



# 126.7 MHz

## THE OFFICIAL FLIGHT DECK NEWSLETTER

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[www.theflightdeck.ca](http://www.theflightdeck.ca)

### **About The Flight Deck**

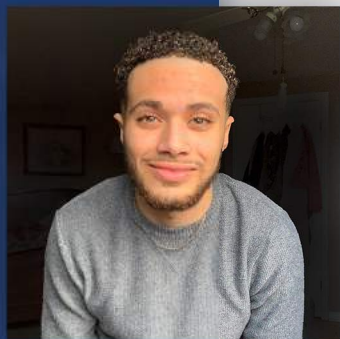
Inspired by the open, collaborative and creatively designed working spaces, the Royal Canadian Air Force (RCAF) has established "The Flight Deck" Innovation Lab at the Communitech Hub in Kitchener to push the limits of research and development. Since November of 2016, The Flight Deck has helped the RCAF take their status to the next level by providing them with the tools and technology they need to turn excellent ideas into reality. Get in touch if you believe you have a disruptive idea with potential for growth and success.

# MEET THE NEW TEAM

**It's that time again!** A new set of four talented co-ops have just arrived at the Flight Deck. Just like previous years, all four students are from the University of Waterloo. Unlike previous co-op students, this year consists of just first and second-year students. That's quite a change for the Flight Deck, as the co-op teams are usually composed of upper years.

## Omar Atwa

Business Development Coordinator



**Ahoy! I'm Omar.** I just finished my first year of Management Engineering at the University of Waterloo. I am very excited to be a Business Development Coordinator at the Flight Deck this term! Being the first Business Development Coordinator with a technical background, I hope to work closely with both the operations and development; hopefully being a bridge between the two. While I'm not at the Flight Deck, I work part-time as a Lifeguard and Swim Instructor at a local pool. I also enjoy tinkering with electronics, 3D printing, or reading up on the latest global news.

## Raiyan Sayeed

Full Stack Developer

**Hi my name is Raiyan!** I just finished my first year of Computer Science at the University of Waterloo and I am a Developer Student Co-op with the Flight Deck this term. In my spare time I like playing basketball, biking, and traversing waterfalls (maybe I'll try to climb one this summer...) . In the next four months during my time here, I hope to accomplish two main tasks: 1. creating an open source Ruby on Rails project with my fellow coops and 2. presenting knowledge on a topic that I think will be of great benefit to the rest of the team. My experience thus far has been amazing and I am sure that many exciting tasks / memories await the team and I in the near future.



## Sefra Adatia

Full Stack Developer



**Hello!** My name is Sefra and I'm currently pursuing Chemical Engineering at UWaterloo. I'm thrilled to be a part of The Flight Deck this term, and learn as much as I can over these next 4 months. Coming from a not-so-software background, I plan to pick up as many tips and tricks from my teammates as possible. I'm really looking forward to venturing into open source with our projects and watch our work come together as a useable product. But if I'm not sitting at my laptop working- then you can probably find me doing yoga... my attempt at fixing my lockdown induced poor posture. I've also really gotten into cooking as one of my new indoor hobbies which should come in handy when its safe to have friends over.



# Umar Yousafzai

Full Stack Developer



Hi, my name is Umar and I just finished my first year of Software Engineering at the University Waterloo. I'm thrilled to be working as a Fullstack Developer for the Flight Deck and in the next four months I can't wait to work with the rest of the team to create some awesome Ruby on Rails open source gems. Outside of work, I enjoy learning new tech frameworks and creating new projects with them, either individually or with other friends in hackathons. I also really enjoy biking and I hope to explore more of Toronto on my bike this summer. I also hope to meet up with my friends again in person once the stay at home restrictions are lifted.

## 1 YEAR LATER

The Work At Home Experience By Amanda Whalen

It's been just over 1 year since we began the "work from home" posture. If you'd asked me then if it would've lasted longer than a couple of months I would've replied with a very confident "no I don't think so!" Yet here we are. The past year has been an interesting one and well the verdict is still out on whether work from home is better or worse (personally I think that will always vary by person) there are lots of things I've been able to learn throughout the experience that I will share below. (Note individual experiences may vary so please take or leave any or all of this):



1. Schedule in time for yourself – the constant call of the computer in the basement and your Inbox as it fills up with emails and meeting requests can make it difficult to "switch off" from work. Block off some time in your schedule to get some exercise and take time for you.

2. Prioritize – you can only accomplish so much, especially if you're juggling young kids at home, and brushing up on your elementary school level math, English or French skills. Focus on doing a good job on a few key items and move the rest a few weeks down the road...in hopes by the time they come back around things are back to something that resembles "normal".

3. Laugh it off – you will be interrupted on calls by neighbors, deliveries, the dog or your two young children who decided to spend the entire time you were on a call painting each other's faces or creating "potions" in the bathroom; everyone's kids do this right?

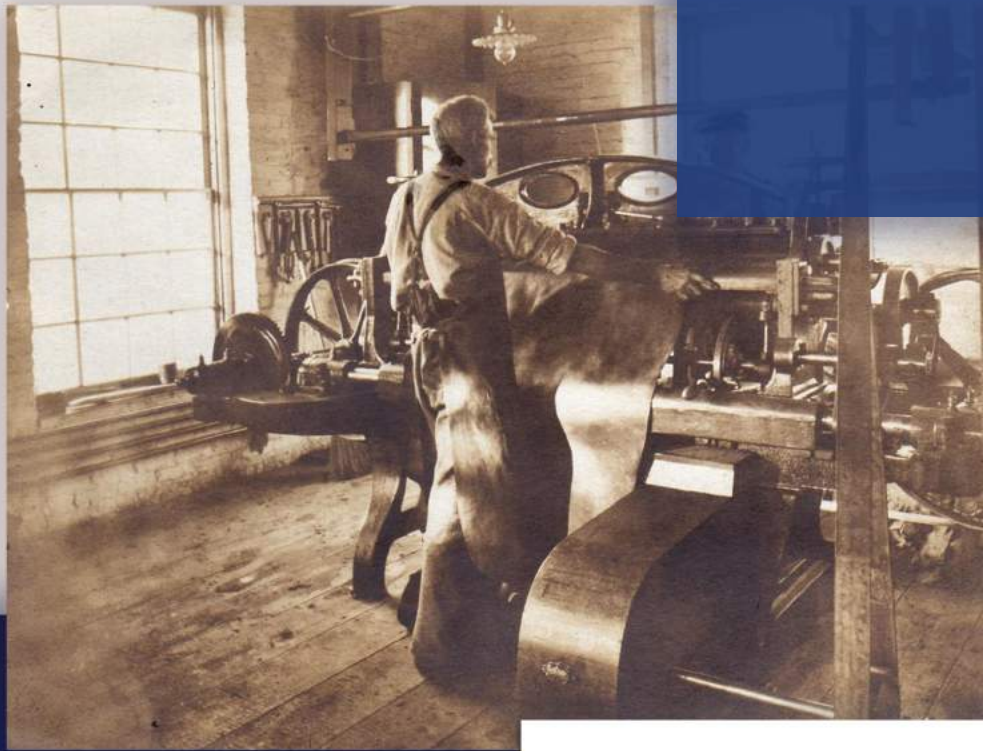
What will be interesting will be seeing how many workplaces continue to offer the work from home option once we're back to the office, and how many employees choose to take it. For those of you also craving the chance to get back into the office (in person!) remember this will pass, until then do your best and chalk all those interruptions up to part of the "work from home" experience.

# THE TANNERY

## The Flight Deck's Home

In 1849, Reinhold Lang, the founder of the Lang Tanning Company came to Berlin (now Kitchener) from the German Rhineland to establish a small tannery. After a fire destroyed the original building in 1853, the tannery was moved to Victoria and Franic streets to take advantage of a local spring for water supply. The construction of their large downtown Kitchener facility started in 1896 and continued until 1917. Soon, the tannery became the largest producer of sole leather for the British empire and Reinhold became a prominent member of the local community. During WWI, the company produced a large amount of saddle material and during WWII, it supplied sole leather and leather linings for aircraft gasoline tanks. The company discontinued its operations in 1954 due to competition from synthetic materials but kept its 5 acre downtown site and 35 buildings until 1974 when it was sold to a contracting firm in Kitchener.

From 2009 to 2011, redevelopment work began to renovate, restore and renew the building's infrastructure along with preserving the heritage value of the original building. In 2010, Google confirmed that it would set up an office in Lang Tannery's downtown building due to the local history of innovation and industry. The property was purchased from Cadan Inc. by Allied REIT Property for \$61.7 million in 2012. In 2015, Communitech and uWaterloo's Velocity incubator program took over Google's space when it moved into new offices nearby. This expansion provided room for up to 120 startups to work, making it North America's largest free business incubator. In 2016 alone, "the region added 370 new startups and saw \$341.6 million in private capital invested in tech companies".



Led by the spirit of innovation, LGen Hood decided that if the RCAF was to adopt a culture and mindset for innovation, then it needed to be surrounded by fellow inventive minds. Thus in early 2017, the Flight Deck was born and to this day has continued to empower over 1000s of members through their courses, software and the attitude towards "Tech for Good".



# COFFEE BREAK

Some of The Flight Deck's Favourite Games, Jokes, and Riddles!

## The Missing Dollar?

Three guests check into a hotel room. The manager says the bill is \$30, so each guest pays \$10. Later the manager realizes the bill should only have been \$25. To rectify this, he gives the bellhop \$5 as five one-dollar bills to return to the guests.

On the way to the guests' room to refund the money, the bellhop realizes that he cannot equally divide the five one-dollar bills among the three guests. As the guests are not aware of the total of the revised bill, the bellhop decides to just give each guest \$1 back and keep \$2 as a tip for himself, and proceeds to do so.

As each guest got \$1 back, each guest only paid \$9, bringing the total paid to \$27. The bellhop kept \$2, which when added to the \$27, comes to \$29. So if the guests originally handed over \$30, what happened to the remaining \$1?

Think you got it, try searching for "The Missing Dollar Problem" online to verify!

## I have, I have!

I have seas without water.  
I have forests without wood.  
I have deserts without sand.  
I have houses with no brick.  
What am I?

## What am I?

I have four wings, but cannot fly, I  
never laugh and never cry;  
On the same spot I'm always found,  
toiling away with little sound.  
What am I?

## A Rainy Day.

A man who was outside in the rain  
without an umbrella or hat didn't  
get a single hair on his head wet.

Why?

## Predator!

With pointed fangs I sit and  
wait; with piercing force I  
crunch out fate; grabbing  
victims, proclaiming might;  
physically joining with a  
single bite. What am I?



# VACCINE INFORMATION

## Covid-19 Vaccine Information. Get Vaccinated!

**Vaccines** are a safe and effective way to curb this dreaded pandemic. There are currently two types of vaccines available in Canada, mRNA and Viral Vector.

### mRNA Vaccines

**mRNA vaccines** such as the Pfizer-BioNTech and Moderna contain instructions for making the SARS-CoV-2 spike. The SARS-CoV-2 spike is the protein found on the COVID-19 virus. The mRNA molecule is a recipe to create the SARS-CoV-2 spike. Once an mRNA vaccine is injected, the mRNA molecule allows our body's to produce SARS-CoV-2 spike proteins. After our bodies have produced SARS-CoV-2 spike proteins, the immune system recognizes the protein as a foreign protein and begins the process of making antibodies. This process trains our body's immune system to recognize and fight any future COVID-19 infection before it does any harm. mRNA vaccines are very effective in preventing serious COVID-19 induced illness

### Viral Vector Vaccines

**Viral Vector vaccines** such as the AstraZeneca and Janssen vaccines work on the same principle of inciting the production of the SARS-CoV-2 spike proteins just like mRNA. However, the method of initializing the production of SARS-CoV-2 spike proteins is different. Instead of using an mRNA molecule to deliver instructions, to produce SARS-CoV-2 spike proteins, Viral Vector vaccines use a modified version of a different virus (called the vector) to do so. The vector is a harmless virus. After the injection of a Viral Vector vaccine, the body begins to produce SARS-CoV-2 spike proteins. All processes after this are exactly identical to the mRNA vaccine.

### Side Effects

**Side effects** are common and normal after receiving any vaccine. It simply means that our bodies are hard at work producing antibodies and training our immune systems! Common side effects for mRNA and Viral Vector vaccines are:

- Fever
- Fatigue
- Headache
- Muscle pain
- Chills
- Diarrhea
- Pain at the injection site

Side effects tend to last no more than a few days after vaccination.

**Get vaccinated today, and do your part to save lives!**

Interesting in being featured?  
Reach out at [\*\*hello@theflightdeck.ca\*\*](mailto:hello@theflightdeck.ca)





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