



THE CARLETON STUDENT ENGINEERING NEWSPAPER

THE IRON TIMES

THE IRON CARE PACKAGE

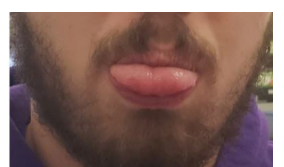
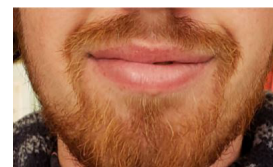
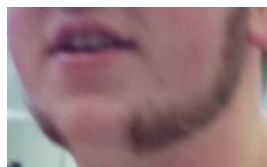
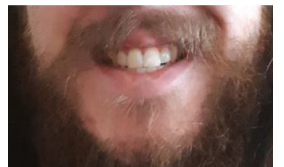
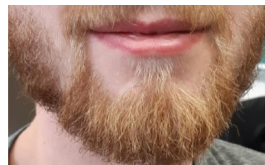
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NOVEMBER 2018

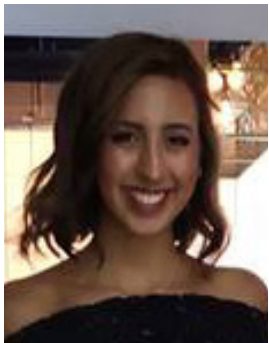


Elspeth Cudmore &
Rachael Machnee
present...

Complete the quiz
quick because they
may shave them. If
you would like to
review the answers
you can visit us at
our office hours
from 1pm to 3pm
November 31st
ME6969.



Match the **BEARD** to the **C-ENG ICON**



Reem Dawoud
- CIVE IV -

SKIN CARE 101 WITH REEM

by itchiness that flares up most in oily
or fatty areas including the T-zone,
where I used to experience most of
these tiny annoying bumps. It's fre-
quently misdiagnosed as "normal"
acne which is why my methods did
not work. It's actually a fungus (ew
gross).

I found out the fastest way to cure it
was to use an anti-dandruff shampoo
with the ingredient ketoconazole,
such as Nizoral shampoo (available
at Walmart or Costco). Apply it to
affected areas once in the morning
and once in the evening after wash-
ing your face, let it sit for 10 minutes,
then wash it off. My so-called acne
started decreasing in 3 days!

As of today, I have a new skin care
routine that's been working for me
and I believe it will work for most of
you too:

1. Remove your makeup using
Garnier micellar water (according
to your skin type. I'm an oily/com-
bination so I use the green-capped
one). Some people use **coconut oil**. I
feel like it's too thick for me, but you
do you, kid!

2. Wash your face with **Cetaphil
daily cleanser**! It has minimal chem-
ical ingredients so it isn't harmful to
the face.

3. After drying your face, tone your
face with **rosewater** (from Independ-
ent or an organic store).

4. Moisturize! Now personally, I
moisturize with **Vitamin E oil** be-
cause I love how good it is for my
skin. If you're not a big fan of oil,
I used to use **CeraVe moisturizing
cream**. It is a little thick so it may not
be ideal for people with oily skin.

I repeat this procedure every morn-
ing and night! When I shower, I ex-
foliate (I use **Biore Pore Unclogging
Scrub**) and then apply a face mask
and let that sit for 20 mins or so. Then
I continue with my skin-care routine
from Step 3. The masks I alternate
between are the **Indian Healing Clay
Mask** (can be found on Amazon) or
one of **The Body Shop facemasks**. I
exfoliate 2-3 times a week, but you
may need to scrub more or less de-
pending on your skin's sensitivity.

And there you have it folks! I know
finals will be coming up soon and
most of us will kinda take a step back
in taking care of ourselves, but if you
look healthy and glowing on the out-
side, you'll feel fantastic on the in-
side! Make sure to prioritize yourself
this month! (No that's NOT selfish.)
Have a great Movember future engi-
neers (who will now have amazing
skin)!

READ ON, I DARE YOU

ENGINEERING FASHION?

PAGE 4

C-ENG SPEAKS PAGES 6-9

CEPS EVENT RECAP PAGE 11

DISTRACTIONS PAGES 14-15

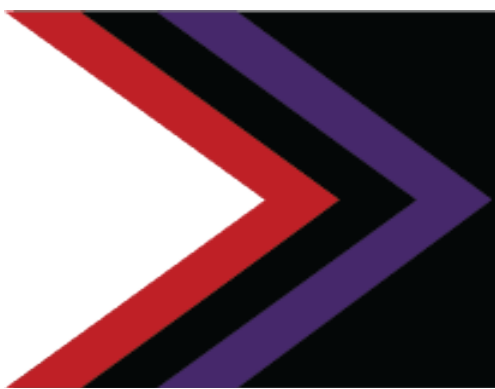
AND MUCH MORE!



WARNING:

This publication may contain offensive material. It should not be read by anyone who is easily offended. All opinions expressed within are solely those of the contributors; they do not reflect the views of the Carleton Student Engineering Society. This paper is purely satirical in nature and is not intended to be malicious in any matter.

If you wish to express your views on the content within, please email us at irontimes@cses.carleton.ca.



EDITORIALS

THIS CALLS FOR A BIG THINK

stressed but well-dressed

From the Desk of the Editor



Caroline Lenarcic
- AERO C III -

Why is it



SO DANG HARD



to take care of ourselves?

Breaking news: studying engineering is, like, really hard.

Okay, this isn't news. We all know that university is supposed to be challenging, and if it was easy to get a degree, then it wouldn't be worth much at all (in reality, it's worth approximately "way more than any of us can reasonably afford" dollars). On top of the stress of academics, we all have daily pressures from family, friends, extra-curricular commitments, and just surviving. Life is a big ol' balancing act and just being alive generates a ton of obstacles.

So since we all know this, why is it still so hard for us to afford ourselves some basic care?

"I haven't been to the gym since first year."

"Lmao what's a vegetable?"

"I slept two hours last night."

When did this become normal? We all know these are unhealthy habits, yet I see (in others and in myself) a stubbornness to take proper care of ourselves. Why do we refuse to do what's best?

We sit at the intersection of two conflicting schools of thought. One, the more traditional, says that success is earned through hard work and that suffering is a means to a profitable end. The other, which has emerged more recently, says that success should never come at the cost of your mental and physical wellness. It's a classic example of double-think: we KNOW that we'll burn out if we work too hard, but we fear the consequences of not working hard enough.

Personally, my mental health has certainly taken a toll as a result of this phenomenon. When I take breaks and devote my time to other activities, I feel guilty for being

unproductive. When I prioritize homework over spending time with friends, I feel lonely. When I try to reassure myself by looking at my past triumphs, I scoff and tell myself that past performance doesn't indicate future success. I'm sure I'm not alone in feeling this way, yet when I'm in a slump, I truly feel like I'm weaker than others because I can't just snap out of it and get my work done.

This is why talking candidly about self care is so important. Everyone has physical health, everyone has mental health, and everyone has to put in some effort to maintain them. No one is alone in the struggle. And even if we don't know how to deal all the time, at least we can all not know together.

Taking care of yourself, especially mentally, is a strangely abstract concept. It's an open-ended problem (I guess engineers are

supposed to be good at those but it's frustrating to have no right answer).

So instead of making jokes about how school is making you do the big sad and ending the conversation there, go the extra step and be honest with those around you. As with most open-ended problems, brainstorming with other people usually generates the best solutions.

On a lighter note, I have compiled a list of my more eccentric self-care strategies for your entertainment. Enjoy.

- Searching Youtube for mashups of meme songs (All Star x Closer is a great one)

- Shotgunning an entire box of Smarties (just don't do it every day)

- Getting my mom to take sneaky pics of the neighbour's yellow lab puppy (he's soooooo cute)

Lest we forget - Remembrance Day 2018

On November 11, Canadians will unite in an annual moment of silence to honour those who gave their lives for our country. Our recognition goes beyond this singular moment at 11:00. Wear your poppy in the weeks leading up to Remembrance Day. Even if you already have a poppy, donate some money in your local Legion's collection box. And

please remember to refrain from hyping Christmas until after November 11. Remembrance Day is a solemn occasion for us to show our respect for the thousands of brave men and women who made the ultimate sacrifice serving in our armed forces. Lest we forget those who fought and continue to fight to keep our country strong and free.



EDITORIALS

CHECK YOURSELF!



Elizabeth Wilson
- SOFT II -

A BEGINNER'S GUIDE TO CANCER SELF-EXAMS



Breast Cancer Self Exam

You're going to want to begin by just looking at yourself in the mirror, checking for any visual abnormalities, such as:

- Dimpling, puckering, or bulging of the skin
- A nipple that has changed position or inverted
- Redness, soreness, rash, or swelling
- Any discharge from the nipples

Raise your arms, then look them over again.

Next, you're going to use the arm opposite to the breast you're examining and, with your first three fingers, make firm but smooth circles, about the size of a quarter, being sure to cover the whole breast, including the 'back' of the breast tissue, along the ribs. Most doctors recommend either moving in a spiral out from the nipples, or moving in an up and down pattern, like a lawnmower (their words, not mine). Repeat this for both sides, then lie down and repeat again.

Testicular Cancer Self Exam

You're going to want to start by getting yourself full access to your testes. Now, I personally don't have this setup, but I'd imagine this is easiest lying down so you can flip things up and out of the way.

Start by holding one testicle at a time in both hands, gently rolling it between your fingers and thumb. (Behind each testicle, there's a cordlike structure - your epididymis and vas deferens - that's supposed to be there.) Make sure to cover the whole surface, then repeat with the other side, looking out for a pea sized lump.

So What If I Find a Lump?

Don't panic. I know, it's scary, but that's why we do these tests. Checking allows us to catch these things early, which greatly increases your chances of making a full recovery if it does turn out to be cancer. For the time being, call your doc-

tor and book an appointment where you can discuss any abnormalities you may have encountered. Odds are it's nothing serious, but it's still best to be sure. Your doctor will then likely do the same exam themselves and recommend some appropriate next steps.

How Often Do I Have to Do This?

It's recommended that you check at home once a month, which may sound like a lot, but it takes only a couple minutes after a shower, you can do it with a friend if you wanna make it more fun, and, let's be honest, how often do your hands end up there anyway?

Besides, it could save your life.

For more information check out:

<https://www.breastcancer.org>
<http://www.cancer.ca>
<https://kidshealth.org>
or talk to your doctor



COLUMNS

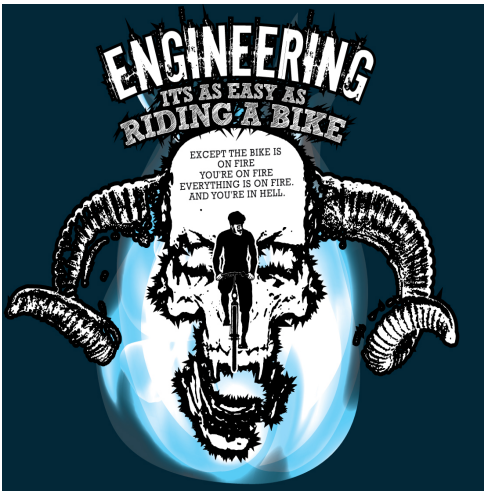
IS THIS THE IRON TIMES OR VOGUE?



Kevan MacKay
- ENG PHYS V -

THE SHERIFF OF ENGINEERING FASHIONS

Showing pride for your program of choice is far from a bad thing, and hoodies showcasing the school you attend or a t-shirt telling people you’re a nerd who likes math are perfectly reasonable ways to do just that. But when it comes to engineering-branded clothing, “tasteful,” “aesthetically pleasing,” and “something anyone over the age of 5 should be wearing” aren’t exactly the first impressions that will come to mind. You’re far more likely to encounter designs that put the “oof” in “analytic proof.” In this article I’ve compiled the worst of the worst engineering t-shirt designs. If you ever desperately need to not get laid I’d recommend picking up a few.



1. The “Bike Analogy”

If my dozens of minutes of extensive research are anything to go by, although there are many unique engineering t-shirt designs out there, in reality the large majority of them are small variants on a select few slogans or jokes. One of the most common is the bike analogy: “Being a(n) _____ engineer is easy. It’s like riding a bike except the bike is on fire, you’re on fire, everything is on fire, and you’re in hell”. Quite meh as a slogan to be honest, but the real gold here is that I was able to find a spectrum of designs for it, with the two ends of the spectrum being “not enough skulls” and “too many skulls”.



5. The “Co-op student who just got a job in testing”

Sometimes you have to spice-up your resume by making your official job title sound more involved than it really is, I get it, we’ve all done it. But “ba-dass miracle worker” is not super specific or helpful for prospective employers. Instead, consider this shirt which does that quirky and fun thing where they make up a silly dictionary definition for a word. “Yes haha this is excellent, everyone who isn’t me is dumb and I want to them to know that I think that, haha yes.”



2. The “Convincing yourself you’re proud of your offspring’s life choices”

It’s one thing to own a shirt stating how much of a ba-dass you are for knowing how to apply Coulomb’s law for a spherically symmetric system in a vacuum, but it’s an entirely different level of lame when it’s about your CHILD. Sounds like someone is funding 4 years of undergrad and they want to make sure people know it. Side-note: Most of these designs were focused on Civils. Take that however you want.



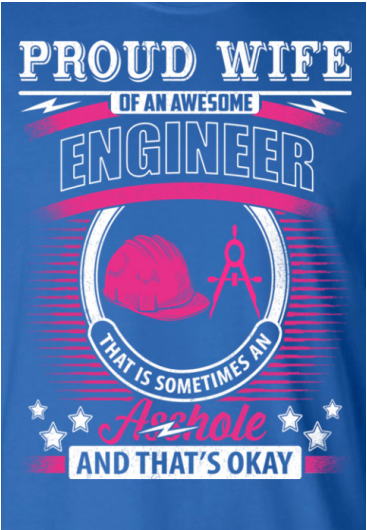
3. The “Godfather Engineer”

References ≠ jokes.



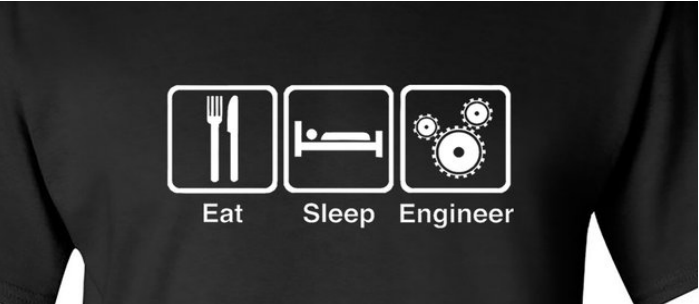
4. The “Proud Wife”

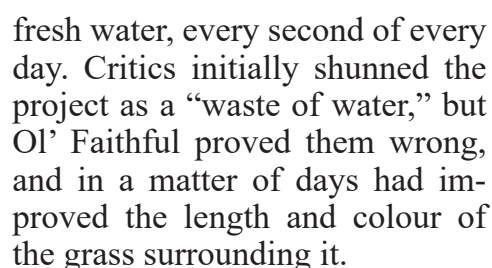
Now you might expect this one to be a mild variant on #2, and “Single / Married / Taken by a ba-dass engineer” isn’t far off from that. But the real winner here is the “Proud wife of an awesome engineer that is sometimes an asshole, and that’s okay”, which is a run-on sentence so loaded it sounds like something I’d include in one of my articles. This one earns a Yikes-from-me/10 for its bold lack of self-awareness.



6. The “Lack of Work-Life Balance”

“This is it. This is the one. The shirt that will finally make me relatable and approachable. Yes. This one.”





This September saw the unveiling of Carleton's newest addition to campus, a fire hydrant that also watered the lawn. The hydrant, dubbed "Ol' Faithful" by some (me) was responsible for providing the grass near Mackenzie behind the bus stop with a supply of

Ol' Faithful continued to water the grass for some time, and the true beauty of the project became known. Despite watering the grass for a month straight, Ol' Faithful required no maintenance and no additional costs. The project had also moved onto its second phase of operations, to increase the biodiversity of the Carleton ecosystem by installing a marsh directly behind Minto. The constant impact of the water on the same patch of ground for so long had begun to wear away at the dirt, and

was in the process of forming a small lake. With a continued supply of water, Carleton could have developed its very own wetlands. Had Ol' Faithful continued operating for years to come, maybe we could have even had a third waterway, because two weren't enough.

Sadly, none of this was meant to be. One cold October day, the construction workers on campus mistook Ol' Faithful for a broken fire hydrant and set about having it removed. A crowd of onlookers gathered and watched in horror with jaws agape as Ol' faithful was so violently torn from the ground and cast aside as if it were some broken old thing. A "replacement" was installed in its place, but while the new hydrant may have sported multiple colours, it lacked the personality that had once so brilliantly radiated from Ol' Faithful. The crowd dispersed, knowing that things would never be the same, that their campus lost a part of itself that day. Life goes on, but while the hydrant may be fixed, my heart will forever be broken.

A photograph of a yellow fire hydrant with a yellow hose attached, situated in a grassy area. The hydrant is yellow with some rust and wear. The hose is also yellow and has a black handle. The background is a grassy field with some trees in the distance.

Where were you when Ol' Faithful was removed?

I was walking to class when
my friend texts me:

“Fire hydrant is kill”

“No”



Dayna Goldfarb
- Child Studies IV -



Rafe Osborne
- COMP SYS IV -

LIMERICKS

These aren't just roasts, they're poetic roasts!

BIOMED

There once was a stream called aerospace
They take classes like fluids with grace
There're just mechs with attitude
And without any gratitude
Thermo will put you in your place

There once was a stream called arch
Their job prospects are looking dark
You're not real engineers
Do you even go here
They're taking this degree for a lark

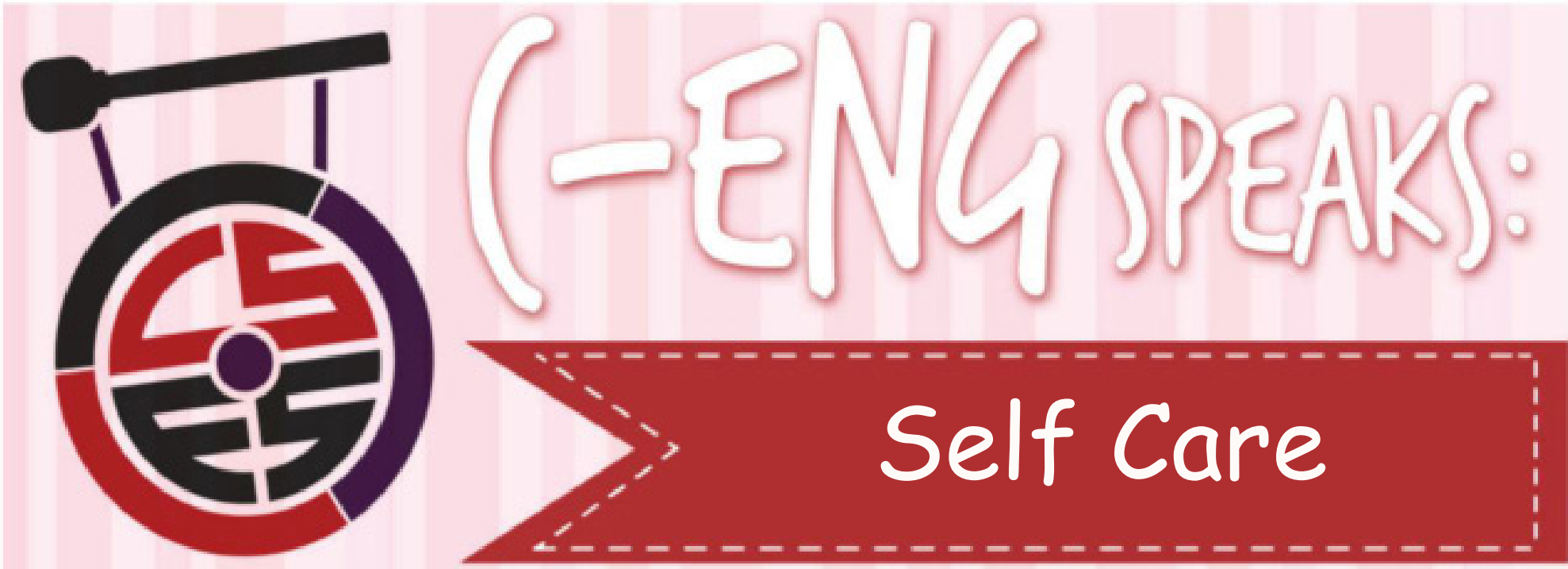
There once was a stream called biomed
Too much chem fills others with dread
Most forget CUBES is a thing
When they're going for the iron ring
Just try not to get dead





COLUMNS

CHILL VIBES INCOMING



“What's your go-to activity when you need to relax?”

I literally just sleep 24/7.



Seth Thompson
ELEC III

Rachael CM
AERO V



Making circuits is a great way to chill while learning about many different forms of circuits. From logic circuit to amplifiers, filters to power inverters. Who doesn't love a good eley-boi?

Go and cook a meal you've been craving.

"Hey Google, play Friends on Netflix on TV."

I like running and breathing. Sometimes at the same time.



Daniel Shifman
ELEC III

Nikita Rudakov
MECH III



Put on musicals/Disney music to sing to and get out the sketchbook to draw.

Masturbating.



Ariq Maclean
COMP SCI IV

Fart and make neural nets.

Isaac Csekey
AERO A III



Katie Miller
BMED ELEC IV



Daniel Haycocks-Tulli
ELEC III



Screaming.

Singing in the shower (long warm shower).

League of Legends or Fortnite with the squad.

Sleeping in until 2 PM and exploring Ottawa.



Noah Pacheco
AERO D V



Kahini Dhoat
MECH I

Nolan Chafe
AERO D III



Nga Nghiem
MECH III
(Manufacturing)



COLUMNS

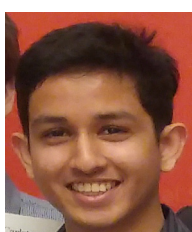
HELLO DARKNESS MY OLD FRIEND



Denise Mayo
COMP SYS III

In all seriousness, I sing musicals in my room or while I'm cleaning. My roommates probably hate it! :P

Music.



Aaryan Shameem
AERO D III

Shuffling cards.

Rafe Osborne
COMP SYS IV

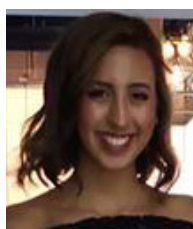


Binge watch HIMYM and Friends.



Abitalib Kagalwala
AERO A II

Hot Yoga.



Reem Dawoud
CIVE IV

Skiing and biking.



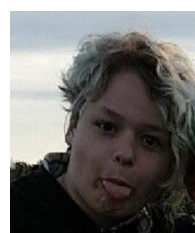
Alex Stevens
CIVE III

Scrolling through Tumblr or Youtube.

Hannah Carton
ENVE IV



Video games.



Jamie Hopkins
BIT: IMD III

Sitting alone in the dark. It's soothing.

Eat some Kraft Dinner. Which isn't that healthy, but nothing calms you down like a box of crunchy noodles and a delicious cheese powder.

Low: Netflix and nap
Intermediate: Hang out with my friends
High: Hang out with my friends but this time we're drunk



Dalia Mukhtar
CIVE III

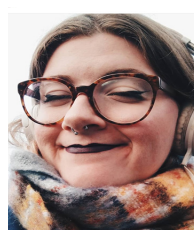
Nicholas Butler
MECH I



Sean Gormley
ACSE III



Let's be real here who doesn't masturbate.



Emma Maddock
COMP SYS IV

Open up a sample drum beat on Youtube and jam on my bass over it. I need a drummer friend please somebody.

I usually kick back and watch Youtube videos about video games while eating gummies. It's unhealthy but satisfying!

Y'all are trynna be slick, acting like Y'all don't know what everyone does when they need to de-stress... :P



Lazar Milojevic
SOFT II

Kareem El Assad
ELEC I



Yoga with Adrienne!

Chandler Aitken
ENG PHYS III



An intense workout followed by an even more intense nap.



Francis Baccin-Smith
ELEC III

I like to research what magic the gathering cards I could put in future decks.

Sophie B
ENG PHYS



Zara King
ENVE II





COLUMNS

THIS MUST BE A RECORD NUMBER OF ANSWERS

Strolling through a shopping mall by myself.



Hannah Waye
CoMS IV

Reading.



Liam Tripp
SREE B II

Daniel Zachrisson
SREE A IV



Yin yoga.

My go-to activity is watching rip vine compilations on Youtube. It's great, vines are great, and it's good way for me to stop stressing, relax and take a break.



Vanessa Lewis
SREE B I

“What aspect of self care do you think people most often overlook?”

Oh, dude. Mental health still has a long way to come.



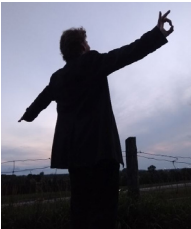
Are you tired? Take a nap.



Taking time to what makes you feel good.



A good night's sleep.



Maintaining a clean environment.



I think they overlook the part of self care that is very basic. It isn't always just face masks and long baths, sometimes self care is just overcoming an otherwise small task that your mental illness might keep you from doing. It can just be getting out of bed, keeping a routine and staying active when you don't want to do anything at all. It is choosing what is best for your overall being long term, not just doing what you feel like in the moment.



Sleeping well and consistently. I like to use an alarm that requires me to take a picture of my fridge in order to turn it off. This helps me to wake up every morning.

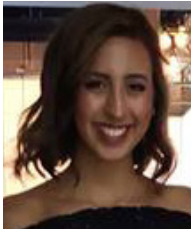
The part where you care about yourself.



Probably sleep. It feels really easy to sacrifice sleep when there's a crunch.



Your nutrition.



Breakfast. I am also guilty of overlooking breakfast most of the time, but it is really important to have a nice big breakfast if you have good ol' 8:30 classes.



Masturbation.



Loving themselves ;)

I think that people often overlook their hobbies. Doing things that make you happy (whether it's writing fiction, photography, knitting, painting, whatever) is a great way to remind yourself of all the aspects that make you who you are!

COLUMNS

SLEEPING: PROBABLY NOT UNHEALTHY

I think people (including me) often overlook how important a well-balanced diet is. As students we often prioritize our classes over our meals and only at the end of the day do we realise that we haven't eaten anything but a Leo's muffin all day.



The act of making time for it.



Take time for yourself and think of something other than the approaching shit-storm of midterms.



Taking time off to relax by yourself.



Taking time just for yourself, without being guilty about it.



Your anxiety level.



Having time for yourself is a-ok.



Treating themselves with things they like.



Sleeping. I hear it's alright for you.



Sleep; being sleep-deprived on the road can put you and others in danger, which is not a very safe thing to do.



I think people overlook taking time to yourself to do nothing. It's perfectly acceptable to say no to going out or doing things with your friends if you need to take a night off. It's healthy to plan to have no plans sometimes and it's way too easy to forget that.



Eating healthy.



I think our mental health always takes a backseat to everything else. When you're hurt physically, you go to a doctor. But mentally? Sometimes the extra 5% on that assignment isn't worth the stress it'll cause you.



Maintaining a clean environment. Life improves so much more when there aren't dishes piled up in your sink, your plants aren't alcoholics (~air quality~) and you can walk from one side of your room to the other.

You've gotta care about yourself in order to care about others. If you can't respect yourself, how are you supposed to respect your friends?



Eating healthy. I think people often think it takes too much time or that vegetables taste bad and they are DEAD WRONG.

Making neural nets and farting.





CLUBS AND

THE RETURN OF THE CIVIL UPDATE

CSCE Carleton Chapter Update

Hello November! We hope you enjoyed your reading week and survived midterm season. On September 19th CSCE hosted a Town Hall to fill the open spaces on the 2018-2019 council. Thank you to everyone who ran for a position and to everyone who voted. We would like to welcome the following students to the CSCE 2018-2019 council:

1st Year Rep: Sakhi Mittal

1st Year Rep: Sarah St-Cyr

2nd Year Rep: Michael Maloney

4th Year Rep: Mackenzie Morris

Environmental Rep: Jessica Paige

On October 10th, a group of CSCE Carleton members attended a tour of the construction on the Centre Block of the Canadian Parliamentary complex on Parliament Hill. It was a very inform-

ative and educational opportunity. Read more about it below. The CSCE office, located in 3379 Mackenzie, also now has two working computers available to members.

CSCE is very excited for November. We will be hosting our Fall General Meeting on Monday, November 26th. On the night of Thursday November 8th, we will be having a movie night! The movie is still TBD, but there will be snacks provided! Come out and bring a few friends to hang out and de-stress from life. More

details will come out closer to the date, so make sure to keep up to date with CSCE's Facebook page and Instagram account so you don't miss out on these fun events!



A Tour of the Centre Block Restoration Project



Sean Gormley
- ACSE III -

Hey folks! My name is Sean Gormley and I am the ACSE rep for CSCE. On October 10th I had the pleasure of joining CSCE on a guided tour of Parliament given by an engineer named Mark Routhier.

For a little background on why we were offered this tour, the Centre Block of Parliament is expecting a major renovation. The West Block has just finished its restoration and looks shiny in comparison. The Centre Block has not had a major renovation since it was rebuilt after the fire in 1916, with the exclusion of the Center Block Underground Services (CBUS) insertion into the basement of the structure in the late 1990s. The purpose of our tour was to outline the work that is going to be done on the Centre Block, but also for Mark to share what he has learned working on projects on the Hill as an engineer working for Centrus.

The group met Mark at the World Exchange Plaza downtown, where he began with an introduction of himself and a state-

ment of his restrictions regarding questions asked during the tour. His statement was simple: "Feel free to ask any questions at any point, however I cannot answer any questions related to timing and cost." This was because of the nature of the project; working on a public structure funded by the government, there will always be setbacks and the work may not finish as quickly as the public would like.

As we made our way onto Parliament Hill, Mark outlined some of the heritage aspects he and his coworkers have learned while on the project. Every statue on the Hill has a reason behind its location, and if a statue must be moved during a project, careful consideration must go into where it is placed. The Hill is actually tiered, and the statues are placed on the Hill by their importance, Mark explained. The idea is that a statue of someone more important would not be put at the same level as someone below him or her. For example, Queen Victoria is on a higher tier than Sir Galahad. But importance is not the only aspect taken into consideration, as things like the figure's political party, interests, and friends are also accounted for. If you think about it, if you were to be remembered forever, you would not want to be beside someone you despised you while you were alive, would you?

As we walked around the buildings towards the back of the property, we marvelled at the ar-

chitecture of the East Block, Centre Block, and the Library in the evening light. Mark relayed to us that this lighting is actually how the Architect wished for us to view the buildings. The style he used is intended to observe best under a full moon, and the lighting on the Hill at night is kept low in order to emulate this natural aspect.

We stopped walking behind Centre Block in the Summer Gazebo. Here, Mark began relaying what the scope of the project is and some of the challenges he has met along the way. The biggest challenge faced so far is that the Hill must remain open to the public. That does not seem that bad until you hear about what they have to do to the most prominent feature on the Hill. The project entails bringing this 18th century building up to 21st century standards by upgrading and integrating the interior systems of the building, cleaning the limestone facade, as well as digging out the foundation and giving the building some actual earthquake resistance by providing the structure with a rubberized foundation to rest on. The idea of upgrading the interior of the building to the 21st century is almost entertaining to think about. Mark described the work as ranging updating the interior systems from the current manual lever switch used for heating and air conditioning, to replacing the person who has to go ring the Peace Tower's bell every fifteen minutes. The last point about the construction is a huge un-

dertaking when you think of the logistics of it all, as Mark has to get construction equipment and workers onto the Hill as well as rocks and dirt off the Hill without demolishing the walls and structure while the front yard remains open to the public. The solution to this madness is a temporary wall in front of the Centre Block, as well as a new access entrance and a brand new visitors' structure to lead people away from the construction happening around Centre Block and towards the newly renovated West Block, where the Senate will be relocated while this construction is happening. Mark had actually just been through a dry run of a debate that day, as they were testing the acoustics of the room, and he praised the work done on the building.

I'd like to conclude with another challenge Mark deals with daily on this project, best described in a phrase that he said comes up quite often while working on this project: "It's the Hill, god damn it!" Whenever a change is proposed, or a modification requested, there has to be a meeting on it, which makes bringing the Hill up to today's code a constant battle with the heritage of the place. Mark quickly learned that when it comes to municipal laws or provincial codes, if it affects the historical significance of the place, the heritage value generally wins. At the end of the day, Parliament Hill is the face of Canadian government, and to some, as big a representation of Canada as the maple leaf.

SOCIETIES

STUDY SMARTER, NOT HARDER



Sophie Beraud
- ENG PHYS II -

STUDYING SMARTER WORKSHOP

On Monday October 15th, the Carleton Engineering Physics Society (CEPS) hosted a workshop delivered by the Centre for Student Academic Support (CSAS).

TL;DR: setting aside just 15 minutes per night to review the day's notes can help you develop proper habits — like training for a marathon, it doesn't happen overnight.

The workshop went over some strategies to study smarter. Be-

sides the usual tips (read ahead, take notes, review), we talked about striving for higher levels of Bloom's Taxonomy and implementing a Study Cycle as part of healthy learning ritual.

Bloom's Taxonomy is a framework for creating learning goals and identifying learning objectives, to learn more deeply. To reach these higher levels of learning, we can do simple things like create flashcards, use mnemonic devices, create study guides, and self-test.

Perhaps most importantly, we discussed the Study Cycle:

- Preview the material before class
- Attend class and take meaningful notes
- Review notes right after class
- Study 60 min daily per class

- Assess your performance (like, after midterms) and adjust accordingly

Make the best out of your 1 hour with Intense Study Sessions!

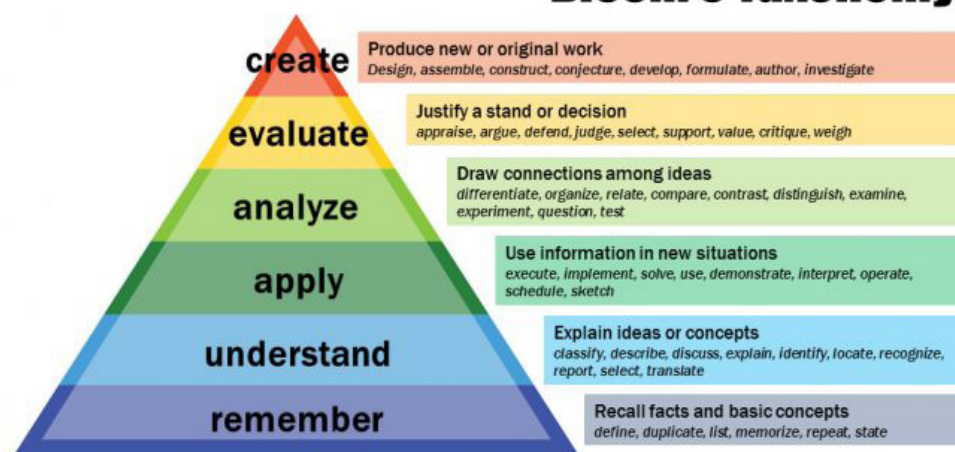
Set a goal for the session, study for 30-50 min, take a quick 10-15 min break, then do a final 5 min review. That's it! Then repeat for the next course.

Ok, admittedly, it seems like a pretty tough task. But the idea is to develop good habits, and that takes time and repetition.

So best of luck on this final stretch of the term, we're all in this together!

Next workshop is on Time Management, Monday Oct 12th, 6-7pm ME 4124. Hope to see you there!!

Bloom's Taxonomy



COFFEE WITH A PROF

On Monday September 24th, CEPS hosted its monthly Coffee With A Prof event at Ollie's. Here is a breakdown of the conversation we had with Prof. Gupta.



What do you do at Carleton?

I teach ELEC 3909 and 4503... but my door's always open!

What is a typical day like in your job?

Nothing is typical; a faculty job is never boring. I teach, I collaborate with colleagues, I supervise students in my lab.

What do you enjoy the most and the least about your job?

The best and worst part is that it's flexible. It's great because I can attend to the needs of my family when necessary, but it's also not good for trying to get things done.

What kind of education and training do you have?

Undergrad in Electrical, Masters in Optics, PhD in Meta-materials.

How did you get into your field of research?

By accident! It wasn't a conscious decision, I just ended up there based on what interests me... and academia allowed for a life of travel and exploration.

How did you choose where to do your graduate studies?

It wasn't based on any particular school, research lab, or supervisor; it was simply based on what would make me happy. I thought about where I would like to live for a while, and just moved there. That's it.

Was there a time you messed up and felt like you'd failed? How did you bounce back?

I never see it as a failure, more like an experience. When I moved to Colorado for grad school, I did it because coming from India, I wanted the "small town experience." But it turns out, that was a lot harder than expected. I was unhappy. So I quit my job, went to a conference in

Montreal and found a job through that. My boss in Colorado wasn't angry with me; he simply found someone else to do the job.

What qualities do we need to succeed as engineering students?

Don't stress about grades! This is the one time in your life where you can afford to fail; it has no impact on your kids, spouse, job, etc. You have no responsibilities right now. So don't focus on your grades so much — it's much more important to know the material. Also, soft skills are very important. Like, an A+ student with no personality is like a strong PC with no interface. Who wants that? In my lab, I will take a student with lower grades that's a good communicator over one with a perfect GPA anytime.

Any recommendations for useful courses or extracurricular activities?

Become a good speaker! There are plenty of good scientists and engineers out there but presentation and communication skills are lacking. It's a skill that takes time to develop, so start doing it. Join a debating team, go to conferences, start networking. Be social!

What are future prospects in your field? What trends do you see developing over the next few years?

Many fields are already mature. So the the intersection of fields is where the innovation occurs. For example, meta-materials and optics.

EngPhys has 2 primary focuses: integrated semiconductor devices and optical devices. Any advice on choosing between the two?

Integrated semiconductor devices is more theoretical, whereas optical is more applied. The optical route opens up more horizons. Either way, university gives you a foundation; the practical experience comes from industry.

Are you accepting undergrad students for 4th year projects or summer internships?

I take on all undergrads (not just 4th years) in my lab, so if you're passionate and want some practical experience, come talk to me.

Any final words of wisdom?

Live your life! Do what you want to do, travel as much as possible while you're still in your 20s, you can always find a job, don't hurry! Be true to yourself.



CARLETON STUDENT ENGINEERING SOCIETY

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NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	31	1	2	3	4
				PEO-SC		
5	6	7	8	9	10	11
Comedy Night				CFES CDE		
						Remembrance Day
12	13	14	15	16	17	18
CFES CDE				Whirlwind Semi-Formal	Fall Ring Day After Party!	
19	20	21	22	23	24	25
					Charity LAN	
26	27	28	29	30	1	2
Karaoke Night			Fall Volunteer Appreciation Party (VAP!)			

- **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



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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
Tristan Durie

Hi friends! This month I'm going to be working with Owen on a Conflict of Interest mandate. I'm also working with Owen on a Motion Tracker for future meetings, and continuing to meet with faculty and other student groups.



VP Finance
Cylna El-Bouchi

Hey C-Eng! Student Group Funding emails have been sent out, so please keep an eye out for those! We're also working on sponsorship, hoping to get the package done by December! We've submitted our October tax returns and things are running smoothly!



VP Social
Kaylin Paquette

Hey C-Eng! This month is full of exciting CSES activities! Don't forget to stop by the CSES office and grab tickets to Comedy Night (November 8th), Whirlwind (Nov 16th), Charity LAN (Nov 24th-25th), Karaoke Night (Nov 27th) and VAP (Nov 29th). We hope to see you all there!



VP Internal
Owen MacIntosh

Hi C-Eng! I hope your midterms have gone well and you are back to that false sense of security before finals next month! Hopefully all of you graduating students have already ordered your pewter mugs and are gearing up for Fall Ring Day on the 17th! Do not forget CSES is hosting Fall Ring Day After Party at Hooley's on Elgin; if you are a graduating student this semester make sure to sign up using our Google form in advance and you'll be eligible for drink tickets! The rest of my focus this month will be on the motions passed at FSGM as well as the past mandates that CSES has gotten and never completed! If you would like to see our Annual Motion Tracker be sure to check online at mycses.ca or, if it is not there you can email me at internal@cses.carleton.ca. That is all from me, good luck forgetting about those upcoming finals!



VP Services
Logan McFadden

As you may all know, the sweater orders are all closed up and have come in (yay!). If you missed out on your opportunity to buy a sweater, don't fret! There will be another sweater order at the beginning of the winter semester. Don't forget that if you are looking for a place to study you can rent out the SGRC on 5th floor of Mackenzie! You can book it online or in the CSES office. Keep your eyes peeled for new merch, it might be coming soon!



VP External
Bay Ross

Hey C-Eng! I hope midterm season is going well. Did you know this month is actually called Movember?!? It will start with a shave off in collaboration with the breast cancer campaign. There will also be a patch auction and other fun events throughout the month. For conferences, look out for Congress application that will go out at the end of the month.



VP Academic
Ahmed Abdalla

How are y'all doing, CENG! C-ENG-C is continuing for the month of November! Junior and Senior Design will be happening on the 3rd and 4th respectively. The last weekend of C-ENG-C will unfortunately have to move to the 17th and 18th due to scheduling conflicts. This will include Programming, Innovation, Communication and the Consulting and Debates events that had to be rescheduled due to the lack of participants. National Engineering Month will be putting out a competition for a new logo! And we have two amazing workshops being planned for the month of November which are Substance Awareness and Financial Literacy! See you around! As always if you have any ideas for workshops/events or any concerns please feel free to let me know!

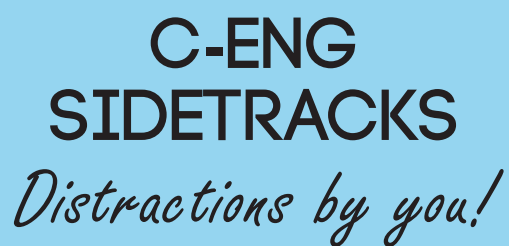


VP Publications
Elizabeth Wilson

Hey C-Eng! Hope you're enjoying this less-tornado-delayed edition of the Iron Times. October issues should be in by now, and I am working to get a discount on the edition due to the lateness. Fall Hiring is in progress, so if you haven't heard back yet, please double check your spam folders, you should get a response very soon! We've begun making some changes to the website as well, so hopefully it will load faster and be easier to read and navigate. I've also gotten into contact with the finance office of Kalendar Publishing, through whom we ordered the passports, and am trying to meet with the past Vice President Publications in order to determine where the discrepancies occurred that led to the cost overages. Enjoy the rest of the issue!

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.





Capture Carleton



CARE-O-SCOPES



TAKE A NICE LONG BUBBLE BATH
EVERY ONCE IN A WHILE. NOTHING
FEELS BETTER THAN EASING YOUR
STIFF MUSCLES AND MAKING YOUR
SKIN ALARMINGLY PRUNY.



NOVEMBER IS THE MONTH TO GET YOUR DIET BACK ON TRACK! DO YOU REMEMBER WHAT A VEGETABLE IS? YOU HAVEN'T SEEN ONE IN MANY MOONS. DON'T LET SCURVY GET TO YOU.



THEY SAY THAT EXERCISE IS JUST AS BENEFICIAL TO YOUR MENTAL HEALTH AS YOUR PHYSICAL HEALTH. DOES RUNNING FROM YOUR PROBLEMS COUNT?



SPEAKING OF "CANCER," PLEASE TRY TO LAY OFF THE INSTANT RAMEN. IT MAY BE CHEAP, BUT YOUR BODY DESERVES SO MUCH BETTER.



THE BEST STRESS RELIEF IS HANGING OUT WITH MAN'S BEST FRIEND. SWING BY THE DOG PARK AND MEET SOME GOOD PUPPERS! HOW ARE THEY SO HAPPY? WE HAVE SO MUCH TO LEARN FROM THEM.



TIME TO VIRGO OUT AND HAVE A BIT OF FUN. ALL WORK AND NO PLAY WILL CAUSE BURNOUT. DON'T LET YOUR HECTIC SCHEDULE KEEP YOU AWAY FROM YOUR FRIENDS!



YOU CAN DO THE THING. I DON'T KNOW WHAT THE THING IS, BUT SURELY YOU'RE DOING SOMETHING, RIGHT? WELL YOU CAN DO THAT THING! THE STARS BELIEVE IN YOU!



YOU ARE GETTING VERY SLEEPY...
VERY VEERRRRYYY SLEEPY..
SHH. TAKE A MOMENT TO REST.
Zzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzz...



INDULGE YOUR CREATIVE SIDE AND PICK UP AN OLD ARTISTIC PURSUIT. WRITING, DRAWING, INTERPRETIVE DANCE, MOOSE CALLS... ANYTHING TO WORK OUT THE RIGHT SIDE OF THE BRAIN!



"WHEN I NEED TO RELAX I JUST PUT ON SOME TRACKS FROM THIS CD I BOUGHT FOR THE STORE... ISN'T THAT RELAXING? IT'S CALLED CELTIC MOODS!" -LEGALLY BLONDE



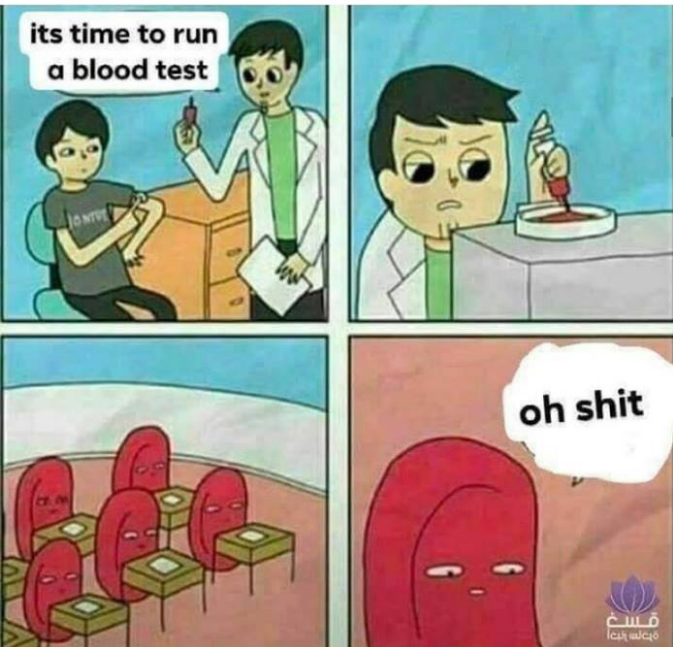
DON'T FORGET TO TELL YOUR FRIENDS
AND FAMILY HOW MUCH THEY MEAN
TO YOU. IT'S THE GOLDEN RULE BB...
YOU GOTTA CARE FOR OTHERS LIKE YOU
WANT THEM TO CARE FOR YOU.



REPEAT AFTER ME: SHARING SELF-DEPRECATING MEMES ON FACEBOOK IS NOT A COPING MECHANISM. DON'T PERPETUATE THE NEGATIVITY!

DISTRACTIONS

THAT EXPLODING BRAIN MEME FEELS LIKE A PERSONAL ATTACK

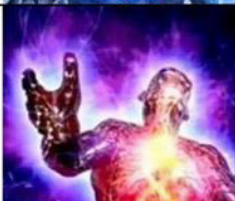


Doing the Cotton Eyed Joe dance flawlessly for the entire song

Belting EVERY LINE of Bohemian Rhapsody from the heart

Singing Eng Musical lyrics to a musical song

Singing all of All Star except for the third verse because it was left out of Shrek and you aren't sure what the lyrics are



When you're stuck in a fluid mechanics problem and have no idea what to do :



Short lifespans on Earth:

House mouse: 1 year

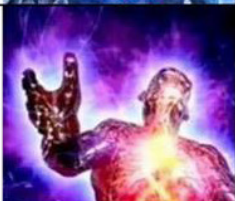
Dragonflies: 4 months

Houseflies: 4 weeks

Circuits built on a breadboard for your class project one second before the professor comes to check your work

Sweet Caroline
BA BA BA

Roll, roll, roll, roll, roll, roll, roll

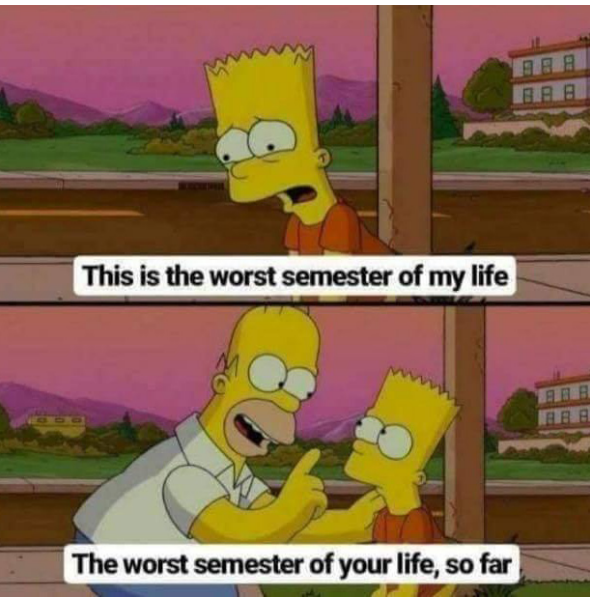


ROLLE'S THEOREM

FROM WIKIPEDIA, THE FREE ENCYCLOPEDIA

ROLLE'S THEOREM STATES THAT ANY REAL, DIFFERENTIABLE FUNCTION THAT HAS THE SAME VALUE AT TWO DIFFERENT POINTS MUST HAVE AT LEAST ONE "STATIONARY POINT" BETWEEN THEM WHERE THE SLOPE IS ZERO.

EVERY NOW AND THEN, I FEEL LIKE THE MATH EQUIVALENT OF THE CLUELESS ART MUSEUM VISITOR SQUINTING AT A PAINTING AND SAYING "C'MON, MY KID COULD MAKE THAT."



A (THIS THAT HOLDS THIS) CAR

	CAR	HOUSE	BOAT
CAR	TOW-TRUCK CARCAR	GARAGE CARHOUSE	CAR-FERRY CARBOAT
HOUSE	MOBILE HOME HOUSECAR	APARTMENT HOUSEHOUSE	HOUSEBOAT
BOAT	BOAT-TRAILER BOATCAR	BOATHOUSE	LIFEBOAT BOATBOAT

I REALLY LIKE THE WORDS FOR "BOATHOUSE" AND "HOUSEBOAT" AND THINK WE SHOULD APPLY THAT SCHEME MORE CONSISTENTLY.



LAST CALL

"CLOSING TIME" IS STILL STUCK IN MY HEAD

THE IRON MAN JAEDON "CLEAR RESPONDER" MCCOLL - CIVE III -



C-Eng Involvement:
Movember Co-Director 2018
CSCE Year Rep x3
Engfrosh Facil

Hailing from: Norwood, Ontario
Song that is the anthem of your life:
Girl Like You by Maroon 5 (feat. Carbi B) just because the tune is catchy.
If you weren't in engineering, what would you be pursuing?
Social work or carpentry.
Weirdest thing you've ever purchased:
A Neti Pot.
Memory that you never want to forget:
Working in Honduras at an orphanage.
Most private thing you're willing to admit:
My birth mark is a hole in my forehead.
Most useless talent:
Yo-yo tricks.
If you could have any super power, what would it be and why?
The ability to fly.
Gimme your smoothest pick-up line:
My friends bet I can't talk to the prettiest girl. Wanna use their money to buy drinks?
If there is a god/creator of the universe and you could ask it one question, what would it be?
Why couldn't windchill just not exist?
Hit me with your best six-word horror story:
Sleeping sitting up... Waking up... Driving...



USES FOR THE CHARLATAN

- > Use as tissues when you just need to cry.
- > Give to your friends to use as tissues when they just need to cry and your emotionally-stunted self doesn't know how else to support them.
- > Tired of being shorter than your friends? Carry around a stack of Charlatans at all times and stand on it.
- > Big ol' flyswatter for the bugs that just refuse to die.
- > Cover the floor of your hamster/rabbit/guinea pig cage with it.
- > Fold a thousand paper cranes... no... a million paper cranes!!!
- > Stuff it into your coat sleeves for extra insulation.
- > You could read it

THE IRON LADY DENISE MAYO - COMP SYS III -



C-Eng Involvement:
Carleton Engineering Competition 2018 (Junior Chair)
Leo's Manager 2018
D-Eng-D Coordinator
EngFrosh Facil

Hailing from: Halifax, NS
Song that is the anthem of your life:
That dial tone from like 1999
If you weren't in engineering, what would you be pursuing?
Honestly, engineering is my lifeblood.
Weirdest thing you've ever purchased:
Four 50 packs of Timbits. It doesn't sound weird until you realize it was all for me.
Memory that you never want to forget:
Every day hanging out with y'all in Leo's! (Seriously, y'all are great.)
Most private thing you're willing to admit:
When I'm home alone, I dance around my house and sing to every song that comes on the radio.
Most useless talent:
Playing Mii Plaza on my violin.
If you could have any super power, what would it be and why?
Sleeping more than 5 hours a night.
Gimme your smoothest pick-up line:
Did you fall from heaven? Cause my back hurts too and you probably know a good chiropractor.
If there is a god/creator of the universe and you could ask it one question, what would it be?
You had to make this difficult didn't you?
Hit me with your best six-word horror story:
I'm sorry, your computer is broken.

Editor-in-Chief

Caroline Lenarcic

VP Publications

Elizabeth Wilson

Special Thanks To:

The overwhelming number of people who responded to the C-Eng Speaks! (And the baffling number of people who submitted twice...)

- Footnotes -

Issue Made Possible By:

5 days of frantic editing
3 pumpkins carved with friends
3 pumpkins subsequently smashed by those same friends, which was a very cathartic experience

Quote:

"If you can't love yourself, how in the hell you gonna love somebody else? Can I get an Amen?" - Rupaul



TAKE CARE OF YOURSELVES, THE IRON TIMES
LOVES YOU ALL