Just a little more..

And just like that, we’re at the end of another semester. Just think...winter holidays in less than 2 weeks! Just a reminder that during exams, I don’t have drop in hours. You’re welcome to email me or call me to set up an appointment or you’re always welcome to drop by and see if I’m around and free. I’ll be around throughout the exam period, and even a little bit after. My office will be closed on December 24th and opening on January 7th, the first day of classes in 2013. During that time, I won’t be checking my emails. Until December 24th, you can always reach me by email at bas@uoguelph.ca. Point is, please let me know how I can help you. Good luck on all of your final exams, papers and presentations! ~ Jerome

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FUSE! Need a mentor, some training, a workshop etc. next semester? Sign into FUSE to see who could deliver for you! http://studentlife.uoguelph.ca/fuse/
Winter 2013 Add Period
December 10th to January 11th

Everyone will have a chance to change around their Winter 2013 schedules during the Add Period. During the Add Period, you’ll be able to change around your schedule and make necessary adjustments depending on your Fall 2012 marks.

Also during the Add Period, you’ll be able to see your exam schedule for the Winter 2013 semester. It is your responsibility to make sure that you do not have any exam conflicts. This will also tell you when your summer officially starts!

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FALL EXAM PERIOD
December 3rd to December 14th

Typically during the Exam Period I get a lot of similar questions from different students. So I created the “Exam Period” edition of the newsletter. In it, the newsletter answers questions about missing exams, getting sick during exams, having more than 3 exams in 24 hours and stuff like that. Follow this link for more!

Naturally, you can always just contact me at bas@uooguelph.ca if you have any questions. Good luck on your finals!

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Looking for a unique & interesting study break during your finals? Check out the Guelph Civic Museum!

KNOW SKATEBOARDING
60 Years of Skateboarding and Skateboard Culture
December 8, 2012 - June 2, 2013
Guelph Civic Museum
Opening Reception
Friday, December 7
7 – 9 pm

Guelph, ON
519-821-2221
Guelph.CivicMuseum@guelph.ca

Open Daily 1-5 pm
Adults $4.00
Children/Students $3.00
Seniors $3.00
Families $10.00
Members FREE
Community Engagement and Global Citizenship is excited to offer a new Project Serve Canada program in July 2013 in the First Nation community of Peguis, Manitoba. Peguis, located 2 1/2 hours north of Winnipeg, is largest First Nation community in Manitoba with a population of 7200 people of Ojibway and Cree descent.

The Sundance ceremony is a traditional Aboriginal ceremony that is held in the heat of the summer - at Peguis First Nation in Manitoba, at the time of the full moon in July. It is a sacred ceremony that has been observed especially by First Nations people of the plains for many centuries. The Sundance is a time of the coming together of community to support Sundancers in a powerful 4 day ceremony of intense prayer, teachings, thanksgiving and personal offerings for the good of self, loved ones, community and Mother Earth through fasting and dancing. It is carefully guided by Elders of the community who carry and share the ancient teachings and wisdom of this beautiful ceremony. These Elders consult with the ancestors and guides of the Spirit World for guidance.

The Sundance is a major, labour intensive undertaking and many helpers are needed to assist the Elders and community in preparing and holding this entirely outdoor ceremony. The site must be carefully prepared, medicines and wood gathered, Elders consulted and many feasts prepared for the community. The Sundance lodge must be maintained in very specific ways throughout the ceremony and Firekeepers must maintain the sacred Fire around the clock for the entire 4 days. It is a time of men, women and children working and celebrating together for the good of all.

The Sundance Chief at Peguis has given us the honour of welcoming a selected group of our students to assist as helpers in this summer's ceremony. He and his family are traditional people of Ojibway and Cree descent who carry and share the teachings of this and other traditional ceremonies. They will be taking us into their fold to guide and teach us about the Sundance as we provide, in turn, help in holding the ceremony.

The program will run from July 14th until July 28th, and will also include pre-program training and orientation. This program is open to all students, and students who identify as Aboriginal are encouraged to apply. Applications will soon be online and will be due January 18, 2013. The cost for participating in this two week program is anticipated to be $1000, which will cover airfare, accommodation, ground transportation, food, program training and activities. If you are interested in learning more about applying for this exciting program, please email Jes Smith, Coordinator of Citizenship and Community Based Learning:

jes.smith@uoguelph.ca
LEAD@guelph
Leadership Certificate Program

Sign up on REG for workshops throughout the semester!
Check out the full workshop listing at:
http://tinyurl.com/LEAD-guelph

leader@uoguelph.ca
studentlife.uoguelph.ca
Did you know that BAS students have the highest ratio of student representation across campus because we have reps on every college government? No other group has that! If you would like to be involved in YOUR student government helping to represent BAS across campus, then please let us know! We would also like to hear from you if you have any suggestions or ideas for events or things that BASSA could or should be doing! Just email us at bassa@uoguelph.ca !!! We want to hear from YOU!

Introducing the 2012/13 BASSA EXEC

President
Aleisha Korga

VP Academics
Veronika Kratz

VP Activities
Jessica Adams

VP Finances/Admin
Carolin Tarjan

CSAHS Rep
Nick Moroz

CASU Rep
Gordon Harper

CBS-SC
Esha Sharma

CPES-SC
Kristen O’Donnell

BAS Senator
Deanna Brockmann

Fourth Year Rep
Jake MacTavish

Third Year Rep
Victoria Woodhouse

Second Year Rep
Naomi Mendes

First Year Rep
Arianne Cohen

Cluster Rep
Julienne Sisco
Rachel Estok

Want to be involved?
bassa@uoguelph.ca

Winter 2013 BASSA Events...

Skating with BASSA: BASSA has rented the U of G Gold Arena January 18th from 12:30pm to 1:20pm for skating and hot chocolate with BASSA. While you’re home on christmas break make sure you dig out your skates and bring them back to school with you!

Combining Two Cultures Conference: If anyone is interested in attending the C2C conference this January or looking for more information, email bassa@uoguelph.ca and check out this link http://basstudentassociation.wordpress.com/fall-2012-events/ If you have already registered / received an email from BASSA about registration, please email bassa@uoguelph.ca about handing in your registration fee.

BAS Intramural Dodgeball Team: Interested in playing intramurals during the Winter semester but don’t have a team? Join some fellow BAS students and join the BAS Intramural Dodgeball Team. This will be a first come first serve opportunity so if interested, please email bassa@uoguelph.ca.
BASSA Trivia Night!

Trivia Night is a hallowed tradition in the BAS program. Run by BASSA, this regular event is a great opportunity to show off your brains, eat, drink, and be merry with your fellow ASCI’s! Here are some photos of this Fall semester’s winners. Think you have what it takes to win the trophy? C’mon out in the winter semester and PROVE IT! More details to come from BASSA! Thanks to BASSA for all of your hard work!

Horrorscopes...

Sagittarius – So a group of us have started our annual Holiday Movie Group...where each of us hosts a night where everyone else comes over to watch a different holiday movie each week. The host gets to pick the movie and decide on snacks and stuff. Yup, I know...exciting, right? So anyway, I went first cuz then I could pick whatever movie I wanted without worrying that someone else would pick it. I picked “Christmas Story” and we served a whole lot of Chinese food...cuz well, that’s in the movie. What does this have to do with you? Nothing. It’s your birthday season...what more do you want? Heads-up though, I see a scheming blond in your future.

Capricorn – Every week I have lunch with some friends at the Brass Taps. I always get chicken fingers. Sometimes I change up my side. Most often it’s crosstown fries that win out, but every now and then I have a salad. Today I had a salad...and crosstown parking. In hindsight, that may be have been a bit much. I want to be down under my desk right now. Let this be a cautionary tale to you my little Capricorn. Moderation. The theme for your life in the next little bit is going to be all about moderation and finding a healthy balance to your choices. Usually the balance issues go to Libra, so maybe you need to locate your Libra friends? I’ll be lying under my desk if you need me.

Aquarius – My sleep patterns are all off lately. I think it’s from a combination of going to bed really late and getting up really early to go to the gym. Why do I go to the gym? Read Capricorn’s horoscope. When will I learn that my actions have consequences? The real question is when will you? It’s pretty convenient to blame the people and circumstances around you for things not turning out as you would like, but c’mon now, you have some responsibility here as well. We make decisions, and there are consequences your start when you walk up to the ocean, it doesn’t just part, you decide to swim or to sit on the beach. Own it Aquarius. Please?

Pisces – You know what I love? People that set up appointments with me, and then don’t keep them. Yup, I LOVE that. It’s not like I’m setting the appointment either. They’re the ones that tell me when a good time is. Not that you would ever do that to me, my little Pisces. What I’m trying to get at here is a little bit of accountability. Be true to your word. If you say you’re going to do something, then do it. It’s as simple as that. Or at the very least communicate about what’s going on. Yes, you have every right to change your mind, but it’s your responsibility to touch base and communicate. In other news, there’s going to be some exciting news coming your way. Nye.

Aries – So last night I watched 2012 for the first time. Interesting. Not entirely believable, but interesting nonetheless. You know what else is interesting, but not entirely believable? The fact that it’s hasn’t bigger than they already are. At least that’s according to the daughter of a friend of mine. Not only did my friend manage to get tickets for his daughter, but he also got her a backpack pre-show package. How’s that for going above and beyond? Heads up my little Aries, you’re going to be asked to do a little above and beyond in a little bit...but no worries, it’s going to pay off in a good way. Incidentally, there’s going to be a few surprises in store for you over the holidays.

Taurus – Well it’s official. It is now the time of the holiday parties! Although an interesting trend is starting to happen at the holiday parties that I’m going to. Babies. Lots and lots of babies. And the babies aren’t there, that’s still everyone talks about. What is the baby doing now? What is the baby eating? What colour is the baby’s poo? What baby is the baby eating? How much is the baby sleeping? What is the baby doing now? What is the baby eating? How much is the baby sleeping? Nothing bad. Just taking note. I’d say this upcoming month is about figuring out where you are. You’re starting to figure out who you are, but I’m not convinced you’re happy where you’re at. Stop letting others make decisions for you. Also, you may want to think twice about that egg nog. It’s called “lait de poule” in French. Milk of chicken.

Libra – Similar to our Gemini friends, this is a big time of reflection for you. Lately you’ve been a little up and down in your mood, not to mention you’ve been particularly indulgent in certain areas of your life. Nothing bad. Just taking note. I’d say this upcoming month is about figuring out where you are. You’re starting to figure out who you are, but I’m not convinced you’re happy where you’re at. Stop letting others make decisions for you. Also, you may want to think twice about that egg nog. It’s called “lait de poule” in French. Milk of chicken.

Cancer – Here’s my pick for your birthday. The holiday season, I see a lot of family time for you too. Is that a good thing? I don’t know. That’s going to be up to you. And when I say family, I don’t necessarily mean blood family. This will be up to you as well. Who do you consider family? Figure it out cuz they’re going to be important to you in the new year. Also, eat more shortbread.

Leo – My friends and I went to Brampton to have dim sum for lunch. For those of you unfamiliar, it’s like a buffet that comes to your table on little carts, and you get to choose what you want to eat. I’m a pretty avid dim sum eater, but this was the first time I was with someone who said “we’ll take one of everything on the cart.” It was AWESOME. Even before we all sat down, 3 carts had already piled up to one table. So much fun. What I’m trying to say here is, sometimes you really have to make sure that you’re with the right people at the right time. Were you with the right people this semester? All the time? What’re going to be your dim sum buddies next semester?

Virgo – So I did a quick tally from all of the chores I’m involved with, and I figured out that in this month alone, I’ll have learned and performed over 50 different pieces of music. Yowzers. That’s a lot. But it’s something that I really enjoy, so who am I to complain, right? What do YOU really enjoy doing? Have you been doing it? Why or why not? With some time in between semesters, it’s a great time to do what you want to do for a change. Not what your friends want to do, not what your family wants to do, but what YOU want to do. You deserve it after this semester. Also, looking ahead, there’s some interesting stuff on the horizon. Surprises to come around the 30th? Yay!

Gemini – It’s an interesting semester to say the least. There have been more twists and turns than an episode of Girls. Hopefully you’ve been doing some learning about yourself along the way. That’s kind of been the theme for you for the past few months. Over the winter holidays it’s going to be your chance to re-evaluate who you are now in the context of who you were at home, and decide who you want to be when you come back in January, December stuff. This is good. Be open. Surround yourself with family & friends. They’ll help you figure it out. Just decide in the end. I’m seeing some good times on the 23rd and the 26th. Take it easy with the mistletoe!

Scorpio – Lately I’ve been a little stuck on watching documentaries. A lot. Some not so great ones (ie. "Stupidity" & "Gay Republicans")...and some mediocre ones (ie. “Bigger Stronger Faster”) & “America the Beautiful”), and some great ones (ie. “Pink Ribbons Inc.” & "Confessions of a Superhero" & "F*ck: a documentary""). Point is, there are the good, the bad and the ugly...kind of like people. You know what I’m talking about Scorpios. Stop generalizing and start getting to know people before making snap judgments. You can’t judge a documentary from a trailer. On a different note, you should have more candy canes...and cookies.
Winter 2013 - ASCI*3100

Non-human animals are ever-present in society, with varied roles in relation to humans. These roles include, but are not restricted to: companion animal, research subject, food producer, entertainment figure and working animals. Interested in how animal use is shaped by users' attitudes and perceptions? Then maybe ASCI*3100 being offered in Winter 2013 is the course for you! As a case studies course, so the topic of ASCI*3100 changes each time the instructor changes. This upcoming winter semester, we have the pleasure of welcoming Lena Levinson from the Department of Animal and Poultry Sciences, to teach ASCI*3100. Through group discussions and presentations, this seminar will offer students the opportunity to reflect on animal use, and forces, which influence attitudes towards animals for example, historical views, regulations, and users' attitudes. This will be your opportunity to critically consider the role that animals play in society!

Just so you know...

More important info that you WILL find useful!...

- Now is a perfect time to come see me if you have any questions or such. Stop by during my drop in hours or email me at bas@uoguelph.ca
- Some 1st years are already starting to worry about where to live and stuff next year..relax..you have PLENTY of time. I will send out more info in January.
- Chameleons can rotate each eye in a different direction.
- Now is a great time to declare your minors. It may help get you into restricted courses during the Add Period. It's not set in stone, you can always change your mind. Come see me!
- Chameleons match their environment; however, their body temperature and emotional status are the factors that cause the chameleon to change its colors. The warmer or angrier the chameleon is, the brighter its color becomes.
- If anyone brags to you about being in a pre-med program..tell them you are too. You can get into medical school from any program as long as you meet the course requirements. Technically, all of you are pre-med.
- Chameleons can be 1 inch to 1 foot long.
- If you’re planning on graduating at the end of next semester, please make sure to see me to complete a grad check. No one wants surprises. For serious.
- Chameleons’ tongues are about 1 ½ their body length. This is equivalent to a 6-foot person, having a 9-foot long tongue!
- Please get at least one other ASCI student to read this newsletter. I don’t make these things for my health (but it is fun!).
- There are about 160 species of chameleons.

Not sure where to find information online?
CHECK OUT OUR WEBSITE!!
www.uoguelph.ca/bas

Another option is to click “Current Students” on the UofG homepage...check out all the links!
Healthy Holiday Eating

The holiday season is a time to celebrate with family and friends. Unfortunately, it can also become a time for over-eating and weight gain. According to the National Institutes of Health, holiday eating can result in an extra pound or two every year. Over a lifetime, holiday weight gain can really add up. The holidays don't have to mean weight gain. Focus on a healthy balance of food, activity, and fun. By implementing a few simple tips you can stay healthy through the holiday season.

- **Be realistic.** Don't try to lose pounds during the holidays, instead try to maintain your current weight.

- **Plan time for exercise.** Exercise helps relieve holiday stress and prevent weight gain. A moderate and daily increase in exercise can help partially offset increased holiday eating. Try 10- or 15-minute brisk walks twice a day.

- **Don't skip meals.** Before leaving for a party, eat a light snack like raw vegetables or a piece of fruit to curb your appetite. You will be less tempted to over-indulge.

- **Survey party buffets before filling your plate.** Choose your favorite foods and skip your least favorite. Include vegetables and fruits to keep your plate balanced.

- **Eat until you are satisfied, not stuffed.** Savor your favorite holiday treats while eating small portions. Sit down, get comfortable, and enjoy.

- **Be careful with beverages.** Alcohol can lessen inhibitions and induce overeating; non-alcoholic beverages can be full of calories and sugar.

- **If you overeat at one meal go light on the next.** It takes 500 calories per day (or 3,500 calories per week) above your normal/maintenance consumption to gain one pound.

- **Take the focus off food.** Turn candy and cookie making time into non-edible projects like making wreaths, dough art decorations or a gingerbread house. Plan group activities with family and friends that aren't all about food. Try serving a holiday meal to the community, playing games or going on a walking tour of decorated homes.

- **Bring your own healthy dish to a holiday gathering.**

Enjoy the holidays, plan a time for activity, incorporate healthy recipes into your holiday meals, and don't restrict yourself from enjoying your favorite holiday foods. In the long run, your mind and body will thank you.

By Greta Macaire, R.D. | Community Health Resource Center | California Pacific Medical Centre

More info at [http://www.cpmc.org/about/e-health/11-05%20healthy-holidays.html](http://www.cpmc.org/about/e-health/11-05%20healthy-holidays.html)

“Instead of telling the world what you're eating for breakfast, you can use social networking to do something that's meaningful.” - Edward Norton