The week that was.

Wozzop
UID's WEEKLY MAGAZINE

November 26th, 2012
STAY IN THE LOOP

APD1
Design Methodology

APD2
Technological Innovation

BA1
Design, New and Traditional Technology

BA2
Hot Team

BA3
Hot Team

ID1
Visualisation Techniques, Ergonomics

IxD1
Project 1: Professional Product

IxD2
Project 3: Interaction Concept

TD1
CAID - Advanced level for TD

TD2
Project 3: Vehicle Interior

Single subject courses

Behaviour and aesthetics in the planning
Product design: Semantics and form

Swedish class, Tuesday and Thursday

Thanks for your contributions.
Future articles & photos can be sent to: wozzop@gmail.com
by Thursday evenings.
We love hearing from you!
Editor: Daniel Jansson
Graphic Designer: Jarrett Bishop
Contributors: Daniel Jansson, Dogan Sekercioğlu, Dimitrios Ikonomou, Ayşe Gökçe Bor

KITCHEN CLEANING: BA2
WORKSHOP CLEANING: BA3
Life drawing Monday & Wednesday 16:30
Kitchen cleaning: APD1
Workshop cleaning: BA2

WOZZOP CULTURE

WEEKLY TED VIDEO

Simon Sinek has a simple but powerful model for inspirational leadership all starting with a golden circle and the question “Why?” His examples include Apple, Martin Luther King, and the Wright brothers. In 2009, Simon Sinek released the book “Start With Why” -- a synopsis of the theory he has begun using to teach others how to become effective leaders and inspire change.

Watch it here: http://on.ted.com/bFxP

INSPIRATION

http://www.freesound.org - a collaborative database of creative commons licensed sounds, perfect for adding sounds to a video or animation
http://www.bandcamp.com - a publishing platform for bands, allowing them to sell directly to their fans, it has a vast number of music easily searchable by genre, much of which can be used through creative commons as well (browse the “creative commons” tag). Thinking of a soundtrack? Look no further!
http://www.soundcloud.com - a site to create, record and most importantly share sounds, find music and random sounds, and anything in between

Do you have any inspirational sites or blogs that you want to share with the rest of the school? Send them in to wozzop@gmail.com

Recipes from the Turk/Greek pub

Science argues that time travel is not possible and teleportation is not very likely anytime soon. I challenge science every once in a while with the recipes I got from my family and my friends. I travel far and I jump through ages - in my kitchen.

İyi yolculuklar! (Have a nice trip in Turkish.)

FIRIN KOFTE:

Ingredients:
1 kg minced meat (%10 fat)
250 gr bread crumbs
1 1/2 teaspoon salt
1 1/2 teaspoon black pepper
2 teaspoon cumin
1 egg
3-4 cloves minced garlic
1 kg potatoes
1 tablespoon of tomato paste

Preparation:
Mix everything but potatoes and tomato paste. Give some love and show that chunk of meat who is the boss because it is important to have a consistent mix. Take pieces size of a ping pong ball and give whatever shape you want. Put some oil at the bottom of your oven tray and lay your potato slices followed by your meatballs. Mix your tomato paste with boiling water and pour it over the tray. Bake them in 220C for 25-30 minutes.

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facebook.com/uid

Tweet with UID with: #lifea-tuid hashtag
Or follow us: @wozzop

Check out the UID vimeo pages:
vimeo.com/uid & vimeo.com/ixdumea

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IMAM BAYILDI (Fainted priest)

Legend says this dish was so good when it was first introduced, priest of the town passed out of pleasure after the first bite.

Ingredients:
- 5 eggplants
- 2 cups of vegetable oil
- 2 onions
- 6-7 cloves of garlic
- 7 green chili peppers (I used bell peppers to show some mercy to the Swedish palate.)
- 2 tablespoons olive oil
- 6 tomatoes
- 1 teaspoon salt
- 1 teaspoon black pepper
- Half a bunch of parsley
- Juice of 1 lemon
- Some sugar depending on your

Preparation:
Wash and peel eggplants in a striped pattern. Trim the roots but don’t cut it away completely. Roots keep them intact when you are cooking. Either fry or bake them until they are soft. If you are frying, make sure that oil is really hot. Otherwise they will soak too much oil. Take them into a bowl lined with paper towel. Finely chop garlic and peppers but chop the onions in rings. Saute them in olive oil until it is thick. Put out the fire, add salt, black pepper, sugar and the chopped parsley. Sugar is very relative from region to region so add sugar slowly until you are happy with the taste. Mix the ingredients and put it aside. Cut the eggplants in half vertically and mash it a little. Put your filling on top, pour the remaining tomato juice and lemon juice on top. Bake them in 200C for 10-15 minutes.

Note: Let them cool down and I promise it will taste better.

KISIR

Ingredients:
- 7-8 scallions
- Half a bunch of parsley
- 4 cloves of garlic
- 1 onion
- 1 tablespoon of tomato paste
- 1 tablespoon red pepper paste (this one is hard to get in Sweden)
- 2 cups of boiling water
- 1 teaspoon salt
- 2 cups couscous
- 1 tablespoon dried mint
- 2 tablespoons chili flakes
- 1 tablespoon ground black pepper
- 1 coffee cup lemon juice
- 1 cup olive oil
- a handful of fresh mint leaves
- 2 tomatoes

Preparation:
Finely chop scallions, parsley, garlic and onion, and mix them in a bowl. Let them rest on the side. Melt tomato paste and 1 teaspoon of salt in a cup of boiling water. Add this cup of water and another cup of boiling water into 2 cups of couscous. Mix it through and let it rest for 15-20 minutes. Add scallions, parsley, garlic and onion into the couscous mix followed by finely chopped tomatoes, spices, lemon juice, olive oil and mint leaves. Let it rest for a while and it is good to go.

LOKMA (Means a single bite in Turkish)

Ingredients:
- 1 1/4 cup warm water
- 1 teaspoon sugar
- 1 teaspoon active dry yeast
- 2 cups all purpose flour plus 2 tablespoons
- 1 teaspoon salt
- Vegetable oil
- For The Syrup
- 3 cups sugar
- 1 1/3 cups water
- 2 tablespoons lemon juice

Preparation:
In a measuring cup, add yeast and sugar to warm water. Stir until dissolved. Allow to sit for 5-10 minutes. In a medium bowl, combine flour and salt. Add yeast water and stir with oiled wooden spoon until a dough-like consistency form. Cover and place in warm area and allow to rise for 1 1/2 hours, or until doubled. It should be a slightly runny and airy though. Preheat vegetable oil. Spoon dough by the tablespoon into vegetable oil and allow to cook until each side is a golden brown color. When it is done, take it with a strainer and dip into your cooled down syrup for couple of seconds. Serve it warm with cinnamon, zest or ground pistachio.

For the syrup:
About 20 minutes prior to frying the dough, make the syrup. Mix all ingredients in a saucepan until sugar is dissolved on medium heat. Bring to a boil, then allow to simmer on low for about 10-15 minutes, until it become a syrup consistency. Do not stir frequently because the sugar will make the syrup cloudy. Let it cool down before you use for your
we live in hyper-social times, when the loose
of the Renaissance. But that was then. Now
which in turn sparked the creative explosion
poets, philosophers, painters, and architects,
bringing together sculptors, scientists,
based on the Medici family's habit of
Johansson has called it the Medici Effect,
influences. Software entrepreneur Frans
you open your mind to lots of different
Heads is association--what happens when
foxhole. Creativity is a coin with two sides.
what creativity is from the viewpoint of my
But before we get into that, let me explain
and random association of things isn’t just routine; it’s a pandemic.
Tails is the emotional opposite--incubation. This is what happens when you close
your mind and focus. Not all the time. Those associations are at the mercy of your
subconscious as it slinks slowly and darkly through the deep. At some point--there’s
no saying when--something will surface, something you hadn’t imagined, something
maybe nobody ever imagined before, and if it survives the glare of daylight, that’s
creativity. The apple that fell on Isaac
Newton’s head didn’t contain a perfectly
original idea; his head did, where it had been
incubating all along.

Today’s world is obsessed with association. Anyone can free associate all day long
just by going online. But unlike in the past,
when lonely tortured artists waited for the
Muse in Paris garrets, we now have to fight
for the time to incubate. Incubation can’t
happen here in the moment, where we do
all our meeting, tweeting, pinning, chatting,
and hyperventilating. And if we can’t learn
to get out of the moment and single-task, the
creative coin will devalue. So how to
solve for this? How do time-bullied CEOs
and their corporate officers, and the talent
they work so hard to hire and retain, keep
the innovation pump primed? This is where
chessboxing comes in.

Inspired by the 1992 science-fiction
graphic novel Froid Equateur by Enki Bilal,
chessboxing was invented by the Dutch
artist lepe Rubingh. Competitors alternate
between three-minute rounds of boxing and
four-minute rounds of speed chess--winning
by knockout or checkmate. The 19-year-
old Russian math student who recently
won a chessboxing world championship
said, “You have to be totally cooled down in
time coming out of the boxing round. The
adrenaline is the problem.” He won because
he could toggle more efficiently between two
opposed brain functions: fight-or-flight and
prefrontal cortex cognitive processing. Sure,
he was good with his fists and his pieces, but
his brain moves were the ticket.
The sport is already being considered
beyond the ring. With big followings in
London and Berlin, it has been mooted as a
preventive treatment for maladaptive and
antisocial behaviors. Writing for Scientific
American, Andrea Kuszewski has pointed out
its potential value in education. As a behavior
therapist working in schools, she suggests
that the skill of task-switching might help
with emotion regulation and could be used
to counter bullying. And in the United States,
the Hip-Hop Chess Federation advocates
combining chess and martial arts as a way
to teach kids the importance of strategy
and nonviolence. But why stop there?
It’s easy to see how business would benefit
from recruiting and nurturing a skill like
this. The ability to flip the creative coin at
will would mean mastering the use of time.
In his book The Opposable Mind, Roger
Martin writes that innovative thinkers have
“the capacity to hold two diametrically
opposing ideas in their heads.” He says,
“Without panicking or simply settling for
one alternative or the other, they’re able to
produce a synthesis that is superior to either
opposing idea.” Chessboxing kicks this can
way down the road.

Let’s get chessboxing on art school and
college curricula, where it can do the future
workforce some good. After all, ambitious
kids need to arrive prepared for the hurly-
burly of business. For that matter, let’s make it
a fixture in the job description of everyone
in the C-suite. In fact, next election season,
let’s drop the debating and the negative
advertising, and take it straight to the ring.
And may the best woman win.

Author: Graham Button

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*#arduino playtime #lifeatuid @ Umeå Institute Of Design (UID)*
A GLIMPSE OF
UMEÅ ARTS CAMPUS
Östra Strandgatan, Umeå
29 November
16.00-19.00

EN GLIMT AV
KONSTNÄRLIGT
CAMPUS

Arkitekthögskolan
Utställning, dans av Nomo Daco
och 19.00 Föreläsning: Post-
modernism and politics in the
1980s by Helena Mattsson KTH

Biblioteket
Delta i vår konstquiz och vinn
en bok!

Bildmuseet
Guidade turer

Designhögskolan
Utställning, workshops och film

Hansson&Hammar
Fikamöjligheter

HumLabX
HUMlabX, visning av en digital
experimentmiljö

Konsthögskolan
Utställning i Galleriet

Umeå School of Architecture
Exhibition, dance by Nomo
Daco and 19.00 Lecture: Post-
modernism and politics in the
1980s by Helena Mattsson KTH

Art library
Take part of our Art quiz and
win a book!

Bildmuseet
Guided tours

Umeå Institute of Design
Exhibitions, workshops and films

Hansson&Hammar
Coffee and cakes

HumLabX
HUMlabX, tour of a digital
experimental environment

Umeå School of Fine Art
Exhibition in Galleriet