



Floating through Adversity: A resilient visual story by

Landry Kalembo

February 22, 2023



Go GGs!

Education:

- B.HSc., Interdisciplinary Health Sciences (focus in Population and Public Health), University of Ottawa
- M.Sc. candidate, Interdisciplinary Health Sciences, University of Ottawa

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Research interest:

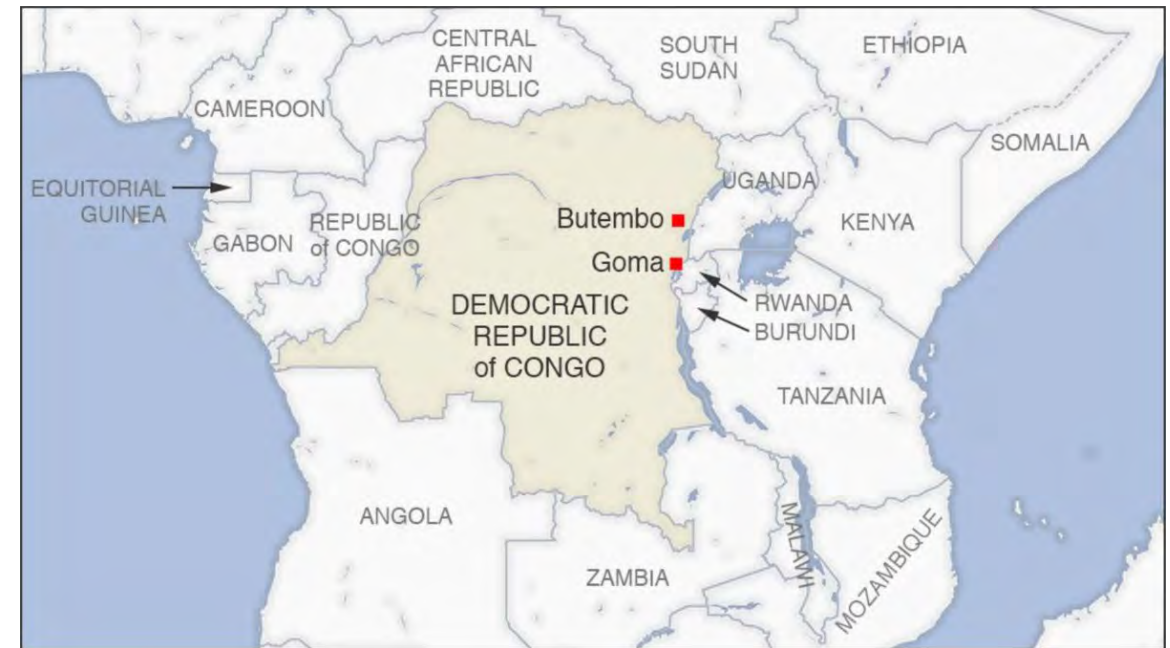
- Maternal-perinatal health, DOHaD, Food insecurity, Global Health

A little about me – outside school

- Travelling
- Music & Poetry
- Salsa dancing
- Basketball & Soccer
- CAF service
- Spending time with family



My journey



Genesis part I

DR Congo + 1 more

DR Congo: Volcano erupts in Goma

 News and Press Release • Source: [British Red Cross](#) • Posted: 18 Jan 2002 • Originally published: 18 Jan 2002

Background

Nyiragongo volcano that looms a few miles from the major eastern Democratic Republic of Congo (DRC) town of Goma erupted at approximately 09:30 local time on 17 January, 2002.

The lava flow has reported to be descending in three tracks, one towards the town's airport and another cutting off the main road north to Uganda. A "Red Alert" has been issued and an evacuation of the estimated 300,000 population including UN staff has already started, according to local authorities.

Primary country:

[Democratic Republic of the Congo](#)

Other country:

[Rwanda](#)

Source:

[British Red Cross](#)

Genesis

Part II



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News Front Page Last Updated: Thursday, 24 January 2008, 13:23 GMT
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Rebels 'threaten DR Congo deal'

Rwandan Hutu fighters in the Democratic Republic of Congo could jeopardise the new peace pact, DR Congo's UN ambassador Atoki Ileka has admitted.

Renegade rebel Gen Laurent Nkunda, who says he has been fighting to protect DR Congo's Tutsi community, signed the agreement, dependent on them disarming.

Rwanda denies backing General Laurent Nkunda

VIDEO AND AUDIO NEWS
The peace process has been backed by the UN
WATCH

DR CONGO - DEMOCRATIC AT LAST

KEY STORIES
Surviving Congo
Pictures of life in a country where war has left 5.4m people dead
Voices of violence
Path to peace?

Exodus part I



The dawn



Student, Landry Kalembo, proudly receives his certificate from JRS after completing his English language classes, Kampala, Uganda. (Susi Moeller/JRS)

Uganda: sponsored refugee child, best in the school

News and Press Release • Source: [JRS](#) • Posted: 30 Mar 2011 • Originally published: 30 Mar 2011

Kampala, 30 March 2011 - This academic year, JRS-sponsored student, Landry Kalembo, fulfilled a promise to himself by receiving the highest grade in the school.

The ambitious 12-year old attends St Peter's Primary School in Nsambya, southeast Kampala.

Arriving from the Democratic Republic of Congo in 2008 with his parents and eight siblings, the Landry's settled in Kirombe, a suburb of Kampala. At the time, his chances of attending school were very slim as his family was unable to afford the costs of education.

A year later, they heard about the JRS English classes and decided to enrol. Landry was one of the best students in the course and by the end of the term was nearly fluent in English.

"We were so inspired by his achievements and courage, we decided he would be the first JRS-sponsored student to attend a regular primary school in Kampala. In January last year, Landry enrolled in St Peter's", said JRS Uganda Director of the Urban Programme Kampala, Stephen

Exodus part II



Government
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#IMMIGRATION #MATTERS

Give a warm welcome

People come to Canada for many reasons. No matter where they're from or why they're here, a warm Canadian welcome can make a difference. Help make your neighbourhood a better place for everyone to live.

Evolution part I

OTTAWA CITIZEN

Landry Kalembo, a Congolese student from Ridgemont High School, joined the YSB program in the hope of finding a placement in a field he is truly passionate about: medicine.



Landry Kalembo PHOTO BY JAMES PARK /Ottawa Citizen

After applying to the General campus of The Ottawa Hospital, where they were unable to find Kalembo a placement, he had success with CareMedics clinic at Elmvale, where he did a multitude of clerical and lab-related jobs.

OTTAWA CITIZEN



Local News



The UpBeat: More than 240 graduate from Jobs for Youth program

Recently, 245 high school-aged youth successfully completed their first summer job experience through the Youth Services Bureau of Ottawa (YSB)'s Jobs for Youth program.

Patrick Smith • Ottawa Citizen

Published Sep 11, 2015 • Last updated Jun 02, 2020 • 3 minute read

Evolution part II: Welcome to Parkdale Food Centre

OTTAWA CITIZEN



Food

Making muesli, changing minds

Laura Robin • Ottawa Citizen

Published Sep 16, 2015 • Last updated Jun 02, 2020 • 6 minute read

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Landry Kalembo, 17 (right), team leader Sarah Stewart, and other members of the Muesli Project prepare ingredients for their first batch to be sold in area shops. PHOTO BY WAYNE CUDDINGTON /Ottawa Citizen

OTTAWA CITIZEN

Stewart.

“Yes, please, I like it now,” says Landry Kalembo, 17, who moved to Ottawa from Uganda with his family just a year and a half ago and who first lived in a shelter on Forward Avenue.

“The best part is that we’re making it in small batches, so we don’t need to use preservatives,” says Kalembo, who hopes to be a doctor.

“It’s really good, really healthy,” said David Bisimwa, 15, who would like to become an engineer, but who now also thinks about running his own restaurant. “I like muesli with milk.”

In the end, the teens came up with three different blends: the “classic,” which contains pumpkin seeds, a seasonal one with dried apples, and their “Signature Blend,” which includes banana chips, dried mango and chocolate chips.

“They did two days of recipe development and all of them wanted chocolate and banana chips,” says Stewart.

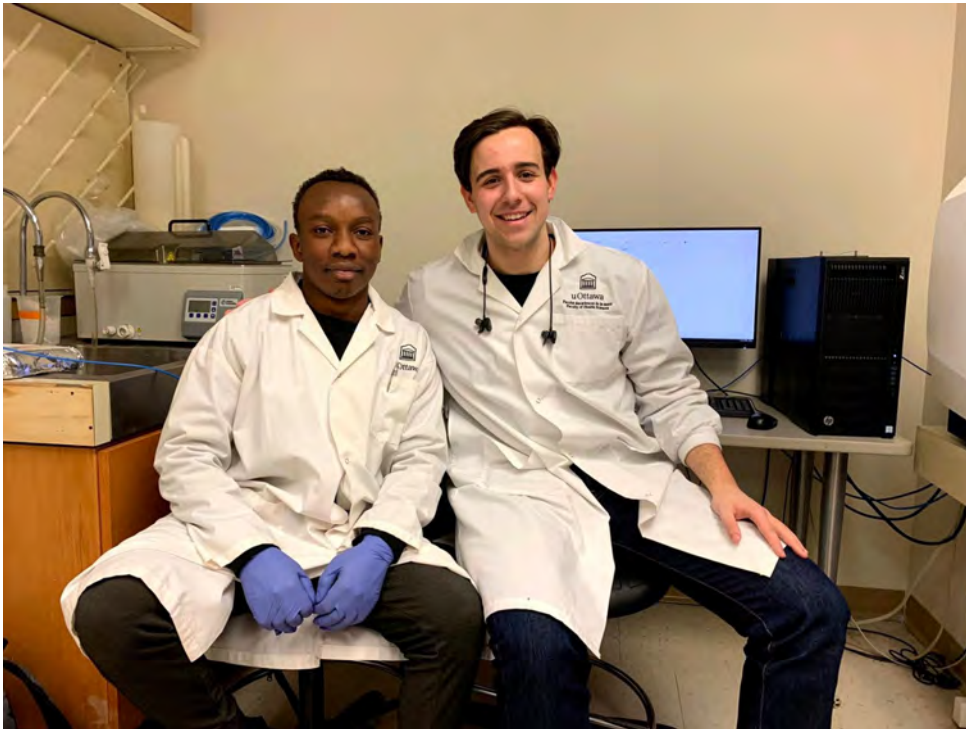
Rise to leadership part I: Welcome to High School

- Student Council President
- Senior Concert Band Member
- Senior Basketball Team Member
- Track and Field Team Member
- Cross Country Running Team Member
- Arts Club Member




Rise to leadership part II: Welcome to University

- Health Sciences Faculty student head guide
- Vice President Finances on The University of Ottawa French Immersion Club
- uOttawa Salsa Club team member



The triumph and tribulation




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Gazette[News / He escaped civil war as a child](#)

He escaped civil war as a child. Now, he's dedicating his life to helping others

Posted on Monday, June 14, 2021



Landry Kalembo realized early on that a future in population and public health was his calling. "Growing up, I was constantly exposed to people in need of help, people living in poverty and people suffering from all kinds of tropical illnesses that could otherwise be controlled," says Landry, who will be graduating from the Faculty of Health Sciences this spring.

"I'm interested in the 'developmental origins of health and diseases,' a paradigm known as DOHaD, whereby negative environmental exposures or specific windows of vulnerability in someone's life can have long-term effects on their health and the health of their offspring," he says. "So, rather than solve one case at a time, I want to do research that could help a thousand people at a time."

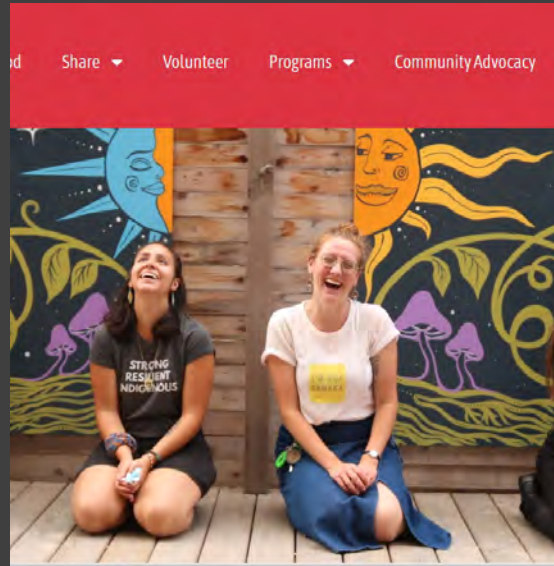
A language whiz

Born in the Democratic Republic of Congo, Landry and his family relocated to Uganda when he was 10 years old to escape civil war. He spent a year learning English in an adult refugee school because his family couldn't afford the costs of education. But his affinity for languages soon landed him a scholarship to attend classes in the regular school system.



Rise to leadership part III: Welcome to the community

- Board member, Parkdale Food Centre (PFC)
- Board member, The Child and Nature Alliance of Canada (CNAC)
- Member, Ottawa Police Blues Soccer Team
- Founder, The Kalembo Foundation
- Reserve member, CAF



Parkdale Food Centre

- Nutritious Food Is A Human Right
- We believe in an Ottawa where everyone has the means and opportunity to live a healthy, connected and fulfilling life
- We build programs that inspire, equip and empower different facets of our Community to work towards justice and wellbeing for those most impacted.
- <https://www.youtube.com/watch?v=bLaDb0-6ibY&t=24s>



The child and Nature Alliance of Canada

- We foster meaningful connections with the outdoors for children and youth.
- All children and youth should have the opportunity to play and learn in forests, parks, meadows and mud puddles.
- We work to connect children and youth with nature through policy, research, and practice.



Ottawa Police Blues

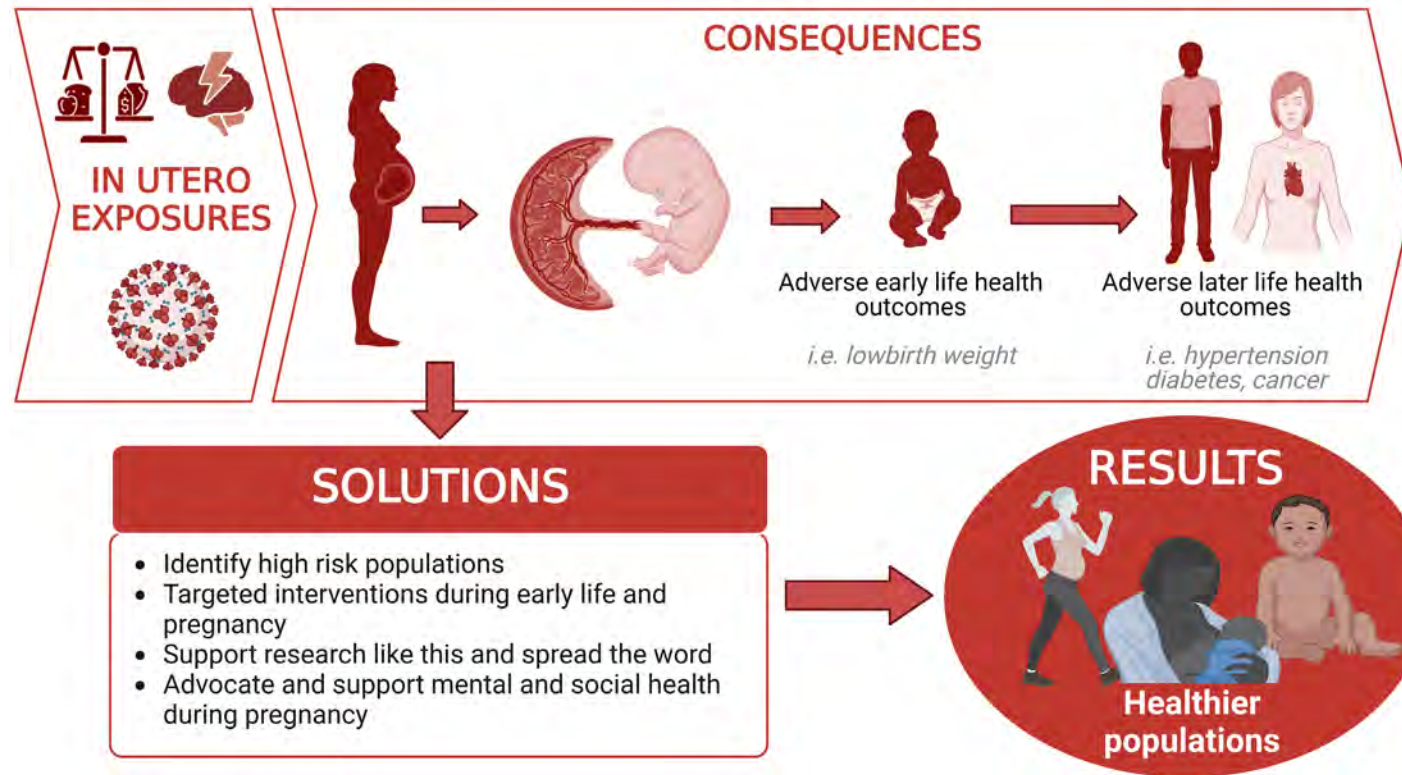
The Kalembo Foundation

The Kalembo Foundation strives to improve the health and education of young people, seniors, and vulnerable individuals living in Central and East Africa that have been affected by civil wars, conflict, diseases, and/or poverty.



Vision

- **Access to health support**
 - The status of physical, psychological and social well being enables one to concentrate on education, which puts them in a position to act and maintain a healthy lifestyle.
- **Access to education**
 - We believe that education should not be denied of any child, youth or senior no matter their life circumstance, social status, belief or gender
- **Empowered community**
 - Provide a community-based solution
 - Horizontal approach



Current academic project:

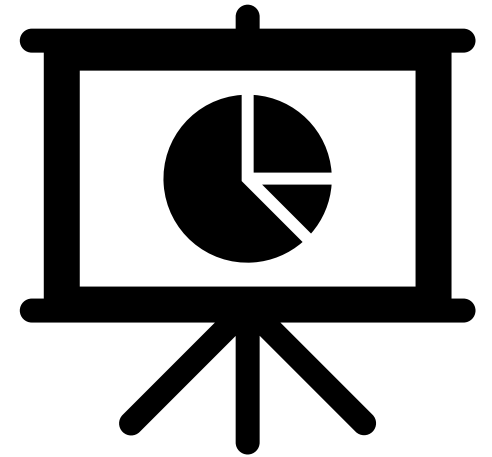
Exploring the relationships between food insecurity, maternal stress and maternal / infant health outcomes during the COVID-19 pandemic: a DOHaD framework

Anticipated Results

Aim 1: It is anticipated that pregnant women belonging to low SES, and/or those identifying as members of the BIPOC community will have higher prevalence of FI, and experience heightened levels of maternal stress.

Aim 2: It is expected that women who experienced higher pandemic pregnancy-related FI or maternal stress will have higher odds of inadequate gestational weight gain during pregnancy, and of lower birth weight infants.

Additionally, a multiplicative effect (interactions) of pandemic pregnancy-related FI and maternal stress is expected to be observed on risk of inadequate gestational weight gain during pregnancy, and of lower birth weight infants.



Study Significance

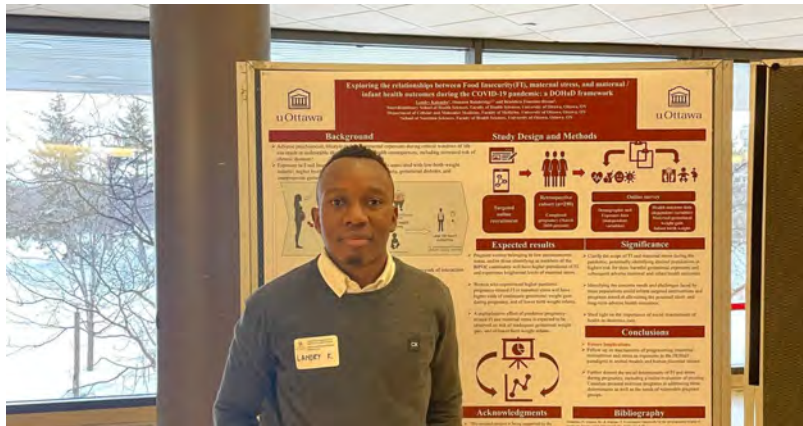


Identify pregnant Canadian populations who were disproportionately impacted by FI and maternal stress during the pandemic, and whether these adverse early life exposures negatively impacted pregnancy outcomes for the mother and her offspring.

Clarify the biopsychosocial interaction between these gestational exposures (FI, maternal stress) in the context of the pandemic to generate a comprehensive conceptual framework of interactions.

Identify potential intervention strategies that could be implemented during critical windows of development.

Shed light on the importance of social determinants of health in obstetrics care.



Academic Research conferences

Currently serving as President of Masters Students in Interdisciplinary Health Sciences (OMSIS)

- Chairperson for OMSIS Executive meetings
- Act as a Liaison between Masters students (report activities, air grievances, bring attention to concerns) to Faculty of Health Sciences committees, including at the:
 - Graduate Studies and Research Committee
 - Interdisciplinary Health Sciences School Council
 - Graduate Student Associations in Faculty of Health Sciences (with the Dean)



Thank you!

Any questions?

