



**Biographies for New CMHA Winnipeg Board Members  
June 15<sup>th</sup>, 2011  
(updated October 2011)**

***KEITH MACLAREN***

Keith is originally from Calgary, but came to Winnipeg in 2009 via a transfer with Deloitte to lead the local R&D Tax Credit practice. Keith is married to a Social Worker, and has learned through osmosis and from personal experience that mental health is a significant issue in our society and in our workplaces. Keith previously served on the Board of the Calgary Council for Advanced Technology and is now looking forward to the challenge of growing the impact of the CMHA Winnipeg organization in our community.

Keith is married to Shannon and they have two children. In his spare time he enjoys coaching minor football, playing golf, travel, and snowboarding.

***JEFF WACH***

Jeff is a proud, born and raised Winnipegger, who first trained and practised as Physiotherapist in the areas of Work Injury and Rehabilitative Case Management at the Health Sciences Centre and The Wellness Institute at Seven Oaks Hospital. A passion for managing clients, partnerships, strategic ideas and approaches lead Jeff to complete his full-time MBA from the Asper School of Business at the University of Manitoba in 2001. Since then, he has worked in a couple of client, program and project management roles across industry sectors including health & wellness, medical communications, HR / benefits, software / Web / IT and interactive marketing. Jeff has also returned periodically to the family business when the need to work with his hands overcomes him.

Jeff is married with two children, a daughter (Haley) who enjoys softball and is becoming quite an accomplished chef, and a son (Ryan) who hilariously runs circles around dad on the soccer pitch. Jeff enjoys committing time and thought to causes and organizations he believes in, most notably his in-classroom presentations and mentorship to school-age kids in the core area through Junior Achievement. Precious spare time is spent goofing-around with his kids, reading, and keeping a passionate eye on opportunities for travel that can be squeezed in.

## **GARTH FALLIS**

Garth is a born and bred Winnipegger and proud of it. He is a Professional Engineer who graduated from the University of Manitoba and has worked for the Vector Construction Group for the past 30 years.

Garth is also very active in several industry organizations, the International Concrete Repair Institute, the American Concrete Institute, and the Post-tensioned Institute where he is an executive member and also chairs several committees. In his spare time he is an avid (if not great) golfer and enjoys the time outdoors and meeting new people, and in the winter a curler.

Garth has two grown daughters, one is the Choir Director at Stonewall Collegiate and the other a Physicist working at TRIUMF Nuclear Laboratory in Vancouver.

## **YUTTA FRICKE**

Yutta Fricke is pleased to be joining the board of CMHA- Winnipeg Region, and hopes to contribute to the organization's important work. She is especially happy to support the dynamic staff and volunteers, who are clearly committed to the organization's mandate.

Yutta is the Acting Executive Director of the Disabilities Issues Office of the Province of Manitoba. The office supports the Minister responsible for Persons with Disabilities to identify priority issues of Manitobans with disabilities, and to ensure disability inclusion in policies and programs across government. Yutta hopes that her involvement with CMHA will help her in this work.

Yutta's background in disability goes back more than two decades, when she became the Development Program Director of Disabled People's International (DPI). Upon leaving DPI in 1999 to raise two daughters (now they're almost 14 and 15), she continued to work on disability and development issues closer to home, with contracts ranging from the production of training manuals for grassroots disability organizations to co-authoring a World Bank evaluation entitled "*Inclusion and Disability in World Bank Activities*," 2002. Yutta continues her international involvement as a member of the International Committee of the Council of Canadians with Disabilities.

## **JENNIFER SPENCER**

Born and raised in Northern Manitoba, started volunteering for various community organization at the age of 16, including YWCA, Humane Society, Restorative Justice, and Canadian Mental Health Association Thompson Region. In 2006 Jennifer graduated from University of Manitoba Bachelors of Social Work, worked with MB Justice specializing in working with child victims of crime, domestic violence and Restorative Justice. Jennifer has worked in many remote

First Nations communities, providing professional development and clinical services. In 2009 she completed the Masters of Social Work at Lakehead University in Thunder Bay Ontario specializing in clinical mental health services in remote northern communities. Also in 2009 she completed grad student placement in Churchill Manitoba in Community Wellness Program, working primarily with Inuit communities. Upon completion of MSW worked with Correctional Service of Canada with the Institutional Mental Health and Community Mental Health program.

Currently working in Adult Mental Health Services with WRHA, aside from work and school, enjoys playing dodge ball, zip-lining, snow-shoeing, Jazz music and relaxing with a good book. Future aspirations include completing PhD in Social Work and learning how to bake. (with recipes that extend beyond just add water and stir....)

### ***CHARLENE PAQUIN***

Charlene is married with two children and lives in Winnipeg where she was born and raised. Charlene is currently employed as an Assistant Deputy Minister with the Manitoba Department of Family Services and Consumer Affairs. She started her career with the Provincial Government in 2001.

Charlene graduated with her Master's degree in Social Work (Policy, Planning and Administration stream) from the University of Manitoba in 2001. She received her Bachelor of Arts degree, with a double major in Sociology and Justice and Law Enforcement, from the University of Winnipeg in 1997.

### ***KATHLEEN HODGSON***

Kathleen is an enthusiastic and persuasive individual who has spent her life in Winnipeg making friends and sharing stories. In 2002, she attained her communications diploma from Red River College. Since then she has worked as an editor of eight magazines, a marketing consultant for a major financial company and a communications strategist for a large corporation.

As a strong advocate for community involvement and inclusion, Kathleen has served on the Special Needs Advisory Committee for the former Fort Garry School Division (now Pembina Trails), was a program committee member for the Manitoba Editors' Association and is a member of the Association for Community Living – Winnipeg.

Kathleen is married to David and they have three sons - Matthew, Joshua and Luke; two cats – Black-Eyed Lightning and Charlie; and, a dog named Root Beer.

### ***JANELLE WAGNER***

Janelle was born and raised in Winnipeg. She attended the University of Manitoba and received her BA Adv. majoring in psychology, and then went on to receive an LLB from the University of Manitoba in 2008. Janelle is currently practicing law as a partner at Rees Wagner LLP.

In her spare time Janelle enjoys running, spending time outdoors, practicing yoga, and also has been certified as an International Yoga Alliance 200 hr RYT. Janelle looks forward to making a contribution to the promotion of mental health.

### ***STEPHANIE FEHR***

Stephanie Fehr was born and raised in Winnipeg. She earned her B.A. from the University of Winnipeg and is a graduate of Red River College's Creative Communications program. She currently works at the University of Manitoba as a Stewardship Communications Officer in the Department of Advancement Services. Passionate about her community and social justice, Stephanie has volunteered with numerous organizations including Ten Thousand Villages, the Winnipeg Fringe Festival and the Canadian Parks and Wilderness Society (Ottawa Region). Stephanie loves learning about the world through international travel and enjoys cycling Winnipeg's many trails. She lives in Winnipeg with her husband and their dog and is excited about the opportunity to sit on the CMHA Winnipeg Region board.

### ***ARSÈNE HUBERDEAU***

Retired since July 2010, Mr. Huberdeau has been involved in education in Manitoba for the last forty years in the following capacities:

Teacher:

École Jean-Moreau (Commission Scolaire St. Jérôme)  
Powerview School (Agassiz School Division)  
École Lacerte (St. Boniface School Division)  
Collège Louis Riel (DSFM) – teacher librarian

School Principal:

École Saint Lazare  
École Saint Joachim (La Broquerie)

Civil Servant:

Director of Library and Materials Production Branch Department of Education  
Manitoba

Senior Administrator:

Assistant Superintendent Programs and Student Services (DSFM)

In addition to his work in education, Mr. Huberdeau has served as a board member of the following:

Société des Communications (Vice Chairman)

Boy Scouts of Canada (Chairman)

Radio Communautaire – Envol 91 CKXL

Coopération Nord Sud en Éducation (Chairman for Western Provinces)

ACELF (Association Canadienne d'Éducation de Langue Française)

During his career in education, Mr. Huberdeau has always made the student the heart of all his preoccupations and his decisions. Mr. Huberdeau and his wife Lise have two children and three grandchildren.

### ***ALEX FORREST (INTERIM)***

Alex Forrest joined the Winnipeg Fire Department in 1989 and worked as a full time fire fighter while he pursued a Bachelor of Laws. He was called to the Bar in 1996 but rather than going into private practice he became President of the United Fire Fighters of Winnipeg.

Alex continues to be President of UFFW and he is now also Canadian Trustee of the International Association of Fire Fighters. He is Chair of the UFFW Political Action Committee and as such he has been very involved in lobbying to attain Presumptive Legislation for Fire Fighters across Canada and many countries throughout the world. He has assisted in drafting legislation and amendments to the Workers Compensation Acts to provide Presumptive Legislation to Fire Fighters.

Alex Forrest is the Vice-President, Prairie Region, for the Canadian Fallen Fire Fighter Foundation and has served on the Board of the Centre for Disease Control, Animal and Human Health, the Hazardous Materials Corporation and the CGSB / CSA Technical Committee on the Protection of First Responders from CBRN Events. He has served as Director of the Manitoba Hazmat Corporation and the Joint Chair of the Winnipeg Fire Department Safety Committee. He is the Media Spokesperson and Negotiations Chair for UFFW. He has been a member of the Board of Directors of the Fire Fighters Burn Fund, has been heavily involved as a fundraising advisor on the Board of Muscular Dystrophy Canada and is currently Chair of the Manitoba Fallen Fire Fighter Foundation. He was a founder and sat on the Board of the Prairie Action Foundation and is Chair of the Pink T-Shirt Campaign for Cancer Care Manitoba Breast Cancer Centre of Hope.

Alex is the father of three wonderful boys and enjoys a fulfilling and busy family life.