

Dr Clara Christie-Might Video Script

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What does it mean to be healthy? A doctor would have no trouble answering that! But who, in particular, should be responsible for determining and improving the health of patients? Historically, this role has been specifically delegated to men, resulting in heavy discouragement and regulation for women hoping to enter the medical field. However, the 20th century saw the shift in this terrible mindset, as strong, courageous women challenged the norms and paved a way for themselves when disapproving eyes tried to cover their tracks. Among them was the pioneering Albertan, Dr Clara Christie Might.

Clara Christie was born in Winchester, Ontario, in 1895 to humble beginnings, where she was the youngest of ten children of Thomas and Jemima Christie. In 1903, her family voyaged to the growing prairie town of Calgary. Here in Calgary was where she received her primary, junior and secondary education. Following a four month course at the esteemed Calgary Normal school, Clara taught school for an additional four years from 1915 to 1919, during the first major global conflict of WWI.

After her teaching, Clara studied medicine at the University of Alberta as well as McGill for a total of six years, where she was the sole female student in her class, an astounding accomplishment. She was equally among the earliest females in the country to graduate from the Faculty of Medicine. Once she received her medical degree, she found her passion to lie in women's health, and she specialized in obstetrics and gynecology, a majority male dominated field. 1927 saw her return to her adopted hometown, where her impact was the most profound in the community, serving the city for the next 27 years until her retirement in 1955.

During her practicing years, Dr Christie met her spouse, Orrin Might, and they happily married in 1937. The couple shared a generous spirit, and their actions reflected their calling deeply. Together, they wholeheartedly donated their very first house, located in downtown Calgary, to harbor the Calgary Indian Friendship Centre, an organization that acts as the heart of Indigenous cultural activities in the city. Their donation highlighted the extent of Dr Christie's passion for philanthropy in Calgary.

Previously, in 1942, her senior brother, Nathaniel John "Nat" Christie, bought a property in the southwest quadrant of Calgary called Christie Palace. The fruits of his purchase would not come to pass in his lifetime, as his passing entailed the possession of the property going to his siblings. In 1981, all but one of the Christie children died. The lone successor of them was Dr Clara Christie Might, and as the only surviving inheritors of Christie Palace, she chose to sell the

property and use the funds to found the Nat Christie Foundation, a foundation created with the intent of improving the lives of the habitants of Calgary, providing these individuals with necessary means for one step closer to a healthy and prosperous life. Donations of the Nat Christie Foundation have totaled over six million dollars to crucial projects and charities across the city, each responsible for the assistance of thousands of Calgarians in various disadvantaged situations.

Dr Clara Christie Might passed away in 1987, yet her potent and substantial work continues to aid vulnerable Calgarians on the right journey as well as being an inspiration to myriads of strong, Canadian women to be the exception and standout.

This Canadian doctor has incentivized me to proudly be a first even when I find myself surrounded by obstacles I feel are prohibiting me from pursuing my desires. She proved to me that what is between me and my hopes will always be myself, quite frankly, as the discouraging voices and discontented faces of her adversaries, and possibly even her own relatives did not discourage her from blossoming into the beautiful woman we come to know her as today. So, it left me to ponder why inner discouragements in my head should have any consideration in my personal goals.

This shift in mindset motivated me to commence my own medical club at school where I share crucial information on the world of medicine to various students. Even when I feel that sensation of unease, her story constantly reminds me of the strength I possess in a strong willed mind.

Dr Clara Christie Might has likewise inspired me to engage in my interest in medical research, as I developed a neural network model capable of identifying lung cancer in CT scans for an experiment.

Finally, this Alberta champion has encouraged me to remain consistent in the volunteer work I do for Youth Central and the Calgary Public Library.

So, what does it mean to be healthy? And who is responsible for improving the health of others? Dr. Clara Christie Might taught me that health involves many vital factors, and that anyone—regardless of age or profession—can make a difference. Even small efforts matter, as our positive acts, can possess the healing properties of powerful, medical remedies.

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