



the carleton student engineering newspaper

# THE IRON TIMES

The iron dream

<https://www.mycses.ca/iron-times-archive>

February 2020

## THE IMPORTANCE OF DISCOMFORT



Gabriel Sanna  
- ENG PHYS III -



This past January I had the amazing opportunity to go to the university of Alberta in Edmonton for CELC 2020. With a whole week of inspiring panels and thought-provoking seminars ahead of me I began to prepare myself for the upcoming conference. I was very excited to go and see what the leaders in the engineering field wanted to say to the next generation of the workforce, however the story doesn't start there. Before getting selected I had to endure some uncomfortable situations. To be fully clear, at no point was I actually uncomfortable with what I was doing, I was simply stepping out of my comfort zone in a figurative sense. When I heard of CELC 2020 applications coming out I wasn't the most enthusiastic individual. I had no idea just how useful and interesting the conference would be. It took some out of character behaviour to get the

application done. It demanded that I come up with things that I could do to prove that I could take knowledge and experience back to the CSES. It was forcing me to think critically which I something I don't always have to do. I was stepping out of my comfort zone and pushing myself into a place I had never been before. After the interviewing process had completed, I was thrilled to find out that I had been selected to be a delegate. All those steps into the abyss had actually paid off and gotten me somewhere. Suddenly I had an optimistic and eager view about the conference. I figured I would make the most of my experiences at CELC now that I had been selected. The entirety of the keynote speakers and panel experts had one thing to say; Step out of your comfort zone. They all agreed that stepping out of your comfort zone was the

only way to excel. So naturally after the panel was done and I had a chance to speak with the CEO of the ACEC I decided to go against my gut and talk to him. After debating whether tucking a C-Eng sticker into my palm before shaking his hand was worth it (it wasn't), I stuck up a simple conversation about the role of the ACEC in Canada and had an in-depth discussion. He had lots of valuable information about the inner workings of the industry and was eager to share it. Although I may not have made a valuable connection as Mr. Gamble talked to hundreds of other students. I still learned valuable information by stepping out of my comfort zone. In summation, I was always pleasantly surprised with the results that going against the grain can provide. Because nothing happens if you don't do the thing! True Story!

READ ON,  
I DARE YOU

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AND MUCH MORE!



### WARNING:

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If you wish to express your views on the content within, please email us at [irontimes@cses.carleton.ca](mailto:irontimes@cses.carleton.ca).





# EDITORIALS

This month is gonna be crazy for me

Cat-like

## *From the Desk of the^Editor*



Andy Curtis  
- AERO C IV -

So, this month's theme is "Feelin' Fly" and as per usual it's a theme that is not meant to be taken literally. Now I've never been a fly so I can't attest to the quality of life that they live, but I can attest to the length of life they live which is very short. Depending on the type of fly their life span can be as short as 24 hours such as the mayfly which to me is just crazy... Anyhow, crazy facts with Andy aside, Welcome to February!!! I hope the beginning of the semester hasn't been as bad as Trump's term of presidency and that by this point you hopefully have all your grades back! Now onto the theme!

The idea behind this theme began very simply. I was wandering the underground mall in Montreal looking for a suit, trying to think of themes for the February Iron Times, as one does! When suddenly, when I was trying on the suit, I thought to myself, "you know Andy, you are feeling pretty fly!" and from there the idea bloomed into fashion! I decided to write it down in case I needed a theme and so, it was so! Although using all my Christmas money to buy that suit probably wasn't the brightest Idea I've ever had, the theme was pretty good! I guess the moral of this story is that ideas can come from anywhere and at the weirdest of times. Much like when you are looking for something you just set down or that you swear

you just had a minute ago, you shouldn't dig too hard for ideas. Take some time to relax and allow the ideas to flow to you. Keep the idea in the back of your mind but allow your brain to take a break from thinking and just enjoy the afternoon!

Now as some of us at university may know all too well, seasonal depression is a serious issue in the wintertime and should be treated as such! This is another reason why the theme of the Iron Times is so cheery! Firstly, because all of you are great and deserve the best in life when it comes to mental health and all your successes. Secondly, it is way easier, in my humble opinion, to be optimistic about something than it is to be pessimistic about something in any given situation and so something I like to do when I'm feeling down is to tell myself one thing I like about myself and it doesn't have to be big but it can be very VERY helpful! For me some of the things I've said

to myself in these moments are "Well, I'm happy that I live in Canada!" or "I'm happy that I have friends who care about my well-being". In moments like that, there's nothing nicer than being nice to yourself, because regardless of how hard everything gets, you'll still have yourself!

This last paragraph I didn't necessarily know what to write, but an inspiration from my own second paragraph has caused me to spur on! This paragraph is about suiting up! Now I know what you are thinking "Andy how can you possibly read my mind?!?!", good question. The point is everyone needs help with getting all formalized so I'm gonna tell you how! The first thing is a balance between formal and budget is always the correct look! I cannot emphasize this enough to only buy fancy stuff out of your expendable budget. The second thing I'm gonna tell you is for all the people who like to wear ties.

Learn to tie a full Windsor, it's useful and formal and takes one more loop than the half Windsor. If you ever need a hand, there's tons of tutorials online or just ask me!

So that's it for Feelin' Fly February from me (I just realized how many F's that is, press F to pay respects). Hope you all have a great week! Don't forget to go out and do the things you love doing! Live each day like it is your last! I've come to realize over this semester that the reason I haven't been super stressed, even with everything I'm doing, is because I love doing each and every one of those things. They make me happy even when I'm making difficult decisions and I think that's the important thing. Anywho, keep it fresh C-Eng, you guys make me happy in the hardest of times!

# SUIT UP!



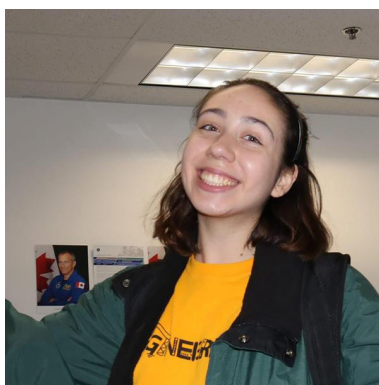


# EDITORIALS



Are you Feelin' Fly, cuz it's pubs time

## *VP Publications Time!!!*



Keely Gibb  
- AERO D IV -

Hello, hello! February is upon us, and this means we are reaching the final stretch of another academic year. How the time flies! The theme of this issue is Feelin' Fly, and in light of the upcoming February Feel Good Week, I figure that now is the ideal time to contribute to the ongoing conversation of mental health. There are so many great campaigns that address the stigma of mental health or promote useful resources, especially to students. In addition to these, I find it very comforting when I hear fellow students speaking openly about their experiences and I realise I'm not alone when I'm not feeling okay.

I thought it would be nice to use my small segment of this paper to shed some positivity. I get wrapped up in my own thoughts so much, and sometimes it is difficult to maintain an optimistic perspective. At times when things (cough - school) becoming overwhelming, I tend to rely on reassurance from others that things are going okay, that I'm doing alright, and that whatever is concerning me is not actually the end of the world. This is something I'm actively working on, but banishing negativity is not that simple, and I'm sure there are others that feel the same way. So, for this month's article, I thought it would be nice to write up a little pep talk.

You, dear reader, are absolutely killin' it. Dang, you got out of bed this morning and went to class? Do you know how much



motivation that requires, how awesome it is that you made that decision and battled the hoards of OC-Transpo commuters to get to class on time? Didn't go to class? Opted to stay in your warm bed and catch up on a few hours of sleep? Honestly, I don't blame you. You deserve to be well rested and it's okay to take a day off. We're all taking it one day at a time, and it's impossible to be at the top of your game every day!

I know it's midterm season and this can be a stressful month, but you know what? You have come such a long way. You'll be surprised by what you've learned this semester and what you're able to achieve. I will admit I'm not the best at staying on top of my studies and I find myself doing a bit of cramming when classes pick up. Doing a little bit of work here and there really sets my mind at ease. Even if you're intimidated by that upcoming test, do what you can do and be fair to yourself. Small progress can go a long way, and having confidence in your abilities will pay off!

So, you're looking for a co-op placement? A summer job? Some kind of direction for your

life once you graduate? I can't tell you where you're going to end up, but I'll tell you this: it's all going to work out. You may end up in the completely opposite direction than you imagined, but I assure you, it will be rewarding. And even if not, even if a major detour from your five year plan isn't what you had in mind, your experiences will be invaluable. There's no "right" way to live your life. Your education and your career path can be vastly different from the person next to you, and that's okay! You're going to get through it, you're going to get hired. It will happen.

Last thing I want you to remember as you metaphorically put down this paper and return to your studies: you are good enough, you are smart enough, and you are worthy enough to achieve your goals. It's easy to second guess ourselves or feel insecure. It's normal, but why? You've accomplished so much in your courses and in your own personal growth. It's intimidating to throw yourself into something new or share your thoughts when you may be shut down. But what have you got to lose? Those people in class who seem to always

know the right answer are not always right, and those people who seem to radiate confidence have insecurities as well. We're all just human, and we're all trying our best. There's nothing wrong with being afraid or failing. There's nothing wrong with giving up, if it's best for you. But when it comes down to it, you are valuable and you are powerful.

You look great. You are a great friend even if it doesn't always feel like it. Others are interested in your ideas. Taking care of yourself is most important. You've made it through every bad day so far, and you remain killing it.

I hope you enjoyed this pep talk. Everyone struggles with low points sometime or another, and I want you to strive to be kind to yourself even when the world isn't. This is by no means a solution to serious mental health issues, and if you are suffering I strongly recommend exploring the on campus resources or talking to a professional. Look out for one another, and take that time to reflect on what makes you such a force to be reckoned with. Have a great month, C-Eng!





# COLUMNS

I was there, this was gut wrenching

## CURSED CONCOCTIONS Card Game Edition

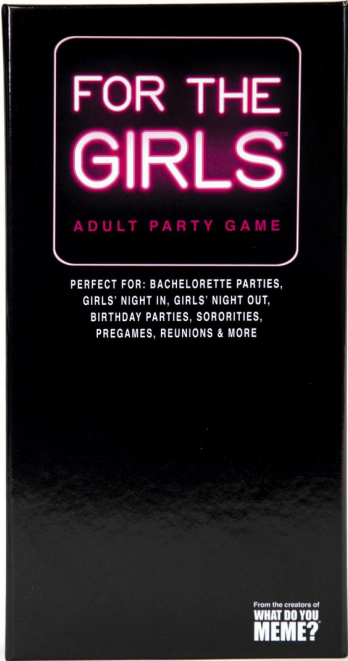


Ariq Maclean  
- COMP SCI V -

you spin for a colour corresponding to a particular prompt. If you win the prompt, such as a ‘most likely to do \_\_\_\_’ or name things within a category, you win the card, and the goal is to have the most cards. As with most games whose target audience is middle school girls, playing it with a group of primarily early 20s guys ends up with different results. The pink cards are dares, and one of them prompts the rest of the group to make a ‘death cup’, which was the reason for the inception of a lovely beverage that’s fun for the whole family.

The ingredients are hazy due to the desire to forget this ever happened, but they’re something along the lines of:  
An arbitrary amount of pickle

juice  
More Sriracha than you’d want to drink  
A paste that will curdle  
Some sort of opaque liquid  
Pepper or some sort of spice blend?  
A student’s cinnamon-y best friend (to taste)  
Mix those ingredients (but not too well) and you’ll have a recipe for something that is not what you thought you’d be doing when your friends suggested playing board games. The chunks near the bottom really sell it. It’s more than just a game, it’s an experience.  
11/10.  
The drink gets an 11/10 too.



This month’s column will be dedicated to a fun little concoction that you can make in the comfort of your own home! It was prompted by the absolutely cursed card game titled ‘For the Girls’ and is, at the same time, a mini-review for it.  
‘For the Girls’ is a game where

## Caroline's Culture Corner

*Snapped: A Story about Eliminating Bullshit*



Caroline Lenarcic  
- AERO C IV -

trol and determine which of those things make us feel fly and which make us feel like garbage.  
What springs to my mind is everyone's favourite vice: social media. It isn't a hot take to say that social media (in addition to casually threatening democracy) is a breeding ground for negative thoughts. Having a carefully curated window into everyone else's life tends to make one more self-conscious and dissatisfied with their own. I personally felt that dissatisfaction most strongly in my relationship with Snapchat.  
In high school, Snapchat was a thing that I had but rarely used. It wasn't until I came to university that it became relevant. Within the first week of school, my friends

list had tripled (granted I probably only had about eight friends to begin with) and I was swept away in a form of communication that was relatively novel to me. From then on, I was hooked, not yet realizing how far that hook would pull me into dangerous waters.  
I shared funny moments with my friends and got added to group chats. My best friend at the time and I got super excited by extending our streak and reaching new levels of "best friendship" as defined my snap emojis. I tentatively started posting things on my Story. When everyone else is doing it, it becomes harder not to follow along.  
Eventually the new habit morphed into a dependence. It was

more than the usual desire for attention that blooms in any social media-addled brain. I began viewing my life through the lens of my phone camera. I was trying way too hard to be funny and interesting for the sake of sharing it with others. It had a persistent voice in the back of my head asking, "How can you make whatever you're doing snap-worthy?"  
As friendships faded and changed over the years, I placed inordinate value in the Snapchat friend metrics. Breaking a streak was an emotional blow, and losing that gold or red heart was devastating. Yes I'm embellishing a bit, but my point is that my brain had seemingly been rewired to respond to these things that really shouldn't have mattered.

Have you been feeling fly lately?  
If not, I don't blame you. The world can let you down sometimes, often due to factors you and I can't control. Thus it's important to identify the things we can con-

# COLUMNS



## Send me some song recommendations, you won't

And the worst part, my greatest shame, was my relationship with the stories in the Discover section. Every tabloid under the sun has a Snapchat story. When I was too tired and unfocused to pay attention in class, I would select one of the absurdly click-bait titles and let it devour what was left of my brain. BuzzFeed, Cosmo, even The Daily Mail. I could have answered anything you asked about the Kardashians. If that isn't the peak of my shame then I don't know what is.

I probably sound super out of touch for describing my Snapchat experience this way, but it's interesting to consider the unique niche that Snapchat occupies. I guess the original appeal was that messages disappear, allowing anyone to say whatever they want without any proof to hold against them. But more than that, Snapchat offers a lazy, cheapened form of human interaction. Often I would receive snaps of nothing in particular, just the floor or something, and wonder what the sender's motivation was. Were

they bored? Were they looking for an excuse to talk but had nothing to say? Did that snap go to 25 other people? Or just to me? Did they hit my name by accident? Sending a snap takes no effort and there are no stakes. The uncertainty and randomness makes the communication so frustratingly impersonal that I admitted I would feel so much better if I just gave it up.

I deleted the app about a year ago and haven't looked back. My mind feels a lot quieter without that stimulus. I have better conversations. I

don't waste time on people who don't actually want to talk to me.

I genuinely don't expect most people to share this experience. I'm not telling this story to convince you to go off the grid. You probably don't have to. But if you find yourself overwhelmed, lonely, and far too aware of reality TV news, then maybe consider breaking the habit.

You deserve to feel your best. Treat yourself accordingly.

## How to be Emo



Willow Eardley  
- ENGLISH MAJOR V -

one colour on top with a different colour on the bottom, maybe even polka dots! It'll all end up a green mess anyway!

Cut your hair with a shaving razor

One of the most iconic parts of being an emokid are the bangs. The less of your face that gets seen by the public the better. The key to emo bangs is that they are not done professionally, they are done by you or your emo friend in your or their parents' bathroom with Blood On The Dance Floor or Black Veil Brides playing in the background. The best way to cut emo bangs is pulling hair straight in front of your face and scraping it with a razor until it falls where you want it. Is that good for the hair? Probably not, but who cares! You're going to look great!

### Tease that hair

Now that you've got the colour and bangs, it's time to tease! And no, I don't mean make your hair horny, I mean it's time to backcomb your hair until it's a ratted mess and standing straight up on your skull! To achieve this iconic look, grab sections of your hair, pull them straight up, and comb towards your skull while still holding the section of

your hair. The shorter parts will comb down and form knots. If your hair isn't textured enough for this, don't worry! Use some hairspray to create even stronger knots, Once your hair is sufficiently knotted, try to shape the remaining long pieces into wing shapes by adjusting them and spraying with hairspray to keep them in place. If done correctly, none of your hair should move once you're finished.

Yesterday's mascara is today's smokey eye

There are lots of different ways of doing emokid makeup, but I'll teach you the easiest: the emokid smokey eye. Throw some mascara on the day before you start your emo transformation. Do NOT wash it off. Wake up, looking like a raccoon, and smudge the makeup under your eyes to create the shape you want. Maybe you wanna look like you've been crying, maybe you want a wing that goes into your hairline. Personally, I'd go for a circular look. And voila! Your very own smokey eye!

### Jewellery

Now that you've got your physical look down, it's time for some finishing touches. First, put on all of your necklaces. All of them. Except the ones your

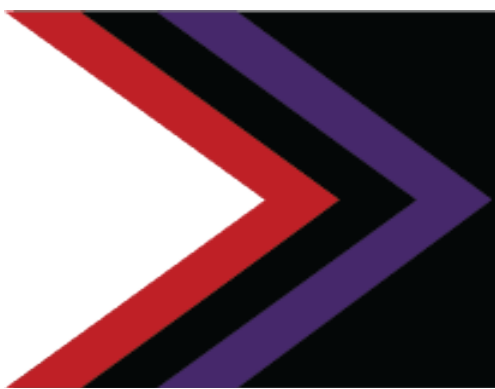
grandma gave you, those are too girly (and honestly, too sentimental). You probably won't have hickies because, come on, you're an emo kid, non-conforming as can be, but if no one can see your neck, maybe you do! You also want to pick up some fake spacers. Or real ones if you feel like having people look through your earlobes.

### Get some sharpie tattoos

Last but not least, you need some tattoos. Now, you're probably 14 and so I'm not going to preach that you get real tattoos (do it) so sharpie tattoos will work just as well until you're ready to commit to something being on your body forever. Really almost anything works as an emokid sharpie tattoo. My favs were always pandas, penguins, eyeballs, that weird s thing, and motivational quotes. Really, anything you can take photos of and post on instagram are a good idea.

Et voila! If you've followed all of these steps you've completed your transformation. Hope you're feeling fly, fellow emokids!





# COLUMNS

This is so heartwarming

## A Volunteer's View

By: Jen Penderghast



OTTAWA – January 18th, 2020 – Parker Armstrong is a recurring volunteer with Canadian/Nicaraguan charity, SchoolBOX, which aims to support education in one of the poorest countries in the Western Hemisphere. SchoolBOX provides international volunteers with the opportunity to visit construction sites and help build the classrooms and libraries that are making the difference... and to meet some of the families who will benefit from their work.

Armstrong first joined SchoolBOX in August 2014, when he and a friend signed up as International Volunteers largely on a whim and helped build a school in Leon in the North of Nicaragua. He immediately felt a deep connection both with the kids and with the wider SchoolBOX team, so when got back to Canada, he booked his next trip.

In 2015, Armstrong had another emotional experience on his second visit to Nicaragua and he realised he wanted more. This time not just another short trip, but a deeper engagement with the charity and the country of Nicaragua. He had been impressed by the translation support provided to him as a non-Spanish speaker, but he wanted to strengthen his connection, so he learned Spanish and re-

turned to the country for three months as a SchoolBOX intern, embedding himself with the local team and combining his skills and knowledge as an engineer with his passion for the cause.

Since then, he's returned to Nicaragua regularly, and every time he finds it an emotional and inspiring experience. He has friends among the children, and has witnessed first-hand the differ-

ence that SchoolBOX makes in their lives. He's been going back long enough now to watch babies he met before walk into a SchoolBOX classroom, and students who played with him on the construction sites grow into educated, confident young adults. He has seen the rising attainment and enrolment in SchoolBOX schools, and witnessed the pride and gratitude of the communities.

That mixture of pride and gratitude is an important element for Armstrong, and for SchoolBOX as a whole. Everyone is conscious of the risks of 'voluntourism' that can come when charities from wealthy countries move into poorer ones and try to make changes, even with the best intentions. At SchoolBOX, the deep connection between local staff and community leaders is an important part of what makes our projects work and ensures that the progress is sustainable even after the construction work is completed. From the families living around the school to the construction workers on site, to Ronald at the head





# COLUMNS

Look at how happy they are!



of the operations, everyone “feels like a family,” because it is Nicaraguans helping Nicaraguans.

We couldn’t do this without the support of our International donors and volunteers, who bring so much to the cause. For those who visit, the experience varies depending on the group. “Phenomenal” local volunteer coordinators ensure that those who are keen to pour concrete and work rebar, can get thoroughly involved in the construction itself in the early mornings before the heat gets too intense, while older volunteers might be assigned to help prepare the lunch that worker and volunteers share with the community... and of course everyone gets a chance to meet the children and relax over a game of tag or skipping rope when their classes are over in the afternoon. After 5 days, the group then leaves the site and experiences the culture of Nicaragua, for example by travelling to the capital city of Managua.

Armstrong’s advice to anyone planning a trip to Nicaragua with SchoolBOX is to go with an open mind and be vulnerable to the experience.

One of the strengths of the SchoolBOX program is that volunteers of any age and background can be involved and gain so much from the experience. Whether as a young child discovering that these children from a world away are “just like me,” or an adult getting stuck into construction, cooking or culture – “It will be a culture shock,” Armstrong says, “But you will build relationships with people and grow through the experience.”

SchoolBOX began in 2006, when Founder Tom Affleck gave two girls a notebook and a pencil in rural Nicaragua. Immediately, their father’s face lit up as he exclaimed, “Now my children will be able to go to school.” In that moment, Tom realized that simple tools that we often take for granted had the potential to empower children to get an education and ultimately break the cycle of poverty. Based on that small act, SchoolBOX was born. Since that humble beginning, SchoolBOX has constructed over 114 classrooms, 80 libraries, and 59 washrooms. In addition to its infrastructure programs, SchoolBOX equips over 18,000 children



in 108 communities in Nicaragua with the school supplies they need to get a basic education on an annual basis. In Nicaragua, the second poorest country in the Western Hemisphere after Haiti, the elementary school graduation rate is just 56%. SchoolBOX’s programs are designed to encourage children to go to school, and stay in school year after year.

So should you bring notebooks and pencils on your volunteer visit? Armstrong says there’s really no need to bring anything for the kids – and what you might want to bring is cheaper

and better for the country if you buy it there – the most important thing you can do is to connect with the locals and the students themselves. “Say hi, and see where the conversation leads.”

You can join a group of volunteers, make a donation or find out more about SchoolBOX’s projects in Nicaragua through the website, [www.schoolBOX.ca](http://www.schoolBOX.ca) or find us on Facebook, Instagram or Twitter to hear about the next Volunteer Information Session happening near you.

### C-Eng Hockey Team Upcoming Games

Team Stats:  
9-2-1   GF: 57   GA: 34   2nd Place

	CENG vs. Book Hockey		Wed Jan 29 10:00 pm	TD Place
	CENG vs. AM Lumber		Sun Feb 9 9:30 pm	RA Center
	CENG vs. Pink Whitneys		Sun Feb 23 10:00 pm	TD Place
	CENG vs. PLAYOFFS!!!!!!!!!!!!			

I should go see a hockey game!





# COLUMNS


Even Larger Larger thank you to those who actually linked a photo



## “What's a song that gets you feeling groovy?”


I have a dream from Tangled or Don't threaten me with a good time by Panic


**Alex Miller**  
ARCH D III



All Around the World - R3HAB remix (it's 100% a bop)

**Nikita Yovchev**  
BIOMED ELEC I







**Nicholas Butler**  
MECH II

Kesaby Nights by Catch 22

My Type, Saint Motel

**Alex Stevens**  
CIVE IV






**Rafe Osborne**  
COMP SYSC V

Showdown by Marty Grimes & BJRNCK


**Michael Loh**  
ENG PHYS II



Funky Duck by Vulfpeck


"Glitterbug" by The Wombats... This question was a really clever way for Andy to get a bunch of new music recommendations.

**Cameron Floyd Davis**  
SOFT II



Into The Unknown (Panic At The Disco Version)

**Aaron vandenEnden**  
AERO D II





# COLUMNS

Fun fact my actual favourite colour is Mahogany



Life is a high-way or Stacy's mom

Reem Dawoud  
CIVIL V



The Wanderer - Dion and the Belmonts

Gabriel Sanna  
ENG PHYS III



DotA by Basshunter

Erdem Yanikomeroğlu  
COMP SYSC III



Pachabel's canon

Gabriel Karam  
CIVE IV

Gone (Pocahontas Song) by Ziggy Alberts

Cornelius Liburd  
AERO C III



Davis Moore  
ARCH II

Outstanding - The Gap Band (12" version)

Miryam Yakub Aga  
ARCH DESIGN III



Ocean man by ween

Lazar Milojevic  
SOFT III



Funky Monks - Red Hot Chili Peppers

GNCTR- You make my dreams come true



Stewart McLean  
MECH IV

Flashback by Noah Pacheco ft. Andy Curtis



Flashback  
NOAH PACHECO  
Ft. Andy Curtis

Play it Cool - MONSTA X



Hannah Carton  
ENVIRO V

“What is your coolest experience with an animal?”



GNCTR

I saw a cuttlefish :O



Lions because they're my horoscope and they feel me

Flashback by Noah Pacheco ft. Andy Curtis



Going swimming with old black Labrador



I like animals, they are great





# COLUMNS

## Did you know that?

One time I saw a fox outside Mackenzie building.



So I was out in the woods by a deer farm at 2am one night and I accidentally fell asleep and this cyotie rolls up and wakes me up. Man's just came to hang out for a bit then wanders back to the woods. Bit spooky but good.



Swimming with dolphins in the ocean



Got splashed by a seal when I was a kid at a Memorial Univ-eristy lab.



Does seeing Don Bailey's Python count?



Butterfly landed on me arm in the butterfly exhibit sick tings



Swimming above turtles in Hawaii



I once touched a squirrel



A bird landed on my head once and I was very afraid



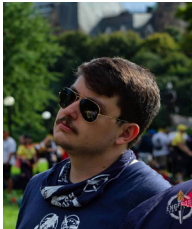
At the Toronto Zoo, the wolves are kept in a large enclosure that has a long path on one side of it. I would run down the long path and some of the wolves would run in their enclosure alongside me. It was soooooo fricken cool



Soooo there's a samoyed therapy dog at carleton (the white fluffy one that smiles a lot), and you never really understand how much of their volume is fur until you try petting, and then afterwards you don't realize how much of that fur is then permanently attached to you. But in conclusion: very fluffy and very smiley. Highly recommend. Thank you for coming to my TED talk.

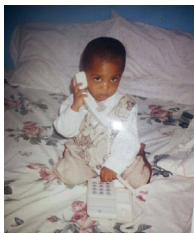


I was walking on a forest trail with my roomates and we saw some cows chilling by the water. We then chilled with the cows and fed them various grasses. The cows let us pet them too!



I found and briefly adopted a street cat last winter, but I had to give him to a shelter after a few days :(

I was at the humane society looking at dogs, and all the dogs were going rowdy and barking their heads off because someone was in the back. I walked up to a window with a husky named Newton, and put my hand on the glass. He walked over, jumped up, put his head against the glass where my hand was for a few seconds, jumped down then went back to his bed and laid down.





# COLUMNS

Now you know!

“What's the coolest outfit you've ever sported?”

GNCTR



A Toilet

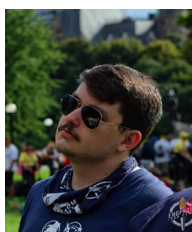


I felt very fancy at my prom



My baseball uniform

I wore a homemade Poe Dameron costume to the star wars episode 7 premiere

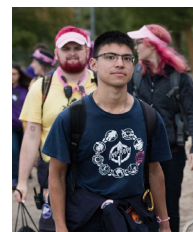


Red & black plaid bucket hat, coat, pants, and socks

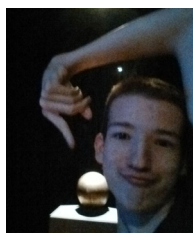
I'm making a button up shirt made of two tacky designs split down the back and sewn together. It's gonna be a killer



A white turtleneck with white jeans, white sneakers and a white beanie.



Lava girl cosplay



Chucks, acid wash jeans, graphic tee and a plaid shirt with the sleeves rolled up. Top it off with a beanie and a pair of green tint glasses despite having 20/20 vision.



Frosh Facil shirt featuring GREEN skin.

Nothin' makes you feel cooler than having a lab coat and giant goggles on.



This pair of overalls featuring a pocket large enough to fit all 12 of my different coloured pens was pretty cool.

Ginger bread man onesie



Whirlwind 2019! Heels, flightsuit, tie dye hat, shades, and silver jumpsuit underneath



Flashback by Noah Pacheco ft. Andy Curtis



Flightsuit & pit vipers... if only I had Heeley's I could complete the coolest outfit of all time!



black on black on jet black from head to tippy toe



Obviously my elephant onesie

leather jacket (thats it)

PS I am on that album





# SOCIETIES

CSCE, The Iron Times appreciates you

## CSCE CARLETON CHAPTER UPDATE - FEBRUARY

We are now offering a discounted membership of \$5 for the remainder of the year! This membership includes 100 free prints, access to our textbook library, exam library, old course notes, and so much more. Come by ME 3379 to pick up a membership and take advantage of the resources that will help you succeed this semester!

In January, CSCE Carleton welcomed Professor Russell Richman of Ryerson University to give a lecture about the build-

ing science masters program at Ryerson. Students were shown what life as a master's student is like, as well as upcoming opportunities at Ryerson. We are so happy to say that our annual CSCE Industry Night went amazing! We had Civil and Environmental companies set up to network with students, as well as presentations from our platinum sponsors on current projects around Ottawa. We want to thank everyone that came out and helped to make this night so special. Good luck

to the students applying to jobs this year!

On March 10th, CSCE Carleton has the opportunity to tour M CON. M CON is a pre-cast concrete facility located in Carp. Some of the products they produce are concrete pipes, box culverts, retaining wall blocks, and so much more. If you're interested in how pre-cast concrete is done, stop by CSCE (ME 3379) to learn how you can come!



## ACCESSIBILITY HOUSE DESIGN



Jaedon McColl  
- CIVIL IV -

Hey everyone!! Last month Amanda wrote an article about getting involved. This month CSCE is bringing a different kind of article your way. We want to remind you to have fun with what you are studying and take it to heart. Why? Because you are the catalyst to lasting impacts. In saying that, the Carleton council really hopes that you are passionate about what you are studying and that you see a way to make a lasting impact in others' lives whether you receive acknowledgement for your work or not. I am Jaedon McColl, and I am currently in fourth year civil engineering with a minor in disability studies. The truth is that I took

to heart the design and reason for the construction of my parents' house. One of my younger brothers, Mitchell, has Allan Herndon Dudley Syndrome; as an umbrella term, his needs are similar to Cerebral Palsy. One of his aids to help him in his daily life is a wheelchair. My personal goal is to combine my structural engineering knowledge with my desire to make a more accessible environment for everyone together. As a side note, if my future career goal inspires you, I highly recommend that you look into the Rick Hansen Foundation Accessibility Certification (RHFAC). There are specific prerequisites in order to take this certification; if you're in architecture, engineering, urban planning, interior design or a related program then you can. There are a few other prerequisites that can also be considered. To find more information about RHFAC use the following link: <https://carleton.ca/read/2019/rhfac/>. So, all of us are here working hard for our goal of graduating, but how often do we think about what we want to do with our degree other than get a 'good job' in the

end. What made you take your degree? For myself, as I said, it was the construction of my parents' home. Due to Mitchell requiring specific daily help, the house that we constructed as a family made it easier for us to help him more. The house is designed to lessen the physical obstacles in his home environment. Now Mitchell has more independence because there are no steps into the house, we have handlebars next to the toilet and there is an accessible shower. Not that my house is amazing or perfect in anyway, but I hope this article can remind us that yes our work may sometimes be long, but that it is for others and their needs in the long run. Other design features of the house are four-foot hallways in order for easier transportation throughout the house with his wheelchair. There is plenty of open space; this enables Mitchell to get from point A to point B without having to navigate a maze in his own home. For example, the kitchen flows into a dining room and the living room. If these rooms were empty, it would be just one large room. Another feature to the house is

that there is a 12-foot overhang around the entire house. Under the overhang there is a 10-foot-wide concrete pad that is poured around the entire house. Because the house is situated in a country setting, this pad substitutes for a sidewalk; this enables Mitchell to have mobility outside the house in all weathers. Mitchell's able to leave the house and join the rest of the family with whatever we're doing on the concrete slab. If you are interested in more of the structural side of the build, then I'll treat your interest with one of the building materials used. The exterior walls of the house are constructed with ICF blocks; ICF stands for Insulating Concrete Forms. The ICF blocks are kind of like big Lego blocks and then filled with concrete for reinforcement. If you have other questions about the home that we created for Mitchell I am more than happy to discuss them with you. I hope that you were able to gain some inspiration and interest from this article. Best wishes from the council! Peace.



# COLUMNS



What soul? My degree has stripped it from me



Legend doth tell of a journey most cool  
its stories are forbidden among halls of ones school.  
A group of parched warriors with chins held up high.  
band together to drink a small establishment dry.  
But one special DUSTED when planets align  
occurs only once every four years in time.  
So await the SOOPP call and be wary because  
you are invited to the DUSTED that never was.



Brotha Erin Hemm

### We Rate SOOPP Pets

This is Luna! She was abandoned on a construction site and luckily rescued from the cold last year. She's as sweet as can be and loves forehead kisses and just being close to you. She will greet you at the door and tell you about her day. She's very clumsy and gets embarrassed easily, if you are playing with her and she trips chasing a toy she will hide until she's overcome her social blunder. 12/10

Luna's human: Brotha Erin, See below, left



This is Sailor Stu! His favourite snacks are hot pepper plants, bananas and bunny donuts. When he's not chillin out relaxing in his bunny condo, he enjoys running around our deck and living room. He loves head scratches and has strong beliefs that he's a bird and/or human. 8/6

Stu's humans: Brotha Steph & Brotha Mike, See above, right

This is Moshka. She is a little princess. She enjoys pets (though only on her terms), murdering toys, asking for pets (at the most inconvenient time) and sitting quietly in unexpected places and staring at you with the eyes of a murdered 18th century Victorian child. 8/7

Moshka's human: Brotha Lucian , See below, left

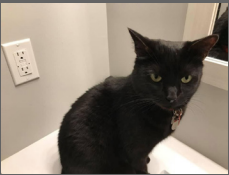


This is Lance, he is so fat he snores himself awake, likes to headbutt you in the face, spends 80% of his day sitting on the floor vent hoping the heat turns on. 6/5

Lance's human: Brotha Lister, See above, right

Luke, literally allergic to everything, will jump on your chest and give you hugs, impeccably ability to determine which shoes are the most expensive in front hall, shows his choice by peeing in them. 7/6

Luke's human: Brotha Lister, See below, left

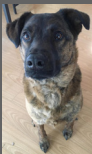


Mazie is 10 years old, enjoys long walks on the beach and short poops in the forest. She always crosses her paws when she lies down because she is a classy lady. She also has special bedtime socks because she enjoys scratching the carpet. 12/10

Mazie's human: Brotha Natalie, See above, right

Karl and Charlie are rescue mutts and brothers. Karl is too smart for his own good and steals things from the kitchen to hide in the yard when he is annoyed with you. Charlie is a sweetheart, and likes using his step-brother Griffin as a pillow. Griffin is 14 pounds of majestic floof and muscle. He enjoys hanging out with the local raccoons and firmly believes no one should use a toilet without his supervision. Karl, Charlie, and Griffin mostly ignore their 50,000 sisters, the honeybees! These two hives produce +12 gallons of honey each year, guaranteeing that the question "why is this sticky?!" is asked way too often around here. 43/40

Karl, Charlie and Griffin's human: Brotha Suzanne



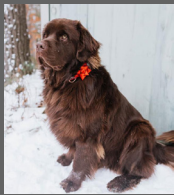
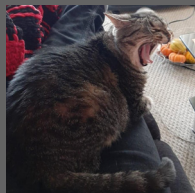
This Cali, she's part Calico and part Tabby, as well as part sweetie and part feisty. She loves basking in the sun, lounging on everything except her cat condo. Her favourite sneaky treats are cheese, ice cream and salty snacks. 10/10

Cali's human: Brotha Sydney



This is Eggo (probably a Stranger Things reference) and is a strange cat. She is a very picky eater and will complain loudly about it. She enjoys running from cuddles into an adjacent room and pretend like she's lost. Loves chasing shadows and laser pointers more than real items. 8/8

Eggo's humans: Brotha Yannick and Brotha Justine, See below, right



Griffin is a Chocolate Newfie. Rescued him from the LA heat. Loves being back home in the wintry tundra where he belongs. He is very responsible when it comes to managing his hydration and will remind you to also stay hydrated. 14/12

Griffin's human: Brotha Dorin, See above right

Follow us on Social Media, at:  
Facebook: /BrothahoodOfSOOPP  
Instagram: @ceng.soopp







# CARLETON STUDENT ENGINEERING SOCIETY


 /myCSES     @myCSES     @myCSES     myCSES.ca


## FEBRUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
Hard Hat Order						
C-Eng Hockey Game 10:30PM						
2	3	4	5	6	7	8
C-Eng Hockey Game 10PM	CSES General Election Nomination					
		Desjardins Finance Workshop 6PM Winter Comedy Night 8PM				
9	10	11	12	13	14	15
C-Eng Hockey Game 9:30PM					Final Day of Pewter Mug Orders 8:30AM	
16	17	18	19	20	21	22
CSES General Election Campaign Period						
23	24	25	26	27	28	29
C-Eng Hockey Game 10PM			Town Hall CSES General Elections 6PM		Troitsky Bridge Build Competition	

 **Alexander's Office**  
3390 Mackenzie

 **613-520-3616**

 **Open Monday-Friday**  
8:30 AM - 5:30 PM

 **Open Fall & Winter**  
Academic Terms





# CARLETON STUDENT ENGINEERING SOCIETY

3390 MACKENZIE BUILDING



/myCSES



@myCSES



@myCSES



myCSES.ca

## WHAT IS CSES?

THE CARLETON STUDENT ENGINEERING SOCIETY HAS BEEN SERVING THE STUDENTS OF CARLETON ENGINEERING FOR MORE THAN 35 YEARS.

ITS GOAL IS TO PROVIDE ITS MEMBERS WITH ACADEMIC, PROFESSIONAL, AND SOCIAL RESOURCES TO HELP THEM MAKE THE MOST OF THEIR FOUR (OR MORE) YEARS AT CARLETON. IF YOU'RE AN UNDERGRADUATE STUDENT ENROLLED IN A STREAM OF ENGINEERING, YOU'RE A MEMBER OF CSES.



President  
Johan Prent

Hey C-Eng! Now that the new semester is well underway, and we have already had our Winter General Meeting, we look towards the upcoming events! Feb 10-14 is February Feel Good Week, a week dedicated to promoting best practices for mental health in the C-Eng community, so make sure you keep an eye out for some of the awesome events that are going to happen during that week! After that, it's a short dash to reflections and the end of the semester! So make sure to rest up over reading week, and I'll see you in the next issue of the Iron Times!



VP Finance  
Grant Sutherland

Howdy C-ENG,  
With February beginning, it is the last week to submit proposals for SGF funding. For the clubs and societies who have, your interview will be on Feb 12th. Student group printing is also under way for the rest of the semester as each group has \$10 to use for printing from CSES. Enjoy the shortest month of the year.



VP Social  
Logan Macgillivray

Love is in the air... and will also be in Oliver's on February 14th. Come to V-Day Pub for some fun Valentine's Day fun and the chance to bid on Flightsuit Committee. Also this month, tickets are on sale for Reflections!!! The National Arts Centre will be our host on March 14th, do not forget to come buy a ticket in CSES. Grads can buy dinner tickets starting February 3rd, and dance tickets and general dinner tickets go on sale February 12th.



VP Internal  
Andre Lawrence

Hello C-Eng! Second semester is now in full swing, there is a lot going on and lots to do! The CSES General Elections nomination period is from Feb 3 - Feb 7, and the voting period takes place March 4 - March 8. Nominations for Reflections Awards winners closes on Feb 13th at 5pm so fill out the google form by then. Pewter Mug orders for the Winter 2020 grads ends on February 14th. Finally, graduates can now RSVP for the Winter Ring Day celebration via the Google Form on the CSES Event page and website. If you have any questions, email me at internal@cses.carleton.ca.



VP Services  
Jasmine Eriksson

Hey CEng! Don't forget to order your hoodies before Friday February the 7th! Make sure to stop by the office to check out our textbook library and equipment loan program which are just some of the great FREE services that we offer!



VP External  
Abby MacGillivray

Hope everyone is feeling good because it's February!!! Conferences this month are ESSCO AGM and CFES CSE! The C-Eng Hockey team is preparing for the ESSCO Hockey Tournament in March, you can follow their facebook page and find out when to catch them on the ice at their regular season games. Best of luck with midterm season!



VP Academic  
Cameron Davis

Hey C-Eng! Hopefully you guys have enjoyed the first month back! We've got a workshop on finances with Desjardins for you February 4th! You should also expect to see some more news about the final C-Eng-C competition Innovative Design! NEM is approaching quickly, I hope you're excited!



VP Publications  
Keely Gibb

Hi friends! Welcome to February. I see you've managed to find this new issue of The Iron Times. Like what you see? Consider writing an article of your own over Reading Week! Also, I heard catching up on The C-Eng Gong Show is the best way to get your mind off of studying for midterms. Enjoy the month, stay warm!

DON'T BE A STRANGER! ANYONE INVOLVED IN CSES WOULD BE HAPPY TO TALK TO YOU ABOUT ANYTHING FROM DIRECTORSHIPS AND EVENT PLANNING TO VOLUNTEERING AT LEO'S LOUNGE, OR JUST SHOWING UP TO EVENTS. IT ALL PLAYS AN IMPORTANT ROLE IN MAKING ENGINEERING YOUR FAMILY AWAY FROM HOME. REMEMBER... EVERYTHING COUNTS FOR FLIGHTSUIT STAMPS.

THE WORD FOR THIS MONTH IS "PASSPHRASE"! HOPE YOU ARE FINDING EACH MONTH'S WORD!





# DISTRACTIONS

I wish whiskey was for Virgos, guess I am a Leo now

## Horoscopes

Written By: Mairah Vance



### Aries

GET READY FOR THE UNEXPECTED THIS MONTH. MAKE SURE TO BE CAREFUL IN YOUR RELATIONSHIPS AND READ BETWEEN THE LINES. MANY OF YOUR HOPES AND WISHES WILL COME TO REALITY.  
YOUR DRINK IS VODKA



### Leo

MAKE SURE TO FEEL AND SPREAD THE LOVE THIS MONTH AS YOU WILL GET INTO MANY DISAGREEMENTS. AVOID FRUSTRATING YOURSELF. CHERISH YOUR RELATIONSHIPS AND KEEP THE PEACE.  
YOUR DRINK IS WHISKEY.



### Sagittarius

YOU WILL CRAVE ATTENTION AND LOVE THIS MONTH (I MEAN WHO DOESN'T). MAKE SURE TO TELL YOUR LOVED ONES HOW YOU FEEL. SPEND SOME TIME BUILDING RELATIONSHIPS THIS MONTH.  
YOUR DRINK IS CHAMPAGNE.



### Taurus

YOU WILL BE RESTLESS TO CHANGE THE DIRECTION YOUR LIFE IS SETTING IN. ALTHOUGH, YOUR DESIRE FOR CHANGE WILL BE DIMMED BY THE RESPONSIBILITIES AT HOME FOR YOU.  
YOUR DRINK IS COGNAC.



### Virgo

YOU'RE IN STORE FOR SOME SURPRISES THIS MONTH. LOOK FOR THE BEST OPTIONS FOR YOURSELF. ALL YOUR HARD WORK WILL PAY OFF THIS MONTH. GET READY TO MAKE A FEW DEPOSITS IN THE BANK. MAKE IT RAIN BABY.  
YOUR DRINK IS GIN.



### Capricorn

FOLLOW YOUR GUTS THIS MONTH IN TERMS OF DECISIONS. THERE MAY BE A FEW DISAGREEMENTS AT HOME, MAKE SURE TO COOPERATE AND UNDERSTAND EACH OTHER.  
YOUR DRINK IS SCOTCH.



### Gemini

YOU WILL BE VERY INDECISIVE THIS MONTH. THINKING IS GOOD, BUT NOT EVERYTHING NEEDS DEEP EVALUATION.  
YOUR DRINK IS TEQUILA.



### Libra

MANY OPPORTUNITIES FOR SOCIALIZING WILL COME YOUR WAY BUT BE CAREFUL AND SPEND WITHIN YOUR MEANS. MAKE SURE TO EXPRESS YOURSELF THIS MONTH AS HOLDING THINGS IN WILL ONLY CREATE A STORM.  
YOUR DRINK IS RUM.



### Aquarius

YOU WILL BE A SOURCE OF INSPIRATION AND GENIUS THIS MONTH. YOU WILL ALSO BE VERY HARMONIOUS AND HAPPY THIS MONTH. LOOKS LIKE A GOOD MONTH FOR YOU AQUARIUS.  
YOUR DRINK IS ABSINTHE.



### Cancer

THERE WILL BE PLENTY OF SURPRISES THIS MONTH. THERE'S THE CHANCE OF MISUNDERSTANDINGS OCCURRING; MAKE SURE TO EXPRESS YOURSELF.  
YOUR DRINK IS SAKE.



### Scorpio

A LOT OF BACK AND FORTH COMMUNICATING IS KEY FOR YOU THIS MONTH. DON'T BOTTLE UP ANY ANGER, EXPRESS YOURSELF.  
YOUR DRINK IS MOONSHINE.



### Pisces

YOU'RE GOING TO FEEL THE NEED TO FIND PRIVACY TO THINK THINGS OUT THIS MONTH. TAKE TIME OUT FOR YOURSELF AND EVALUATE YOUR FEELINGS.  
YOUR DRINK IS JÄGERMEISTER.



# DISTRACTIONS



Please send me memes to put here



Nobody:  
Absolutely no one:  
Not a single soul on this Earth:  
Seth Thompson:




CSES WGM:



Nobody:  
GM Council:



VP internal and external  
preparing their motion:



delicious  
Finally, some good fucking food





# LAST CALL

End of the Februaruaruaruaury Issue!

Sean "Momma Bird" Gormley  
- ASCE IV -

THE IRON PEOPLE  
Noah "Turbo" Baird  
- CIVIL IV -

Alec "Rita" Sleeth  
- CIVIL V -



**Hailing from:**  
Around

**Best Feature:**  
My ass

**Worst Nightmare:**  
Existence

**What is the worst song to get stuck in your head?**  
Stressed Out by 21 Pilots

**What is your deepest darkest secret?**  
Y'kno

**What is the best muffin at Leo's?**  
They sell muffins?

**C-Eng Involvement:**  
The Co-Op admiral for CU's Troitsky team, used to do other things but y'know... Co-op

**Hailing from:**  
Parts Unknown

**Best Feature:**  
Ask the CIV BROS

**Worst Nightmare:**  
Being sober

**What is the worst song to get stuck in your head?**  
Symphony No.9 by Beethoven

**What is your deepest darkest secret?**  
I once woke up next to Robert Brassett wearing only a bike helmet and kid's sunglasses

**What is the best muffin at Leo's?**  
Bro I am broke

**C-Eng Involvement:**  
Troitsky Admiral and founder of the MPAC and CSCE 2

**Hailing from:**  
The birthplace of Rockets (Newmarket, ON) But im born in la BELLE PROVINCE TABARNAK

**Best Feature:**  
My 40 hands

**Worst Nightmare:**  
Losing secret drunk

**What is the worst song to get stuck in your head?**  
La Ziguezon - La Bottine Souriante

**What is your deepest darkest secret?**  
That Noah poops his pants

**What is the best muffin at Leo's?**  
None because you gotta protect ya chicken

**C-Eng Involvement:**  
Engfrosh: Frosh, Facil, Head, Spirit, Ninja  
Troitsky: Team member (2), Captain, Admiral (2)  
CSCE: 1st Year Rep, VP Internal  
CSES: Awards Director, Chair  
OEC: Consulting Chair  
MPAC: President  
CSCE2: Executive Assistant



## USES for the CHARLATAN

- >A scheme for Dr. Dracon to take over the world, sorry, been watching too much Kim Possible lately
- >To quiet down a speaker
- >Carpet to spill beer on
- >Burn it with acid
- >Throw it off my apartment's balcony
- >Throw it in one of Leo's many microwaves
- >Use as a pillow, oh wait that's first years
- >Use it for pretending to study or hide your phone in a small class
- >Build a funnel out of the Charlatan and use it to funnel, stuff and things, mostly juices ;)
- >Anything but reading it, for the love of God don't read it.

Editor-in-Chief  
Andy Curtis

VP Publications  
Keely Gibb

Special Thanks To:  
Jamie for working hard on EngFrosh stuff while I am writing this!

### - Footnotes -

Issue Made Possible By:  
1 Google search for literally everything about InDesign  
2 Caroline Lenarcic  
3 The Carleton Co-op Program

Piano Songs:  
What songs should I learn on the piano?



AND NOWWWW THE END IS HEEEEERE!!!