

Duke Brochu

Humboldt Collegiate Institute

August 5, 2025

### **Duke Brochu**

On September 1, 2017, at the age of ten, I was diagnosed with Type 1 Diabetes. Confusion and fear quickly turned to courage and perseverance. School is tough for anyone, but juggling my chronic illness alongside classes, friends, sports, and just trying to figure myself out has pushed me beyond my limits.

Shortly after diagnosis, my billet brother, Logan Schatz, connected me with Kaleb Dahlgren, a member of the 2017-18 Humboldt Broncos who also lives with Type 1 Diabetes. My initial fear of not being able to continue playing sports quickly faded with Kaleb's encouragement and support. Kaleb's passion and advocacy for youth in sports were infectious. I immediately started planning my first Skate-a-thon to bring awareness to those living with T1D. Following my Skate-a-thon, I applied to be a Youth Ambassador with the JDRF Kids for a Cure advocacy event on Parliament Hill. In October 2018, I travelled to Ottawa to lobby for a cure and to help Canada's decision-makers better understand the challenges of living with Type 1 Diabetes and the importance of funding research. It was here that a room full of strangers quickly turned into allies and community. A room where testing your blood sugar wasn't weird, and nobody stared as you administered insulin by injection. But, the most powerful part of being a youth ambassador wasn't meeting others like me, it was discovering that my voice mattered and that I could help to make a difference.

Living with T1D never gives you a break. Every day is a balancing act; calculating carbs, monitoring blood glucose levels, managing insulin doses, and being constantly aware of how food, activity, stress, and even hormones might affect my body. I've had to push through days where high blood sugar made me feel foggy and tired, or low blood sugar left me dizzy and disoriented.

The challenges of living with T1D are often invisible. I've struggled with emotions of anger and frustration, especially when it seemed like no one else could relate to what I was going through. Even still, T1D

has taught me responsibility and resiliency. My experience and diagnosis have shaped me into the person I am today and ignited my desire to support others in overcoming their health obstacles.

Despite these challenges, I refused to let diabetes define or limit me. I made the honour roll every year throughout high school and remained committed to living a well-balanced, active life. I continued to participate in sports and extracurricular activities, and I am a proud member of the HCI band. Beyond the classroom, I was honoured to lead the U18 AA Humboldt Broncos as an Assistant Captain for the 2023-24 and 2024-25 seasons. I have worked for the City of Humboldt for the past three years, and I am currently serving as the Junior Director on the Humboldt Co-op Board of Directors, roles that have strengthened my leadership, communication, and decision-making skills.

After graduation, I plan to pursue a career in healthcare, earning my Bachelor of Science in Nursing (BSN) before working towards becoming a nurse anesthetist (CRNA). I believe that this career will provide me with many rewarding opportunities that will fulfill my desire to help others.

Living with type 1 diabetes has been a challenge, but it has also been a huge motivator. It has encouraged me to be strong, adaptable, and resilient. And, it has encouraged me to choose a path where I can turn my experiences into impact and continue to help others.

I hope that my experience living with Type 1 Diabetes will provide me with a unique perspective and sense of empathy, and knowledge that many nursing students without chronic illness will not possess. I will strive to always show empathy to patients and coworkers. Having experienced the physical and mental effects of managing a chronic illness and the stress of managing health complications and medical procedures will provide me with a perspective to connect with patients on a deeper level.

My Type 1 Diabetes journey has not only motivated my career choice, but it has also taught me empathy, practical knowledge, and determination that will hopefully allow me to excel as a caring and compassionate nurse.

At first, managing type 1 diabetes, tracking blood sugar, figuring out carbs, and giving insulin seemed like a difficult task. But these difficulties have turned into a routine practice that has provided many lessons. Lessons that I hope to carry forward in my life and career.



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02/Dec/2024

Duke Brochu  
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Humboldt, SK S0K 2A0 Canada

Congratulations, Duke! We are pleased to offer you admission to the University of Saskatchewan in the Arts & Science - Nursing Preparation program in the 2025 Fall Term. Because of your excellent academic achievement, you are eligible to receive a Guaranteed Entrance Scholarship valued at \$500.

In selecting the University of Saskatchewan, you have chosen well. With a research infrastructure unique in Canada and a rich cultural community unlike anywhere else, uSask is a place where opportunities to learn, grow and connect are without limit.

With one of Canada's widest arrays of academic and professional programs, we have a well-deserved reputation for creativity, collaboration and achievement. Through outstanding research, scholarly and artistic work, we are working toward a sustainable future as a world leader in areas of special and emerging strengths.

uSask is an innovative, accessible and welcoming place for students like you from here at home and from around the world. As a student here, you will be supported by an engaged community made up of energetic faculty, staff, students, and alumni who are poised to prepare you for an enriching career and a fulfilling life, no matter where your path leads you.

I am excited for you to begin your experience in this extraordinary and diverse community. Welcome to the University of Saskatchewan.

A handwritten signature in black ink, appearing to read "M. Brochu".



**GRADUATION VERIFICATION RECORD  
REGISTRE DE VÉRIFICATION D'OBTENTION DE DIPLÔME**

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The following information is verified by the Saskatchewan Ministry of Education. If you require additional information, please contact Student and Educator Services at [student.records@gov.sk.ca](mailto:student.records@gov.sk.ca).

Les informations suivantes sont vérifiées par le ministère de l'Éducation de la Saskatchewan. Pour plus de renseignements, veuillez contacter les Services aux étudiants et aux éducateurs au [student.records@gov.sk.ca](mailto:student.records@gov.sk.ca).

<b>Verification Date / Date de vérification</b>	10-Jul-2025
<b>Student / Étudiante ou étudiant</b>	Duke Brochu
<b>Date of Birth / Date de naissance</b>	15-Aug-2007
<b>Highest Grade Level Completed / Niveau scolaire le plus élevé atteint</b>	Regular Grade 12 2025
<b>Graduation Year / Année d'obtention</b>	Graduated Jun 2025
<b>Program / Programme</b>	Regular

Sincerely / Sincèrement,

A handwritten signature in black ink that reads "Deni Miclea".

Deni Miclea  
Registrar and Director  
Student and Educator Services

Disability tax credit (DTC)

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Our records indicate the following disability tax credit information for:

**DUKE BROCHU**

Year	Status
2017 - 2025	You are eligible to claim the disability tax credit for yourself.