

2025

# NUTRITION YEAR 3

## *Celebration*

### AND SEND OFF



**2025 Nutrition Year 3  
Celebration and Send-Off**

**THURSDAY, APRIL 3, 2025**

5:00 p.m.

University Club (Fireside Room)



**UNIVERSITY OF  
SASKATCHEWAN**

## Land Acknowledgment

The land is acknowledged as our Mother, the Earth. The University of Saskatchewan is committed to honor and support the \*Indigenous peoples, Indigenous cultures, Indigenous values, and Indigenous languages that belong to the land of Treaty 6 Territory and Homeland of the Métis. The University of Saskatchewan is committed to working towards honoring and support, colonized lands and protecting the land in a way that demonstrates respect and love. The University of Saskatchewan extends this commitment to the lands and Treaty territories (Treaties 2, 4, 5, 6, 7, 8, and 10) that constitute kisiskâciwan ([Saskatchewan], “the swift current”, Cree/Saulteaux), and all Indigenous people that call kisiskâciwan home. We are born to the land and the land claims us.

# PROGRAM

## **Master of Ceremonies**

Dr. Gordon Zello  
Assistant Dean, Nutrition and Dietetics

## **Opening Remarks**

Elder Roland Duquette

## **Greetings from the Government of Saskatchewan**

Terri Bromm, MLA for Carrot River Valley

## **Greetings from the College of Pharmacy and Nutrition**

Dr. Jane Alcorn, Dean

## **Greetings from the University of Saskatchewan**

Dr. Jerome Cranston  
Vice-Provost, Students and Learning

## **Greetings from the Saskatchewan College of Dietitians**

Robin Hartl, BSc, RD

## **Principles of Professional Practice**

Dr. Allison Cammer

## **Introduction of Year 3 Students**

Dr. Gordon Zello and Dr. Jane Alcorn

## **Announcement of Valedictorian**

## **Remarks from the Class of 2026**

## **Reception**

## Message from Dean Jane Alcorn

The Nutrition 3rd year send-off celebration – what a great way to cap off three successful years of didactic and practical skills learning, yet herald the next component of your curriculum, the hands-on experiences of your practicums. The prospect of the experiential learning rotations might bring trepidation to some; however, draw comfort from the knowledge that your faculty and staff prepared you well for the practicums ahead.

In the College of Pharmacy and Nutrition, we can all agree that the Registered Dietitian is an exciting profession. We all eat to live, and to live well, we need to eat well. No profession has ability to offer evidence based expert advice on healthy food choices and meal planning like the Registered Dietitian. YOU will play an important role in growing stronger communities and families in Saskatchewan. So, never underestimate your seminal role in interprofessional care teams or as the independent dietitian helping people make better food choices.

I speak on behalf of the faculty and staff of the College of Pharmacy and Nutrition when I say we are proud of you!! Let today's symbolic celebration shepherd you confidently to your practicums. We are sure you will find them rewarding as well as fortify your resolve to graduate as a Registered Dietitian. Congratulations Class of 2026!

## Message from Assistant Dean Gordon Zello

Congratulations to the Class of 2026 in reaching this important milestone on your journey to becoming professional dietitians. You should be very proud of your hard work and accomplishments during your University of Saskatchewan stage of the dietetic program. We, the faculty, practice coordinators, instructors and staff, are very proud to have facilitated your journey to reach this point.

It's an exciting time in your transition to the practicum period of your training, both I'm sure for you as it is for us. New challenges and learning experiences will be forthcoming and will differ from what you experienced in your just completed academic component. Ultimately, the two experiences and skills learned will be fulfilling as you will be in a position and a profession to better peoples' health and quality of life, and enjoyment of healthy food.

We wish you every success in your practicums and future careers, and look forward to hearing from you along your journey for years to come.

# *Dietitians of Canada Principles of Professional Practice*

Registered dietitian members of Dietitians of Canada are committed to the highest level of competence, responsibility, respect and engagement in their work as nutrition professionals.

**Competence:** Dietitians have the most up-to-date and evidence-based information in their area of practice. They possess specific knowledge in food and nutrition as well as the abilities, skills and values to be effective in applying best practice to their fields of work. They recognize that being competent will benefit and protect the public from harm.

## **Dietitians...**

- Maintain competence in their field of practice through ongoing learning
- Operate within their professional boundaries of competence
- Seek training and updating if moving to a new practice area
- Conduct and contribute to research in their areas of practice, where feasible, to encourage initiative, competence and recognition

**Responsibility:** Dietitians know what is right and do what is right. They practice in the best interest of their clients, colleagues and profession.

## **Dietitians...**

- Assess and evaluate before taking action
- Base professional opinions, statements and recommendations on sufficient and valid information and evidence
- Use forethought, deliberation, sound judgment and discretion in all of their professional activities
- Seek the expertise of others when uncertain about a course of action
- Recognize and seek to avoid conflicts of interest

**Respect:** Dietitians respect the dignity and worth of all people. Dietitians work hard to benefit those with whom they work. They recognize that all people, at all times, have the right to adequate and safe nutrition that takes into consideration the determinants of health.

**Dietitians...**

- Act with honesty, accountability, reliability and compassion
- Treat all people with dignity and inclusion regardless of differences
- Reserve judgment about people's circumstances, behavior and decisions

**Engagement:** Dietitians support and are engaged in their profession. They are passionate and visionary about its role in contributing to the health of all people.

**Dietitians...**

- Respect the contributions, views and practice areas of all dietitians
- Encourage research that will help the profession and the people it serves
- Discover and participate in leadership and other roles that support and advance the profession
- Educate and mentor students, interns and colleagues
- Support and advocate for the profession

# *Class of 2026*

**Jazmin Ackerman**

**Gabrielle Berg**

**Baylee Cresswell**

**Heather Cresswell**

**Stephen Federis**

**Shayna Fichter**

**Sara Grela**

**Esther Ha**

**Katelynne Hansen**

**Thera Kusch**

**Spencer McLeod**

**Sophia Meimaris**

**James Monette**

**Sarah Novakowski**

**Elle Peters**

**Jordyn Petryk**

**Olivia Rutten**

**Jacey Schick**

**Breanna Shaw**

**Kaylee Szukaylo**

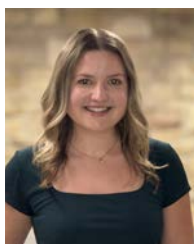
**Auburn Thienes**

**Jordyn Voykin**

**Jessie Young**

### **Jazmin Ackerman**

Jazmin is from a small town called Chamberlain, SK. Her family owns a grain farm just outside of town so she grew up immersed in the agricultural world! Jazmin chose the Nutrition program because of her passion for healthcare and her desire to have a positive impact on her community. Jazmin will be based in Regina for her practicum. During her spare time, Jazmin enjoys cooking, spending time at the lake, snowmobiling, or travelling.



### **Gabrielle Berg**

Gabby grew up in Saskatoon. She chose the Nutrition program because she loves food! Not only is food crucial for health, it also fosters connection, communicates culture, and provides comfort. Gabby will be based in Saskatoon for her practicum. She hopes to work with women, infants, and children. Gabby is excited to graduate!



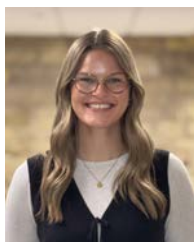
### **Baylee Cresswell**

Baylee grew up on a farm, outside Sylvania, near Tisdale, SK. After completing her degree in biology, Baylee found herself interested in combining this knowledge with her keen interest in nutrition. She wanted to help people navigate confusing misinformation using evidence-based nutrition recommendations. Baylee will be based in Saskatoon for her practicum. She enjoys swimming, attending concerts, and telling anyone who will listen about bats or the most recent rabbit hole she has fallen down!



### **Heather Cresswell**

Heather grew up on a farm outside Tisdale, SK. Her cousin Baylee, who is also in the Nutrition program, grew up right across the road from her. Heather always knew she had a passion for helping others and had an interest in working in the health field. Prior to entering the Nutrition program, Heather did two years of Kinesiology and found that it was not the right fit for her. During that time, she enrolled in Nutrition 120 with Professor Rozwadowski, and that is where she found her interest in the role nutrition plays in our health. Heather liked the idea of knowing that there are many different routes one can take with nutrition, so there are numerous opportunities to gain that knowledge. Lastly, Heather appreciated that the USask Nutrition program had a smaller class size as she knew it would make it easier to connect with the people in her cohort as well as the professors. Heather will be based in Saskatoon for her practicum. Heather grew up participating in dance in her hometown and continues to take dance classes in Saskatoon. Heather loves travelling when she can, and she hopes to do more in the near future. Lastly,





Heather enjoys taking time to try new restaurants, coffee shops, and activities in Saskatoon with her friends, boyfriend, and family. Heather is very grateful for her time spent in the College of Pharmacy and Nutrition. She is appreciative of the support she has received from the professors, other faculty members, and the other students in the college. Heather will always cherish the friendships she has made throughout her time and wishes them all best of luck in their practicum.

### **Stephen Federis**

Stephen is from Lloydminster, SK. He chose to pursue a career in nutrition due to his passion for health and wellness. This career will enable Stephen to assist people in enhancing their quality of life through proper nutrition. Stephen will be based in Saskatoon for his practicum. Some of his hobbies include playing basketball and fitness training. Stephen's family immigrated to Canada from the Philippines ten years ago. Over the years, they have embraced Canadian culture while staying connected to their Filipino roots.



### **Shayna Fichter**

Shayna grew up in Estevan, SK with her parents, two sisters, and her fluffy cat named Bubbles. Her love for nutrition started with her mom introducing Shayna to a variety of new foods at a young age. A few foods Shayna has tried include a homemade alternative to kombucha called jun, chaga mushroom tea, kefir, and a variety of spices. Her mom is also a great baker, and Shayna always loved helping her make her homemade chocolate chip cookies. Additionally, Shayna's friend's mother is a Certified Diabetes Educator and Registered Nurse, so hearing her talk about nutrition, along with later job shadowing a Dietitian, sparked Shayna's interest in becoming one. Taking Nutrition 120 and Biomedical Science courses confirmed that this was the right path for her —Shayna loved learning about the science behind nutrition and how it extends far beyond just food! For her fourth-year practicum, Shayna will be based in Saskatoon but hopes to complete a rotation out of province in BC, where her sister lives. It would be a great opportunity to gain experience in a different setting, and Shayna is interested in the possibility of working there in the future! Shayna is also passionate about travelling, and one of her most memorable trips was to Eleuthera, a small island in the Bahamas. During her visit, she got to sample different hot sauces at a local restaurant called Buccaneer Club, which was an unforgettable experience. After graduating, Shayna hopes to travel more, as she loves trying new foods! Shayna also enjoys cooking and experimenting with new recipes. Given her love for all things spicy, her go-to dish to make and enjoy is spicy Tuscan chicken pasta.



### **Sara Grela**

Sara grew up in Meadow Lake, SK. She knew she wanted to do something health related while completing her degree in physiology and pharmacology. Sara became interested in the Nutrition program after taking Nutrition 120 during her previous degree. Sara will be based in Saskatoon for her practicum. She hopes to work with a Tribal Council. Sara enjoys spending her time making bead lanyards and flower pins.



### **Esther Ha**

Esther was born in Seoul, South Korea, and grew up in Saskatoon. When she was in high school, Esther volunteered at a youth summer camp where her instructors were two senior dietetic students. They were great mentors who inspired Esther to go into the Nutrition program. Esther will be based in Saskatoon for her practicum. Esther was a competitive figure skater for 10 years. In her spare time, Esther likes to fence and make matcha lattes.



### **Katelynne Hansen**

Katelynne was born and raised in the small town Redvers, SK. She grew up on a family farm with her mother and father. Katelynne has three siblings; however, they are all much older than she is, and they had all moved out by the time Katelynne started Kindergarten. They farmed grain and also raised cattle, so this is where her exposure to nutrition began! Katelynne chose Nutrition and Dietetics because of the introductory NUTR 120 course. She was originally pre-pharmacy, and after taking NUTR 120 as one of the required pre-requisites, Katelynne fell in love with this field. Before taking NUTR 120, she didn't know that becoming a dietitian was an option! Katelynne always knew that she would go into healthcare, and learning that she could combine her desire to help people with her interest in nutrition was one of the best moments of her life. Katelynne will be based in Saskatoon for her practicum. Katelynne has recently gotten into skiing, and last month she bought her first pair of skis. Over the past year Katelynne has also started to learn Ukrainian. Other hobbies include reading, hiking, camping, golfing, soccer, and playing the ukulele.



### **Thera Kusch**

Thera grew up in Lloydminster, SK. She knew she wanted to enter this program since she was about 16 years old. Working in health settings always appealed to Thera and she loves cooking and baking, so it seemed like a natural fit. She also really appreciates the variety within dietetics and that she can always explore new areas and opportunities. Thera will be based in Regina for her practicum. Thera spends a lot of time reading, playing with her dogs, and cooking or baking. When she has time Thera posts on her blog about the books she has read, the cakes she has decorated, and the food she eats!



### **Spencer McLeod**

Spencer is from Martensville, SK. He always knew that he wanted to have a career within the health care field. Spencer was a high-level athlete growing up and involved in numerous sports, including hockey and football. Seeing the enhancement in his performance and recovery due to nutritional changes sparked an interest to pursue a career as a registered dietitian, specializing in sports nutrition. Spencer will be based in Saskatoon for his practicum. He will be working in various settings such as acute care, outpatient, food service, private practice, and community nutrition. Spencer hopes to have exposure to sport nutrition experiences numerous times throughout his practicum year. Spencer enjoys staying active, visiting with family and friends, spending time at the lake, and travelling.



### **Sophia Meimaris**

Sophia is from Toronto, Ontario. With the vast amount of nutrition misinformation out there, Sophia wanted to be part of the solution by helping people navigate evidence-based nutrition and rethink the way they approach food. People are often shocked when Sophia says 'nutrition by addition,' and she loves challenging misconceptions about food and health. There are so many avenues in this field that make a tremendous impact, and Sophia is passionate about promoting a balanced, sustainable approach that empowers individuals to make positive, lasting changes! Sophia will be based in Saskatoon for her practicum and she looks forward to exploring her interests in pediatrics, allergies, oncology, and private practice. Sophia has a strong creative side and enjoys photography and videography. Sophia would like to thank all the faculty and classmates who have made the past three years so memorable!



### **James Monette**

James is from Saskatoon and grew up in the city. James chose Nutrition because he enjoys learning about the science and personal aspects of this career. He also enjoys collaborating with others. James will be based in Saskatoon for his practicum. James enjoys cooking and watching cooking videos. He also enjoys spending time outside. James is looking forward to starting his practicum!



### **Sarah Novakowski**

Sarah is from Yorkton, SK. Sarah chose the Nutrition program because she is a very athletic individual and nutrition was important for her performance throughout her athletic career. Cooking was also central to her families' togetherness and wellbeing. Therefore, she feels very passionate about a career in nutrition. Sarah will be in Saskatoon for her practicum. She also occasionally volunteers for Prairie Run Crew. Sarah enjoys running, biking, athletics, hiking, drawing, photography, violin, travel, cooking, and baking.



### **Elle Peters**

Elle grew up in White City, a town just outside Regina. Elle chose the Nutrition program because of her interest in social issues such as diet culture and food insecurity. She wanted to learn about health and nutrition to figure out how she could best serve her community. Elle has an interest in advocating for better health and health initiatives, programs, and policies, and she determined that the Nutrition program would help her find direction and meet her goals. Elle will be based in Regina for her practicum. She is quite excited to live at home again and hang out with her parents! She is looking forward to each of her placements. Outside of school, Elle enjoys reading, going to the gym, going for walks and spending time outside, spending time with her family, going on road trips, and baking.



### **Jordyn Petryk**

Jordyn is from Cranberry Portage, Manitoba – a small town of roughly 600 people just south of Flin Flon. It is surrounded by boreal forest and freshwater lakes. Jordyn earned a Bachelor of Science in Anatomy and Cell Biology degree at the USask prior to entering the College. Jordyn was drawn to the Nutrition program out of a desire to understand the connection between food, health, and disease. Now she is inspired to use what she has learned to help make a positive impact on people's lives. Jordyn will be based in Saskatoon for her practicum. Jordyn has been playing violin for over 15 years, and she is currently a member of the USask Symphony Orchestra. Jordyn is happiest when spending time with her friends.



### **Olivia Rutten**

Olivia is from Saskatoon. She chose the Nutrition program because she initially took Nutrition 120 and really enjoyed the class. Olivia will be based in Regina for her practicum. She enjoys travelling, crafts, and baking.



### **Jacey Schick**

Jacey is from rural Saskatchewan and grew up in a village called Pleasantdale. Jacey chose the Nutrition program because it combines two things she has always loved: food and helping others. Jacey will be based in Regina for her practicum, although she hopes to do some placements in rural locations including Tribal Councils and northern communities such as La Ronge. Jacey loves dogs, even though she has horrible allergies. Luckily for her, poodle mixes are allergy-friendly! She enjoys spending time with her friends and family, especially her younger cousins. Jacey also loves travelling, although she had never flown until the DC conference in Montreal. In her free time, Jacey enjoys reading, curling and hiking – when she manages not to fall! Jacey is very grateful to be in the Nutrition program and pursuing her dream of becoming a registered dietitian.



### **Breanna Shaw**

Breanna grew up in the town of Davidson, SK. She knew she wanted to work in healthcare as she wants to be able to help people. Breanna discovered the program while completing her Kinesiology degree and she thought it would be a good fit. Breanna wants to be able to help other people live a healthy life and also live a healthy life herself. Breanna will be based in Regina for her practicum. She is excited for the clinical rotations. Breanna plays softball in the summers and she hopes she can travel once she is done school.



### **Kaylee Szukaylo**

Kaylee is from Regina, SK. She chose Nutrition because she wanted to help others address root causes and promote health and wellness through nutrition. Kaylee will be based in Regina for her practicum year. She loves to cook, bake, crochet, go for walks and spend time with her family, boyfriend, and of course, her cats and a dog!



### **Auburn Thienes**

Auburn is from Shaunavon, SK. It is a small rural town of less than 2000 people. Auburn chose Nutrition because she has always known that she wanted to work in healthcare. However, she wasn't sure what area would be the best fit for her. Once she heard about the program, Auburn thought it would be very rewarding to help heal people through nutrition, as it is something that is extremely overlooked in healthcare, especially in rural areas. Auburn will be based in Regina for her practicum and she hopes she can have some rotations in Swift Current. Auburn loves the outdoors. She gets to work outside a lot during her summer jobs, so she is looking forward to starting that in May. Auburn also loves working out, reading, and getting together with friends. Auburn is super excited for new adventures next year. She can't wait to explore Regina and the other places she will potentially be living.



### **Jordyn Voykin**

Jordy grew up in Saskatoon and has lived here her whole life. Jordy has played ringette for 16 years and has always been interested in how food fuels performance. She has had multiple dietitians work with her teams over the years, which furthered her interest in nutrition, and pushed her to explore a career as a dietitian. Jordy will be placed in Regina for her practicum. Jordy plays in the National Ringette League and had to miss this event as she was in Ottawa for the Canadian Ringette Championships.



### **Jessie Young**

Jessie is originally from Carlyle, SK. Before moving to Saskatoon, Jessie earned a Bachelor of Psychology degree at the University of Regina and she completed an honours thesis about disordered eating. This led Jessie to seek out a career path that would allow her to continue to work in the area of disordered eating. Also, Jessie has always been interested in nutrition and passionate about helping people and this degree seemed like the perfect way to combine all three. Jessie will be based in Regina for her practicum. Jessie has also been working with the Vantaparast Nutrition Epidemiology Lab over the past two years and she is looking forward to completing the research component of her practicum with the lab. Jessie is a competitive powerlifter and she also spends a lot of time doing outdoor activities like hiking and snowboarding. She loves to bake, read, and paint. Jessie is looking forward to moving closer to her family and partner for her practicum.







UNIVERSITY OF SASKATCHEWAN

# College of Pharmacy and Nutrition

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