



UNIVERSITY OF REGINA

11TH ANNUAL  
ALUMNI &  
AWARDS  
RECEPTION

Faculty of Kinesiology & Health Studies

March 15, 2024 7:00 PM  
Innovation Place



# Program

6:00pm - Cocktails

7:00pm - Formal Program & Awards

**Dr. Harold Riemer** - Introduction

**Dr. Jeff Keshen** - Bring greetings on behalf of the University of Regina

**Awards Ceremony** - Student Scholarship Winners

- Deans Honour List Recipients
- Academic All-Canadians
- Academic Silver Scholarship Recipients
- Academic Gold Scholarship Recipients
- Dean's Medal Recipients
- Outstanding Field Work Agency Award
- Distinguished Recent Alumnus Award
- Distinguished Alumnus
- 8:30 PM - Social



# 2023 Scholarship Winners

Aboriginal Kinesiology and Health Studies Award - Anthony Bear  
Children on the Move - Sage McCulloch  
Dayna Brons Memorial Bursary - Jadya Kushniruk  
Dr. Ralph Nilson Scholarship in Health Studies - Sharisa Grimwood  
Dr. Bill Clark Scholarship in Rec and/or Sports Admin - Jadya Ivy Kushniruk  
Dr. Don Clark Scholarship - Kayleigh Strinholm  
Dr. Ernie Nicholls Scholarship in SRM - Hallie Burke  
Dr. Robert McCulloch Scholarship - Sara Zahid  
Dr. Sandra Schmirler Scholarship - Avery Lightfoot  
Eli Gliberman Scholarship in HK & TR - Sarah Black  
KHS Employees Student Bursary - Tiffany Sotomi  
Sask Sport Glenn Tuck Memorial Scholarship - Chantel Hoag & Ovesh Purahoo  
University of Regina Aboriginal Award - Anthony Bear  
Neil Sherlock Scholarship - Chantel Hoag  
Professor Gene Rizak Scholarship - Avery Lightfoot  
Groome Family Fellowship in Health Research - Raha Nafisi & Priya Verma  
Canada Games Grad Fellowship in Sport & Recreation Management - Ekin Büyükakten  
NASSM Scholarship in Sport and Recreation Management - Elise Melanson  
UR Circle of Scholars Scholarship - Wyatt Neufeld  
Lee & Lillian Forsythe Scholarship - Braxton Terrance Snell  
Maurice Neitzel Award - Tiffany Sotomi, Ovesh Purahoo  
John & Jack Spencer Middleton Scholarship - Heather Foy  
Queen City Vending KHS Entrance Scholarship - Wyatt Neufeld  
Friends of the University of Regina Undergrad Award - Shane Donison  
Taylor Klassen Family Award - Sharisa Grimwood  
Inspiring Leadership Fellowship - Chantel Hoag  
Alan Blakeney Entrance Scholarship - Wyatt Neufeld  
Elmer Shaw Entrance Scholarship - Wyatt Neufeld  
CIC Indigenous Bursary - Amy Joanne Lafreniere-Wasacase

# 2023 Dean's Honour List

Prabjyot Bajwa	Brandon Logan
Dayson Bird	Sage McCulloch
Emma Bitz	Aman Preet Meghawat
Landen Boisvert	Wyatt Neufeld
Brooklyn Brandow	Hephzibah Ohaji
Donovan Buskey	Mojolaoluwa Ojo
Makenzie Chamberlin	Lexi Peace
Keara Christensen	Jillian Pittman
Gracie Christiansen	Zachary Popowich
Carter Coghill	Ovesh Purahoo
Jaxon Diamond	Jordon Richter
Caleb Dizy	Karly Ries
Anna Doig	Presley Sagert
Shane Donison	Madison Sagert
Tasleigh Dutchyshen	Shaylee Scraba
Rana Elgandy	Madisen Seida
Peyton Enns	Erica Sembaluk-Hart
Eshitta	Astha Gopesh Shah
Makayla Exner	Vishma Shamim
Jenna Fiorante	Zunaira Siddiqi
Brady Fiorante	Eeman Siddiqui
McKenna Harkness	Dylan Sies
Taylor Hebert	Samantha Skaar
Georgia Hertz	Braxton Terrance Snell
Micaela Keyowski	Tiffany Sotomi
Lea Shady Kheir	Kayleigh Strinholm
Jacob King	Andra Todd
Ellison Kozan	Lucas Wagner
Holland Kozan	Allison Wall
Seungyoon Lee	Brendan Weeks
Avery Lightfoot	Shuyue Wu
Isaac Litzenberger	Zujing Yu
	Sara Zahid
	Yijiana Zhu

# Academic Silver Scholarship

Zakhrif Asghar	Sage McCulloch
Emma Bitz	Mojolaoluwa Ojo
Hunter Bohay	Jillian Pittman
Brooklyn Brandow	Ovesh Purahoo
Gracie Christiansen	Jordan Richter
Carter Coghill	Karly Ries
Dawn Dabao	Madison Sagert
Peyton Enns	Presley Sagert
Makayla Exner	Mitchell Saretzky
Brady Fiorante	Madisen Seida
Heather Foy	Erica Sembaluk-Hart
Ryan Grieves	Astha Shah
Sharisa Grimwood	Eeman Siddiqui
McKenna Harkness	Dylan Sies
Georgia Hertz	Kayleigh Strinholm
Ellison Kozan	Alejandra Van Dusen
Holland Kozan	Lucas Wagner
Jadyn Kushniruk	Brendan Weeks
Avery Lightfoot	Sara Zahid
Brandon Logan	

# Academic Gold Scholarship

Donovan Buskey  
Braxton Terrance Snell



# 2023 Dean's Medal & University Prize in Kinesiology

Dean's Medal:

Muhammad Shafiq

Bachelor of Kinesiology, Human Kinetics major with Great Distinction

University Prize in Kinesiology and Health Studies - *Spring 2023:*

Shakib Dirie

Bachelor of Kinesiology, Human Kinetics major with Great Distinction

University Prize in Kinesiology and Health Studies - *Fall 2023:*

Samantha Morrow

Bachelor of Kinesiology, Human Kinetics major with Great Distinction



# 2023 Academic All Canadians

Jade Belmore - Basketball  
Kaylyn Brown - Volleyball  
Peyton Enns - Soccer  
Gemma Gaucher - Soccer  
Taylor Hebert - Swimming  
Annika Hufnagel - Volleyball  
Ellison Kozan - Track & Field/Cross Country  
Jadyn Kushniruk - Hockey  
Grace Miller - Soccer  
Ryan Mills - Football  
Cara Misskey - Basketball  
Rachel O'Toole - Hockey  
Kexi Peace - Hockey  
Dayna Pearce - Basketball  
Ovesh Purahoo - Swimming  
Shaylee Scraba - Hockey  
Madisen Seida - Basketball  
Brynn Stewart - Volleyball

# U of R Entrance Scholarship

## Fall 2023

Brooklyn Bohay  
Maesyn Bowman  
Natalie Brakefield  
Malcolm Brin  
Sabina Butt \*  
Mackenzie Clark  
Caleb Dizy  
Anna Doig  
Rana Elgandy  
Furqan Furqan  
Jevon Garwood  
Julianne Girardin  
Meagen Hak  
Sana Karam  
Arshpreet Kaur  
Micaela Keyowski  
Isaac Litzenberger  
Zachary Manz  
Arden Maslyk \*  
Joseph Palagian  
Hannah Ramdez  
Ryenn Schutz \*  
Zunaira Siddiqi  
Ciara Switzer  
Lexi Switzer  
Andra Todd  
Gabriel Wilson

\*Out of Province Entrance Scholarship\*





# International Entrance Award

## Winter 2023

Sukhpinder Singh  
Ifunanya Asimole  
Harmandeep Johal

## Summer 2023

Gagandeep Kaur  
Jaspreet Kaur  
Jasmeen Dhillon  
Amanjot Kaur  
Komal Preet Kaur

## Fall 2023

Jaspreet Kaur  
Pawanveer Kaur  
Vanshika  
Ayomikun Babatunde  
Lea Kheir  
Chinenye Okafor  
Nelly Okwuma  
Heali Patel  
Mahish Seetah  
Ananya Thakur  
Dalla Cia Toledo



# Outstanding Fieldwork Agency



The Regina Community Clinic is a primary health service provider and the only healthcare co-operative in southern Saskatchewan. As a healthcare co-operative, the goal is to provide care for the patients' physical and mental health, and to offer social and education services and programs to our members, patients, and the community. At the clinic, multi-disciplinary groups of healthcare professionals work together as a team to offer optimal for care the patients.

Through this team approach we believe that mentoring students is a benefit to everyone, including the patients, the agency, and the students. The Regina Community Clinic has been working with the Faculty of Kinesiology since 2016, and we have enjoyed all the students and their unique personal characteristics in delivering their expertise in the field.



# Distinguished Recent Alumnus



## Dr. Krista Slough

Dr. Krista Slough (Metz) was born and raised just south of Regina in the little town of Wilcox. She attended the University of Regina, playing hockey for the Cougars for 5 years and earned her Bachelor of Kinesiology in 2016.

While at the University of Regina, Krista did her fieldwork semester at First Steps Wellness Centre which strengthened her growing interest in neuroscience and neurological disorders.

This growing interest led her to the University of Alberta where she began her Masters in Neuroscience, later transferring to the PhD program and received her Doctorate in Neuroscience in 2022.

In the summer of 2022, she began working as the Saskatchewan Health Authority's third neurophysiologist, joining Drs. Jonathan Norton and Layla Gould at the Royal University Hospital in Saskatoon. Together, they provide intraoperative neuromonitoring for various neurosurgeries in Saskatoon and Regina. Krista also remains involved in research related to her PhD work, including studying sensorimotor systems in the human spinal cord. In Oct 2023, Krista and her husband Colton welcomed their first child, Hayes.

Krista is currently enjoying her maternity leave and spending time with her little one.



## Distinguished Alumnus

Bonnie Cummings-Vickaryous is an accomplished professional with a passion for community inclusion. She earned her Bachelor of Kinesiology with double majors in Adapted Physical Activity and Sport and Recreation Administration in 2007, laying the foundation for her career in promoting accessibility and belonging for individuals with complex physical disabilities. In 2020, Bonnie furthered her education by obtaining a Master of Science in Kinesiology, deepening her understanding of the field and enhancing her ability to effect positive change.



Bonnie Cummings-Vickaryous

As the Founding Executive Director of Astonished Inc since 2012, Bonnie has been proactive in creating meaningful inclusion and belonging for individuals with disabilities. Additionally, she has been a dedicated Sessional Lecturer for the Faculty of Kinesiology since 2009, sharing her expertise and inspiring future generations of professionals in the field.

Outside of her professional endeavors, Bonnie is married to another Kinesiology alumni and is the proud mother of three daughters. She actively contributes to her community by serving on the Regina Diving Club Board of Directors as Secretary and Chief Fundraiser, as well as on the City of Regina Accessibility Advisory Committee, advocating for accessibility and inclusion in public spaces. Through her multifaceted roles, Bonnie remains committed to making a positive impact on the lives of others.



# Class of Fall 2023

## **Bachelor of Health Studies**

Rosina Awula  
Ilhan Abdulahi Hussein  
Amy Joanne Lafreniere-Wasacase\*  
Sargun Thind

## **Bachelor of Kinesiology**

Jaiden Marie Baardseth  
Michelle Lynn Beaumont  
Sayge Kassey Bighetty-Elderkin  
Joshua Jack Maruice Carrier  
Jenali Tapan Dave  
Heather Elizabeth Mae Hudak\*  
Daniyal Ali Jabbar  
Amy Joanne Lafrenier-Wasacase  
Samantha Gabrielle Morrow\*\*  
Devanshi Vjenkumar Parikh\*  
Kaitlyn Christine Salzl-Borzel\*  
Vrusha Miteshkumar Shah  
Brayden Scott Vandermeer  
Damond Robert Wagner  
Allison Marie Wall\*\*

## **Bachelor of Sport and Recreation Studies**

Skyler Andrew Barnesky  
Dessa Leizel Melendez De Guzman  
Jane Heather Finlay  
Savana Anita Finlayson  
Nicole Denise Gormican  
Kristen Wagner  
Miranda Kaitlynn Weber

## **Diploma in Health Studies**

Mandeep Kaur  
Riya Kamnoj  
Janvi Mayankkumar Patel

## **Certificate in Health Studies**

MarKomal Aqeel  
Adeoti Mercy Arogundade  
Money Moses Enuadibi  
Kamaldeep Kaur  
Rupinder Kaur  
Emily Marshall  
Aminah Olohuntofumi Ogunniyi Sanjna  
Jaskaran Singh  
Mansiben Vijaykumar Patel

## **Indigenous Birth Support Worker Certificate**

Shanna Paige Lynn Durocher  
Jade-Lee Taylor McKay  
Sahayle Kwyn Norman

\* *with Distinction*

\*\* *with Great Distinction*

# Graduating Class of Spring 2024

## **Bachelor of Health Studies**

Lusekel Mwangobola  
Alejandra Van Dusen  
Mykinna Reifferscheid

## **Bachelor of Kinesiology**

Benjamin Hamelin  
Mou'men Almahasneh  
Emma Bitz  
Kayleigh Strinholm  
Faysal Mohamed  
Saeyeoun Hong  
Kaitlin Feeley  
Megan Davies  
Gemma Gaucher  
Nour Khoja  
Abby Kirk  
Sharisa Grimwood  
Katie Dermody  
Jody Dawson

## **Bachelor of Sport and Recreation Studies**

Daniel Vongkhamchanh  
Jhelie Bayadas  
Erica Schmiedge  
Aldo Galvan Orduna  
Haley Gader  
Francisco Trigoso  
Ryan Jupp  
Abby Kirk  
Sarah Black

## **Diploma in Health Studies**

Victor Orji  
Osasumen Eki  
Clement Osei  
Harnisha Samirbhai Bhatt  
Pardeep Kaur Gosal  
Ashish Sanwal  
Jessica Green  
Isha Ghanshyambhai Patel

## **Certificate in Health Studies**

Ayomide Paulina Majofodun  
Oyinkansola Kehinde  
Damanpreet Kaur  
Happy Kanubhai Vaviya  
Fatiha Asho  
Dinukthi Vidushan Hakmana -  
Parana Liyanage  
Prabhjot Kaur

## **Indigenous Birth Support Worker Certificate**

Alison Iron



University  
of Regina

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Kinesiology &  
Health Studies

If you wish to obtain a copy of our program, please visit our website  
<https://www.uregina.ca/kinesiology/> or email  
[Echo.Ward@uregina.ca](mailto:Echo.Ward@uregina.ca)