

FISHWRAP

Official newspaper of the Engineering Student Society Stream A

Issue C4

CO-OP EDITION: Only online! For added entertainment, the reader can print the fishwrap!

What happened to Viktor?!?!?

There is currently a debate over the colour of the Engineering Student Society logo. The current colour is burgundy. However, the official colour of our faculty is orange (look at the Engr website). Also, many other engineering faculties use some shade of red.

Also, it's good this issue is only online, those logos would've looked pretty dumb printed black and white next to each other. Anyways, more info can be found in the UVic ESS Facebook group.



Scan this with your phone, webcam or anything to get the digital copy of the fishwrap. (or go to <http://ess.uvic.ca/publications/fish-wrap/>)

What's Inside:

What's Inside:

Co-op Corner	2
Hobbies anyone?	3
Running	4
FWEP	5
Cookin' w/ Nigel	6
Pints	6
Love Engineer	7
It's sunny out	8

Pic of the Week



OR



Heard a prof or student or co-worker say something funny? email quotes to fishwrap@engr.uvic.ca

"holy crap, white blood cells are like the death star" - Tyler

Co-op Corner

- How many students know they can get a **reduced cost on Bus Pass** when you are working in **Calgary** during the regular school terms (September to April)? Just talk to your Co-op Coordinator and they can get you signed up as a guest student with the University of Calgary, see link, <https://wcmprod2.ucalgary.ca/UPASS/visitingstudents>. Get your Co-op Coordinator to help you with form or provide supporting documentation.

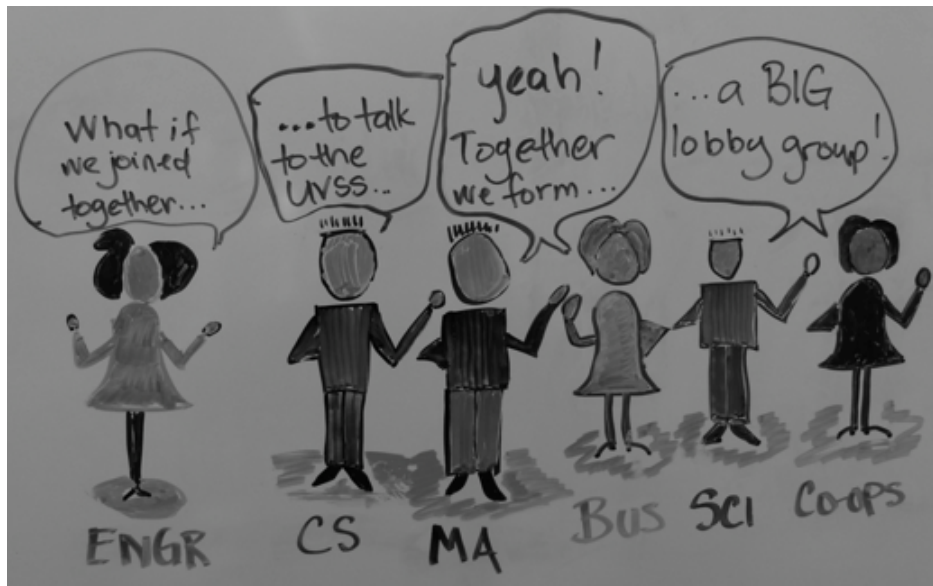
- If you are doing a work term in Victoria you qualify for the local **BC Transit Bus Pass in Victoria**.

- Having said that some of you are working in Vancouver or the Lower Mainland for a work term. You pay **full price** for the **Bu\$ Pa\$\$** here. The "U-Pass" as it is called might be expanding their program. To see the latest status on the students who have access to the U-Pass see links below.

- **Q: What is the status of the new U-Pass BC Program outside of the Lower Mainland?**

A: For information about the program in other areas of the Province, please contact - John Coombs, Manager Strategic Planning and Policy, Ministry of Transportation and Infrastructure, Transit Branch at: John.Coombs@gov.bc.ca, link; <http://www.translink.ca/en/Fares-and-Passes/Student-Passes/U-Pass/U-Pass-FAQ.aspx>.

- **Is U-PASS access important to you in Vancouver?** Hey you may remember we have one of our Engineering Co-op Coordinators living and working in Vancouver. She is looking for one or two ESS volunteers to be her 'go to people' on campus to work on allowing our U-Victoria students to access TransLink U-Passes while on a co-op in Vancouver. Please write to her if you are available to work with her pwelgan@uvic.ca.



- Some of the logic behind this. As a Co-op Student you do pay for some **student services** through your student government, **UVSS**, while you are on a work term, see <http://www.uvss.uvic.ca/services/u-pass/>, for more details.

- Imagine joining forces with the Business and other Co-op Students At UVic (**one in four students takes part in co-op**) and working towards a **U-Pass for the Vancouver Lower Mainland area** or across BC. In addition being able to access a Victoria Bus Pass while you are looking for work.

- Please talk to your UVSS and ESS rep or talk to **Pamela Welgan, pwelgan@uvic.ca**, to work out some ideas on improving the system.

What do people do with their lives on Co-op?

I'm interested in knowing what people do in their spare time on co ops. To me, co ops mean freedom and having a life. Besides working, there is so much time on the weekend and week-nights to get engaged in activities instead of worrying about homework (until we have to write that report). I think it would be really cool if people started writing a blurb in the fishwrap on a project or certain hobby that they're taking up in the summer.

I know that for me, co op semesters are a time to take on something new. On my first co op I mastered the art of hot yoga. For 3 months, I religiously attended the 6am classes 4 times a week before work. That was incredibly tough to wake up for and to ease my body into the poses and heat, but in the end it was totally worth it. On my 2nd co op I took on dance classes and aerial yoga. Both semesters I also burned through a total of 4 cookbooks, finally learning how to cook. (I now know that boiling carrots and onions in the same pot is not the right way to cook vegetables). This semester it is training for a 10k and half marathon. What do you do on your co op terms?

~Tiffany

I tend to spend my co-op free time doing something music related. Last co-op, I joined a local concert band. After a couple horrible sounding weeks, my trumpet skills came back to me. And for this co-op, I just bought an electric piano. I'll let you know how that works out. Alright people, your turn. What do you do on co-op?

~D Fresh



Running Part II

People always tell you what you need to run in. People take lessons for most barefoot sports in order to perform their best and learn the correct techniques like in kung fu, dance or swimming. But no one ever teaches you how to run. Even when I was on the high school track and field teams, and running in a running club no one ever taught me how to run. It was always “let’s work together to build up endurance.” How are we expected to run well without creating injuries when we aren’t taught how to run properly?!

My mom always told me that walking is a healthier sport than running, because running is bad for the knees. If I was to run, I was only to run on grass. I thought this was silly, as humans should be able to run on any earth terrain. So how are we supposed to run?

The other day I was watching little kids run a 1k race. About 80% of them were toe-runners and coincidentally all the older kids were heel runners. Assuming 6 year old kids don’t get running lessons, it’s safe to say that we were born to run landing on our forefoot instead of pounding away at the heel, which makes sense. If you were to run outside right now barefoot, it would be so painful to run heel-toe, heel-toe, heel-toe you’d switch to forefoot striking like a reflex.

The other week I finally caved and bought new runners. The flattest shoes I could find were the Adidas ClimaCool Rides. Even though they claim to support the midfoot, I found that I lost a lot of form and used less foot muscles when running. When I switched back to Vibrams, it was surprising what a difference it made.

A quick review on the Vibrams: They feel weird, but easy to get used to. They also get sweaty easily (unless you buy a size up and wear toe socks) but they are machine washable. It has some weird inseams that have caused me blisters, but if great gymnasts get calluses then runners can have foot blisters. They don’t get as much attention as I thought when I run, but then again people don’t tend to stare at my feet. They offer enough protection that I won’t cut my feet or jump from sharp objects but there’s enough feeling that running on pebbles hurts.

So about that 10k I said I was training for... well I didn’t do as good as I thought. First of all, I thought the route was a trail surrounding the perimeter of Sun Peaks Resort. I was wrong. It should’ve been called the “uphill jog”. About 70% of the race was running uphill which I was SO not prepared for. (I stupidly trained on flat ground). To make matters worse, Sun Peaks is about 900m higher than the normal ground I train on. A higher elevation means less oxygen in the air, making it harder to breathe. Basically I died running uphill in air that was lacking O₂. Did I expect myself to do well? No. Did I expect myself to make it under an hour? No. Did I experience cramps after running for 2 months without cramps? Yes. I felt so tricked and cheated... actually it was my own fault for not doing my own research. I blame the website for not listing an elevation chart. So I completed the race in 64 minutes exhausted, broke a toenail, and then won a \$140 dress during the door prizes draw so I guess I got even.

Next on my list, the Lululemon SeaWheeze half marathon in Vancouver, taking place in less than a month. Anybody planning to run that?

~Tiffany

First World Engineering Problems

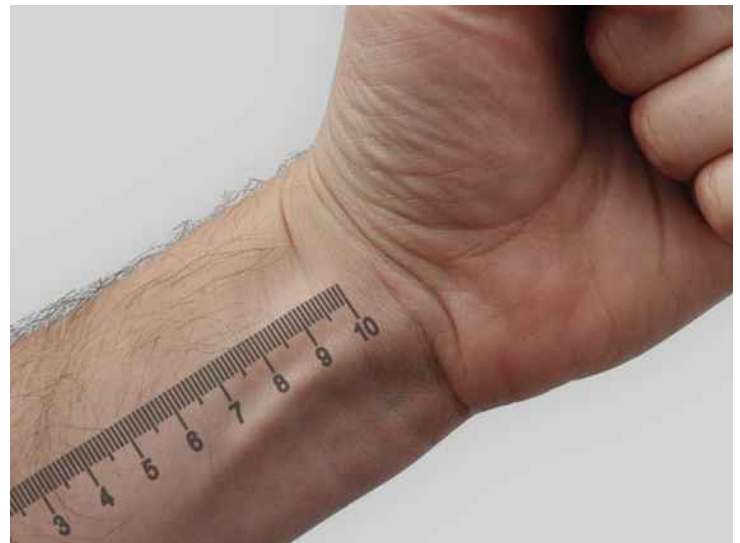
I'm sorry to keep ranting about the buses, but they just give me so much material. The kneeling function of the buses really annoys me. When the bus drive roars up to the bus stop, stopping +/- 20 meter from where you are actually standing, he feels that it is a big courtesy for him to "kneel" the bus, thus making it easier for you to climb aboard. Thank you Mr Bus Driver. I just don't know how I would have been able to make it up that whole 1.5' foot step without you lowering it 3 inches to facilitate my passage. That loud blast of compressed air that you just blew into my face was just what I needed as well. I love having permanent hearing damage. They always have such a smug look on their face too. Look at me, I can lower the massive bus with just a press of this button. We all know what kind of people are employed to do this job. I'm pretty sure the main purpose of the kneeling function was to adapt the bus height to the sidewalk when people in wheelchairs are getting on via the ramp. Not to do it religiously at every single bus stop. Once and a while you get some little old lady that quietly asks the bus driver to lower the bus for her, but I am young and quiet able to traverse the height of that first step without any fancy "kneeling" technology.



On a side note: did you know that the accordion busses in Vancouver have rear wheel drive? Yeah, how do they not jack-knife!? After doing some research in to the matter it was determined that the busses use a complicated set of hydraulics in the middle joint to control the movement of the front of the bus. This is because having a U'Joint in the middle of the bus would be unfeasible due to the angle that they must turn, and having front wheel drive would lead to the bus being hard for disabled people to board on account of the extra space that the engine would take up.

Amidst all of the technology in the technology in the engineering world for measuring one might not think that a common ruler would be something sought after. But time after time, while working on a design in the shop I have needed just a basic measurement, which using the \$200 calipers in the calibrated measuring devices drawer might not be justified for. Thinking quickly, I reach for my good ol' 30cm acrylic, only to find that it's not there. Whistling a tune I head over to the testing bench. I scan the top, nothing. I open all the drawers, still no ruler. Scratching my head, I head over to one of the other engineers desk. "Hey, do you have a measurement stick I could borrow?" She points to the other testing bench, where a four meter long one sits. Shaking my head, I continue the search for another 15 minutes before given up and getting the calipers from the drawer.

~T



Great for measuring some things, not so great for others

Cookin' with Nigel

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

A pint is a pint? Right?

Not quite. What do you think a pint is?

20 oz? 16 oz? What's an oz?

Well that depends what country/century you are in. The old British Imperial system defines it as 1/8 of an Imperial gallon. That's a nice round number. A US pint is 1/8 of an US gallon. Too bad the US gallon isn't even close to the imperial gallon.

By the numbers:

1 Imperial pint = 20 imperial fl. oz = 568.23 mL

1 US liquid pint = 16 US fl. oz = 473.18 mL

So next time someone tries to sell you a 20 "oz" pint, you just throw it back in their face and say "This is Canada, we don't use those barbaric units!, how many mils is it?!?"

How about a pitcher of beer? How much is that? That could be anywhere from 1.5 L to 4 L. Nice and inconsistent.

~D Fresh



mmm beer

Love Engineer

Dear Love Engineer,

My various book and internet sources tell me that girls love cocky guys. So I took on a cocky personality with my 3 different dates. The first I got slapped, the 2nd she spat in my face. The third, well, let's not go there. Is this a scheme to make men undesirable?!?

Frustrated Loving One

Dear Frustrated Loving One,

Wow you must be very desperate if you are changing your personality to attract girls. What type of women were you hoping to get? First of all I wouldn't trust everything you read on the internet. Second of all, yes I have heard that girls like cocky guys. The saying has some truth, but I don't think cocky is the right word for it.

Girls are attracted to guys who have confidence. And I don't mean a guy who is a snob who knows what he wants, sticks his nose in the air and waits for women to fall at his feet. The definition of this "cocky" guy you speak of would be a guy who knows what he wants. What makes this type of guy attractive is the fact that he's a) confident, b) knows what he wants, c) will go for what he wants d) knows how to flirt.

There's nothing better than a guy that can hold a conversation, joke around with and make "little" moves on a girl he likes. However if start crossing creep territory, you'll know when she starts running away from you. As for the "knows how to flirt" part, if you don't know how to do this, well it is beyond the scope of this article. Good luck. Also, never ever bash other women, or talk about yourself so much that she rolls her eyes and walks away. That is unattractive cocky.

Love Engineer

Dear Love Engineer,

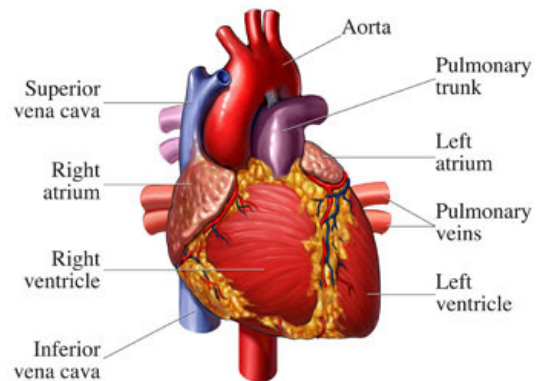
I'm having a boring summer. Can you find me summer love?

-Wants More

Dear Wants More,

I can't really help you if you're being so vague. Are you a girl or a guy? Where are you living? I've found a hairy male engineer from Moose Jaw Saskatchewan who wants more. (hahahaha) Until you stop sending stupid questions I will continue to provide you with useless answers.

Love Engineer



Am I doing it right?

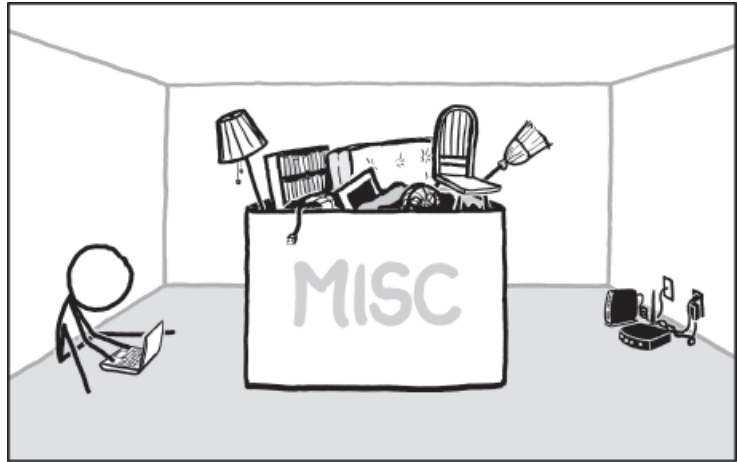
A man and woman are in a computer programming lecture. The man touches the woman's breasts.

"Hey!" she says. "Those are private!"

The man says, "But we're in the same class!"

*I had some free time the other day,
decided to clean my room...*

...but then the internet happened.



HOME ORGANIZATION TIP:
JUST GIVE UP.

Want to look cool? I know this guy does.



It seems our friends over in stream B have been busy. I just found out they have purchased some new ESS shwag: ESS sunglasses. Wayfarer style. What else have they been up to? I heard Siege Week went well. They had an epic public crawl with another coming up soon. Check the UVic ESS Facebook page to see what other shenanigans they've been up to this term.

From the Editor

In the next issue, "Why is it called a 26?".

U-Pass lobbying. Sounds like fun. As someone whose worked in Vancouver twice so far, I'm all for joining with other co-op departments to lobby for translink passes. Do you have articles to submit? As always, send it to fishwrap@engr.uvic.ca.

~D Fresh

P.S. don't you hate it when you become conscious of your own breathing

Thanks to all who contributed:

Tiffany Yu

Calvin Tripp

Nigel Syrotuck

Tyler Lanigan