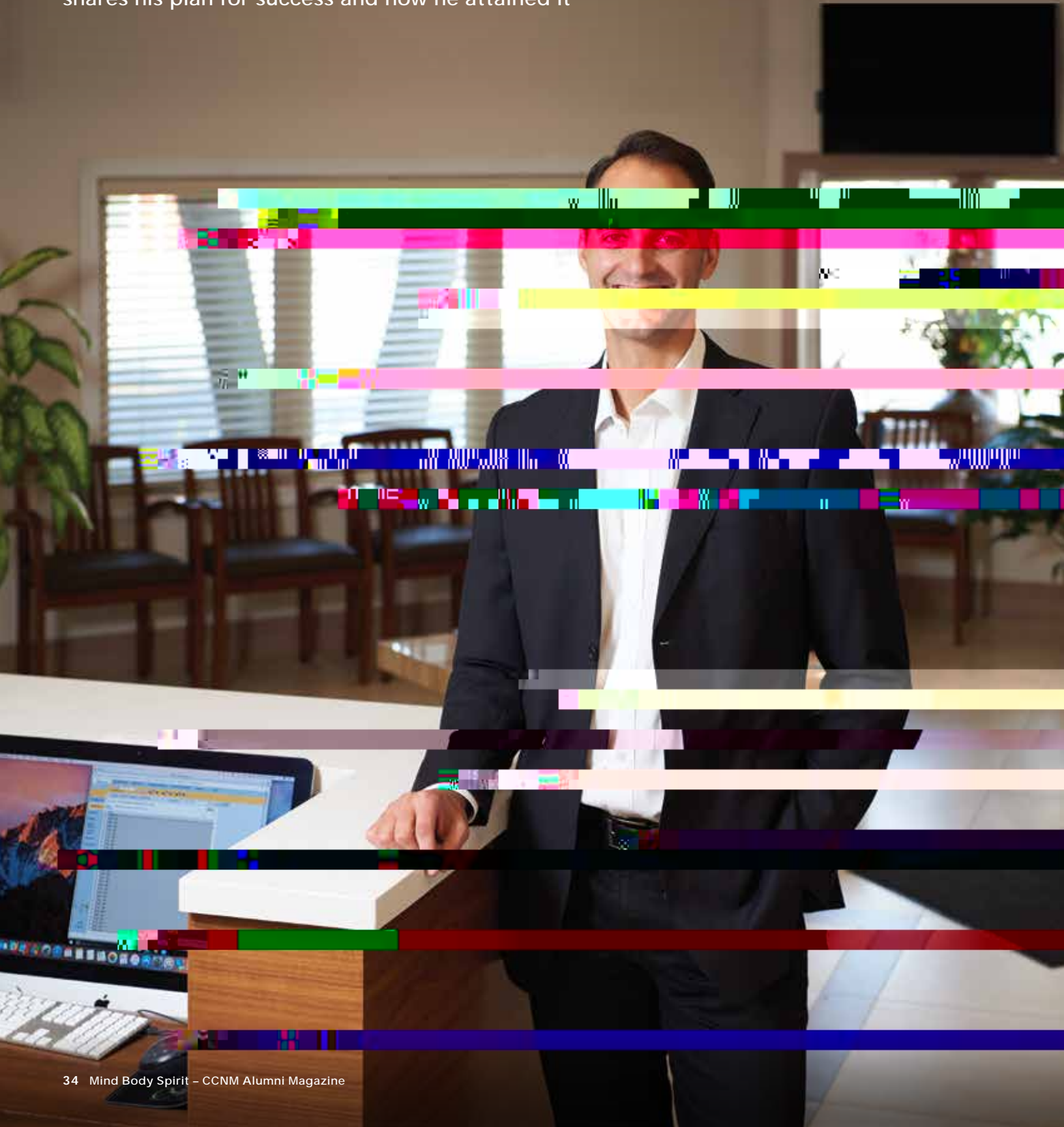
What's next  
for you?

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# Planning for the future leads to professional and personal growth

Class of 2011 graduate Dr. Paul Hrkal, ND, shares his plan for success and how he attained it











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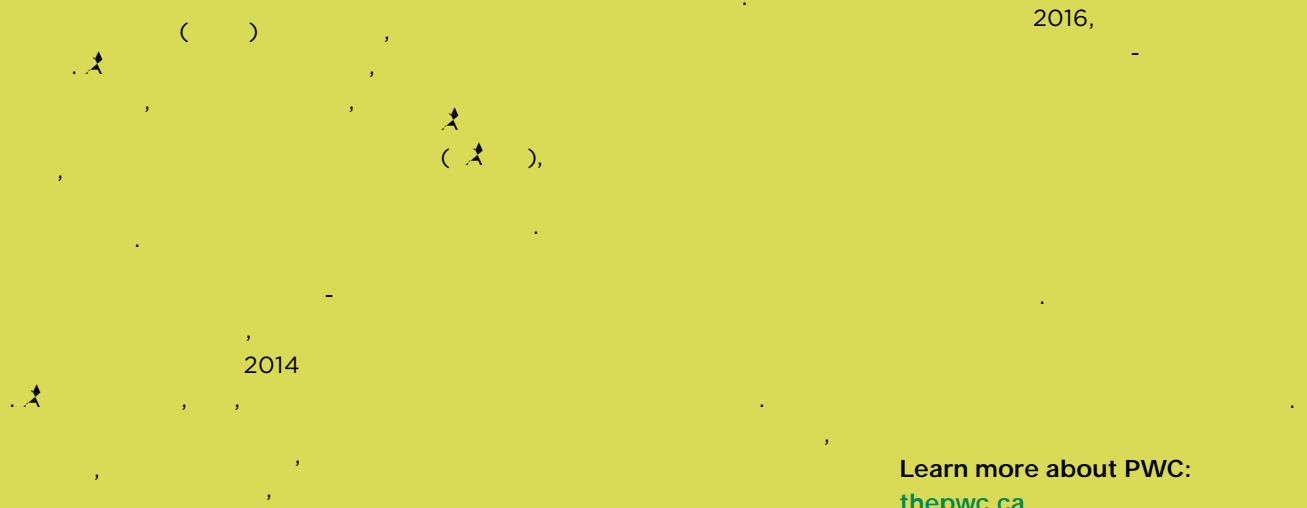
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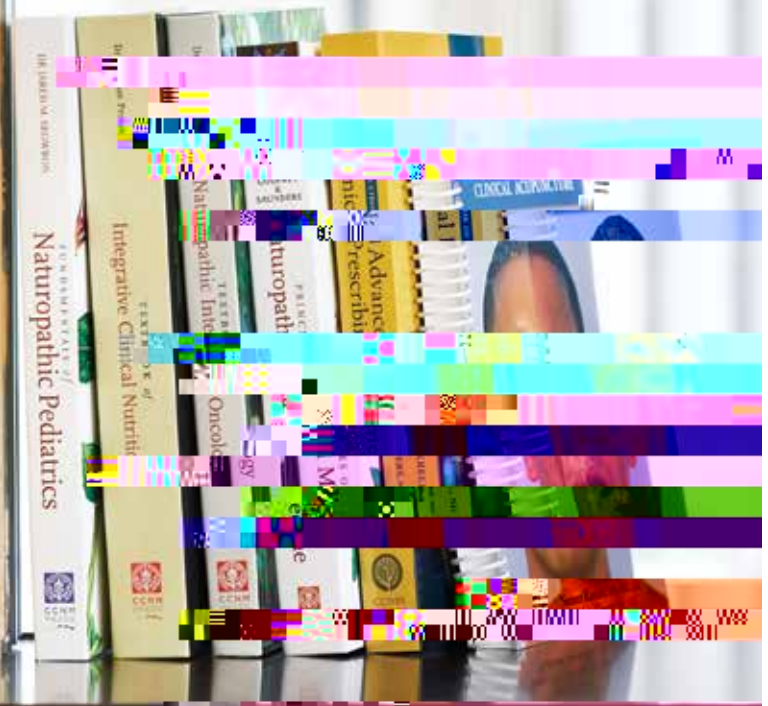
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