Movember Campaign 2017

By: Kamryn Findlay

A long-standing tradition has stood on the Agricultural Campus which involves growing moustaches to help support the nation-wide Movember Campaign. However, a rivalry has occurred between the students and staff & faculty of the AC to see who can grow the best moustache and raise the most funds for our Movember initiative. Dean Gray and long-time AC student Hayden Breau went head-to-head in the moustache growing competition for the students versus staff & faculty challenge.

We began our Movember Campaign with the Kick-Off on November 1st where the faculty accepted our challenge. Our next event was the Annual Sex Toy Bingo, sponsored by Pleasures and Treasures, which raised nearly $270 and had the highest student attendance ever! Movember Trivia Night (thank you to all of our sponsors) and ‘Grow a Mo, Save a Bro’ Pub were equally as successful! Chapman House won our month-long House Challenge raising over $80 in spare change. Thank you to all of our houses for collecting spare pub change- it’s for an excellent cause!

Growing our moustaches and donating to Movember represents our commitment to raising awareness and funds for education & research for men’s health, suicide prevention, and prostate & testicular cancer. Prostate cancer is the most common cancer affecting men worldwide while testicular cancer is the most common cancer in Canada which affects men aged 15 to 29.

Dr. Jin Yue won the best moustache award and was the most enthusiastic! Over all, the students raised nearly $700 and combined with the staff & faculty, we collectively raised almost $2000 for Movember. Please check out Team Dal Aggies 2017 if you wish to still donate!
President’s Corner

Hey Aggies,

I know times are crazy right now with assignments, athletics, nagging mothers and exams around the corner... But keep your chins up, it’s all going to be alright! In the wise words of one of my favourite authors, George Orwell: “The old dog’s got some kick in him yet, and there are many good times left ahead.”

In this case you’re the old dog of course. There are undoubtedly many things for you to look forward to, so don’t fret and keep working hard.

The end of this semester is approaching before we know it, but before it does we have some of the best festivities of the semester! Check out the annual AC Tree Lighting Ceremony on December 6th!

Enjoy yourselves Aggies - it’s important.

Jeremy Stroud
DASA President
Jer@Dal.ca

A Letter from the Editor

Hey Aggies!

I want to thank all of those who sent in articles. I received an abundance of submissions for the November/December issue of The Golden Ram! As a student newspaper, I feel it is important to report on all events from the perspective of those students involved. It makes for a more interesting read and this issue is chock-full of student submissions. In the winter semester please keep the articles coming! All submissions are welcome, please feel free to email me with any questions regarding length or criteria for articles you wish to write.

I hope everyone is taking steps to prepare for exams and finals. Enjoy your holiday break and I look forward to seeing everyone again in the new year!

Lauren Pattison
Editor of The Golden Ram
lr472453@dal.ca
Introducing DASA’s New Website!

*By: Cora Sharp*

It all started out as a brain wave about this time last year. Now, at last, the DASA website is up and running! Check out dalaggies.ca! On this new website, you can find a calendar full of all the DASA events happening around campus, a description of each executive, a description of each honorarium position holder and much more! There are minutes from every Student Representative Council meeting along with the Annual General Meeting minutes. I, Cora, am in charge of operating and updating the website so if you see any typos PLEASE do not hesitate to let me know! Any additions and suggestions will also be welcomed with open arms. Stay tuned for lots of fun activities to help take a break from the stresses of the end of the semester!

![DASA Website Screenshot](image)

**Who We Are**

DASA is an autonomous student representative body, and a registered non-profit organization. It is led by an annually elected executive team, as well as a board of directors. All agricultural campus students are members of DASA.

**The Team**

- VP Administration: Cora Sharp
- VP Finance: Ella Wood
- VP External: Mollie Pickard
- VP Internal: Kam Findlay
- President: Jeremy Stroud
- Manager: Patricia Jeffcock

**Our Duty**

Our association is founded upon four interconnected pillars of activity:
1. Student Advocacy and Connection
2. Philanthropy
3. Community Building
4. AC Traditions

Dalhousie Takes the Royal Winter Fair!

*By: Ally McConchie*

On November 6, Bailey George and I travelled to Toronto to educate youth on the concept of farm to table. We spoke four times a day for three days straight. Our presentation was around 20-30 minutes each and we spoke about how a cheeseburger goes from the field to a dinner plate. We broke it down into four sectors, the wheat industry, dairy industry, produce industry and the beef industry.

For each industry, we discussed how the farmer would go about either growing or raising the product and what happens after it leaves the farm. We used relevant examples to Ontario to help the students get a personal connection out of our presentation. We also used interesting statistics throughout our presentation and asked questions based off these statistic for a Dalhousie prize.

It was very exciting to be able to speak on something we are both so passionate about and to see how many of the students came into our presentation knowing little to nothing about agriculture, but left with an understanding of where their food comes from. It was a great opportunity for us both to use what we’ve learned at Dalhousie Faculty of Agriculture to spread to those raised in cities who have never thought about everything happening behind the scenes to make a simple cheeseburger.
Meet Your New Peer Educators!

Peer educators work as support for student services, organizing workshops and opportunities for students on campus. They also help run the Sail program with Monica Sani and do things like the bulletin boards on campus and washroom posters. A little bit of everything!

Hi there! My name is Bri Carkner, I am from Mallorytown, Ontario. I grew up on a Livestock Farm with cattle, sheep and goats. I am in my fourth year in Animal Science. I am currently a member of the Judging team, house council and am this year’s Pre-Vet Club President. I am excited to have been the College Royal Chair for this year and love to get involved in campus life. My hobbies are showing cattle in 4-H, riding horses, playing rugby and spending time with my family. The past 3 years I have enjoyed being a Dalhousie Ram, I love my school and look forward to being one if this year’s Peer Educators. University is a transition and each new course load is a challenge I look forward to getting to know students and use my experiences her to help others succeed.

My name is Lenka, and I am a 3rd year Animal Science student. I was born in Germany but mainly grew up in Montreal. I really love to travel, and I have been all over the world, but my favourite type of travelling is camping and going on road trips with my two furry babies. I have a big passion for helping people and I’ve been volunteering everywhere I can since I was 12 years old. I have been through a lot in my life and I feel I can really help others who are struggling in similar ways, whether it is in life or in school. The Student Success center has helped me a lot during my time at university and I love the opportunity to get involved and give back to them in some way. It's a very rewarding experience and that is why I wanted to be a peer educator!😊
A Triumphant Soccer Season!
By: Summer Nasr

The 2017-2018 women's soccer season was meant to be one to remember since we were chosen to co-host CCAA Nationals, alongside University of Kings College (UKC). However, in order for us to make it there we had to finish our season with a higher placement than UKC. Before the ACAA season began, the women's Rams put together two goals to achieve as a team. As we sat down for the first time to meet the 15 ladies that would make that happen, we decided to shoot for Nationals and even playoffs. We started our week of training camp, practicing twice a week for our coaches to find a way to utilize each player's individual strengths to create the perfect team.

The season started off with our first and only loss against Holland, the league’s last season champions. Following that game, it was clear we had to sharpen our skills. We intensified practice and slowly but surely captured our first win against Crandall. We continued then to win every game we played, aside from the odd tie. It wasn’t until our third win against UKC that we knew it would be a good season. This was the win that took the Women's Rams Soccer team to first place in the standing for the first time in 11 years. Our goal had then changed to maintaining our first-place standing. We secured a win streak of 6 and a shutout streak of 4 which captured the attention of Truro news and our supporters.

On October 28th, we walked onto the field for our first game at the 2017 ACAA playoffs having achieved both of our team goals. For 90 minutes of regulation time and 30 minutes of overtime the entire Rams team played their hearts out. Unfortunately, after 13 penalty shots, our conference run ended with a 1-0 lose to UKC. Although our spirits dampened, we kept our heads high as we began to prepare in the weeks ahead for Nationals.

On our way to Nationals, we had a thorough understanding that the level of competition we would be facing was greater than anything we had experienced prior. Needless to say, the team gave its full effort in every game that we played. Our team received the Diana Drury Exemplary Leadership Award to end off our season having achieved all our team’s goals.
Your DAL AC Sports Update!

By: Judy Smith

The teams representing DAL AC had a successful fall season. Participating in exhibition, ACAA, AIEL and CILA competitions, the Rams took on the competition with good preparation, positive attitude and energy. Led by a very keen and dedicated group of coaches, our Teams were competitive across the board!

The varsity sports this year include men’s and women’s soccer, equestrian, cross country, badminton, woodsmen, women’s volleyball, and men’s basketball. In an attempt to bring women’s basketball back to a varsity level, we have a team that is competing in a portion of ACAA scheduling in the hope that with a second year of successful recruiting by Coaches Walsh and Titus, we will be able to commit to a full ACAA league schedule for ‘18- ‘19. The women’s rugby team has taken a year’s leave from ACAA play, but Coach MacKenzie continues to recruit, with the intent of putting a competitive team on the field in the fall of 2018.

See the following pages for team specific summaries for fall 2017!
Sport Summaries

**Women's Soccer** – The 2017-18 season for the women’s soccer team was an exceptional one. Led by veterans and an excellent group of new players, the Rams team started the season with a loss to Holland C, and then proceeded through the remainder of league play without another loss. Their record for league play was 8 wins, 1 loss and 3 ties. This record placed them in 1st, ahead of the 2nd place team by 7 points. Coaches Ryan, Hill and MacKinnon had the team well prepared for play-offs.

The ACAA Championships were held at the Canada Games Stadium in Saint John, New Brunswick and were hosted by UNBSJ. The Rams met UKC Blue Devils in the first round and after 90 minutes of regulation and 30 minutes of overtime, the game went to Penalty Kicks, in an unusual turn of circumstance, the game was not decided until the 13th penalty kick when Kings scored to win the semi 1-0.

However, because of their 1st place finish in league play, the Rams earned the Host entry in the CCAA National Championships held in Halifax and co-hosted by DAL AC and UKC. In the matches at Nationals, the Rams lost to Garneau (eventual CCAA Champions) 7-0, NAIT 9-0 and STU 1-0.

Rams earning a spot on the ACAA All-Conference team were: Shanice Maxwell (DAL AC), Sian Rankin (DAL AC), Katie Walsh (DAL AC), Veronica Deno (DAL AC), Leah Wiseman (DAL AC) and Cora Sharp (DAL AC). Cora Sharp also won the Gerry LeBlanc Award (for the second time in her 4 years with DAL AC) for outstanding team play, sportsmanship, community involvement, and soccer prowess. Shanice Maxwell was selected as the ACAA Player of the Year and CCAA All-Canadian.

**Men's Soccer** – The fall season was a competitive one for the Rams. The guys finished ACAA league play with a 2-10 win/lost record earning 6th spot in the league. Rookie Coaches MacEachern and Kenny led the group through an ever-improving season in a tough ACAA league. Although they failed to make play-offs, the Rams had excellent matches with every team.

The all-conference selections for DAL AC were: Ruben Geerts and Jack Lynds. Both Geerts and Lynds were rookies.
Your DAL AC Sports Update!

By: Judy Smith

Sport Summaries

Cross Country - The cross-country team had a really good season with the following team performances:
MTA Men's 2nd, Women 3rd
USA Men's 2nd, Women 3rd
MSVU Men's 1st, Women's 1st

Individually, Hannah Arseneault finished 1st in all ACAA races (including the ACAA Championships) with margins of 1 – 2 minutes ahead of her competition. The top male runners for the Rams were Kieran Thornell who had finishes of 19th, 4th, 1st and 2nd at Championships; Kyle Culberson who finished 4th, 2nd, 2nd and 4th at Championships.
Arseneault, Thornell and Culberson attended CCAA National Championships with Arseneault finishing 42nd, Kieran 67th and Culberson 117th.
Hannah, Kieran and Kyle are also All-Conference based on their finishes at the ACAA Championships.
Hannah, who competed 3 seasons (of her 3.5 years as a Dalhousie student) with the Rams, was undefeated in all ACAA Competitions in which she entered. Coach Galloway-Jones is leading off-season training for the remainder of the academic year.

Equestrian - The equestrian team has competed in AIEL events hosted by Dal Halifax, Acadia and St.FX this semester. In the first two competitions, the Rams finished as Reserve Champions and in the final competition of the semester, the Rams finished 4th. Competitions will start up again in February with three more in the winter semester before finishing up in March. Coach McNutt is pleased with the performance to date and will continue to work toward improving the competition standings in the second semester.

Badminton - The badminton team has competed in two ACAA tournaments this semester (USA and Holland C) The Rams finished (in team standings) 5th in both competitions and the women’s doubles had the best performances finishing 2nd. Coaches Bennicke and McCavour are working hard with the rookies to get them up to speed for the second semester.
Your DAL AC Sports Update!

By: Judy Smith

Sport Summaries

Woodmen - The woodmen teams (two men's and two women's) have competed in CILA competition at UNB in October and SSFC in November. At UNB, the men's teams finished: A - 3rd, B - 5th; while the women finished A - 3rd, B - 7th. In November at SSFC, the men's teams finished: A - 2nd, B - 5th; while the women finished A - 3rd, B - 5th. Coaches Larkin and MacIntyre are seeing improvements every practice and feel that the Rams are close to a title shot in February.

Upcoming in second semester include the Macdonald Campus competition on January 27th and the final CILA competition for the year – the Rick Russell Competition hosted by DAL AC on February 10th at the MacMillan Show Centre.

Women's Volleyball - The Rams have started the 17-18 season slower than the last couple of seasons and sit at 7th (0-6) with two matches left in first semester (STU and UNBSJ at home Dec 2nd and 3rd) Coaches Desgagne and Peck are pleased with the effort of the athletes, and will be expecting the 5 rookies to develop quickly through second semester to contribute with the seven returnees to a higher league standing. The Rams are led by 5th hitter year Thea McLachlin who continues to lead the team in stats.

Men's Basketball - The Rams are 0-7 with one game left against MSVU Fri. Dec 1. With 8 players, which includes three excellent rookies, the Rams will be stronger in the second semester with the return of a player who is re-qualifying this semester. In each game, the Rams compete for a quarter or two, but with only 8 players cannot keep the pace in the very competitive ACAA league. Coaches Barnhill and Peterson are optimistic that second semester results will help move them up the standings.

GO RAMS!!!
**Your Wellness Questions, Answered!**  
*By: Bri Carkner in association with Health Services*

### Sleep & Stress

**What are the negative effects that can come from not having enough sleep?**

In the short term, a lack of adequate sleep may affect judgment, mood, ability to learn and retain information, and may increase the risk of serious accidents and injury.

Sleep deprivation negatively impacts our mood, our ability to focus, and our ability to access higher-level cognitive functions (Brain mechanisms involved with thinking, reasoning, learning, and remembering). The combination of these factors is what we generally refer to as mental performance. Lack of sleep exacts a toll on perception and judgment. In University or in the workplace, its effects can be seen in reduced efficiency and productivity, errors, and accidents. Sometimes the effects can even be deadly, as in the case of drowsy driving fatalities.

In the long term, chronic sleep deprivation may lead to a host of health problems including obesity, diabetes, cardiovascular disease, and early mortality.

Important to remember other factors can also have an effect on performance.

**Can sleep help you learn more in class?**

Adequate sleep is necessary for a person’s memory processing. That is why usually when students stay up all night before a test they still have trouble remembering the material.

Sleep is still a necessary factor in maintaining mental and physical health.

Getting healthy sleep improves cognitive function (Brain mechanisms involved with thinking, reasoning, learning, and remembering).

Concentration, working memory, mathematical capacity, and logical reasoning are all aspects of cognitive function compromised by sleep deprivation in varying degrees.

### Flu Vaccines

**How do flu vaccines work?**

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine. The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. Traditional flu vaccines (called “trivalent” vaccines) are made to protect against three flu viruses; an influenza A (H1N1) virus, an influenza A (H3N2) virus, and an influenza B virus. There are also flu vaccines made to protect against four flu viruses (called “quadrivalent” vaccines). These vaccines protect against the same viruses as the trivalent vaccine and an additional B virus. This year’s flu vaccine is a Quadrivalent!

**Who should get vaccinated this season?**

Everyone 6 months of age and older should get a flu vaccine every season. (Can get more info at Immunize Canada or CDC website especially for recommendations on those who shouldn’t take the flu shot i.e. people with life threatening allergies to the flu vaccine, etc.).

**Why do I need a flu vaccine every year?**

A flu vaccine is needed every season for two reasons. First, the body’s immune response from vaccination declines over time, so an annual vaccine is needed for optimal protection. Second, because flu viruses are constantly changing, the formulation of the flu vaccine is reviewed each year and sometimes updated to keep up with changing flu viruses. For the best protection, everyone 6 months and older should get vaccinated annually.

**Does flu vaccine work right away?**

No. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against influenza virus infection. That’s why it’s better to get vaccinated early in the fall, before the flu season really gets under way.
Take a Minute to... Relax...  By: Bri Carkner

Are you finding school to be stressful? Too many finals? Take a few minutes and relax, refocus and carry on!

Colour Me!!

Aggie Jokes

What does a farmer talk about with his cows?
Udder Non-sense

What do you get from a pampered cow?
Spoiled Milk

What did the Minnie cow say to her calf?
It’s Pasture Bedtime

Why was the cow afraid?
Because he is a Cow-Herd

How did the farmer meet his wife?
He Tractor down
You Won’t Want to Miss This!

There are always all sorts of things going on around campus. Follow the Dalhousie Agriculture Students’ Association (DASA) Facebook page for the most up-to-date information on house challenges and events. Here are a few things coming up you definitely won’t want to miss!

Hey Aggies!

If you’re passionate about agriculture and would like to learn about different aspects of agriculture, check out the AC’s Agrology Club! We go on farm tours, have guest speakers, and various other events. Everyone is welcome to come to the events! Any questions, suggestions and/or if you’d like to attend any of these events, shoot me an email at brooke.k.mcneil@dal.ca