

NUTRITION MANAGEMENT TODAY

SPRING 2013

PAULETTE CREPEAU

Sadly, Paulette passed away January 22, 2013 at the age of 93. She has touched the lives of many students through out her career. She touched us by inspiring us and motivating us. She touched us by her sense of humor. She touched us by being a positive influence on so many people. After her funeral I learned that one of her students was pregnant, and because of Paulette's intervention was able to continue her studies and not be removed from the program.

Paulette was a woman well ahead of her time. Each time I visited her I learned more and more about her, but still had so many questions to ask. She was always interested in what was happening in your life and made you feel so at ease. I did not know that Paulette had gone white water rafting, worked on the development of Canada's Food Guide, and helped establish a community orchestra to name just a few of her accomplishments. She was truly an exceptional lady.

Paulette was witty and warm and up to date on current events; there was usually a Globe and Mail paper on her bedside table when I visited. She had a passion for life and lived life to the fullest. Gui told me that he took her to see Leonard Cohen in blustery December. She was *ecstatic and loved the performance*.

I had invited her and Natalie Threlfall to come to SSNM's 40th Anniversary at Tusq. She was thrilled and was looking forward to seeing her past students. Sadly, due to medical reasons we could not attend. She was truly passionate and cared about her students. When I was on the SSNM Board; I had paired France with Paulette who was an honorary member of SSNM. Naturally the two enjoyed each other's company. France mentioned that when she was going to a CSNM conference Paulette insisted she stay overnight at her house. My sincere condolences go out to her family Andree, Gui Paul, Manon, and Renee and their families.

She will be dearly missed.

Cyndie Wowchuk

Mrs. Crepeau (I can never call her Paulette!) was an inspiration to all who had the opportunity to meet her. Her sunny disposition was evident to all. She always remembered your name (even if you got married) and was interested in your life after Kelsey.

It was an honor to have had her as an instructor (back in the 70's). She shall be missed. Sincere condolences to her family.

Jean Van Nus



HIGHLIGHTS

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MESSAGE FROM THE EDITOR

The S.S.N.M. Board of Directors planned to meet on Wednesday, February 13, 2013 in Martensville, SK with out of town members set up to join via Skype. Unfortunately, winter weather stood in the way of us meeting in person, however we did manage to have all members in attendance at the last minute via a conference line. The Board of Directors were spread out as far as Honk Kong, Saskatoon, Regina, Meadow Lake, Moose Jaw, Martensville and the SIAST Kelsey Campus parking lot!

We were very pleased to have four new members join us for the first time. Please welcome Vinoth Ramaanaathan, Continuing Education Chairperson, as well as Janine Muires, Second Year Food & Nutrition Management student representative and Jayci Merkosky and Theresa Bernhardt, First Year Food & Nutrition Management student representatives. Read further in this issue for updates on what the students have been up to the last few months!

Our website has had a make-over! We are still making minor changes, however I would encourage you to visit it to see the changes. If you have suggestions for content that you would like to see on-line, on Facebook or in this newsletter, please do not hesitate to share it with me via info@ssnm.ca. *Leanne Kolbe*



MEMBERSHIP RENEWAL TIME



Membership renewal began January 2013 with notifications going out via email, Facebook and our [website](#). Ensure you renew by March 31, 2013 to avoid a \$25.00 late fee. Once again, we are delighted to provide online renewal and payment option for our members. Please note that you do not require a PayPal account to make an online payment. You may also renew by mailing a cheque to our SSNM office. However, please complete the online renewal form prior to submitting a cheque. This will assist our office in processing your renewal in a timely manner.

All receipts will be emailed on April 1, 2013. Be sure to stay tuned for further information via e-mail and Facebook!

Should you require assistance or have any questions, please contact Karen Kwan at treasurer@ssnm.ca.

Karen Kwan

SSNM Treasurer



Membership Renewal Update

Pay On-Line

Pay by Cheque

Thank you to all of our members that have already renewed their membership!

MESSAGE FROM THE PAST PRESIDENT



This past February, the Board of Directors held their annual winter teleconference meeting. The experience is something that I will never forget! In the past, a phone line was coordinated and those that were not from Saskatoon called into the line. This year, because the board is from all parts of the province, we had to think outside the box. Leanne Kolbe coordinated the meeting and had the members call into a conference line or log onto Skype(video teleconferencing).

The intent was to also have those in the vicinity of Leanne's house to meet there but the weather proved difficult driving conditions. In the end, we had everyone in attendance at the meeting from all corners of the province and beyond! We called and logged in from Saskatoon, Martensville, Meadow Lake, Moose Jaw, Regina, Hong Kong (Karen was away on holidays) and the SIAST parking lot (two students called in from their car!). It was an engaging meeting with a packed agenda as we updated each other on our portfolio action items.

The conference committee is well underway with organizing this year's event, membership renewal is in full swing and the treasurer portfolio is busy with invoicing and receipting for membership renewal, conference registration and sponsorship. We are anxiously awaiting the news of our submission for CSNM CE point allocation for the speakers at the conference. We are confident we will be able to provide this for our members once again this year.

A sub-committee was recently formed within the [CSNM](#) board that includes all of the provincial chapter representatives. This committee is exploring the possibility of a dual membership for the provincial chapters and national chapter. On February 20, 2013 an initial meeting was held to work through details of the pros and cons for each province. I was very interested in how differently each provincial chapter operates. Another meeting is set for March 7, 2013 where the reps have been asked to draft survey questions that will be circulated after the provincial AGMs this spring.

I look forward to seeing everyone at the conference and AGM. At that time, I will be stepping down in the presidency portfolio. I encourage all of you to attend the conference to thank and continue to encourage the wonderful board members that we have to carry the association into 2014.

All the best to you!

Tennille Corbett

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FUEL FOR THE FUTURE! FEEDING OUR MIND, BODY & SPIRIT

The plans for the 2013 Education Day and AGM are well underway. We have a great day planned that we feel will be both educational and revitalizing for those in attendance.

Our morning will be focused on Food Security Safety and Sustainability. We will become educated on the role of agriculture in food bio resources and the environment. Our speaker Al Scholz from the Saskatchewan Institute of Agrologists will answer the question-as professionals what to we tell our clients and family about food safety and sustainability?



The afternoon will include an interactive yoga introduction as well as Dr. Anita Chakravarti presenting an introduction to Mindfulness. During this we will review stress issues and challenges that we all deal with everyday. We will also experience several techniques to use as tools for stress management at work and home.



Our Education Day will take place on Friday April 26th, 2013 at the Ramada Hotel & Golf Dome. We will have raffle prizes and lots of time for networking with your colleagues. We are looking forward to a great day, hopefully you can join us!

Stacey Rowe



SUMMARY OFFENCE TICKETING

Occupational Health and Safety of Saskatchewan (OHS) has been given the authority to administer *Summary Offence Tickets (SOTs)*.

OHS focus over the next number of months will be on education. OHS will use this time to educate stakeholders about the SOT system and provide feedback about ticket-able offenses during worksite visits. OHS will begin issuing tickets in July. Employers, contractors, owners, suppliers, self-employed persons, supervisors, and workers can all be ticketed under this system. When Occupational Health Officers identifies an instance of non-compliance on a ticket-able offense a SOT will be issued.

There are total of 71 offences covering 38 sections of the OHS Act and on average the fine for current non-compliance prosecution is \$500.

Maximum Summary Offence Ticket penalty for offences committed by these persons is at :

Employers: On average the fine for current non-compliance prosecution is \$500. The maximum SOT penalty for offences committed by these persons is \$1000.

Supervisors: a flat rate of \$400

Workers: flat rate of \$250

Saskatchewan
Supporting a strong
provincial labour force.



FOOD & NUTRITION MANAGEMENT PROGRAM YEAR 2 UPDATE

The Food & Nutrition Management Year 2 group is heavy into our last year. After a lovely summer we were all excited to get back and finish up. The nine of us started with a very heavy Fall Semester of nine classes. The classes were busy and the assignments were piled on, but we all made it through and ended it with a bang as we put on our Thanks To Industry dinner to end our Catering class. We put on *An Evening in Paris*; we planned everything from theme, Menu and décor. It was a lot of work and certainly a very busy day, but what a feeling of accomplishment when the evening was a great success and the feedback was nothing but positive!

After a relaxing Christmas break we headed into our Winter Semester which mainly focused on nutrition. We are just now finishing up our course of which most pertain to the SHR, we have mastered Diet Writing, and have a good handle on [Computrition](#), learned a lot in Diet Therapy as well as important information in our Human Resources class. Our finals are the week of March 11 and we are all excited to be finishing up; mostly exhausted from going so hard.

We start our Coffee shop project on March 18th; we have been working on this since day one of our Year 2. What we have done is created a restaurant; we've come up with the name, décor, menu, and other different ideas that will play out from the day we open on March 20th at noon till we close on April 12. We have called our place *Game Day Grill* and I invite all of you to join us for breakfast or lunch to see the work and effort we have put into our project. Breakfast is from 8-10 am and lunch is from 11-1pm daily here in Le Bistro on Kelsey Campus.

After this we will all part ways as we head out on field placements for a six week period. I am personally very excited to spend my time at City Hospital, where I will get to experience all I have been learning. Last year I was lucky enough to spend two weeks with the fantastic staff at St Paul's Hospital. It was such a treat to work alongside such a friendly and helpful group of people.

We will all come back together for our Graduation at the end of May... When Cheryl Thiessen said to us our very first day "The next two years will fly" she was NOT kidding! Our class will graduate with six and from what I understand only myself and one other girl want to enter into The Saskatoon Health Region, the others want to go in different directions.

Janine Muyres



FOOD & NUTRITION MANAGEMENT PROGRAM YEAR 1 UPDATE

The school year started off very fast. In the first few weeks of school we took our Food Safe level 1 and WHMIS course, so we were writing our first finals very shortly after school had started. At the beginning I was very overwhelmed but since all of our classmates are in the same classes and it's just the 16 of us, it was very easy to get to know everyone. We have all been doing very well in our classes. The instructors have even said we are a really great group and they are always eager to help us with anything. In the first semester we were in Accounting, Basic Food Prep, Principles of Food, Fundamentals of Hospitality, Written and Oral Communications, Customer Service, Math and Introduction to Microsoft Word. All these classes are very useful and we learned so much in each of them. The first term went by very quick.



In second semester we started the practical side of things and took what we learned in classes out into the industry. Our little group of Food and Nutrition students got separated and there is only about 2-3 of us per group. We haven't seen too much of our other classmates for awhile so it'll be nice for the next term to start, however, we have met some really nice Hotel and Restaurant Management students. Theresa and I started off doing our field placements. I went to RUH and found I took a lot of the things I learned in school, into my placement. I really enjoyed RUH and gained so much knowledge about the patient and retail sides of things in the hospital. After our field placement we went into short order cooking for Le Bistro (which is a restaurant in SIAST). Here we took what we learned in Basic Food Prep, to the restaurant. Then we went on to Front of the House in Le Bistro and served, bused, expedited and was manager. Here we took what we learned in Customer Service and Fundamentals of Hospitality. Then after that we went onto cold foods where we prepared sandwiches and salads for the cafeteria. Now we are in our last rotation, which is catering. We are working on an Afghan Catering event being held at school next Thursday. In this class we are also learning how to do food costing. In third semester we start our first nutrition class which is what I am very interested in. Overall I have enjoyed this program so far and I am really interested in what I am learning. I am excited for what the third term and next year have to offer us.

Jayci Merkosky



Emotional Intelligence

Submitted by Vinoth Kumar, SSNM CE Chairperson

Successful intelligence requires that we know how to put our intellectual best foot forward. Sometimes this means having just plain common sense or street smart. Successful intelligence also having emotional intelligence also called "EI" which is being to read people's feeling and your own.

Having great emotional intelligence can help you in almost any

Interpersonal situation where its important to read others and plan your EI has four dimensions to it and each dimensions have set of qualities.

Four dimensions of EI

1. Understand and express your own emotions

People with this ability know how they are feeling before other people do which include but not limited to I have a good sense of why I have certain feelings most of the time.

I have good understanding of my own emotions .

I really understand what I feel .

I always know whether or not I am happy .

2. Perceive and understand the emotions of others and you

This ability means that you are sensitive to how others are feeling.

I always know my friends emotions from their behavior

I am a good observer of others emotions

I have good understanding of the emotions of people around me

3. Regulate your own emotion

Regulating your emotions means that you are able to keep them under control especially when you are feeling distressed .Below listed qualities can help you to regulate your own emotion

I always set goals for myself and then try my best to achieve them

I always tell myself I am a competent person

I am a self motivated person

I would always encourage myself to try my best

4. Use emotion to maximize performance

Directing your emotions toward constructive activities allows you to use them to optimal advantage. You can use your emotion to maximize your performance if you have these qualities:

I am able to control my temper and handle difficulties rationally

I am quiet capable of controlling my own emotions when I am angry

I have good control of my own emotions

Current leadership theories define great leaders as one who show transformative qualities.

Transformative leaders can act as models who inspire other people by their vision of change. They have charisma, promote creativity and innovation, develop an environment in which the workers feel supported and convey ambitious goals to their workers.

In other words transformative leader is the ideal boss. It's easy to see why part of the formula for becoming a great leader is that you possess emotional intelligence. Information extracted from: <http://www.psychologytoday.com/blog/fulfilment-any-age/201302/unlock-your-emotional>



MEET A BOARD MEMBER: VINOOTH RAMAANAATHAN

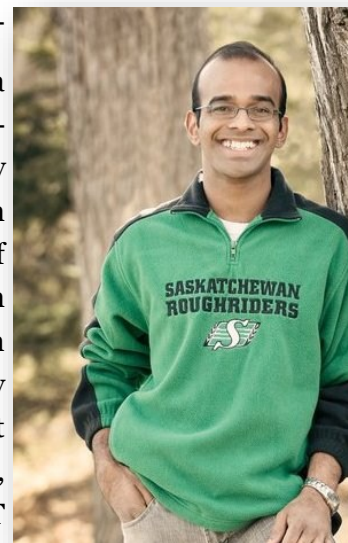


Hello, My name is Vinoth Ramaanaathan I am the continuing Education Chairperson for Saskatchewan Society of Nutrition Management. I grew up in India and did my high school and undergraduate degree in India. I completed my Bachelors of Business Administration in India. I came to Canada in 2006 to pursue my post graduate program in Marketing of Financial Services. I always had a passion for food, soon I discovered Financial Service is not for me, so I dropped out of the program and started working in restaurants (Front of the house) and then moved on to work on a gourmet grocery store in Oakville, Ontario. I worked in produce, deli and prepared food section of the gourmet grocery store. I shifted my career from Gourmet grocery store to a Bakery. I was an intermediate baker at Cobs Bread, Oakville, Ontario. I needed more challenge and growth in my career, when I was looking to advance my education related to food, I came across SIAST Food and Nutrition Management program. In 2010 I moved to Saskatoon to do Food and Nutrition Management program at SIAST Kelsey campus. After my first semester at SIAST, I got hired as a casual Food Service Worker at Sunny-side Aventis Care Centre in Saskatoon. I did my first year practicum at Saskatoon City Hospital and after my practicum I got hired as a Casual Food Service worker at Saskatoon City Hospital. During my second year of Food and Nutrition Management program I got a temporary Food Service worker position at RUH Saskatoon, I did that for about eight months I did my second year practicum at Canmore Hospital and High River Hospital (Alberta Health Services). I came to know there was a full time job opportunity at Meadow Lake Hospital through my instructor, So I applied for that position. Just before I graduated I got an offer for Permanent Full time Food Service Supervisor position with Prairie North Health Region

I Supervise Food Service department of Meadow Lake Hospital, North Pioneer Lodge, Goodsoil Health Centre. Loon Lake Care Home and St. Walburg Long Term Care Home. Happy to have this job right after graduation. Its been a learning curve and lot of challenges being a Food Service Supervisor for rural facilities. I enjoy this adventure and looking forward to grow as a Food service leader and as a Board member of Saskatchewan Society of Nutrition Management.

Thanks,

Vinoth Ramanaathan



“I needed more challenge and growth in my career.”

