

APVMA NEWSLETTER

March Newsletter 2019



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UPDATES FROM THE BOARD

It is so hard for us to fathom that it is already March. In just a few short days the APVMA symposium will be amongst us, and Penn State has a lot in store for all of you. We also have APVMA executive board elections coming up during symposium, where we will be electing new officers to carry on this amazing organization. If you are interested in running for a national leadership position, please visit our APVMA website to learn more about what each position entails, and how you can be nominated.

As for your current executive board, we are working diligently to finalize last minute things for symposium, and preparing documents for the next executive board. Following the rest of this newsletter, we have outgoing letters from each of us explaining what our goals were coming into our positions, what we have done since being in them, and how grateful we have been since being elected. Since the end of January we graded scholarship applications, and are very excited to announce our winners at the symposium. We wish all of you the best in your numerous endeavors, and it has been a great pleasure serving you all as your national leaders.

A LETTER FROM THE PRESIDENT

Hello everyone,

I can't believe it is over. It seems like yesterday that I stepped onto the stage at the 2018 National Symposium to present my speech in hopes of becoming the American Pre-Veterinary Medical Association President for the 2018-2019 term. What a whirlwind it has been. The APVMA has provided me with such immense opportunity; I cannot even begin to fathom where I would be without the incredible Executive Board members and Advisory Board of Trustees to walk with me on my professional undergraduate journey.

In Spring of 2016, I uprooted my life to live out the purpose my God was calling me to fulfill. I was overwhelmed with such loneliness, and ironically, no clear-cut sense of direction on where to go next. I walked into my first PVMA meeting at Auburn University, alone, with plans of sitting in the back of the lecture hall in quiet attendance. I had only been at Auburn for a short 3 weeks and to my surprise, I found a familiar face and stepped out of my introverted shell to call her name. "Claire, Claire Reach . . . Right?" I half stuttered and half choked on the words as I found myself shocked to have taken the initial step to building a relationship. What I didn't know at the time was that Claire would become not just a PVMA friendship, but my best friend. Throughout my time at Auburn, PVMA taught me so much about myself and allowed me to design an undeviating path to fulfilling my dreams as one day obtaining my Doctorate in Veterinary Medicine.

All of you know that this major is physically and emotionally challenging. Every so often I fall to believing the lies that begin welling up inside of me — you aren't good enough; you aren't smart enough; you can't complete this; you won't get into vet school. When I hear these whispers, I start to embody a sense of compassion fatigue by believing the onset of self-induced defeat. I began seeking a sense of renewal and redefined purpose. This past weekend my prayers were answered; and the Lord reminded me why I began this walk in the first place. I saw Claire for the first time in months; and she breathed joyful life into me again. Cultivating inter professional relationships is the single most important action you can take when building your personal capital. The heart and soul of the APVMA begins with the fabrication of relationships at the local level; and I urge every one of you to find someone or something to keep you grounded through this time of educational strain. PVMA is my rock and continues to provide grounding renewal on the national level. I extend my hand to each and every one of you to thank you for this opportunity to have served as your APVMA President. It truly changed my life for the better.

Loyally,

Mary Ann McDougal

APVMA President 2018-2019

WHO IS TRAVELING TO STATE COLLEGE?

We have previously announced that Charlie Bucket from *Willy Wonka & the Chocolate Factory* will be attending next month's symposium, but along with Dr. Peter Ostrum, who else will be attending?

We are excited to have a long list of speakers preparing to give lectures and run wet labs! The list includes many

diverse topics ranging from internal medicine, swine production, conservation medicine, and even alternative careers in veterinary medicine! These speakers will include representatives from Royal Canin food company, Kaplan GRE Prep, local veterinarians, and veterinarians who will be traveling from across the globe! Be sure to also keep an eye out for "Julia", a service dog from Susquehanna Service Dogs, who will be helping with a demonstration! The beloved Nittany Lion mascot may also be making an appearance during the weekend!



Go Go Gadget performing at Penn State with the Nittany Lion

Along with speakers, we are pleased to announce over 20 exhibitors will be attending! The list of exhibitors include the University of Florida CVM, Virginia Maryland Regional CVM, University of Minnesota CVM, Kansas State CVM, and Michigan State CVM. Our 'Great Dane' level sponsors, Ross University CVM and St. George's CVM are also very excited to speak with attendees! Be sure to check out the exhibitor map, which will be printed in this year's program to see a complete list of who is attending!

We are also very excited to announce that *Go Go Gadget* will be performing at the conclusion of the dinner on Saturday in the Bryce Jordan Center! *Go Go Gadget* is a cover band that originated in Pennsylvania and has quickly grown in popularity at Penn State! This band is known for their exciting performances at Penn State's THON, regional tours, and weddings and private events! Their performance Saturday night will be the perfect celebration to complete the symposium events this year! If you wish to learn more about the band, be sure to check out this link:

<http://www.gogogadget.com/>.

The Penn State Pre-Vet Club is very excited to welcome everyone who is planning on visiting State College this month! Be sure to stay connected to our Facebook page (APVMA 2019 Symposium) and our website (<https://www.apvmasympoosium2019.psu.edu/>) for any exciting updates!

Outgoing Letters

PRESIDENT: Mary Ann McDougal

Goodbye (for now) APVMA members!

Thank you so much for allowing me to have this incredible opportunity to work with all of you over this past year. I would not trade it for the world.

Widdy — Thank you for being such an awesome Vice President. You always breathed joy and had such an incredible driving work ethic. You are going to do great things and I cannot wait to see where life takes you.

Kayla — Thank you so much for always being on top of things and crunching numbers like a champ. I could always count on you to have my back if I overlooked important details, even outside of your position. Thank you for being awesome.

Alexis — Thank you for putting up with my (sometimes astronomical) requests of you. You always handled your work with such poise and efficiency and I cannot imagine working with any other Secretary.

To the Advisory Board of Trustees: Dr. Van Saun, Dr. Fraley, and Dr. Williams — Thank you all for keeping me grounded. You allowed me to reach for the stars while guiding me with much needed advice with different perspectives. I appreciate everything that you all have done for me and this EBoard over the past year.

To the newly elected APVMA President — Get ready for the time of your life. You won't regret it one bit.



Outgoing Letters

Vice President: Widmaier Francillon

Being apart of this organization has made me learn a lot about myself and more about veterinary medicine. It has been an honor and a privilege to be a part of this amazing organization. The amount of nervousness I had the day I was elected as the APVMA National Vice President was through the roof. However APVMA's accomplishments have definitely surpassed this amount and I am very pleased with the new additions that have been made. It was amazing to get to connect with other organizations and build strong relationships throughout the year. As I pass the torch over to the next Vice President elect, I am eager for the future of APVMA and how it will grow and flourish.

With my position as Vice President, I have been able to build new relationships with our current sponsors and keeping constant communication with them throughout the year. I have spent endless hours formulating templates and emails to send out to various organizations related to veterinary medicine in any way. Each email contained customized details to be sent out individually to new organizations. We have gained a number of sponsors throughout the year and will continue to increase this number in the future. I have also gained interest in having a sponsorship committee that will assist the Vice President in finding new sponsors locally, nationally, and internationally. Additionally, I have been working to build more clarified and stronger relations with our current sponsors so there is no confusion between APVMA and each sponsor. Also, as being apart of the E-Board, we have worked on several projects collectively: we have started monthly newsletters to improve communication between APVMA and clubs nationally, each position created a SOP for their respective position, we have worked on a five-year plan for APVMA, and some other things as well!

I am excited to see what my decisions will take me in the next couple of months. It has been amazing being able to be apart of this Executive Board and serving as your 2018-2019 National Vice President. I highly recommend going for an APVMA National Position. There are so many great experiences, people, and accomplishments that come with this position. Do not be afraid of the unfamiliar because sometimes that is exactly what you need at the time. It can bring direction and good change in your life. If you have any questions about my position or any of the other ones, please do not hesitate to contact any of us! The future of APVMA is very important to us.



Outgoing Letters

Treasurer: Kayla Radtke

Farewell APVMA members! It has been an honor to be a part of this amazing organization. I remember being elected as the APVMA National Treasurer like it was yesterday. The excitement that I felt was a feeling like no other. Of course, there is always room for improvement in any company, position, organization, etc., however, I am very happy with the new additions that this current executive board has made. Although I will miss being a part of this organization, I am eager for the future of APVMA, as well as, my own personal future.



Let me fill you in on the projects that I have worked on over this past year. One of the biggest issues that past APVMA executive board members have had is distributing membership IDs. In the past, the executive board would have to go through one-by-one and assign the IDs. Therefore, my first project was to tackle this issue. In order to resolve this issue, we now use a program called JotForm that allows users to fill out the application, pay dues, and receive their membership ID almost immediately. We were all very excited for this change! Furthermore, I was very excited to announce that APVMA started selling graduation cords. We have had success with this as well! Moreover, as an eBoard we have worked on several projects collectively: we have started monthly newsletters to maintain communication, each position created a SOP for their respective position, we have worked on a five-year plan for APVMA, and some other things as well!

As far as my own future, I am grateful that this organization has helped me learn better leadership skills as well as opening several doors for myself. As one door closes, another door opens. I am excited to be attending vet school in the upcoming Fall!

I highly recommend going for an APVMA National Position. If you have any questions about any of the positions, please do not hesitate to contact any of us! We are eager to help the future of APVMA. Lastly, I appreciate the opportunity that I was given to serve among my fellow eBoard and Advisory Board of Trustees.

Outgoing Letters

Secretary: Alexis Roach

It has been an amazing and interesting journey being on the APVMA executive board. The time has come so fast, that I can still remember being elected during last years symposium. The thrills and exciments I had to stand before most of you that day is unforgettable. I enjoyed interacting with some of you during symposium at Auburn University. I also enjoyed getting to know some of you during my journey, and serving you as a secretary throughout.

Although my time is coming to an end very shortly, I just want to thank everyone for instilling some type of trust in me to be your national secretary. It has been a great honor to serve this organization, and I hope that you all see the impact we have made as an executive board for this organization.

This past year since being elected I had the privilege, with the help of my executive board to develop montly newsletters for all members to increase communication. I spent many hours doing my best to make each newsletter unique, interactive, and imformative as possible. Each newsletter contained updates from the executive board, a fun fact, upcoming events in the veterinary profession, symposium updates, and included "click here" links for easy access to apvma and symposium registrations. We also made sure that each newsletter had different information to help members either prepare for interviews, know about veterinary experience oppourtunities, tips on how to juggle vet school and a social life, as well as resume writing tips. As an executive board, we hope that you enjoyed each newsletter. If you haven't had the oppourtunity to view any of the newsletters, each one is posted up on the APVMA website for full access to all members and viewers.

It has been with great pleasure to serve as your 2018-2019 national secretary. I encourage any of you to take a large leap of faith and run for a position on this executive board. So many great things come from being a leader agmonst your peers. You will begin to see new skills develop, old skills start improving, and you learn somethings about yourself that you may have not known before. Always keep an open mind, and have faith in the things you want to achieve in life. Thank you APVMA!



Fun Fact of the Month

Companion Animal Fun Facts

- A group of pugs is called a grumble.
- Over 75% of pet owners buy Christmas presents for their pets.
- 70% of pet owners sign their pet's name on greeting cards.
- Sir Isaac Newton invented the cat flap because his cat, Spithead, kept pushing the door open when he was conducting experiments that needed darkness.
- Cats have contributed to the extinction of more than 33 bird species worldwide.
- Dogs in the U.S.A. produce over 10 million tons of feces per year.



Upcoming Events

March 8th-9th: *APVMA National Symposium at Penn State*

THANK YOU TO OUR SPONSORS

