

- COMMUNITY ISSUE -

THE DOCTOR RETURNS



THE STUDENT UNION AND YOU



TOM JONES AT EIRIAS PARK



The People's Pontio



Arts innovation centre hosts WW1 commemoration

by AMY BLACKWELL

On Monday 4th August 2014 lights went out all over the UK to commemorate 100 years since the outbreak of the First World War. As a part of this Bangor's Pontio has teamed up with Artes Mundi - an international arts organisation based in Wales. Established in 2002, Artes Mundi is committed to supporting groundbreaking international contemporary visual artists whose work engages with social reality and lived experience - they held 'Lights Out Bangor', a outdoor public artwork titled 'TRAW' by Bangor's leading visual artist Bedwyr Williams.

Bedwyr Williams lives and works in North Wales and his work takes many different forms, including installation, performance, drawing, sculpture and increasingly film. The visual included the names of over 8,500 soldiers, sailors and airmen, projected onto the wall of Pontio just behind the site of North Wales' Memorial Arch to celebrate the lives of men from North Wales who gave themselves for the future of our country, so close to the university where bright futures are moulded everyday.

Williams made sure to exclude all references to rank and status in this display, cropping uniforms out of images to focus solely on faces of the men to highlight the personal sac-

rifice made by the brave men, rather than as just one of a number. The images were projected alongside the slow ticking of a clock counting down right across the city; 'Traw' in Welsh means 'to strike', just like the clock that sealed the fate of these same men 100 years ago.

Williams commented: "As a young art student I walked past the memorial arch in Bangor many times and I have to admit that I never gave it a huge amount of thought. Working on this project I'll never be able to walk past this place again without thinking of the lives lost fighting in the First World War."

'Lights Out Bangor' was part of a nationwide campaign 14-18 NOW -

the cultural programme for the First World War centenary commemorations which had events in all major UK cities such as Belfast, Edinburgh, Bangor and London. Williams is one of the four international artists commissioned by the programme to produce an artwork that creates a light source that unites the people of Great Britain.

Bedwyr Williams is Pontio's first resident artist and is currently working on a piece for their grand opening, gaining inspiration from the Universities archives; Crossley Holland and the Natural History Museum. He will be producing a film which will air in Pontio's new cinema in November.

Pontio's Artistic Director said "Pon-

tio, Bangor University's soon to open Arts and Innovation Centre, is ideally positioned to host Bedwyr's bold new work to mark the Centenary. Sandwiched between the city's Memorial Arch and the iconic University building - the striking projections against Pontio offer an appropriate and timely reminder of the passing of time since WW1."

The local community were invited to a series of workshops that aimed to gather personal stories and family connections. This kind of public activity is one of the many ways Pontio aims to reach out and benefit its community in the coming years.



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Sadwrn 25 Hydref - Iau 30 Hydref
Saturday 25 October - Thursday 30 October



Gwirfoddoli

Bydd Pontio'n lle prysur, gyda channoedd o berfformiadau byw a ffilmiau bob blwyddyn. Bydd pob sioe angen tîm o wirfoddolwyr ymroddedig i groesawu cwsmeriaid, gwirio eu tocynnau a'u tywys i'w seddau. Mae'r gwirfoddolwyr wrth gwrs yn cael gweld y sioe honno am ddim!

Am fwy o fanylion cysylltwch â Sharon Roberts: sharon.roberts@bangor.ac.uk neu 01248 343058.



Volunteering

Pontio will be a busy venue, with hundreds of events and cinema screenings every year. For each event, a team of dedicated volunteers is needed to welcome customers, check their tickets and show them to their seats. As a thank you - the volunteers then get to see the show that they are helping on for free!

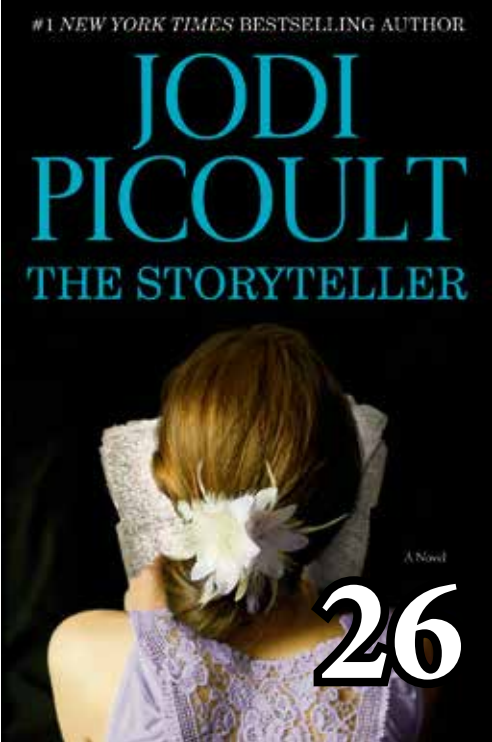
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Hello Bangor! This is my first ever issue as Editor and I've been so nervous and excited over the past few days. Not to mention busy!

This issue is hugely important as I feel like it is my way of repaying Bangor for the two amazing years I've spent here. My team have really pulled together for this one and I cannot thank them enough.

Stephanie and Scott or "Mr and Mrs News and Sport" have been my rocks, thanks to Emily and Richard for coming down to help, and as always LJ and Dan who are invaluable to Seren. Oh and of course everyone who wrote for us this issue!

We've been mad busy and also a bit mad. We've had copious "proper coffee" from Scotts coffee machine which he has now regrettably removed from the Seren office, a few one in the morning cleaning sessions and we finally discovered how you take home the ramen from Noodle One! Plastic tubs who knew! We've been joined in the office by enthusiastic sabbs, funny post it notes and a fly I have named Reggie.

So! On page 10 we have a message from the Students Union, on pages 11 - 13 are Serens first ever Welsh pages thanks to the brilliant team at yllef. Also in this issue is a homage to the late great Robin Williams on page 22 and on page 30 is a breakdown of Bangor City's up and coming season.

I hope you enjoy your custom copy of Seren Bangor and remember you can see us all year long by picking up our student issues at Asda!

The views presented hereinafter do not represent the views of Seren Bangor, Bangor Students' Union or Bangor University.

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In Brief

Success for Sioned

A former School of Music student at Bangor University has won the Musician's Medal at this year's National Eisteddfod in Carmarthenshire. Sioned Eleri Roberts is a clarinetist currently tutoring at Bangor University. Head of the School of Music, Dr Chris Collins said: "This is a special commendation for Sioned and worthy recognition of her talent and ability. It is a delight to congratulate Sioned on her success." Sioned will go on to join other prominent musician's alumni of the university including Pwyll ap Sion, Peter Flinn, Guto Pwll and Owain Llwyd.

Arsonist given bail

A 14 year old boy has admitted responsibility for the fire at Our Lady Immaculate RC School on Caernarfon Road last February. The teenage boy caused £111,000 damage at the primary school in an arson attack. Previously the courts had heard the boy state he was involved in the fire, but when cautioned by the police he denied any part. The boy has been granted bail until sentencing on September 5th.

Gwynedd residents speak of Gaza

STEVE Collings and Rania Alqass, a Welsh-Palestinian couple now living in Bethesda have spoken of the trauma they have suffered during Israel's military action in Gaza. They first met in Rania's hometown of Bethlehem where they lived for five years. They have watched anxiously as the conflict between Israel and Hamas rages in Gaza. The couple have been through "unimaginable" anxiety as they fear the spread of the violence. Mrs Alqass said "any news of conflict in the area brings back traumatic memories of my life in the area."

Bangor University levels Oxbridge for student satisfaction



■ Bangor University best in Wales



by EMILY HOULSTON-JONES
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Bangor University has been declared the best university in Wales for student satisfaction by a national survey.

The National Student Survey (NSS), which polls graduating students each year, also stated that Bangor was on par with top universities such as Cam-

bridge, Oxford, and Durham in terms of student satisfaction, with each of the four universities receiving a student satisfaction rating of 91%.

Cardiff University, which was 2013's best Welsh university for student satisfaction, has dropped to second place with a rating of 89%. Bangor's Varsity rivals Aberystwyth University have a student satisfaction rating of 83%, which is below the national average satisfaction rating of 86%.

The NSS, which is in its tenth year, is considered the most comprehensive higher education survey in the UK, with over half-a-million students being polled each year. Survey questions are wide ranging and include quality of teaching, fairness of assessments,

■ Top 10 in UK

and the level of academic support provided by universities.

Professor Oliver Turnball, Pro-Vice Chancellor for Teaching and Learning at Bangor University, has publicly commented on Bangor's performance in the survey, referring to the university's "130 year tradition of providing excellent teaching and care."

Having expressed his delight at the "excellent" results received by the university, he added: "These results are a wonderful endorsement of our activities, and of our values. When we compare our University with others teaching a broad range of higher education subjects, it's terrific that we are top 10 in the UK, and in overall satisfaction that we now lie level with other tra-

ditional universities such as Glasgow, Durham, and indeed both Oxford and Cambridge. It's a position which again reflects the excellent standard of teaching available at Bangor."

The increase in student satisfaction at Bangor University is part of a wider trend, with an overall increase in student satisfaction being seen throughout the UK, especially on campus universities, which dominate the top 10.

Greg Clark, the Universities Minister, commented on the overall increase in student satisfaction, saying "it is great to see student satisfaction rates with their university experience are continuing to rise."

Bangor and Caernarfon back on track?

■ Railway could save £100 million

■ Increase in tourists would results in financial boost



by STEPHANIE YEABSLEY
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A former Conwy council transport chief believes that pressure should be put on the

Welsh Government to bring back the train linking Bangor to Caernarfon.

Bob Saxey believes that reopening the rail link would be cheaper than building the new £100 million bypass currently planned.

The line was axed in 1970 by Dr Richard Beeching as part of his overhaul of the UK rail network. If the line was to be reopened Saxey believes this would result in a "huge financial boost" by bringing thousands of tourists annually to attractions such as

Caernarfon Castle.

Saxey also believes a higher number of visitors would come to Caernarfon due to speed and accessibility of the train. It would take just 13 minutes to travel between Bangor and Caernarfon and as Saxey points out "it would be possible to board a train in Caernarfon and get off at Euston just three hours 27 minutes later." The current bus service is very frequent but Saxey believes a number of visitors do not consider the bus system. The

benefit to the town's economy would be considerable.

A Gwynedd Council spokesman said: "Establishing a rail link which connects Caernarfon with the North Wales coast railway line is a long-term aspiration set out in the regional transport plan for North Wales. However, the current financial climate in which public services operate would make securing resources for such a development extremely challenging."

Tourism boost for North Wales? In Brief

■ Tourists are staying for less time



by TOM BICKERDIKEY
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Wales has seen an increase in the number of tourists visiting from the rest of the UK according to a major survey. However, it has also revealed that they are staying for less time and spending less money.

During the first quarter of this year, the number of domestic trips to Wales increased by 3.2% to 1.51 million; by

contrast trips to England declined by 11% and trips all around Britain went down by 9.8%. 7.8% of the overnight trips in the UK were in Wales, compared to 6.8% last year, but the number of nights in Wales fell 11%, and the average length of nights away for January – March was 2.66, compared to 3.08 for 2013.

In terms of average spending in Wales, there has been a 14.6% fall from £246 million in 2013 to £210 million; England fell by 10.7% and Britain (10.3%).

On the plus side, the first five

months of this year saw an increase in day visits to Wales by 25% to 40 million, compared to the same period for last year, and a 5% rise in associated expenditure.

Welsh tourism minister Edwina Hart described the figures as “a welcome boost to show that the industry was still performing well at the beginning of the year after a very successful 2013”. Last year, around 89 million tourism day visits were made to destinations all over Wales by British residents. This generated over £3 billion in expenditure.

Approximately half the number of day visits to North Wales were from outside Wales, with 4 million visits from North West England. People are only spending on average £29 in North Wales, but the annual average bed occupancy rate was the highest for all of Wales – 49%.

Hart added: “It seems that the industry managed to weather the storms which hit the UK at the beginning of the year and that quick action and investment from the Welsh Government meant repairs were carried out and tourism trade was not adversely affected.”

There has also been a rise in foreign visits to Wales by over 30,000 from last year.

THE INDUSTRY MANAGED TO WEATHER THE STORMS AT THE BEGINNING OF THE YEAR

Guto’s ‘Growing’ Success

A former student of The School of Welsh has won the National Eisteddfod Crown in Carmarthenshire this year. Guto Dafydd at 24 is one of the youngest poets to ever win the crown. Receiving his prize at a special ceremony of the Pavilion stage, Guto came top in his field of 32 competitors. His winning sequences contained 10 free verse poems on the theme ‘Tyfu’ (growing). Guto’s first collection of poetry will be published by Cyhoeddiadau Barddas in the spring of 2015.

Stuart’s Sprout Push



by EMILY HOULSTON-JONES
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A man who pushed a sprout up Snowdon using only his nose has raised over £5000 for charity.

Stuart Kettle, 49, from Coventry, has been raising money for Macmil-

lan Cancer support for nearly a decade, and has managed to raise £40000 overall. His Snowdon sprout stunt is the latest in a long line of wacky fundraising ideas, which have seen Stuart walking every street in Coventry wearing stilts and spending a week suspended in a box.

Stuart began his long and fruitful relationship with the charity while working as a cameraman for Macmillan making promotional videos. He has spoken of how the experience inspired him to do his bit, saying: “I saw what they do when I was filming stuff for them, I heard so many stories about how amazing they’ve been when they’ve been supporting people.”

He went on to say that when he initially began to fundraise for the charity, he “did the normal stuff, marathons, fun runs and coffee mornings, but I wanted to make things a bit more wacky to generate more awareness.”

The uniqueness of his fundraising methods posed unusual challenges for Stuart, who spent much time deliberating over how many sprouts he’d need for the challenge, before eventually deciding that 100 would be plenty (in the end, he used 22.) He also prepared for the foodie feat by strengthening his neck muscles by dancing, running with backpacks, and cycling. He also did a one mile trial run to prepare for the gruelling task.

Since completing the fundraiser Stuart has gone viral, receiving phone calls from Sky News and the BBC and going international, with attention coming from America, Russia, Germany, Amsterdam, and Belgium. Of the international attention, Kettle said “it’s massive.”

Stuart is wasting no time planning for his next fundraiser. Speaking to the Daily Post, he said “I’ll keep going, I’ve got lots of mad ideas, one is to walk from France to England. There’s only one way to do that, and that’s on the seabed.”

You can make a donation towards Stuart’s fundraising by visiting www.willthemadfoolmakeit.co.uk

Anglesey Show ‘brilliant’

MORE people have attended Anglesey Show than before despite the ‘headache’ of the group of travellers who moved onto the shows site just days before. President Hugh Griffiths has hailed this year’s show ‘brilliant’ owing the success to the perfect weather, and ‘full’ stands and stalls. Speaking over the travellers who were given an eviction notice he said “it was good to get the situation resolved so we could get on with the show. It’s nice for the community and good for the island.”

Pedal power is raising money for charity

HARRI Williams & his son Owain have completed a 200 mile cyclathon to raise money for Alaw Unit in Ysbyty Gwynedd’s Children’s Ward. A number of other fundraisers including friends Matt, Paul, Dylan and Ian also took part in a gruelling 80 mile ride around Anglesey.

In Brief 'The Times' win for Maisie

Davies JCB Journey

FUNDRAISER Esmor Davies enjoyed a night in his own bed after more than three weeks as he reached half-way into his 2,500 mile trek. The Buckley charity worker is partaking in a gruelling drive from John O'Groats to Land's End in a JCB digger. He hopes his challenge will go towards his £500,000 goal to build a sensory garden for blind war veterans. Davies was inspired by the Veterans fantastic spirit after visiting the Blind War Veterans centre in Llandudno. Anyone wanting to sponsor Esmor should call 07877 292394 or email esmor@dsl.pipex.com.

Road works cause delays

RESURFACING work on Holyhead Road is already causing traffic problems for citizens of Bangor. Described as 'essential' by the council the scheme is being undertaken in phases between the Railway Station and Menai Avenue over a period of five weeks. The scheme is being carried out during the school holidays to keep traffic to a minimum by avoiding the school, college and university traffic. Gwynedd council are urging motorists to leave plenty of time for their journey as despite efforts to minimise traffic a level of delay is inevitable.

Lost Dr Who actors

WREXHAM Odeon manager Kenny Kempster is searching for people involved in long lost episodes of the TV series Doctor Who shot in Gwynedd nearly 50 years ago. The manager is keen to invite them as guests of honour at the special screening of Peter Capaldi's first episode as the famous Time Lord. Kempster is looking to trace anyone who was an actor, extra or technical crew in the six-part adventure 'The Abominable Snowman' shot in the Nant Ffrancon Pass in Snowdonia.

■ Bangor University student wins £1000



by **STEPHANIE YEABSLEY**
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A Spanish with International Experience student from Bangor University has been named as one of three runners up, out of 2,500 students, in this year's UCAS/The Times Love Learning Competition.

Maisie Prior, 20, originally from Littlethorpe, Leicestershire was challenged to write a 500 word essay or a 30 second video to show how her course has captivated her learning.

In her essay Maisie wrote "I believe

my dearly loved degree has made me who I am today. Spanish has given me the confidence to just drop everything and go, if only to satisfy that craving of needing to learn more; learn more vocabulary, learn more about different food, cultures, and the kindness of strangers. To learn what it means to be fearless, to be lost in a new place, to be the only one in the room who is foreign."

Speaking to Seren, Maisie said "I was really surprised to be a runner up! Studying Spanish has been such a journey but I'm so passionate about it and I'm really pleased this came across in the essay. It's also amazing to get some recognition for the subject as a whole, especially with recent drops in university applications for modern languages."

As part of her runner up prize Maisie has won £1,000 and a year's subscription to The Times.

Bangor BEDs at Edinburgh Fringe



by **IDA VÄISÄNEN**
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Students and graduates of Bangor University will be performing at the largest art festival in the world this month, as BEDS (Bangor English Dramatic Society, winners of 'Best Performance' at the Bangor

University Society Awards for two years running) presents their comedic reimagining of Miguel de Cervantes' classic novel Don Quixote.

Directed by Sam Clark and Becki Moss, the BEDS' adaptation follows a self-proclaimed, bumbling Don Quixote (played by Zoology student Andrew Hull), inadequately assisted by his companion Sancho Panza (English graduate Daniel Chadwick), as he sets out to find his lost love Dulcinea (English graduate Imogen Rowe).

The supporting cast for the performance are Leila Gwynne, Edward Lang-Whiston, and Asher-Megan Humphries. Behind-the-scenes sup-

port is provided by Robin Boyd and Daniel Hughes.

The original novel of Don Quixote, published in two volumes in 1605 and 1615, is considered to be one of the most influential works of Spanish literature, as well as a foundational text in modern Western literature. The novel depicts the adventures of Alonso Quixiano, who reads so many chivalric novels that he sets out to become a knight, proclaiming himself as Don Quixote.

The shows will run 11th - 23rd August (except the 17th) at the Edinburgh Festival Fringe. The performance will take place at Surgeons'

Hall, Nicholson Street, at 7 pm daily and tickets cost £5. The tickets can be purchased from the EdFringe website.

BEDS Secretary Portia Dodds commented "Everyone is incredibly excited about performing at the Fringe. Getting the chance to perform to the public is always exhilarating and the fact that we are performing at the famous Edinburgh Fringe is a brilliant opportunity as it means not only promoting the university and the society to the public. BEDS is growing with talent and enthusiasm every year and hopefully being in the Fringe for a third year will attract even more interest."

Kayakers in dire straits

■ Did not pay attention to weather warnings



by BECKI WATSON
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Exactly 140 kayakers had to be guided to safety by the coastguard after being caught in “very choppy” conditions in the Menai Straits.

Three lifeboats were dispatched to

rescue the kayakers, who were taking part in a 600km race to Cardiff as part of the INTERA event, after they had set off from Caernarfon and racing to Conwy. The lifeboats were dispatched as a precautionary measure after reports of a kayaker capsizing, although it was later reported that they were not a part of the race.

The difficult conditions off of the west Anglesey coast caused problems when it came to launching the Beaumaris lifeboat, so the Treaddur Bay and Porthdinllaen lifeboats were dispatched to aid in the rescue effort.

Although the racers were very experienced kayakers, and the event

organisers had safety measures in place, watch manager Jim Green of Holyhead coastguard was unaware of the experience of the kayakers, and therefore decided to act ‘as a precautionary measure’. He said: “I thought it prudent to get lifeboats in the water to ascertain that all was well and everyone was accounted for.”

All competitors in the ITERA race, which takes place over seven days and attracts competitors from all over the world, were uninjured and exited the water in Bangor, then continued the race on bikes to the finish point in Conwy.

The only injury of the day came from

one of the lifeboat volunteers. The wind speed of 30 knots made for very rough conditions in the Straits, causing the volunteer to strike his head on the lifeboat console. He was knocked unconscious and suffered facial injuries. A coastguard spokesman stated: “They were one mile from Trearddur Bay and conditions were very rough at the time. The crew member was rendered unconscious and suffered facial injuries when he hit his head on the console. He was airlifted to Ysbyty Gwynedd where he is under observation but is said to be OK.”

Three-legged Snowdon walk

■ Beth Titterton diagnosed with brain tumours

■ Trio aim to raise money for The Brain Tumour Charity



by STEPHANIE YEABSLEY
news@seren.bangor.ac.uk

On August 30th, Bangor University graduates Katherine Seazell, 25, Beth Titterton, 22 and Emily Walker, 23 will be walking up Snowdon via the Llanberis Path, three-legged with a group of nearly 50 others.

This group of past and present Bangor students have come together in the hope to raise £1,000 for The Brain Tumour Charity by completing the walk and organising a fundraising event.

Beth Titterton was diagnosed in

April with two large tumours in her brain. She has since had one removed with surgery and the other has shrunk due to targeted radiotherapy. Despite the success of surgery Beth remains a ‘Cancer with Unknown Primary source patient’ as despite numerous scans and tests doctors have been unable to identify the nature of the cancer and where it is spreading from.

Organiser Emily explained that they decided to write a bucket list of things they wanted to do with Beth to help her through her treatment. “One of the things on this list was raise £1,000 for charity.” Emily said “We threw a few ideas around and eventually came up with the idea of climbing Snowdon three-legged – a mad, tough but hopefully great challenge for a great cause.”

Speaking about the amount of support she has received Beth said “The support I’ve been offered through positive messages has really helped

keep my spirits high and for that I cannot thank them enough.” Those who have supported me through donating to The Brain Tumour Charity are equally incredible. Knowing I’ve been a part of raising this money is the

most amazing feeling.”

If you wish to sponsor the group, the link to their Just Giving page is <https://www.justgiving.co.uk/thef-list>.



In Brief

Injury at Bounce Below

A 15-year-old air cadet suffered a spinal injury and was treated in hospital following a visit to the Bounce Below centre at Llechwedd Slate Caverns in Blaenau Ffestiniog. The attraction operator’s say the boy had a pre-existing medical condition and blacked out, however the incident is being reviewed by Health and Safety Executive officials. Sean Taylor who runs the attraction stressed: “We will get these incidents. That’s why we have risk assessments and qualified safety instructors.” The teenager was discharged from hospital later on that day having made a full recovery. It is still unclear how the boy came to be hurt.

New Park for Anglesey

SPEAKING at a packed booth in the Anglesey show, former MP Lleau Wyn Jones has announced a new £10 million science park in Gaerwen which will be the only one of its kind in Wales. The Menai Science Park will bring high-paid, high-skilled private sector jobs to Anglesey. Jones has stated that the science park will be a “place to develop technology, projects and ideas” and that the park is “a very exciting prospect for the island.” The park is hoping to open in 2016 or 2017.

Fall in crime rate for Gwynedd

LATEST figures have shown that crime in the Gwynedd region has fallen by three percent between April 2013 and March 2014. Winston Roddick the North Wales Police Crime Commissioner believes the fallen crime rate is due to an increased confidence in the North Wales Police force. 70 percent of people surveyed stated they had confidence in North Wales Police and 86 percent said they had been treated with respect by the police force. The recorded levels of crime are lower than both the England and Wales average.

SEREN



LOCAL BUSINESS AWARDS 2014

SEREN DECIDED TO REWARD THE FANTASTIC BUSINESSES OF BANGOR FOR A SECOND TIME!

OUR READERS VOTED AND HERE ARE THE WINNERS:



As a way to forge links between students and local businesses, Seren set up the Local Business Awards to celebrate the businesses that are important to the students.

We hope that these awards will bring awareness to the hard working local businesses and add some healthy competition between them.

We feel our first Business Awards were a great success and we hope to continue them for years to come. So remember to keep visiting your favourite shops, restaurants and pubs and look out for the Awards next year and vote for your favourite hideaway.





The aftermath of an Israeli airstrike in the Al Shejaiya neighbourhood, July 22 2014

What can social media tell us about the Gaza conflict?

by EMILY HOULSTON-JONES

Even the most politically unaware among us will have found it impossible to ignore the escalating conflict in Gaza in the past few weeks.

In the past month or so I have managed to remain almost entirely secluded from any kind of news as my life became a slowly dwindling space made up entirely of summer reading and job-hunting. Yet still the Gaza conflict, and the horrific stories that have emerged as a result, have permeated my lazy student existence in North Wales, over 2000 miles away from the

Gaza strip itself. A quick glance at my Facebook feed shows me that I am not the only person who has taken note of the long-lasting war between two countries separated by a land border and over 70 years of mutual hatred. The constant presence of social media in our lives has truly made it impossible to ignore any kind of humanitarian crisis.

To explain the conflict in-depth would probably entail me taking up this entire newspaper and still missing out crucial facts, viewpoints, and events. To explain the conflict at a surface level is, paradoxically, extremely easy.

The people of Israel were given land by the UN to form a Zionist state, in an attempt to rectify the conflict between the Arabian and Jewish inhabitants of Palestine. Old Palestine was split into two different states: Palestine, and Israel. The Arab people of Palestine were not happy with this solution, and so a decade-spanning conflict began, with the thorny issues of land-ownership, national identity, religion, and imperialism (Britain had ruled Palestine for nearly 30 years prior to the UN decision.)

But it isn't the history of the conflict that has affected us so deeply. It is the human cost. Schools and

refugee camps are constant targets of rockets launched by Israel into the Gaza strip, and this has provoked humanitarian outrage, not only on social networks, but in the UN itself. People are seeing the effect this conflict is having on the people of the Gaza Strip, and they are not liking what they are seeing. Teenager Farah Baker, who is 16 and lives on the Gaza Strip, is one such person who is demonstrating the realities of war using social media, having live-tweeted an Israeli bomb attack, using the twitter handle @Farah_Gazan.

It remains to be seen whether or not the proliferation of outrage

blossoming across the internet will solidify into something more concrete, as seen during the Arab Spring of 2010-2011 (when tweets of human rights outrages in countries such as Egypt led to uprisings and protests), or whether the images and stories will end up being nothing more than a poignant reminder of the true cost of a conflict. Only time will tell if social media will have any kind of sustainable influence on the Gaza conflict.

Scotland...U 'K?

Salmond and Darling face off in televised debate over Scotland's tenuous future

by EMILY HOULSTON-JONES

With just over a month until the Scottish Independence Referendum, debate is heating up between the two opposing sides.

The referendum, which will be held on the 18th of September, will ask the voters one, seemingly simple, question: "Should Scotland be an independent country?" Those who are arguing for and against the proposal have been given similarly laconic names by the press, having been deemed the "Yes" and "No" campaigns. These simple campaign names belie the complicated questions that both sets of campaigners must answer.

The attempt to answer some of the more thorny issues of Scottish inde-

pendence came in the form of a televised debate on the 6th of August between Scottish First Minister Alex Salmond (firmly entrenched in the "Yes" camp) and Alistair Darling, current MP for one of Edinburgh's constituencies and ex-Chancellor of the Exchequer.

First impressions seem to indicate that Darling came out top, with every post-debate poll agreeing on his domination. But, as we learnt during the pre-General Election televised debate, triumph during a debate does not necessarily translate to votes (most likely a very painful truth for Nick Clegg, who was widely considered the star of the three televised debates and yet whose party limped into third place in the General Election).

In terms of if the debates will impact

people's decisions on how to vote in the referendum, the polls answered with a resounding: "They didn't." The pro-independence voters have not been swayed, nor have those against independence. True, a few undecided voters have migrated to the Yes camp, but it is very likely that those who when first asked declared themselves undecided will choose to remain so by abstaining from voting.

Overall, the polls seem to agree that the "No" campaign is ahead, as it has been for the past year. So, all in all, the debate seems like a useless exercise. But even if it cannot predict the outcome of the referendum itself, could it give us a few key insights into a future beyond the referendum?

The short answer is no. Salmond, as First Minister of Scot-

land, would be the head of any Independent Scottish government, so many were listening eagerly for his plans for a newly independent Scottish government. Many would have been disappointed. He defined any future Scottish government according to what it would not be. It would not be dictated by Westminster politicians, it would not be subject to unfair taxes levied by people with no intimate knowledge of Scotland, and it would (probably) not have a new currency. His debate style seemed to focus more on what is wrong with the current form of government is Scotland, as opposed to any plans for a new form of government (demonstrated by his squeamish swerving when asked about the very important question of what currency an independent Scot-

land would use).

Darling was equally evasive when it came to the question of Scotland post-referendum. Unable to answer what additional devolved powers Scotland could expect to receive should the referendum return a "No" verdict, he instead focused on minutely attacking Salmond's arguments. An admirable quality in a debate, certainly, but one which does not exactly inspire confidence for the future of Scotland.

The debate offered no true answers, perfectly representing the current state of Scotland: caught in a limbo between independence and dependence, waiting for a referendum which may not provide the answers that the country needs.

Student Housing

Take your
time
to sign

This year, as part of the students' unions housing campaign, we have put together a 'Take Your Time to Sign' campaign focusing on the aspects of house hunting that new and returning students should do before signing a tenancy agreement.

Starting from Welcome Week on 22nd September right up until 1st December, we will be working with students and the housing office to keep tenants informed on what standards to look for. From contract proofing and housing advice, to house hunting help from our housing hand scheme, there is plenty of help available to you to ensure the best housing experience.

Landlord awards

Since its launch earlier this year, the Landlord Awards have been viewed as an excellent way to highlight the positive experiences that landlords bring to our students and the local community.

This year we are set to run the event again with another award up for grabs and more advertising to make it bigger and better. Look out for the nominations opening on 1st December along with further information on our website (www.bangorstudents.com) of how to get involved!

Tenants' Forum

This year, as part of the Housing Campaign, we have decided to launch a Tenants' Forum. This is where people from across Bangor can come together to talk about the challenges, positives, and ideas around student housing in Bangor. By bringing together students, the University, local councillors, the police, landlords, and the Students' Union, we can work together to tackle problems and improve experiences.

Housing Hand

Housing Hand is a brand new volunteering initiative at the Students' Union. It will provide students with the opportunity buddy up with another student, who has been trained to look for the important things when renting, to attend house viewings.

As well as providing support to students, the Housing Hand scheme will also give new students more advice on what they need to look out for and what questions they should ask in the future when searching for a house, gradually improving expected standards.

Student's Union Fundraising



Sport Relief Mile

Last year the Athletic Union organised the Community Sport Relief Mile at Treborth.

We contributed to £70 million that was raised nationally between 21st-23rd March. Sport Relief is a national charity that supports transforming lives both at home in the UK and across the world. We raised over £1000

including via both online and on the day sign-ups and sponsorship. It was a great event, with 200 people from both the local community and university involved. The Sport Relief Mile is organised every 2 years, so we will be running the event again in 2016.

RNLI Fundraiser

Within the Athletic Union, there are a variety of water and coastal based clubs and societies, all of whom are very active. They are safe in the knowledge that despite their training and activity planning there is a skilled and rapid resource available should they ever need help. This voluntary Search and Rescue service operates 24/7, 365 days a year and our funds help support their

work, by providing additional equipment and contributing to the running of the RNLI.

We support the fantastic work of the RNLI at the start of Semester 1 with a specially themed Athletic Union Night.

Our local Lifeboat station is in Beaumaris and as an Athletic Union we raised £1290.46. The event will be repeated in October 2014.



Student Volunteering Bangor (SVB)

Volunteers from Bangor University RAG (Raising And Giving), a group within Student Volunteering Bangor, recently awarded funds to their four chosen charities. At the beginning of each academic year, the group, who hold numerous fundraising events throughout the year, choose four charities for which to fundraise.

This year, the charities which benefitted from RAG's support were Ynys Môn and Gwynedd Mind, St. David's Hospice, Prostate Cancer UK and

Children with Cancer UK and after several months of successful fundraising, each group were awarded £1,270.86.

In addition, RAG volunteers have helped raise funds for a number of other charities including the November campaign, KIM Inspire, MS Trust and Tenovus. The student group raised £850 for the local Poppy Appeal and were recognised for their contribution by being awarded 'The Chief Constable of North Wales Police Award for Unit Endeavour' which recognises RAG's support of the Poppy

Appeal in Bangor over a sustained period of time and 'The Lord Lieutenant of Gwynedd's Merit Cup' for the largest percentage increase of fundraising since last year. Additionally £281.61 was raised for the People of Bangor Community Group and £1,128.78 for the MS Society.

Numerous large and small scale events were held throughout the year and included sponsored leg waxes, pub quizzes, a Harry Potter theme night and several street collections in and around Bangor.

Any local charity wishing to be

considered for support from Bangor University RAG in the next academic year, should write to RAG at rag.manager@bangorstudents.com or by post, The Students' Union, Oswald's, Victoria Drive, Bangor, LL57 2EN providing as much detail as possible about their organisation or fund no later than 30th September 2014. For more information you can call the Student Volunteering Bangor office on 01248 388021.

Codi Arian Undeb Myfyrwyr

Milltir Sport Relief Codi Arian RNLI

Y flwyddyn ddiwethaf trefnodd yr Undeb Athletau'r filltir Sport Relief cymunedol ar drac a chae Treborth. Roeddem ni'n rhan o'r £70,000,000 a godwyd rhwng 21ain-23ain Mawrth. Elusen genedlaethol sy'n cefnogi trawsnewid bywydau gartref ym Mhrydain ac ar draws y byd. Bu i ni godi dros £1000 yn cynnwys rhai a gofrestrodd ar gyfer y filltir ar-lein a rhedwyr a dalodd

ar y diwrnod. Roedd yn ddigwyddiad gwyb, gyda 200 o fyfyrwyr o'r gymuned a'r Brifysgol yn cymryd rhan. Trefnir y filltir Sport Relief bob dwy 2 flynedd, felly byddwn yn cynnal y digwyddiad eto yn 2016.

Mae gennym amryw o glybiau a chymdeithasau sydd wedi'u lleoli ar y dŵr ac ar y glannau, sydd i gyd yn weithgar iawn. Er gwaethaf eu hyfforddiant a'u cynllunio gweithgareddau, mae ganddynt dawlmeddwl bod yna adnodd medrus a chyflym ar gael os bydd arnynt byth angen help. Mae'r gwasanaeth Chwilio ac Achub gwirfoddol hwn yn gweithredu 24/7, 365 diwrnod

y flwyddyn, ac mae ein cyllid yn helpu i gefnogi eu gwaith, drwy ddarparu offer ychwanegol a chyfrannu at gynnal yr RNLI.

Rydym ni'n cefnogi gwaith rhagorol yr RNLI ar ddechrau Semester 1 gyda noson thema arbennig gan yr UA.

Mae ein gorsaf bad achub lleol ym Miwmares



Gwirfoddoli Myfyrwyr Bangor(GMB)



Yn ddiweddar cyflwynodd gwirfoddolwyr RAG Prifysgol Bangor, un o grwpiau Gwirfoddoli Myfyrwyr Bangor, eu cyfraniadau ariannol blyneddol i'r pedair elusen o'u dewis. Ar ddechrau pob blwyddyn academiaidd, bydd y grŵp, sy'n cynnal nifer o ddigwyddiadau codi arian dros y flwyddyn, yn dewis pedair elusen i godi arian drostynt.

Eleni, yr elusennau a gafodd fudd o gefnogaeth RAG oedd Mind Ynys Môn a Gwynedd, Hosbis Dewi Sant, Prostate Cancer UK a Children with Cancer UK ac yn dilyn misoedd o godi arian yn llwyddiannus, gwnaed cyfraniad o £1,270.86 i bob grŵp.

Ymhellach, mae gwirfoddolwyr RAG wedi helpu i godi arian at amryw o elusennau gan gynnwys Ymgyrch Tashwedd (Movember), KIM Inspire, Ymddiriedolaeth MS a Tenovus. Cododd y grŵp o fyfyrwyr £850 i'r Apêl Pabi lleol ac yn gydnabyddiaeth am hynny dyfarnwyd Gwobr Prif Gwnstabl Heddlu Gogledd Cymru am

Ymdrech Uned iddynt am gyfrannu'n ddygn dros gyfnod o amser i Apêl y Pabi ym Mangor, yn ogystal â Chwpan Teilyngdod Arglwydd Raglaw Gwynedd am y ganran uchaf o gynnydd mewn codi arian ers y llynedd. Yn ychwanegol codwyd £281.61 ar gyfer Grŵp Cymunedol Pobl Bangor a £1,128.78 i'r Gymdeithas MS.

Trefnwyd amryw o ddigwyddiadau ar raddfa fawr ac eraill ar raddfa lai dros y flwyddyn gan gynnwys cwro coesau wedi'i noddi, cwisiau tafarn a noson thema Harry Potter, a nifer o gasgliadau arian yn y stryd ym Mangor a'r cyffiniau.

Dylai unrhyw elusen leol sy'n dymuno cael ei hystyried ar gyfer ei chefnogi gan RAG Prifysgol Bangor yn y flwyddyn academiaidd nesaf ysgrifennu at RAG ar rag.manager@myfyrwyrbangor.com neu drwy'r post at Undeb y Myfyrwyr, Bryn Haul, Heol Fictoria, Bangor LL57 2EN a darparu cymaint o wybodaeth â phosib am eu mudiad neu gronfa a hynny dim hwyrach na 30 Medi 2014. Gellir cael mwy o wybodaeth gan Swyddfa Gwirfoddoli Myfyrwyr Bangor drwy ffonio 01248 388021.



GAIR GAN Y GOLYGYDD

Rydym i wedi bod yn aelod o bwyllgor Llef, ac yn is-olygydd yr adran lolygiadau ers imi gyrraedd Prifysgol Bangor yn las-fyfyriwr ym mis Medi, 2013. Mae cael bod yn rhan o dîm Y Llef wedi bod yn brofiad amhrisiadwy, ond mae ysgrifennu deunydd a dylunio adalennau ar gyfer pob rhifyn yn aith ffrous iawn.

Rydym i'n falch iawn bod papur newydd Cymraeg Prifysgol Bangor i mynd o nerth i nerth, yn enwedig i ystod y flwyddyn ddiwethaf. Mae cynnydd gynulleidfa lawer ehangach byn hyn, yn ymestyn y tu hwnt

i'r brifysgol yn unig. Mae'n bapur newydd y gallwn ni i gyd, fel cyd-fyfyrwyr Cymraeg y brifysgol, fod yn falch ohono.

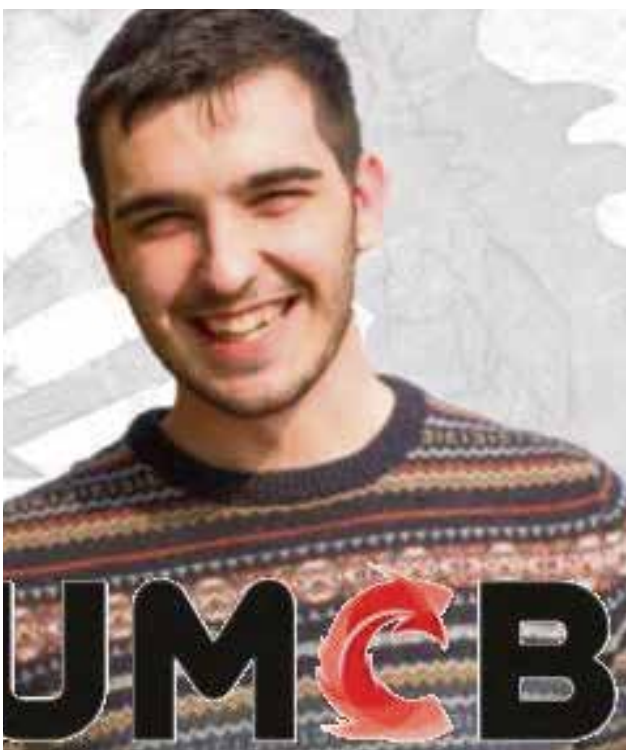
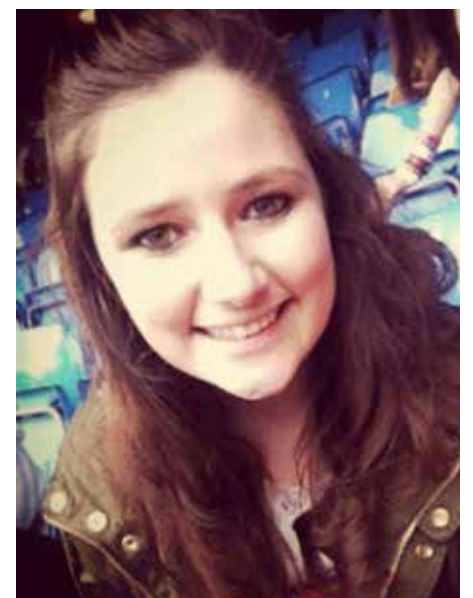
Dros y ddwy flynedd ddiwethaf, rydym wedi bod yn uned gref iawn o fewn pwyllgor y papur newydd, ac wedi derbyn cyfraniadau helaeth gan fyfyrwyr. Rydym yn ddibynnol ar gefnogaeth gref a chyfraniad myfyrwyr Bangor. Dylwn bwysleisio felly bod nifer o lefydd ar gael ar y pwyllgor y flwyddyn academaidd nesaf, ac rydym yn chwilio am unrhyw un sydd yn frwdfrydig i ymuno â'r papur.

Rydym yn chwilio am ysgrifennwyr, hysbysebwr, dosbarthwyr, technegwyr, dylunwyr, neu unrhywbeth arall yr ydych yn teimlo bod gennych i'w gynnig i Y Llef. Cysylltwch â mi am fwy o wybodaeth neu i roi eich enw ymlaen ar gyfer y tymor nesaf (manylion cyswllt ar waelod y dudalen).

Bydd Rhifyn y Glas yn cael ei gyhoeddi ychydig ddyddiau cyn i Wythnos y Glas ddechrau, felly bydd yr holl wybodaeth y byddwch ei angen ar gyfer yr wythnos ar gael yn y rhifyn, ynghyd â'r newyddion

diweddaraf, adolygiadau cyffrous llawer mwy. Mynnwch gopi!

Manon Elwyn



Mae UMCB yn mynd o nerth i nerth o wyddyn i flwyddyn ac eleni, mae'n argoeli fod yn flwyddyn lewyrchus arall. Y llynedd welwyd digwyddiadau gan Gymdeithas y drama Gymraeg yn dangos y dramâu enwog obi a Sami a Siwan, nosweithiau Meic Agored a Nhafarn y Glôb a chôr Aelwyd MJJ yn

Facebook: Llef Bangor

E-bost: golygydd.llef@myfyrwyrbangor.com

GAIR GAN LYWYDD UMCEB

rydym am weld nifer fwy o ddigwyddiadau gyda'r gymuned, yn rhan o galendr UMCEB. Gyda chynlluniau am gyfleoedd gwirfoddoli, nosweithiau Clwb Cymru yn agored i'r gymuned ac Wythnos Gymraeg ac leithoedd Lleiafrifol ar ddiwedd mis Chwefror.

Dros y flwyddyn ddiwethaf mae UMCEB wedi cael ambell lwyddiant hefyd drwy ennill yr Eisteddfod Ryngolegol unwaith eto ac yn barod i gadw'r darian pan fyddwn yn teithio i lawr i Aberystwyth y flwyddyn nesaf. Roedd tîm pêl-droed UMCEB hefyd yn dathlu eleni ar ôl ennill eu lle ar dop eu cynghrair ac mi fyddent yn ôl y flwyddyn nesaf i frwydro unwaith eto am y brig. Mae yna groeso i chi ddod i gefnogi'r bechgyn ar eu hvmgvrch v

flwyddyn nesaf eto. Bydd yna gyfle hefyd i fyfyrwyr UMCEB fynd i Gaeredin ar gyfer daith flynyddol i weld un o gemau rygbi Chwe Gwlad yn erbyn yr Alban. Mae hyn gyfle gwych i bawb gymdeithasu gyda'i gilydd a gyda nifer o fyfyrwyr o brifysgolion eraill. fel dwi'n ei wybod o flynyddoedd blaenor mae'n siŵr y gwelwn ni ambell i un ohono chi yno i gefnogi.

Felly cadwch lygad ar beth sy ymlaen gyda ni a sut y gallwch chi fod rhan o weithgareddau UMCEB drwy edry ar ein tudalen Gweplyfr newydd a fydd weithredol ar ddechrau mis Medi.

Guto Gwilym

EISTEDDFOD GENEDLAETHOL 2014

BETH YW'R LLEF?



Papur-newydd Cymraeg fyfyrwyr Prifysgol Bangor yw Y Llef. Caiff ei gynllunio a'i ysgrifennu gan fyfyrwyr Brifysgol, ac mae pob un o'r pedwar rhifyn a gyhoeddwy yn ystod y flwyddyn i'w cael ei ddosbarthu ar y ddiwedd i fyfyrwyr Bangor. Mae cynnwys y papur yn amrywiol iawn – o newyddion diweddaraf i ffasiwn stryd fawr Bangor. Mae'r Papur hefyd yn cynnwys 'Yr Hadau', sef atodiad i fyfyrwyr ail-iaith dysgwyr Cymraeg.

Mae yn y Brifysgol dros 3000 o fyfyrwyr sy'n siarad Cymraeg fel iaith gyntaf, ac mae llawer o 7000 o fyfyrwyr eraill sy'n gennym yn dechrau dysgu'r pan gyrhaeddant Fango gyda 2000 yn dysgu'r trwy gyrsiau'r Brifysgol. Mae Y Llef mewn sefyllfa unigryw fel cyfrwng cyfathrebu gyda'r boblogaeth fyfyrwyr gan y dosberthir y Papur mewn amryw o leoliadau ar hyd a lled campws Brifysgol a'r neuaddau preswyl.

Y llynedd, dosbarthwyd hefyd gopïau o gwmpas cymuned Bangor a'r tu hwnt, ac mae'r papur wedi cael ymateb da gan ddarlennwyr o'r tu allan i Brifysgol. Erbyn hyn, mae copïau electronig o'r Llef ar gael sy'n golygu bod rhagor o fyfyrwyr a phobl yn gallu gweld y Papur rydym hyd yn oed wedi denu darlennwyr o wledydd ar draws y byd gan gynnwys Lloegr, Ffrainc, yr Ariann ac America! Rydym yn falch iawn ein bod yn apelio i gynulleidfa mor eang, a rydym yn gobeithio parhau i wneud hynny yn ystod flwyddyn academiaidd nesaf.

Manon Elwyn

Eleni, cynhaliwyd yr Eisteddfod Genedlaethol yn Llanelli, Sir Gaerfyrddin. Yma'r tro cyntaf iddi fod yn y sir ers pedair blynedd ddiwedeg, felly mae'n debygol oed bod yr ardal wedi bod yn edrych ymlaen at y chroesawu. Dylid nodi hefyd mai dyma'r Eisteddfod Genedlaethol gyntaf i'w gweld i'r Archdderwydd a'r arolydd yr Eisteddfod fod yn ferched ar y cyd. Cafodd Christine James ei hethol yn Archdderwydd yn 2012, hi yw'r ferch gyntaf i ddal swydd. Eleni, roedd Eleni wrth y llyw yn trefnu'r ymlyd, y ferch gyntaf i'w gweld yn Drefnydd.

Mae canmol mawr i'r Eisteddfod eni, ac mae nifer o uchafbwyntiau yn fy marn. Un uchafbwynt oedd gweld cynifer o aelodau o'r Brifysgol Bangor yn cymryd rhan yng ngweithgareddau'r Eisteddfod, er enghraifft ymerodd Gruffudd Antur i Elis Dafydd ran yn

Nhalwrn y Beirdd. Roedd Dr Llion Jones, Cyfarwyddwr Canolfan Bedwyr, yn un o feirniaid cystadleuaeth y Gadair hefyd!

Un o'r uchafbwyntiau mwyaf oedd clywed mai Guto Dafydd a enillodd y Goron – cynfyfyrwr o Brifysgol Bangor. Yn 24 oed, mae Guto'n un o'r beirdd ieuengaf erioed i ennill y Goron yn y Brifwyl. Roedd 32 wedi cystadlu, ond Guto a ddaeth i'r brig gyda'i ddilyniant o 10 cerdd digynghanedd heb fod dros 250 llinell ar y testun 'Tyfu'. Llongyfarchiadau i Guto.

Mae'n newyddion calonogol bod 143,502 wedi ymweld ag Eisteddfod Sir Gâr eleni. Er bod hynny 10,000 yn llai na'r llynedd yn Ninbych, roedd y nifer ychydig yn fwy nag yn y ddwy Eisteddfod ddiwethaf yn y de. Mae'n debygol fod cynnydd yn y gweithgareddau yn ystod y dydd a'r nos wedi denu nifer helaeth o ymwelwyr o bob twll a chornel o Gymru yn ystod yr wythnos. I blant, mae mwy nag erioed i'w wneud – wal ddringo, clwb meithrin, dosbarthiadau dawn, stondin syrcas, ac

myfyrwyr, yn ogystal â Maes B, cynhaliwyd gigiau Cymdeithas yr Iaith Gymraeg yn nhref Llanelli, ac roedd Caffi Maes B ar y maes yn dynfa boblogaidd ac yn lle braf i ymlacio yn ystod y dydd a chysgodi rhag yr haul tanbaid.

Mae'r Eisteddfod



"Mae ein stondinwyr yn hapus i ddelio gydag ymwelwyr yn y Gymraeg neu'r Saesneg, ac mae arwyddion yr Eisteddfod ei hun a'r wybodaeth o amgylch y Maes yn ddwyieithog er mwyn sicrhau bod pawb yn gallu crwydro'r Maes yn hawdd, a gwneud y gorau o'u hymweliad."

yn lle hynod gymdeithasol – mae'n amhosib cerdded ymhell i unman heb stopio i siarad â rhywun yr ydych yn ei adnabod ar y maes. Mae'n debygol mai dyna sy'n fy nenu i bob blwyddyn i'r Eisteddfod; mae gallu edrych ymlaen at gwrdd â'r rheini nad ydych yn eu gweld yn aml iawn yn brofiad arbennig i'r Cymry yn ystod y Brifwyl.

Ond dros y blynnyddoedd, mae'r Eisteddfod wedi bod yn hybu pobl ddi-Gymraeg eu hiaith i ddod i'r wyl. Mewn ardaloedd ble nad oes fawr o Gymraeg yn

Mae'n brofiad ysbrydoledig i weld bod nifer yn dysgu'r iaith o ganlyniad i'w hymweliad cyntaf i'r Eisteddfod.

Y flwyddyn nesaf, cynhelir Eisteddfod Genedlaethol Maldwyn a'r Gororau ym Meifod. Mae'n rhaid imi ddweud fy mod yn edrych ymlaen ati'n barod, a hynny, i raddau helaeth, oherwydd llwyddiant ysgubol yr Eisteddfod eleni yn Llanelli.

Manon Elwyn



INTERVIEW

HAZEL MANUEL AUTHOR OF 'KANYAKUMARI'



Hazel Manuel recently left a successful career as CEO of an education company to write full time. Her homes are nearby in North Wales and Paris. When not writing Hazel is often travelling and her passion is to explore the wild and beautiful unexplored parts of the world. Hazel loves to explore ideas, concepts and places. Kanyakumari introduces you to the mysteries of Rachel, Gina and Sandrine as they journey through India.

How did you get into writing, has it always been something you enjoy?

I told my English teacher when I was young that I'd be a writer. I followed a conventional career, but I always found ways to write as well. So, when I was a teacher I wrote educational materials and textbooks. When in business I wrote business-related articles. I very much prefer writing novels though.

You gave up a successful career to become a writer, what made you do that? Do you ever regret it?

Yes I was a company CEO. And no I don't regret becoming a full time writer at all. I worked hard and had a rewarding career which afforded me lots of interesting opportunities. It was time to make the change though, being a full time writer was calling me powerfully. It was a great leap of faith but I didn't take the decision lightly, and I planned the change with care. Having taken this radical step over a year ago, I feel still

feel excited by this opportunity. I write every day and I love it!

What would you say were your main influences for Kanyakumari?

I had wanted to visit Kanyakumari since I was a child and having much of my first novel set there is fitting. The time I spent in India greatly influenced me in many ways and I wanted to get something of the power, the contradictions, the mystery and the life of that country into my novel. I also have a need to explore universal human themes - fear, loss, alienation, separateness, connectedness, friendship. These concerns fascinate me and as such I am influenced in my life and in my writing by thinkers and writers who explore similar themes. The French Existentialists have been amongst my biggest influences.

The style of the novel was interesting, what made you include Sandrine's Letters?

Ah Sandrine... I dreamed her in a

hotel room in Delhi. I knew that my novel was missing something, so I took it back to India to continue working on it there and found Sandrine and her story. India is a magical place

What do you want your readers to get from your work?

I'd like my readers to move with my characters through an inner journey of their own. My characters are flawed and messy and often uncertain. They are deeply human and as such I hope that their fears, their musings, their little epiphanies speak in a meaningful way to the reader.

Has North Wales ever been an inspiration for your work or will it ever be?

Living in North Wales for over 20 years has influenced me profoundly and hopefully my writing has benefitted from that. Living within an such an extraordinarily powerful landscape can't fail to enter in the

psyche. Being amid so much natural beauty and power has allowed both subtle and not so subtle changes to take place in my creative imagination and certainly my narratives, my characters, my settings have these amongst their heritage.

Tell us a little about 'Cliff' and 'The Geranium Woman'?

The Geranium Woman is my next novel to be published in 2015. It follows the fortunes of a bereaved career woman who profoundly questions what is important in her life with surprising results. It also explores certain facets of business and boardroom life, the cut and thrust, the ethics, the outcomes. Cliff is my current work in progress and is a psychological thriller. I am very much enjoying writing it!

Congratulations on winning the Best New Novel Award, how did that feel?

Thank you! I found out that Kanyakumari had won whilst having a

final check of my e mails in a plane - I was going trekking in the Sahara and I don't know what I was more excited about! A couple of glasses of Champagne found a good home on that flight!

We'd like to know about the London Welsh Literature Festival and your reading at Palas Print, what can we expect?

Both will be fun. The London Welsh Literature Festival celebrates writing with a strong Welsh connection. My Wales-based publishers Cinnamon Press have an evening showcasing their authors who, with me, will be reading from their work. The Bangor launch of Kanyakumari at Palas Print will be a fabulous evening of literature. There will be readings from my novel, against a backdrop of stunning scenes of India, readings from other fantastic writers, plus book signings, all over a civilised glass of wine.



Main: Last year's festival had a huge turnout
Inset: Lobster seller, Maurice

MENAI SEAFOOD FESTIVAL

DATE: 29TH - 31ST AUGUST 2014 - VENUE: MENAI BRIDGE, ANGLESEY

by IDA VAISANEN

Menai Seafood Festival returns 29 - 31 of August. After a successful first festival held in August of 2013, the Menai Seafood Festival returns to Menai Bridge at the end of this month. The festival was first set to promote the local fishing industry and to reconnect people with the array of quality fish and seafood available in North Wales, bringing together local fishermen, farmers and producers to display their selection.

Last year's first ever festival was a huge success, attracting over 10,000 visitors. While examining the events lined up for this year's festival, you can expect this year's festival to be just as successful.

On Friday 29th the festival opens with a concert featuring international harpist Catrin Finch as the headliner. Other performers include Casi Wyn, Chris Jones and Côr y Traeth. The concert will take place on 6pm at the Heritage Centre, Prince's Pier, Menai Bridge. Tickets are available to buy online from the Seafood Festival website, Dylan's restaurant

on Menai Bridge or Palas Print in Bangor.

On Saturday the 30th the events will include a local produce market, a champagne & oyster bar, seashore safaris for kids and cooking demos from local restaurants throughout the day. From 6pm-9pm the evening will continue with lantern procession and live music by Elin Fflur, Gildas and Sion Richards. The evening will end with a bang with a fireworks performance.

On Sunday 31st food takes over the final day schedule, with cooking masterclasses running throughout

the day from 10am to 6pm. There will be hands-on cookery sessions sponsored and run by Bodnant Welsh Food Centre, focusing on such delights as traditional Welshcakes, pasta and of course seafood. Cooking demos will also be arranged by such local restaurants as Dylan's, The Black Lion and the Oyster Catcher among others.

Just like last year the festival will also include demonstration tents, children's activities, presentations and exhibitions, pop-up arts and crafts galleries and live music throughout the entire festival. The

festival has also teamed up with local artists, marine biologists and chefs to run a project for local primary schools that combines science, food and art.

If looking for a chance to connect with your local produce of all kinds and enjoy the warm communal spirit while discovering the wonderful variety of local seafood, the Menai Seafood Festival will surely get you hooked!

Festival website: <http://www.menaiseafoodfestival.com/2013/>

venue
cymru
LLANDUDNO



THAT'LL BE THE DAY AUG 22ND - 7.30PM

Popular demand brings this rock 'n roll variety show back to Llandudno with a brand new performance!



SATURDAY NIGHT BEEGEES AUG 29TH - 7.30PM

Take a journey back through the band's most iconic hits with this fantastic show!

In Brief Stem Cell Trial Success

A recent pilot study by Imperial College London shows promise into stem cell research and stroke recovery.

Research conducted by scientists at Imperial College London found that by isolating particular stem cells, known as CD34+, and infusing them directly into damaged areas of the brain, the damaged areas would be stimulated into growing new blood vessels and allowed the recovery of the damaged area.

The pilot study was conducted on 5 patients, 4 of which had suffered severe strokes. The patients were monitored for 6 months and their ability to perform certain tasks was recorded. It was seen that 3 of the severe stroke patients had recovered from loss of speech and paralysis to being able to walk and care for themselves, with all 5 patients being able to take part in everyday tasks with some help.

This is the first stem cell treatment to have taken place after the first week of a stroke. Despite having shown promising results, a larger study will be needed in order to develop a treatment of recovery for stroke victims.

Tractor Beam Created

PHYSICISTS from the Australian National University in Canberra have managed to control the movement of objects by controlling the movement of waves, essentially by tractor beam. A recent article published in the journal *Nature Physics* explains how by creating a pattern of waves across a tank of water an object, in this case a ping pong ball, will move against the flow of water and can be controlled to move in specific directions.

The recent article explains how by changing the frequency and size of wave generation within a tank of water, not only the surface wave will change, but also the central current. The central current will switch direction and will create a central 'tractor beam effect'. According to Prof Michael Shats, the paper's senior author, surface flows of any shape can be generated allowing any movements. The applications of this discovery are numerous, possible examples include collecting floating objects, manipulating boats and clearing oil spills.

Pregnant Panda?

EDINBURGH Zoo have revealed that Tian Tian, one of two Giant Pandas loaned to the zoo from China in 2011, is believed to be pregnant. Tian Tian was artificially inseminated earlier this year, after attempts to get her to mate failed. Iain Valentine of Edinburgh Zoo did note caution however, warning that "the late loss of a cub", as happened last year, is still possible. However, the Panda exhibit at the zoo will be closed from the 16th of August in preparation for the birth. If Tian Tian does deliver successfully, the cub will be the first giant panda born in Britain.



Ebola Outbreak

by CHRIS GLASS

Earlier this month the World Health Organisation (WHO) declared the Ebola outbreak, in Western Africa, an international public health emergency.

The current Ebola outbreak has been described as the largest and longest outbreak in history currently affecting 1,779 people. The current outbreak began in Guinea in December 2013 and has been transmitted to Liberia, Nigeria and Sierra Leone, causing over 960 deaths.

The Ebola virus was first observed in 1976 and outbreaks of the virus

primarily occur in remote villages in Central and West Africa, usually in the vicinity of tropical rainforests. The virus is transmitted to humans from the fruit bat that is the natural hosts of the virus. Once the virus has been transmitted to the human further spread occurs relatively quickly through direct contact (through broken skin or mucous membranes). The incubation time for the virus can be up to 21 days making it very difficult to identify, isolate and prevent the spread.

The countries which are currently affected by the outbreak are without the necessary resources to manage the infection, with healthcare systems that are still in a recovery phase from war.

For this reason help has been asked from the international community. A press statement from the WHO's Director General, Margaret Chan, urged the international community to provide help stating, "Countries affected to date do not have the capacity to manage an outbreak of this size and complexity on their own. I urge the international community to provide support on the most urgent basis possible".

As there is currently no licensed vaccine for Ebola, the only treatment is based on the use of intravenous fluids and antibiotics. Several experimental treatments are in the progress of being developed, however these drugs have

only been tested on small groups and none have been licensed. The most developed of the experimental drugs is Zmapp which has been used on 2 US aid workers who have shown signs of improvement. The World Health Organisation is hosting a meeting of medical experts in Geneva to discuss the use of experimental drugs such as Zmapp on infected patients. Even if the WHO decide that experimental drugs can be used, treatment with the drug will be problematic as the drug would need to be manufactured in large quantities which would take a great amount of time and investment.



Space and Place

by STEPHEN JAMES

The Geographical Information (GI) industry predominantly deals with computerised location data, also known as 'spatial' data. Containing spatial data, the National Street Gazetteer (NSG) and National Land and Property Gazetteer (NLPG) cover one small area of the GI industry.

The NSG and the NLPG are the definitive sources of street and address information for England and Wales, bringing together Local Street Gazetteers (LSGs) and Local Land and Property Gazetteers (LLPGs) maintained by all local authorities across England and Wales. Both the NSG and

NLPG are created and maintained by GeoPlace, a partnership organisation between the Local Government Association and Ordnance Survey, while LSGs and LLPGs are the responsibility of custodians at a local level.

The NSG includes several different types of data, but these can be categorized into a 'Unique Street Reference Number', 'Street Details' including the street name, 'Spatial Geometry' in the form of a drawn representation of each street and finally 'Additional Street Data' such as street restrictions. The last category is particularly important for the use of the NSG as a centralised database of streets used by the Streetworks industry in the notification and coordination of roadworks.

Utility companies completing roadworks on the public highway have a duty to inform the Local Highway Authority (LHA), normally a local authority, about their works. Likewise, as part of the Traffic Management Act a LHA is responsible for the maintenance of the local public highway and ensuring that congestion on it is kept to a minimum. By utilities and LHAs using the NSG as a common frame of reference, both are able to communicate and coordinate much more efficiently in the fulfilment of their duties than would otherwise be possible.

In comparison the NLPG has far wider applications than the NSG. Containing details on every residential and non-residential property, and

including details on every parcel of land, the NLPG is an important source of data for addressing purposes feeding into Ordnance Survey addressing products which are utilised by an array of users. Applications of address data vary from use in emergency service response systems to use by companies for commercial purposes such as product ordering.

Given the uses of the NSG and the NLPG there is a need to maintain both gazetteers to a good standard. To achieve this there is a ranking system and annual awards for the best performing local gazetteers to encourage local custodians to maintain their gazetteers as efficiently and accurately as possible.



Postage Stamp Brain

by RICHARD DALLISON

Scientists led by the American technology giant IBM have this week produced a computer chip mimicking the organisation of the human brain. The design, published in the journal Science, describes the chip as the size of a postage stamp, just 3 centimetres across, with one million computational units called neurons squeezed on to it, with each neuron connecting to 256 others. Together these neurons create an immensely powerful chip, which can pick out key features in a visual scene and uses very little power.

After over 200 person-years of work, the projects senior author, Dr Dhar-

mendra Modha said the processor was “a new machine for a new era”, but he did admit that it would be some time before the chip was commercially available. The delay in the commercial implementation of this ground-breaking new chip is due to the fact that all new programs must be written from scratch to run on this new type of chip. This is the next generation after the traditional style chip, conceived in the 1940s and still in use powering nearly all modern computers today.

The new chip is revolutionarily different as it combines the processors and memory that have previously been kept separate. The new, heavily interconnected structure of the chip, dubbed TrueNorth, is a biologically

inspired, neuromorphic system, and is a much more efficient way of handling large amounts of data simultaneously. Instead of the usually used binary systems of ones and zeros, TrueNorth uses ‘spikes’ as a unit of computation. When its inputs are active enough, the chips neurons generate a spike that gets sent across the chip to other neurons, taking them closer to their own threshold. This is the reason completely different software must be written for these spiking network systems.

The building blocks of TrueNorth are neurosynaptic cores, containing 256 neurons each, Dr Modha’s team managed to engineer an interconnected grid of 64 by 64 cores, creating a chip with over one million neurons

in total. Each neuron is connected to 256 others, meaning there are more than 256 million synapse connections in the chip, making it incredibly complex, but nowhere near the human brain it imitates, where each neuron has over 10,000 synapses.

Even more impressively, the chip is infinitely scalable, with multiple units being able to be plugged together, to make an ever more powerful device. There are many envisaged applications of the chip, one of which is a robot for remotely searching dangerous environments, in war zones for example. While it may be some years before we see this chip in day to day life, it is significant that this huge step forward has been reached.



Rosetta Space Chase

by CHRIS GLASS

A new chapter in the space history books was created last week as the Rosetta Space probe finally arrived at its destination comet 67P, which is travelling at 55,000 km per hour.

With 10 years, five orbits of the sun and 6.4 billion km under its belt, the Rosetta Probe’ journey has been quite the undertaking. Funded by the European Space Agency (ESA), the project costing £1 billion has been undertaken in the hope of gaining a better understanding of the composition of

comets, how they were formed and whether they provided the building blocks of life on Earth

NASA’s previous attempt at studying the composition of a comet involved sending a return sample mission, named ‘Stardust’, which flew in the tail of a comet and collected samples of ‘dust’ before returning to Earth. The Rosetta mission makes Stardust look like a walk in the park. The Rosetta probe consists of two separate parts, the orbiter and the lander. The mission utilises both these parts to the fullest. The probe is now in orbit around the comet and it will be for 18

months, photographing and mapping the comet in great detail, whilst also analysing the matter released from the comet as it orbits the sun. In November ESA will attempt to find a suitable landing site and land the lander, named ‘Philae’, on the surface where it will secure itself using harpoons and grappling hooks. Once secured Philae will drill into the comet and analyse the composition in greater detail.

Keeping Rosetta operational throughout its 10 year journey has been quite the task. Retaining the probe’s power over the journey has been the main problem for ESA. In

order to save power on the craft ESA sent Rosetta into Hibernation for 31 months. However, in January Rosetta emerged from hibernation in order to carry out a certain number of manoeuvres to slow the craft so it will travel beside the comet at a similar speed. Rosetta has to fire its thrusters every few days in order to maintain a hyperbolic orbit 100km above the rotating comet. It is hoped that the mission will answer a certain number of questions about the transport of comets and the early solar system.

In Brief

Hope for the Rare Natterjack Toad

SCIENTISTS are attempting to construct a photographic record of the endangered Scottish Natterjack toad, in an effort to ensure the species’ survival. Interestingly each individual toad is identifiable by a distinct wart pattern (comparable to the human fingerprint), making the scientist’s job slightly easier. This species is found on saltmarshes and in sand dunes.

In order to survey the Natterjack properly scientists must enter the site after dusk armed with torches, a measuring tape and a camera. The gathered information from areas such as Solway Firth will help distinguish whether the population rises or falls in the next few years. It is said that the toads presently being surveyed could live between 10 to 15 years into the future, moreover, should they be surveyed again their existence can now be traced back to 2014.

This is not the first time this toad has been in the news however. In 1999 habitat loss, climate change and a fungal infection also threatened its’ existence. Despite this in the same year a population became established at the RSPB Mersehead Nature Reserve near Dalbeattie. Pete Minter, of the Amphibian and Reptile Conservation Trust stated that only around 200 adults are left and are clinging on to existence. Scientists are hoping that more will be done to conserve species closer to home.

Mini Orme for Local Botanic Garden

TREBORTH Botanical Gardens are helping to assist in the conservation of many rare plant species from the local Great Orme at Llandudno. The Great Orme is home to a number of rare plants which are unique to the area. The Orme’s environment is unique, its underlying geology consists of carboniferous limestone which alters the soil making it very alkaline, which coupled with its location and microclimate means that the Orme supports plant species that other places cannot, however pressures such as overgrazing and climate change are putting the Orme species in danger.

Treborth Botanical Gardens, assisted by the Students for Treborth Action Group (STAG) from Bangor University, is hoping to create a mini-Great Orme, which will replicate the conditions required for the plants to successfully thrive. The project hopes to replicate certain features of the Great Orme, providing suitable crags and recesses for plants to grow. One geological landform in particular that Treborth is attempting to recreate is a limestone pavement. Limestone pavements are very rare habitats which have been formed by weathering processes over hundreds of years. The quarrying of limestone over the centuries has dramatically reduced the number of limestone pavements in existence and also the species found at these locations.

In Brief

Revolution for Plas Newydd

THE National Trust's most polluting property is going green. Once heated by an oil boiler, Plas Newydd, located on Anglesey, is now being heated by the Menai Straits. During the winter months, the house used to use 1,500 litres of oil a day, which is the same amount an average house would use in 10 months.

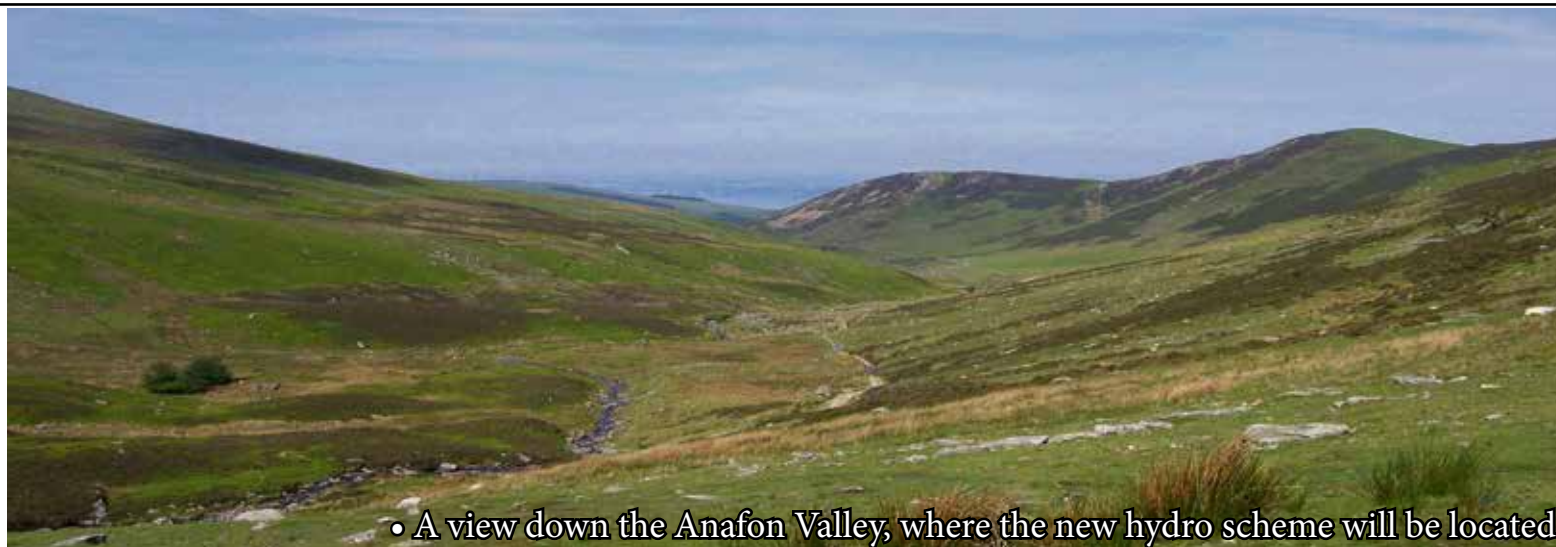
Now after a £600,000 revamp, water is pumped from the straits through a 53 meter pipe into a heat exchanger which works in a similar way to a refrigerator only in reverse. Heat is extracted from the seemingly freezing water using the same chemical that a refrigerator uses, and rather than the extracted heat being a waste product, it is used to heat water. This warm water is then pumped around the 18th Century house providing all of the hot water and heating.

The scheme is the largest of its kind in the UK and was developed with the help of scientists from Bangor University's School of Ocean Sciences and conservation experts to ensure the fragile environment of the straits was protected. The project is expected to save the Trust £40,000 a year in running costs, and stops them having to store 15,000 litres of oil on the banks of the Menai Straits.

Fracking: A Threat to Beauty Spots?

THE government have released new regulations for the latest round of bidding for fracking licences, which it says are much stricter than before. Campaigners have claimed that beauty spots are still at risk from fracking with new regulations not going far enough to protect some of Britain's most beautiful areas. Planning permission may be granted in National Parks, the Broads and Areas of Outstanding Natural Beauty, if it is deemed by planning bodies that they are 'in the public interest'. However, Eric Pickles, the Communities' Secretary, will have the right to overturn planning decisions, should they not conform to the government's criteria. Environmental campaign group, Greenpeace, believe these regulations make it easier for developers to drill in National Parks, believing the Communities Secretary will use his power to overrule authorities who reject an application. Contrary to this, the National Trust gave the news a cautious welcome, with Richard Hebditch, assistant director of External Affairs for the National Trust saying, "we welcome the new planning guidance which makes clear that applications should be refused in these areas other than in exceptional circumstances".

It is clear that the Government is very much in favour of exploiting shale gas reserves to secure Britain's energy security for the future. With a general election less than a year away however, it will be interesting to see how the political parties tackle the hot political potato that is hydraulic



• A view down the Anafon Valley, where the new hydro scheme will be located

New Hydro for Abergwyngregyn

by RICHARD DALLISON

An exciting new scheme is being developed in the Anafon Valley, near the village of Abergwyngregyn, Gwynedd. The community is getting behind a brand new hydroelectricity project, harnessing the power of the Afon Anafon in what will be a 270kW run-off-river scheme. The scheme, which was originally an idea developed by the Abergwyngregyn Regeneration Company (ARC), is now being overseen by Ynni Anafon Energy (YAE), a community Industrial and Provident Society, managed by residents of the village.

The project will see water extracted from the Afon Anafon via a 1m high weir, and channelled into a 45mm pipe that will descend 234 metres vertically over a distance of 3km through the Carneddau mountain range, partly

through National Trust land. The water will finally be returned to the Afon Anafon near its confluence with Afon Rhaeadr, after it has passed through the turbine house. This project will allow Abergwyngregyn to become self-sufficient in electricity generation, creating 1,000MWh of clean, green electricity a year, enough to power 230 homes, and preventing over 450 tons of carbon dioxide being released into the atmosphere every year. The project will be the largest community run hydroelectric scheme in North Wales. By selling the energy produced back to the National Grid, YAE will be able to fund community initiatives and ventures in not only Abergwyngregyn, but also the surrounding communities, via the Abergwyngregyn Community Trust.

YAE are finally at the stage of securing investment in the project, and will

soon be offering shares in the scheme to part fund the construction. Shares will be available to purchase from the beginning of community energy fortnight on the 13th of September 2014. To commemorate this landmark stage, YAE and the community are hosting "Aber Dabba Doo", Abergwyngregyn Festival 2014, on Saturday the 13th of September. Starting at 11am, Aber Dabba Doo promises to be a fun day out for all the family, with a traditional village fête, local celebrities such as Iolo Williams, the much loved duck race, and a whole selection of live music including Penrhyn Male Voice Choir, not to mention stalls by local business, local crafts and local food and drink outlets.

This scheme is being backed by, Fit for the Future, a branch of the National Trust that are giving support to projects. Fit for the Future has the aim

of inspiring other people to become more sustainable and to reach government targets of an 80% reduction in greenhouse gas emissions by 2050 and an increase to 15% of UK energy consumption to be from renewable sources by 2020.

To find out more about the hydro scheme, shares offer and Aber Dabba Doo, please scan the QR code below with your smartphone.



Changing Tides for Renewable Energy in Wales

by LAURA SUTTON

Residents of St David's, in Pembrokeshire, will soon be having their homes powered by a 400kW tidal power generator that was unveiled in Ramsey Sound last week. The trial project will run for 12 months generating energy from tidal currents on the sea bed, and is being hailed as Wales' first grid connected free standing tidal turbine. It is hoped that this trial scheme will lead to a larger project for Tidal Energy Ltd, which will incorporate nine, 150 tonne, seven story high turbines which are due to be built in Pembroke Dock by Mustang Marine. Mustang Marine were recently saved from administration and, should the project go ahead, it is hoped it will secure the company and the jobs it provides for the foreseeable future. The finished project will produce 10MW which is enough power for 10,000 homes.

The scheme has received high praise from First Minister Carwyn Jones who openly supports tidal energy as a way of reducing reliance on fossil fuels and to meeting green energy targets. He has also hailed the project

as an example to the rest of the world, showing that "we are able to harness the considerable energy that exists in our seas and that we are able to develop the technology necessary to do that". He has also praised the scheme as a great opportunity for local people and businesses.

The scheme has come under some criticism, however, as it is located in a Marine Special Area of Conservation as one of the best marine environments in Europe, as well as including a busy shipping port. This means the area has special legal protection. The turbine has therefore had to be designed with features that minimise its impacts on the surrounding environment and have as little disruption on existing shipping routes as possible.

The project cost £16m, £8m of which was EU funded, with £8m from the majority shareholder Eco2 Ltd. This is not the only tidal energy scheme in Wales; a £70m project off the coast of Anglesey is due to be operational in 2016. Schemes such as this show how even in protected areas, through specialist design and careful planning new technology can be installed to help us reach targets for a greener future.





In Brief

The Best Tree in Wales?

A village near Betws-y-Coed is now proud to be home to one of the eight contenders for the best tree in Wales! A horse chestnut tree in in Pentrefoelas near Betws-y-Coed was announced as a contender for the best tree in Wales last week. The spectacular tree is situated in the centre of Pentrefoelas, next to the Afon Merddwr, by the A5; the competition is not looking for beauty however, its objective is to find the tree that most brings the community together.

The Woodland Trust has said that the competition is about showing the importance of trees, as they can be both a focal point for a community as well as part of the local social history. The horse chestnut tree, in Pentrefoelas, has provides local children with a yearly supply of conkers which it has been doing for generations, and has also facilitated the annual conker tournament in the village for many years. Locals in Pentrefoelas hope their beloved tree has what it takes to become tree of the year.

The Competition is running online and the winning contestant will be entered in to the European Tree of the Year Competition next year, to represent Wales. To vote for your favourite, scan the QR code below with your smartphone.



A Botanical Hidden Treasure in North Wales

by AL HULLEY

Treborth Botanic Gardens is a small haven that lies roughly one mile down a track from the Bangor Side of Menai Bridge. Following this track through the arboretum, leads to the entrance of this aesthetically pleasing location used by students and the local community alike. Although small in size, there is a multitude of interesting locations throughout the site, including: the arboretum (a project eventually housing Welsh forest history), the tropical house (growing Bangor's best bananas), the temperate house (containing cacti of all sizes) and the orchid house (covering 3 different tempera-

ture ranges under one roof), not to mention the 16ft tree fern in the bog garden. The range of ex-situ climates present covers a wide variety of interests, providing an ideal location for honours projects.

Treborth requires regular maintenance from The Friends of Treborth Botanic Gardens (FTBG), who are assisted by Bangor University student society, the Students for Treborth Action Group (STAG). With weekly voluntary opportunities on Wednesdays and Fridays, there are plenty of opportunities to get stuck in and meet likeminded people.

Aside from volunteering, many of the public choose to take advantage of the recreational aspect of the botanic

gardens, whether it be cross country running, family walks or a casual browse around the gardens. Furthermore, many special events are laid on throughout the year, catering to all interests. These include the famous plant sales which attract a high footfall, not only for the wide fauna selection but also for the delicious afternoon tea, the profits of which are ploughed back into maintaining this location. Other activities include the very popular fungal forays open to all age groups and lead by Treborth's much loved curator Nigel Brown. Participants are invited to split into groups and then set loose in the grounds to find fungi of all shapes, shades and sizes. At the end of the day families regroup to see

the array of findings before Nigel describes and selects characteristics of the most interesting specimens. There are also less science based events hosted by Treborth such as the renowned Botanical Beats. This music and arts festival brings local businesses, arts/crafts specialists as well as the student societies together for an unforgettable low-cost festival.

This fantastic Botanical and Horticultural resource therefore provides something for everyone whether it be a contribution to a cutting edge scientific report or providing an interesting plant to a hobby gardener.

Wild Cranes Make Comeback After 500 Year Absence

by CHRIS GLASS

Five hundred years ago, cranes were a common sight across the British Isles. However these majestic birds were made extinct by over-hunting and loss of wetlands. Over the past 5 years, a programme, termed 'The Great Crane Project', has aimed to reintroduce Cranes back into the UK. The project has raised and released almost 100 cranes on to the Somerset Levels and moors.

The Great Crane Project is a joint venture between the Wildfowl and Wetlands Trust (WWT), the RSPB, Pensthorpe Conservation Trust and Viridor Credits. The project aims to restore the Eurasian Crane to areas where they used to reside. The WWT reserve at Slimbridge has been host to the crane school the past 5 years. This school has raised the cranes from eggs, which have been taken from a healthy wild crane population in Germany, and from there raised to adults.

Cranes are naturally very social birds and are cared for and raised by their parents for several months, for this reason special measures have had to be made when raising the birds. The project raises the young birds in classes of around 16, these help to teach the cranes various skills that

they would usually learn from their parents, such as foraging and exercise. One task that was undertaken was daily walks, over 40 volunteers walked the birds every day, clocking up over 700 hours of exercise, as this is very important in the development of the young birds. When raising the birds, the main concern was making sure that the cranes wouldn't become too familiar with humans as this would put the wild population at risk from poaching. To reduce this risk the volunteers wore grey hooded overalls.

With the last class of birds fully released on the Levels, Damon Bridge, manager of the Great Crane Project, made it clear that this was only the beginning of the recovery of the wild crane population, stating "we're all looking forward to the next phase of the project with the cranes settling down to breed and raise youngsters in the wild".

In recent years the Eurasian crane has naturally started to recolonize some regions of eastern Britain, but it is hoped that with a large flock now fully established in Somerset, the cranes will have a strong foothold in Britain and will eventually spread out and recolonise western Britain.



• A flock of juvenile cranes in Somerset

Peregrines Poisoned

ON Thursday the 10th of July, four Peregrine Falcons were found dead at a local Gwynedd quarry. The birds were last seen alive on Thursday 3rd July, and this has been confirmed by photo evidence obtained by the police. The police have stated that three chicks and one adult have died at Dyffryn Nantlle Quarry, tragically, the chicks were only about a week from fledging. The RSPB have said that it is highly unusual for four birds to die in such a way, and therefore foul play is suspected. The most likely cause of death is poisoning by bait brought back by one of the parents.

Today, there are 1,500 breeding pairs of peregrine falcons in the UK, all of which are protected by UK law, therefore it is an offence to take, kill or injure a bird or to take, damage or destroy its eggs, nest or young. A number of incidents of peregrine falcons being illegally persecuted in North Wales have occurred recently.

North Wales Police are urging anyone with information about this or similar incidents to contact PC Evans on 101 and quote reference R105499.

In Brief

Reading Festival makes U-turn on toilet roll

ORGANISERS of the Reading Festival have made a U-turn on their decision not to restock toilet paper in campsite loos at this year's event.

This new policy would have meant portable toilets would not be restocked after running out of their first roll.

In a statement, the organisers said: "In an effort to improve our sustainability policies, we did consider reducing the amount of toilet roll supplied in the campsites. Following feedback from festival fans, the decision has been taken to maintain the supply of toilet roll distributed within the campsites."

Iron Maiden donate to charity

A collection of heavy metal memorabilia have been put up for auction on eBay for a fortnight to raise money for the Teenage Cancer Trust, Childline and Nordoff Robbins Music Therapy.

Items include various signed setlists, t-shirts, CDs and guitars. Black Sabbath have donated an Orange amp and Iron Maiden a signed poster from Sonisphere, which on August 11th was worth just less than £1000.

Band manager Rod Smallwood described the auction as "a great opportunity for fans, industry and musicians to join forces in helping those who need it most".

The auction closes on August 21st.

Foo Fighters

FOO Fighters have announced their new album 'Sonic Highways' will be released on November 10th. Prior to a "big announcement" on August 11th, the band posted clues of their eighth studio album on social media, including an eight-second video of someone (presumably Dave Grohl) screaming "All riieee!"

The album will feature eight tracks, each of which was recorded in a different US city, and is produced by Butch Vig, who worked with Grohl on Nirvana's 'Nevermind'. It will accompany a mini-series sharing the same title on HBO, which documents the recording of the album.



Dropkick Murphys

by THOMAS BICKERDIKE

Whether it is Newcastle's O2 Academy or Fenway Park in Boston, the Murphys will always put on a good show. For me, they are the best band around at the minute. You do not have to be a hardcore punk follower or a Bruins/Red Sox fan to appreciate their brilliance.

For those of you who have not of them (where have you been?!), the Dropkick Murphys are a Celtic punk band from Quincy, MA; a cross between The Pogues and The Clash. Formed in 1996, they made a name for themselves for yearly St. Patrick's Day shows, but received international

recognition when their song 'I'm Shipping Up To Boston' featured in the 2006 Oscar winning film *The Departed*. Since then, they signed with Warner Bros. records and released three successful albums – 'The Meanest of Times', 'Going Out in Style' and 'Signed and Sealed in Blood'.

Their performance at Newcastle's O2 Academy came a day after their appearance on the Saturn Stage at Sonisphere. Frontman Ken Casey said that it was good to performing in front of "their people" rather than festival audiences. What they enjoyed was the audience's desire to get on with the next song.

Listening to their records you can

hear the amount of energy they convey and they display that same energy in their live performances. The audience certainly displayed a similar enthusiasm, including the ever-popular moshpit and crowd surfing. They do have an especially loyal fan base, which joined in with every song.

Though a lot has changed since their 1998 debut album 'Do or Die' (especially in terms of members), they still went back to it for 'Barroom Hero' and 'Boy on the Docks'. There were also covers of The Nips' 'Vengeance', Bachman-Turner Overdrive's 'Takin' Care of Business' and nods to their Irish roots with 'Fields of Athenry', 'Johnny, I Hardly Knew Ya' and 'The

Irish Rover'.

I also enjoyed the fact they performed some of their more, what I would call, underrated tracks like 'Cruel' and 'Jimmy Collins' Wake'. My particular favourite tracks of the evening were 'Going Out in Style' and 'Rose Tattoo'. The final highlight of the evening was witnessing dozens of girls invade the stage for the penultimate song 'Kiss Me, I'm #!@faced' and then by a group of guys for the last track. Expect anything different from the Murphys? Of course not.

By the end of it, my voice was almost hoarse; my shoulders were bruised from the moshpit and I think my ears are still recovering. Still, it was worth it.



Ed Sheeran: X

by NICOLA HOBAN

Ed Sheeran first burst onto the UK music scene in 2011 with his album '+', pronounced Plus, which became a hit with songs like 'The A Team', 'Lego House', 'Drunk', and 'Give Me Love'. His fan base grew rapidly and, by collaborating with artists like Taylor Swift and writing songs for One Direction, he was soon well-known in the States too.

It wasn't until two years later though that we heard anything new from Ed, when 'The Hobbit' director Peter Jackson asked him if he would write and perform a song for the film. 'I See Fire' was born and once again was an instant hit. He also wrote 'All of the Stars', which is not featured on the album, for

the film 'The Fault in our Stars'.

Now 2014 welcomes his new album, 'X', pronounced Multiply, which does feature 'I See Fire'. However, it is better known for the song 'Sing' after its accompanying music video sped up the charts, featuring a Muppet version of Ed where he... well... I can't really find the words to describe it, so just go and watch it if you haven't already. If you have seen it, you know what I mean.

I'm not sure what Ed Sheeran's fascination is with having album titles such as '+' and 'X', but the simplicity, to me, works well and is definitely easily remembered.

Featuring songs such as 'One', 'Don't' and 'Afire Love', Ed Sheeran has once again swept fans away; the song 'Afire

Love', in my opinion, particularly so – this song is Ed's tribute to his late grandfather and is definitely a tear jerker.

The album has 16 songs, which range from the slow melody of 'Afire Love' and 'One' to the upbeat anthem of 'Sing', to 'Don't' and 'Take It Back' which demonstrate Ed's strange habit of combining rapping with singing, despite his singing in 'Take It Back' that "I'm not a rapper, I'm a singer with the flow". A rapper he claims he isn't, but either way the style works.

There are several great songs on this album, some that just aren't to my taste, but overall it's an album that is well-worth buying.

I have a few favourites on this album: 'Nina' is definitely on that list, followed

closely by 'I'm A Mess', 'Photograph' and 'Shirtsleeves', so if you haven't heard them yet, I recommend that give them a listen.

Ed Sheeran is now gearing up for UK and Ireland tour which kicks off this October.



Lily Allen:
Sheezus

by AMY BLACKWELL

LILY Allen takes a leaf out of Beyoncé's book in her new album 'Sheezus', not in style or genre but in the name of social criticism. Allen attacks society's ideas of fame, gender and internet-age-etiquette.

Everyone has heard her retaliation to Robin Thicke's 'Blurred Lines' with 'Hard Out Here', which highlights the struggle of professional women in the music industry. The album's namesake 'Sheezus' criticises societies dedication to and mocks the extent of fame and the woman eat woman nature of the media. However, I fear her message can be somewhat clouded by her bitterly edged humour and comes off as bratty in some places.

In terms of style the album returns to the style of Allens first album 'Alright Still' and especially reminds me of 'Alfie', a satire about her younger brother Alfie Allen. As with all of Allen's albums, some songs are incredibly catchy and others are bordering on the more annoying. This being said I do enjoy 'URL Badman' for its humour and 'L8 CMMR' and 'Air Balloon' for their catchy-ness. The album does include a vocally stunning adaptation of Keane's 'Somewhere Only We Know', though it feels mismatched in comparison to the rest of the album.

Lily Allen has always been a little bit controversial in both message and style; her style can only be described as "London" and doesn't fit neatly into a music genre and her message is often double sided. I think Lily Allen is the age old marmite cliché; you either love her or you hate her and the same goes for this album. Is it a blurry message and mismatched style or is she a social warrior with a catchy edge? I'll let you decide that one for yourself, but in terms of modern day social satire I'll stick with Queen B.

TOM JONES
LIVE

+ SPECIAL GUESTS

DYDD GWENER / FRIDAY 25 GORFFENNAF / JULY 2014

STADIWM EIRIAS
BAE COLWYN BAY

Tom Jones: Access All Eirias

by SARA LLOYD WILLIAMS

On a sunny evening at the end of July, an event occurred in Colwyn Bay that rocked most of North Wales. The Welsh legend that is Sir Tom Jones came to give his first ever performance in North Wales and this lucky Seren writer was in attendance.

Tom Jones has had a phenomenal career that has lasted over 50 years and the legacy of that career could be seen in the varying ages of the audience. Young children, who came to know Jones through his work as a coach on the popular BBC One programme The Voice, attended with their grand-

parents who knew the singer from his initial rise to fame in the early 60s. The wide appeal he has with all age groups meant that the sporting venue Eirias Park was full to capacity with a 14,000 person strong crowd cheering the star on. The warm weather helped lift the mood of everyone in attendance, as customised banners made from knickers were spotted waving across the stadium!

Unlike many big acts that command the power to keep their fans waiting, Jones' performance began bang on 8pm with a rousing version of John Lee Hooker's 'Burning Hell', before moving on to a solo version of his classic 'Mama Told Me Not to Come' (originally sang with Welsh rockers

Stereophonics). This was a theme for the evening with a mixture of classic country and blue covers, old classics and songs off his upcoming album.

The quality of Jones' voice and performance though meant that often they melted into each other, with the audience enjoying unfamiliar songs as much as they did the crowd pleasers.

Despite the consistency of his performance nothing could beat the atmosphere in the stadium when the old favourites came up. 'The Green, Green Grass of Home' and 'It's Not Unusual' had the crowd on their feet, singing along and moving about. But this paled into insignificance compared to the unofficial Welsh anthem of 'Delilah'. The song originally just

over 3 minutes in length continued for much, much longer as an enthusiastic Jones encouraged the singing crowd to repeat the classic line 'She stood there laughing (hahahaha)' several times, with the performer clearly enjoying the response to his song as much as the crowd enjoyed singing along.

Looking back on his performance, what stood out for me was how easy he sang these incredible songs. At no point would you ever question if he was using a backing track or miming along (as is often the case with modern singers); the quality of his voice made even the unfamiliar songs enjoyable and mixed with his cheeky banter this made the whole evening one that anyone in attendance will never forget.



Manic Street Preachers

by THOMAS BIKERDIKE

“One day we will return, no matter how much it hurts. And it hurts.”

Last year, Manic Street Preachers ended their “hiatus”, to look for a better word, with 'Rewind the Film'; a stark contrast to the more rocky, grumpy and rebellious sounds associated with 'Generation Terrorists' and 'The Holy Bible'. Their latest offering 'Futurology' is, to put it in their words, “Post, Punk, Disco, Rock”.

Recorded in Berlin, 'Futurology' features several avant-garde German references, including bands such as Kraftwerk. There is also certainly a Russian influence behind this album. For ex-

ample, 'Mayakovsky' refers to the poet, actor and playwright Vladimir Mayakovsky and 'Black Square' refers to a piece by avant-garde painter Kazimir Malevich. Alongside these are influences from Simple Minds.

On the opening night of their UK Tour at the end of March, they debuted the title track 'Futurology' and 'Europa Geht Durch Mich'. 'Futurology' seems to be foreseeing the “return” of rock and roll and something good, as there is a sense of positivity yet also determination to it; a sign of things to come on this album. 'Europa Geht Durch Mich', featuring German actress Nina Hoss, could almost be a Kraftwerk number, minus the industrial siren noises, pounding drums and guitar;

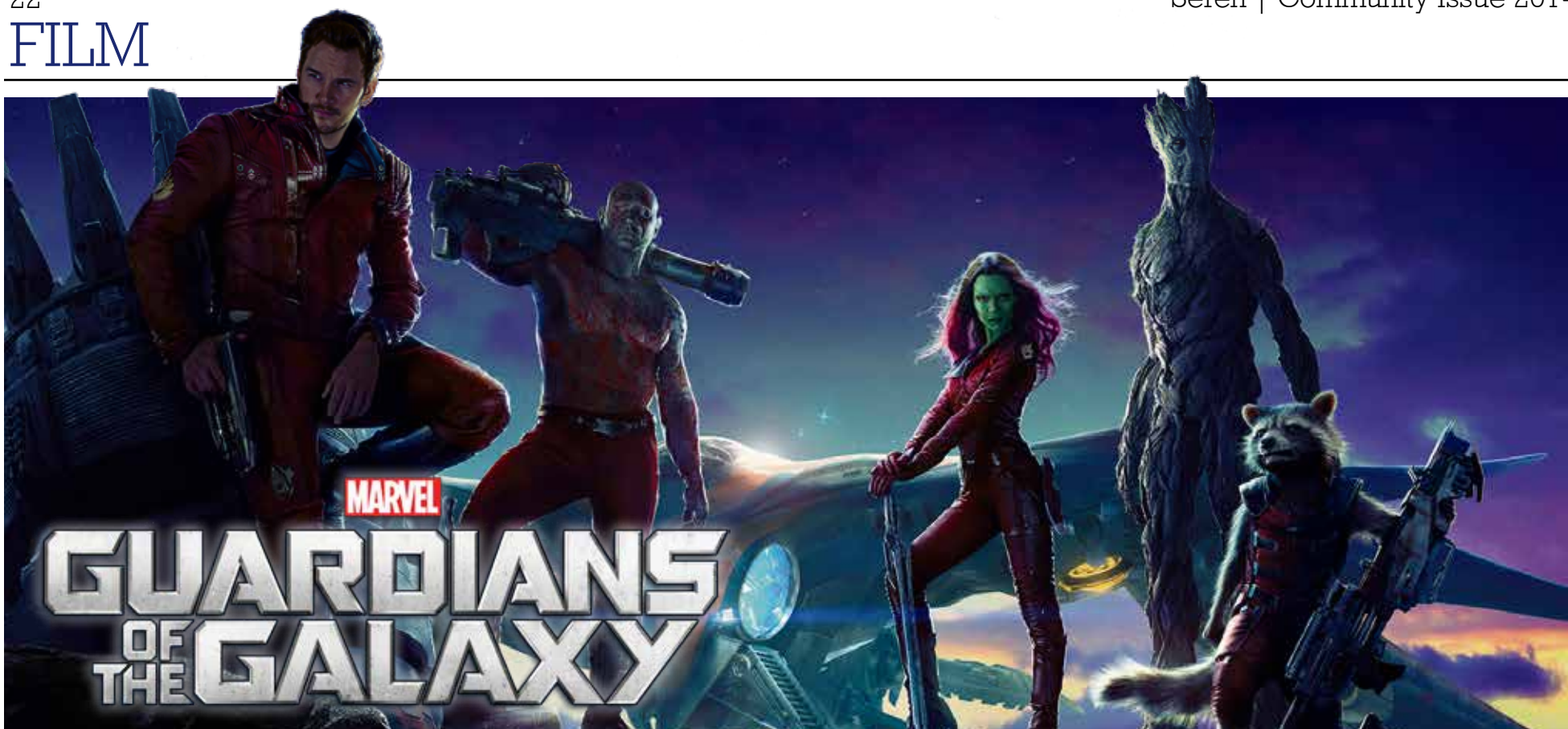
therefore it is more like electronic rock from the late 70s to me. This track has gone down well live, as it did at Glas- tonbury.

'Walk Me To The Bridge' was leaked back in April and Nicky Wire says it is primarily about the Öresund Bridge connecting Sweden and Denmark and how bridges allow for out of body experiences, though at the time (seven years ago) he did say he contemplated leaving the band when they crossed it. The beginning sounds almost serious especially with the accompanying bass and beat before the intensity increases, reaching the pinnacle with an explosion of a chorus. Many have interpreted the aforementioned 'fatal friend' to be former band member Richey Ed-

wards, though this is apparently just a coincidence.

Wire also described 'Let's Go To War' as “a nice marching song”, yet with that amount of anger being conveyed this is the kind of song you would expect a younger band to perform, rather than three guys in their mid-40s. To be honest, it is the only angry song on the album. There are also two instrumental tracks – 'Mayakovsky' and 'Dreaming A City (Hugheskova)'.

This album has been very well-received and, even though they are always experimenting, it is certainly a return for the Manics to their norm: “We'll come back one day. We never really went away”



by LJ TAYLOR

Much more than the 'silly', a bit more 'adult' addition to the Marvel Universe than trailers paraded it as, The Guardians of the Galaxy stake their claim to become your heroes across cinema screens this summer.

Centering around perhaps the universe's least likely heroes, a space raccoon, a tree, an eloquent psychopath, the daughter of an evil titan and a guy who calls himself 'Starlord', it is hardly the comic book heavyweight of its counterparts. However, Guardians (as it's affectionately known by fans) is a pleasantly surprising watch that contains all the elements of Marvel's recent success; great actors, great effects and great comedy.

Genetically modified raccoon, Rocket (voiced by Bradley Cooper), and bodyguard Groot (Vin Diesel) are sure they've hit the jackpot when they encounter devilish rogue, Peter Quill (Chris Pratt) and see the large bounty that's been placed on his

head. However, their payday plans are interrupted when the deadly assassin Gamora (Zoe Saldana) turns up to retrieve an orb that Quill had stolen just hours ago. Cue an explosive race through the streets of Xandar (the film's main planet) which lands them all in a high security intergalactic prison - what better way to get to know your new superhero crew?

The main catalyst for the film's plot is this mysterious orb. Quill initially steals it because he knows he can get a lot of money for it, the bounty is placed on his head because he has the orb and then Gamora reveals the incredible price that her secret buyer would pay for it - it's a pretty sought after orb to say that it was just rotting away on an abandoned planet prior to the start of Guardians. By the end of the film you can't help but think about how it was likely made just to set up the story arc of the next phase of Marvel movies, after all without its predecessors Guardians would likely be one of those franchises not brought to life

on the big screen.

However, it doesn't all come down to being a stepping stone for phase three of Marvel's films. It's interesting to see how the group adapt to work with each other and leave behind their criminal pasts to become some of the world's greatest heroes as they slowly uncover the truth about the orb.

Guardians is not like the other Marvel movies that we've had since Iron Man back in 2008, but that by no means is a bad thing. The film really holds its own and introduces us to a really interesting bunch of heroes and a different side to the Marvel Universe.

Having Marvel attached to a film means you know that it's going to be a blockbuster with some top notch special effects and their latest certainly doesn't disappoint in that area. The different parts of the wider Marvel Universe, and different beings are beautifully realised. At times it feels like a Star Wars movie where Jedi and Sith are forgotten for the bounty hunters and dodgy deal-

ings of Coruscant's undercity - and that's fresh and brilliant.

As is the cast.

The vast majority are newcomers to the Marvel Universe, certainly the principal cast are and it's impossible to pick out one standout performance because they are all great. It was quite surprising when the opening titles revealed Bradley Cooper as the voice of Rocket but he gets it spot on, the right amount of swagger, emotion and comedic timing. The same goes for Pratt as Peter Quill - it would have been easy to cast him and just expect 'Starlord' to be played as a bit of a waste of time, trying to be funny character but instead he could pull on the stars and stripes, take hold of Mjolnir or take flight as - okay, only Robert Downey Jr could be Iron Man but the point is that the relatively unknown, Pratt fits perfectly into the mould of the Marvel hero - even if Quill does go about it in a slightly different manner.

Another gem has to be WWE superstar Batista who plays the part of the

heavily muscled and aptly named Drax the Destroyer who promptly joins the group after meeting them in the prison. The role gives Batista (real name Dave Bautista) so much more scope to display his acting talent than his appearances on Monday Night Raw.

The acting talent, visuals, storyline and loveable rogues as characters it's almost impossible to fault Guardians of the Galaxy - especially once you consider the brilliant 70s inspired soundtrack which subtly plays an emotional and important role in the development of Quill's character and includes the likes of David Bowie, 10cc and The Runaways to name a few.

All in all Guardians of the Galaxy is a great film, one that Marvel will be proud to put their name to, with characters that fans will be hoping to see make a cameo at least in phase three - plus it already seems as though these guys will be back for a sequel.

Robin Williams

1951-2014

by MEDWYNN ROBERTS

A beloved actor who single-handedly provided audiences with magic and humour in the decade of our childhood has sadly passed away. Robin McLaurin Williams, 63, who had battled with depression died at his home in Tiburon, California.

The Academy Award winning actor has given us a body of work that has made us smile, laugh and cry in equal measure. To simply say that the public is familiar with his work would be one of the greatest understatements ever recorded. Many of our generations first cinematic experiences unsurprisingly begins with Robin Williams.

Robin Williams, a shy boy growing up in 1950s Chicago, made his

comedy debut impersonating his grandmother to his mother. After high school and graduating from Julliard's School for Performing Arts, Williams got his breakthrough role as the energetic alien Mork in Happy Days and later in the self-titled sitcom Mork & Mindy. The success of this character helped launch Robin Williams' legendary film career.

Much like the Cave of Wonders in Aladdin, Robin Williams' IMDB is filled with gems. Dead Poets Society, Fisher King, Mrs Doubtfire, Jack Jumanji and of course Aladdin, to name but a few, would be nothing were it not for the outstanding performances given by Williams.

More than simply an actor or comedian, Robin Williams presented us with a worldview that inspired

happiness, love and courage. In his many interviews spanning forty decades he gave us some of the following - "You will have bad times, but they will always wake you up to the stuff you weren't paying attention to" and "There is still a lot to learn and there is always great stuff out there. Even mistakes can be wonderful" Most important of all: "No matter what people tell you, words and ideas can change the world."

The world is in mourning not just for a great actor but for an incredible human being. An individual who paid for fellow actor Christopher Reeves' costly medical bills after making a pact of friendship in their youth. Creating the Windfall Foundation that has helped countless causes and donating his earnings

wherever possible are just some of the acts of good will surrounding Williams' legacy.

Amidst all the tweets and messages of remembrance that are still pouring in on this sad day, one stands out the most: "It's like I have lost a favourite uncle". Robin Williams, a man who brought about so much joy to our hearts will never be forgotten.

Bangarang!





by **AMY BLACKWELL**

This summer saw the return of our favourite dragon-riding-Vikings in 'How To Train Your Dragon 2'. Director Dean DeBlois, one of the original film's co-directors returns with this

fantastic sequel, and the film stars Cate Blanchett, America Ferrera, Gerard Butler and Jonah Hill just to mention a few. The film returns five years from where the first left off, really allowing fans of the original to see how the characters and their relationships have grown. The ani-

mation as before is stunning and the writing allows for equal amounts of emotion and humour.

We join Hiccup (voiced by Jay Baruchel) and Toothless as they try to take down evil dragon enslaver Draco Bludvist. Along the way they encounter long lost relatives, new

species of dragons and the answer to the meaning of life for a Viking on the back of a dragon. It is heart warming and hilarious all at the same time, a real family friendly adventure. As viewers we get to experience stunning new scenery and beautiful family reunions alongside

the excitement of the main quest, making this film great for everybody. A great rainy day option to keep the kids happy over the long summer holiday.



by **TOM BICKERDIKE**

Rise of the Planet of the Apes in 2011 was certainly a success, reinventing one of cinema's great movie franchises and giving fans of the 1968 original reason to cheer again after the disappointing Tim Burton remake. 'Rise' was very similar to the 1972 Conquest of the Planet of the Apes, with the premise centred on the apes rising up and overthrowing humanity.

Approximately ten years after the outbreak of a Simian flu which

wiped out most of humanity, Caesar and the apes have established a peaceful home in the forest. However, they come across a group of human survivors living in the remains of San Francisco. Their attempts at peace are short-lived, thus leading to conflict between both species.

There is also a new director on board; Rise was directed by Rupert Wyatt and this one by Matt Reeves, famous for directing Cloverfield. The film in the original series that this one compares to most is the final one, Battle for the Planet of the Apes, in the sense that within the

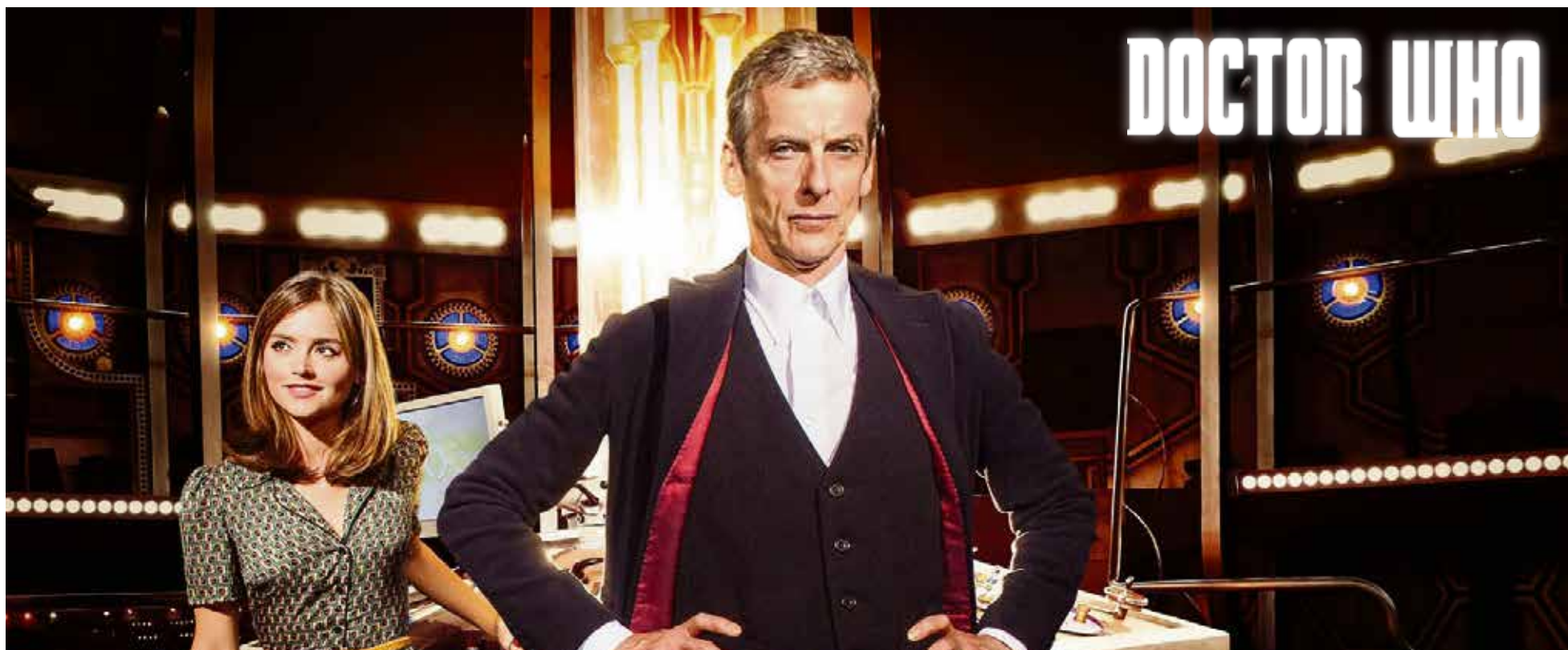
ape community there is one side (led by Caesar) that wants peace with the humans and on the other (led by Koba), war. It is the same for the humans; whereby Jason Clarke's character wants peace yet Gary Oldman's wants to wipe out the apes. The film addresses the balance between both sides. What is different from the original franchise is the viewpoint of the apes, which was not fully explored until the third film. However, in 'Dawn', both the apes and humans are fully-rounded three-dimensional characters the audience feels interest for, with de-

tailed story arcs.

As with Rise, Andy Serkis is providing the motion capture for Caesar in the same way he did for Gollum in the Lord of the Rings films; he is such a pioneer in this field. The only difference is the fact Caesar has to do more talking, but he has developed a variety of ape vocalisations which is taking it to the next level. There will undoubtedly be another campaign for him to receive an Oscar nomination for this role. Opposite him as Koba is Toby Kebbell, who gives a great performance as an ape who does not share the same affec-

tion for the humans, given his treatment in Rise.

Even though there are a few minor faults (the ape getting drunk scene is both cheesy and predictable), this is one of the smarter blockbuster movies to be released this year; therefore it is always going to be better than Transformers: Age of Extinction. It is up there with Rise both visually and narratively. Plus, Matt Reeves has signed on to direct a sequel, which has the potential to be huge as there is still a way to go before everything is tied up.



by **STEPHANIE YEABSLEY**

Christmas 2013 saw the end of Matt Smith's reign as the Doctor and whether you loved him or hated him; you have to admit he brought something special to the role. Series 8 will continue to star Jenna Coleman as companion Clara Oswald, and will introduce Peter Capaldi as the twelfth doctor. So what can fans expect from the new episode, the new series and the new

doctor?

The BBC have released a 'secret trailer' urging viewers to share it using the means of social media. The trailer is accompanied by the message: "The new Doctor lands in Victorian London. Share this secret trailer for the first episode of Series 8. #DoctorWho starts Saturday 23rd August on @BBCOne." Titled 'Deep Breath' the trailer shows a dinosaur roaring into the screen and a newly

decorated Tardis, of which Clara then disapproves of.

Written by show runner Steven Moffat and directed by Doctor Who regular Ben Wheatley the episode will also feature fan favourites Neve McIntosh, Catrin Stewart and Dan Starkey reprising their roles as Madame Vastra, Jenny Flint and Strax. And for those fans who don't want to say goodbye to Matt Smith just yet he will be making a small

cameo role in the episode.

Moffat has described the episode as a "big introduction for Peter Capaldi." There will be "plenty of action and nonsense and jeopardy, as there ever is in Doctor Who." Fans of Capaldi who know him as swearsy Malcolm Tucker will be pleased to know that there is more than a little of the spin doctor in his performance. His character has so far been described as "grumpy and spiky" with

the doctor delighting in finally being Scottish growling, "I can really complain about things now, I can really complain about things now!"

Whether you're a die-hard Whovian, you've grown up watching the show or are a first time viewer; Doctor Who can be enjoyed by all ages. Personally I still miss David Tennant, but cannot wait to see what Capaldi offers up.



by **SARA LLOYD WILLIAMS**

For anyone who has watched True Blood since the very beginning, it's hard to believe the final season is upon us. For 7 years the adventures of the residence of Bon Temps have captured our attention, but sadly only for a couple more episodes. And in all honesty, the last 2 episodes really couldn't come quick enough.

For those who have missed the experience that is True Blood let me summarise. True Blood is an American show, originally produced for the cable channel HBO, the same one that produces Game of Thrones.

Similar to Game of Thrones the show has made headlines for its notoriously graphic sexual scenes and extremely violent deaths. The show is based on The Southern Vampire Mysteries book series by Charlaine Harris and began in 2006 when vampires and werewolves were at the height of popularity due to the Twilight Saga. Following the life of Sookie Stackhouse, a seemingly never-at-work waitress she navigates a world where vampires have outed their presence to the world, and all the issues she has to deal with after becoming romantically involved with one of these creatures, the mys-

terious Bill Compton.

The original season was an exciting and interesting one, and was often executed well for the first few seasons, but for the last three seasons the plot has been over the top, going from humorously camp to just plain bad. Characters became increasingly one dimensional and too often good story arches were slowed down to concentrate on characters no one cared about (I'm looking at you Sam Merlot)/ For this reason, despite having watched True Blood since the beginning I was excited to learn that this would be its final hurrah, because for all its faults

I'm still an addict to this show.

From the very first few minutes of the new season the writers made it clear why this season would be different. With contracts ending at any point, characters both main and side, are dropping like flies. In addition to the unsafe element felt for every character you care about, the show also seems to have opened up its little black book of past actors, and guest cameos from old characters are coming in thick in each episode. There is definitely a nostalgic feel to this last season, with many references dating back to the first season in addition to the return of

several characters.

But this leads to the season's greatest problem, and in all honesty the shows problem as a whole. Throughout its run seemingly important storylines have mysteriously been abandoned mid story. The return of so many past elements only highlights that many of the shows story's from the past 7 years will never be resolved, and as a viewer it has become a frustrating, rather than pleasant experience to watch.

I've loved this show from the start, but after 7 mighty years it's time to finally put these vampires back in their coffin.



by NICOLA HOBAN

MTV's new show Finding Carter is pretty darn good. I knew from the minute that I watched the first trailer that it would be an interesting watch. Finding Carter tells the story of teenager Carter Stevens, whose whole world is turned upside down when she finds out that the woman who she thought was her mother isn't her mother but her kidnapper. We find this out within the first ten minutes of the first episode of course, so that viewers are immediately swept up in the aftermath and

not waiting for the excitement. It hits you from the get-go. From there, Carter (played by Kathryn Prescott, who previously played Emily Fitch on Skins back in 2007) is reunited with her birth family, and chaos naturally ensues. Having a somewhat rebellious personality, she does not get on well at first with her new family. She is bent on finding her mother Lori Stevens, whilst trying to cope with the angry forces of Detective Elizabeth Wilson (Cynthia Watros), her mother, whose sole focus is on arresting said kidnapper. She also has to work on reconnecting with her father David Wilson (Alexis

Denisof, who will be recognised by Buffy The Vampire Slayer and Angel fans as Wesley Wyndam-Price) - a writer who is trying to save the family from bankruptcy by secretly writing a book about recovering his daughter, entitled (you guessed it) Finding Carter - twin sister Taylor Wilson, and younger brother Grant, who brashly introduces himself as "the replacement child". The show has a superb supporting cast, none of whom are well-known, but none the less bring something to the show that makes it just that bit better. Finding Carter has a something else to recommend it - it makes you second guess yourself.

Imagine if it were you who found out, after living your whole life thinking it were true, that it was a gigantic lie. Would you want to go and try and live the life that was stolen from you, or would you try and stay in your old one even knowing that it was all fake? That's what I find so captivating about Finding Carter, is that it makes you think and question each character's motive. Though we are only at the start of the first season, one has to start thinking if there will be a second. I can only hope so, because from my experience with watching MTV shows, it gets a hell of a lot better as the seasons' progress. Teen Wolf is

living proof of that (don't judge me) - while at first I legitimately started watching it to see how terrible it would be (I was not disappointed; the CGI was terrible for one thing), by the fourth season the show and its cast had stepped up its game drastically and I was left wondering why my heart had been ripped out of my chest and was shredded into a million pieces. I'm just saying, like most shows, it takes a while for the wheels of a show to loosen up and for it to really get going, but from what I've seen so far, Finding Carter is on the right track.

NETFLIX

5 of the Best Documentaries



JIRO DREAMS OF SUSHI
David Gelb (2011)

A DOCUMENTARY tribute to the lifetime achievements of one of the best sushi chefs in Japan, it's also an exploration of the mindset of a man deeply dedicated to his career. When Jiro is not making sushi or choosing the best ingredients, he dreams of it. Even if the topics of sushi and Japanese cuisine are not for you, this personal profile reduced from all unnecessary hype is very interesting and heartwarming for anyone to see.



THE IMPOSTER
Bart Layton (2012)

THIS unnerving documentary depicts how a 12 year old boy goes missing in Texas only to be found 3 years later in Spain. What makes these events further bizarre is that the boy who returns is actually a 23 year old man with a history of false identities. As the mystery begins to unravel, it becomes unclear whether to question the imposter's motives or the boy's family. Most interesting about this is having the imposter himself interviewed throughout the events, which eventually begins to cast some light on the situation.



BLACKFISH
Gabriela Cowperthwaite (2013)

A DOCUMENTARY that has stirred great controversy, it explores the background of a certain orca of SeaWorld that has caused the death of several of its' trainers. Instead of creating hysteria towards the occurred deaths, the documentary concentrates on the big picture with interviews of marine biologists and whale professionals. It sticks to its point without any unnecessary dramatization, leaving the viewers to question the ethical side of keeping orcas in captivity at all.



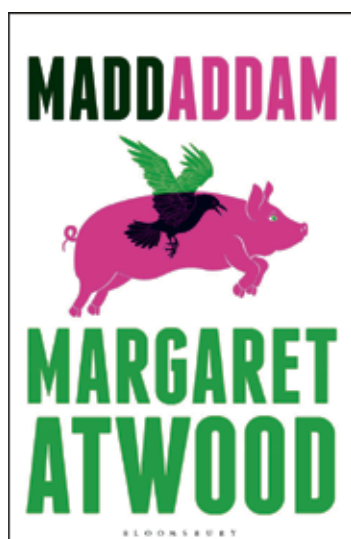
THE WOMAN WHO WASN'T THERE
Angelo Guglielmo (2012)

TANIA Head was one of the most visible survivors of 9/11; lobbying recognition for survivors and serving as a source of peer support. Still an article for the New York Times changed all of this, as the background research revealed her story to be fabricated. The documentary takes a look at Head's position in the survivors' network, as well as her past in her native Spain, trying to find out why anyone would pose as a 9/11 survivor.

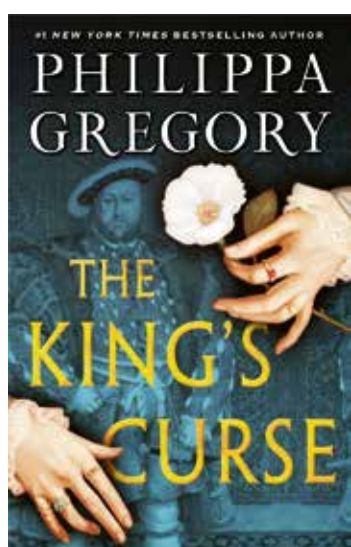


TALHOTBLOND
Barbara Schroeder (2009)

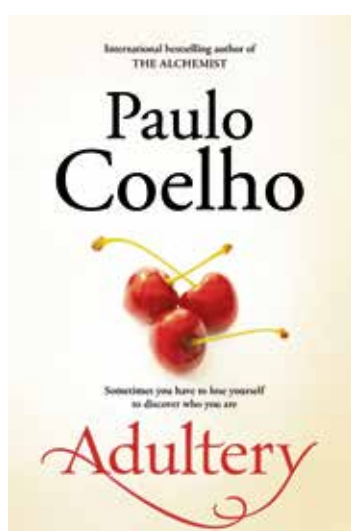
SOMETIMES reality outdoes fiction! When a middle-aged man bored with his life becomes infatuated with a beautiful teenager named Talhottblond, it is a beginning of an obsessive online relationship. When a third person becomes involved, the relationship ends with a homicide, this time in real life. This sets questions about the growing presence of internet in our lives and relationships. Watch it, you can't guess the final twist!

NEW
RELEASES

Margaret
Atwood
Maddaddam



Phillippa
Gregory
*The King's
Curse*



Paulo
Coelho
Adultery



Severed Heads, Broken Hearts

by BECKI WATSON

Scouring the bookshelves of a charity shop looking for some holiday reads, the first thing that struck me about this book was the title; 'Severed Heads, Broken Hearts', which is published under the different (and less interesting) title The Beginning of Everything in America, is the debut novel of Robyn Schneider and was released last year. I was unsure whether to give this book a go, but a critic comparing Schneider's style to John Green, whose novel The Fault in Our Stars I adore, convinced me to give it a try.

'Severed Heads, Broken Hearts' fol-

lows the life of Ezra Faulkner, a 17-year old who thinks he has it all until a hit and run accident shatters his knee, destroying his future career in tennis, and begins his fall from the popular crowd at his North Californian high school. Trying to find his place again, he falls in with a group of misfits, including his old best friend Toby and the enigmatic new girl Cassidy. But as Ezra's relationship with Cassidy develops, the mysteries of her past threaten to drive everyone apart.

This book starts off following the classic coming of age formula. Ezra is an extremely likeable protagonist, and

all of the other characters are believably fleshed out; the one exception is Ezra's ex-girlfriend Charlotte, who is written a bit too much like the spoiled cheerleader stereotype for my liking. However, the real twist in this book lies with the character of Cassidy. At first, she's written a bit too obviously 'quirky' to contrast with the other girls at their high school, although throughout the course of the novel, she is given a depth of character that sets her apart from the standard love interest figure often found in Young Adult novels. What I love about this is that it challenges the idea of a romantic inter-

est fixing all of the problems in your life; what Schneider shows is that no one but you has the power to do this.

Although this is classified as young adult fiction, anyone who reads Severed Heads, Broken Hearts can get something out of it, as Ezra's journey of self-discovery, and the lesson that we can never truly know what's going on inside other people's heads, is one that anyone can relate to. Severed Heads, Broken Hearts is a fantastic summer read, which will keep you thinking long after you've turned the final page.



The Storyteller

by STEPHANIE YEABSLEY

You may have heard of 'My Sister's Keeper' the tear jerking novel turned film by renowned author Jodi Picoult. Regular readers of her novels will know they are characterised by her emotional portrayal of regular events and their thrilling climax usually set within a courtroom drama.

'The Storyteller' brings a fresh perspective to the much explored topic of the Holocaust. Set in modern time, there is no trial and a third of the novel

takes place seventy years ago. It is not a typical Jodi Picoult novel, but possibly my favourite one. My love of history in novels drew me to it and I didn't give a second thought before downloading it to my Kindle.

The story revolves around Sage, a loner working the night shift in a bakery to avoid the public eye. She befriends an old man – Josef Weber, everyone's favourite retired teacher and beloved member of the community who has a dark secret. He was a Nazi

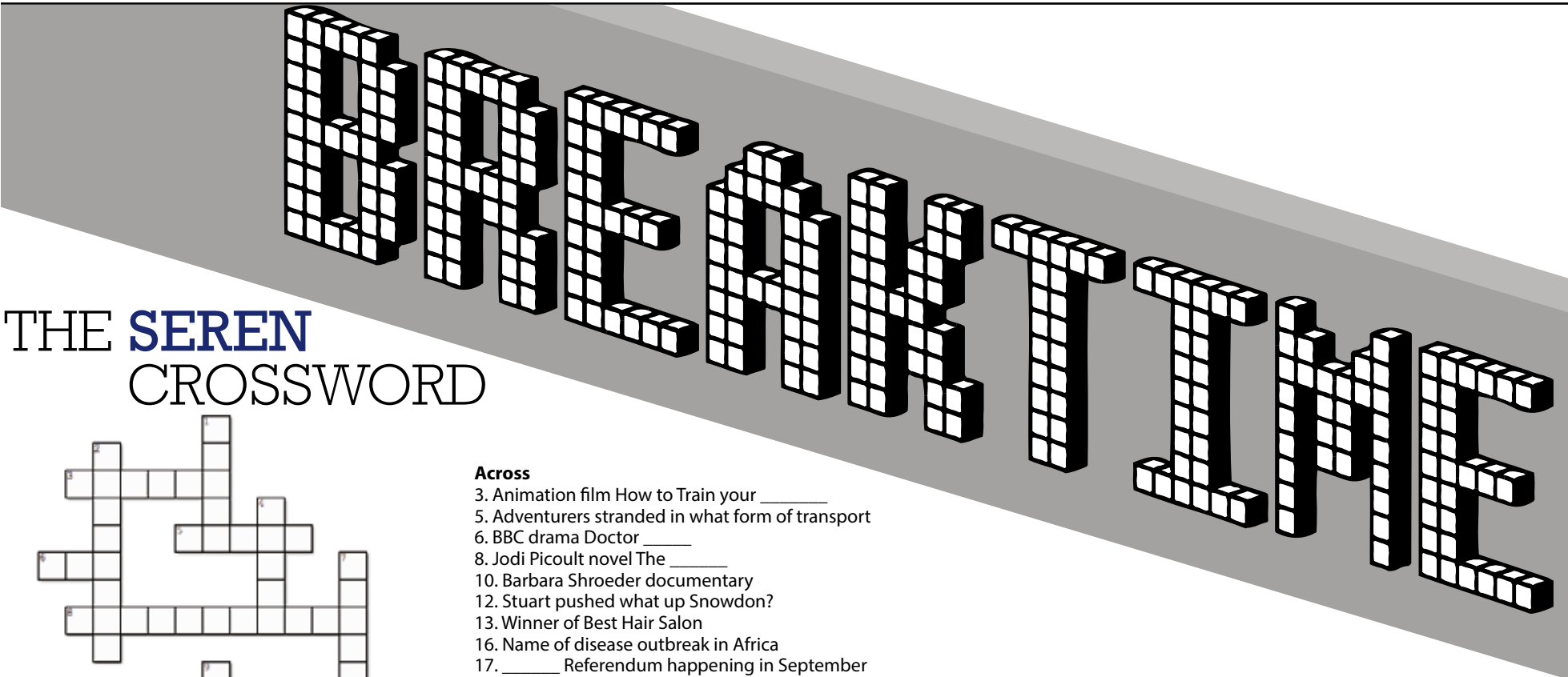
SS guard. One day he asks Sage to kill him, to offer him forgiveness for the heinous crimes he committed. Sage finds herself in a life changing dilemma, made all the more difficult by her Grandmother – a holocaust survivor.

Sage must ask herself the most difficult question – can murder ever be justice, or mercy?

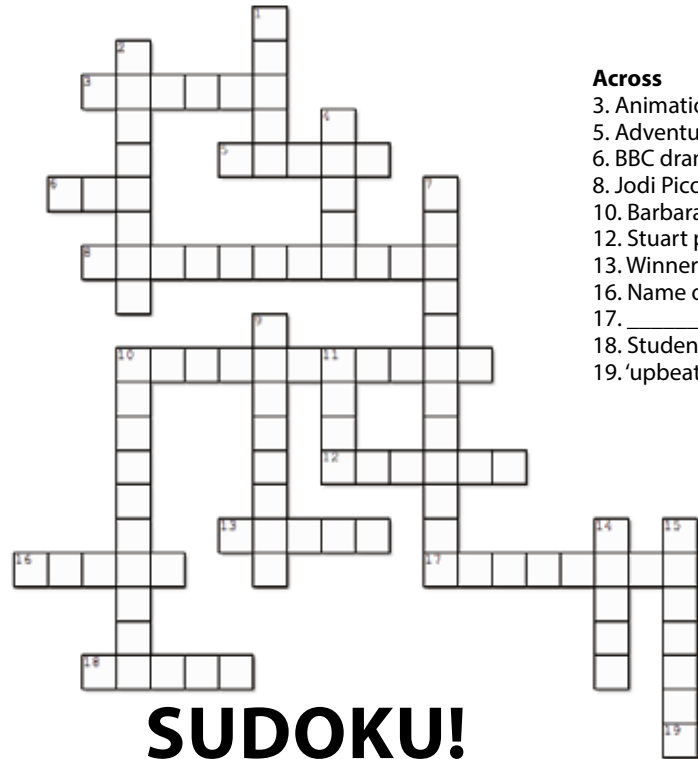
A third of the novel revolves around Sage's grandma Minka as she tells her story of survival. As a Jewish child living in Nazi Germany, we are trans-

ported on her journey from her happy life, to her bruised and battered barely surviving self in Auschwitz. Her love of storytelling and baking is all that keeps her alive.

I would recommend this book to those who love a deeper, more challenging read. Whereas you could read a lot of Jodi Picoult's more 'chick lit' novels and breeze through them, 'The Storyteller' pulls on the heart strings, resulting in a powerful and compelling read.



THE SEREN
CROSSWORD



- Across**
- 3. Animation film How to Train your _____
 - 5. Adventurers stranded in what form of transport
 - 6. BBC drama Doctor _____
 - 8. Jodi Picoult novel The _____
 - 10. Barbara Shroeder documentary
 - 12. Stuart pushed what up Snowdon?
 - 13. Winner of Best Hair Salon
 - 16. Name of disease outbreak in Africa
 - 17. _____ Referendum happening in September
 - 18. Student in Monchengladbach
 - 19. 'upbeat anthem' on Ed Sheeran's new album
- Down**
- 1. Pregnant animal at Edinburgh
 - 2. Location of the Sport Relief mile
 - 4. First name of our feature novelist
 - 7. 'The crocs of leather'
 - 9. Month the new Foo Fighters album will be out
 - 10. This club won Club of the Year
 - 11. Bangor University finish 68th in what league
 - 14. Name of Newspaper in the Love Learning competition
 - 15. Name of Lily Allen album

SUDOKU!
EASY

	3		8					
	9						5	8
7			5					
		8		7	4	1		
3			9		1			7
		2	6	3		5		
					5			1
8	6						3	
				3			2	

HARD

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

SPOT THE
DIFFERENCE

Look at these 'identical' photos of Seren at the Society Awards - can you find the five differences?

BEFORE



AFTER



'How to have a bikini body: put a bikini on a body'

by ELEANOR HIRST

The amount of 'women's body types' around nowadays is huge (where did banana come from?!). To keep it simple, these swimsuits will suit any shape.

There is honestly no right or wrong and feeling comfortable and confident is most important.



BLACK INSERT MESH SWIMSUIT, RIVER ISLAND £30



BOX PLEAT SWIMSUIT, TOPSHOP, £36

Apple Figure



RIVER ISLAND, FLORAL PRINT, £25

A rounded bikini top illuminates the balance that apple figures have between their shoulders and waist. Whilst high cut bikini bottoms highlight your lean legs and keep your tummy in.

Hourglass Figure



ASOS, POUR MOI POLYNESIA, £30

Hourglass figures tend to look fabulous in classic retro looks, high waisted bottoms accentuate your tiny waist and bikini tops with wide straps offer extra support for the particularly buxomed ladies.

Boyish Figure



RIVER ISLAND, BLUE FRILLY BANDEAU, £25

Low cut bikini bottoms accentuate your toned body, and frilly bikini tops create the appearance of a bigger buxom. You can also get away with wearing tiny bikini tops with thin straps.

To Shoe or Not to Shoe?

by ELEANOR HIRST

Birkenstocks

Birkenstocks are the cros of leather. Created in Scandinavia, Birkenstocks are a classic example of Scandinavian attire: comfort at best in a no-nonsense design. You either love them or you hate, haters regard them as 'ugly', lovers regard them as 'comfy'. The beauty of birkenstocks is that they are quite versatile, their simple design allows you to wear them with jeans, skirts or shorts.



BIRKENSTOCKS ARIZONA TWO STRAP BIRKO FLOR, £48, AVAILABLE AT OFFICE.

Jelly Shoes

We are seeing a return to the nineties, ladies and gentleman, in the return of jelly shoes. Jelly shoes are having a huge comeback, being offered at Topshop, Office and many more.

They are coming in flats, heels and various designs. The bulkiness of the shoe itself gives a cute look and really appeals to the inner child.



JUJU MAXI LOW JELLY SHOE, £20, AVAILABLE AT OFFICE.

Men's Fashion

Navy Swim Shorts



Simple and neutral swim shorts can double up as shorts at beach bars. A couple of inches above the knee assure versatility.

NAVY THIN STRIPE MID LENGTH SWIM SHORTS, RIVER ISLAND, £22

PLAIN NAVY, ASOS SWIM SHORTS IN MIND LENGTH, £12

Shirts



Chinos can be dressed up or down with ease and grey can be worn easily with many different colours and styles, such as patterned shirts or plain polo shirts. If you opt for a slim-fitting of straight pair of chinos, you can easily dress up or down according to whether you're on the beach, or going to a fancy restaurant.

GREY SLIM-FIT 5 POCKET CHINOS, MANGO £19.99

LIGHT GREY SKINNY STRETCH CHINOS, RIVER ISLAND, £28

Having three different types of shirts in your suitcase: patterned, breathable and plain ones allows for you to pick and choose according to the occasion. By packing just one type of shirt, you risk it being unsuitable or impractical.

PURPLE GEOMETRIC PRINT, RIVER ISLAND, £25

BLUE CHAMBRAY SHIRT, TOPSHOP, £28

PURPLE COLOUR SHIRT, RIVER ISLAND, £20

A Moroccan Adventure

Megan in Mönchengladbach

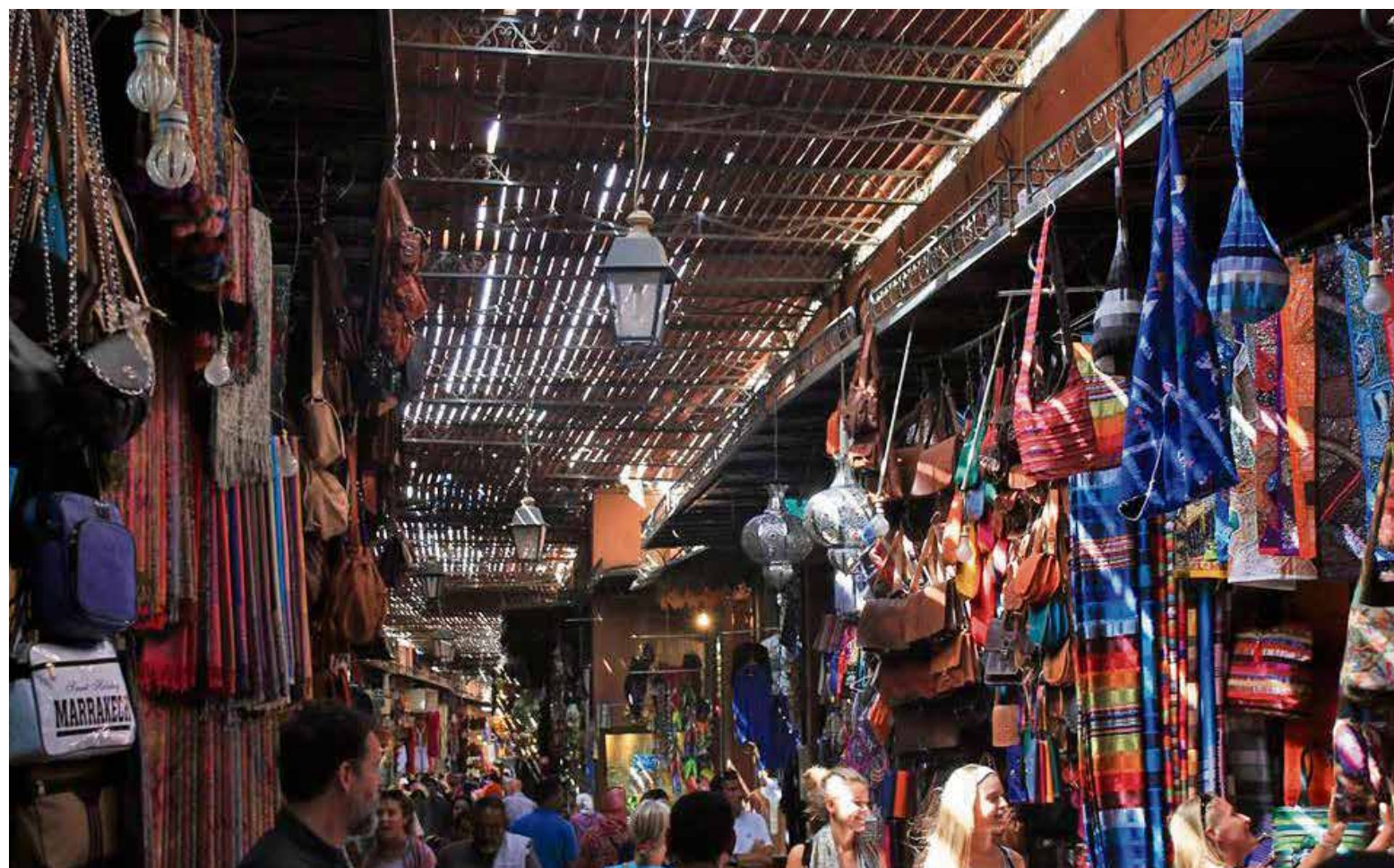


by MEGAN STEVENSON

I am Megan and I am a third year student here at Bangor University. I am currently living in Mönchengladbach, Germany as I started my work placement last week. As I study German, along with Business Studies, I am required to complete my third year in Germany. All students can choose to do either a work placement, study at a partner university or work for the British Council and complete a teaching assistantship.

I chose to do a work placement to use my business knowledge and to gain experience in the field of work I'd like to pursue after my degree. Not a lot of students partake in a work placement as it is a lot of hard work to organise and there is little assistance from the university. However, that does not mean they should be avoided! When I first moved to Germany I was beginning to question my decision, but two weeks in I am sure it was still the right decision. The company have been very helpful in finding me a flat to live in and made me feel very welcome. I am living with a German student who goes to the university here in Mönchengladbach so I hope to improve my German by speaking with her and her friends.

When you first move to a different country, it is hard to adapt to the new environment but the advice I would give is that it takes time to get used to the way of life, speaking a different language all of the time and meeting new people. I am still getting used to it, but it does get easier. And it is normal to feel homesick, you're bound to be. Yes you've moved away from home to university but this is just a bigger step in your life and you will be able to overcome it. I wish luck to others embarking on a similar adventure and strongly advise people to consider doing a year abroad as it will certainly change your life and make you a stronger person.



by NICOLA HOBAN

I've always been interested in travelling, and have a very long list of places I want to see, so when asked if I wanted to go on a 2-week trip to Morocco, I could hardly say no. Using up the last bit of my student loan – I'm a recent graduate, so what better way to spend it? – we booked our trip and a few weeks later we were off on a 4-hour flight which had little leg room and stereotypical plane food.

Landing mid-morning, we stepped off of the plane and into the dry, intense heat of Agadir. This was a prime location for us, an equal distance from Marrakesh and Essaouira, and not too far from Tiznet, so having Agadir as a base camp worked well. We stayed at the Agarna Hotel, which sat at the top of a hill – on one side you had the sea and our own private beach among many other private beaches, on the other, the city centre where you could go and get lost for hours.

Being from the UK with our normally chilly and wet climate, the heat in Morocco hit us quite strongly, so the

cool sea breeze that wafted in every now and again in Agadir was more than welcome when most of our skin was covered in clothing as a sign of respect to the Muslim culture.

We had no such luck in Marrakesh though, which was inland and twice as hot as Agadir is. While Agadir is known as the sea-side city, Marrakesh is known for its shopping. We spent 10 hours there, and most of it was spent trying to navigate the gigantic souk with its confusing alleys, all of which were lined with stalls that were selling the exact same product.

We got lost plenty of times which was trouble enough, but at the same time we were trying to avoid snake charmers and monkey owners who would charge you for the most ridiculous things – we witnessed one tourist get scratched by a monkey as she talked to the owner, who promptly asked for 400 dirham.

While the day was a bit of a disaster for us, the evening was worth the wait. Being in Morocco for the end of Ramadan, we witnessed the restaurant stalls being set up in the evening, against the backdrop of hundreds of lit candles as vendors tried to sell beautifully hand-made candle

holders. My recommendation should you go to Marrakesh: stay there for more than one day so you can seek respite from the heat during the day, but witness the beauty of it at night.

Essaouira was also extremely beautiful. Known as the Jimi Hendrix town, it's pretty hippy. The buildings, painted different colours, are lined with stalls selling hundreds of leather bags, jewellery, and paintings. Down by the port it is bustling with locals, fish vendors, tourists, and a lot of stray cats.

We only managed to spend a few hours in Essaouira and it was nowhere near enough time, so I recommend once again spending a few days visiting.

Should you travel to Morocco in future, I would recommend: camel riding, which I loved; shopping in a souk, where you can haggle your arse off and not care about getting lost since you'll find an exit eventually; and going on safari – we visited a fisherman's village, saw a silver-making factory, and ate traditional Moroccan food with a Berber family.

If you do anything when visiting Morocco, definitely try a Tagine.



In Brief

European Trophies

Visit Bangor

THE Champions League, Europa League, and UEFA SuperCup trophies were put on display in Bangor recently. As part of the build-up to Real Madrid's 2 – 0 SuperCup win over Sevilla in Cardiff, the trophies toured Wales, and were available for fans to take photos with. Before visiting Bangor, the trophies climbed the summit of Snowdon via the Snowdon Railway.

Bangor Cricketeer

Tops Batting Statistics

Blake Dean currently sits atop the North Wales Cricket League batting statistics with 1007 runs for the season, and an average of 111 runs per game. Dean is only the third Bangor player who has reached 1000 runs for a season, with the previous players achieving the total in 1969 and 1975. Dean recently scored 138 not out in a victory for Bangor over Brymbo. Bangor Cricket Club currently sit in a mid-table position in the ECB Premier Division, with Menai Bridge occupying the top spot.



Bangor City FC: Season Preview

by SCOTT WILLEY

As Bangor City FC gear up to the kick-off their league season this Saturday with a game against Newtown AFC, Seren Sport looks to the season ahead. Pre-season for The Citizens began as far back as June, where they played out two friendly defeats. After quali-

fying for the Europa League qualifying play-offs after victory over Rhyl FC at a packed Nantport last season, City travelled to Iceland to face Stjarnan FC. Unfortunately, Bangor found themselves 4-0 down after the first leg away, and could not turn their fortunes around at Nantport, crashing out 8-0 on aggregate. Bangor begin their season on the back of two wins, including a 13-0 thrashing of Mold Alex. Nev Powell's

side face Newtown AFC in both of their first fixtures, in the Word Cup and Welsh Premier League respectively. Finishing in fourth place last season, Bangor will look to again secure European football for the city, which recently hosted the Champions League and Europa League trophies ahead of the UEFA SuperCup in Cardiff. City face another tough season as a semi-professional side against professional sides such as the current cham-

pions The New Saints, who finished 25 points above Bangor in the last campaign. Nev Powell's side featured a young team last season, but they have since garnered much experience, and with a number of new faces it will be interesting to see the final position of the Citizens at the end of the season.

Bangor University

68th in BUCS

Bangor University Athletic Union finished 68th across in the British Universities and Colleges Sports League. Points are awarded to the university total throughout the year across various sports, which are cumulated to give a final university standing. Unfortunately, Bangor finished below Varsity rivals Aberystwyth University, who stand in 65th place.

Bangor City FC

Fixtures

2014 / 2015

- The New Saints, 22nd Aug 7:45pm, Away
- Newtown AFC 25th Aug, 2:30pm, The Book People Stadium
- Aberystwyth Town, 29th Aug, 7:30pm, Away
- Airbus UK Broughton 5th Sep, 7:45pm, The Book People Stadium

- Rhyl Fc 14th Sep, 1:00pm, Away
- Prestatyn Town 19th Sep, 7:45pm, The Book People Stadium
- Connah's Quay, 26th Sep, 7:30pm, Away
- Carmarthen Town 4th Oct, 2:30pm, The Book People Stadium
- Port Talbot 11th Oct, 2:30pm, Away

- Cefn Druids 17th Oct, 7:45pm, The Book People Stadium
- Connah's Quay, 24th Oct, 7:45pm, The Book People Stadium
- The New Saints 7th Nov, 7:45pm, Away
- Newtown AFC 15th Nov, 2:30pm, Away
- Aberystwyth Town 21st Nov, 7:45pm, The Book People Stadium

- Airbus UK Broughton 6th Dec, 2:30pm, Away
- Rhyl FC 12th Dec, 2:30pm, The Book People Stadium
- Prestatyn Town, 20th Dec, 2:30pm, Away
- Bala Town, 26th Dec, 2:30pm, Away

Bangor Student tours with Great Britain Rugby League Pioneers



by SCOTT WILLEY

A GB Rugby League team made of students have recently returned from a successful tour of Ghana. Spending two weeks in Africa, the team coached over 200 schoolchildren, as well as recording victories in matches against the Ghana All-

Stars and the Ghanaian National team. Ben Chipperfield, Bangor University Rugby League's Captain, was selected to be part of the squad despite having only played rugby league for two years. When Seren spoke to Ben, he said, "I was very excited and proud to receive the invitation to tour with the Pioneers. It was a great experience taking a

sport I enjoy playing and helping it to develop in a new country. It was a great trip, seeing a country I would not have visited if it wasn't for rugby league." To cap off becoming a part of Ghanaian rugby league history, which Ben himself described as a "great honour", he also scored the opening try of the tour, in the Pioneers first victory against the Gha-

na All-Stars. The team went on to finish the tour undefeated. Since forming in 2005, the team have toured various countries around the world in order to promote and aid in rugby league coaching. Players are selected from across Great Britain and previous experience of developing the sport is taken into account in the selection process.

The Pioneers held local media press conferences in order to raise awareness of rugby league, held impromptu beach matches encouraging people to try the sport, and donated kit and equipment to Ghana Rugby League.



Trampoline Bounce to AU Club of the Year 2013 / 2014

by SCOTT WILLEY

Bangor University Trampoline Club have been named Bangor Athletic Union Club of the Year 2013 / 14. The club underwent drastic positive changes in the 2012 / 2013, when the club's format was reinvented. The 2013 / 2014 season has reaped the benefits of this new format and the club is now larger and more successful. In the club's first competition of the season in Bath, 15 Bangor representatives attended. Bangor returned with one 1st and two 3rd place individual medals and the first team placed 2nd in the advanced category. Next up for the club was participation in BUCS competitions (British Universities and Colleges Sport). Club Captain Georgia Mitchell and Melissa

Greenwell finished 1st and 2nd in the advanced category respectively, making them the top two competitors in Britain. Overall, the team finished 5th nationally, triumphing over sporting giants such as Loughborough, Bath, Manchester and Liverpool, bringing the first BUCS points the club has ever received, helping Bangor University place 68th nationally across all sports. As well as success in competitions, the club have had a heavy involvement with trampolining in the local community. Coaches from the club have become actively involved in the running of Bangoroos Trampoline Club, a local children's trampoline club. A showcase University vs. Bangoroos competition was organised, with family and friends of the children invited to allow the children to showcase their talent. The event is also the only trampoline competition for children across

North Wales. Eight of the club members also recently completed a "Rebound Therapy" course, which involved learning how to teach movement and balance skills to disabled children and adults via the trampoline. The qualification allows the setup of a Disability Centred session. In March, Bangor University Trampoline Club hosted a 12 hour "bounceathon", in which volunteers took part in a 12 hour relay to keep one person bouncing at all times. Over £500 was raised and given to the cancer charity Coppafeel. Bangor University Trampoline Club were announced as the Athletic Union Club of the Year 2013 / 2014 at the annual Athletic Union Dinner, and hope to build on their successes this year in to the following year.



Canolfan Brailsford Opens its Doors



by SCOTT WILLEY

Bangor University's £2.5 million gym and sports complex recently opened its doors with a successful open day on 5th July. Canolfan Brailsford features two sports hall, three dedicated fitness rooms, international standard squash courts, a climbing wall and a multi-purpose gymnastics hall.

Sir Dave Brailsford grew up in nearby Deiniolen, but unfortunately was

not available to open the new complex due to his commitments with Team Sky and their participation in the Tour de France. Brailsford is credited with the success of British Cycling in recent years. During his tenure as Director of British Cycling, Brailsford embraced a marginal gains policy and the belief that many small changes resulted in large performance improvements. Brailsford left British Cycling in April, to further concentrate on his work as general manager of Team Sky, who under Brailsford's leadership have won

two Tour de France titles.

The investment in the facility includes £350,000 of brand new equipment, which include built-in TV consoles which allow live TV viewing, internet access and a variety of 'courses' which will take members away from the treadmills and cycling machines of the gym to German forests or the streets of Paris. Members can also document their workouts using the LFCConnect App, which is available to download on smartphones.

The development on Canolfan

Brailsford follows university wide investment in sport, beginning with the sports dome on the Ffriddoedd campus, which was opened in November by Lord Seb Coe. Bangor City FC also recently made a joint investment with Bangor University in a 3G all-weather pitch at Nantwich. The pitch will open before Bangor City's Welsh Premier League season kicks off and the facility will also be used by Bangor University's football teams.

Membership Price List

(Gym only / Gym and classes)

- Students 9-month:
£90 / £135
- Staff / Alumni / Over-60s:
£200 / 240
- Public:
£280 / 340