





the carleton student engineering newspaper



The iron dream

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January 2020

New Year! New Me!



Nikita Yovchev -BIOMED ELEC I-

"New year new me" is normally a pretty loaded statement that no one really ever follows, but seeing as how we're entering a new decade, I do think it's time for us to reflect on where we want to be - not only this year but this decade.

Do you remember where you were in 2010? I was only nine years old and my biggest fear back then was having my friends get mad at me. I live in Kanata right now, but I actually lived in the Carleton area, and went to Carleton Heights Elementary School. Playing outside, blasting through the weeks and enjoying summer were part of all of our childhoods, and it's a shame how quickly that goes away.

This upcoming decade, I think that I should try to do more of what makes me happy, in light of the fact that it's my last year as a "teen". Regardless of whether you're in first year or about to graduate, it's important to treat yourself and stay healthy mentally. If I could tell anything to my nine year-old self, I would tell her to stop worrying so much about what other people think, and keep doing what you like to do. Since I can't go back in time yet, I might as well say that to anyone reading this.

It is indeed a small resolution for the decade, that is, to do more things that make you happy, but sometimes it can be really hard to follow through with how busy things get. Politically, environmentally, and economically, life is in a big jumble. That shouldn't stop us, however, from taking five minutes to go to our happy places and forget the world for just a second.

If you're lacking a resolution, I gladly give you mine. Don't worry if you can't always seem to find something that makes you happy. I advise that you try to look on the bright side of things no matter how hard, and if you're having trouble doing so, talk to a friend. A second pair of eyes and ears can really do the trick for this upcoming decade of new experiences.

I plan on moving back to the Carleton area sometime this decade, maybe this year, which absolutely terrifies me. Even though I know many engineers have gone through the whole "moving out" thing and have survived just fine, it can be weird to think about it when it's the first time. Ironically, that could be a key to finding something that makes you happy for a couple of minutes if you need a good laugh. Just close your eyes and think about something that was so minor in your life once, that you assumed was going to be life changing and freaked out about it.

Now, I want you to go into this new decade understanding that in 2030, you're going to look at something you freaked about recently, but really meant nothing. Don't worry if you fail an exam or had to get rid of something toxic in your life and are regretting it. When you look back one day, you'll realise that everything was okay in the end.

These are confusing times, my friends, but we try our best. Stay happy and positive this decade!



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AND MUCH MORE!



WARNING:

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EDITORIALS

New Year, Same Old me

quirky, quizzical and quark-filled From the Desk of the \Talifont



Andy Curtis - AERO C IV -

As I understand it, people make New Year's resolutions to try to better themselves for the new year. Starting on the first of January, many people will divulge in attempting to go to the gym or eating healthier and though I think these are great things to strive for I must ask one simple question: why does it have to start on New Year's Day? Now, it sounds like a stupid question I know, but if you think about it seriously it doesn't make logical sense. Why do you have to start changing yourself for the better on a random day? Is it to start the new year fresh? I believe that the foundation for changing the way you go about your day fundamentally cannot be as simple as a number flicking over to the next in line. There needs to be a deeper drive than simply starting a new year fresh and clean from your old habits. Think about what is the true driving force behind the reasoning for the change in behaviour, and strive to realize that change. A good example of this was when I used to bite my

I tried to quit biting my nails for a long LONG time and nothing could help me succeed. I had tried a New Year's resolution, taping my hands and nail polish that tasted suppppperr bad. Then, one random day in the middle of a solids lecture, I was sitting there biting my nails as usual, then Kristen Johnson said something about it to me. I don't remember ex-

New year, same me because I'm already freakin' fabulous.

actly what she said, but it was important enough to make me realize I don't need to bite my nails, and ever since then, I haven't gone back to biting my nails. I don't know what it was about the way that she said it, but it changed me for the better. It made me realize that though I had tried many times to quit it, I had no strong reasoning behind it other than the fact that I wanted to quit. Having someone there to help you along the way is always useful, because even if they don't know the impact that they had on you it can be a really awesome motivator!

Now might be the best time to state that changing yourself for the better is always a good thing to do, regardless of when you do it. But that I am simply recommending that you don't set arbitrary deadlines to change. Why not start changing right now! (No better time than the present!!) I even think that changing at your own pace

is better than trying to rush the change to make it for the ball drop! It's better to make sure you are comfortable and ready to make the change rather than accelerating the schedule of your personal life!

I'm 100% not the right person to be discussing how to take your time with a decision... So instead of wasting both of our times attempting to write about it, I'll tell you about something I do know! How to time manage and set attainable goals for yourself! This applies to New Year's resolutions as it does with everything else! Step One: don't take on too much too quickly! This is step one to not burning out from all the work for a reason! Accept the work that you can take on and then start slowly working towards your goal. Your pace is a fine pace to take regardless if it's a running speed or being nicer to those around you. Step Two: Every progression towards

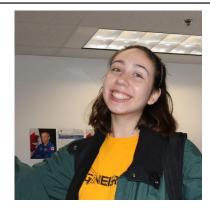
your goal is a victory regardless of how small! If you went from bench pressing 60 lbs to 62 lbs or learning the first two notes of an instrument, that is a victory! The next step applies to time management portion more than the setting attainable goals. Step Three: Do you have enough time to achieve these goals? If no, then don't worry, do it another time! You will always have time for it. That being said, I also think that treating every day like it's your last is also a viable path to take!

Regardless if you choose to take part in having a New Year's resolution or not, never forget that the most important thing is your health. Stay happy, healthy and work hard, then everything else will fall into place! I will only be having one New Year's resolution this year and it is to make 2020 as great as possible for everyone I meet. It's not an easy goal but I think it's attainable!

EDITORIALS

VP Pubs? more like V Cool Pubs

VP Publications Time!!!



Keely Gibb - AERO D IV -

Happy New Year, everyone! May 2020 be a year of good grades, healthy habits, successful vibe checks and personal growth. I'm excited for this year, and not just because we can make all of the Roaring 20's jokes (which, as a Great Gatsby obsessee, I am thrilled for), but because there are so many things I have planned for myself this year.

It seems that just about every January, people will begin to tear down their previous year and make grand claims that "THIS is going to be my year". While I love the ambition to take hold of the new year and make the most of it, it seems like such a recursive cycle that warrants a bit of analysing. Why are we so disappointed at the end of each year? What expectations did we have, and why didn't we satisfy them? Sure, on January 1st I may say to myself that I will do homework daily, study well in advance for each quiz or exam, and absolutely demolish my courses; or maybe I'll feel inspired to commit to a healthy meal prep plan, or get more physical activity. Then it doesn't happen, and on December 31st the guilt-fest begins. But why?

There is such a finality about the end of the year that I think starts to gnaw at us. You look back at your year and are filled with regrets and can't help but feel a little disappointed in yourself. Were my dreams to big? Was I doomed from the get-go? Am I weak because I



couldn't follow the one personal goal I set out for myself? Absolutely not.

I think there are two main reasons we get to feel that way about not achieving our goals or sticking with our New Year's resolutions. 1. We set ourselves some high goals with not enough planning. It's easy to say I'll start doing some crazy meal prep and not spend buttloads of money on shawarma each week - but until I do some research, scheduling, make time to buy and cook food, I'll just wind up getting that shawarma again and again; and 2. At the end of the day, we're a bit too hard on ourselves. I'm a full time student living off campus, trying to find time in the day to make or even buy food when there are many important things going on. Of course I could have cheaper, healthier eating habits, but I'm doing my best. If I make small progress on this goal, it may not appear to be a huge difference, but it is worth being proud of. When we reflect on our year and pinpoint the failures we've experienced, there are many smaller aspects of our lives that we've worked towards improving, and it's great to be able to recognize and appreciate them.

So, maybe I'm not sold on the whole "New Year's Resolution"

thing. Maybe I like making excuses for not committing to self improvement, and maybe that is something I should work on (oh, the irony). These goals we set out for ourselves might just be stretched across too wide of a scope. One thing I've learned from years of this method is that real change doesn't happen overnight, and resolutions require day-to-day efforts. While I may not achieve all of my goals, and while I may end up in a completely different spot than I hope to be by the end of the year, of course I felt compelled to compile my own list of resolutions. Without further ado, here they are!

Quit buying fast fashion. I will shamelessly admit that buying clothes is one of my favourite hobbies. I'd really like to focus on conscientiousness when I do splurge on a shopping spree and direct my money towards quality products, ethical practices, and thrifted clothes.

Reduce my junk food consumption. The Buenos at Leo's is going to make this really, REALLY hard.

Reduce my coffee consumption. Yes, I'm going to fail this goal, but if it's something on my radar, I can start to make steps towards cutting down this beautiful, awful, caffeine dependance.

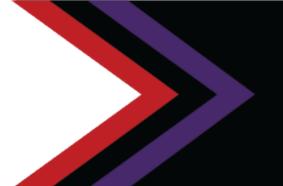
Staying organized. Inside and outside of class, there's a lot going on. I would love for 2020 to be the year I stay on top of it all.

Devote time to hobbies. Man, I love reading, writing, and drawing. Allowing myself some dedicated creative time won't only be a healthy break from school work, but a time for me to focus on myself and pursue my other passions.

Does speaking resolutions into existence work? I'm not sure if talking about your goals makes you feel more obligated to commit to them, but it's worth a shot. I've got a hundred other small goals always floating around my mind, way too many to list. I find it nice to maintain some sort of personal accountability for these aspirations.

In summary, the year is what you make of it. Call 2019 great or awful, but keep in mind that our reflection on 2020 will be a product of our conscious actions, day after day. Of course, there are always things that may happen that are out of our control. We can't predict the future, but we can decide our next move. I wish you a happy year, and hope to see you around the halls! Until next month - go eat a vegetable, and stay hydrated my friend!

#Aerosquad



At least the mouse is gone

CURSED CONCOCTIONS Mouse Soup



Ariq Maclean
- COMP SCI V -

We're bringing in the new year with a cross between a recipe and a war crime, and you're invited to the show! You can probably eat this, but I'd advise super heavily against it. This is more of an anecdote of a misadventure than anything else. Please don't eat mice you find in your house.

This is entirely a product of everyone in my house being incapable of buying mouse traps, and this is the first successful attempt to trap a mouse. Or at least, our first successful attempt. (The previous mouse trapped himself in the sink, but that's a story for another time.)

Ingredients:

Oil

Peanut Butter

House Mouse

Instructions:

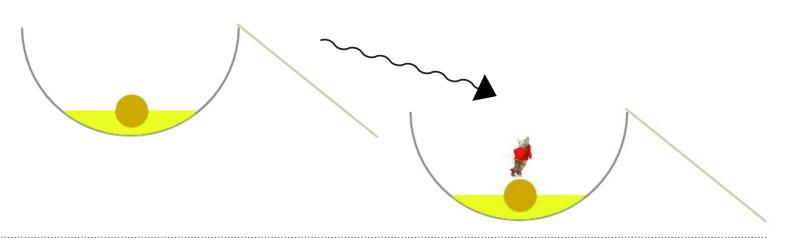
So, this process started with filling a large mixing bowl with a layer of oil, which we used canola oil for its cost effectiveness. We placed a little stand in the centre with a fairly large blob of peanut butter on it, and made a little cardboard ramp from the ground to the edge of the bowl, as shown in the expertly crafted artist's rendi-

tion below. This is the last step where you can eat the ingredients, but I would still heavily recommend against eating plain oil, no matter how calorically efficient it is (I swear I've learned my lesson!).

Now of course, this soup isn't very attractive to mice on its own, or at least that's what some of the members of the house thought. But, as it turns out, mice are not very smart. Wow. Lo and behold, the final ingredient will add itself, and you'll wonder how the mice survived this long with five people with

the trap-building obsession of Fred Jones from Scooby-Doo.

Finally, you'll have your very own low resolution picture of Stuart Little stuck in your soup, but that's just the beginning. Now is the part where it becomes a war crime. You can't exactly let it free, because you've just lubed it up and it will escape at mach speed; nor can you leave it in there, because that's a cruel, slow execution. Good luck figuring out how to not be a monster, and thanks for suffering through this with us, until next time!



Caroline's Culture Corner

A Resolution Solution



Caroline Lenarcic - AERO C IV -

I almost forgot how nuts people get about New Year's.

In an ongoing effort to improve my mental health, I've cut social media out of my life, but in the occasional moment of self loathing or boredom I re-download Facebook so that I can scroll mindlessly through meme pages in a weak attempt to quell my inner emptiness. This December, my news feed immediately bombarded me

with posts about the impending arrival of 2020. They all shared the same sentiments, namely a disbelief that a new decade is upon us and a resigned admission that no matter how hard we try, we keep making the same resolutions every year and never end up keeping them.

The older I get, the less I enjoy holidays; they tend to funnel all our hopes and dreams and goals into one (or a few) big stressful days. New Year's is especially guilty of this, serving as an annual call-to-arms for all us lazy slackers, imploring us to get off our asses and just be better. Don't get me wrong, I recognize the importance of self improvement and accountability, but self improvement is an arduous process that requires continual engagement. I guess what I resent most is feeling obligated to make a big deal about this one

A solution for my resolution? Not in my conclusion

small day; I know that immense social pressure only tends to make people less likely to stick by their goals, or forces them to set goals they don't really care about just because everyone else is doing it.

With all that said, perhaps it's hypocritical of me to offer advice about making a New Year's resolution. But hey, I had to fill this column with something. To keep on brand, here is my cultural New Year's resolution...

Many of my beloved pastimes are what can be called consumptive habits. Most of my leisure hours consist of listening to music or podcasts and watching TV. I am consuming content created by other people. There is nothing inherently wrong with these hobbies, but they are passive and don't involve any work on my part. They don't encourage me to put any of myself out into the world. Personally, I feel my passivity taking its toll as I am increasingly dissatisfied with my use of free time and don't feel particularly energized by anything.

To avoid falling into the trap of passive consumption, I want to engage with culture on three levels by maintaining three types of hobbies at all times: something to DO, something to MAKE, and something to LEARN. DO activities could be something like trying a new sport. MAKE activities might be artistic pursuits or music. LEARN activities can include the aforementioned consumptive habits of listening, watching, or reading, but the idea is to focus on a subject I want to know more about and have it be educational. Obviously some hobbies may fall into multiple categories, but as long as I have three ongoing pursuits that can fall into

at least one classification, I'll feel more fulfilled.

The fact remains that I'm 21 years old and I'm only just beginning to grasp what I really enjoy. My hope is that this year, I can broaden my cultural horizons, experience more, and gain a clearer sense of self. I know I've already begun that process simply by writing this column.

Maybe you'll choose to do the same, maybe not. Maybe you won't make a resolution at all, and I wouldn't blame you. Stay true to yourselves this year, C-Eng, and you can do no wrong!

How to make your resolutions sustainable



Willow Eardley
- ENGLISH MAJOR V -

It's the time of year when reinvention is on the tip of everyone's tongues. "What's your resolution?" "What are you going to do differently next year?" Now, obviously, I love reinventing myself, and I really don't think that New Year's resolutions are a bad idea - having goals is a great thing - but I do think that the shame that comes from "failing" a New Year's resolution is far more harmful than the potential good that setting these goals can be. So, how do we reconcile the good that goals can have with the bad that potential "failure" can bring? Well that's the topic of this article!

Personally, the way I've

learned to deal with not meeting my own (often outrageous) expectations is developing (with the help of lots of counselling) a few mantras that I can repeat to myself.

Something is better than nothing

Say you set yourself the goal of not skipping any classes this semester, but one week in you're playing euchre in Leo's instead of sitting in ENG 3504 (that's a thing, right?). Lots of people in that position would think to themselves "Well, I failed my resolution" and keep skipping classes, but all-ornothing thinking is not how progress is made. Yeah, maybe at the end of the year you will have skipped ¼ of the courses for that class, but that's a lot better than the 3/3 you skipped last year, right? Some classes is better than no classes. Some exercise is better than no exercise. Some progress is better than no progress.

If you're going to be uncomfortable either way, you might as well get something out of it

This mantra I fully credit to



my counsellor and it's something that I use every day. Doing stuff is generally uncomfortable, right? The gym is awkward, class isn't in bed, communicating is awkward. But if we don't do these things, we are still uncomfortable because we're shirking our re-

sponsibilities. So one way that I convince myself to do all (okay, most) of the things that I don't want to do but feel like I should is to tell myself that, since I'm going to be uncomfortable either way, I might as well get something out of that discomfort.



What? First Years?

First Year Integration Conference 2019



Written By: Nadiya Scratchley AERO I, Maven Uyttewaal BIOMED ELEC I, Laurenne Tynski AERO I, Luka De Groodt AERO I, Owen Short AERO I and Macie Orrell AERO I

In the midst of the agonizingly unbearable stress that we call engineering, there are occasional glimpses of hope and happiness in places filled with patches, flamingoes, and pineapples. The 2019 ESSCO First Year Integration Conference was presented by OSPE this past November in Toronto. We (Nadiya, Maven, Laurenne, Luka, Owen and Macie) all had the incredible opportunity to attend this conference as Carleton's first year delegates. We have returned now (unfortunately), and would like to give back to the Carleton community by sharing all that we have learned from the weekend with you beautiful specimens. In turn, we are procrastinating for our finals - so thank you. :)))))

On the glorious morning of November 15th, we embarked

on our journey to Toronto. Initially, we did not know what to expect from a conference like FYIC, but upon arrival, we were blessed to meet many amazing people, such as the delegates, presenters, and ESS-CO executives. Right from the start, we knew that we were in for some good times. The gang met eclectic but lovable delegates from schools all over Ontario.

In addition to the great people we met, we also got to listen to some amazing presentations over the course of the weekend. We have included rundowns of some of the presentations we'd consider highlights so that all of you here at C-Eng can hear about the awesome things we were privileged to hear.

First up, we got to hear from many different presenters

who were involved in their own startups. One of these included a company outside of Toronto working on creating biodegradable plastic. It was extremely inspiring to learn from young engineers working at these startups - as even the CEO of this company was only 29 years old. We learned that if you have an idea, anything is possible. Startups are also really rewarding work positions, as you're working on something that you feel passionate about. Furthermore, people working at startups get more responsibility and have the opportunity to wear more professional hats, such as marketing, manufacturing and engineering. It was so cool to learn how to start being badass engineers so soon after graduation.

Next, PrAnKs\$Ss! We

got to attend a presentation dedicated to the ethics of Eng Pranks and traditions. It's no surprise that Ontario Eng has a great pranking community (ie. when our gong got stolen by Waterloo....). We also have a plethora of crazy songs, fun activities and traditions that we do every year (like purpling - or greening, if you will). However, what we as a delegation took away from this presentation was the importance of updating these traditions to reflect modern beliefs. Many previous engineering traditions did not reflect our inclusivity and love for each other - they needed to change. Just because something is a tradition, and has been done a certain way for many years, doesn't mean it's right. As a community, it is important to monitor our traditions and modify them to make sure that they are respectful and inclusive for everybody. After all, we have to look out for each other. The only way we're going to get through this degree is with the love and support we give each other <3.

New year, new you? (Andy, this now fits the theme - you're welcome:)) Want to be more involved in the eng community? Here is what we learned from another highlight presentation at the conference.

Alright so, you have this thing called school, but you also want to be making money just in case this engineering thing doesn't work out, you want to participate in the engineering community, have time for Ollie's, and maybe you want to throw in some sleep on the side. How might you do ALL this? Is this too ambitious, you might ask? A nifty tool called time management may just be the key to your survival! Take a hot second once in a while to write out your commitments and hours you spend on each one every week so you can see if a) your schedule is attainable, b) you have a healthy balance between commitments, c) you are happy with your commitments, d) all of the above (this one is a winner) or e) Taite.

Is that a red solo cup I see?

Once you have narrowed down your commitments to the ones that are important to you, you can determine what works best for you to manage all these shenanigans. The best way to stay on task is to create to-do lists and organise based on priority due to a deadline and priority due to importance. Learn to say no! Take a look at your schedule, if someone asks you to do something and you can't manage it, it is okay to refuse. Let the person know that you wouldn't have the time to give it your all.

Another highlight presentation was the leadership panel - featuring Carleton's very own Logan McFadden, the former VP services of ESSCO! It is always great for us first years to get advice from upper years. It was incredibly inspiring to hear from some older leaders in their school community. The main point to

takeaway from this one is that self-care is important! It's great to be involved, but if you are sacrificing your health to do so it may be time for a change. The panel gave us something to look forward to in the future as we strive to give back to C-Eng in our future years.

Engineering is undeniably a stressful major. Many of us pull all nighters and rely on energy drinks and Coffee from Leo's to keep us afloat in our studies. This may weigh down our spirits, but there are a few tricks we learned from the positive psychology presentation to keep our positive attitude. First off, we need to understand why one studies. There is a matrix that relates intellectual material to one's abilities. If the difficulty of a given task is equal to said person's ability, they are stimulated and want to keep studying. Otherwise, they are bored or stressed. Even when we





are stimulated, we have inner "gremlins" that will tell us we are unworthy. There are certain phrases we can tell ourselves to tame these "gremlins" like "I am strong" or "I can accomplish anything I put my mind to." Lastly, we learned that sometimes, there are circumstances where we specially sabotage ourselves in order to not be hurt if we fail. For example, one could study poorly for a test so that a bad grade won't make them feel worthless. Being aware of this fact can help avoid self sabotage in the fu-

All in all, FYIC was a pretty good time. Nadiya saw the CN Tower, Laurenne protec the gong, Maven started the Wiggle Gang, Luka successfully crossed the street, Owen made some memes, and Macie almost stole a moose. Macie and Laurenne even finished their

assignment. Some engineering dances were completed, some patches were acquired, some great friends were made, and some good fun with Maple Whiskey was had. Most importantly, the Gong wasn't stolen (unlike another recent conference).

Thank you to Santiago and Julian for the great conference and Cam who was a great driver, Cam's car best car (this is actually false, Abby is the stellar driver and Lola is the best car), and a big thank you to Abby for bringing us.

Hope the start to your 2019 is a good one C-Eng <3

All the love from your Wiggle gang,

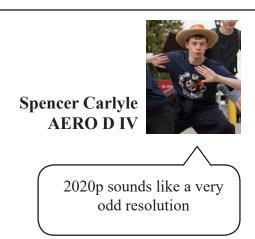
Nadiya, Maven, Laurenne, Luka, Owen and Macie



Super Large thank you to those who actually linked a photo



"Any New Year's Resolutions planned for 2020?"



Take some time for myself to breathe and do something I like, even if that means 30 min to do a facemask and watch my fav TV show



Anto Dency AERO C III

Its gainz
O'Clock

Cameron Floyd Davis
SOFT II



It's important to set concrete, realizable goals so... I guess Be Better At Everything In My Life Overall.



Caroline Lenarcic AERO C IV



Alex Miller ARCH D III

Stretch more



Less chocolate more candy

Gabriel Sanna ENG PHYS III



Seth Thompson ELEC IV

Lmao no



Exercise more, meet more people, make new friends.

Bit of a quiet month for speaking





Stop looking at the past, maybe??



Doing lab reports BEFORE their due date.

Aaron vandenEnden AERO D II

Stop buying hot pockets at Leos every day



Nicholas Butler MECH II Take school more seriously

Erdem Yanikomeroglu COMP SYS III





Reem Dawoud CIVIL V

Get fit and health, graduate, travel

"What was the weirdest thing that happened this year?"



Not breaking a bone from a sport I participated in.

The LRT lasting more than 15 minutes





Rise and Shine being a legit song

Dyeing my hair pink for EngFrosh and then chopping it at shave off auction



I may have gotten wrapped up in a giant engineering community, but I'm not regretting it at all.

I didn't go to a single eng party this semester :o





Toni from riverdale walking into my workplace during my shift in the summer

Found out a friend was into the same music as me. We stood in a basment headbanging until we both got whiplash.



Kim Possible is still the best

culearn.ca (I'm sorry I ran out of time to write an article, I'll do one next month) Editor's Note: That's okay, we still love the C-Eng Speaks submisions







That feeling when you finish exams

The ELEC 3509 exam was actually fair



I became fancy...?



It's only been "this year" for like a week, I hope nothing weird happening yet

No countries nuked each other



"Are you excited for 2020, if so why?"



Hopefully it will offer a change of routine.





I ain't going to have 20/20 for long

Yeah, it's a whole year to learn cool stuff and make cool stuff. Plus, it can't be worse than 2019, right?

I'm very excited to finish first year and to really start taking courses that are more specific to my program!







Yes, because I'm fucking graduating.



The vision puns



Definitely, It can

Yea! I'm looking forward to all of my classes next term and also seeing what DESoc will host next (hey have you heard about DESoc)

There are so many more opportunities that are going to be available to me!



It's a new decade!

Yeah I can finally see!





probably only go up



I am, I will be entering my last year of school hopefully, and I'm excited to play more adventure for the summer maybe some bikepacking, hiking, and canoe trips.

Its going to be exciting to see what I end up doing for the year (either school or coop) and I still don't know!



I have Big dreams toooooooo

Big Dreams... A Perspective

Written By: Anonymous

As we all have probably experienced, the holiday season calls for many unCOMfortable sensations. These sensations may include but are not limited to: extreme bodily inaptitude for unsolicited over-eating, small-talk-with-the-relatives-induced frontal-lobe stabbing, and the promptly scheduled disappointment that occurs shortly after promising self-change with a far-fetched New-Year's Resolutions.

For myself, I have resolved to finish my degree sometime in the foreseeable future. But due to my steady grasp on my self-worth and occasionally shaky faith in my abilities I have devised an alternate plan for my future, just in case my disappointment is scheduled a little too promptly.

The success of my fool-proof business plan will be my completely attainable New-Year's resolution and it will be sold something like this: Do you feel comfortable in your own home?

Do you now, or have you ever sought the feeling of being followed through a dark alley?

If you responded positively to the above propositions you are indeed eligible to download our FREE, low-cost app that will surely heighten your senses for the New Year.

Heavenly DiscomfortTM or Heavenly Discomfort Plus TM is the ultimate remedy for all your comfort issues. This app is also a perfect gift idea for any of your classmates seeking to spice-up their daily schedules. Due to our flexibility of program options, Heavenly DiscomfortTM or Heavenly Discomfort Plus TM, is completely customizable to suit every single person, or couple's needs...

The beginning stage of our customization process is outlined below:

Please keep in mind:

Each package includes one or many "unsafe companions" to fulfill the package requirements.

Once assigned a package there will be 7.4 more dichotomous keys provided for further customization

Some of the discomfort options in each package have been included below.

Exclusive Steamed Fruit:

Bees

Having one earlobe perpetually glued to your head

Your hand being forcefully placed in a bowl of moist water when least expected (daytime hours only)

Bees

Being handed an unmarked package while alone, by a person who vanishes too quickly to be recognized

Your walls faintly screeching or rumbling (usually nighttime hours only) (some exceptions apply)

Cones will appear on every deciduous tree from the hours of 7 am - 10 am and 11 am - 7pm

Your calendar will not include the current month

68 more

Category 4:

Lizards

Bees

3 bottles of syrup will be the only provided liquid to drink on Thursday

Your unsafe companion will scream of terror every time you open your mouth to eat

The Duolingo bird will be your unsafe companion

You will be followed by a dark alley

Through negative reinforcement you will become afraid to think of the colour yellow

70 more

Already Begun:

You have already been selected for the testing of this app and it is not an accident you are seeing this.

Category 7.

Snakes

Please Proceed to Check-out:

Bees

68-70 more

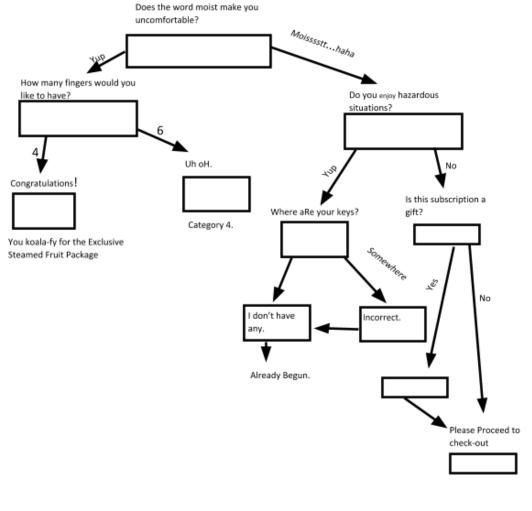
No more information can be disclosed due to the nature of the people required to desire the purchase of this subscription for another person

Bees

The going fee to rent an unsafe companion is \$2.99 an hour or \$6.89 for 24 hours. With the free download of Heavenly DiscomfortTM, a signed waiver, and a \$5.00 down-payment, you can expect 45 discomforts, 13 hazards, and 14 perceived dangers daily. Heavenly Discomfort PlusTM has the same requirements, although one can expect an additional 27 optical illusions and 11 real dangers. Heavenly Discomfort PlusTM also includes a "safe word" clause which can be outlined in more detail after purchase of your package. Usually, your "safe word" can be used once a day and will allow a 3 second running head start.

I have full faith in my ability to complete my New-Year's Resolution and make this app the success it was meant to be. Although, I am looking for investors to kickstart the launch and perhaps even to double as an "unsafe companion".

I wish everyone all the best in their New-Year's endeavors.



SOCIETIES

SERIOUSLY WHERE DO THESE DAMERON CAVIS ARTICLES COME FROM???

How to Write a Haiku: A Simple Tutorial

Dameron Cavis

So you want to make an Iron Times submission, maybe something like a haiku? That's a great idea, but make sure you don't mess up and get a haiku like this published:

Students filling halls
New semester starting up
Excited for Engfrosh

You see, the above piece of text is in fact not a proper haiku, which I unfortunately discovered after submitting it to the Iron Times this past September. You see a haiku follows a very simple theme of 5 syllables/7

syllables/5 syllables. That's it, 3 lines following those rules. Now you would think that would be easy right? Well apparently not for me back in September. I used an online tool to count the syllables which couldn't recognize EngFrosh and assumed it was one syllable.

To make amends, and as part of my redemption arc, I have decided to submit a new proper haiku for the start of this next semester. (This means I'll be a better student this semester right???)

Johan is smelly

New Semester starting up

I write good Haiku

Redemption arc complete. I will now take my position as President of Book Club, thanks guys!

CSCE CARLETON CHAPTER UPDATE - JANUARY

Welcome back and Happy New Year! We hope your exams were successful and your holidays were relaxing. To kick off the new year, CSCE Carleton is hosting an industry night on January 16, 2020 from 6 to 9 PM. This is a great opportunity for students to network with professionals and learn more about work opportunities in Ottawa. Tickets for this event can be purchased through the Eventbrite link

on our Facebook (CSCE Carleton Student Chapter) or our Instagram bio (CSCECarleton). Tickets will be sold up until the event date or until sold out, so get them while you can! If you have any questions about the event, feel free to stop by the office (ME 3379).

CSCE is so excited to announce that we will be having a professor of Building Science from Ryerson Uni-

versity come out to give a guest lecture about the Building Science graduate program at Ryerson, and to talk about post-graduate opportunities. If you'll be graduating in the near future, this will be a perfect opportunity to see where you can go after receiving your degree.

Good luck with the winter semester C-Eng!!



GETTING INVOLVED



Amanda Corner - CIVIL V -

Wow, time has flown by. With the second semester starting up, its officially time to realize that we're halfway through this school year. Here is your new year reminder to get involved, attend conferences, find tours to go on, use this time to expand, grow, and have fun. This is your time to explore and find out what you're interested in!

Getting involved is easier

said than done. I get it, I've been there, but within my five years of being at Carleton I haven't regretted a second spent being involved in the C-Eng community. These opportunities have created memories and friendships that I can't imagine my university experience without. Start small, join a society, or go crazy and join as many things as you can. That's what I ended up doing in second year. I blinked and the next thing I knew I was a facil, second year rep for CSCE, on the GNCTR team, and going to Troitsky. Slowly, I worked my way up to be Spirt, President, Sub-Captain, and an awesome team member. The journey that led me here is crazy and thinking back to second year, my life never consisted of this. So, get involved, find your place because it's out there if you look for it, and don't forget to treat yo' self with the things that

make you smile.

One thing I found out I loved is conferences. They are an incredible time. This past summer I attended the CSCE Annual Conference with Audrey, Mike, and Zara. The conference was held in Laval, Quebec with an interesting theme: growing with youth. Engineering is constantly growing, it is important to remember that, and the theme of the conference focussed on exactly that. As youths in this industry, it's our time to shine. Yes, the past is necessary to know, but if we only look backwards, we will never be able to move forward. I adore conferences because I love to learn new things. Conferences host sessions that present new ideas and innovative technologies in the engineering industry. I've always found an underlying message that can be learned if you pay attention. So pay attention, because you never know what you can learn if you're open.

Technical tours are a fun way to learn something new. I always enjoyed them because I got to know the inside scoop. You get to learn something that not everyone might know because they didn't experience it, so don't miss out. CSCE Carleton is trying to set some up for you so stay tuned or if you are interested in a certain place, let us know and we'll see what we can do.

With the start of a new year, and a new semester, it's time for a new journey. Don't worry, this journey is yours to discover and have fun with it, because before you know it, you'll be in your fifth year writing an Iron Times article hours before it's due. Oh wait, that's just my journey. Have fun finding your own!

Does pi = 5?

Go ask Adam for staples



Welcome to a new semester, CEng! We hope you had a wonderful Winter break. Thank you all for attending our SOOPP kitchen. We hope it relieved you of some of your study munchies. Stay tuned to our social media for



Brotha Adam Staples

HAPPY NEW YEAR, FRIENDS! From the Brothas at SOOPP, we hope everyone had a restful and wholesome break! The new year has always been a bittersweet time for me. Especially this year, as I continue to adapt to my new life as a graduate. These days, I often think about how things have changed over the last eight months. With that in mind, have a seat, find a cosy spot to keep the physical and mental winter chills out and reminisce with me as I ask the question:

What is C-ENG to me?

Now this question will mean many different things to many different people, so I'm going to lean on my own personal experiences. Hopefully through my rambling, you can relate a little or

even inspire you to ask the same question.

C-ENG is a community,

it's all about the people. Regardless of your dedication to your academics, background, orientation, or any other of the many factors that make us unique, C-ENG is there for you. The mentality that we are all in this together is very prevalent in C-ENG; and in my opinion, is the foundation for how we have grown into such an amazing group of people. It is also the reason I was even a part of the community to begin with.

Flashback to baby first year Adam, barely bearded, getting an email saying I was not eligible to be an EngFrosh facil. I didn't even know that was possible and I was crushed. Within 20 minutes of me getting the email my head called me and let me know that I was still coming to the team bondings. I'd gone from already feeling like a failure to having it proven to me, and there was C-ENG to show me that I was still welcome. THAT, is C-ENG to me.

C-ENG is Passionate,

when we want to bring it, we BRING IT. We've all been there, the screaming team cheers, the Sweet Caroline's in a basement far too small, the tent cities, the 20 people talking over each other at a CSES General Meeting. When an individual, or

group, from C-ENG really believes in something, you will hear about it. Flashback to EngFrosh 2018 facil training. EngFrosh had been told to fill up Theatre B, below Kailash Mital Theatre. Amidst the clamour of four hundred facils chanting in a stairwell, a call came through from the SEO to divert as many people as possible to the main theatre. They wanted to show off our energy, and really, who can blame them? THAT, is C-ENG to me.

C-ENG is Responsible,

we know when to focus on the important stuff. No wait come back... hear me out. Yeah, We can be obnoxious, and yeah, we've had flamethrowers, and yeah, there have been many... events... at... social gatherings. It doesn't always look like it, but we do think about the important stuff when we need to.

Flashback to sitting around an inflatable pool filled with drinks in a basement. Flashforward a few days to sitting in a classroom I couldn't name or even find again, with the same people writing a final report on a concrete toboggan. Party hard when you can, but work hard when you are needed. THAT, is C-ENG to me.

C-ENG is Fun,

'nuff said fam. Whether it's a party, sitting in Leo's, a workshop on Revit, a CSES meeting, the loud moments, or the quiet moments, C-ENG just knows how to have fun. There is no single moment to point to, rather it's the collection of all these moments experienced with so many people that make it truly special.

C-ENG is both a teacher and a friend. The friendships will motivate and comfort you. The experiences and lessons will change you, I wholeheartedly believe, for the better.

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



CARLETON STUDENT ENGINEERING SOCIETY









/myCSES

@myCSES

@myCSES

myCSES.ca

JANUARY						2020
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	YADZЯUHT	FRIDAY	SATURDAY
29	30	31	1	2	3	4
			Winter Break			
5	6	7	8	9	10	11
Winter Break						
12	13	14	15	16	17	18
			6PM Frost Week Conference	6PM CSCE Industry Night		11AM EngFrosh ReUnion
19	20	21	22	23	24	25
26	27	28	29	30	31	1
		6PM Winter Semester General Meeting				



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



THE

ENGINEERING

PROFESSIONAL,

MEMBER OF CSES.

MEMBERS

RESOURCES

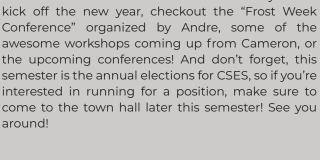


President Johan Prent

Hey everyone! I hope you had an enjoyable break from school and are excited for the new year! To

@myCSES

myCSES.ca





VP Finance Grant Sutherland

Howdy C-Eng! Welcome back for second semester and good luck. I'll definitely need it.



VP Social Logan Macgillivray

New year, new events. All we have this month is EngFrosh Reunion; however, we are also selling tickets to Comedy Night on February 4. Can you solve the clues to figure out where Reflections is before I announce it at WGM?

WHAT IS CSES?

BEEN SERVING THE STUDENTS

ITS GOAL IS TO PROVIDE ITS

WITH

TO

MAKE THE MOST OF THEIR FOUR

(OR MORE) YEARS AT CARLETON.

ÍF YOU'RE AN UNDERGRADUATE

STUDENT ENROLLED IN A STREAM

OF ENGINEERING, YOU'RE

SOCIETY

HELP

STUDENT

ENGINEERING

ACADEMIC,

SOCIAL

THEM

CARLETON

FOR MORE THAN 35 YEARS.

CARLETON



VP Internal Andre Lawrence

Welcome back everyone! I hope your winter break was a relaxing one because there is a lot going on this month! CSES Run-Off elections for SREE A, Comms and Enviro Program Reps during at WGM on Jan 28th. Reflections Awards Nomination period is now open; go to mycses.ca or to our FB page for the link to the Google Form. Finally, CSES General Elections are next month so keep your ears peeled for all the details!



Jasmine Eriksson

Welcome back C-Eng! I hope everyone had a good winter break and are ready for the new season! Be sure to drop off your textbooks at the textbook trade as well as check out our stock for some cheap books! Get ready to gear up for the second round of C-Eng hoodies coming towards the end of the month! Stop by the office for more details!



VP External Abby MacGillivray

Welcome to 2020!!! If you were hoping to apply for CFES's Conference on Sustainability in Engineering, you are in luck! Watch out for applications coming soon! The C-Eng Hockey Team finished off last semester at the top of the leaderboard, be sure to catch them in action over the next few months!



VP Academic Cameron Davis

Hey C-Eng! Welcome back to school! Hopefully you guys are feeling refreshed and ready for a new semester filled with CSES events! Under my portfolio, this January we've got the Ontario Engineering Competition and some fun workshops to look forward to.



VP Publications Keely Gibb

Hello friends! I hope you all enjoyed your break and are ready to tackle another busy semester. Ring in the New Year by reading this artfully-crafted issue of The Iron Times, this time on the theme of "NEW YEAR, NEW ME". The new year is a great time to start getting involved - write us an article for next month! Also, keep an eye out on the CSES website and YouTube page for upcoming episodes of The C-Eng Gong Show!

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 SHOW-ING UP TO EVENTS. IT ALL PLAYS AN IMPORTANT ROLE IN MAKING ENGINEERING YOUR FAMILY AWAY FROM REMEMBER... EVERYTHING COUNTS FOR FLIGHTSUIT STAMPS.



DISTRACTIONS

Cheers to my Virgo friends

TOP THREE COMPATIBLE SIGNS FOR EACH SIGN

Written By: Mairah Vance



Aries

Leo (95% - 98%) — This pairing has a great sense of understanding and respect for each other. When together, these two signs have an undeniable chemistry. There will be times of conflict and difficulties, but these two signs have the courage and determination to get through anything.

Sagittarius (90% - 95%) — These two signs come together with a shared love of freedom and adventure. They are very understanding of each other, hence, have a great chemistry. The two also have very similar energy levels. Libra (80% - 90%) — These two have a natural partnership due to their undeniable chemistry. These two have strengths and abilities that compliment each other. These signs usually have an attraction for each other.



Taurus

Capricorn (97% - 98%) — These two have a very practical relationship, which is very understandable. They are genuinely in love (even as friends) and are strongly committed to each other.

Cancer (95% - 98%) – These two signs are very caring and concerned for loved ones, therefore when they come together, they have a deep trust for each other. Their abilities are complementary. This pairing tends to be very loyal and committed to their families. Virgo (90%) – This pairing has similar values along with complementary strengths. They manage to balance their temperaments caused by their desire to be practical.



Libra (90% - 95%) – Libras and Geminis have excellent communication skills due to a very strong intellectual compatibility. These two are very balanced, as well. Luckily, these two have very similar values.

Leo (85% - 90%) — These two signs create a very exciting and playful environment due to their compatible high energy. This pairing gets along very well as they have complementary abilities.

AQUARIUS (85%) — AQUARIUS AND GEMINIS HAVE GREAT COMMUNICATION SKILLS WHICH CAUSES THEM TO BE VERY INTELLECTUALLY STIMULATING. THIS COUPLE HAVE VERY SIMILAR VALUES THAT THEY SHARE



Leo

Libra (97%) – The Leo and Libra pair have a close and harmonious relationship in which they are understanding and communicate well. The two have shared interests while also complementary talents and abilities.

Aries (95% - 98%) — Aries and Leo Relationship is rather a fun one. The two are courageous and determined folk. Both have a love for excitement, which is the main cause for some fun adventures the two may have.

Sagittarius (90%) – These two are both fire signs, therefore when the two come together they have very high energy. They are a balanced pair as they have a good understanding of each other.



Virgo

Capricorn (95%) – Virgo with Capricorn have a great understanding between each other, therefore have good communication. The two have very similar values which include to live stable. They are a very practical pairing.

Cancer (90%) – The Cancer and Virgo partnership are strongly committed to each other. The two have great communication and have a very balanced relationship.

Taurus (90%) – This couple has very strong chemistry. They aren't much of dreamers and choose more of a practical lifestyle. This can be done harmoniously as the two share many core values.



Libra

Leo (97%) — The Leo and Libra relationship has excellent rapport. They are a natural pairing that get along very easily. They share interests and have great chemistry, which creates a great bond between the two. Often, they are attracted to each other.

Aquarius (95%) — This pairing is quite harmonious as they get along so well. There is a great lack of conflict. They do have many of the same type of hobbies, but the two still manage to have stimulating conversations.

Gemini (90% - 95%) — The Gemini and Libra Pair are very intellectually compatible. They both have a lot to teach and learn. These two signs are very sociable alone, thus when they come together, they are sociable with others.



Sagittarius

Aries (90% - 95%) — These two signs come together with a shared love of freedom and adventure. They are very understanding of each other, hence, have a great chemistry. The two also have very similar energy levels.

Leo (90%) — These two are both fire signs, therefore when the two come together they have very high energy. They are a balanced pair as they have a good understanding of each other. Aquarius (90%) — This relationship is very easy-going and flexible. The two create a stable and accepting environment. They intertwine with their needs, which they can communicate very easily.



Capricorn

Taurus (97% - 98%) – These two have a very practical relationship, which is very understandable. They are genuinely in love (even as friends) and are strongly committed to each other. Virgo (95%) – Virgo with Capricorn have a great understanding between each other, therefore have good communication. The two have very similar values which include to live stable. They are a very practical pairing. Scorpio (95%) – When these two come together

THEY ARE VERY PRACTICAL AND DEDICATED TO THEIR RELATIONSHIP. WHEN GOING THROUGH CONFLICTS, THESE TWO ARE ABLE TO OVERCOME HARDSHIPS AND ADAPT FOR EACH OTHER.



Aquarius

LIBRA (95%) – THIS PAIRING IS QUITE HARMONIOUS AS THEY GET ALONG SO WELL. THERE IS A GREAT LACK OF CONFLICT. THEY DO HAVE MANY OF THE SAME TYPE OF HOBBIES, BUT THE TWO STILL MANAGE TO HAVE STIMULATING CONVERSATIONS.

Sagittarius (90%) — This relationship is very easy-going and flexible. The two create a stable and accepting environment. They intertwine with their needs, which they can communicate very easily

GEMINI (85%) – AQUARIUS AND GEMINIS HAVE GREAT COMMUNICATION SKILLS WHICH CAUSES THEM TO BE VERY INTELLECTUALLY STIMULATING. THIS COUPLE HAVE VERY SIMILAR VALUES THAT THEY SHARE.

DISTRACTIONS

Please send me memes to put here



Pisces (98%) – This pairing has a lot of love and affection within each other. The two have a deep bond with excellent chemistry. Their relationship is sweet and gentle. Taurus (95% - 98%) – This relationship is very secure and both signs feel trusted and are trustworthy. Both signs are very committed to their families, therefore this pairing will be

CLOSE WITH EACH OTHERS' FAMILIES.

SCORPIO (90% - 98%) — CANCER AND SCORPIO HAVE A DEEP, INTENSE BOND. THEY HAVE A VERY STRONG CONNECTION WITH EACH OTHER. IN SOME CASES, THE TWO MAY HAVE VERY GOOD SEXUAL CHEMISTRY.



Scorpio

Pisces (95% - 98%) — You wouldn't expect a Scorpio to be in this type of relationship, but it is very gentle and sweet. The two have a strong, deep connection right off the bat and continue to have a powerful bond throughout their relationship.

Capricorn (95%) – When these two come together they are very practical and dedicated to their relationship. When going through conflicts, which would occur a lot with a Scorpio, these two are able to overcome hardships and adapt for each other.

Cancer (90% - 98%) – This match is very intense yet tender. They're loyalty to each other can be recreated. They understand each other so easily, and both signs are very loyal to each other. Their connection is quite deep, one could say they connect through soul and mind.



CANCER (98%) – THIS PAIRING HAS A LOT OF LOVE AND AFFECTION WITHIN EACH OTHER. THE TWO HAVE A DEEP BOND WITH EXCELLENT CHEMISTRY. THEIR RELATIONSHIP IS SWEET AND GENTLE.

SCORPIO (95% - 98%) – YOU WOULDN'T EXPECT A SCORPIO TO BE IN THIS TYPE OF RELATIONSHIP, BUT IT IS VERY GENTLE AND SWEET. THE TWO HAVE A STRONG, DEEP CONNECTION RIGHT OFF THE BAT AND CONTINUE TO HAVE A POWERFUL BOND THROUGHOUT THEIR RELATIONSHIP.

Virgo/Capricorn (85% - 90%) —Though the signs are different, their relationships are very similar. These signs are very devoted to their partners and relationship. They can overcome any hardships.

New year new me



2020 is here...
but you realize that 1720, 1820 and
1920 had a massive plague outbreaks

Looks like plague's back on the menu boys!

Earth: *Makes a complete rotation around the Sun*



ME ON NEW YEARS EVE

11:59

12:00



Me: 2020 please be a good year! 3rd day at 2020: #WWIII is trending





Katie is gone :0

the carleton student engineering newspaper



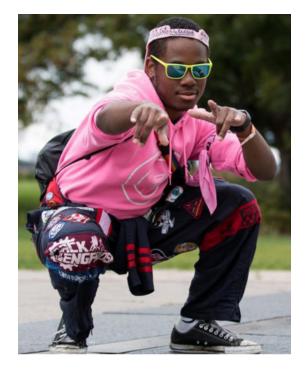
LAST CALL

Look at the sweet sweet people!

THE IRON MAN

Andre "Blackout" Lawrence

- AERO B V -



Hailing from:

Milton, Ontario (#MiltownBestown)

Best Feature:

Mamma Lawrence blessed me with some killer ankles:)

Worst Nightmare:

The Gong being stolen; September was a very hard month for me.

What is the worst song to get stuck in your head?

That "Epic Sax Guy Song"; if you don't know what I'm talking about, and have a death wish, YouTube it

What is your deepest darkest secret?

I may or may not have cried myself to sleep each night the gong was not secured in the CSES office, but there is no photo evidence so none of you can prove it. #PicsOrltDidntHappen

What is the best muffin at Leo's?

CARROT; If Bugs Bunny would love it, so should all of you :)

C-Eng Involvement:

1st Year: Eng Musical Cast Member, CMAS 1st Year Rep 2nd Year: Eng Musical Cast Member, CMAS 2nd Year Rep 3rd Year: CMAS Events Director, CUE VP Internal, CUSA

FED Councillor, EngFrosh Head, GNCTR 5th Year: CSES VP Internal (currently)



USES for the CHARLATAN

- >Line your boots with it for warmth
- >Write an unattainable New Year's resolutions on a copy of it and throw it out immediately because Lord knows that you don't have time for that
- >The secret word for this month is "the"
- >lt's no use!
- >Andy used a Charlatan, it wasn't very effective
- >Shred it and put it at the bottom of your hamster cage
- >Make a triangular cone with it and filter your favourite hot beverage :)
- >Roll it up nice and neat and let Jamie bap Tristan with it
- >Anything but reading it, for the love of God don't read it. Seriously don't.

THE IRON MAN Logan "First Year" MacGillivray

- SOFT V -



Hailing from:

Woodbridge, Ontario

Best Feature:

My smile in photos

Worst Nightmare:

Leo's being closed

What is the worst song to get stuck in your head? Dominick The Donkey

What is your deepest darkest secret?

My birthday...

What is the best muffin at Leo's?

Double Chocolate

C-Eng Involvement:

CSES VP Social

SCESoc Accountability Officer EngFrosh Facil

Editor-in-Chief
Andy Curtis

VP Publications

Special Thanks To:

Chicken Bacon Ranch Wraps

- Footnotes -

Issue Made Possible By:

- 1 The countless inspiring people I have in my life
- 2 The countless hours spent by people writing this stuff
- 3 The countless people reading it

Should I buy a jacket?

The cuffs are torn and I wanna buy a new one but jackets are expensive!



Keely Gibb

See more next month! Love ya!