PUB CRAWL RECAP

Hangovers were a plenty Saturday morning after the night of liver punishing. That sums up the Engineering Pub Crawl. Beverages were drank, songs were sang, strippers were applauded, and a tiara was even awarded.

The damage began at Felicita’s, where the shirts were given out and plans were decided. From there, a bus ride with Jello shooters was in order. By that point we decided that adult entertainment was needed and so most of us went to the Fox. On the way to the Sopranos, we had more Jello shooters. Karaoke was great. In addition to the “wonderful” singing, some pool was played, and we had a putting contest. Eventually, the bag full of prizes was emptied. One lucky guy, Nick Coutts, even got the honor of earning a wonderful tiara, he was then tackled by a mob of girls who then fought over and broke his tiara, at least that’s what I was told. The engineering crew then decided that they need a new place to drink, so we got on the bus and headed over to Steamer’s pub. Steamer’s was having a quite little night until we rolled in. Once inside there was a party to be had, by this time we had acquired a great number of friends along the way and we decided we need to focus all our energy on givin’er till there was simply no more booze to be purchased.

All in all, it was terrible night to be an engineer’s liver. Special congratulations goes out to Cliff Browne, who managed capture the king of the foam’ at Sopranos and defend by out chugging all comers in, one pint at a time. This crown was only dawned by two strong fellows this evening - oddly enough neither were engineers… I think UVic Engineering might need to do some practicing and have a better showing on July 8th when the second… I say pardon…..yeah you heard it, that’s when the next Engineering Pub Crawl is.
Go WEST was developed in 1998 by engineering students at the University of Victoria. The original goal of the program was to increase interest in engineering among female high school students, hence the acronym WEST (Women in Engineering, Science and Technology). While the focus is still on female students, over the past eight years the goals of the program have broadened to include the creation of engineering awareness for all high school students. Each year Go WEST connects with high school students through a combination of class presentations and summer conferences.

Throughout July and August, Go WEST holds weeklong conferences for the students. These conferences give participants a feel for university life and a firsthand experience of what engineering involves. Participants have the opportunity to explore different fields of engineering through a series of projects, industry tours, mentoring sessions, as well as discussions with engineers, professors and current engineering students.

If you are interested in volunteering we can be found in ELW A112 or contacted by email at go-west@engr.uvic.ca

Next months events: Girls’ Night, Paintball, Dodgeball?, Second Pub Crawl
E-mail essa-eve@engr.uvic.ca for more information, or the ESS website for dates.
Engineering Camping Recap

Camping was a success. The weather was sunny and we chilled drank the whole day. Even though we had to drag the BBQ and the keg from the dock to our camp site, it was well worth it. The guys decided that they needed to get intouch with their feminie side and so they sang until the park rangers told them to stop. That night, We went swimming in the ocean and it was cold, but everyone had fun. Overall, it was a tipsy good time. We were all pretty tired the next day.

Submitted by Amalija Kopac, Dir of Communications

Co op Workshops

This semester, the co op office is hosting work shops for students that have any questions reguarding to co op jobs. To sign up for these work shops, please contact your co-op coordinator or drop by the co-op office anytime.

Resumes - This workshop demonstrates how to focus your resume on a particular job, company, or sector: June 7 - 11:30am-12:30pm, June 8 - 12:30pm-1:30pm, July 12 - 11:30am-12:30pm, July 13 - 12:30pm-1:30pm
Cover letters - students will compare and contrast examples of good and poor letters, and will see the difference a targeted cover letter can make: June 14 - 11:30am-12:30pm, June 15 - 12:30pm-1:30pm, July 19 - 11:30am-12:30pm, July 20 - 12:30pm-1:30pm
Networking - learn to develop a network of contacts: June 21 - 11:30am-12:30pm, June 22 - 12:30pm-1:30 pm, July 26 - 11:30am-12:30 pm, July 27 - 12:30pm-1:30 pm
Cold Calls - co-op will provide sample scripts, as well as the do’s and don’t’s of making “cold calls”: June 28 - 11:30am-12:30 pm, June 29 - 12:30pm-1:30 pm, Aug 2 - 11:30am-12:30 pm, Aug 3 - 12:30pm-1:30 pm
Mock interviews - Students will answer interview questions and receive feedback on interview performance: July 5 - 11:30am-12:30pm, July 6 - 12:30pm-1:30 pm, Aug 9 - 11:30am-12:30 pm, Aug 10 - 12:30pm-1:30 pm
Writing Networking and Broadcasting Cover Letters - Students will learn what these letters are, when to use them, and sample scripts they can use when contacting new companies: Aug 16 - 11:30am-12:30pm pm, Aug 17 - 12:30pm-1:30pm
Co-Op Survey

This is a co-op survey. This survey is designed for the co-op office to understand the students’ needs better. And yes, you do make a difference if you fill out this survey. The results of this survey will go directly to the co-op office so they can see what they need to improve and what they are doing a good job of.

To hand this survey in, please drop it off at the ESS office in the Newsletter inbox.

Please rate the following on a scale of 1-5 (1 being poor and 5 being good). Please circle one.

1) How well do you think the Co-Op Program is doing preparing you the Students?
   1  2  3  4  5
2) Quality of jobs posted?
   1  2  3  4  5
3) Ease of application process?
   1  2  3  4  5
4) Ease of interview process?
   1  2  3  4  5
5) Usefulness of the work site visit?
   1  2  3  4  5
6) Availability of the Co-Op office assistants?
   1  2  3  4  5
7) Effectiveness of Co-Op office assistants?
   1  2  3  4  5
8) Information online?
   1  2  3  4  5
9) Value of the work term report?
   1  2  3  4  5

Thanks for your feedback!

Pub Crawl Pictures

More will be posted online at ess.uvic.ca
Dr. Atkin died of... Say Whaa?

So people has discovered that carbohydrate in diet might cause weight gain and Atkin’s Diet fad is everywhere. But is it healthy?

Atkins diet lasts for around 2 weeks. The basic gist behind Atkins diet is that if you eat nothing but red meat, cheese, sausage, margarine, butter and other high protein and high fat food, you will lose weight. During these two weeks, you can’t have any milk, fruits, grains, cereals, breads or “high glycemic index” vegetables such as potatoes, peas, corn and carrots. After these 2 weeks, you can add about 5 grams of carbohydrate to your diet weekly until you’ve reached to around 40 to 90 grams of carbohydrate.

Not all carbs make you gain weight. It depends on if the carbohydrate is refined or unrefined. Refined carbohydrates (soft drinks, desserts, ketchup, mustard, junk food, white bread etc) has no nutritional value and offer next to no vitamins and minerals. If these foods are eaten excessively, they will cause one to gain weight and promote disorders such as diabetes. (for more detail, please refer to “Prescription for Nutritional Healing” by Phyllis A. Balch and James F. Balch) Unrefined and organic carbohydrates don’t cause as many health problems as refined carbohydrates, and will less likely to promote weight gain. So not all carbs are “bad” for you.

Eating anything excessively is unhealthy. High protein diets can lead to acidic urine. Acidic urine leaches calcium from the body which significantly increases one’s risk for osteoporosis and kidney stones. Not to say that having next to no amount of vegetables can cause you to constipate and those impacted mucus poisons your body.

Some claimed that Dr. Atkin died at the age of 74 due to a heart attack, others claimed that he had a head injury... CNN claimed that before Dr. Atkin died, he suffered from a heart attack and “obesity”... but CNN is like the boy who cries wolf.

The media isn’t always right. Just because something is labelled “low carbs” or “organic” doesn’t mean that it’s healthy (ie organic chocolate bars, low carbs coke). Don’t go on the diet for the wrong reasons: “I love meat and I hate exercising! Hey here’s a diet plan for me!” because you will risk your health. Use your intuition.

Written by Julie Lan

Sources:
http://www.thedietchannel.com/atkins.htm
“Encyclopedia of Natural Healing” by Alive Books

Fishwrap Contest Winners

Last week, the contest was to write Haikus. The winners of that contest were Tyson Owens, Anonymous (he didn’t want me to put his name here), and Andre Johnson. They won some pretty cool X-Man comics. To redeem your prize, come to ESS and see Julie. This week’s contest is on the next page.

Submitter: Anonymous
4A Ceng
Went on the pub crawl,
Saw somethings I shouldn’t have,
Wish I was blind now.

Submitter: Tyson Owens
2B Elec
Yasha is the worst
His poker skills are sub par,
He plays queens and nines.

Submitter: André Johnson
2B Elec
Pink and purple rocks,
I wish unicorns were real,
That would so kick ass.
ENTERTAINMENT...

Need Cash Fast?

Would you ever sign a contract without first reading it? How about putting your work, friends and life on hold to win a contract that you have never seen before?

American Idol has cracked the Entertainment business secret. Hype and attention is what sell records, look at Paris Hilton, Kelly Ossbourne, Lisa Marie Presley, Ashlee Simpson, and the list goes on. American Idol is a advertisement for the record and publishing company. It is a screaming billboard advertising for whoever wins the contract months ahead of them actually putting out an album.

Many entertainment lawyers were against the original American Idol contract. The contract included the right for record companies to reveal information about the contestants’ personal, private, intimate, surprising, embarrassing and unfavorable nature that may or may not be fictional. On top of that, if the contestants reveal anything about the contract, they have to pay a fine of 5 million dollars.

It has also been reported that the newest winner, Fantasia, from the 3rd American Idol, has to give up 25% - 50% of her income after tax to American Idol. (Co op jobs on average make about $15/ hr… So can you imagine making ~$9/hr again?!).

For flash in the pan singers, it’s great to enter American Idol. You get all the media attention, and you become famous as fast as fast food. However, if you are serious about making music, money, or staying in the entertainment industry, American Idol is not the way to go. Sure, you may have won the current season, but as soon as the next season arrives, you’re ancient history. Ask Justin Garmini, the public loved Justin, the 12 years old girls loved Justin, RCA offered him a deal even though he was only the runners up... Then dropped him when he only sold 140,000 records. Of course, Justin claimed that it was because the record company made him sing songs that he hated, but we all knew his time was up when the second season of American Idol aired. On the other hand, Clay Aken sold over 4.5 million records, now he’s... where?

This is a story that goes back as far as the early 1900’s when Robert Johnson allegedly sold his soul to the devil at the crossroads in the delta. The entertainment business hasn’t changed much, and it probably never will.

Written by Julie Lan


Contest of the week: Mind Puzzle

A farmer has a cabbage, a goat and a wolf. He has to get across a river. The only way to get across the river is by a small boat. The boat is only big enough for the farmer and 1 item. While the farmer transports the cabbage over, the wolf will eat the goat. While the farmer transports the wolf over, the goat will eat the cabbage. How can he transfer all 3 objects to the other side safely?

To submit your answer, please send it to fishwrap@engr.uvic.ca, or drop it off at the Newsletter inbox in ESS. The deadline for this contest is 06/18/05 at 12:00pm.
UVic Engineering Fleece Order Form

Name: ______________________________________________
E-mail: ______________________________________________

Size (Circle One):      S     M     L     XL
Color (Circle One):     Blue     Blue     Blue
Name embroidered on left sleeve ($5.00 Extra):     Yes     No
Name to appear on sleeve (Print VERY Clearly): _______________________________
Discipline and/or grad year embroidered on right sleeve ($7.00 Extra):     Yes     No
Discipline (Circle one):     ELEC     MECH     CENG     BSENG
Grad Year: ______________

Fleece:            $75.00
Name:        add $5.00
Disc/Year: add $7.00
Total: ____________

Make cheques payable to “UVic ESS”

CALL FOR SUBMISSIONS

Is the Fish Wrap becoming an obnoxious, mouthpiece of the editor and an outlet for bad inside jokes? This is your newsletter - you can change that (or add to it), more student submissions equals a better newsletter. As a suggestion for submission: opinion articles on various topics (co-op, academic grievances, current events, etc.); reviews of movies, music, or products; humor articles or comics; and advertisements. We also encourage anyone who takes pictures at ESS related events to send copies to the newsletter or the executive. Submissions should be made by e-mail to fishwrap@engr.uvic.ca (include “FISH: ” in the subject line) or in printed form to the ESS office with your contact information.