



The Canadian Pre-Veterinary Medical Association

MONTHLY NEWSLETTER

ISSUE 19

— https://cpvma.ca —

DECEMBER 2025

The monthly newsletter is your go-to source for all things CPVMA. Stay connected with event updates, read articles of inspiring experiences shared by pre-vet and current vet students, new opportunities for animal experience. Keep up with our news and highlights to empower your journey into veterinary medicine. All our newsletters will be available to read in our Newsletter Archives on our website. Thank you for being a part of our community!

Highlights of this issue:

- Our Delegates
- Executive Feature of the Month
- Article of the month



Executive Team Updates

----- This month we are giving a warm welcome to our delegates! These delegates allow us to stay connected with pre-veterinary groups all across Canada. We are also happy to shine a spotlight on this month's executive feature, Alyssa, our Sr VP of Public Relations, who is responsible for ensuring these newsletters get to you each month! This issue's Article of the Month examines the winter adaptations for various species at the Toronto Zoo. Thank you to everyone who attended our Trivia Night this month! The newsletter continues to serve as a hub for student resources, event updates, and opportunities that support and strengthen Canada's pre-veterinary community.



We look forward to seeing you all in the New Year!

L'Association canadienne des
pré-médecins-vétérinaires

By your Jr. VP of Public Relations

CPVMA ACPMV

Canadian Pre-Veterinary Medical
Association

MEET OUR DELEGATES

DARCY OWENS - UOFA PRE-VET/ANIMAL HEALTH CLUB

Hi everyone! My name is Darcy Owen, I am in my first year of Animal Health Science at the University of Alberta. I am an executive of the U of A Pre-Vet club and the CPVMA delegate for our club this year. I am deeply passionate about animal health, welfare, and the advancement of veterinary education. In the future I hope to pursue a career in mixer animal practice and shelter medicine. Being part of the CPVMA allows me to connect with other pre-veterinary students across Canada and contribute to initiatives that support learning, leadership, and professional growth within the veterinary field. My goal is to provide the Pre-Vet community with the resources they need to succeed and find their passion. I'm proud to represent my school and to help further the CPVMA's mission of supporting the next generation of veterinarians through compassion, knowledge, and dedication. Feel free to reach out to me or my awesome team at prevet@ualberta.ca or on Instagram [@uofaprevetclub](https://www.instagram.com/uofaprevetclub).



MEET OUR DELEGATES

JADA GUPTELL - DAL AC PRE-VET SOCIETY

My name is Jada Guptell , and I am a fourth-year student in the Bachelor of Science (Agriculture) majoring in Bio veterinary Science at the Dalhousie University Agricultural Campus in Truro, Nova Scotia. In addition to my degree, I hold a Certificate in Animal Welfare, reflecting my strong commitment to high-standard, evidence-based care for animals. I am the Social Coordinator for the Dalhousie Pre – Veterinary Society and I help plan events that connect students with hands-on experiences and opportunities in animal health, bring in guest speakers to talk to students about the industry, and plan fundraising events in collaboration with local shelters and clinics to expand the pre-vet name in the community . I'm passionate about animal welfare, veterinary medicine, and building community among future veterinarians.



MEET OUR DELEGATES

BRYNN EASTON - USASK PRE-VET CLUB



Hi my name is Brynn Easton and I am in my 3rd year of Animal Bioscience at the University of Saskatchewan. I grew up on an acreage in Moosomin Saskatchewan. I hope to get into the WCVM and return to a small rural town as a mixed animal veterinarian. I am very excited to be the USask Pre-Veterinary Club's CPVMA Delegate this year.

MEET OUR DELEGATES

AMAAL HASSAN - YU PRE VET CLUB

Hi there! my name is Amaal and i am the CPVMA Delegate for York University In Toronto, Canada! I am a 4th year Biology Honours student hoping to pursue veterinary medicine to specialize in wildlife medicine and possibly neurology. I currently work in emergency veterinary medicine, and have some experience with ICU and neurology! All of which have given me valuable insight and real hands on experience into the veterinary world. As the Co-President & Founder of the YUPV for a second year, my goal has always been to help our pre-vet students connect, gain hands on experiences and grow their knowledge for veterinary medicine. I am very excited to apply this to a nation-wide level and connect pre-veterinary students from all around Canada!

Feel free to contact us at prevetclub.yorku@gmail.com or on [instagram @yuprevet](https://www.instagram.com/yuprevet)



MEET OUR DELEGATES

ALLISON AMOS - WESTERN PRE-VET SOCIETY

My name is Allison Amos and I am the CPVMA delegate for Western University! I am also the president of the pre-veterinary society at Western University, a varsity athlete on the Western Women's Rugby team, and in my fourth year studying Ecosystem Health. I hope to attend Ontario Veterinary College at the University of Guelph and become a veterinarian that specializes in exotics.



As part of the pre-veterinary society, I hope to guide other students on their path to becoming a veterinarian. My goal is to help undergraduates become competitive applicants for veterinary schools, and to learn about how diverse and rewarding a career in veterinary medicine can be. I personally have worked with a wide range of Ontario wildlife and domestic animals during my undergrad at Western, and have been able to see first hand how veterinary medicine can connect both animals and people.

If you're interested in learning more about me or our society at Western, reach out to our email prevet.club@westernusc.ca or follow us on instagram [@westernprevet](https://www.instagram.com/@westernprevet).

MEET OUR DELEGATES

GENA DOWD - WESTERN MANITOBA PRE-VET MEDICAL ASSOCIATION

Hello! My name is Gena Dowd and I am in my 3rd year of pre-vet studies at Brandon University. I am the president of the Western Manitoba Pre-Vet Medical Association at BU. I have loved animals and caring for them for as long as I can remember and that is what inspired me to pursue veterinary medicine. I hope to one day own a mixed animal clinic in rural Manitoba!

As president of the Brandon University Pre-Vet club (WM PVMA) and a CPVMA delegate I aim to bring together a network of pre-vet students at BU and throughout Western Manitoba so we can support each other throughout our careers, wherever they may take us! I also aim to provide a range of experiences and opportunities for pre-vet students.

You can contact our club by email at wmpvma@gmail.com and make sure to check us out on Instagram @wmpvma



MEET OUR DELEGATES

FRANKIE ARNOLD - UPEI PRE VET SOCIETY



Hi! My name is Frankie Arnold and I'm a 4th year pre-vet student at UPEI. I'm an international student from a small island in the Atlantic, Bermuda. I helped start up the pre-vet and animal welfare society (PAAWS) 3 years ago and am now the co-president.

I've worked with marine, exotic, small and large animals, and hope to pursue orthopedics as a specialty. I am currently working on a research honors with hermit crabs. My goal is to provide students with opportunities to diversify their portfolio and learn key skills that are vital for the veterinary field.

Feel free to reach out to us on Instagram, [@upei_prevetsociety](https://www.instagram.com/upei_prevetsociety).

MEET OUR DELEGATES

SAMANTHA CHEN - FVC

Hey everyone! My name is Sam, and I'm doing my third year of Animal Biology at the University of Guelph. I am currently a CPVMA delegate for the UofG's Future Vets Club (FVC), but was also a volunteer for the events committee last year (highly recommended). In my free time, I enjoy sketching, playing video games, and taking my foster dog Coco out for hikes. Check out our club on Instagram [@fvcguelph if you're interested in learning more about vet schools around the world, attending both in-person and online events, and connecting with a supportive pre-vet community! We look forward to collaborating with the CPVMA in the future. :\)](https://www.instagram.com/fvcguelph)



MEET OUR DELEGATES

OUR OTHER DELEGATES

NIRAN BOLA - SFU PRE-VET CLUB

NAOMI MCPHERSON - MUN PRE-VET CLUB

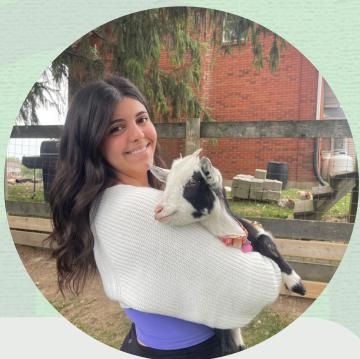
NATALIE SIT - UOFM PRE-VET CLUB

LILIANA CHEUNG - VMC UOFT

HELIA MOUSAVI - YU PRE VET CLUB

Executive Feature

ALYSSA QUARTARONE: SR. PUBLIC RELATIONS



Hello everyone! My name is Alyssa Quartarone, and I am a third-year Bachelor of Science student in Animal Biology at the University of Guelph. Throughout my degree, I have developed a strong foundation in animal physiology, nutrition, behaviour, and health, while gaining valuable hands-on experience through labs, internships, and extracurricular involvement. The moment I knew I wanted to pursue veterinary medicine was during my dog's first pediatric appointment, when the veterinarian let me listen to his heartbeat. That simple experience sparked a deep curiosity about animal health and care and showed me just how impactful veterinarians can be, not only in the lives of animals, but also in the lives of their owners. From that moment on, I knew this was the path I wanted to follow. The Animal Biology program at the University of Guelph has allowed me to confidently pursue this goal, and I truly believe the curriculum provides an excellent foundation for the content studied in veterinary school. I would highly recommend this program to any pre-vet students who are still in high school and exploring their options.



I have been fortunate to gain a variety of veterinary-related experiences that have further shaped my passion for the profession. I worked as a Veterinary Assistant at two general practice veterinary clinics, where I assisted veterinarians and technicians with patient care, animal restraint, diagnostics, and client communication. These roles taught me the importance of teamwork, professionalism, and compassionate client care in a clinical setting. I am incredibly grateful for the mentors I have had along the way, my coworkers consistently supported my goals and took every opportunity to turn daily tasks into learning experiences. Mentorship is invaluable in veterinary medicine, as mentors often teach lessons that go far beyond what can be learned in the classroom.

In addition to small animal practice, I completed an equine internship, where I gained hands-on experience in horse handling, barn management, and equine first aid. Although I initially planned to pursue small animal medicine, this experience opened my eyes to the field of equine medicine and encouraged me to explore it further. As a result, I applied for and was accepted into a Foal Watch volunteer position at the Ontario Veterinary College, an experience I absolutely loved. In this role, I assisted in the care of neonatal foals following dystocia pregnancies, providing hourly feedings through bottles, nasogastric tubes, or directly from the mare when possible. When foals were unable to nurse, I milked the mare hourly and carefully measured and administered feedings to the foal. This year, I also became a stable hand at the University of Guelph, where I help care for the university's horses, and an equine handler for OSCEs, restraining OVC horses during veterinary student examinations. Through all of these experiences, I have developed a strong appreciation for equine medicine and am now seriously considering pursuing this path in my future veterinary career.

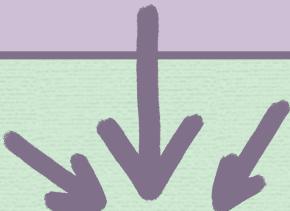
Advice for Pre-Vet Students:

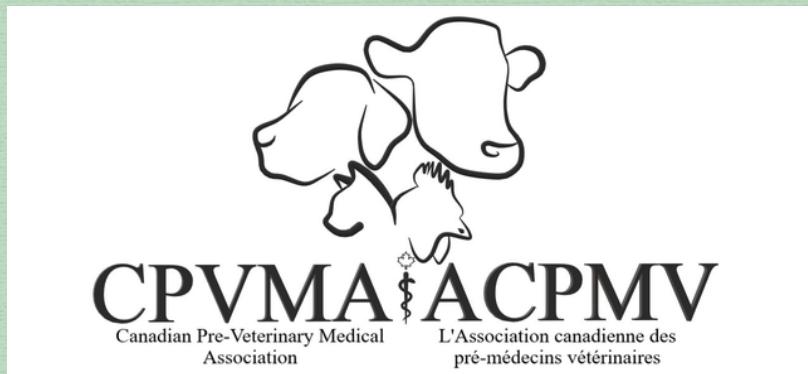
My biggest piece of advice for pre-vet students is to gain as much diverse experience as possible and not be discouraged if your path isn't linear. Veterinary medicine is demanding, but it is also incredibly rewarding. Don't compare yourself to others, everyone's journey looks different. Get involved in clubs like CPVMA, ask questions, seek mentorship, and remember why you started. Passion, resilience, and persistence matter just as much as grades.

Article of the Month

As Canada faces feet of snow and freezing winds, have you ever wondered how zoo animals manage in such harsh winters? In this article, Toronto Zoo staff answer common questions about how they prepare animals, even those from tropical habitats, for Canada's winter conditions. While many species naturally adapt to cold climates, such as snow leopards and caribou, others require additional care during the frozen months.

Some tropical animals, including western lowland gorillas, were born at the zoo and gradually learn to adapt to the cold seasons from birth. Interestingly, one species at the Toronto Zoo, the Bactrian camel, actually thrives in extreme cold, tolerating temperatures as low as -50°C . Additionally, hooved animals expend significantly more energy to stay warm in winter, prompting staff to adjust their diets to meet increased metabolic and energy demands. While there are adaptations in place, not all animals can thrive in the cold, such as cold-blooded species who are housed in temperature-regulated facilities to ensure their needs are met.





The Canadian Pre-Veterinary Medical Association

WHO ARE WE?

The CPVMA is a student-led, non-profit organization that aims to connect the pre-veterinary community across Canada. Our goal is to provide resources to pre-veterinary students and give them the opportunity to network with fellow peers and professionals in the field.

OUR EVENTS

- Held online and accessible from anywhere in Canada
- Feature veterinary professionals and current veterinary students
- Prepare pre-veterinary students for success in their future!

SPONSORS NEEDED!!

STAY INFORMED!

@ [cpvma.acpmv](https://www.instagram.com/cpvma.acpmv/)

✉ cpvma.acpmv@gmail.com

🌐 www.cpvma.ca

