

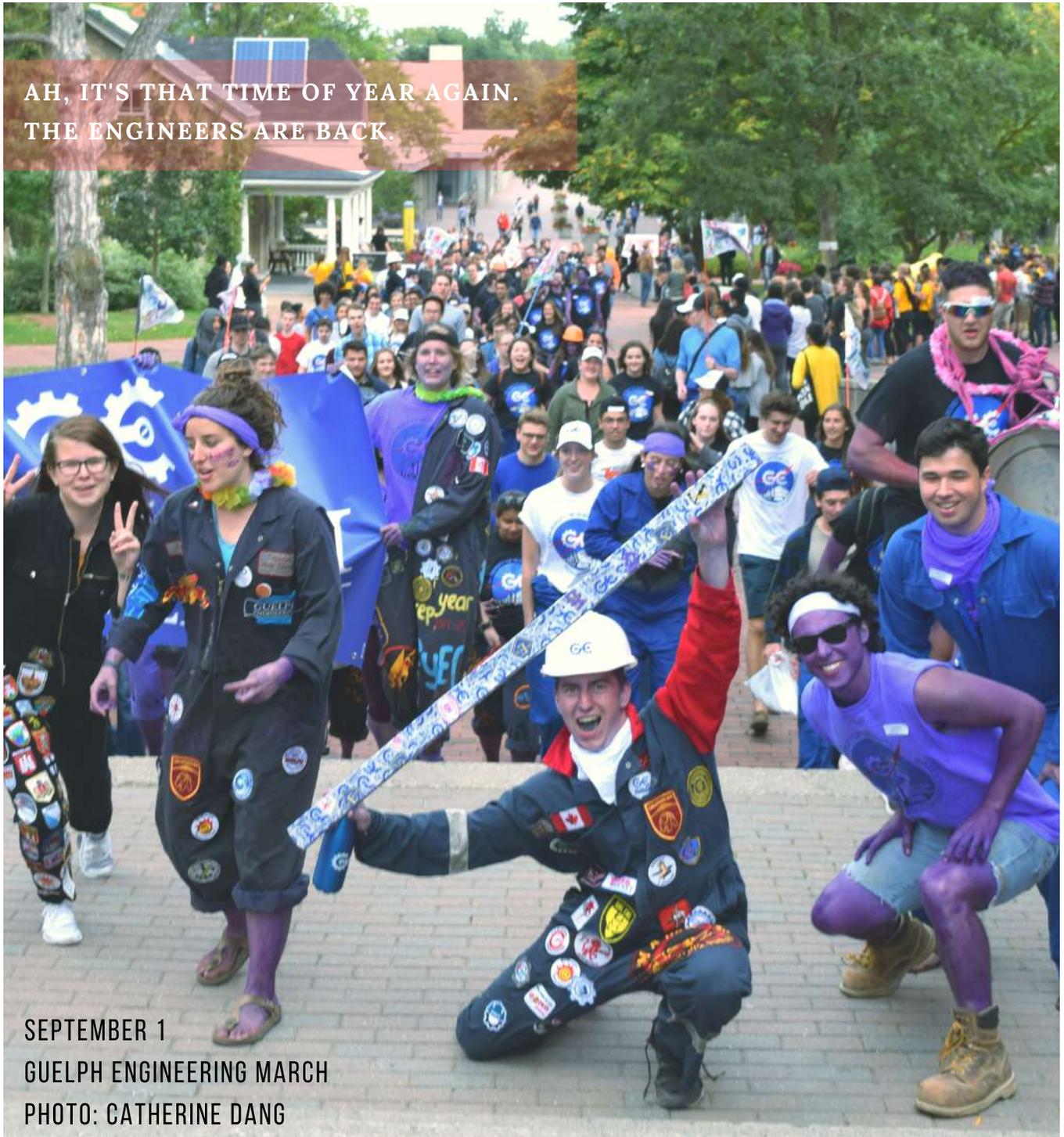
# O'SNAP

SEPTEMBER 2017  
ISSUE 1

## GUELPH ENGINEERING PUBLICATION

THE OPINIONS OF THIS PAPER DO NOT REPRESENT THE VIEWS OF THE ENGINEERING SOCIETY, ITS ADVERTISERS, THE SCHOOL OF ENGINEERING, OR THE UNIVERSITY OF GUELPH...NOW THAT YOU MENTION IT, THE OPINIONS OF THIS PAPER DON'T REPRESENT ANYTHING AT ALL. THIS IS PURELY A BREAK IN YOUR BUSY ENGINEERING LIVES AND AN ALTERNATE METHOD OF PROCRASTINATING. PLEASE ENJOY RESPONSIBLY.

AH, IT'S THAT TIME OF YEAR AGAIN.  
THE ENGINEERS ARE BACK.



SEPTEMBER 1  
GUELPH ENGINEERING MARCH  
PHOTO: CATHERINE DANG

# O-WEEK

WELCOME TO ENGINEERING. WE HOPE WE MADE A GOOD IMPRESSION ON YOU.

A QUICK RECAP:



**PURPLE**  
SHOW YOUR ENGG  
SPIRIT



**E.E.C.**  
EXTREME  
ENGINEERING  
CHALLENGE



**BBQ**  
IT'S ON US



**BOAT RACES**  
SINK OR SWIM



**SCAVENGE**  
THE HUNT IS ON



**BEACH DAY**  
SUNS OUT GUNS  
OUT

BIG THANKS TO THE O WEEK COMMITTEE, BIG BUDDIES, AND VOLUNTEERS FOR MAKING THIS ALL POSSIBLE. PHOTOS: CATHERINE DANG.

# O-WEEK

WELCOME TO ENGINEERING. WE HOPE WE MADE A GOOD IMPRESSION ON YOU.

A QUICK RECAP:



## TRADITION

JUST GO WITH IT



## BIG BUDDIES

WE'VE GOT YOUR  
BACK



## COVERALLS

SHOWCASE YOUR  
SPIRIT



## TEAMWORK

WE'RE ALL IN THIS  
TOGETHER



## DANCE OFF

SO YOU THINK  
YOU CAN DANCE?



## TUG O' WAR

PULL THROUGH,  
MAN

BIG THANKS TO THE O WEEK COMMITTEE, BIG BUDDIES, AND VOLUNTEERS FOR MAKING THIS ALL POSSIBLE. PHOTOS: CATHERINE DANG.

# ENG SOC? WHAT'S THAT?

## WHO WE ARE & WHAT WE DO



WHO ARE THOSE  
MYSTERIOUS PEOPLE  
GRANTING YOU PRINT  
CREDIT?

PHOTO: CATHERINE DANG

The Guelph Engineering Society Council (“Engsoc”) is a student-run society that’s been serving the students of Guelph Engineering for almost 40 years. If you’re an undergraduate student enrolled in any stream of engineering here at Guelph, you’re a member of the Engineering Society and can use any of the services and benefits we offer. The Council is made up of 30ish engineering student volunteers. These students coordinate the services and events offered and represent the rest of Guelph Engineering at provincial and national levels.

Engsoc’s goal is to provide its members with academic, professional, and social resources to make sure everyone is successful in completing their degree here at Guelph. Your Engsoc also represents Guelph Engineering at the provincial and national levels of engineering student societies: ESSCO and CFES respectively. And, of course, Engsoc plans and runs social events throughout the year so students can take a break from studying and let loose! All of Engsoc’s events and services are volunteer-run, from OWeek to the Guelph Engineering Competition to Labfund.

The Society thrives thanks to amazing students like you who enjoy all that we have at Guelph and wish to contribute. Questions, comments, concerns about the material in this handbook or about life in general? Swing by the Engsoc office or drop us an email ([engpub@uoguelph.ca](mailto:engpub@uoguelph.ca))! We love meeting fellow engg friends and we’re always looking for ways to improve our services!

# SEPTEMBER M.V.E.

(MOST VALUABLE ENGINEER)

WHO'S THAT WILD, ABOVE-AVERAGE HEIGHTED, MESSY-HAIRED BLONDE PERSON YOU'VE SEEN SITTING IN THE ENGSOC OFFICE FOR HOURS ON END? THAT'S THIS MONTH'S MVE: VAL BAUMAN, ENGSOC PREZ/EL PRESIDENTE/PRESIDENT!

PHOTO: CATHERINE DANG



Val is a third/fourth year **biomed engg** co-op student who's also minoring in math. Academically, she's a semi-decent student (**even though first semester of third year sucked out part of her soul**) and non-academically she's a social butterfly (unless it's midterm season - then she's a grumpy cow). Don't ask her what she wants to do after graduation because she has no damn idea. **Instead, ask her about the initiatives she wants to pursue and the goals she has for the Engineering Society this year!** If you need a conversation starter aside from "when was the last time you brushed your hair?", consider these fun facts about her:

- this is her **4th** year on Engsoc
- she's co-chaired Guelph Engineering's Professional Development Conference and ESSCO's President's Meeting conference
- she worked at a **granola bar company** for an 8-month co-op work term and has become a granola snob ever since. She also has enough granola to feed all of Guelph engg for a semester if you're interested in snacking with her
- before the granola bar company, she worked at a hospital where she got to see tons of surgeries and become **lean six sigma greenbelt** certified.

- Here are some of the initiatives she wants to spearhead on Engsoc this year:
- improving the **accountability** of all of its members.
  - improving the **communication** and **transparency** between its members.
  - getting Guelph engg more "out there" to the rest of Ontario. To do this, she has co-organized and co-chaired **ESSCO's President's Meeting**

If she's hanging out in the EngSoc office or in Thrn, feel free to stop by and chat! She's also loves feedback and any ideas that could **improve the school of engineering** - send an email her way at [vbauman@uoguelph.ca](mailto:vbauman@uoguelph.ca).

# ENGINEERING 101: TIPS TO GET YOU THROUGH THE YEAR

STEPHANIE KOTIADIS

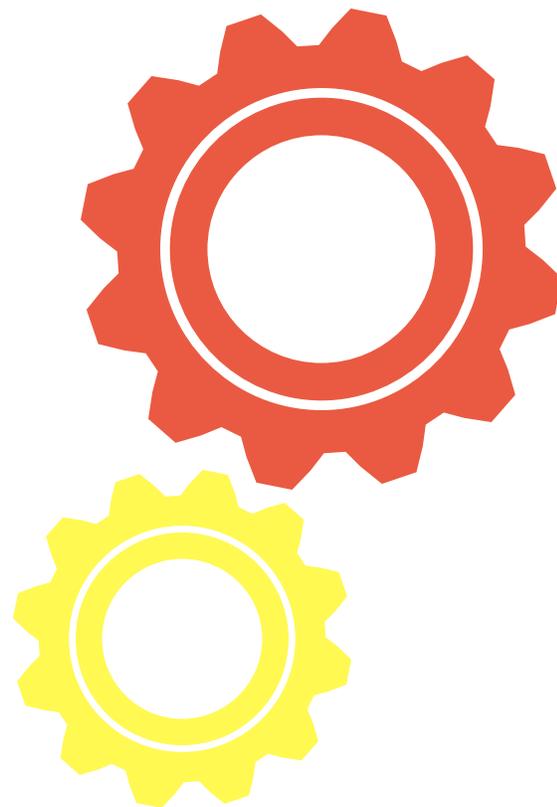
**CONGRATULATIONS ON THE FIRST WEEK BACK! SCHOOL IS JUST STARTING TO KICK UP, AND I'M SURE THAT A FEW OF YOU MAY FEEL A BIT OVERWHELMED. DON'T WORRY THOUGH, THE SCHOOL OF ENGINEERING IS HERE TO HELP. HERE ARE SOME THINGS THAT I'VE LEARNT OVER THE PAST FEW YEARS:**

**1. Use the library:** Most professors will reserve a copy of the textbook in the library, which you can rent out for 2 hours at a time. The Science commons on the third-floor hosts study rooms for chemistry, physics, and math and stats. SLG's are also in the library, so if you need help with Chemistry, check out the library website for the schedule.

**2. Schedule time for fun:** School can seem all consuming at times. Most of us practically live in Thorn, but don't let that stop you from enjoying yourself. Designate 30 minutes to get lunch with a friend, or an hour to go to the gym. On the weekend, head to the farmers market or for a jog in the Arb. A happy engineer is a successful engineer, just don't forget your lab reports! :)

**3. Look after yourself:** Engineering is going to be stressful at times, but don't feel like you have to keep up with your peers. If you fall ill, or are struggling with mental health, then it's okay to get help. We're all human, and in the long run it'll prevent you from burning out. Student Wellness: <https://wellness.uoguelph.ca/sws/>

**4. You have benefits:** While you can opt out of the dental plan, the health plan is mandatory. This plan means that some medications are subsidized. Physiotherapy, eyecare, chiropractor appointments, and massage therapy can be reimbursed as well. Counseling is also free for full time students and birth control pills and condoms are available at the dispensary. Student Health: <https://wellness.uoguelph.ca/health/>



**5. Talk to other students:** The engineers are an elusive breed. They are often seen wearing Guelph Engineering swag and carrying cups of Tim's coffee. They are easily approachable and can make small talk about design courses. Don't be afraid to ask others for homework advice, even if you don't know their name. Cramming brings everyone together, and the worst thing they'll say is "I don't know what I'm doing either!".

**6. Profs are people too:** Professors, like students, are human. They have bad days and good days, they can be funny or not so funny. Don't be intimidated by your profs, it's their job to support your education. Go to office hours, say hello to them in the hallways, and ask questions in class. Motivation goes both ways. :)

# NACHO PROBLEM: PLACES TO EAT IN GUELPH

STEPHANIE KOTIADIS



PHOTO: CANVA.COM

The year has just begun, and hopefully you haven't gotten too bored of campus food. However, if you have, or you're just looking to try something new, here are a few places that you should check out.

**1. The Salsateria (10 Wyndham St. N.)** Latin (Vegan, Vegetarian, and Gluten free options) It's a hole in the wall kind of place, with barely enough room to stand. The kitchen is attached to Van Gogh's Ear, so if you're in search of beverages, I would recommend getting a table. Their quesadillas are cheesy, their salsa is made in house, and their jerk tofu nachos are fantastic. If you're looking for some good food after a night out, the Salsateria is the place to go.

**2. Bread Bar (105 Gordon St.)** Earth to Table (Vegan, Vegetarian, and Gluten free options) If your parents drop by and you want to show off some impressive local food, check out the Bread Bar. They have brunch as well as dinner, and are well known for promoting the earth to table diet. The crust of their 11 pizza varieties are homemade, and they have a heated patio for those chilly fall evenings. The Mexican Sweet Corn pizza is a sweet and spicy delight, especially if you have somebody to share it with.

**3. The Boathouse Tea Room (116 Gordon St.)** Tea Room and Ice Cream parlor (Vegan options) The Boathouse is a tea room by the Speed River, which provides a lovely setting in addition to canoe and kayak rentals. They have a wide variety of fantastic ice cream that can be enjoyed any time of the day. Vegan options are available too, and if your roommate has left any room in the freezer, feel free to pick up a tub. There are benches at the back of the shop, so you can hang out with ducks while enjoying the view.

**4. The Fat Duck Gastro Pub (210 Kortright Rd. W.)** English Pub Food (Vegetarian, and Gluten free options) If you're looking for a nice place away from the hustle and bustle of downtown, I'd recommend heading to the Fat Duck Gastro Pub. The cozy establishment serves up British classics like the ploughman's lunch, scotch eggs and fantastic curries. They also have a variety of daily specials, running from delicious soups to interesting burgers. My favourite dish is the Indian platter. The spicy array of samosas, pakora, spring rolls, and lamb kebabs come with an assortment of sauces and chutneys. If you're looking for the best of both worlds, the Fat Duck is the place to be.



PHOTO: CANVA.COM

# THE CALM BEFORE THE STORM

## ENJOY YOUR TIME BEFORE MIDTERMS

COURTNEY STEINGART

Hello Thorn-dwellers!

As we all know, midterms have a way of sneaking up on us. But September is perfect for enjoying your down time and preparing for the semester ahead! Although semester prep can seem overwhelming, here are some ways to put a smile on your face during the process!

Grab a wicked Guelph Engineering Agenda from the EngSoc office (located off of the atrium) and fill it in with ALL THE COLOURS! Maybe draw some little pictures in there too or add in your own little words of encouragement. Reading "you got this, smartie pants" beside your first midterm in your agenda is pretty nice! Write in the fun event days too! Don't forget to mark on your calendars Homecoming and Corn Roast (SRM pending) ... Two events you do not want to miss!!!

Now that you've got all your days planned out, time to look at your plan to eat well and be active this semester (and make it last more than just a week). Yes, good intentions are admirable, but this semester let's make it happen! Find healthy food that you also enjoy! Keep in mind that vegetables with a little salt and butter are better than no vegetables at all! Baby steps, right? And it's easier to go to the gym with a buddy! Find a few people who are also interested in getting/staying fit this fall! As well, try a fitness class! They require less planning and thought to execute!

No matter what your September goals are, you can do anything you set your mind to! Keep up the good work, Gryphons!



PHOTO: CATHERINE DANG

## EDITOR'S NOTE

### WAIT – BEFORE YOU GO...

CATHERINE DANG

**FREE PIZZA.** Did I get your attention yet? You could contribute to next month's issue of O'SNAP and snag a free slice on Friday Pizza Days in the THRN atrium. 20 minutes of your time: a short article, maybe a photo or two – you don't even have to come up with the idea yourself! For more information, contact me at [cdang@uoguelph.ca](mailto:cdang@uoguelph.ca).