

An ode to



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Colophon

EmbrACE is the official magazine of the Erasmus School of History, Culture and Communication. It connects students and faculty staff with topics related to history, culture and the media industry. The editorial team of EmbrACE is part of the International Faculty Association ACE.

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Upcoming Events

**13.07.2022—
24.07.2022**

*Study Trip
to Bulgaria*



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Editor in Chief

Dear Reader,

Would have looked like if I was born in a different family, had different parents, met different people, made friendships with other people than those I am friends with, lived in another country, went to a different school. Basically I wonder what would have happened if I had a different upbringing, and I can imagine I am not the only one who is curious about this.

What would have happened if my sister did not have me as her little sister, if we would not have gotten a dog like we did seven years ago (life would have been very boring, that for sure). What if I did not, by accident, end up at the bachelor I am currently following, what if I would not have the hobbies and interests I now have...

What would have happened. I have no idea and to be honest, even though I am very curious to know it, I also do not really care. I am happy with the life I am currently living. Of course life has its better and worse moments. It is quite hard sometimes to live this life, but it also has given me so much. It has given me a great family, lovely friends. It also has taught me so much. This life keeps me eager to continue learning and exploring, doing the things I love, meeting new people, expanding my knowledge and many more things.

During this life (even though I am basically still at the beginning and I have a while to go) I have learned to swim, cycle, love, enjoy, cry, grieve, cook, celebrate, feel miserable, learn, happy, bake and many more things. The list is endless. Life is two-sided and that makes it interesting and challenging. Everyone experiences this.

But overall, this is an ode to my life and life in general. To celebrate and cherish it. Even though life has various sides, both beautiful and sad. Life is the most precious thing on earth and it deserves an ode.

What I wrote above is my interpretation of the theme of the fourth and final issue of EmbrACE 2021-2022: An Ode To. The editorial issue has worked hard and written some amazing articles in line with the theme, as well as this year's Lustrum Committee. We have also included a nice interview with the board to close off the year. I wish you a lot of fun reading all the great articles and I hope you enjoy them as much as I did. Thank you for coming along with us this year, and hopefully till next year!!

Greetings, **Lara van
der Maas**

**An ode to
life and
every-
thing that
it com-
prehends**

Bow for Greatness

By Jeremy van Steenveldt

Since the topic of this EmbrACE is 'An ode to', I would like to take this opportunity to write about someone very special in my life. Someone who had a lot of impact on the person I am today.

Since my mom was the youngest of 10 children and the difference between her and the ninth was quite a few years, I also was born as the last of the 21 grandchildren. When my granddad visited my mom just after my birth, he already told her that I was going to be 'his' grandchild.

I grew up knowing that my grandfather always was my best friend. The first times he actually pushed a stroller around, I was in there. He made it a goal to visit all playgrounds in Rotterdam at least once. When I received a book that would give me a free ice cream if I made sure to get a stamp at all museums in Rotterdam, he and I went out of our way to collect them. My parents both worked quite a lot of hours per week, but my granddad always made sure that he was there to pick me up after school. I spent a lot of time with my grandparents, so my granddad basically became a third parent.

**From the day
that I met you, I
stopped feeling
afraid. In your
arms I feel safe.**

Around 2015, he was diagnosed with a disease that attacks the ends of the nerve system. He would start having less control over his feet and his hands, requiring him to stop cycling and eventually walking without help. His pride was damaged by the limitations of his body.

When I showed him a video of me singing with my band, he was at first disappointed by the fact that the video cut the applause short, because he couldn't hear the applause. In the following weeks, I learned that he would have loved to be on stage as well. He really wished to be at one of my performances as well, so my parents threw a birthday party where I could sing a few songs. We even did a concert at the elderly residence that my grandparents stayed at, just so he could also hear some songs of us that he knew better. One of the last videos I have of him, is a video of him singing an old song in his living room, from his wheelchair. The video ends with an applause from my mom and aunts, and a bow from my grandfather.

There are a few songs that have an extra meaning to me because of him, starting with 'In Your Arms', by Chef's Special, a song I first played live in the Luxor theatre. The main chorus lyric is "From the day that I met you, I stopped feeling afraid. In your arms I feel safe." The song always triggered a feeling of safety, something I regularly experienced with him. 'You Never Walk Alone' by Gerry and the Pacemakers always hit differently as well, since he was a Feyenoord fan as well and took the song really close to his heart. When he passed away in April 2018, I asked my mother if it was okay if I said goodbye to my granddad by singing 'You Never Walk Alone' at the ceremony. I have never been so nervous for a performance, but I have never regretted it. Before I bursted out in tears after the last tones, I made a bow to the coffin, hoping to honour him that way. From that performance onwards, I always end my performances with a bow. That bow remains a nod to my hero; an ode to my grandfather.

An Ode To My Inner Child

By Anh Pham

Inner child *noun*: In popular psychology and analytical psychology, the inner child is an individual's childlike aspect. It includes what a person learned as a child, before puberty. The inner child is often conceived as a semi-independent subpersonality subordinate to the waking conscious mind – Wikipedia definition. The older I grow, the more I think that my inner child, who oftentimes goes rogue, should be separated from me. The older I grow, the more I identify with my pleaser, responsibility bearer, caretaker, or achiever selves, which have easily become those primary selves I present to the outer world. And the older I grow, the more I try to disown and disconnect with the vulnerable child within.

However, I soon realized that devouring and subduing my inner child doesn't necessarily make me a better adult. Instead, those are unhealthy behaviors that affect my quality of life. Disowning my inner child means deeming what it feels invalid. And although I try to reject the feelings that I assume are not appropriate for an adult to feel, they don't just go away. Suppressed emotions become stronger; they cause

my anxiety and panic attacks to kick in. Rejecting my inner child also results in the difficulty of sympathizing with other people's struggles and pains. By making my own self not feel certain emotions, I become indifferent to them, whether I find these feelings in myself or in others. Furthermore, as I don't allow myself to be vulnerable, I don't allow others to be that either. I become a judgmental person who easily hurts people's feelings. Disconnection with the inner child therefore prevents me from establishing intimate, meaningful connections. With the door to my heart shut, I let no one or nothing in – may it even be my loved ones. I realized that, the child inside of me has screamed to be listened to, to be healed and feel loved.

My inner child,

I acknowledge your presence. I could feel your presence as I tried to hide the salty tears on my cheeks and the trembling of my voice, feeling so down while Facetiming Mom and Dad. I also felt that you were present when I saw snow for the first time. Every time a little snowflake landed softly on my hand, I could feel strange pleasure passing through

my body like an electrical current, and I could hear your shouts of joy. I felt your presence, when I wandered around Paris and stopped to admire the Eiffel Tower, the thing I once thought I could forever see only on screen. I think you were also there as I felt so lost among friend groups when I first entered high school, wanting badly to belong.

My inner child,

You are enough. Some people never stop judging. It would be such a waste of time trying to convince them that you are worth it, because you are. I know you are. Mom knows it. And your friends do as well. Don't let anyone make you think otherwise; be confident in yourself and you will shine with the brightest light.

You are loved. You may be clumsy and disorganized sometimes, but that doesn't make you less of a lovely and charming person to those who care about you.

You can rest. You are allowed to feel overwhelmed.

You are allowed to lie down and curl up on a big comfy bed after a long, hard day. Your feelings are valid. If someone tells you that "Hey, you're so childish", or "Hey, you're overreacting", they

don't deserve your attention. People who always intend to make others feel bad about themselves are one of the worst types.

You have an inner child, just like I do. We all have an inner child. Sometimes, all it needs from us is the recognition of its presence. During those awful times, stop dismissing it, give it a big, warm hug, and our wounds might be better healed. Reconnecting and building a relationship with our inner child, step by step, may also help us through the instabilities of life.

**You are
enough.
You are
loved.
You can
rest.**

aceo



This year is a special year for IF ACE, we are celebrating it's 40th Birthday! Even before the summer we have been working behind the scenes to make this year's celebrations bigger than ever. Now that the year has almost come to an end, we; the Lustrum Committee, will each reflect on one of our events over the past year.

Our very first event of the year was our Theme Announcement Drink on the 15th of September. We actually already started with the preparations for this way back in April. It took us a long time to come up with the perfect theme; *Transcending Borders*. In the summer we decided to make a short video to announce it. We used home-made videos from IF ACE members and their hometowns from all around the world. This took many hours of editing and meeting up, but I was so proud to finally showcase it at the drink. I truly believe it was a great start to a fantastic year.

- **Maura Kretschmann, President**

My favourite event that we organized as the Lustrum committee is the Gingerbread House Competition that we held in December 2021. We were planning this event during the hectic time of corona and lockdown. Originally, the committee planned on organizing an ice skating event but due to the lockdown we had no choice but to come up with another idea. I think this event is one of my best memories I have with the committee because we had to brainstorm together and come up with other ideas as well as being flexible. Also, because while making the gingerbread house via Zoom with the participants, we were able to just talk about our daily lives, and we had a lot of fun, and it made us come close together not only as committee members but also as friends.

- **Demi Zwijnenburg, Treasurer**



Our Lustrum week began with our art exhibition. Just as our theme this year is "*Transcending Borders*," the artworks that were featured each told how the artists transcended their own borders, whether it was comfort zones, country lines, or creativity. Each artwork was so unique, and I loved reading the meanings behind each of them. The diversity in media also was impressive to me, as we got paintings (both digital and physical), photos, and creative writing! It really seemed fitting that even the pieces in our exhibition transcended typical artworks and opened up the full range of human creativity.

To be very honest, the most exciting part of it all was seeing the sign-up get filled up to the point where we were worried if we had too many responses. It was a slow build up and then all at once we got multiple sign-ups in a day, and we were all so excited! The artists were all so great, and meeting them during the exhibition made it feel all the more real. It was a really fun way to start off ACE's birthday week!

- **Isabel van Veen, Secretary**

Oh wow! Time surely flies. Sometimes I still cannot believe that we already organized so many events for the past year, since our committee is more than 1 year old. To talk about one of my most favourite events, I'd say it's the Alumni Event: Inspiring beyond limits.

I have always enjoyed networking, or just getting to talk to more experienced connections about their work life and what tips and tricks they have to offer. That's why the Alumni Event was the perfect opportunity for me and the committee to also spread the same message to our audiences and create a more intimate space for alumni and students to talk about how to orient their career. I think the most special part was despite how 3 out of 4 alumni did IBCoM and the other studied History, their stories were unique in their own way and managed to inspire students to trust their own choices.

I think the event was also our last event before going into lockdown, so kudos to the committee for being lucky! I also remember that after the event a few days, we had our first bonding dinner, which really built the foundation for our special friendship now. So what's really better than a successful event which gives you more faith in yourself and a team of friends who really understand each other?!

- **Quynh Dang, Marketing Manager**

Sunset, where art thou?

By Asha Mahadevan

**Just beyond the sunset
Someone waits for me
Just beyond the sunset
Lies my destiny**

— *David Harris in 'Just beyond the sunset'*

I love sunsets. It always fascinates me to watch the sky change colours from blue to black. The intermediary hues keep me guessing: is that pink? Or orange? Or red? I don't have words to describe the shades that only Nature can paint.

Not that I get to watch the sun as it sets on a daily basis. As much as my life has revolved around sunsets — both the occurrence and non-occurrence of one — it is a rare pleasant day indeed when I get to sit back and enjoy Nature's evening show.

Sunsets have always held meaning in my life. In childhood, it was the signal to leave the playground and go home. As a college student, it was the sign to wrap up the assignment and go to bed so that I wake up before the sun for morning classes. As a new employee on the evening shift at my first job, the sun setting meant I should hurry up and reach the workplace. Several years of working the night shift meant I witnessed

many sunrises as I went home. None of them charmed me in the way a sunset always does.

**The sunset, woven of soft lights
And tender colors, lingers late,
As looking back on all day's
dreary plights,
Compassionate;**
— *Katharine Lee Bates in 'The sunset, woven of soft lights'*

In my home town in India, the sun always sets between 6:30 pm and 7:30 pm. Imagine my shock when I moved to New York City a few years ago to study. It was July, the peak of summer. I lay in bed at 8:30 pm on my first night in my new apartment and daylight streamed through my windows. I still remember calling my friend from home who had moved to NYC a year before me and asking her, "Why has the sun not set yet?"

"Wait till October," she advised.

I did and in October I called her again.

"How has the sun set already? It is not even 6 pm!"

She laughed.

I don't even want to talk about that December.

**How the old mountains drip
with sunset,
And the brake of dun!
How the hemlocks are tipped in
tinsel
By the wizard sun!
How the old steeples hand the
scarlet,
Till the ball is full, —
Have I the lip of the flamingo
That I dare to tell?**
— *Emily Dickson in 'The Coming of Night'*

Whenever I travel, I chase the sunset. I've never been more disappointed about a travel plan not coming true than when clouds marred my view of the sunset at the waterfront in Hong Kong. And I've never felt a divine presence more strongly in my life than when I watched the sun go down at the Grand Canyon. I still remember the sunset reflected on the gentle waves at the beach in the Maldives. The cool rays brought me peace at a tumultuous time as the sun went to sleep behind the Erasmusburg here in Rotterdam last month.

Last winter was my first winter in The Netherlands. I was sure that after my New York experience, I would be prepared for the short days and long nights of a Dutch winter. Spoiler alert: I was not. On the rare days when I bundled

up in warm clothing and walked to the waterfront to watch the sunset, the winter clouds obscured my view and added to my sorrow. As I write this on a warm May evening, those days of winter feel like a distant memory. It is 9:29 pm right now and the sky is yet to turn dark. I look out of my window and the sky is still that peculiar mellow shade of blue; the day is hanging on stubbornly, refusing to bid us goodbye.

With college and classes of course, nowadays I manage to be awake during the day. I am slowly aligning my circadian rhythm to what is considered normal. Sunsets now are a signal that it's time for me to let go of the day's worries. Sunsets tell me that it's okay if I don't want to think about my work and my problems 24x7. It's okay to take a break, get some rest, and a good night's sleep. I can always pick up my thoughts where I left them once the sun rises again.

**Just beyond the sunset
Lies a home for me
Where the world is peaceful
Like a paradise should be
Just beyond the sunset
Someday is where you'll find me**
— *David Harris in 'Just beyond the sunset'*

Interview with the board

To close of the year, we did a small interview with our board members (Demi, Jildou, Jeremy, Julia & Lara) in the theme of AN ODE TO I.F.A. ACE. We hope you enjoy it as much as they did!

What has been your favourite part of the Lustrum year so far and what are you looking forward to?

Julia: Overall, I really enjoyed the vibe and atmosphere of the whole year. There was always a reason to celebrate, many great events were organized, and our slogan “Cheers to 40 years of ACE” has been chanted many, many times. In terms of events, I enjoyed the Lustrum week a lot, especially to hang out with fellow ACE members every day for a week. The ice-skating event was my favorite, because I used to be a figure skater during my youth, and I got to show off some skills on the rink.

Jildou: Working with the Lustrum committee has been the best part! The event I liked most is the Lustrum theme reveal drink.

Jeremy: I have really enjoyed the trampoline jumping in the

lustrum week, even if I bruised my ribs trying to impress some kids around there. The big ending will have to be the Lustrum party in Roodkapje, so I’m very excited for that!

Demi: My favourite part has been the Lustrum week of course. But to be more precise, I would say going to Jump010 and ice skating, since I got to connect with my inner child again (although I was exhausted much faster this time).

Lara: my favourite part of the Lustrum year has been to celebrate it together with the rest of the board, the committees, members and alumni. All the events the Lustrum Committee has organised were a lot of fun! We made a lot of nice memories together, I have met a lot of amazing people and had a lot of fun celebrating 40 years of ACE!

What past ACE-event from this year is your favourite?

Julia: Easy question! Although I really enjoyed ice skating as I said before, the award for my favorite event definitely goes to the short trip to Lisbon. A weekend in the

sun away from all the uni- and board year-related stress with my closest friends and board members, lots of good wine, good food, and exciting activities organized by the committee was exactly what I needed at that point in time. Oh, and I also got a spontaneous new tattoo in Lisbon – so what’s not to love about that weekend?!

Jildou: That is a very difficult question! Of course I enjoyed all the events and it was amazing to meet so many different members at the events. However, our short trip to Lisbon was very special as it was the first ACE trip after corona.

Jeremy: I will go for the ACE Career Week. Seeing the event you put effort in thrive with enthusiasm really makes you happy.

Demi: The Lisbon trip, because of the food, the sun and so much fun! The city was absolutely beautiful and it brought the group closer together!

Lara: I would say the Lisbon trip. I know that it has been mentioned a lot already, but I really enjoyed that trip a lot. It was very rewarding to see all the hard work the Short Trip Committee and myself put into it to pay off and we had a few amazing and sunny days. We really bonded together

and had a lot of fun. I ate wayyyyy too much of Pastéis de nata (also called Pastéis de Belém) but yeah that is what you do on vacation. But overall I really enjoyed it a lot and I am very happy that I got the opportunity to go on this trip with ACE!

What has been the best activity that you participated in with your board informally?

Julia: Honestly, we have spent so much time together both at the office, at official ACE events, and outside of official duties that it’s difficult to say because we had so many great times, but if I had to choose, I would choose our day at Efteling (the amusement park). A day trip getaway where we just got to feel like kids all over again – especially our unofficial Efteling expert and guide Jeremy – was the perfect balance to busy days at the office.

Jildou: Efteling!!! But also changeover weekend because we got to know each other very well during that weekend.

Jeremy: My favorite informal board activity was going to a Feyenoord match with the board. As a fan, it was nice to introduce the rest of the board to typical Rotterdam football culture.

Demi: I know almost certainly the whole board will mention the

trip to the Efteling, and so will I because it was amazing.

Lara: Since almost all of my fellow board members already chose the Efteling I will go for another one. One of the best activities besides the Efteling, the Feyenoord match and all the other things we did together, is the first time we went out for dinner altogether to Popocatepetl. It was really nice, we had a lot of fun, the food was really good and we bonded a lot :)

What have you/will you add to the ACE-office to commemorate your board?

Julia: Great question! One of my favorite things that we added is a printed version of the lyrics of the song “ACE ACE baby” that we wrote at the beginning of the year. We performed it during our changeover weekend with the 39th board and I vividly remember how impressed I was by Jeremy’s songwriting skills, especially because we didn’t know each other very well yet back then. Another thing that we added and that I really like is an art print of a man working in an office that we bought together in Lisbon. As I said, the short trip was my favorite event, and this print reminds me of it every time I’m at the office, working hard like the man in the image.

Jildou: Our “guestbroek” from our CoBo and hopefully another one from our upcoming Dies Drink.

Jeremy: I will add the inflatable trophy of the music quiz of SGN day. Jildou and me defied the odds that night by beating history students from all over the country, just to win the music quiz with only one mistake.

Demi: So much has been added already, but I will surprise my fellow board members with a lovely Smirnoff Ice for sure. Apart from that, I have created a little space in remembrance of Dex the Rex, may they rest in peace...

Lara: To be honest, we have added to much stuff to the office to commemorate our boardyear that I do not know where to start. One thing that I do think that has really become our board thing is writing down funny quotes from each other in a little list and also on the whiteboard. When I look at it I laugh immediately and that is some I really enjoy. It is also even funnier when there are other people in the office who do not get the quote and are like “Why are you laughing?”. It has become our board thing and I appreciate that a lot.

Who or what would you like to give an ode to?

Julia: I am of course tempted to say that I would like to give an ode to my fellow board members, but as the 39th President Maud likes to remind us: “First and foremost we are all members.” Therefore, I would like to give an ode to all ACE members, including the board members, and especially the ones who regularly showed up at our events, helped organizing them, and thereby contributed to all the good times we’ve had. You know who you are. But of course, a tiny special ode has to go to Demi, Jildou, Lara, and Jeremy – for the skills we learned, for experiencing together what teamwork really means, for becoming not just board members but close friends, and for being there for each other during the highs and the lows of this year.

Jildou: I would like to give an ode to all the boards ACE, especially of the past 5 years. They did an exceptional job of improving and growing the association. I feel honoured that I had the opportunity to be a part of that.

Jeremy: Read the whole issue if you want my answer to this question!

Demi: I would like to give an ode to all the boards and members that have made it possible for ACE to grow and create such great

memories. But a special thanks to my own 40th board, because they have made this year unforgettable and so much fun.

Lara: I would give an ode to ACE. For being there for 40 years already, providing members with nice events, giving them the opportunity to meet other people, create fun and nice memories and to add something extra to their student life. I really appreciate that ACE has been this for such a long time already and I cannot imagine it not being part of my life anymore. Thank you for that ACE!

“I really enjoyed the vibe and atmosphere of the whole year. There was always a reason to celebrate.”

An ode to food

Trigger warning: eating

Before you start reading this, I want to state clearly that this article is not my expertise. I am not a scientist and I have never been diagnosed with an eating disorder. It is merely to discuss my personal experiences and it will include information I gathered from an external source.

Food has always been my greatest friend. I enjoy eating nearly everything that presents itself to me and I enjoy hoarding big meals with a bunch of carbs. Luckily, I have never seen an issue with the way my body looked because of food intake, nor did it ever affect my physical health; I just listened to my body and when it told me to eat, that is exactly what I did. And although this tactic seemed to work well for me over the years, I realized a flaw in the method. See, listening to my body led me to fall into a dangerous trap formerly unknown to me. During my teen years, I experienced

By Soraya Amenou

phases in which I wasn't hungry at all. I don't know exactly why, maybe the hormones are to blame. However, following my method, I would listen to my body and I wouldn't eat. Now I'm not saying I wouldn't eat for hours on end. I would just skip lunch, for example, or be full after two dinner bites. That didn't seem extravagant to me at all. And I was simply applying my tactic: I wasn't hungry, so I wouldn't eat. Sounds sensible, right? You don't feel the urge to eat, so you don't. Well, I'm here to tell you something I hope you already know: eat. My body, as a healthy one should be, was triggered by this behavior of not eating because I "just wasn't hungry" and went into binge mode. It never occurred to me I was struggling with food because of my behavior until I read one of the best self-help books ever written: *Brain Over Binge* by Kathryn Hansen one afternoon two months ago.[1]

Let me explain what I learned while applying it to my situation. When you don't consume enough calories in a day, for multiple days at a time, your body will assume (yes, evolution, biology, that sort of stuff) that you cannot gather enough food to keep your body working efficiently. You are eating fewer calories than you are burning, a caloric deficit, and that will perpetuate a response. Your body will inevitably decide to lower its metabolism; thus you will burn fewer calories than before while resting. Simultaneously, your body (actually the "underdeveloped part of your brain") will urge you to eat more, because it wants to survive, and it thinks you are lacking the resources. This is the same process that occurs in a weight-loss diet, hence why people develop bulimia or binge-eating disorder. These two are always a result of being in a caloric deficit for a while. The urges are completely normal and nothing to fear at all, but you need to know what is going on and how to ground yourself when the urges arrive. Therefore, you should only intentionally diet and never starve yourself. I first went into a deficit without attempting to achieve a deficit. I was just listening to my body telling me not to eat and so basically

starving myself (although I would not have described it that way back then). This perpetuated my brain to send signals saying that I needed to eat more, which led to binge eating (not binge-eating disorder) and weight gain. After this, I went into a deliberate deficit to lose the weight I gained (successfully, I might add) and the same thing occurred. This time, however, it didn't feel right. I was struggling, holding back from binge eating. The first time around was easier because there was a lack of awareness. I didn't even know that I was partaking in binge eating. To be honest, I wasn't even aware of what calories were and how much eating is too much eating. But this time, I didn't want to listen to my body and eat 2 pizzas and 6 different desserts. I wanted to keep the weight off. So, I found the greatest book of all time. Reading *Brain Over Binge* in about 5 hours has been the highlight of my journey back to a healthy lifestyle. I recommend anyone to read it. Whether you struggle with eating or any other uncontrollable behavior, it is definitely worth the read.

When I was binge eating, I would think it was because of stress or other negative emotions. Reading Kathryn's words made me realize that eating urges weren't something that overcame me. It was something my dumb brain, which didn't know I had enough food at my disposal, was trying to convince me of because it was scared for our survival. So no, being stressed didn't lead to binge eating. I started binge eating; it became a habit. I found comfort in it and my brain created a pattern. It does this to make you more efficient. Something you do a lot will become easier for you to do because your brain has developed a pattern for you. This made me associate stress with binge eating. So, after a while, yes, I would binge eat when I was stressed, but my brain was telling me not the feeling of stress. Kathryn explains it a lot better and in a lot more detail. The moral of my story is: take good care of yourself, no matter what that looks like for you. And for me, this is an homage of some sorts. A new beginning if you will. I let bygones be bygones and happily accept food back into my life as my greatest friend.

“Take good care of yourself, no matter what that looks like for you.”

An ode to the editorial team



EmbrACE Committee



Lustrum Committee



40th Board

[1] <https://www.bol.com/nl/nl/f/brain-over/9200000034750288/>

Lustrum Year Recap: Q&A with the Lustrum Committee

By Anh Pham

Lustrum Year Recap: Q&A with the Lustrum Committee The 8th Lustrum year of IFA ACE is nearing its end. Planning this Lustrum year has been particularly challenging with pandemic restrictions every now and then; nonetheless, the Lustrum Committee has offered delightful, well-anticipated activities. As this year is proceeding to a close, it is time we looked back on all the festivities that happened. On this occasion, I had a chat with Lustrum Committee members on how they managed to “transcend borders” and complete a successful Lustrum year.

How satisfied are you with the events you delivered and what makes you most proud of?

Maura: I would say I’m actually quite happy with the events we were able to deliver. And I say “able” because we were operating in a year with uncertainties. We had to make a lot of changes, so we had to keep in mind multiple options for the events. For example, the gingerbread house competition was supposed to be the ice-skating event, but then everything

closed down. We still wanted to do something for Christmas, so I think in like a week, we organized the event. And I think that was what I’m most proud of – we were able to be flexible with the events that we literally planned weeks beforehand. For the Lustrum week we wanted to throw a party and sadly, we couldn’t, but we adapted and we made changes to the whole schedule so that we could give a great Lustrum week.

Isabel: I’m satisfied with how most of our events have turned out quality-wise! They were always really fun and got ACE members together! I do wish more people would take note that it was the Lustrum year for ACE haha.

Demi: I’m very satisfied with all the events that we have organized though-out the year! I can’t believe that we are close to the last Lustrum event. I’m most proud of the lustrum week! While planning it was during uncertain times in term of lockdown and we didn’t know if we were able to host all the events.

Quynh: I’d say that I’m very satisfied with all the events we did haha. We grew together not only as a committee professionally, but also as friends who support each other constantly. I’m really proud of the progress we made, the happiness I see in our audience and of course, being a member of the Lustrum Committee.

Which event/activity is your favorite? Why so?

Maura: That’s a hard one, because every event was so different! I would say I’m most proud of the gingerbread competition. But my favorite event to attend was maybe the first drink. Many people showed up, and I really had a great night there. We were able to showcase our team, the team announcement video and event announcement for the first time, which we also worked really hard on and it turned out fun.

Isabel: My favorite event is probably the activity day in the Diesweek in February! Jump010 and Ice Skating were really fun events to do with a group of friends.

Demi: My favorite activity so far was the gingerbread house competition. While making the house, we chitchatted though-out the whole night and we had such a great bonding experience.

Quynh: My favorite event was the Alumni Day: Inspiring Beyond Limits. Personally, I have always been interested in networking, and especially with people who have way more experience than I do, not only in the sense that I get to hear interesting stories about their university life and how they developed thanks to ACE, but also how they oriented themselves after graduating. I believe those are the stories students should be inspired from and that’s why I suggested the committee to take on the event. It was also a very intimate talk between students and the alumni, each of whom has certain different backgrounds and gave us highly valuable tips for our student and professional lives. I also still kept my contact with the alumni, which was also one of the reasons why I enjoyed the event haha.

What was the most challenging moment you experienced?

Maura: I think the most challenging thing is to put a lot of effort into these events. We had a few events that were actually well attended; we had a lot of nice reactions, but there were also events that were hard to make people enthusiastic to come. It was difficult also because it was quite limited by the rules and regulations – like you have to be an ACE member to attend events. Some events were also bad timing for some people.

Isabel: Probably getting people to be aware of and sign up for events! Events are incredibly competitive with not only other events but time in general.

Demi: The most challenging moment was budgeting the events. I had to look forward into future events that we were planning and I hoped that the distribution of the budget was well planned. Luckily everything went according to plan without any difficulty.

Quynh: The most challenging moment for me is perhaps before our Lustrum Week. Regarding this, it was because the COVID measures were constantly fluctuating, which required us to be flexible and adaptive in case something happened. However, it was still a huge success.

Do you have a message you want to send to your members?

Maura: To my committee members, I'm so proud of them for everything we have done and put together, sometimes in very short amounts of time. I really appreciate that they are now more than just my committee members. They are such amazing, sweet, and nice people that I have grown very close to. I'm really sad that this year is going to end and we won't be having the one-hour weekly Zoom meeting session anymore, I'm going to miss that, but obviously we will stay in contact.

Isabel: To my committee members: we had such a great year, I'm so proud of us!! To my ACE members: you're all missing out of the great work all the committees put into their ACE events if you never join any!!

Demi: I really love the Lustrum Committee. They have become my best friends and we support each other not only during ACE but also in our private lives. I will miss working with them.

Quynh: My committee made the best memories through already at least one third of my university life. I am very happy and grateful we have become close friends and always had each other's back since the moment we got acquainted. Love you a lot team! And I wish you all the best of luck on your upcoming journey. No matter what you will always have my utmost support!



Today's little
moments
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precious
memories



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