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当RON WARRIOR

Friday, February 11, 2000

The Newspaper of the University of Waterloo Engineering Society

Volume 24 Issue 3

Caveman Games!

BY MARIA SIMOES 1B Computer

If a non-scunter were to view the pictures that were taken during this term's Scunt, they would be ever so slightly amazed. These bizarre pictures tell a tale of dinosaurs and caveman. Evidently, it was not any ordinary night of studying to ridiculously absurd hours. Rather, it was a night of fun and games, all of the caveman variety.

Like any usual scunt, there were a variety of amusements. On Campus events had a decidedly prehistoric edge with a Dinosaur race, fully working

Flintstone cars, and caveman luge. In between events, scunters ran around, trying to find the items on their Get-Lists. Of course, it couldn't have been all that hard to find a life-size volcano, or an amber covered mosquito ala Jurassic park, right?

You're probably wondering, "but what if I really don't want to stay on campus?" After all, if you're an engineer, the likelihood is that you spend more time in those engineering buildings than you do in your bed. Well, if a scunter really did not wish to partake in on-campus fun, there was many a thing that he or she could do outside of our esteemed university halls. For example, he could help prepare the

off-campus headquarters for the arrival of the ScuntGods. Or, if you're not all that adept at decorating, cooking and cleaning, you could always go on a road trip. Just pack up your camcorder, get your car keys and prepare to hit the streets of whatever city suits your tastes (this years choices being either Toronto or the KW area). Oh, and remember to record any memorable moments on your journey. (Hint to future Scunters: watch the road trip videos for a really good laugh.)

When the night is all over (yes it DOES take an entire night) you and your team members (if you managed to keep awake) will return to campus. Then

comes the moment of reckoning, when a team finds out if all their hard work will come to fruition, gaining them the glorious Scunt Trophy and inducting them into the position of Scunt god. This year's winners were the Riot Squad, a motley team of 1B comps, 1B mechs, a handful of 3A comps, and anyone else who wished to join in. Now, remember, even if you're not as lucky as the winning scunters, you still have next term. (Hint: next term's scunt is going to rock!)

On behalf of all the humble scunters, thank you Scunt gods for a great and glorious scunt.





Two of the duct tape creatures created by the 1B Comp team as part of their victorious efforts during Caveman Games.

(Photos courtesy Ryan Bayne and Kristina Hotz)

Continuous Co-op?

BY ARTHUR LAW3A Systems (Offstream)

The way we do co-op is starting to change, for the worse. The proposal is to restructure first rounds and second rounds from a six-week period with one ranking day at the end, to a series of one-week periods with a ranking day on each Friday. Co-op believes that this will help the process for students and employers alike. All it will accomplish is to cause more pain in an already tortuous process.

The lack of information is astounding on why exactly Co-op wants to change first and second rounds to a completely continuous system. There is always very little communication between co-op and the students and I can only put out my guesses to why this change is taking place.

1) Reduce the amount of senior students ahead of time to allow the junior students a better opportunity in the latter part of interviews.

2)Reduce paperwork for ranking day. 3)Appease the employers that are dissatisfied that they have to wait so long before hearing the response from the students.

Starting with number one, this reason fails on the basic assumption that senior students are going to accept an offer early on in the interview process. But how many students will take up an offer while they still have many jobs with question marks? This method still doesn't solve the main problem of the application process where an intermediate/senior student may apply for the same job as the junior student, restricting the junior from having the interview at all. And no, I am not advocating a further reduction in the number of jobs that a student may apply to. We still don't have numbers to prove that 18 resumes works better for students than 50

If the purpose is to reduce paperwork for ranking day then a number of in-house software solutions can be developed (and should have been) in a very short order of time. I'm sure a group of 1B computer engineers could have an online system up & running in a week.

Finally, if the purpose is to appease

more employers that are dissatisfied that they have to wait so long before hearing the response from the students, then I say that in the best interests of students, we keep it the way it is. Co-op should be designed to give the students the best opportunity for jobs. Our \$420 co-op fee plus \$14 work report marking fee on every single academic term should ensure that co-op is looking out for our best interest, not those of the employers.

The students should all realize that Waterloo's leadership in student employment is slowly eroding, and bending over backwards for employers is not the way to fix this problem.

If you don't support this change to coop, you don't have to stand for it. The VP-Education of FEDS, Veronica Chau is on the Process Advisory Committee that is looking into this issue. You can e-mail her your comments to fedvped@feds.uwater-loo.ca, or to your own VP-Ed, Jenn Motuz, at jmotuz@engmail.

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Whee! Election Time is Here Again!

Winter term has to be my favourite. Sure, there's snow, cold, and darkness, but hey, there's FedS elections! Ok, so I'm exaggerating my excitement over the upcoming elections, and many of you

couldn't care less, but I enjoy any election, no matter how big or small. So yes, I am excited about the FedS election, because hey, at least there is an election.

Apparently the FedS executive which greeted me as

a frosh was completely acclaimed. This year, half of the positions have already been decided, another position has been eliminated, and there's not that much choice. As far as I can tell, everyone is running on same platform. Everyone appears to be in favour of good things, and against bad things. I'd like to see someone

be in favour of all things, good or bad. Then we'd have a bit of variety.

But to be honest, no one candidate is going to be that different from the next candidate in terms of what they support.

> What you'll be voting for is based on personality experience. Few people are going to run on a platform of raising tuition, or scrapping frosh week. Nor are they going to admit that when it comes time to raise

tuition again, the students are outnumbered by the administration and if the administration wants something, they'll probably get it.

The people you elect to the FedS executive and to the Senate are going to do their best to represent you, and express your point of view, but they're outnumbered. I know, I'm jaded, but hey, apparently last term there was talk of reducing or removing Frosh Week, and our student representatives convinced them otherwise. Also, the FedS also provide a lot of useful services to us and they do fight our battles

So drop by CPH foyer on Tuesday, February 15th and Wednesday, February 16th, and vote. Sure, you won't find out who the winners are until the beginning of March due to a problem with the co-op ballots, but in a relatively small election like this one, individual votes are quite important. I'll admit none of the votes will likely end in a coin toss, as I've seen in smaller votes, but last year, a race was invalid due to an uncertainty in a very close race. I'll rant again in three weeks.

Dow Tour

BY BRAD CLARK President Chemical Engineering Society 'A'

As the term moves on the Chemical Engineering society is becoming more active. First off I would like to say that our pub night was a good time had by all who attended and I would like to thank all

those who came out.

The next meeting for the Chem. Eng. Soc. will be on February 16 at 12:30 in DWE 2517. At this meeting we will outline what is happening for the rest of the term and discuss the upcoming conference in Montreal in the fall.

For the rest of the term, we've got the following activities planned:

Mar. 1: There will be a guest speaker from 3M coming to talk to us about Chemical Engineering at 3M;

Mar. 7: Our Coffee House will be held in the SLC MPR at 7 p.m.;

Mar. 10: Student Conference in Thunder Bay and a tour of the Dow polyethylene plant in Sarnia;

Mar. 21: Guest Speaker from Dow.

A reminder to all that the Dow Tour is limited to 35 people (and is on a first come, first served basis) and that a sign up sheet is in the Chem Eng Soc office (DWE

Hope to see you come out to all these events, and good luck with midterms!

Plummer's Pledge

Editor's

by Ryan Bayne

Rant

BY ELLIOT BIRO Plummer's Pledge Director

Well, it's only 12 days now until we all have our rings, and then only a two and half months until we're out of here for good. While you're rejoicing that you finally finished and now you can start your life, take a moment to think about what UW engineering gave you. Aside from the good times and people here, you are about to receive one of the best-reputed engineering degrees in Canada.

To thank the school for giving us our education, several years ago, the students decided to start campaign called Plummer's Pledge. Plummer's Pledge is a donation that the graduating class gives every year to the school. The money that is donated is endowed into the principal of WEEF. WEEF then uses the interest that is made from the pledges to upgrade existing undergraduate equipment in engineering. By keeping the school up to date your degree will continue to say that you studied at the best engineering school.

Although we think that it would be nice to thank the school for our stay, we also realize that very few people have any

ever increasing tuition, and for most people, also living away from home. That is why Plummer's Pledge is not a donation as such. Instead, the pledge it is a commitment that a grad will make to donate money for three years starting a year after graduation. This gives everyone some time to get established in their jobs and to

So how pledging works is everyone you pledged. It's as easy as that.

EIRON WARRIOR

The Newspaper of the University of Waterloo Engineering Society

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money left after 8 terms of having to pay

earn some well needed money.

will be given a donation card at the iron ring fittings. On it there are three different pledge options and blank option (so you can pledge what you feel comfortable with). After filling out the card, hand it into the Plummer's Pledge box by March 1. The box will be placed in the Orifice (CPH 1327). And that's it. In a year from graduation, the Alumni Development office will contact you and they will tell you how you can donate the money that

Last year in the campaign over \$166,000 was pledged — and this year our graduating class is even larger! So when you're toasting your ring on the 23rd, just take a moment to remember who helped you get here.

BY NAVINDRA PERSAUD **Explorations Director**

Explorations, one of our major community outreach events will be held on the evening of Monday March 13, 2000. Explorations is an annual event hosted by the Faculty, and Engineering students. The evening is targeted at families in the Kitchener-Waterloo area with children in Grades 6 to 8. Thirty-six displays from the different departments showcasing student teams and the interesting research being conducted by different Professors will be part of different tours. These displays will educate the community about Engineering, and show them how much fun learning and Engineering can be.

As of February 3rd approximately 400 students had already confirmed that they would be coming to see what Waterloo Engineering has to offer. The only way an evening such as this one can be a success is through corporation and teamwork. For these reason volunteers are need to help with registration, parking,

and leading tour groups. The first set of tours start at 5:00pm, the second starts at 6:30pm and the last tour starts at 8:00pm, however, we would like volunteers to show up half an hour before the tours start. The evening of fun, FREE FOOD, a cool T-shirt, and lots of P5 points is expected to end around

You can sign up in the Orifice, or contact your class rep. Please not that additional P5 points will be given to the class with the most volunteers and highest percent participation. If you have any questions please contact Patrick Brown at p2brown@engmail or Navindra (Vin) Persaud at n4persau@engmail, or visit the explorations

Explorations

2000

Web Pages. http://engsoc.uwaterloo.ca/Explorations/

One final note Stone Cold, WARG, and Midnight Sun, will be there, so come on out and help show the community what Waterloo Engineering is all about

The Iron Warrior is a forum for thought provoking and informative articles published by the Engineering Society. Views expressed in The Iron Warrior are those of the authors and do not necessarily reflect the opinions of the Engineering Society

The Iron Warrior encourages submissions from students, faculty and members of the university community. Submissions should reflect the concerns and intellectual standards of the university in general. The author's name and phone number should be included. All submissions, unless otherwise stated, become the property of The Iron Warrior, which reserves the right to refuse publication of material which it deems unsuitable. The Iron Warrior also reserves the right to edit grammar, spelling and text that do not meet university standards. Authors will be notified of any major changes that may be required.

Mail should be addressed to The Iron Warrior, Engineering Society, CPH 1323B, University of Waterloo, Waterloo, Ontario, N2L 3G1. Our phone number is (519) 888-4567 x2693. Our fax number is (519) 725-4872. E-mail can be sent to

iwarrior@engmail.uwaterloo.ca

Charles Bergeron

Greetings all!

I am running for Senator because I think that I can make a positive contribution to student life. In this campaign, I propose a platform of ideas that I think would make the University of Waterloo campus better for students. I aim to ensure that UW's quality of education and services offered are still number one a few years down the road. I think that's a goal we all share, and I propose that we work together

Here are these issues:

1. Frosh deserve a full Frosh Week, not the proposed 'Frosh Days'.

Three months ago, UW administrators were floating around the idea of a shortened Frosh Week coupled with an earlier class start date in September. A few engineers protested, and the Federation of Students' Council adopted my motion opposing the change. The administration having gauged the level of opposition to the proposal, I am certain the issue will resurface with a formal announcement. UNDER NO CIRCUMSTANCE WILL I AGREE TO COMPROMISE FROSH WEEK.

2. Engineers deserve a full Reading Week, not two Reading Days.

I believe that all students deserve a full Reading Week. Since the final examination period is common to all faculties, engineering students don't leave UW any sooner in April in exchange for a shorter Reading Period. However, some students have advocated that Reading Week should be abolished entirely, giving us an additional week off between the winter and spring terms. I AM COMMITTED TO HOLDING FULL CONSULTATIONS WITH THE ENGINEERING SOCIETIES AND BRINGING THE OUTCOME BEFORE THE SENATE.

3. Co-op students deserve a system that works for them.

Now that the new online 'ACCESS' is dead, we have an opportunity to tell coop what we expect of CECSOnline, second attempt. We are the students who will use the new system, and we have ideas on how we would like it to work. That is, if the co-op Department cares to listen. I WILL NOT SUPPORT ANY 'new CECSOnline' PROPOSAL UNTIL STUDENTS ON BOTH STREAMS HAVE BEEN PROPERLY CONSULTED AND

SysDe9
3A Systems Design (Offstream)

THEIR IDEAS ARE CONSIDERED.

4. Differential tuition should not apply to distance education Arts courses; all students should pay the same fee for the same product.

If you take ECON 102 by correspondence next term and so does your Arts roommate, you're both getting exactly the same product. Yet you have to pay more because of differential fees. I WILL PETITION THE BOARD OF GOVERNORS TO RESCIND THIS PRACTICE.

5. Increases in YOUR tuition should directly increase the quality of YOUR education.

It has been said that this is generally already the case. Is it really? I WILL MONITOR WHERE MONEY FROM INCREASED TUITION IS BEING SPENT.

6. You should be able to choose the groups you wish to support financially, instead of being told on your fee statement.

Every term that you're on campus, you pay tuition as well as various fees. Some of them are refundable. Some are not. Some students know who they are giving their money to. Some don't. Probably not. Is it worth the trek to the all ends of the campus to get a few bucks back? Of course not. Clearly, fees need to be reviewed from time to time. I WILL INITIATE A REVIEW OF STUDENT FEES AND WILL PETITION THE BOARD OF GOVERNORS TO IMPLEMENT ITS RECOMMENDATIONS.

Most certainly new issues will arise over the next year. Wanting to raise the representative standard of student Senators, I am committed to consulting with students, be it in hallways, the C&D, or at EngSoc meetings, before acting on the issues that matter to you.

That summarizes the policy contribution that I bring to this campaign. I invite my fellow candidates in this campaign period to share their views in the issues that matter most to you, and I encourage you to VOTE FOR SOME ISSUES-ORI-ENTED LEADERSHIP!

If you have a question, or would like more information, please e-mail me at CHARLES_FOR_SENATE@canada.com. I would be happy to address any question or concern you may have, be it before or after polling day.

Smack Down Hotel (Vote Ian)

The University of Waterloo is not a factory and we are not products. Students have a say in what goes on and we have to exercise our rights or else they'll atrophy and fall off like a frost bitten appendage. (note to self: might want to re-think campaign slogan.)

Hi there, my name is Ian Tien, and I am running for engineering undergraduate senator. What is senate? Senate is the quality assurance department of university policy. Policies get drafted all over the place, they percolate up to the senate and the senate decides if the policy will be officially adopted.

The senate also confers honourary degrees, grants tenure, does long-range planning, and other good things. The senate meets nine (9) times a year, and each student senator serves a term of 2 years.

Last year, someone tried to get rid of frosh week by putting forth a policy that would start classes a week earlier in fall 2000. Engineering found out, we defended the need for frosh week and senate stopped the policy.

This save was too close for comfort, we're talking Kevin Dyson on the 1-yard line at the Super Bowl close. Imagine if that policy had gone through, we'd have lost frosh week without a fight, not even a chance to debate the issue. Just like that, *poof* it's gone.

What we need is an engineering senator who can represent the interests of the

engineering students to the university, and we need someone who's accountable. As President of the Engineering Society, every two weeks I stand in front of all the class representatives and tell everyone what's going on, and people ask me questions. It's a dialogue. It's fast.

If the president serves as senator, we eliminate the delay of intermediary senator-engineering society meetings. As soon as senate knows, we will know and we will be able to respond.

More importantly, an engineering senator needs to be strong. If anyone tries to get rid of frosh week, we need someone to say "No", but more importantly we need someone who will Layeth the Smacketh Down!

In the context of university-wide organizations, engineering students are a minority. To the administration, the engineering senator is nothing more than an undergraduate student with a "Hello my name is" nametag and a cardboard placard

Why do I want to be senator? Because I'm tired of engineering students getting screwed around.

Engineers are very practical, liveand-let-live type people. We're too busy with lectures, labs, tutorials, projects, work term reports, co-op postings, interviews, midterms and finals to raise too much of a fuss when a poorly written policy somehow wins approval.

There are people out there who think they can push us around because we don't put up much of a fight.

Well, guess what. Time to fight.
Senate elections are on Tuesday,
February 15 and Wednesday, February 16.





The Sandford Fleming Foundation 4306 Carl Pollock Hall, University of Waterloo Waterloo, Ontario, N2L 3G1 Waterloo Campus Activities 888-4008 sff@dean

Technical Speakers Competition: TODAY 10:00-12:00 in DWE 2534.

Student Travel Grants: Available to students participating in technical conferences. Contact Prof. Herb Ratz, x5175 for further information.

Emergency Loan Funds: SFF has made available funds for short-term emergency loans, interest free for 90 days. These loans are available to engineering undergraduates, on either an academic or work term. Contact the Student Awards office for further information.

The John Fisher Award for Leadership

The John Fisher Award for Leadership is made from time to time to a graduating student whose activities throughout his/her academic career have made significant contributions to Co-operative Engineering Education. Nominations for the Award can originate from student groups, faculty members and the Foundation. Nominations should document the nominee's contributions and other support for the nomination. Contributions are to have a professional orientation and can involve student activities, the Sandford Fleming

Foundation work or other appropriate functions. Letters from colleagues, faculty members, and others knowledgeable of the nominee's efforts will be given consideration.

The Award at Convocation, consists of a Citation and an Honorarium of \$1,000. For more information, contact the Sandford Fleming Foundation. The deadline for nominations is April 1, 2000.

Bridging the Gap:PEO Student Memberships

BY RAYMOND HO 3A Mechanical

On 1 February 2000, the latest installment of the Bridging the Gap lecture series was held. Over 70 students and several faculty members congregated in CPH3385 to attend the presentation given by PEO representatives Tom Chessel and Richard Furst. Topics covered in the one hour presentation were the role of the PEO, licensing, certification, and student membership

All practicing engineers in Ontario are required by law to be licensed by the PEO. With over 60,000 licensed engineers, the P.Eng. designation is highly valued and widely recognized. While the PEO is indeed valuable to every engineer licensed by it, Furst stressed its importance to the engineering profession as a whole.

Furst, a licensed professional engineer, expressed sentiment that the engineering profession has in the past not received the recognition and respect that it deserves. Through acting as a regulating body, the PEO increases the prestige and improves the public image of the engineering profession. It is with great pride that engineers should carry the title of P.Eng.

Several requirements must be fulfilled in order to be licensed by the PEO. Of special note is that as of 30 June 1998, the engineering work experience requirement has been raised to 48 months (up from 24 months prior to1996), at least one of which must be within Canada. In addition, up to 12 months of undergraduate working experience can be counted towards this requirement. For more information on the PEO and licensing requirements, you can visit their web site at

www.peo.on.ca, or get a copy of their publications in the Engineering Society Office.

Concerns were raised regarding requalification and on-going training after the P.Eng. designation has been awarded. Furst made it clear that the PEO has no active role in this area, but its code of ethics "requires you to be your own judge," so the onus is on the engineer himself to assess whether or not he is still qualified to practice.

The second half of the presentation focused on the new PEO Student Membership Program, which was officially launched on January 1st of this year. According to Chessel, there are currently about 750 student members in this program. Membership is free and is open to all university students enrolled in an engineering program.

One of the goals of the Student

Membership Program is to "ensure a seamless transition" into the engineering profession. The program is intended to increase the professional knowledge of engineering students, improve communications within the engineering community, and standardize efforts in student engineering activities and programs. "We need to hear from you. We need you to address questions" said Chessel, a professional engineer and UW graduate.

The program will provide many benefits to students, including PEO publications and links to engineering resources. To sign up or to get more information, visit www.engineeringstudents.peo.on.ca

For further information on this presentation or the Bridging the Gap lecture series, please email Davin Sufer, the Bridging the Gap director, at dasufer@engmail.uwaterloo.ca

Strength Beyond Numbers

BY SIMONE SMITH 3B Environmental Civil

The theme of the 1999 conference on women in engineering (CWIE), hosted by Queen's University October 29th and 30th, was strength beyond numbers. Dr. Gina Cody best defined the theme by saying that high numbers is not required for strength. All that is needed is motivation, confidence and competence, and commitment to hard work. As a result of the fact that women engineers comprise only 5% of the professional engineers in Canada, their strength arises from the continued commitment to quality engineering.

The conference was attended by women and men from Universities from Moncton to British Columbia, and represented by Waterloo by Janna Hickson, Amy LaFrance, Jasmin Mulaosmanovic, and Simone Smith, all of A-Soc., and by Winnie Suk Wai Leung and Patricia O'Donnell of B-Soc.

Due to the fractional representation of women within the profession, one of the main points emphasized by all of the speakers is that engineering is really the invisible profession, attributed to the absence of information on the visible benefits to society by engineers. Further barriers include gender stereotypes, the misconception of what engineering is, and the absence of information on the visible benefits to society.

The most memorable, and eloquent of the speakers, as decided by most of the UW delegates, was Dr. Monique Frize. As national chair of Women in Science and Engineering (WISE), she made it her mission to increase the profile and enrollment of women in science and engineering. Dr. Frize believes that women leave the profession of engineering for several reasons including: an inflexible work ethic, that it is still too much of an 'old boys' network, that there is not enough openness and transparency in the organization, and that there is the feeling of isolation and the feeling of not being a part of the decision making process. Some of her specific strategies to market the profession include increasing the profile of women within the field, more contact with school students, demystifying the various disciplines, and to explain mentoring and networking.

Women in engineering are outnum-

bered 14 to 1 overall, but in the younger category, the ratio decreases significantly to 4 to 1. Meanwhile, in Europe, the gender ratio is much more balanced than in Canada and North America.

It is often cited that there is a socalled 'glass ceiling' - defined as an invisible barrier to women and their inability to obtain higher management positions although they are more than qualified and have necessary experience. It is also attributed to the under-representation of women in upper management, according to Katherine Crewe. Ms. Crew is a chemical engineering graduate of Queen's working in the field of Biomedical Engineering. The glass ceiling is due to men in upper management not realizing the benefits that a woman would bring to a project, due to a different style (consensus approach to task resolution) and unique perspective to the boardroom table, that although differing from the male approach, is also an effective tool in project management. Some of the other benefits that women at work include their ability to nurture, collaboration and consensus, and ability to work as a team. Several of the speakers emphasized that women bring a different management style to the profession that can only complement their male counterparts.

One of the key points emphasized by all of the keynote speakers is that the overall profile of engineers needs to be increased in society, especially as it pertains to engineers' humanistic contribution to society. Stephanie Hunn, a mechanical engineering with Bruce Nuclear, supported this attributing the lack of visibility of engineers in society as one of the key faclimiting gender equality. Furthermore, it was mentioned that within the profession and engineering faculties, women in engineering are treated with respect, and it was the rest of campus and society that held a stigma about women in

The Plan: What we need to do as engineering students:

- Increase the visibility of engineers in society, through public relations and promotion
- Encourage and support fellow students, especially at the elementary level
- Increase active participation in science
- Confront and replace negative stereo-

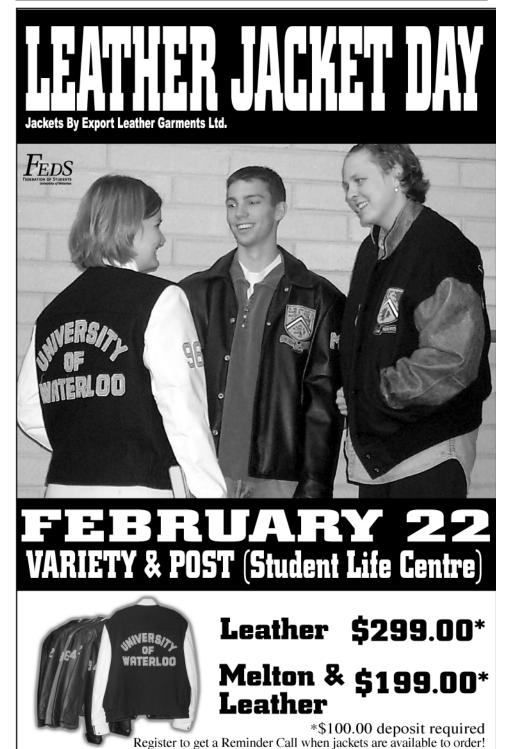
types with positive female role models

- Make the curriculum more women friendly, i.e. have more examples of women involved in scientific professions, so that gender representation is balanced
- Reach out and share with the community, especially younger school aged children
- Use our power as consumers

Dr. Cody, an expert in the field of

construction, feels that women's influence within the profession is increasing, acceptance is established, and that the future is bright for women engineers.

This past year was the 10-year anniversary of the Montreal Massacre. It is only through the continued celebration and education of the successes of women in engineering, that the profession can be enriched by a more equal gender ratio.



Curing Procrastination

According to some estimates, 90 percent of college and university students

procrastinate. Twenty-five percent of these studo chronically. I consider myself one of them. With the simultaneous onslaught of co-op job interviews, midterm examinations,

labs, and projects, the consequences of procrastination are suddenly magnified

Procrastination is the act of avoiding tasks that require completion. It can have adverse effects on such things as an individual's personal success, level of stress, self-confidence, and ultimately, happiness. I should know; been there, done

There are many causes and types of procrastination and the first step in overcoming it is to identify that there is indeed a problem. More often than not, procrastination begins with some sort of falla-

The Big

Picture

by Raymond Ho

cious logic. example, "I'm not in the mood to do it, so it's no use", "I've got too many other things to do", "There'll be plenty of time tomorrow", "There's no way I can finish this", "I don't even know where to start", "I

work better under pressure". Does this sound like you? It sounds exactly like me. If you answered yes, then chances are good that you're a procrastinator.

All of the statements listed above are poor excuses for not doing what needs to be accomplished. Once exposed, however, these excuses don't sound quite so convincing. You will be kicking yourself for believing in such half-witted reasoning. I should know; been there, done that.

So now that we've got the mental roadblock out of the way, there remains the task of actually doing what you were trying to avoid doing. Personally, I think the main reason that I procrastinate is to avoid doing that which is unpleasant. Should I study fluid mechanics or watch the hockey game? The choice is obvious. Hence the challenge lies in making the undesirable task desirable, or more realistically, less undesirable.

Most people can endure a bit of unpleasantness just as long as it is not too prolonged. So say you have an assignment that might take five hours to complete. Try doing it one hour at a time with short breaks in between. Or better yet, spend each hour working on a different task; variety will help to prevent boredom, which leads to procrastination. If one hour of attention at a time is even too much for you to bear, then break it into 30minute, or even 15-minute blocks. The aim is to split seemingly insurmountable tasks into smaller and more manageable

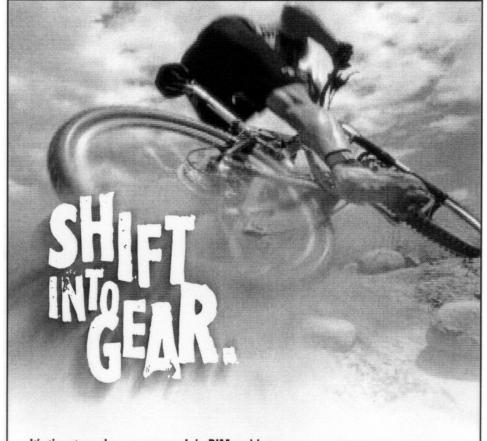
Here I should stress the meaning of "short breaks". Your breaks should last only about twenty percent as long as the time you spent working. So if you were working for 30 minutes, take a five minute break. Do not do as I do and work for fifteen minutes, sleep for an hour, work for ten minutes, watch television for two hours, and so on. Those are the actions of a hopeless procrastinator.

After completing each small task, check it off as being done. Keep track of your progress. Give yourself a sense of accomplishment. You will see your words of self-defeat replaced by words of confidence and motivation: "I've reviewed my lecture notes and finished two problems, which is a lot more than I did yesterday", "If I continue to work on my project for 30 minutes every day, I'll be done by next week", or "I managed to get something done today, even though I wasn't at my best and I hated doing it."

Furthermore, it is important to reward yourself for each task accomplished. If used properly, this can motivate you to do more. The reward, however, must be something that you would actually withhold from yourself; it's useless if you're going get it regardless of what you accomplish. I've fallen into that trap before; I promise myself a bag of tasty potato chips upon completion of an assignment, but end up munching on the goods while halfheartedly working on the required task.

Most importantly, do your best to drop your procrastinating ways all at once and abruptly so; don't try to ease out of it. It is akin to going swimming in a cold lake; it's much easier to jump straight in than to slowly tippy-toe your way in.

To rid oneself of procrastination, mental barriers must be removed a attitudes must be modified. You have to convince yourself that it is far better to not procrastinate. Breaking the habit can then be made easier by getting organized, using a bit of self-motivation, and then diving in head first. It's as easy as that. But if even that seems too difficult for you, then unfortunately you're going to turn out like me. And you wouldn't want that. So don't procrastinate.



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REVOLUTION

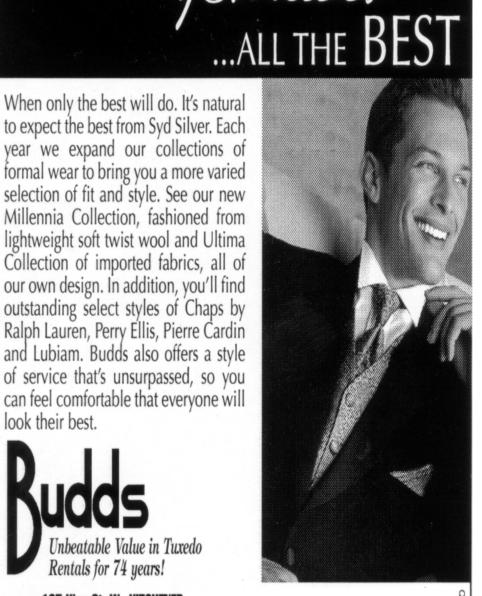


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We are a Country of Mitch Co's

Technology

by Mark Morley

Review

At a recent public lecture, Dr. Fraser Mustard, founder of the Canadian Institute for Advanced Research, asked, "How many of you think the geo-political entity we call 'Canada' should continue?" I must admit I wasn't surprised to see that most people didn't raise their hands. It was a typical Canadian response. Now if he asked an audience of Americans about whether they thought the United States should continue, I would expect something of a riot. Here in Canada we take these kinds of things in stride.

Dr. Mustard was addressing the theme of a series of lectures entitled, "20/20 Building the Future." Now we all know that technology is the future. We at the University of Waterloo, especially those of us who are engineers, didn't need to have Dr. Mustard come and tell us that. Yet it was worthwhile to hear him ask where the innovation would come from and who would lead the way. Although he didn't get into specifics, he did say that "invention cannot be top-down" and that it "must be community-based." To this end, he called upon governments and corporations alike to support early childhood development. He is among many physicians who believe that the first three years of a child's life determine his or her health and intellectual potential as an adult. This is the position he took in "The Early Years Study," a report he co-authored for Ontario's Children's Secretariat. Although I find the 0-3 theory contestable, I must agree with the study's insistence that the provincial government should support communities in taking on their own initiatives for early child development rather

than legislating from the top-down.

I felt enthusiasm for Dr. Mustard's message until he insisted that Canadian universities should "preserve values" for future generations of Canadians, and that Canadians must take more risks with innovation and investment. He ended with

what amounted to a plea for Canadians to save Canada by becoming more like Americans.

A few days later I came across a similar plea in a Globe and Mail article entitled, "A great crew but the ship's sink-

ing," (January 3, 2000) written by Roger Martin, Dean of the Rotman School of Management at the University of Toronto. He was lamenting that Canada isn't producing enough companies that are successful at competing in the global economy. Although he sees many Canadian individuals, famous people like James Cameron and Alanis Morrisette, succeeding globally, he doesn't see many Canadian corporations making a go of it. He said that our governments should be forgetting about "how to divvy up the existing pie" and "concentrating on creating an environment that breeds globally competitive firms." His strategy is that Canadians must become less polite and more demanding. There it was again. A proud Canadian arguing that we must become more like Americans if we want to survive in a global economy.

The other day, John Wetmore, President and CEO of IBM Canada Ltd., was on campus giving a presentation entitled, "The Adaptive Economy." He said that the IT revolution isn't about technology; it's about business and changes in society. He highlighted the impact of e-

commerce, sorry, the impact of e-business(R) on areas like banking, shopping, health care and education. Although he acknowledged the existence of issues like literacy, privacy and economic disparity, he simply said,

"We'll deal with them." Nor was he worried about gains in efficiency being accompanied by losses in personal contact. As far as he was concerned, "... with everything good in life there is a flip side which had to be managed."

At the end of his presentation, Mr. Wetmore was asked if he was concerned about Canada's ability to compete in the global market. He said he was confident that businesses would make the technology investments Canada needs to be competitive. Then he was asked if he thought there were any major barriers holding Canada back from adapting to technological change. As a proud Canadian he responded that we have the "best technology" and the "brain power" needed to adapt but we need to take more risks. His bottom line was, "It's cultural, but we'll get over it."

According to these prominent

Canadians, if we want Canada to continue, we have to become more like Americans. In particular, we have to take more economic risks. It appears that we've run into a tradeoff. If we want to save Canadian commerce, we will have to sacrifice Canadian culture. Yet I question the perception of the problem. It seems to me that these Canadians see the problem in terms of American style commerce and, therefore, see the solution in terms of American style culture. What if our economic strength lies in our polite and considerate culture? After all, Canada has too small a population to "breed" many more corporations the likes of Nortel Networks, the Royal Bank Financial Group or Tim Hortons.

Instead of worrying about how to compete corporately in the global economy, I believe we should learn from example of Canadian individuals and compete globally with small businesses. If our governments would pull back control instead of cutback funds, we would continue to build communities that are world renowned for the health and education they afford individuals. Here is where we will compete in small yet innovative ways. We don't need to risk our capital. We need to risk believing in ourselves. We aren't a nation of IBM's; we are a country of Mitch Co's.

Mark Morley is an engineer, cofounder of Model Science Software, and a lecturer at the Centre for Society, Technology and Values. http://cstv.uwaterloo.ca mmorley@engmail

P.O.E.T.S. Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
11:30		Trilogy Tuesday Movies	Buffy	2 Guys and a Gal	Friends
12:00				The Norm Show	Whose Line is it Anyways
12:30	X-Files		Dharma & Greg	Movies	Movies
13:00			Frasier		
13:30	The Practice		NYPD Blue		
14:00					
14:30	T EK		Law & Order		
15:00					
15:30)				
16:00	Who knows?		Who knows?		
16:30					

P.O.E.T.S.

BY WILL PATTERSON & CRAIG TURNER

POETS Programmers

We have formed a tentative schedule for the next three weeks. Mondays & Wednesdays are T.V. days with additional TV from 11:30 - 12:30 on Thursdays & Fridays. The tradition continues with Trilogy Tuesdays & movies to drink to (if you desire to do such). All scheduling is subject to movie availability/network schedules, random VCR replacements, and bribes received by Programmers...

Movies coming up:

Feb. 11: Swing Kids, Office Space

Feb. 15: The Godfather (starting early) Feb. 17: The Terminator, Terminator 2

Feb 18: Blues Brothers, Blues Bros. 2000

Feb. 22: Aliens

Feb.23: Something Special for IRS! A suggestion box is being put in POETS.

Outreach This!

Hello again. This installment of the VPX report is full of very interesting things you may have missed, and even more interesting things to do during the next couple of months.

So read on and see what's happening.

In the past two weeks, a few very interesting things have happened. Two ambassadors from PEO, delivered a Bridging The Gap lecture about the role of the PEO,

and a Wilfrid Laurier University business professor spoke about technical entrepreneurship. A very large job fair at Bingemans attracted about 150 employers and a huge number of engineering students, as well as other undergrads from

Waterloo, Laurier, and Conestoga College. It was a great opportunity to learn about a company, or to submit a resume (as yours truly did twice.

Unfortunately, I
haven't heard back

VP External from them) little can le to he severa activi

from either of them). In the next little while, you can look forward to hearing about several outreach activities put on by Waterloo Engineering.

Shadow Day is happening on February 29 and March 1. It is our opportunity to show high school students what it is like to be an engineering student at Waterloo. Bus Push, on Saturday March 4, is an opportunity for the engineers to raise money for

the Big Sisters charity of Waterloo. At Explorations, happening on Monday March 13, Waterloo Engineering holds an open-house for elementary school children in grade 7-8. If you would like to help out at any of these events, you can sign up in the Engineering Society office, or talk to me and I will put you in touch with the organizers.

There are also two conferences you can go to in March. The first is the First Year Integration Conference on the weekend of March 4. The second is the Canadian Undergraduate Technology Conference, happening right here in Waterloo on March 11 weekend.

If you would like to know more about any of these events, don't hesitate to write me at <mipotech@engmail>. I will be happy to answer any questions you may have

March 8

President

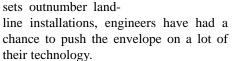
by Ian Tien

3A Computer

If you live on a desert island, drink out of a coconut shell and eat roasted pig flesh off a pointy stick, you probably have little need for wireless

telephony.

If you live in certain parts of Scandinavia, on the other hand, it's practically unbearable to be without a cell phone. In those countries where cellular hand-



Walk up to a Coke machine and use your cell to dispense a soda. Just dial the number on the front of the box, scroll through the menu to choose what you like, out comes the soda, and the company adds 5 Nkr (85 cents) to your next phone bill. Use your cell to pay for parking, buy food in a cafeteria, look over a restaurant menu before stepping inside-your phone is your lifeline.

We have this technology in North America too, we just haven't got around to implementing it yet. If you think about the future as a projection of all that we've achieved in the last five years (internet, mammalian cloning, palm top computing, Mars landing, etc.), the next half decade is going to be like something out of a science fiction movie

What's next? What does humanity have up its sleeve? I don't know, but I want to find out.

On March 8th, something cool is happening. High tech leaders from across the nation are coming to the University of Waterloo to attend the first ever Canadian Undergraduate Technology Conference. 150 undergraduate students from across the country will arrive here to explore and discuss the future of high tech.

Speakers will include Mike Lazaridis, President and Co-CEO of Research In Motion, Ian Goldberg, Chief Scientist and Head Cypherpunk of Zero-Knowledge Systems, André Boysen, CTO of 724

Solutions, Andy Jasuja, President of Sigma Systems, Curtis J. Palmer, Director and CTO of Sonic Foundry, Wanda M. Dorosz, CEO of Quorum Funding, Frank Pulumbarit, Director of New

Media for Sony Music Canada, Ka-Ping Yee from Industrial Light & Magic, and a list of many other extremely cool, extremely bright people.

The conference is the first of its kind in Canada. It runs from Wednesday, March 8 until Saturday, March 11. For more details, or to register on-line, visit http://www.cutc.uwaterloo.ca. The registration fee is \$80 until February 11, then it's \$100 (the fee covers the catering costs and the costs of the meals).

The conference organizers have planned for 70-80 Waterloo delegates from all faculties, so if you want to attend you might want to register as soon as you get the chance.

Personally, I find it very difficult to turn down the opportunity to meet cool people. It's not every day that a twentyone year old gets to talk to the CEO of a multibillion-dollar corporation.

Who knows, maybe you'll be there someday. Maybe you'll make it big. Maybe you'll do it in high tech. Maybe you'll do it before you're thirty. Maybe you'll buy your own island and you'll spend all your free time drinking out of coconut shells and eating roasted pig flesh off a pointy stick.

Who knows what's going to happen five years down the road? Who knows what ideas will change the world?

All I know is that this is a conference I don't want to miss.

It's Proposal Time!

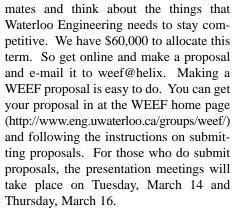
WEEF

by Mark Cesana

3A Mechanical

Midterms, midterms, midterms. I hope everybody is almost done and ready to start partying again. But before you put

on your dancing shoes, make sure you submit your WEEF proposal. Proposals are due by March 3rd. I encourage everyone to think about putting in a proposal. Talk with your friends and class-



Now on to some disappointing news. The total participation of students donating to WEEF is down again. Roughly 64% of engineering students donated to WEEF this term. This is down from 65% last summer and 66% from the fall term. The individual class participation numbers are not calculated yet but they will be available for the next IW issue and your class WEEF reps will have a copy to distribute to your class. It was good see that at least 64% of the engineers at Waterloo are SMART and GOOD-LOOKING. As for the 36% of the students that got their money back....I don't know what to say. With the increased tuition and increased fees it has become harder to afford to go to this University and it is understandable that people in financial NEED must get their money back to survive another term. It makes me cringe when I hear people saying that they are taking their WEEF money back to protest tuition hikes or that WEEF shouldn't exist because the University should provide everything stu-

Unfortunately the government doesn't feel they should invest in our education and the University has too much bureaucracy to make effective use of the tuition increases. For every dollar you

pay in tuition increases, only a fraction is spent on your department.

That is the beauty of WEEF. It's simple, it;s student run, and every dollar you invest comes back out to improve your education. We contribute every term and we spend the money the way we want. The added bonus of the endowment fund is that it will continuously grow and become more powerful. WEEF was created because some students had the foresight to realize that it was their responsibility to look after themselves and their education. I think it is time that every student realized this. I want to see every student taking an active role in their education this term instead of sitting back and complaining how bad everything is to anyone that is within earshot. If you don't like the way things are then try to change things. Go out and protest tuition hikes. The least you could do is ask your WEEF reps what proposals were submitted this term and give them your feedback on what proposals you think are valid and worth supporting. Let your voice be heard and you will learn that you CAN make a dif-

I would like to thank those who did donate their money to WEEF and anyone who wants to know more about WEEF, don't hesitate to ask myself, Stephanie Thompson or John Cuddihy. We will all be in the WEEF office at sometime or another, and that's CPH 1323C (x4893).

Budget Approved

Hello, I hope your term is going well. Exams seem to be creeping up quickly without notice. Over the weekend I

received the exact amount of money the Engineering Society is getting for this term from the Federation of Students. I was then forced to make some adjustments to the budget seeing as we received slightly less

money than expected. The Engineering Society A Winter 2000 Budget was presented at the Eng Soc meeting and was approved. So now I can get down to writing all of the cheques that all of you have been harrassing me about.

Here are some useful dates for those

of you doing some financial planning for the term. Student projects and teams looking for money should hand in their pro-

> posals to myself via my mailbox in the Orifice or by email. The proposals should be in by February 22, and representatives from the teams or special projects should be present at the Eng Soc meeting on February 23, to

make a brief presentation.

VP Finance

by Sunny Sodhi

2A Systems

My office hours are Thursday @ 1:30 to 2:30 and Friday @ 12:30 to 1:30. (If I am not in the Orifice, check in POETS) My email is gsodhi@engmail.

Good luck with this term and have

Well this week has been a busy one. Ice By the time you get your mitts on an IW, I'll almost be done my midterm week,

which should explain why I've been conspicuously absent lately. Needless to say that I'm slipping into insanity a lot quicker than previously anticipated, but hey, it's quite a ride.

I hope everyone enjoyed the MOT. Term pubs are always a fun time of the semester. Coming next Saturday is MudBowl, so get your class to sign up a team soon. The soccer tournament is the following weekend as well, at Columbia

Ice Fields.

VP Internal

by Ian Pollock

3B Mechanical

The Downward Spiral

Since my schedule has been a little crowded, to say the least, I haven't been

able to set aside any amount of time for office hours. To try to fix this problem, I'll be available on Tuesday, February 15th at Weaver's Arms from 6:30 until around 8, unless there's someone there to keep me company. So if you want to

discuss some ideas or events, or if you just want to come keep me from being lonely, I'll be there.

In any case, I wish you a relatively quick and painless exam period.



VP Education by Jenn Motuz 3B Mechanical

Sorry, It's Exam Time

Jenn's VP-Education report will return in three weeks time. Due to exam constraints, and technical difficulties with the Iron Warrior, there's no report in this issue. For information about the major education issue, please read the article

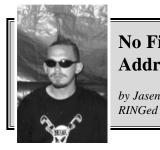
"Continuous Co-Op?" on page 1. Good luck with any remaining exams.

Amsterdamage

You ever notice how gross your toes get when you don't dry between then properly and then spend14 hours a day on your feet? Peeling skin, toe jam... trust me, it's just not good. This has been a public service announcement, take care of

your feet and they will take care of you. And now, back to our story.

After brief stop in Coventry to return our rental



No Fixed Address by Jasen Higgens

car, Mike, Eric

and Jasen headed south to the hot springs in the lovely city of Bath. Our arrival was one of those that we still like to complain about, walking a couple of kilometers up a steep hill to find that the hostel at the top was full and then getting caught in a rainstorm on the way back down to the hostel we passed in the first place. Note for next time, if you see a decent hostel, just go there. The city of Bath has, well, wonderful Roman baths that are definitely worth

a visit. Not only that, but the city is spitting disfrom tance Stonehenge and Old Sarum. You can take a bus trip from Bath to hit both of these

sights. They're worth seeing, if only to say that you did.

(Photo Courtesy of Jasen Higgens)

THE WHITE CLIFFS EXPERI-ENCE. Everyone recalls the vintage footage of allied bombers returning from their missions over the white cliffs of Dover, and that was our final destination in the United Kingdom. Dover is a fairly significant port city but that doesn't detract from its terrific historical significance. Dover castle is home to over 2000 years of history with its Roman lighthouse, medieval castle and tunnel complex expanded during the Napoleonic Wars, WWI, WWII and the Cold War. If you're on your way to the mainland, I'd highly recommend spending a night in Dover before you hop a ferry the next day.

TAKING ON THE CONTINENT. The ferry dropped us off in Oostende, Belgium, which is a pretty nice town if all you're doing is arriving and then catching a train to leave again. This was our first use of our 10-day Eurail pass and we quickly found out that if you don't have the pass validated on the first day you use it, it isn't valid. This can be accomplished at the Eurail office located in most train

stations. The conductor was nice enough to let us off at the first town to validate our passes rather than confiscating them and slapping us with a \$50 US fine.

Brugge, Belgium should be a stop on

anyone's list, don't waste your time in Brussels. Brugge is a very quaint medieval town with no heavy industry and was left untouched by WWII. Touristy but laid back, Canadians are very well received since they liberated the area from the Germans in WWII. As

such, the bartenders will play all Canadian music if you ask real nice. The Tragically Hip are very big over here. Oh another thing... just because half the country speaks French doesn't mean you should use it. The Flemish half finds the use of French a little insulting. knew?

Belgium was a welcome relief to the steep prices in the UK, but still wasn't

> what any of considered a bargain. Another contrast was the Belgian beer, some say it's some of the

finest in the Jasen gittin down at the 60s night in Bath, world, but this connoisseur begs to differ. Most of it was pretty raunchy, especially after the miracle of British and Irish beer. Stella Artois was drinkable but pretty unremarkable so the lot of us soon found ourselves in an Irish Pub savouring

> Canadian Troops during WWII is a real source of pride. AMSTERDAMAGE. From the glory and pride of the Canadian liberation of Belgium we moved to the hole that is Amsterdam. Now, calling Amsterdam a hole isn't entirely fair, we did live just on the edge of the Red Light district so our view was a little flawed. Seeing the red light district was a real eye opener but we all felt kind of saddened by the whole thing, I guess it's a lot easier to ignore when the sex trade isn't so in your face. And, if you're not into the smoky café scene, as was the case with us, definitely

> take a bus tour and see some of the coun-

tryside. It's a lot more beautiful that the

city of Amsterdam would let you believe

a pint of Guinness. A pint of beer, Belgian

or not, is the perfect conclusion to one of

the many bicycle tours. Your visit to

Belgium wouldn't be complete without

one and seeing the areas liberated by

Amsterdam was cool but I'm glad we took a bus tour out to the countryside so to realize that the Netherlands aren't all sex shops and smoky cafes. Saw a working oil press windmill... very neat, big cool wooden gears and huge millstones, enter at your own risk indeed. We stayed in Amsterdam only a couple of nights having sampled only what good Canadian boys should... great cheese!

The only other redeeming pieces of the Berlin wall, qualities of Amsterdam were the Anne Frank house and the Heineken museum. We missed the latter since it's closed on Sundays but the former was cool. Accidentally running into 4 other Waterloo grads and hearing their amusing tale of having had to sleep in a park the night before was also a high point.

"ICH BIN EIN BERLINER." (Translation: I am a jelly donut) Although they're not called Berliners in Berlin (that

would be too embarrassing), Berliner is basically a jelly donut OR an inhabitant of Berlin. What JFK meant to say in June of '63 was "Ich bin Berliner". but he flubbed the line and due to semantics of German grammar, he's forevermore a jelly donut.

Stepping off the train in Berlin we were accosted by a couple of groups offering places to stay. (Photo Courtesy of Jasen Higgens) Don't fear these

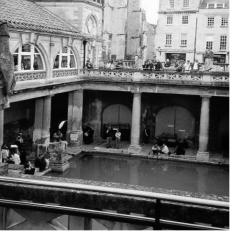
people, they're great for, well, helping you find a place to stay and will help you get acquainted with the area often regardless of where you decide to go. We met this girl named Meryl who was getting free room & board in exchange for pushing Frederik's hostel at the train station, we ended up staying there and were not disappointed.

Before arriving in Prague, we spent two nights in Berlin. Really cool town with lots to see. Definitely do a walking tour... they're cheap and help get all the background. After the tour we pretty much went back to all the same sights but then we went in a looked around and stuff. Very very cool. Everything is under construction... Berlin really got the shit bombed out of it during WWII and they'll probably still be rebuilding in 50 years...

> no joke. Nonetheless, we stayed at Frederik's Hostel in East Berlin and met a bunch of cool folks as well as saved some cash by cooking in their sparse, but adequate kitchen.

> Germany probably our favourite country of all and our Berlin experience started that off right. The sights are amazing and are incredibly rich in history, particularly from the last 50 years. From the end of WWII to the ongoing reunification, Berlin has thousands of stories to tell.

Our stay was also really cheap, at \$17 a night and with the grocery store across the street, we were laughing. Not only that but the woman running the show at Frederik's knows the woman running the Boathouse hostel in Prague and scored us a room... and THAT, my friends, is the best hostel in Eastern Europe. More about that next time.



Roman baths with the Bath Abbey in the background,

Auf Wiedersehen



East Berlin - the largest construction site in Eastern Europe,



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One of the last remaining

(Photo Courtesy of Jasen Higgens)