New Website

The new ESS website is now up. It looks pretty sleek. Be patient as they are transitioning to the new site. Also, all ess emails have now changed. The emails are now just ___@uvic.ca. (Ex. essacom@uvic.ca) Also, I think the fishwrap email is no more. So email me at essacom@uvic.ca

What's Inside:

What’s Inside:
Co-op Corner  2
Contests Money!  3
Bison        4
Running      5
Cookin’ w/ Nigel  6
Love Engineer  7

Scan this with your phone, webcam or anything to get the digital copy of the fishwrap. To get a nice error page. Enjoy!

Pic of the Week

Our beautiful new website. Still teething in its infancy. Thank you IT people. The old site was not fun.

**Co-op Corner**

- The final Four Month Interview – Have you completed your final Co-op work term? Are you ready to launch your professional career as an engineer? Have you registered as an EIT? Do you have a plan to work towards your P.Eng?

Did you know that the Co-op office offers career support to you even after you graduate?

- This is the work of the Career Services Office here at Engineering Co-op. For those about to graduate or Alumni reading the student paper who might be looking to change companies, come on in and talk to John Fagan (jfagan@uvic.ca) or book an appointment with him through LIM. As the Faculty of Engineering’s Career Educator John provides coaching with career planning, EIT/ P.Eng planning, networking skills, and offers assistance with labour market information and post graduation work search. Having a graduation strategy will increase your knowledge around the competencies you have developed through your program here at UVic. This will assist you in clearly articulating your potential to employers through targetted resumes and customized cover letters.

- Remember that all of your documents can be stored on LIM so you can keep an inventory or history of what jobs you have applied to. In addition you can store other technical certificates there. Have a close look at LIM you will see Career Job Postings.

- Other Resources for new grads:
  - http://talentegg.ca
  - http://www.engineerscanada.ca
  - http://www.apeg.bc.ca/resource/links.html

- Document & Resources for Self help with Resumes and Cover letters & Interview preparation -


- Did I mention Networking. Make sure all of your Brothers and Sisters, Mothers, Fathers, Aunts, Uncles, Cousins, Grandkids, friends neighbors and their relatives or friends know that you are looking for work. Oh and even keeping your Co-op or Career Coordinator in the loop is a good idea too.
Contests! Prizes! Money!

APEGBC Student Video Contest

APEGBC wants you to show the world why you love Engineering or Geoscience! They are looking for 2 minute videos (.avi only) that answer the question “Why I love Engineering or Geoscience?”

Prize: $1000 and a trip for 3 to the APEGBC AGM and Conference in Victoria

Deadline: September 17th, 4:30 pm

For more info email me or go to www.apeg.bc.ca/students/maps/#StudentVideoContest

UVic Co-op Photo/Video Contest

Have a cool picture or video from your co-op? The co-op office taking entries for their photo/video contest. Any pictures or videos from the past 3 terms are eligible.

Prize: $500

Deadline: August 31

For more info go to http://www.uvic.ca/coopandcareer/studentsalumni/coop/contest/index.php
Obligatory Particle Physics Article:

First, it is not the god particle. Some stupid media outlets insist upon calling it that, even though it has absolutely nothing to do with god. So what have they found? They have discovered a boson that is very likely a Higg’s Boson. It is one of the missing pieces in the Standard Model and essentially demonstrates why/how things have mass. Of course, that was a horribly simplistic and possibly erroneous explanation. If you want more, try google, or a physics degree. Particle physics is confusing.

To the right is the internet’s interpretation of the search for this particle. I think they got the gist of it.

~ D Fresh

26?

A nice cold drink is pretty amazing at the end of a strenuous work week. So you stop off at the BCL and grab some beer or a 26 of liquor. A 26? 26 what? 26 ounces. The number 26 appears nowhere on the bottle. Then there's the mickey. That doesn't reference any units of measurement.

This is Canada! We're definitely not using the antiquated imperial system anymore. I propose we call it a "750" or a "750 mil" from now on. So a casual friday conversation would sound like:

Student X: "What are up to after finishing that 2000 page lab report?"

Student phi: "Probably gonna grab a 750 of rum and study some thermo see where the night takes me"

Furthermore, 750 mL does not equal 26 ounces.
26 US fl. oz = 768.8 mL
26 Imperial oz = 738.7 mL
26 US food labelling fl. oz = 780 mL

More on that later.

~D Fresh
Running Tips

Throughout my 3 month history of serious running, I’ve learned and discovered a lot of tricks of the trade. Mind you, I am a very opinionated individual and half of these things you may not believe in so take it with a grain of salt and don’t come sue me if they don’t work for you. Plus, everyone runs differently and what works for me might not work for you.

1) Take more small steps. It is a lot more effective to take many small steps than less in larger strides. Think of trying to minimize the amount of time you spend on the ground. The only time you should be taking long strides is when you are pounding it downhill. Taking longer strides will only tire your legs out and require you to pull yourself forward rather than pushing off which is easier.

2) Retain Upper Body Strength. One major factor that contributes to me panting and running out of breath faster is when I move my upper body like a maniac. If you minimize movement in your upper shoulders, arms and torso, you will save energy. Your arms should be bent and held at chest level. Some people like to run with their arms by their waist but I don’t like to pretend I’m swimming.

3) Breathe out through mouth, in through nose. This one might take a while to get used to but if you breathe like this, it will force you to think about and control your breaths. If you constantly breathe through your mouth your throat might get dry, and it’s probably not the best for air flow if you breathe out really hard through the nose.

4) Carry water with you. For some people, they will not need water unless they are running half marathons. However I’ve found that in the summer when I am running 10ks in 25-30 degree weather, I cannot run without water. Running with a water bottle in your hand is awkward as that will tire your arm out and throw you off balance. The best thing to do is to invest in a camelpack, or water bottle waist band. I personally like the waist band, and no I am not a fan of fanny packs but they just work so well. I don’t like to have a pack on my back when I’m sweating.

5) Run forefoot or midfoot. Despite what other people say, heel-toe heel-toe running promotes injury because of the constant striking and pressure on the heel when running. If you are a toe runner and land mid/forefoot, you will have a HUGE advantage when it comes to downhill running. When others are slowing down and catching themselves, you will be able to pound the pavement like no other and pass everyone.

6) Do not power jog. If you plan on retaining and using your body energy wisely, do not power jog slowly like a lot of people do. If you are going to power jog, you might as well power walk and save your body from all that heavy heaving. You either run/jog at a good pace that will either gain you distance, or you walk it. Power jogging is for hopefuls that think they are running but do not want to put in the effort to try.

7) Train on inclines or outdoors. I cannot stress how beneficial this is for runners. You never want to be screwed over on a trail that has hills, inclines and all sorts of nasty surprises. Running on flat surfaces is great but it does not develop your muscles as much as real challenges. I don’t even want to comment on treadmills.

~Tiffany
Nigel's Casserole: Hungry Engineer's Review

Ty and I decided to give Nigel's recipe out for a test ride. We decided to step it up a notch with some bacon and cheese...because that goes with everything. To summarize, it was awesome and we lived for three days off that casserole. The recipe is reprinted below. As well as some awesome pics.

There is no back story to this, it's just awesome. Now imma tell you like a gansta how to cook up a storm.

1. Buy yourself a casserole dish. Every player aughta have one anyway
2. Put some ground ass beef in the bottom of that casserole dish. Dishes love ground beef
3. Cover that beef all up in mixed frozen veggies. I'm talking carrots, peas, corn and shit.
4. Pop yourself open a can of campbells creme of chicken condensed soup, pour it all over the place
5. Line up some tater tots on that soup. Arrange 'em all nice and flat like
6. Bake that casserole for an hour, 350F aughta do it
7. Praise my name as you enjoy the easiest meal you'll ever make again.
8. Kick it up a notch in step 2 by mixed in Sriracha, seasoned salt, and BBQ sauce with the beef.

That's off the hook!

See you all in 'tember.

~Nigel

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~Nigel

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# Love Engineer

After I decided to publish the article from Wants More who was trying to find summer love, my inbox was filled with people desperate for sharing their feelings. Therefore I am going to do those trying to put themselves out there a favour, and also those who are too shy to admit they need someone. If you see someone you like and are interested, shoot me an email.

*Please note: Weird people may end up on this list so contact with caution*

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
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<tr>
<td>Age:</td>
<td>22</td>
</tr>
<tr>
<td>Discipline:</td>
<td>Mechanical</td>
</tr>
<tr>
<td>Looking for:</td>
<td>A girl, duh</td>
</tr>
<tr>
<td>Favourite Food:</td>
<td>Refried Pork Loins</td>
</tr>
<tr>
<td>Biggest Accomplishment:</td>
<td>Scoring 5 chicks in one night! Yeahhhhh!!! My loving grandma presents me with baby chickens for every midterm I pass per semester.</td>
</tr>
<tr>
<td>Type of girl:</td>
<td>I need a girl who is loving, gentle, kind and most importantly, can sing me lullabies at bed time and cook me refried pork loins for dinner in our dream kitchen.</td>
</tr>
<tr>
<td>Contact:</td>
<td><a href="mailto:porkloinsman12345@hotmail.com">porkloinsman12345@hotmail.com</a></td>
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<table>
<thead>
<tr>
<th>NickName:</th>
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<tr>
<td>Sex:</td>
<td>I hope you can figure this out from my nickname</td>
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<tr>
<td>Age:</td>
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<tr>
<td>Discipline:</td>
<td>Software</td>
</tr>
<tr>
<td>Looking for:</td>
<td>I just want a really great guy</td>
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<tr>
<td>Favourite Food:</td>
<td>Strawberries, thinly sliced pineapples, and fresh blueberries mixed in an orange maple syrup sauce and topped with real whipped cream</td>
</tr>
<tr>
<td>Biggest Accomplishment:</td>
<td>Saving my best friend from dating this jerk</td>
</tr>
<tr>
<td>Type of guy:</td>
<td>A nice guy who cares, can listen when I really need him to, is there for me, respectful and chivalrous, kind and gentle, and just a really great guy.</td>
</tr>
<tr>
<td>Contact:</td>
<td><a href="mailto:danceismylife4eva.xo@gmail.com">danceismylife4eva.xo@gmail.com</a></td>
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</table>

<table>
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<tr>
<td>Looking for:</td>
<td>Long, romantic relationship if she’s hot, if she’s not, I’m not interested</td>
</tr>
<tr>
<td>Favourite Food:</td>
<td>MEAAATTT!!!! MUWAHAHHAAHHA!!!!! MOORREEEE MEEEAAATTT!!!</td>
</tr>
<tr>
<td>Biggest Accomplishment:</td>
<td>Japa Dog eating contest right after I left da clubs. I ate 8 in less than 5 min after doing 8 shots in da club.</td>
</tr>
<tr>
<td>Type of girl:</td>
<td>Jersey Shore girls</td>
</tr>
<tr>
<td>Contact:</td>
<td><a href="mailto:hoedown_whatup@shaw.ca">hoedown_whatup@shaw.ca</a></td>
</tr>
</tbody>
</table>
You know what grinds my gears...

...those guys in washrooms at clubs (bathroom attendants?). They're job is to give you paper towel or gum or something. Then of course they have a tip jar. All I wanted to do was wash my hands. But no.

This guy is sitting on one of the two sinks in the whole bathroom. And of course he's hoarding the soap and paper towel. So I have to hold out my hand for some soap and then he hands my a nicely folded paper towel. Meanwhile there is a tip jar sitting right between him and I. This is a bit ridiculous. I am quite able to get my own handsoap and paper towel out of the dispenser.

I tip people if they have done a really good job or provided some sort of excellent service. But all this guy has done is monopolized the soap and paper towel while at the same time reducing the number of usable sinks to one. He single handedly made the experience much more inefficient and awkward. And I just wanted to pee and then wash my hands!

~D Fresh

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space the editor has neglected to fill. this is a really awkward shape/size white space to try to fill with something interesting.

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From the Editor

In the next issue, the end of co-op? beginning of school? almost.

The next issue will be the final co-op fishwrap. It will be very fresh. Do you have articles to submit? As always, send it to

essacom@uvic.ca

~D Fresh

Thanks to all who contributed:
Tiffany Yu Calvin Tripp
Nigel Syrotuck