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## THE CARLETON STUDENT ENGINEERING NEWSPAPER

# THE IRON TIMES

THE PASSIONATE & LOVING IRON TIMES

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FEBRUARY 2017



## On Paper



Margaret McMullen  
- ENVE III -

You might be bending over backwards and putting 110% into a relationship with someone who isn't worth it. You might be upset that nothing seems to be working out.

Self-love is an important quality to have, as it can help increase morale, confidence, and can positively impact your view of the world. It's also very important as it better the relationships you form with people, including yourself.

You can figure out what you do and don't like, your strengths and weaknesses, and what makes you happy. It can help show you how your life can be upgraded into a better and more authentic version of itself.

Now, by the term self-love, I mean that you should act in a way that promotes your own well-being. This is not to be confused with narcissism, which is an "excessive and erotic interest in one's self and one's physical appearance." (Thanks, Google.)

I mean that it's important to get in touch with yourself, to like who you are and where you're going. This can be accomplished by becoming more mindful of how and what you think, your beliefs, your goals. You deserve to be loved by

everyone in your life and to accomplish great things.

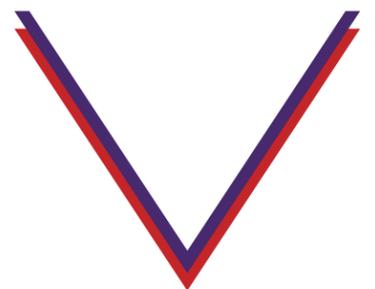
The way I see it is that, ultimately, you are stuck with you for the rest of your life. Therefore, why compromise your own interests? Why sacrifice the things you love for anyone or anything else? Why think negative thoughts every time you catch a glimpse of your reflection in the mirror?

It's tiresome and hardly any good can come of it. You are probably your harshest critic, and it's a damn shame to be that mean to someone you're undoubtedly going to be with forever. If other people are dragging you down, cut them off.

Think about three things that you are grateful for every day before you fall asleep. Do something that's outside of your comfort zone. It can even be as simple as keeping your head up instead of looking at the ground when you walk. It's a difficult thing to do, but the pros completely outweigh the cons.

The bottom line is that it's important to appreciate and take time for you, because, as clichéd as it sounds, you can only love someone else as much as you love yourself.

## READ ON, I DARE YOU



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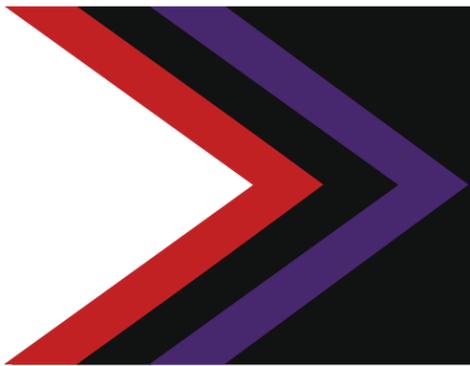
AND MUCH MORE!



### WARNING:

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# EDITORIALS

AT WHICH TIME I ATTEMPT TO EXPLAIN MY MADNESS

Totally Metal

## FROM THE DESK OF THE ^ EDITOR



Cassidy "Next" Lang  
- AERO C II -



Oh, come on, you all knew it was coming. Someday or other, the article about metal was going to appear on the second page of this newspaper... and it was only because I was waiting for this exact theme that I held out.

This lyric from the black metal forefathers, Venom (possibly you may have even heard of them?!) in their song "Black Metal" could not have been any more fitting for an article about... black metal.

Well, and other metal, too. And why (I believe) it's such a core part of my identity.

I'll begin with the book that I am currently finishing up, entitled "Black Metal: The Cult Never Dies, Volume 1" by Dayal Patterson. It was written to shed light on the origin and progression of the black metal scene circa the early 90s, especially in Sweden, Norway, and (more surprisingly) Poland.

I had never expected to discover so much about myself by reading it, especially considering that it is, by no means, a self-help book.

But many of the interviews conducted and transcribed within really resonated with me. The sentiments of some black metal (or related subgenre) artists captured a view of their own lives and feelings that is eerily similar to my own.

Reflecting on it later, this is not overly surprising, considering that I was drawn to black metal (actually, let's use the term "extreme metal" as it covers a broader range of subgenres) just as they were—similar people tend to flock to the same type of music.

Edvard Rødseth of the band Strid had it exactly right, I think, when he said of his former bandmate's suicide: "Eспен wasn't really depressed, I would say... he just didn't belong here, in a way. He was a misfit, and he felt like a misfit—we felt like misfits."

This sounds really dark, depressive, and decidedly angst. But those exact emotions are what fuel this type of music and attract fans of the variety that "just don't belong" wherever they may try to fit. And I'd argue that this is beyond teenage angst, rather deeply rooted in one's sense of self.

It's affirming to read that my genre of choice was literally founded on the artists' insatiable desire to be different from everyone else, as it's a very relatable struggle for me as a listener.

I do wonder, however, if this "need" is actually driven by a desire to be non-conformists, or if it is simply just a different requirement for happiness.

I am introspective, which seems to be a one-way pipeline to being considered one of such "depressive," nonconforming individuals—the usual suspects when it comes to metalheads.

The problem is that people tend to equate the terms "depressive" and "unhappy." As if it is an oxymoron (and thus, impossible) to be a happy depressive individual.

Well, I've demonstrated the capability for happiness plenty of times and I'm sure I will continue to experience happiness in the future. I just tend to seek happiness through less conventional means.

Contrary to popular belief, I actually don't choose my interests based on their anti-mainstream quotient. Wow, crazy, I know.

(Just so you know, being make-up- and designer brand-obsessed as I unabashedly am is PRETTY mainstream, guys.)

I can't speak for all metalheads, but for me, metal music is repre-

sentative of a culture that shares my vision of happiness. We define happiness with terms like "dark" and "disturbing" and "intense."

Think of the difference between people who are interested in movies about death, destruction, and dystopia... and those would never voluntarily watch something that would make them feel anything other than happy or sad. Metal is kind of similar to the former in that it allows the listener to discover if there isn't a little more to happiness than what society tends to whisper in our ears.

I want to pay reference to the picture below that I pulled from Pinterest because a) I chuckled and b) I remember I felt exactly like that dog (?) the first time I listened to Eyeless by Slipknot.

(Disclaimer: the first song I'd ever heard by Slipknot was Duality and I was like hey, this is great! I was rather surprised to hear the rest of their discography at the time, but that was only the beginning...)

While Slipknot will always hold a special place in my heart as the first metal band that I loved, part of the beauty of the genre is that it and its subgenres are always evolving.



I've more recently become attracted to black metal (hence the book) in part because of the rich history and culture behind it, and in part because of something almost tribal in the demonic vocals.

Towards the beginning, lyrical themes were very rooted in Norwegian nationalism, nature, and yes, Satan, but this was as a rebellion against religion, which many believed to be blinding.

"I would really like to see this era finish and another begin," says Flauros of Mastiphal in Patterson's book. "To see the world free of sick religions, which prevent people thinking for themselves and deciding their own fate."

Could what we know as the "mainstream" be one of such religions? Perhaps that's for you to decide. Introspectively.

On the other hand, I'll allow that this principle of the mainstream has possibly become a scapegoat for the resentment of societal "misfits" towards those who seek happiness through the widely advertised and accepted means.

Personally, I know it would certainly be EASIER for me to enjoy Halsey or Ed Sheeran. If I liked the same music as my friends, I'd know the songs enough to sing along during karaoke. No one CHOOSES to be excluded.

So, I'd relabel my disdain for this "mainstream" as a sort of jealousy that I can't be happy together with everyone else under society's "happiness" umbrella.

I wish more people understood the musical beauty that is metal, but I doubt it will ever happen. Metal is just too hard a pill for the majority to swallow.

# EDITORIALS

IT'S OVERSATURATION OF THE ARTS, I THINK, THAT'S THE PROBLEM...



Emma Maddock  
- ELEC II -



It's a well-known fact that engineering students tend to bash arts students. We sneak in little jokes about them and their study matter whenever we see the opportunity. But has anyone thought whether this practice is fair?

If there's one thing I've come to notice over two years of being an engineering student, it's that a lot of us are actually very artistic! I know people who dance, who sing, who play instruments, who act, even people who are insanely hilarious (comedy is also an art.)

So why do we pick on people who study art, instead of it just being a hobby?

Without art students, forget the last movie you saw and loved. It would have never existed. That TV show you binged over three days: never even made it to Netflix. The new album you're in love with? It never got written.

(To be fair, not all bands/artists studied art, but a fair amount did.)

I hope you get the image. The study of the arts is immersed in all of the things we love and are obsessed with. Without people who study it, there would be nothing for us to ardently admire.

And so I wonder: if we are all in some

form artistic, then why can't we harvest empathy for arts students? They do these things that we do on the side for a living, with little to no recognition or gratification.

There's nothing shameful in studying the arts, and yet think of your parents' worst fear. How would they have reacted if you told them you were going to go study the arts instead of science?

Arts students are integral to the motivation and optimism of society. They give us the material of our dreams, they show us that we can achieve the impossible, they give us characters to strive

to be like, they give us visions of tomorrow we can work towards.

Think of it: without Star Trek, we wouldn't even have the cellphone, as it was inspired by the tricorder, a device that was imagined by people working on the TV show.

It's time to make amends with the arts and embrace them. If we recognize what they do for us, then maybe arts majors can be valued a little more and contribute more to society. Maybe then we can move forwards towards a better and more art-inspired future.

## *I Fucked Up* - vol. 5 -



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

People always say to learn from your mistakes. Instead, I suggest you learn from my mistakes. It's a lot funnier, and you hopefully will save yourself from actually being able to write an entire column about all of them.

February is the month of love, with Valentine's Day right around the corner, so now is your time to seduce your love or buckle down, grow some balls, and ask out that person who has been catching your eye. But whatever you do, don't take tips from me! I don't

know anything about love or lady-slaying! Surprise!

Although I received many tips from all of you lovely folks during my small challenge that had my parents literally crying, I don't think that helped this lost-cause hopeless romantic out much. I am still just as useless with the ladies as I have ever been. Until recently, I had actually never asked a girl out. I just waited for them to ask me out.

Which I'm not saying is wrong—you ladies can make the first move too! It definitely works for guys like me! But I'm also a culprit of not thinking my words through on a regular basis, bad decisions, and just bad luck, I guess.

Going back to the beginning of my high school career, I was just an awkward dweeb whose voice cracked, face spotted, and who had many awkward boners in math class. In my defence, the math teacher was super hot and really young!

But I had a crush on this girl all the way through and finally, she asked me out because she was tired of waiting for me to do it. This was my first girlfriend,



and it turns out I was so bad at being a boyfriend that over a year later when we broke up, she immediately turned very much lesbian.

The worst part was that, although her parents hated me the entire time we dated, they suddenly liked me and even asked me to re-date their daughter because that was better than having a lesbian in the family.

Fast forward and I'm in first year. I was surprisingly single and hopeless. Figures.

I had a crush on this girl on my floor, but like all of my previous crushes, I didn't have the balls to ask her out. One night during first semester exams, one of my can-mates (the roommates we shared a bathroom with) had his 18th birthday.

This fetus had finally become a man, so we decided we were going to show him a good time. And what's the definition of a good time for a bunch of first years? Bar-hopping in Hull with a final destination of the local Quebec strip club! A lap dance or two later and I had never seen that innocent virgin boy smile larger!

While this is happening, the girl who I

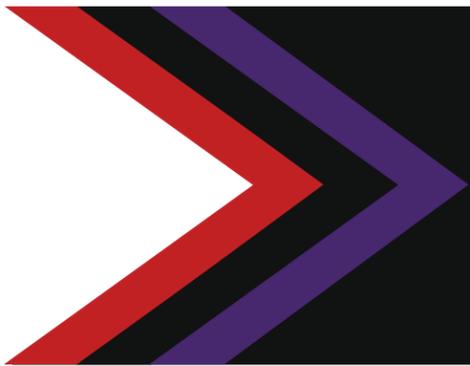
have this huge crush on is getting quite drunk and is now grabbing my hand as we walk. "Yes! She may actually like me back!" is now what's running through my head as we walk hand in hand.

As we head back to residence, knowing that in the morning she will leave to go home for the break, I know I have to make my move. It's now or never! So, as I bid her goodnight (damnit, Jordan, you just screwed up your chance!) I begin panicking. And then it hits me. I'm going to write her a Christmas card confessing my feelings for her and slip it underneath her door to find in the morning.

After several attempts to get it perfect, I slip it under her door and head to bed. After not hearing from her for several days, I sent her a message. Turns out she found the card really cute. And that's it.

There were other fiascos out there, too. One where a girlfriend said I was so bad at dancing that she bought me couples dancing lessons for Christmas. But for real: best Christmas present ever!

Another time, a girl said she was single and apparently wasn't! That wasn't so fun. Either way, if you can take anything from my pitiful dating experience, know that there is someone out there for you. That person may not look like Emma Watson or Ryan Gosling, but they can definitely make you happy! I know I am!



# COLUMNS

## A SOLID 5/7 WITH RICE



Elspeth Cudmore  
- ENG PHYS III -

# How to Date Your Way to Success (Or die trying!)



Rachael Machnee  
- AERO A III -

Kanye West once said “no one man should have all that power” (Kanye, 2010) so that’s why there’s two of us (did you just assume our respective genders?)

Throughout our years, we have gained sooooo much (really not that much) knowledge on dating and relationships that we figured it’d be a shame to not share it with you. “Dos” and “don’ts” on how to make awkward situations even more awkward are also included.\*

It is handy to start with the three laws of hot people:

1. If you see a hot person at rest, they will most definitely stay at rest unless an unbalanced force (obvs you) acts upon them. To put this plainly, GO SAY HI TO THEM.

2. The force of attraction is equivalent to their mass multiplied by your acceleration.

Make sure to ask said hot person how much they weigh as you tackle them at a known acceleration that you’ve previously calculated. Effortless, flawless, impossible to fuck up.

3. Every move you pull has an equal and opposite move (i.e. every smooth thing you say will quickly be followed by something terribly uncomfortable or awkward.)

This is just a fact of life, so BE PREPARED! Who knows when your brain will decide to mention that time you made out with your dog???

No matter how hard you try, the universe will ALWAYS be working against you. Stay on top of your shit, and maybe you’ll stand a chance.

The Uncertainty Principle may also prove useful in some situations where the 3 laws of hot people fail:

“

If you see a hot boy/girl/other and your friend also sees the very same hot boy/girl/other, then they definitely exist. In this situation, it is totally normal for their wave function to briefly collapse; the only downside is that you’ll still have literally no idea what state they’ll be in later. Lesson: don’t make direct eye contact.

”

### SOME HELPFUL DOS AND DONT'S

(but it’s actually just entirely dos)

1. If you are making out with someone, whisper “let’s head back to the group.” This is fun to use, especially if you didn’t come with a group.

2. Sing to them... maybe pretend you’re going to make a class announcement.

3. Promise them your first born child.

4. Challenge 1 – Cosmopolitan 2014.

5. Cut a whole potato into long, fry-like strips. Preheat oven to 350° and grease a medium-sized pan with a generous amount of oil. Add cut strips to pan and season with whatever you have in the cupboard. Keep seasoning. Add too much salt. Put in oven and let cook until you can’t wait for them any longer. Eat.

6. Look them in the eye and growl. Maintain eye contact.

7. Impress them with how fun-loving you are by eating 4

lbs of sugarless Haribo.

8. Tattoo their name on your body. Or tattoo your name on their body. Be discreet.

9. Send them texts in a secret code; there is nothing like forbidden love. Also, forget to give them the code.

10. Call them on the telephone.

Okay, all of these are actually pretty garbage ideas, so this Valentine’s Day, do not follow our advice.

Make sure to treat yourself bby—whether it’s putting off studying to stalk puppies on Instagram, getting that XL shawarma, or actually working and doing well in class (!?), you do you. <3 (But tbh Rachael still thinks you should try these.)

\*Rachael’s knowledge may have come exclusively from Wikihow and the Cosmo Snapchat. Elspeth’s knowledge comes entirely from memes and J-14 articles from middle school.

## COSMOPOLITAN

SEX!!!  
483 new ways to put a penis in a vagina.

Some actress:  
Has no real point of view. Look at her tits, though!

Diet:  
You still weigh more than 100 lbs?

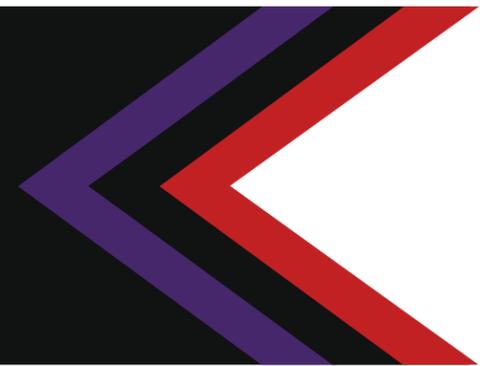
Money:  
How to turn your daddy issues into a profit.

Shoes:  
Keeping your feet warm (kind of), for \$250+.

Celeb gossip:  
Because you can’t think of anything worthwhile to talk about.

World news:  
Like you give a shit. Don’t worry, words contain no more than two syllables.

# COLUMNS



I ALWAYS HAVE TO LOOK UP BAE'S MEMES LOL I AM NOT WORTHY



Ahoy, mateys! Hope you all had a terrible Bae-less January...

We put more effort into our New Year's resolution than our articles, and the resolution was to ditch you hopeless dirtbags. Took a month to lose the resolution—that's about 30 more days than your attempt at going to bed before 2 am.

This month's question comes from Thirsty Thirdyear.



“

Dear Bae,

Greetings, Bae. *\*tips fedora\** I have been courting a lovely lady for the past three and a half years. I have been made aware that I am possibly in the Friend-zone. How does a nice guy like me get out of this so-called Friend-zone?

”

Well Thirsty, I'm sorry to hear about your lady love. Bae will try to relate (as Bae is never in the "friend-zone") as best as Bae can... which is like 25% effort.

Have you tried switching from 1000-times-folded Nippon steel to 1000-times-folded Nipple steel? We're talking nipple piercings out the wazoo—get the pleasure you've been waiting for, minus the brawd.

If it's the company of another being that you seek, may I suggest a soul-searching quest to Thailand?

How can you love someone if you don't love yourself? Bae loves Baeself; you should too, you.

Finding yourself is step numero

uno. If leaving February 1st, there are round trip tickets available for as low as \$1,421.

Leaving from Ottawa at 7:20 PM, you should arrive in Thailand by approximately 6:55 AM on the 3rd.

This may seem like a long trip, but Qatar Airways does have in-seat and USB power, and on-demand video! Maybe you can finally check out that one Ice Age movie you still haven't seen yet!

Upon your arrival in Bangkok, you should probably find a place to rest your head. Wendy House offers simple rooms with AC, free Wi-Fi, and breakfast! With a 7.9/10 review and a cost of \$50 a night, this is a steal!

Once accommodations are found, feel free to explore and find yourself! When you discover Bangkok, you can finally Bang with your Cock.

On the other hand, if the lovely lady is the perfect one for you, and the only one you want, you might have to go a bit deeper.

Sometimes being in the friend zone is a hard thing to swallow, but the first step is acceptance. Then you need to stand erect and show her that your love flows freely, that you're more than just a cunning linguist!

Show her that not only are you a master debater, but a gentleman



Noah Pacheco  
- AERO D III -

who can tickle more than just her fancy. Treat her like she's a princess.

Hakuna her ma-tatas, take her on your magic carpet ride, touch the butt, Poke-her-hontas—you know what, Bae can't take it—put on your best Simba-seeing-Nala look and just straight up say this to her: "Sit on my face and ask me to lie. What? You've never been Pinocchio'd?"

You'll be rolling around on the ground with dirt flying everywhere spelling "SFX" in no time. You'll be feeling more than just the love tonight. Just give her your folded Nippon steel. Hold her tighter than your waifu pillow. Give her the Ten-d's.

If all else fails, just do you, man... just do you.



(BRING BACK SHIA!)

XOXO

- Bae ♡



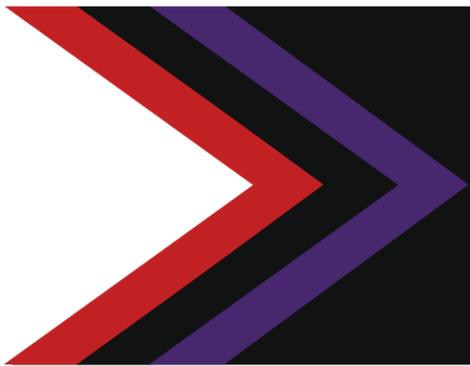
## When Someone Says

### "I Love You"

Roses are typically red,  
Violets are of a bluish hue;  
This is a list of what not to do,  
When someone says they love you.

1. Shit in your pants.
2. Shit in their pants.
3. Say "thanks. You too, I guess."
4. Taste test their eyebrows.
5. Shave your whole head.
6. Hook them to a lie-detecting test.
7. Ask them to go fishing.
8. Ask them to go swimming.
9. Ask them if they want to go to France.
10. Ask them to get married.
11. Ask them for a divorce.
12. Ask them to shit in your pants.
13. Laugh at them.
14. Shout at them.
15. Yell at them.
16. Spit at them.
17. Tell them they look like a whale.
18. Piss on them.
19. Breathe on them.
20. Cough on them.
21. Sneeze on them.
22. Tell them you only speak Braille.
23. Say "look at the time, I'd better get going. I'll see you in nightmares to come."
24. Say "oh my God, really? Well, I love you, too. In some ways, you look like my mom."
25. Tell them you can't, you're waiting till marriage.
26. Tell them you're dating a spoon.
27. Tell them you're incapable of human emotion.
28. Tell them that you're a raccoon.
29. Ask them where the unsubscribe button is and poke around their face.
30. Tell them "fine, but only in order to save the human race."
31. Take off your clothes.
32. Find a strip pole.
33. Dance around in the nude.
34. Tell them you're waiting for Ryan Gosling.
35. Tell them you only date food.
36. Fake a heart attack.
37. Fake a stomach ache.
38. Hug them and wish them good luck.
39. Smile and vomit.
40. Vomit and smile.
41. Say "no, but down to fuck?"

CONTINUED ON PAGE 11..



# COLUMNS

WE CAN EXPERIENCE EMOTION THAT ISN'T STRESS AND FATIGUE? REALLY?!

## (-ENG SPEAKS:

## Love & Passion



“What could you talk about all day, given the opportunity?”

Costco food and memes.



**Nga NghiêM**  
MECH I

Soccer, all day every day!



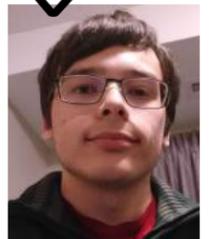
**Daniel Zachrisson**  
SREE A II

Space travel. Also philosophy. Also IT security. Also number theory. If you give me the opportunity, I'll talk all day about anything, so watch out.



**Caroline Deluce**  
ENG PHYS I

**Aldous Rice-Leech**  
SOFT I



Fooooooooooooood.



**Céleste Lalande**  
ACSE III

The past. But that can lead to backwards thinking so... the future? Yeah. The future.



**Noah Pacheco**  
AERO D III

Cats, pie, and Star Wars.

My cat. Also band, Portugal and boys.



**Angelina Gomes**  
MECH II

League of Legends. And proteins.

**Peter DeBenedictis**  
BIOCHEM IV



**Evan Farrell**  
SOFT II

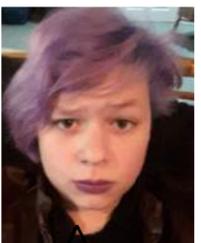
Entrepreneurship. More specifically, the entrepreneurial experiences, motivations, challenges, and lessons learned from students looking to pursue an engineering undergrad while trying to change the world in their free time.

**Rebecca Feddema**  
ACSE IV



**Jamie Hopkins**  
IMD I

Video games.



Agriculture. #FarmGirl #EnviroApplication

# COLUMNS

## YOU KIDS AND YOUR MEMES

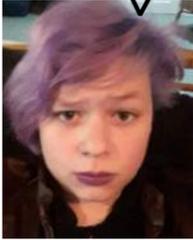
Myself.  Sarah Kealey  
NEUR & BIOL IV

Memes.  Isaac Csekey  
AERO I

The boys.  Alec Sleeth  
CIVE II

Cats... You have subscribed to Cat Facts!  
Text CAT for a Cat Fact! Text STOP to  
unsubscribe.  Richard Xu  
BMED ELEC II

## “What do you value most in a relationship, romantic or otherwise?”

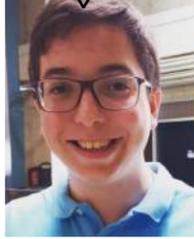
...Also video games, but seriously, trust/loyalty. 

The ability to not see each other for months, or even years, and pick up right where you left off when you see them next. The best friends are those who are your friends no matter how long it's been. 

Memes. 

Intelligence and humour! 

The three 'T's: honesty, loyalty and tea. 

Honesty. 

When our weirdnesses click and feed off each other. 

Someone who likes to pet cats with me (cats are litt.) 

Memes. 

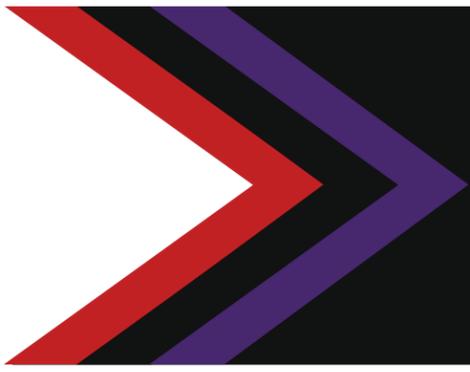
Someone who is positive, real, and you can always have a good time with! 

Honesty. And also them not being a little bitch. 

When the circuits get messy and the integrals get difficult, the best feeling in the world is to remove yourself from the engineering universe for a night, laughing the hours away with someone who means the world to you. A sense of humour is by far what I value most in a relationship. 

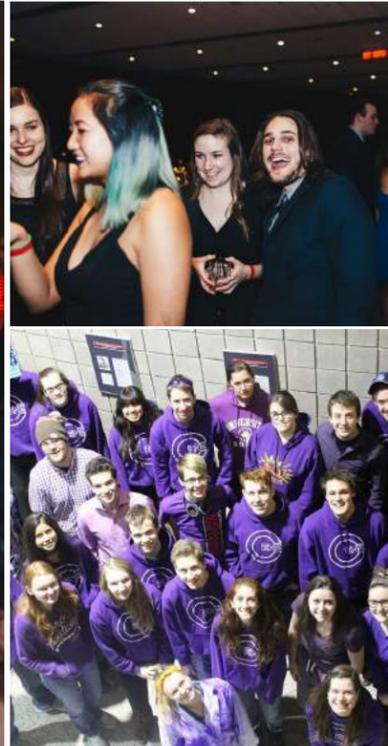
If they have a good Instagram game. Minimum 100 likes per pic. 

A sense of humour, meme to my heart. 



# GALLERY

WHAT I DON'T HAVE: PHOTOS FROM JANUARY EVENTS

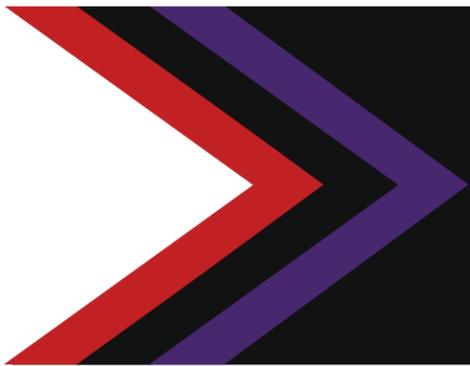


# GALLERY

WHAT I DO HAVE: SOME PHOTOS MICHAEL AIDE GAVE ME FROM LAST YEAR



YOUR FRIENDLY NEIGHBOURHOOD UPPER YEARS WERE ALSO YOUNG ONCE!



# REPORTS

AKA THE CONFERENCE OF CONFERENCES

## CFES Congress 2017



Cassidy "Next" Lang  
- AERO C II -

Since I'm the only one that appears to be writing about this for February's Iron Times, I get to give you the quick run-down of everything you need to know about CFES Congress 2017! Hoorah!

First, the obligatory—who or what is CFES? CFES stands for the Canadian Federation of Engineering Students, which is an organization that represents undergraduate engineering students to governing bodies such as Engineers Canada and the Canadian Engineering Accreditation Board for the betterment of Canadian engineering education.

(Oh boy, that's a mouthful.)

An extremely pertinent undertak-

ing at this particular Congress was the passing of a motion mandating CFES to take a stance on the academic workload of engineering students.

Research was conducted by the current Québec Ambassador, Adam Samson, that bore evidence of a decline in the mental health of engineering students throughout Québec around finals and around the time of the year collectively known as Midterm Season.

By taking this stance, CFES urges Engineers Canada and the Canadian Engineering Accreditation Board to look into the curriculum and conduct some research of their own, potentially making some alterations to lighten the workload. Mental health is not a joke.

Another acronym to which you really should be introduced is BEST—the Board of European Students of Technology. Through BEST, courses are held throughout the year in a variety of disciplines, so they are guaranteed to offer a little something for everyone.

These courses are almost completely funded by BEST and corporate sponsors; you just need to

pay for your flights to and from the location, which can be almost any major city in Europe.

If you're interested in professional development, as well as networking internationally (I know, sign me up, right?!) then you can visit [www.best.eu.org](http://www.best.eu.org) for more information on the courses and how you can apply as a member of CFES.

Moving right along... I learned a valuable lesson about taking on more than I could handle involvement-wise this year, so I tried to attend as many mental health sessions as I could.

One on "Preventing Burnout," held by the current CFES President Julie Tseng (or JT for short,) ultimately dropped four pretty magnificent truths on me that I'm going to share with you now:

**1. How do you define productivity?** This is extremely relevant to my experience feeling like I'm always doing far less than I am, and that maybe my problem lies in my definition of productivity. I need to give myself more credit in order to slow this blistering pace.

**2. End the stigma. Talk about it.** It's especially important to ensure that people know you're struggling if, in fact, you are. Many outsiders tend to put high achievers on pedestals without realizing that all is not as perfect as it seems behind the scenes. An added bonus of confiding in others is a support system to lean on in times of extreme tribulation.

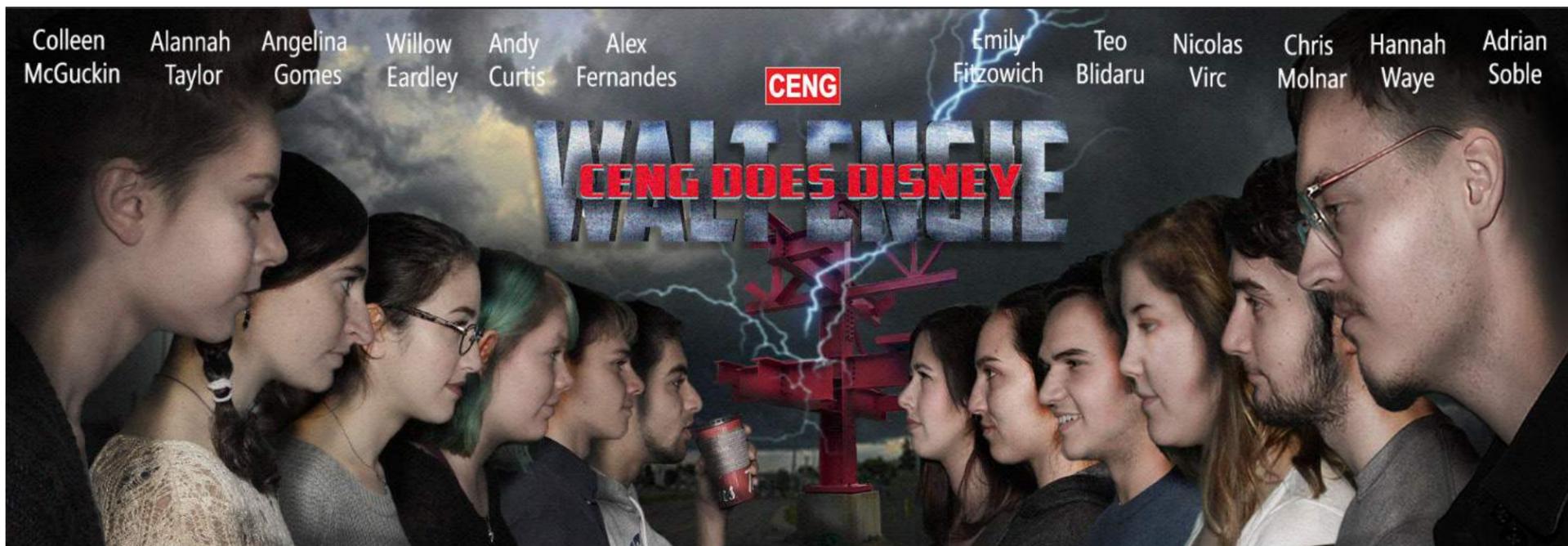
**3. Are you allotting time, or are you MAKING time?** Too many times this year, I have realized there simply isn't hours in a day to do everything I need to do on time. One must have the clarity of mind to know how long it will take them to do things and limit their workload to that alone. After all, you literally can't make time. It's finite.

**4. Congratulate others on their accomplishments.** This is very important. People love to be acknowledged and they loooove affirmation. I can personally confirm that I am inclined to put a lot more effort into something for which I am more likely to receive praise. (Hmm, maybe that's why school has been such a low priority...)

This information and much more was passed on to me during this annual gathering of engineering schools from across the country.

One of CFES's goals is, and I quote: "Promot[ing] the free exchange of ideas and experiences to support the constant evolution of student environments across Canada." I feel this is exactly how I would describe Congress, which is why I cannot recommend it highly enough.

Whether you're looking to take on a leadership role in your friendly neighbourhood engineering community, or whether you could learn a thing or two about public speaking and networking, Congress offers a multitude of opportunities for you to grow as an individual and as a budding engineer.



# REPORTS

## CONFERENCES: EVERYONE'S DOIN EM



Jonah Proulx  
- SOFT I -



## goes to CUSEC '17

a daily career fair allowing for amazing networking with industry leaders.

In conclusion, I think I can speak on behalf of all of SCESoc when

I say that attending CUSEC was the opportunity of a lifetime, and I would strongly encourage anyone to consider attending this conference in future years.



This past month, members of the Systems and Computer Engineering Society (SCESoc) had the pleasure of being part of Carleton's delegation at the Canadian University Software Engineering Conference (CUSEC) held at Hotel Bonaventure in Montreal.

CUSEC brings together students, professionals, and businesses who all share the same passion for the technological world and the world of code.

CUSEC provides not only the opportunity to learn, but also to grow and meet new people from many different places and disciplines.

This conference consisted of many educated guest speakers, some informative workshops, and

Canadian Society for  
Civil Engineering



CARLETON  
CHAPTER

## CSCE February Update

CSCE has recently changed offices to ME 3379. We are still moving furniture and shelving, but encourage our members to continue to drop by and use the space.

With the end of first term, CSCE has reduced the membership cost to \$5 due to the year being half-over. We are looking forward to the possibilities the new year brings. With that in mind, we are also looking for-

ward to hosting a couple of events in the month of February.

CSCE is currently organizing their first-ever ski trip on the first Saturday of reading week. It will include busing with space for equipment under the bus, or you can rent equipment from the hill—feel free to stop by the office for more information.

CSCE will also be bringing back Stuart Little during NEW. We hope to see you all there!

As well, stay tuned for elections, which will be occurring starting at the end of the month. Nominations are from February 27th – March 3rd followed by the voting period from March 13th – 17th.

**Audrey Kester**

Vice President Publications  
CSCE Carleton Chapter

CONTINUED FROM PAGE 5..

42. Tell them there is no meaning in life and you're simply waiting to die.
43. Tell them there is no meaning in life except for vodka and rye.
44. Jump off a bridge.
45. Wear a noose as a tie.
46. Change your clothes for ones aflame.
47. Pretend you're a fridge.
48. Ask them why.
49. Tell them you forgot their name.
50. Stay silent.
51. Be violent.
52. Be cautious.
53. Be nauseous.
54. Hold up a gun and say "pew."
55. Hum a tune.
56. Lick the moon.
57. Fuck a chair.
58. Pull out hair.
59. Drop down to all fours and say "moo."
60. Say "no, your nose is out of whack."
61. Say "no, your beard's too bushy."
62. Grab them by the hand and go Super Saiyan.
63. Hell, grab them by the pussy.
64. Say "nein."
65. Say "nah."
66. Say "nope."
67. Say "fuck it."
68. Say "say, ain't you my cousin?"
69. Say "maybe."
70. Say "Daddy."
71. Say "Mommy."
72. Say "Fatty."
73. Think hugs must help. They don't.
74. Refer to this list.
75. Demand to be kissed.
76. Say "well, sucks to suck."
77. Offer a trade.
78. Throw a parade.
79. Once again, ask to fuck.
80. Pretend that you don't speak English.
81. Pretend to answer your phone.
82. Pretend you're already taken.
83. Grunt.
84. Wheeze.
85. Moan.
86. Make fun of their voice.
87. Make unnecessary noise.
88. Pretend that you didn't quite hear it.
89. Play games with their heart.
90. Then break them apart.
91. Say that you love them in spirit.
92. Fall in love with their friend.
93. Say that it's a dead-end.
94. Say something you don't mean.
95. Say that you're in between.
96. Deny that their love is real.
97. Deny your own feels.
98. A mixture of the two, attempt to mask the whole ordeal.
99. Do anything at all without looking them in the eye.
100. And whatever you do, remember: Don't you dare lie.



CARLETON STUDENT  
ENGINEERING SOCIETY  
**EVENTS CALENDAR**



Alexander's Office  
3390 Mackenzie



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

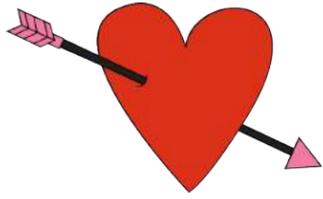


613-520-3616



Open Fall & Winter  
Academic Terms

FEBRUARY



2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31	1	2	3	4	5
				First Year Integration Conference (FYIC)		
6	7	8	9	10	11	12
CSES General Election: Nomination Period Begins		Greater Northern Concrete Toboggan Race (GNCTR)			Nomination Period Ends	Campaign Period Begins
13	14	15	16	17	18	19
February Feel-Good Week (FFGW)						
		C-Eng Trivia Night	Yuk Yuk's 2.0			
20	21	22	23	24	25	26
Winter Reading Week (NO CLASS!)						Campaign Period Ends
27	28	1	2	3	4	5
Voting Period Begins				Troitsky Bridge-Building Competition		
				Voting Period Ends		
6	7	8	9	10	11	12
National Engineering Week (NEW)						Reflections
		C-Eng Trivia Night				



# 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 new term is going well! This month, I hope to see you at our mental health awareness & de-stress week: February Feel Good Week (FFGW.) I hope you've checked out our new website at [www.MyCSES.ca](http://www.MyCSES.ca). Lastly, I wish the best of luck to candidates running in our elections—we need a great team for next year, C-Eng! You had all better VOTE! Stay purple, xo.



VP Finance  
Cyлина El-Bouchi

Hey C-Eng! I hope you're having a good start to your semester! I just wanted to use this time to remind you that Student Group Funding (SGF) applications opened in January and the deadline for application submission is Feb 3rd @ 6:00 PM. Please don't miss this date, as the deadline is very strict and NO exceptions will be made. On that note, I hope you all have a great month and good luck on midterms coming up in a few weeks! If you have any questions, feel free to contact me at any point in time!



VP External  
Yannick Brisebois

Hey guys! I hope the first month back at school has been treating you well so far. Watch out for fun activities over the next few months like NEW and FFGW, this semester is going to be a lot of fun!



VP Social  
Céleste Lalande

Hey everyone! Last month was a little quiet on the social aspect of things as I attended the CFES Congress (strongly recommend, it was a good time) and helped organize this year's Ontario Engineering Competition. Anyhow, I hope your transition into the new semester hasn't been too rough so far. But if it is, no worries, CSES has you covered. Bell Let's Talk was just an intro to this year's February Feel Good Week (FFGW) which is fast approaching (February 13th-17th.) Our team has worked very hard to make this week the best it can be, so look out for plenty of fun, destressing, inclusivity, and most importantly anti-stigma, mental health-focused events such as Valentine's Day Pub, a Trivia Night, a Key Note speaker, therapy dogs, and much more! Good luck on your midterms and remember: reading week is just around the corner, you can do this!



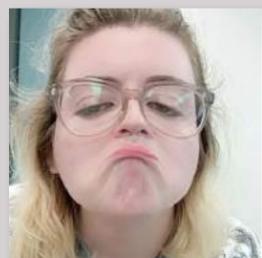
VP Internal  
Cameron Wong

Hey C-Eng! I hope you all had a great start to your winter semester! Thank you to those who came out to our Winter General Meeting. Remember, elections for CSES begin this month, so if you are interested in running for a position, be sure to ask us about them, as we are happy to answer.



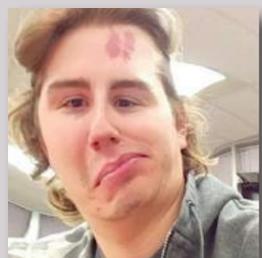
VP Academic  
Hailey Todd

This past month has seen the Ontario Engineering Competition taking place right here at Carleton! The Carleton team is training hard and hoping to move on to the Canadian Engineering Competition in March. The new year will also bring new workshops and preparation for our National Engineering Week this March!



VP Publications  
Emma Maddock

Hey C-Eng! Hope things in this new semester/new year are going well so far! This month, I'll be working on our new news channel, The Gong Show, so look for it on Leo's TVs and on YouTube. I'll also be populating the gallery for this month's Times, and giving your lovely editor a hand in whatever she needs. As for the topic of love this month, as RuPaul would say: "If you can't love yourself, how in the hell are you gonna love somebody else? Can I get an amen up in here?"



VP Services  
Mike Delay

Hey C-Eng! Hope your second term is treating you well. This month we are ordering C-Eng hoodies again: if you haven't submitted your order yet, be sure to come by our office to do so! Our textbook trade has also come to an end, so make sure to pick up your unsold books or your money. I am hoping this month is a little more consistently colder than January so that the canal will open and I can finally go skating on it this year!

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.

# DISTRACTIONS

SO APPARENTLY THESE ARE CALLED WORD PLEXERS..

<p><b>ANOTHER</b> one thing</p>	<p><b>A R A R M M</b></p>	<p><b>ATTACK</b> <i>we're</i></p>	<p>enitted track</p>
<p>1. <i>age</i> 2. <i>beauty</i></p>	<p><b>DOUBT</b></p>	<p>INJURY + INSULT</p>	<p>working ~~~~~ <b>C C C C C C</b></p>



## FLORASCOPIES



### ARIES

APPARENTLY RED TULIPS ARE THE FLOWER FOR YOU, ARIES. MAYBE IF YOU EAT ONE, YOU'LL BREATHE FIRE OR SOME SHIT.



### TAURUS

IT'S THE DRAMATIC AND FRAGRANT LILY FOR YOU, TAURUS. YOU MAY BE A HELL OF A DRAMA QUEEN, BUT AT LEAST YOU SMELL GOOD.



### GEMINI

THE ROSE CONVEYS A WIDE RANGE OF MESSAGES AND SENTIMENTS DEPENDING ON ITS COLOUR—JUST LIKE YOU, GEMINI. DOES THAT MAKE YOU A MOOD RING?



### CANCER

YOU HAVE THE DOLPHIN-SHAPED DELPHINIUM, CANCER, TO APPEAL TO YOUR ROMANTICISM. I WONDER IF YOUR SIGN IS A SIDEWAYS "69" ON PURPOSE...



### LEO

GRAND PROPORTIONS AND OPEN FACES ARE TWO THINGS YOU AND SUNFLOWERS HAVE IN COMMON, LEO. DON'T WORRY, IT'S NOT CALLING YOU FAT, IT'S CALLING YOU... GRAND.



### VIRGO

THE STAR-SHAPED DAISY IS YOUR FLOWER, VIRGO. IT MUST BE BECAUSE OF YOUR IMAGINATION, 'CAUSE I'M PRETTY SURE THEY DON'T EXIST.



### LIBRA

BALANCE YOUR OPPOSITES WITH THE HYDRANGEA FLOWER, LIBRA. BUT IF YOU HAVE TOO MANY OPPOSITES, YOU MAY HAVE SCHIZOPHRENIA; I'D GET THAT CHECKED OUT.



### SCORPIO

YOU ARE AN OMEN OF GOOD FORTUNE AND PROSPERITY—JUST LIKE THE PEONY, SCORPIO. WITH YOUR LUXURIOUSLY FULL SHAPE, THERE'S ALMOST NO ONE YOU CAN'T SEDUCE.



### SAGITTARIUS

THE CARNATION, WITH ITS MULTI-DIMENSIONAL PERSONALITY, IS JUST LIKE YOU, SAGITTARIUS. I HEAR THE HOLOGRAPHIC LOOK IS VERY IN VOGUE THESE DAYS...



### CAPRICORN

THE AFRICAN VIOLET MAY JUST BE YOUR PERFECT MATCH, CAPRICORN. BOTH OF YOU ARE STABLE AND HAPPIEST WHEN YOU'RE DEEPLY ROOTED IN THE GROUND. WAIT...



### AQUARIUS

JUST LIKE THE CATTLEYA ORCHID, YOU CONVEY A MATURE CHARM, AQUARIUS, AND YOUR BEAUTY IS APPARENTLY PRETTY QUIET. YOU SHOULD ENCOURAGE IT TO SPEAK UP.



### PISCES

BECAUSE YOU KNOW YOURSELF SO WELL, PISCES, YOU SHOULD KNOW THAT YOU HAVE A LOT IN COMMON WITH THE ALSTROEMERIA. YOU SHOULD ALSO KNOW WHAT THAT IS.

# DISTRACTIONS

I STUMBLED UPON "WEBCOMIC NAME" AT EXACTLY THE RIGHT TIME

## Richard's guide to software development



HOW THE SOFTWARE IS DESIGNED.

HOW MUCH TIME HAS TO BE SPENT ON EACH PART.

HOW THE SOFTWARE LOOKS BEFORE THE BETA TEST.

HOW THE SOFTWARE LOOKS AFTER THE BETA TEST.

HOW THE SOFTWARE IS ADVERTISED.

WHAT THE CUSTOMER REALLY WANTED.

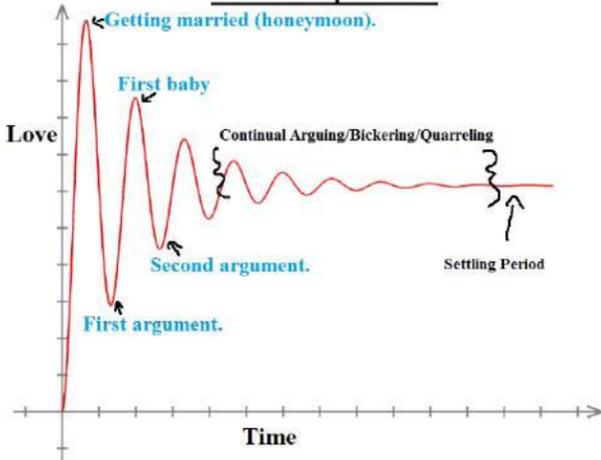
HOW THE SOFTWARE LOOKS TWO VERSIONS LATER.

I STILL LIKE YOU ANYWAY.

TOOT

Sandra and Woo by Oliver Knörzer (writer) and Powree (artist) - www.sandraandwoo.com

### Underdamped Love



### UNCERTAINTY - BY NANSCLARK

Do you know how fast you were going!?

No, but I know where I am.

WWW.TOONDOO.COM

### PUBLIC TRANSPORT LOVE

webcomicname.com

### NEW YEAR'S EVE

webcomicname.com

### VIOLATED

webcomicname.com

### IMPOSSIBLE

webcomicname.com

### OFFICE GENIE 2 - BY NANSCLARK

I'M REALLY ATTRACTED TO YOU, ACCORDING TO NEWTON'S LAW OF GRAVITATION, YOU'RE ATTRACTED TO ME TOO.

IT DOESN'T SEEM RIGHT THAT WE'RE OLD ENOUGH TO HAVE KIDS.

SWEET! WE MADE A BABY!

ARE WE SURE WE DID IT RIGHT?

WE SHOULD DISASSEMBLE IT, CHECK ALL THE PARTS, AND PUT IT BACK TOGETHER.

### FROG PRINCESS - BY NANSCLARK

THIS NANSCLARK LADY IS HIGHLY AMUSING

# LAST CALL

## WHAT HAVE THESE TWO NOT DONE?!

### THE IRON MAN

LUCAS "ITALIAN JOB" BREWSTER  
- AERO D IV -



**C-Eng Involvement:**

EngFrosh: Frosh, Facil, Logistics, Director  
CFES: Admin Commissioner, VPFA  
CUSA FED Councillor  
Carleton Planetary Robotics Team x4  
C-EngC x3, OEC x3  
NEW Chair x2  
CUESEF x2  
Troitsky & GNCTR ('14)

**Hailing from:** Mississauga, ON

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

The Big Chill

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

Cheesecake. It's rich, filling, scrumptious, and comes in multiple varieties to suit the occasion.

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

Jeans, t-shirt, hoodie

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

"You see me, I be work, work, work, work, work, work."

-Work, Rihanna

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

The entirety of EngFrosh 2016.

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

Travel to space.

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

Ask him to gently ruffle my hair and tell me I'm a good boy.

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

Break the laws of physics? They can be a real pain sometimes...

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

Smell. My nose is stuffed from allergies half the time anyways.

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

"There will be no bell curve."



### USES FOR THE CHARLATAN

> Write a love note on every second one on display and sign it "—Your Secret Admirer"; everyone deserves at least a fleeting moment of happiness

> Craft into those fortune-teller things we all used to love in elementary school

> Make origami for all your friends

> Pant guards for defense against all the slush kicked up by people and cars

> A conveniently less fun alternative to bubble wrap for packaging breakables

> Write articles for The Iron Times based on your angry reactions to the hogwash within!

> Absolutely last-resort tissues

> You could read it

### THE IRON LADY

ERIN "SPOON SLUT" HEMM  
- ACSE IV -



**C-Eng Involvement:**

EngFrosh: Frosh, Facil (x2), Head  
Faculty: Student Mentor, Student Ambassador  
Engineering Student Senator  
CUSA: FED Councillor, Secretary C&P Review  
CSES: Arch Eng Councillor, VP Social  
CFES: Admin Commissioner, Incoming VPFA  
Troitsky: Team Member (x2), Team Captain  
GNCTR Sponsorship Sub-Captain

**Hailing from:** Kingston, ON

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

Get Smart—that's the goal, right?

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

The Namib Desert. The diversity of animal and plant life, as well as the variety of landscapes captivates me. ...Ohhhhhhhh, DESSERT... Probably strawberry cheesecake, that shit's delish.

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

Comfy and functional.

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

"We're stressed out"

- Stressed Out, Twenty One Pilots

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

This one time I won an ice cream cone, I was so excited I had to call my mom to let her know. This was last year.

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

Currently saving up to backpack around Europe post-graduation.

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

Step 1: Take a selfie.

Step 2: Realize that American politics have been a terrifying nightmare and that I really have no idea what's going on in the world anymore.

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

Smell—as an allergy-ridden kid, I've already learned to live without it.

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

"I'm sorry, we're out of coffee."

### Editor-in-Chief

Cassidy Lang

### VP Publications

Emma Maddock

### 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:

- 6 hasty exits from class whilst hacking up a lung
- 20 gallons of water (probably not even an exaggeration tbh)
- 32 episodes of Pokémon
- 1 prayer for my mental health

### Apologies:

To my Iron people from last month: I'm sorry I dropped the ball and didn't get pictures of you two together.



THE RETURN OF THE IRON TIMES: THIS MARCH