

# 2021

## CANDIDATES FOR THE BOARD OF DIRECTORS CANDIDATES AU CONSEIL D'ADMINISTRATION

ASSOCIATION OF NEW BRUNSWICK MASSAGE THERAPISTS  
ANNUAL GENERAL MEETING AND CONFERENCE

ASSOCIATION NÉO-BRUNSWICKOISE DE MASSOTHÉRAPEUTES  
ASSEMBLÉE GÉNÉRALE ANNUELLE ET CONFÉRENCE



**A SHOW OF HANDS  
PRENONS LES CHOSES EN MAIN**

## DECEMBER 4 DÉCEMBRE

## CANDIDATE FOR THE SECRETARY-TREASURER POSITION

### Secretary-Treasurer: Tom Peppard



Tom Peppard is a native of Ottawa, Ontario. After graduating from the University of Ottawa (Political Science), Tom joined the military and served as an Armoured Officer across Canada and around the world for twenty-two years before switching to part-time army reserve.

In 2013, to follow his dream of becoming an RMT, Tom enrolled in the massage therapy program at the Atlantic College of Therapeutic Massage. Tom remains active with the military, recently serving as the commanding officer of the 8th Canadian Hussars in Moncton.

Upon graduating from ACTM in 2015, Tom opened his own practice in Hanwell, NB. He worked part-time at Massage Addict in Fredericton for 3 years and now focuses on his own practice. Tom supervised students from ACTM at Stan Cassidy Centre for Rehabilitation in Fredericton on a weekly basis from 2017 to 2020. He has been a member of the ANBMT since 2015 and served as a member of the Assault Prevention and Education Committee since its inception in 2018.

Tom is married to Anita, and they have five children. Tom's interests include outdoor activities, sports, and fitness.

# CANDIDATES FOR REGIONAL DIRECTOR POSITIONS LES CANDIDATS AUX POSTES DE DIRECTEURS RÉGIONAUX

## Zone 1-Moncton/Southeast: Ashley Brzezicki



Dear Colleagues,

My name is Ashley Brzezicki and I respectfully accept the nomination for Regional Director of Zone 1 with the ANBMT.

I have been a practising massage therapist since 2018, and have a clinical practice at Rehab1 Performance Center in Riverview, NB. Prior to becoming a massage therapist, I had a successful career as an archaeologist and the sole collections curator for the province of NB. I graduated from UNB in Fredericton with a Master of Arts degree and have a strong interest in research. I served as the President of the Anthropology Society while at Mount Allison University. I've decided to transition careers out of a desire to be of service to others, and I'm thrilled with my choice in massage therapy.

Since graduation, I've poured my energy into this new career. I'm a Lead Instructor and Collaborator with Ontario-based massage therapy professor, Conor Collins, and I assist with the instruction of his course content. I'm editor of a massage therapy blog and I provide massage therapists with evidence-based content for professional growth. I'm the team lead in massage therapy across all Rehab1 clinic locations, and I enjoy collaborating with and advocating for the massage team. My clinical interests are in concussion management, pain science, and evidence-based practices in the field of massage therapy.

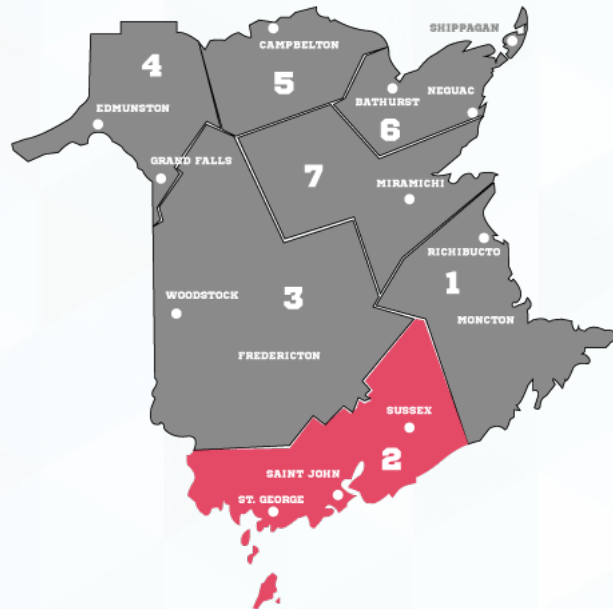
I see the addition of the Regional Director positions with the ANBMT as a step in the right direction for the growth of our profession. I'm ready to represent and advocate for both the ANBMT and the massage therapists of Zone 1. I'm passionate about fostering safe spaces to have important conversations and to work together to advance the profession. I've been an active member of the ANBMT since graduation, and I've closely followed the updates, changes, and growth within the ANBMT.

When not working, I'm enjoying a walk in the woods (preferably with a dog), a nice cup of coffee, a good book, and any podcast on leadership, professional growth, human connection, and communication.

I would be honoured to represent the ANBMT and the massage therapists in Zone 1. I'm ready to get to work for you.

## CANDIDATES FOR REGIONAL DIRECTOR POSITIONS LES CANDIDATS AUX POSTES DE DIRECTEURS RÉGIONAUX

### Zone 2- Fundy Shore/Saint John: Krista Sutton



My name is Krista Sutton and I respectfully accept the nomination for the position of Regional Director for Zone 2. I received my massage therapy diploma with distinctive honours from Eastern College in Saint John, NB, in December 2019. After a long wait due to COVID-19 exam delays, I finally became an active member of the ANBMT and of the CMTNB since October 2020.

In addition to massage therapy, I am a graduate with merits from the Canadian School of Natural Nutrition as a Registered Holistic Nutritional Consultant since June 2019. I am a member of many nutrition associations too.

Shortly after graduating and becoming registered, I quickly gained a strong interest in helping women who have been victims of trauma, particularly domestic violence, and those with PTSD. I have researched and completed CEUs that help me learn to become a more trauma aware therapist. I regularly have volunteered my services to the women at Sophia Recovery Center in Saint John, which is a center for women recovering from addiction. I also often volunteer my services one-to-one with women I meet that are restarting their lives after experiencing domestic violence.

I would like to continue to pursue this passion by broadening my knowledge in how trauma affects our body and how touch-based therapists and holistic nutrition can be great tools to help support those affected by trauma.

In my personal life, I am a mom of two wonderful children and a life partner to Logan. My personal interests include yoga, meditation, hiking, and everything to do with off-grid living. Although I am new to this profession, I bring a fresh point of view, life experience, Professionalism, and passion to the ANBMT. I am someone with creativity, many, many new Ideas, and the drive to get things done! It would be an absolute pleasure to work with and represent my RMT colleagues as a committed ANBMT board member representing Zone 2.

# CANDIDATES FOR REGIONAL DIRECTOR POSITIONS LES CANDIDATS AUX POSTES DE DIRECTEURS RÉGIONAUX

## Zone 4- Madawaska/North-West: Martine Hudon



Dear colleagues,

My name is Martine Hudon and I respectfully accept the nomination for the position of Regional Director for Zone 4 with the ANBMT.

I am a massage therapist who graduated from the Atlantic College of Therapeutic Massage (ACTM) in Dieppe, NB with honours in July 2020 and I was chosen to be the student advocate. I have invested myself in learning and knowing my profession by always attending my classes with exceptional academic performance and accumulating the most clinical hours.

I have been an active member of the ANBMT and CMTNB since graduation and opened my massage therapy clinic in November 2021 in St-Basile, New Brunswick. Prior to becoming a massage therapist, I owned a family daycare for 9 years. My desire to help the well-being of the people around me led me to a new challenge (going back to school) in order to live a new enriching experience for a profession in which I am fully fulfilled.

The public clearly shows me that massage therapy is mostly seen as relaxation. So, my goal is to promote that massage therapy is not only about relaxation but also about relieving/decreasing pain, increasing lost range of motion, maintaining good posture and muscle balance, etc. I want to promote our profession for what it really is.

I am a person who loves nature, and walking in the woods with birds singing along with the sound of streams. I am the mother of two teenagers and a totally fulfilled partner. My greatest value is family. I consider the ANBMT as a family so I would be honored to be part of it, not only as a member, but as the regional director of Zone 4 to represent and listen to the massage therapists who trust me.

## CANDIDATES FOR REGIONAL DIRECTOR POSITIONS LES CANDIDATS AUX POSTES DE DIRECTEURS RÉGIONAUX

### Zone 5- Restigouche: Jo-Ann Haché



My name is Jo-Ann Haché and I respectfully accept the nomination for the position of Regional Director for zone 5. I received my massage therapy diploma with honours from the Atlantic College of Therapeutic Massage (ACTM) in Fredericton, NB, in 2014. I have been an active member of the ANBMT and CMTNB since graduation.

In 2009, I moved from Victoria, BC, to Dalhousie NB. For ten years in Victoria, I ran a very successful massage business practising reflexology and Chi Kung Medical Massage. I additionally attended Buddhist psychology and meditation classes weekly and taught Chi Kung movement and meditation classes.

After completing additional training at ACTM to become registered, I once again opened my new clinic in Dalhousie.

I am an active member in my community volunteering over the years with Restigouche Minor Hockey, Edward Poirier Memorial Dog Park, Jeunesse Musicale, The Bon Ami Committee, and the Golden Age Club of Dalhousie.

If selected for the position, I will do my utmost to represent massage therapists in my area to the best of my abilities.

## CANDIDATES FOR REGIONAL DIRECTOR POSITIONS LES CANDIDATS AUX POSTES DE DIRECTEURS RÉGIONAUX

### Zone 7- Miramichi: Darcy Gulliver



Currently I, Darcy Gulliver, respectfully accept the nomination for Regional Director for Zone 7. I have been an RMT, and an active member of the ANBMT for the past 12 years. Further, I was a volunteer with the CEU committee, and most recently active with the Audit and Finance committee.

A lifelong resident of the Miramichi, my wife and I are now raising our two girls. Recently, I've decided to take my practice in a new direction and will soon open my own massage clinic.

In terms of community involvement, I have served for many years sitting on various boards for a wide range of organizations. One cause I am most proud of is the work I've done on the board for the founding of Hospice Miramichi. Having been part of this effort from the very beginning, and complimenting other experiences with project management, promotion, and volunteerism, I do feel prepared to take on the role as Regional Director of Zone 7.

Given the opportunity, I would be a strong voice for our professional association. I look forward to this upcoming election and working with our members to forward the objectives of our association.