Come One, Come All:
AGM on May 18th- a free burger and $1 drinks!

AGM is a meeting funded and hosted by the Dean of Engineering and the Engineering Student Society. AGM meetings are for the Engineering Students to discuss services provided by the Engineering Student Society (ESS), find out how the ESS is spending their student fees, and settle faculty policies. Students can also raise new policies during the meeting that they think impact all of the students in the faculty. Sometimes, engineering related clubs or sponsors will come to the meeting to promote themselves. So if you’re interested in them, this is your chance to get to chat with them during the BBQ.

AGM is also a way for students to meet current ESS execs, for execs to publicly retire, and elect new execs to take their place. This semester, the following positions will be open for election: Vice President External, Treasurer, Director of Communications, and Director of Services.

The fun part of the AGM is that you get to socialize with fellow engineering students while enjoying the 1 free burger and $1 drinks. So this semester’s AGM will not only be informational, but also fun!!
FROM ESS...

Upcoming Events

Here are some major upcoming events hosted by the ESS. You can check for the dates from events calandader on ess.uvic.ca

- Camping
- Pub Crawl
- Sports Tourney
- Karaoke Night at the Sorprano

ESS Services

Photocopying: We know how expensive those textbooks are, and we also know that looking through old exams help with your finals and midterms. So we provide a photocopier for you to do all that. The ESS photocopier is cheaper than any other photocopier on campus. Each copy is 6 cents and you can buy yourself a photocopy card in ESS. The card deposit is 2 dollars.

Old Exams: We have a collection of old exams for you guys to reference and borrow to photocopy. If you have old exams that you don’t need, or if you did well on an exam and you want the whole world to know, feel free to bring them in and we’ll file it for people who needs it.

Merchandise: Want to be different for the new semester? You can go get a new haircut, or buy some new clothes. If you hate going to the mall, or if you want to look trendy to your engineering friends, ESS offers you a variety of the latest Engineering fad! We carry t-shirts, hoodies, toques (for those bad hair days), even shot glasses and more. So come and check it out!

Entertainment: We have a Foosball table, Nintendo and Tetris machine to entertain you through those breaks. All engineers are welcome to drop by.

Microwave: We have a microwave in the ESS office, so if the line for the microwave in the hallway gets too long, feel free to come in and use ours instead. But beware of the protests from the foosball players, and everyone else in the office when you microwave stinky food.

Behind this Wrap

Welcome back to school! My name is Julie and I’m the Director of Services.

ESS puts out a Fishwrap in the beginning of the school year to advertise upcoming ESS events. Since Maya is on co-op, I’ve volunteered to write this Fishwrap. Writing and researching is one of my hobbies. All articles in this Fishwrap has been carefully researched by me.

I hope you enjoy this issue, see you at the AGM!

REGISTER YOUR LOCKER

Register your ELW locker in the ESS office (ELW A144) now. Unregistered lockers will have the locks cut off. Make sure the locker you want is free before registering.

REGISTER YOUR LOCKER

Hey look, student elections are today.

AND I WILL... blah, blah, blah...

I couldn’t hear the one on the right, but the guy on the left was boring. Tough call.

Just vote with the majority so we get to the beer faster.

Back at School... Hmmmm...

HumanOS - ©2005 Tyler Price
YOU AND YOUR WORLD...

Timmy Died from Eating Too Much Vegetables

Have you ever thought of going vegetarian? (Though those Uvic rabbits ARE nice and plump). Yes, killing innocent animals is cruel, but not getting the nutrients you need can affect your quality of life.

Vegetarians consume more fiber and less fat than non vegetarians. Fiber cleanses out your bowel and less fat helps to reduce cholesterol and blood glucose levels. Vegetarians consume more photo-chemical, which helps them reduce heart cancer. Vegetarians don’t eat red meat. Red meat has been shown to stimulate mutation-causing compound productions in the colon, which increases the chances of getting cancer.

It is healthy to be a vegetarian for a small period of time. It helps cleanse your body (this explains why people only eat vegetables before they fast). However, being a long term vegetarian can be harmful. There is no way to get Vitamin B12 except from animal products. Our liver and nervous systems needs B12 to function. The sheath around nerves needs B12 to fire nerve signals properly. So if you don’t get enough B12, you become more compulsive and neurotic... You can actually go crazy. Herbivores like rabbits meet their B12 requirements though eating plants along with the insects on them, and by eating their own feces. As for vegetarians, products such as soy do not contain enough B12 to meet the body’s requirements. Monks are healthy because they practice meditation, ingest herbs, and they are very strict with their diet.

There are two forms of iron: Heme and non-Heme. Heme is only found in meat, fish and poultry while non-heme is found in vegetables, fruits, grain etc. Heme iron is absorbed more readily than non-heme iron. Thus, Vegetarians also don’t get as much iron. Lack of iron can cause anemia. Anemia causes you to feel dizzy, tired and have a pale complexion.

Vegetarians that don’t drink milk also don’t consume as much vitamin D. So for those vegetarians, it is crucial that get some sun exposure.

Overall, use your judgement when you eat. Next time you have a grande steak, have some fruits and vegetables to go with it. And when someone tells you how healthy vegetarians are, remember these facts.


Briefs

Tall People were asked to move to the Back of the Lecture Hall

During the Elec 260 class at the University of Victoria, all engineering students above 6 feet tall were asked to please move to the back of the lecture hall on Tuesday. “Those fortunate enough to be blessed with such privilege, please relocate yourselfs to the rear so that others can see,” said Dave Mills, Professor of the Elec 260 class. “you are welcome to move to the front if you are willing to crouch on the ground.” “this is a great opportunity for height challenged people,” said Kurt Leang, a student in Elec 260, “Now we can finally be seen.”

This is the largest measure of its kind since 1858, when Canadian Goldrush workers were asked to not block the Fraser Valley entrance.

Programming talk have no discernible effect on date

According to Ethen Gamming, 22, after a close inspection of Katie Lee, his date whom listened to his Java and C++ talk for two hours at McDonalds, has indicated that Kate showed no interest in him. “I’ve read from Maxim that girls like guys who knows what they’re talking about,” Gramming said. “But she didn’t kiss me, or touch my hand. I watched her the entire night, and she didn’t blush once!” Gramming said he will fall back on Seduction Plan B: wine and cheese.

By the way, these briefs are all made up.

Eat everything in good proportions
How To Get A Record Deal In A Day

Are the only women in your life your co-op liaisons? Here’s a solution... Become a rock star! Countless days of partying, random women swarming over you saying “Oh my god, you guys rock, please oh please let me buy you pop” (for a dirtier version, please refer to D12’s: “Lead singer of my band”). So what do you need to become a rock star?

Record 3 songs and send in your demo. If the A&R (Artist and repertoire) people are interested, they will ask for more songs. Your record doesn’t have to be grande like Michael Jackson’s multi million dollars “Invincible” (which it flopped). A&R people say that they can smell talent.

Submit your work. The demo tape usually consists 2 great songs, or 3 examples of your material. Attach a picture of yourself, a biography and any press reviews. Press reviews are easy to make up, like “4 stars rating from Live Victoria!” Butter up the secretaries when submitting because they are closely linked to A&R people. They can make a big difference.

Follow up your results. You could be the next Pherrel Williams and they won’t call even if they love your work. A&R are like us: forgetful and busy. So harass them, treat this like applying for a job, or calling that hot chick back. For those who hate talking on the phone, 2 or 3 phone calls is enough. 95% of people who submit won’t get any response. 4% will get a letter saying that the demo is good, but the record company won’t sign them yet, but keep them posted of new materials. Around 1% will get serious interest and less then 1% will get a deal.

How did Britney Spears get a deal? She was what Jive wanted: a cute performer. Berry Weiss needed to reinvent Jive to stay in the competition. Britney Spears, Christina Aguilera, and Usher all got signed at an early age but record companies didn’t do anything with them for years. That is what it’s like to get a deal with you’re young. But when you need money to pay for rent and food, it’s quite different.

You do not need a record deal to get groupies. Groupies are just people who wants something from your profession. Artists can get groupies just from gigs. You can too in engineering... Give them your assignments and they’ll tag around you everywhere.

After an artist is signed, they do promotions to get fans. That might include going to Tower Records in New York City and opening for big acts, but it also includes autograph signing at Walmart (Ryan MalColm), introducing random authors in bookstores, playing in dirty bars etc. Record Companies can drop them from their contracts at anytime, and they will.
Overall, artists’ lives are stressful and lonely. When we finish exams, we go on a workterm and relax. When an artist finishes a record, fans and record companies repeatedly pressure them to create other great ideas. When your grades drop, you’re the only one who knows. When an artist’s album quality drops, everyone knows and they get numerous criticisms. Artists also have to watch out and not be branded for a “weirdness”, or else their career is over. Just ask Michael Jackson and Mariah Carey.

So you decide. The life of engineering or the life of the music industry?
Source: Doctor of Rock-Starology (A formal professional musician)

Bittersweet Symphony

I’m sure you have all heard “BitterSweet Symphony” by The Verve from their legendary album “Urban Hymns”. “Urban Hymns” is full of great tunes, yet The Verve disappeared after that hit.

BitterSweet Symphony sampled 4 bars from “The Last Time” by the Rolling Stones. Before the album was released in 1997, The Rolling Stones gave licensing agreement to The Verve to use the sample. When “Urban Hymns” charted at number 23 on Billboard and the single “The Drugs Don’t Work” charted #1 in UK, The Rolling Stones decided to sue The Verve for using their sample “too much”. The Verve was forced to pay 100% of their royalties to The Rolling Stones. So the already troubled band broke up shortly after that.

The Rolling Stones’ catalogue is one of the most litigiously protected in the music industry. Janet Jackson had to give up a portion of the rights to her song “What’ll I Do” because she sings the “Satisfaction” lyric: “hey hey hey, that’s what I say.” George Michael also gave up some of his royalties for quoting the Stones’ lyric “You can’t always get what you want” in the song “Waiting for the Day.”

“It could’ve been worse,” Richard Ashcroft said. “If we hadn’t fought, Symphony’ could’ve ended up on a cheeseburger ad and never have been taken seriously again.”
Source: “The Verve - Star Sail” By Sean Egan

Pop Trivia

1. What song and artist did Jennifer Lopez sampled for “Jenny from the block”?
2. What company invented Java?
3. Who wrote “Alice’s Adventures in Wonderland”?
4. What Canadian Prime minister has won the Nobel Peace Prize?
5. Who won the 1995 Stanley Cup?
6. What’s the name of the new Backstreet Boys’ Album? (No, it’s not “Oops! I ran out of cash”)
7. Name the two Oslen Twins.
8. Who was George W. Bush running against in the last election?
9. Who is Britney Spears’ husband?
10. What country was the last summer Olympic held?
11. Name the two girls that star in the TV Reality Show “The Simple Life”.

Answers:
1. The Beatnuts - “Watch Out Now” 2. Sun Microsystems