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## THE CARLETON STUDENT ENGINEERING NEWSPAPER

# THE IRON TIMES

THE STRESS-FREE IRON TIMES

MYCES.CA/PUBLICATIONS/IRONTIMES

NOVEMBER 2016



# Lest we forget...



Noah Pacheco  
- AERO D III -

### “Describe the Colour Red” A Remembrance Day Poem

It's **crimson**.

The colour of righteousness and conduct.  
The colour of fall maple leaves scattered upon the ground.

The blur of crimson fluttering down.  
It's the smell of the chilled autumn breeze flowing across the prairies.

It's the sound of geese taking flight.  
It's the feeling of seeing the northern lights for the first time.

It's the taste of fresh maple syrup. And beaver tails. And poutine.

The Rockies to PEI and everything in between.  
It's the colour of Canada. A mari usque ad mare.  
From sea to sea.

It's the colour of loyalty, honour, and home.

It's **ruby**.

Rich and vibrant.

It's beautiful yet rare and distinguished.  
It's the colour of blood. But not just any blood.  
Blood of brothers who have crumbled for us.

It's the colour of hardships and pain.  
But for worthy causes and righteous gains.  
It's the colour of surrender and strife.

It's the colour of giving as well as taking a life.  
It's the smell of sorrow and hot metal hitting the ground.

The sound of guns repeatedly tapping on shoulders of soldiers for miles around.

It's the colour of war, honour, and sacrifice.

It's **scarlet**.

It's sophisticated and noble.

It's the colour of modesty and integrity.

It's the colour of a poppy.

A poppy that stands for recognition.  
A poppy standing amongst an unfortunate field of poppies.

A wave of flowing wine coloured petals synchronically shifting through the wind.  
The same winds over years. It's the sound of the terrified screams lingering.

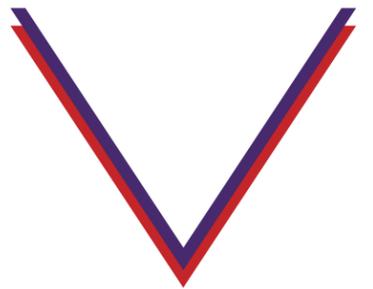
It's recalling the past, praying for the present, and hoping for the future.

It's the colour of remembrance.

We shouldn't be wearing black today. Black is the colour of death, evil, and cynical deeds.  
Remembrance Day isn't black. Remembrance Day is **red**.

*Notes' Endnote: Wrote this poem back in Grade 11. Was cleaning up my Google Drive and ran across it. Thought I'd give it a share.*

## READ ON, I DARE YOU



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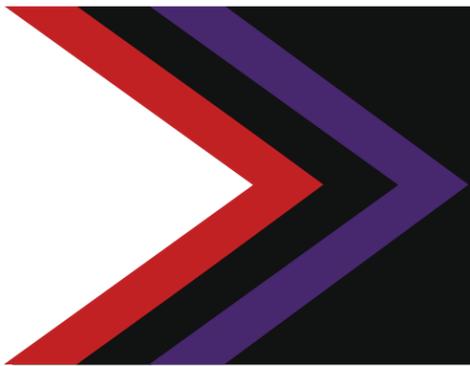
AND MUCH MORE!



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# EDITORIALS

AKA THE CONSTANT STRUGGLE NOT TO BE MADE A SLAVE TO STRESS

## FROM THE DESK OF THE <sup>Totally Metal</sup> EDITOR



Cassidy "Next" Lang  
- AERO C II -

As much as I love this lyric by The Agonist, I saw some shit when looking for an image for the header that pretty much forced me to reassess exactly what I wanted to see in the background, there.

But that's beside the point. I come to you today to discuss the dreaded s-word... The very thing you're probably reading this paper to forget.

That's right. Stress. Engineers as a race tend to affix many negative connotations to this word because, let's be honest, stress wrecks a ton of havoc in our lives. Especially during midterm season. Everyone is so insanely busy that tensions run high on the daily and tempers are shorter than ever.

Let me tell you about a little hormone called cortisol. Cortisol is one of those hormones whose help and presence might be more appreciated if you didn't see so damn much of it every single day. What's more, it's also the little bitch that's responsible for weakening your immune system to the point that once you get sick, you never really get UN-sick.

It doesn't help that we live in a mad, mad world rife with stimuli for the production of the stress hormone.

Most of the time, we can tell what's stressing us out: midterms, family, friends, money, time, too much lactose at breakfast... The list is literally endless.



But believe it or not, environments with ambient noise such as conversation or birdsong trigger stress completely unnoticed. This is just the tip of the iceberg. There are many "background processes" such as these causing additional stress that never get factored in when making a grand tally of all the things currently stressing you out.

So if you happen to be a control freak prone to spontaneous mental breakdowns like me, your adrenal cortex probably spends the vast majority of its time releasing cortisol in response to perceived threats like deadlines and human inadequacy. Yippee.

That being said, cortisol can also be one of our most valuable teachers. This (what I would consider) excessive stress can sure learn us some pretty tough lessons, the first of which being that, while stress tries to plague everyone equally, the fact of the matter is that some people are miraculously good at not getting worked up about things.

I'm really jealous of these people. I lose my shit over the most trivial things; things that are completely out of my control. It's messy.

(A moment of silence for all the innocent souls ever caught in the crossfire of one of my epic battles of self versus self.)

It seems unfair that stress should affect me in such an explosive way. Why must cortisol be the hardest of taskmasters for me, and me only?

My shitty coping skills lead me to believe simultaneously that stress is

the worst and the best thing for me. It's a double-edged sword in that it turns me into a monster of sorts, but without a little bit of uncomfortable pressure, how would I ever get anything done? How would any of us?

This logic applies to procrastination, for the most part, but it certainly does not when it comes to being overworked. Taking on too much is a losing battle, trust me.

Imagine that AH-H-H I HAVE TO STUDY FOR MY MIDTERM OR I'M GONNA FAIL feeling, except all the time. Consistently.

Always behind the 8-ball, as my dad likes to say. And that's a tough way to live.

Instead of wallowing and feeling like I've been dealt the greatest injustice of all, however, I realize that—with practice—I, too, can become a master of cortisol's teachings and learn to roll with the punches.

Thankfully, there are methods to effectively manage stress that are NOT just techniques to put it out of your mind for a while.

I'm not saying that video games, reading, drawing, etc. isn't fun, but when it's time to put your nose to the grindstone, distracting yourself as such is just stressing you out even more. I know, it takes some real self-discipline.

Since the reality is that sometimes there is simply too much to be done to take breaks, there are things you can do to enable yourself, rather than disable yourself when it comes to getting work done...

Taking deep breaths is one. I'm seri-

ous. And not just one, although sometimes even that can be effective. No, I mean take a few minutes to really just focus on your breathing. Make sure that you're concentrated on breathing deeply and slowly, and you will be amazed at the effect it will have on your overall state of mind.

It's also of utmost importance to know what really puts you at ease mentally. I am NOT talking about the aforementioned distractions.

Personally, I find that a good smell in the air always mellows me right out. I have an essential oil diffuser and filling the air with plant-y goodness never fails to loosen a few muscles.

The same goes for baking, and although it does require time away from your cause, the benefits to your mental health are two-fold: a kitchen smelling delicious for the rest of the day and also, baked goods. Cannot forget about those.

Not only is the act of baking relaxing, but so is the act of eating the results. Anyone who tells you otherwise is lying through their goddamn teeth.

Another thing is listening to music that won't impede your thoughts. As much as I loooooove listening to metal, most of the time it's not conducive to doing work.

(Unless it's housework. Doing dishes becomes exponentially more exciting and badass.)

What usually works better is anything without lyrics that you can tolerate. Classical symphonies are my best friend when it comes to settling down to do work.

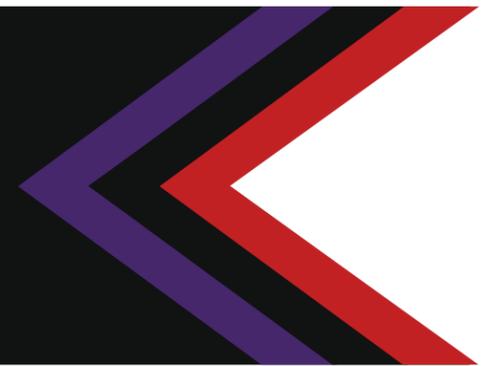
I can pick a full symphony on Google Play Music or YouTube that will play for like a hour, meaning I can't use the excuse of wasting time by constantly switching songs.

Now, I find it funny that I'm actually about to credit this as an effective stress-relief technique, but I also want to recommend crying.

Yes, it's embarrassing. Yes, it's melodramatic. But coming from someone who seems to do a lot of it... FUCK, is it ever useful at making you realize the triviality of what upset you in the first place.

Crying gives you a new perspective. Don't be ashamed to just let it happen. After all, it's like a purge of all the negativity that aggravated you to the point of crying in the first place.

# EDITORIALS



SECRETLY, WE ALL NEED A LITTLE HELP #NOSHAME

You WILL feel better afterward.

(Friends/support network optional. Sometimes the good ol' solo cry-fest serves its purpose, in which case, not a soul needs to know. Beyond you, of course.)

Aaaaaand, of course, sleep is pretty vital, too. Getting enough sleep seems like such an afterthought, especially when you have so much going on that there literally isn't enough hours in a day to do everything that must be done.

But past a certain time of night, it's really hard to think straight. Especially if you're not hopped up on caffeine.

This is when it's nice to have not procrastinated, so you can pick up again in the morning, when your brain won't be working against you.

I think the most important thing to learn about yourself is how much you can personally handle. Know how long it will take you to do things and take that into account when you're working.

I suffer from being a perfectionist, so I always assume it will take me a LOT less time to do things than it actually does. Things that should take about an hour take, like, three because I waste my time in very, very stupid areas, such as the erasing and rewriting of a word or letter because it doesn't "look right."

Stop laughing. It's an EXTREMELY hard urge to resist. And if I have to look at the word or letter more than once, just leaving it be is not worth the anxiety.

HOWEVER, I am learning the ability to prioritize things as I never have before this year, thanks to more difficult courses and increased involvement. Unfortunately, not everything can be perfect. Sacrifices must be made for the greater good.

It's the hardest thing ever for me in particular to admit, but the difference in making stress your bitch vs. being made stress's bitch is prioritization.

Sometimes all that matters is making sure something gets done. Maybe it's not your best work. But it's done. It's done.



## On Self-Care & Mental Health



Emma Maddock  
- ELEC II -

We've all had those days where you have 20 things on your mind and 50 go wrong. It's a common occurrence when you're studying any engineering discipline. The hours it'll take you to understand a simple concept if you don't have a great prof; the hours you tell yourself that you're not smart enough to be in engineering.

The hours you spend awake for no reason because you're stressed out of your mind. The hours you waste on the Internet because you feel stressed, creating more stress by avoiding your tasks, so it piles onto you and you finally know what Atlas must have felt like.

I want to talk about mental health. I know it's a topic that we talk a lot about nowadays, but the way we talk about it is all surface stuff. It only ever seems to go as far as "get help," which isn't always useful if you don't know what your problem is.

And then there is the distinction between feeling normal human emotions and having a mental illness. Being depressed isn't the same as listening to Bon Iver and looking out the window of the bus while it's raining. Let's just make that clear.

We all, to a certain degree, have some sort of mental wellness.

I want to talk about the mental wellness that concerns everyone, not exclusively people with mental illnesses (which is on a whole other level on its own.)

There is, without a doubt, a toll that we take on our minds when we go through school. It isn't easy at all to learn the things we have to learn. So much so that it often sends us into spouts of crying, nervous breakdowns, sleepless nights, the whole shebang.

It carries over into our physicality as well. I can tell you that I don't ever feel so weak as when I'm in school. Regardless of my addiction to caffeine, I am just physically exhausted all the time. And I feel like most of you can relate.

This being said, there are ways you can help yourself and make your own experience better. Here are some tips on self-care, and I don't only mean cute fluffy stuff. I also mean deep remedies that can totally curb the way you think about yourself and the way you experience things.

The first thing is to recognize when you truly need to just lay back and take some time for yourself. This might be hard to reconcile when you have a plethora of deadlines and tests hanging over your head like a guillotine.

My point is: you are important. If you are feeling overwhelmed to the point where you can't do anything, do something for yourself. Allow yourself to recharge and get ready to tackle your upcoming challenges.

Myself, I like to take a nice warm bubble bath and read Harry Potter. Instantly energizing, effortlessly soothing. Do something that you know relaxes you that will help you feel at ease.

(See: Treat Yo Self, Parks and Recreation.)

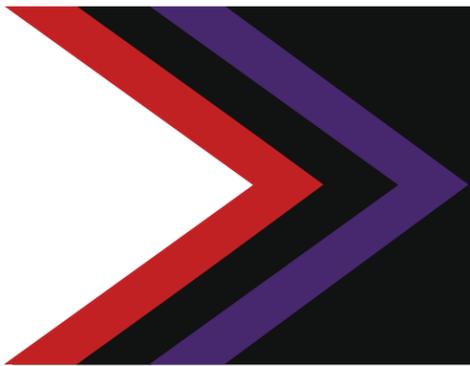
Another important thing when it comes to dealing with your workload is your support system. Make sure that you have people who care about you to talk to, and if they ever ask you if anything is wrong, don't hide it! These are people who genuinely care about how you feel, and want you to feel good no matter what. Burying it and not communicating is about the worst thing you could do, since it builds up and eats away at you from the inside.

So, recognize your friends and share your feelings with them, honestly. It builds a better friendship for the people involved, and a better you!

My last piece of advice is: remember what you are here for. If you ever feel like you are drowning in school, and feel miserable and unpleasant, remember why you're doing engineering. It's probably the same as the rest of us: it's because you want to change the world in a good way and do stuff that impacts people.

(And also because you're a nerd like the rest of us.)

So. Don't hesitate to take a moment for yourself. Do something you like and take proper care of yourself if you feel like the human equivalent of dried-out Playdough. You come before your schoolwork, always. And make sure you are talking to people about how you are feeling, so that you maintain a strong network of support, and so that you can vent your feelings without them building up and blowing up. Essentially, if you start to allow yourself some time and support, you will continue to grow, stronger than before.



# COLUMNS

## THE PROCRASTINATOR'S LAST RESORT



Peter DeBenedictis  
- BIOCHEM IV -

"But Peter, how do I know that I'm going to have to stay up all night to finish this? Maybe I'll be done early and get to bed on time!"

Don't worry, I have a simple formula to figure this out: you simply take the number of hours you have worked on it previously + 1, then divide it by the percent it takes up in the class, then multiply it by the grade you wish to achieve, where an A is = 1, B = 2, C = 3 and D = 4.

If you receive a number less than 1, you're gonna be up all night. So, for example, if you are studying for that 20% mid-term and you only took 3 hours over the last 2 weeks to review it (and you desperately want an A...)

$$\text{AllNter} = ((3+1))/20 * 1 = 0.2.$$

Therefore, you're gonna be up all night. Now, of course we could get into professor marking habit coefficients and course difficulty ratios, but let's not worry about that right now. The bottom line is that you're fucked, so don't even dare to glance at your nice, warm bed.

Now that you have locked in your fate for the night, let's go over some dos of all-nighters. Firstly, understand your environment and locate yourself in a spot that you are comfortable not moving from for upwards of 10 hours. Maybe bring a pillow.

Next, caffeinate yourself. This may seem obvious to the many coffee drinkers, but it must be said: I, personally, make a whole pot of coffee and work my way through it as the night progresses. Energy drinks and other substances work just as well, but can get restricting to the amount you can have before heart failure.

If you're going with tea, stick to black tea (orange pekoe.) Next, grab a snack that is full of sugar or starch. Take it from the biochemist here and ditch the diet for tonight. Sugar is the easiest fuel for your body in a pinch. I, personally, inhale bags of Doritos when I'm working on an all-nighter (jalapeno cheddar mmmmmmm.)

Lastly, tune out your surround-

ings with some music or background noise. A lot of people like the sound of classical music when they are studying, or maybe smooth jazz. Others may want to just hear one song on repeat, others their favourite songs. This aspect is variable depending on how you study, but it's key to know what you like and what doesn't distract you.

If you prefer complete silence, then make sure you can achieve that in your work space (floor three of the library offers a quiet floor.) I, personally, like to listen to ASMR from time to time during studying (look that shit up.)

Now, on to don'ts, the main one being: don't panic. At some point in the night, you're going to want to give up and throw your work across the room while simultaneously superman-diving into bed. Don't give up! Trust me, you want those marks, plus it's kinda fun to brag about how you got an A on a paper you completed in only one night.

Secondly, don't try to do chores, clean your room, or organize anything ever. I would often finish an all-nighter with a spotless bedroom and curse myself for wasting so much time. As a general rule, if you are ever fighting against the universe's entropy, you're going to have a bad time. Just let the mess stay for one more day.

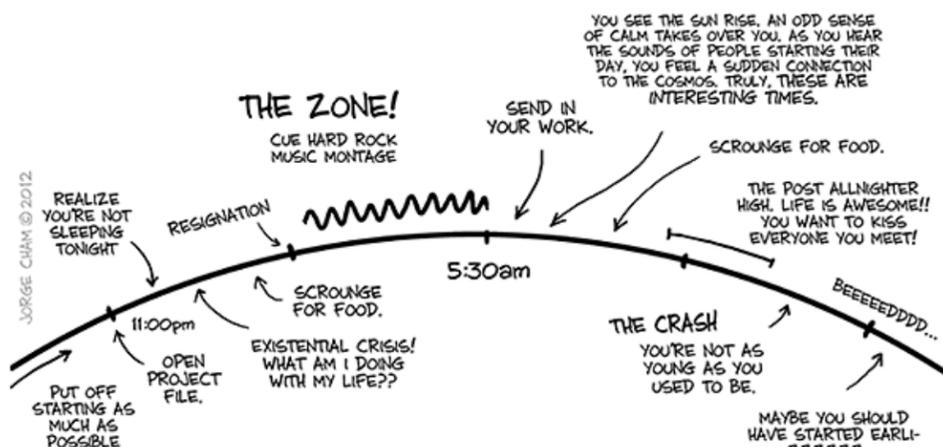
Next, turn your phone off. This may be the hardest for the average person to do, mainly because a lot of their life revolves around their phone. Just turn it off, your mom still loves you and that drama with your BFF can wait.

Lastly, don't masturbate. That's a reward for when you finish. ;)

As a small final note that may seem somewhat contradictory to the whole "all-nighter" thing: get at least 40 minutes of sleep before you head out to write that exam or hand in that paper. I know, I know... it's not a true all-nighter, but trust me, your brain needs some sleep to be able to convert all that information you just studied into cold, hard marks.

With these helpful all-nighter tips, I'm sure you can take on anything. You got this!

### THE ALLNIGHTER



# COLUMNS

IT SEEMED LIKE AN IRONIC SPREAD AT THE TIME

## ADULTING *for Dummies*



Julia "Teabag" Psihramis  
- ACSE IV -

### MISSING SCHOOL

That's right, it's already November, and with 6 months out of my 16 month co-op term under my belt, there are some things about being in school that I'm really starting to miss.

Sure, school is stressful. I know all of you are probably reading this as a study break between writing a midterm and starting to work on that ever-present pile of assignments that are due within the next week so you probably won't pity me all that much, but I still think it needs to be said. Some parts of student life are better than adult life and I'm not even talking about responsibilities.

No, the thing I'm talking about is your day-to-day schedule. Now, let me stop you before you go all crazy indignant on me and start ranting about the 12 all-nighters that you've already had to pull to get your assignments done on time so I can explain myself.

Believe it or not, an 8-hour work day takes up much more of your life than you would expect. Sure, it's 8 hours of work, but add in the time it takes you to commute there and back and however long it takes you to look presentable enough to associate with real adults, and it starts to add up.

That includes all the time you spend doing laundry to make sure the 6 work-appropriate outfits you own (You have more? Well, aren't you fancy!) are clean and ironed, preparing food to bring for lunch that doesn't make you look like you're 5 years old (surprisingly, those chicken nuggets that are shaped like dinosaurs are not a good choice for a work lunch) and brewing

enough caffeine to get you through the day.

Just looking at that, you've already got most of your day gone. That doesn't even take overtime into account. I've had days where I worked for 12 hours on-site to finish projects on time.

Not only that, but an 8-hour day means you need to be responsible for a full 8 hours out of your day. That means no break in Leo's to play cards for an hour (or 5.) No time between classes to go to some random C-Eng events (like whatever normally runs for Movember.) No, you're working for the full 8 hours.

Now, I don't know about the rest of you, but I don't want my life to consist of exclusively work and sleep. I can't do it. I need some variety, some excitement, some time with my friends to break up all the time I spend pretending to have my life together. When you factor that in after all your adult responsibilities, it doesn't leave a whole lot of time for anything if you want enough sleep to get through the work day.

I mean, who among you would leave an event or party at 10 because you have an 8:30 class the next day? I'm guessing not very many. No, you would stay until the festivities started to die down and then tough it out through the hour and a half of class the next morning or you might even skip your class all together.

Now take that hour and a half lecture and stretch it out to an 8 hour work day and add in the fact that it's absolutely not OK if you doze off at work.

Sure, you're not SUPPOSED to sleep in class, but be honest, we've all done it at least once. And taking the day off work every time you stay out a little too late is also not an option.

Now, I know what you're thinking: just go out on the weekends. Get your social fix and catch up on sleep then. The thing you're failing to take into account is that the adult schedule of a consistently early start to the day means your body gets used to waking up early. This, in turn, means that you have trouble sleeping in on the rare occasion that you have a day off. I'm a big believer in the snooze button and used to consistently wake up at 11 (at the earliest!) on

days off, but now I find myself unable to sleep past 9.

And don't even get me started on taking vacation. When you're in school, they just give you vacations and holidays all the time! You guys just got back from reading week which is a whole week of putting off assignments and hanging out with friends. When you're working, you have to take the time off, and as a co-op student, that means going on unpaid leave.

I don't know about you, but I find that giving up a whole week of pay kind of puts a damper on any vacation I take.

This, of course, isn't to say that I don't like my job. It's actually quite interesting work. It's just that when you're in school, there's so much going on and so many people around you

struggling through the same thing at all times that you don't feel as bad about not having everything figured out yet.

Now, I know to all of you who are stressing about midterms, this might not seem sincere, but I miss being a student. I miss the fun, of course, but I also miss the crazy, stressful schedule because life as a student is really what you make of it.

So study for your midterms (of course) but take a break for a muffin, visit a friend in CSES, or party all night before an 8:30 class for those of us who can't. Trust me, when you finally leave Carleton and start work, you're going to miss school like crazy, so take the opportunity to make this the best 4 or 5 or 6 years of your life.

### Sustainable Business Planning

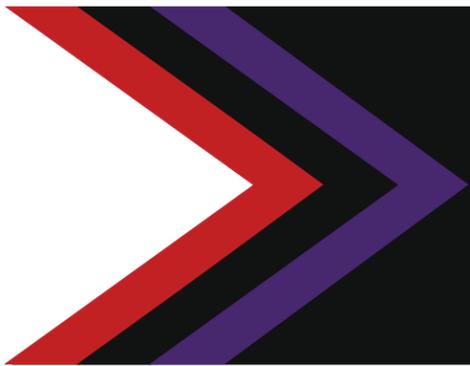


**CUGES**  
Carleton University  
Green Energy Symposium

**WHERE:** Fenn Lounge

**WHEN:** 12.11.2016

**TIME:** 9:30am



# COLUMNS

HONOURING OUR MILITARY HEROES: THE TRUE MEANING OF REMEMBRANCE DAY



CSES and The Iron Times thank and remember all those in service to our country—past, present, and future.

## *I Fucked Up Not this Time*



Jordan "Not So Slim Shady" Stumpf  
- ELEC III -

a very approachable and down-to-earth guy.

When I met him, we immediately bonded over a shared love of Halo. We never became super close friends, but if I needed someone to talk to, he would always answer.

I'm going to keep this short because I'm not the most beautiful writer, but Jason was truly an amazing person who may not have been in my life for a very long time, but definitely made a huge impact. Here's to you, man. We miss you.

This month's article is going to be a little different from my others.

November is the month of remembering. So, this Remembrance Day, I would like to encourage everyone to not only take a moment of silence, but to actually think about the greatest sacrifice men and women have given, not only 98 years ago, but every single day.

Here in the C-Eng community, we have a large number of people who are enlisted in the Reg Force and in Reserves. You may see them every day, not knowing who is and who isn't.

But the C-Eng community has also lost one of its members who was enlisted. This article is dedicated to Jason Renato Simon.

I met Jason in my first year. He was taking Criminology, but he enjoyed hanging around our crazy bunch of engineers. He was my facil on MapleMoose, and he was



## Furry Pages

by Marie "Ghost" Leunissen  
- MECH II -

## Let's Hear It for the War Pets



Lin Wang to receive honor medal posthumously.

Throughout his life, Lin Wang just wanted to move things. His wife, Lilly, stated:

"He would go on about his childhood. He had a big ball that he would roll around his pen. He was so sure he would get into the circus. He was practicing moving heavier and heavier balls. He had no idea he would get conscripted into the service."

During the peak of his youth, the Japanese army was looking for some heavy lifters, and found help in Lin Wang.

"He went from moving heavy balls around to heavy artillery. He

couldn't believe it," continued his wife.

He was sent to the Burma jungles to fight with the Chinese when the unthinkable happened: his camp got attacked. After the Chinese took over, instead of being sent to a Prisoner of War camp, he was allowed to stay and help move the Chinese artillery.

"Lin Wang was very brave," Lilly said, "he didn't even flinch. Although, he did question why they wanted the cannons to be pointed in the other direction."

After the end of the war, he was released from service and spent the rest of his life in the Taiwanese Zoo with Lilly. Lin Wang died in 2003, but his memory lives on.

He was awarded the highest honour for an animal to have worked on both sides of the war without showing immediate stress. Commonly called the ATSD award, it will be given to Lilly along with a year's ration of peanuts.

That will surely be tusked about.

# COLUMNS

SO BE IT! THREATEN NO MOOOORE...



Admitting you have a snake problem is the first step to recovery. If you find yourself always asking “Why’d it have to be snakes?” then I hope this helped you, even in the slightest! Hopefully you’re more aware of snakes now, Sally Secondyear! Remember, if you have a blank space, you can always write Bae’s name! Ta-ta for now, my lovelies!

- Bae ♡



‘Sup, nerds! Happy November. Too bad there’s nothing to be happy about in November. November sucks. Proposals suck. Never get married, children. Especially in November. That is all.

Bae received many questions this month, all involving proposals, except one question! This month’s question comes from Sally Secondyear:

“ Hey Bae,

*I was warned that there are many dangerous reptiles in Ottawa, especially snakes! What kind of snakes should I look out for and how do I deal with them?”*

Well Sally, snakes are tricky. There are quite a few varieties! I’ll help by listing some of the sneakier snakes and how to get those motherf#@king snakes out of your motherf\*!king plane.

## COBRAS:

The cobra is one of the sneakiest of snakes! Not only are they super venomous, but their hoods throw shade all over the place. Can be super bitchy if you get close to them; avoid at all costs. If you have to be near one, practice up on your jazz flute—these guys like to be serenaded.

## HOG-NOSED SNAKES:

The hog-nosed snake is less sneaky than you’d think, all oink and no bite. As long as you stay out of their sties, you should be fine. Don’t even worry about these cuties!

## ASIAN PIPE SNAKES:

These cool snakes can always be found puffing on something. You can tell a pipe snake is around by the cloud of smoke that follows them around. Closely related to the Asian vape snake (SnakeNation!)

## GARDENER SNAKES:

These snakes grow hella dope plants. Good friends with the pipe snake, they have many shared herbal interests. If you’re feeling particularly dickish, you can salt his garden, but don’t do that. The gardener snake is a nice guy!

## THE OUROBOROS:

Insert nerd reference here. Something something something alchemy.

## EKANS:

That one snake that wasn’t fooling anyone. We all know it’s snake backwards, shit-head. Damn Pokie-mans.

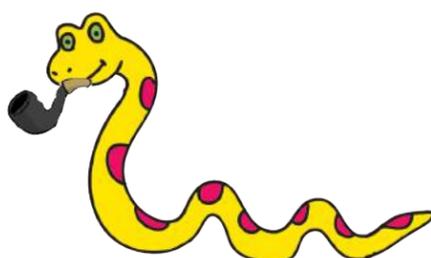
## SNEAKY SNEK:

Don’t tread on me. Seriously. Plz no.



## GLENN MCRAE:

The Great Canadian Snake (like the Great Canadian Bagel, but in snake form.) Imagine if there was a bagel snake, though. If you put it in a toaster, would it still be a snake?

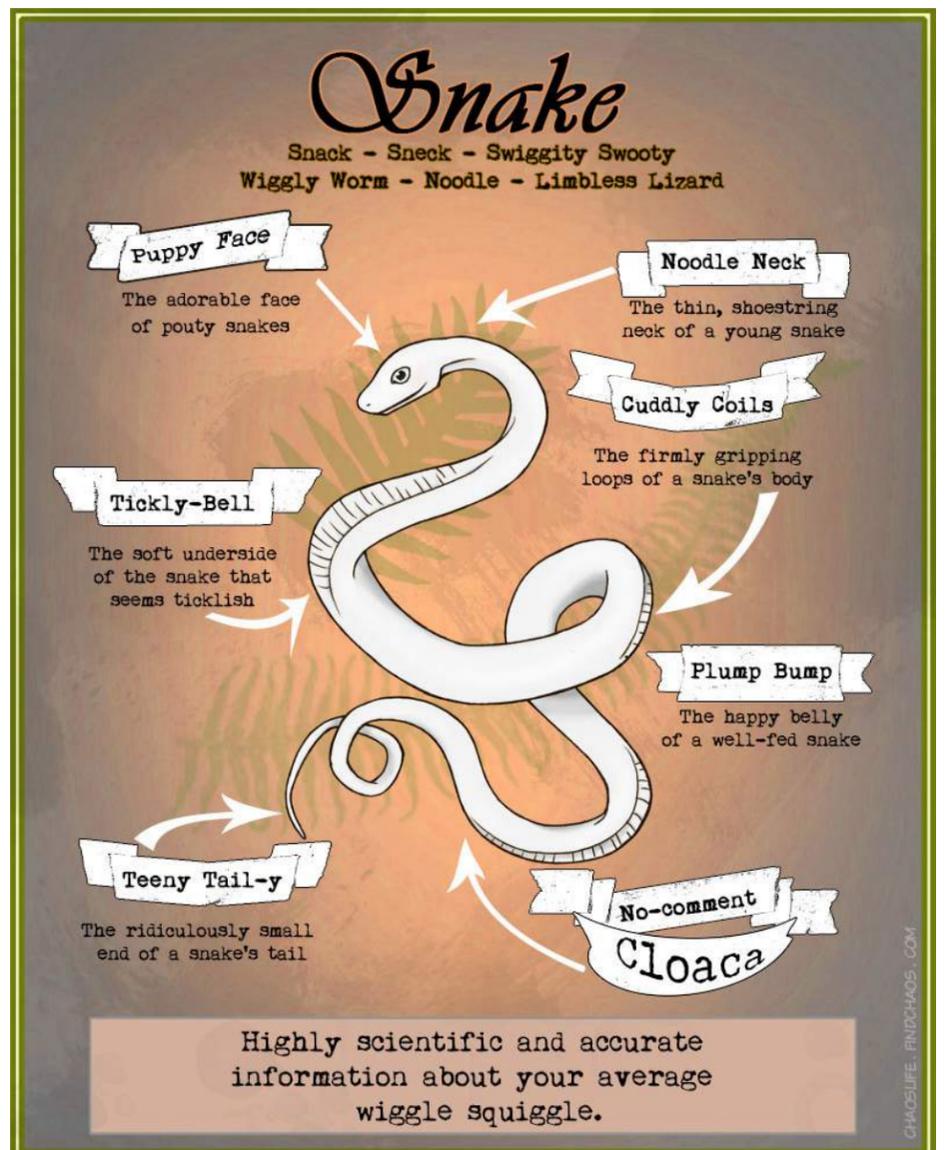


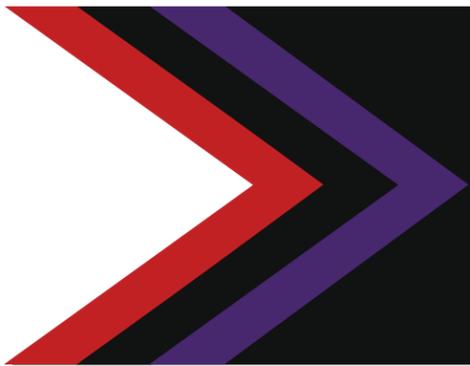
## THE GREAT AMERICAN SNAKE:

One of the most dangerous snakes to ever walk the mean streets of Nashville, this snake is a nightmare dressed like a daydream. You don’t want bad blood with this snake. They’re more likely to say you didn’t have their permission to use their name in your shitty newspaper column.

## VIPERS:

Common myth: a viper isn’t actually a snake. It’s actually a sick-ass car. Not actually a sneaky snek. Vroom vroom!





# COLUMNS

AN OVERWHELMING SHOW OF SUPPORT FOR NOT PANICKING



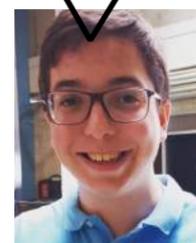
“What’s one thing you wouldn’t dare leave out of your midterm study arsenal?”

Water. Can't study with a headache, or with a cold because you weren't healthy.



**Hannah Waye**  
COMM II

My Mickey Mouse plushie to hug when nothing makes sense.



**Daniel Zachrisson**  
SREE A II

Google.



**Noah Pacheco**  
AERO D III

Netflix.



**Michael Chaplin**  
AERO C V

Coffee.



**Luke Boguski**  
AERO B II



**Caleigh Rutledge**  
ENVE ALUM '14

Sharpie pens. Adding colour to my notes and cheat sheets REALLY helped.

SNACKS. LOTS AND LOTS.



**Angelina Gomes**  
MECH II

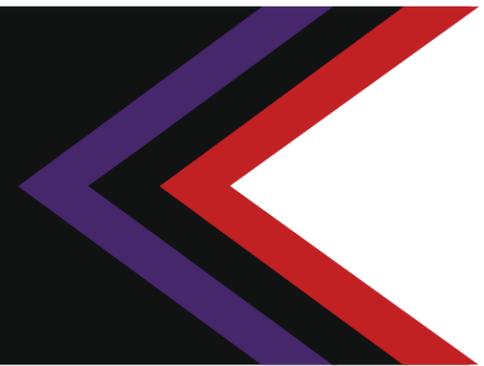
Tissues for tears.



**Emma Maddock**  
ELEC II

My whiteboard. When doing math problems, I like to write a lot, but I don't like to use paper, so what I like to do is use my whiteboard or a classroom chalkboard and do all of my engineering problems on that, since the solutions sometimes can be way too long anyway.

# COLUMNS



## THIS NEWSPAPER: I PANIC SO YOU DON'T HAVE TO

**Megan McEwen**  
ELEC II



Coffee. As Prof. Mingarelli likes to point out, with a few coffees, you can solve pretty much any problem that comes your way!

Booze.

**Richard Xu**  
BIOMED ELEC II



Coffee.



**John Sweeney**  
CHEM V

Sleep.



**Sean Gormley**  
ASCE I

I would not give up my Sharpie for the world!!!! I write what I know is true in Sharpie, and then the rest in pencil, so I KNOW where I messed up my knowledge. #tips

**Katie Neill**  
ENG PHYS II



## “What is the most unusual (yet satisfying) thing you have done to de-stress?”

Built a phallic lighthouse in The Sims 4.



**Angelina Gomes**  
MECH II

**Michael Chaplin**  
AERO C V



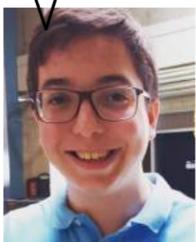
Honestly, I just ate buckets of popcorn to help me de-stress—literally every evening, popcorn. Also, I studied while marathoning TV shows to help my brain with the fact that I can't handle silence, which backfired when writing super quiet exams... Do as I say kids, not as I do.



**Caleigh Rutledge**  
ENVE ALUM '14

Accept my fate and binge-watch a whole TV show series.

Pink the Thing!



**Daniel Zachrisson**  
SREE A II

Yoga. Like, dude... yoga.



**Noah Pacheco**  
AERO D III

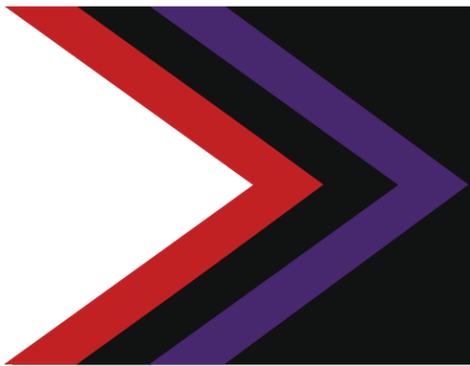


continued on p. 12...



(-ENG SPEAKS:

Don't Panic!



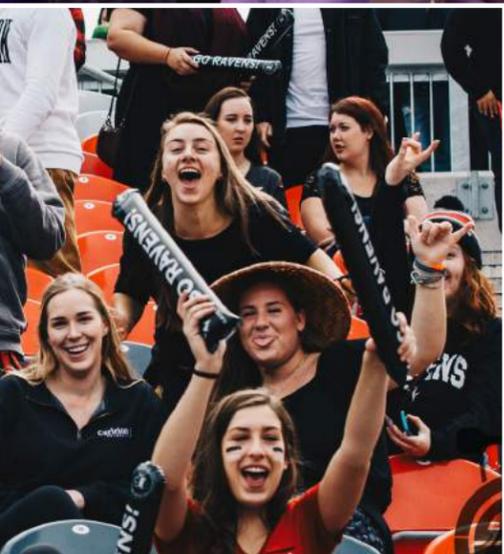
# GALLERY

SPORTS! ATHLETICS! SPORTS, SPORTS, ATHLETICS!

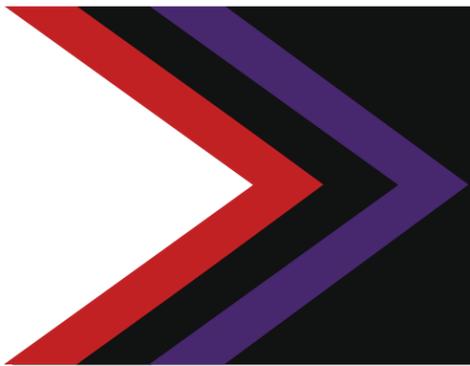


# GALLERY

ASK FOR MEMES AND YE SHALL RECEIVE



OCTOBER, THE MONTH OF ALL THE MAJOR SPORTING EVENTS EVER



# COLUMNS

ALEX... THIS IS WHEN YOU WRITE AN ARTICLE, MAN.

continued from p. 9...



(-ENG SPEAKERS)

“What is the most unusual (yet satisfying) thing you have done t

When there's 90 billion things due and you're like idk what to start on, this is the point where you start questioning what you're doing with your life. Now, as easy as it is to just drop everything and say fuck it, here's a couple of tips for dealing with that:

1. To prevent getting into situations like this, do small readings on your course material. Your textbooks are actually useful and sometimes it's not a bad idea to look over some of the prof's lecture slides. Now, I'm not saying you gotta read the whole book, but consistently making the effort to review the material of what you did in class today can actually pay off.
2. Don't do things alone, especially for assignments and studying for midterms. More brains > less brains. Nobody's good at everything, and studying with buddies will help you make it through. We are engineers: eventually we will have to learn how to work with other engineers, so you might as well learn how to work together.
3. Take study breaks and don't die. This one time, I had to do a CCDP 2100 assignment and an ELEC 2607 formal lab report and study for ELEC 3105 all in one night. So, I stayed up all night doing the assignment and lab report, and it was 10:00 am, and I was like “nice, I made it, I just have to physically make it to my CCDP 11:30am class.” So I accidentally took a half-hour nap ‘cuz I was tired, then I threw up because my body was like “nope, I wanna still sleep” but I went to class anyway after I ate something. Lesson from this story: don't do things last minute. But also, back to the main point, don't forget to take study breaks because having a brain > no brain when writing a test.
4. Best way to study is with past midterms/finals and don't be afraid of asking for help. Also, if you're the type of person who's like “yeah, I got this, everything will be easy.” No! Treat everything in university as if it's the hardest thing ever: MATH is hard, ELEC is hard, MAAE is hard, my dick is hard... EVERYTHING IS HARD. Because the best way to approach something is by best preparing for it. And if things still prove easy to you (somehow?), spend time by helping your friends out, because not only will you get friends, you will also be more prepared. If you can explain things to someone, then you can answer the questions on the test. You never know—you may end up one day becoming a TA for that very same class!

TL;DR Don't do things alone and don't die. Take study breaks and Kettleman's is a really good bagel place in Ottawa. Good luck to all and don't die!



Oh, God! If I want to keep studying, I cross my legs in my chair (just to relax a bit.) TBH, I just watch TV and let my brain go numb—it's not that weird, but it works.



Katie Neill  
ENG PHYS II

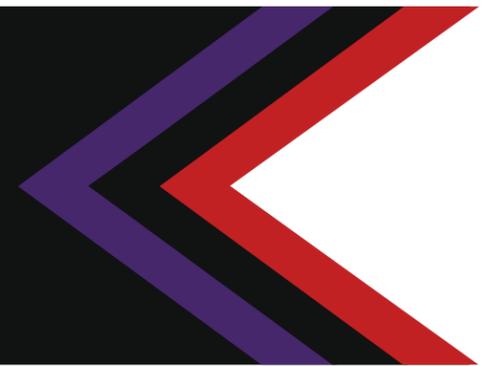
Alex Fernandes  
BIOMED ELEC III



Megan M

Person  
super up  
doned  
and dan  
ing! You  
makes y  
and c

# COLUMNS



## MY PREFERRED FORM OF STRESS RELIEF: BITCHING



to de-stress?"

Sat in a corner and listened to Super Mario music. Yes, just the plain, original Super Mario theme song, un-remixed.



**Sean Gormley**  
ASCE I

Gone swing dancing. Don't ask... unless you are asking to be my partner... Ladies ;)



**Luke Boguski**  
AERO B II

Binge-watch Jersey Shore.



**Emma Maddock**  
ELEC II

Bonfire.



**John Sweeney**  
CHEM V

**McEwen**  
ELEC II

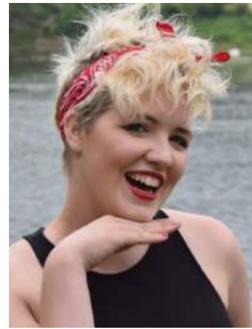


Cold shower.



**Richard Xu**  
BIOMED ELEC II

al dance party. Pick a beat tune, find an aban-hallway or classroom, ce like no one's watch- a burn off energy and it you much more relaxed cheerful afterwards.



**Katie "Johnny Test" Neill**  
- ENG PHYS II -



Hi! A quick introduction to me—Katie Neill. I am a second year. I am a walking, talking hot mess (I am just a mess.)

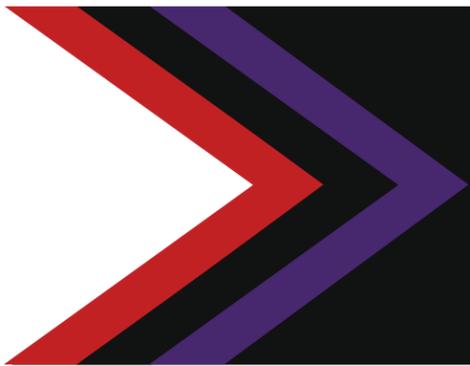
But generally, I am a very pleasant, happy, energetic person. Just, sometimes, I get a wee bit grumpy and I need to validate some things I like to complain about. That's where this list comes in. :)

1. Traveling from wherever you are to a bathroom. When you've got to go, you've GOT to go!
2. Not having the food you want when you want it. Trust me, when I want popcorn, I NEED my popcorn... OKAY?
3. CLASSES. Don't listen to what everyone else says. You have a right to complain sometimes. Life is hard.



4. Not having a made bed when you want to go to sleep. YES, I want a made bed to sleep in. NO, I do not want to make it at 2 am after a long day.
5. Running for FSK tickets. I signed up for eng to drink beer and do math. NO ONE told me there was cardio involved.
6. The USA election. Yes, this is important. No, I don't need to see every single meme on my Facebook page.
7. INSTAGRAM. This is a place to brag about how good your life is. I still use it, but this is a true fact.
8. Blisters. They may be the bane of my existence.
9. Tasty videos. They look so good, and you know you will never be able to replicate that shit.

10. People who brag about living in Envie. We will see how happy you are when the train stops running in the winter.
11. New charging cords that do not work. I bought you from the store! Just do your job.



# COLUMNS

IF CALEIGH CAN STEP UP, SO CAN THE REST OF Y'ALL, ALUMNI

## In My Day at C-Eng...



Caleigh "Scarlet Fever" Rutledge  
- ENVE ALUM '14 -

So, first of all, hey VP Pubs (and hopefully VP Pubs has published this, so hey all C-Eng reading the Iron Times... you look fantastic!) I'm baaaack...

Not really, I live in Minneapolis (until November 9th, at which time all bets are off and I may get my butt shipped back to Canada.) But I thought I'd contribute my "Don't Panic"-themed article for your November issue (happy birthday to me.)

Basically, I've written a compilation of things that happened and things I wish I knew when I was a young, flippant C-Eng kid myself. So, here goes...

**1.** Back in my day, the Iron Times almost got cancelled. Not many people know about this anymore, but it happened in my third year!!

I was VP Publications at the time and a motion was issued, due to the "interest dwindling" (aka it was hard to get people to write content.) It was SUPER close, so the moral of this story is that everyone should write things, even if you don't think you have anything to say.

**2.** When I was in first year (and second, and third, aaaand fourth...) I wish I had known that when TAs and professors say they hold office hours, you can actually just go and hang out with them and get them to show you how to do a problem that they maybe went over too quickly in class.

I felt at the time like doing that was capitulating and basically saying "I'm not as smart as everyone else" but in the end, all I learned is that I was not as smart at realizing that there were people who could and were totally willing to help me learn things—if I wasn't too proud to ask.

**3.** Back in my day, we had some really great service from OC Transpo. Just kidding, I bet it still sucks now, too. One time, my roommate and I stood in -25-degree weather for over an hour waiting for the 111. Winter is coming...



**4.** When I was a student, I wish I had known that you need to start early in the job search for the summer.

Seriously, a lot of postings are going to go up in a wave in Nov/Dec, and then another set will follow in Feb/March. The companies who are typically left with student positions come April/May/June are consultants, and now you're competing with the other procrastinators. So, beware, and start your search earlier this year (ESPECIALLY YOU, 4TH YEARS.)

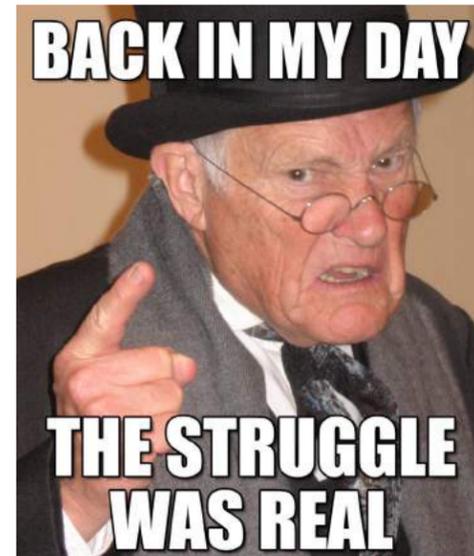
**5.** Back in my day, people didn't make it to Whirlwind on time, not because they were dumb and didn't bother getting ready early enough, but because they got stuck in Glengarry's elevator for like 2 hours. The struggle was real.

Speaking of Glen, we also had a 40-person res room party for my birthday, with no Res Fellow patrol issues. It was amazing.

**6.** When I was a baby first year, I wish I had paced myself a little better in terms of my involvement. Being a part of C-Eng is amazing and 100% the reason I finished my degree, but I also watched it end others'.

Now, if you are not involved, this message is not for you—get your butt into at least a few activities. If you think CSES/Flightsuits isn't your jam, there are a lot of other programs that are great.

My roommate in 2nd year did Moonbuggy and I know a ton of people who are part of FSAE. I, myself, competed in the C-Eng Competition/OEC (and co-chaired the Canadian Engineering Competition... nbd.)



**7.** Back in my day, the people at Carleton were some of the best. I'm very lucky today to be able to say that friendships I formed in my years in C-Eng continue today (I've known most of these idiots for almost 10 years now!) and they continue to surprise me, make me laugh, and listen to my crap when I need some love.



Pictured left:  
Reflections 2011

# REPORTS

I REALLY DO APOLOGIZE FOR THE PUN ON THE COVER

Canadian Society for  
Civil Engineering



CARLETON  
CHAPTER

## Canadian Society for Civil Engineering: Carleton Chapter Co-hosts Successful Guest Speaker Night with Ottawa U

CSCE Carleton Chapter was happy to co-host guest speakers with the University of Ottawa at the beginning of October to see a uOttawa professor, Dr. Rennie Colin, speak about the 2013 flood in Calgary, Alberta.

Our own Professor John Gales followed the presentation with his own, addressing the Fort McMurray fire that happened this past summer.

Both lecturers gave much insight to the design flaws of the city which increased the devastation, as well as the engineering that is currently being done to ensure that the cities will be better prepared in case of emergency.

The evening was an overwhelming success, with a huge turnout from both Carleton University and the University of Ottawa.

Stay tuned for more about our upcoming events. We encourage members to let us know about requests for upcoming guest speakers and events.

Feel free to stop by the office, ME3336, to let us know. We will do our best to accommodate.

**Audrey Kester**

Vice President Publications  
CSCE Carleton Chapter



**This could be you**  
**November 29th is #GivingTuesday**  
On Tuesday, November 29th Carleton will match all donations given to GNCTR  
**Be a mate & donate**

Like us on Facebook:  
[www.facebook.com/CarletonGNCTR](http://www.facebook.com/CarletonGNCTR)



uOttawa

I, TOO, WISH I COULD HOIST A TOBOGGAN ABOVE MY HEAD



CARLETON STUDENT  
ENGINEERING SOCIETY  
**EVENTS CALENDAR**



Alexander's Office  
3390 Mackenzie



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



613-520-3616



Open Fall & Winter  
Academic Terms

NOVEMBER



2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	1 Movember Shave-Off	2	3	4 Professional Engineers Ontario Student Conference Whirlwind Semi-Formal	5	6 C-EngC: Debate & Senior Design Competitions
7	8	9	10	11 Remembrance Day	12 Charity LAN	13
14	15	16	17	18 Conference on Diversity in Engineering	19	20
21	22	23	24 Fall Volunteer Appreciation Party (VAP!)	25	26 Fall Ring Day!	27
28	29	30	1	2 Academic Study Party	3	4
5	6	7	8	9	10	11



# CARLETON STUDENT ENGINEERING SOCIETY

3390 MACKENZIE BUILDING



/myCSES



@myCSES



@myCSES



myCSES.ca

## WHAT IS CSES?

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

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



President  
Julia Dalphy

Hey C-Eng! Hope the semester is still treating you well (and midterms have subdued!) Thanks to all those who attended our FGM in October and voted in our elections—I'm so happy to welcome our new Councillors and VP Publications (no longer me!) In the past month, Jacket Orders have been wildly successful and Council has continued working on our new Strategic Plan to be presented for member feedback in January. Additionally, I've appointed an Accountability Officer to help facilitate feedback to our team. In November, we are working on a "Midterm Review" Report to follow up on Executive goals and platform promises. I hope you had a stellar Reading Week, and hope November is awesome! Stay purple, C-Eng. Xo



VP Finance  
Cyline El-Bouchi

Hey C-Eng! I hope you're all having a good semester! Some things I have been up to have been establishing a consistent schedule for CSES's financial affairs every week, helping executives with their budgets, starting to distribute Student Group Funding to groups who have been allocated funding, and much more. I hope you all have a great rest of your semester! If you ever have any questions, don't hesitate to ask!



VP Internal  
Cameron Wong

Hey C-Eng! I hope you all had a wonderful reading week! I've been in the midst of organizing Ring Day reception this year on November 26th! Everyone will be welcome to come out and say goodbye to all the graduating students. Have a great November and I hope to see you all at Whirlwind!



VP Academic  
Hailey Todd

Hey C-Eng! The Carleton Engineering Competition will be coming to a close on November 6 with our Senior Design and Debate Competitions! Thanks to everyone who participated and volunteered, and good luck to everyone competing at OEC in January! Also, be on the lookout for some more extracurricular workshops coming this November!



VP Publications  
Emma Maddock

Hey all! I'm your new VP Pubs and I'm super excited to work with Cassidy and CSES. Currently, I'm working on our media coverage plan for events, as well as the TV ads in Leo's. I'm attending the Canadian Diversity in Engineering conference in November as well, and I'm excited to share what I learn. :)



VP Social  
Céleste Lalande

Hey guys! Hope you're all surviving midterm season and that you had a productive reading week. Last month, CSES hosted various social events such as the Panda Game, Trivia Night, EngFrosh Reunion and Yuk Yuk's comedy night. Moving on to more glamorous things, our annual semi-formal dance, "Whirlwind: The Roaring 20's," is coming up on November 4th, so be sure to lace up your dancing shoes; tickets are sold in CSES for \$20. Keep your eyes open for other events happening later in the month like Charity LAN, another Trivia Night, and VAP. If you have any questions about events, you can most likely find me roaming the halls of Mackenzie or sitting in the CSES office. Stay social, C-Eng.



VP Services  
Mike Delay

Hey C-Eng! Hope you had a great reading week and a happy Hallowe'en. As far as services go, we don't have anything new at this time. If you haven't heard already, you can now book out the CSES boardroom for meetings between 8:30am-5:30pm. As always, be sure to stop by the office in Mackenzie 3390 to say hello and to check out our events and merchandise!



VP External  
Yannick Brisebois

Hey guys! Happy midterm season! I hope you're enjoying the year so far—this next month will be pretty busy. Two conferences are happening this month: PEO-SC here at Carleton and CDE in Montreal. This month will also have many fundraising events for November, so look out for that!

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.





# LAST CALL

## COME, PARTAKE IN THE IDOLATRY

### THE IRON MAN

**MICHAEL "TINTIN" LANNING**  
- ELEC IV -



**C-Eng Involvement:**

EngFrosh 2013/14/15/16:  
Frosh, Facil x2, Head  
GNCTR 2013/14/15/16:  
Member x2, Spirit Captain x2  
VP Services 2015-2016  
Flightsuit Committee 2016-2017  
Leo's Manager x2

**Hailing from:** Ottawa, ON

**Your life described with a movie title:**

Ferris Bueller's Day Off

**If you had to be a dessert, which dessert would you be and why?**

I'd be cheesecake because I love cheese and I love cake and I think I embody whatever it is cheesecake represents.

**Describe your personal style in three words:**

Sloths of Anarchy

**A song lyric that speaks to you on a spiritual level?**

"I'm not here to amuse you, I'm here to abuse my body."

-NOFX, 60%

**What's been your proudest moment to date?**

Learning to make my own mac and cheese from scratch, so I can eat it whenever I want.

**What holds the top spot on your bucket list?**

Playing an arena concert. Full or empty, I'm not fussy.

**If you were to meet Justin Trudeau, what would you say to him?**

Hey, do you wanna make a boy band with me?

**You can get away with one crime. What is it?**

Theft; there are some basses in this world that I would definitely steal.

**If you had to give up one of your five senses, which one would it be and why?**

Sight. I can still be a musician if I'm blind. And taste food.

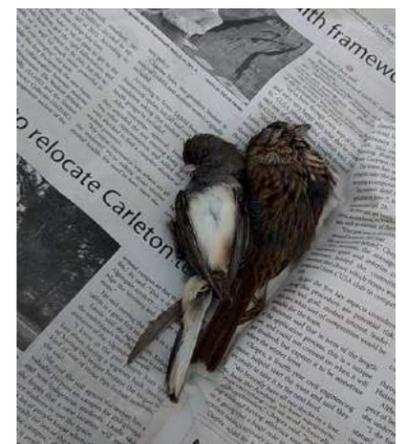
**Hit me with your best six-word horror story:**

Free pizza has been cancelled today.



### USES FOR THE CHARLATAN

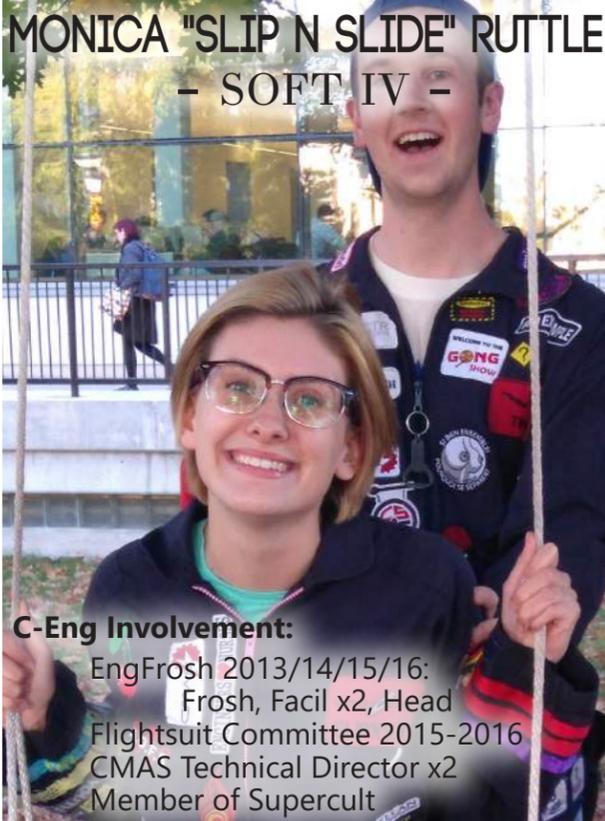
- > Cut out holes and make a mask—what could be scarier, amirite?!
- > Undergarments for when there's no time for laundry
- > Sopping up the inevitable tear waterfalls
- > Or an umbrella for defense against all this damn rain
- > Fashion into an apron for protection against your own cooking
- > Disposing of dead bird carcasses, apparently



> You could read it

### THE IRON LADY

**MONICA "SLIP N SLIDE" RUTTLE**  
- SOFT IV -



**C-Eng Involvement:**

EngFrosh 2013/14/15/16:  
Frosh, Facil x2, Head  
Flightsuit Committee 2015-2016  
CMAS Technical Director x2  
Member of Supercult

**Hailing from:** Barrhappenin', Ottawa

**Your life described with a movie title:**

Hackers 2: Electric Boogaloo

**If you had to be a dessert, which dessert would you be and why?**

Salted caramel, hold the caramel.

**Describe your personal style in three words:**

Flightsuit, plaid, and BARB

**A song lyric that speaks to you on a spiritual level?**

"Two all-beef patties, special sauce, lettuce, cheese, pickles, onions on a sesame seed bun."

-A 1975 McDonald's Big Mac commercial

**What's been your proudest moment to date?**

Being a head team. #SkysOnTop #MovieNight #SMARF

**What holds the top spot on your bucket list?**

Visit the Difference Engine at the Science Museum in London.

**If you were to meet Justin Trudeau, what would you say to him?**

Whisper to him softly, "hack the planet."

**You can get away with one crime. What is it?**

Steal all the pogos from Ollie's.

**If you had to give up one of your five senses, which one would it be and why?**

Sight, so that I don't have to see my code fail for the 143678545th time.

**Hit me with your best six-word horror story:**

Exam conditions are now in effect.

**Editor-in-Chief**

Cassidy Lang

**Special Thanks To:**

Every contributor, as well as every reader. It's because of you guys that this paper is the glorious tradition that it is. Stay rad, C-Eng!

**- Footnotes -**

**Issue Made Possible By:**

- .5 extra spacing between lines coming in clutch
- 3 mental breakdowns
- 8 (painful) days without Wi-Fi at home
- < 1 more month before Pokémon Sun and Moon HYPE

**Apologies:**

To Andre: you seemed unimpressed with my footer comment on your article... Sorry, friend. No hard feelings.

**VP Publications**

Emma Maddock



THE REVENGE OF THE IRON TIMES: THIS DECEMBER