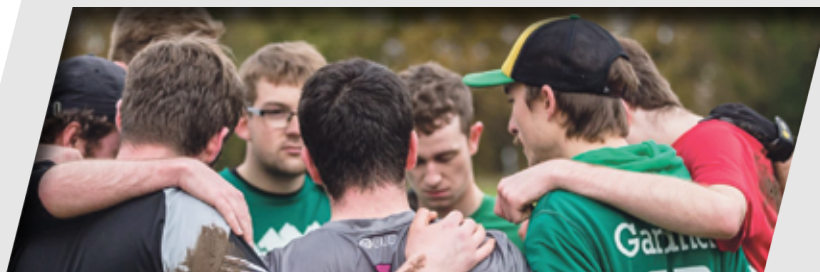


## Bangor Remembrance 2018

100 Years On - Bangor Remembers The Fallen

Page  
9



AU Focus Fixture: Ultimate Frisbee

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Reports Inside

Page 53

November Issue 2018

Issue No. 273

# YSEREN

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Bangor University Students' Union English Language Newspaper

## Bangor University To Cut £5m



**"Protect the student experience at all costs," says Vice-Chancellor John G. Hughes**

by **FINNIAN SHARDLOW**

**B**angor University are aiming to make savings of £5m.

Staff received a letter from Vice-Chancellor, John G. Hughes, warning of impending "financial challenges" facing the institution.

The letter cites the demographic decline in 18-20 year-olds which has impacted tuition fee revenues as a major factor.

Increased pension provisions as a result of the previous year's strikes is

also mentioned as a reason for these cuts.

50 jobs are at risk as compulsory redundancies are not ruled out.

In the letter, seen by Newyddion 9, Prof. Hughes said: "Voluntary redundancy terms will be considered in specific areas, but unfortunately, the need for compulsory redundancies cannot be ruled out at this stage."

This letter comes 18 months after Bangor University announced cuts of £8.5m without making any staff redundant.

However, Hughes says further cuts will need to be made to secure Bangor's long-term future.

"What we're doing is taking prudent steps to make sure we don't get into a serious situation."

Hughes added: "There was a headline in The Times about three English universities being close to bankruptcy. An important point is that Bangor is nowhere near that. We have a relatively small problem, but it could become a big problem if we don't deal with it."

The university will be consulting trade

unions. Plaid Cymru's Sian Gwenllian AM expressed "huge concern," maintaining that the university must avoid compulsory redundancies.

In an exclusive interview with Seren, Hughes said that students should not feel the effects of cuts, and that instructions have been given to "protect the student experience at all costs," especially in "student facing areas."

Seren also spoke to John G. Hughes about the school restructuring, administration and financial transparency. See more: Page 4-5.

**FULL  
INTERVIEW  
INSIDE  
PAGE 4-5**



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# CONTENTS

VC Interview	4-5
News	6-9
Politics	10-11
Comment	12
Union	13
Sabb Space	14
Campus Life	15
Science	16-17
Photographic Society	19
Travel	20-21
Food & Drink	22-23
Lifestyle	24-25
Fashion	26-27
Arts & Culture	28-30
International	32-33
Social	35
Film	36-38
TV	40-41
Music	42-43
Books	44-45
Games	46-47
Creative Corner	48-49
Societies	50-51
Sport	53-56



19



14



30



22



42



38

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**FINNIAN SHARDLOW**

EDITOR

[editor@seren.bangor.ac.uk](mailto:editor@seren.bangor.ac.uk)

Well, it's that time of year, the library is 24 hours again. Great news for me – a Masters student. I can now bring my sleeping bag and get my post forwarded to Main Arts.

At the start of November, Seren was unanimous in the decision to display the poppy on all of our branding. Furthermore, it was an honour to attend the truly humbling Sunday Service at Bangor Cenotaph.

The turnaround between the October Issue and November Issue is always reasonably swift. However, it bears no reflection the quality of the paper. Once again, I have nothing but admiration for our 2018/19 Team. They've worked tirelessly, sourcing another huge 56 pages of high-quality content.

From interviews with international comedians and award winning directors, to a review of Public Service Broadcasting who graced Pontio late last month. Not to mention consistently covering events from societies such as: BEDS, Rostra and Bangor Indian Society.

In addition, it's with great excitement that Seren announces its yearly event in Academi. Inside, you'll find an initial promo poster for our 'Super 80's Party,' taking place on Friday 1st March. Tickets and promo to be revealed soon.

Though, above all, Seren was extremely proud to go and interview the Vice-Chancellor for this issue. We felt a palpable atmosphere of uncertainty regarding Bangor University's financial state. Indisputably, to know about the situation in which our institution finds itself is an absolute right held by every student. We hope our interview on Page 4-5 will provide clarity on what is an exceedingly important matter.

Our front page represents how Seren is YOUR paper. We took concerns verbalized by students/staff and took them to our Vice-Chancellor. It's you, the students, who decide what news is. And so, never hesitate to contact Seren with your views or suggestions.

Peace. Love. And may your deadlines be evenly spread.

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

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## VC INTERVIEW

# INTERVIEW: Vice-Chancellor John G. Hughes



**Amid a challenging financial climate for Bangor University, Seren went to interview Vice-Chancellor John G. Hughes to address various concerns echoed to us by staff and students**

by FINNIAN SHARDLOW

## Tell me what was in the letter you sent to Bangor University staff?

These are difficult times for the university sector as a whole. There's multiple factors which are affecting many universities. There's a demographic decline in the number of 18-20 year olds which is quite significant. We're about to hit the bottom of that dip next year before it starts to climb again. This means there are fewer people going to university than there was four or five years ago.

The second pressure for universities like Bangor is – in the UK, there used to be a cap on the amount of students all universities could take into first year. Every University had a cap, if they went above it, they wouldn't get funding for those students. The British Government lifted this cap for English universities two years ago. And so, some of the bigger universities – particularly those that compete directly with us in the Manchester/Liverpool area – are taking more students than they had previously. So the bigger universities are growing, and they're dipping into our market. 60% of our students come from those North West England areas. That area contains a lot of universities, so there's a

huge amount of competition. And with the cap being lifted in England, some of the bigger universities are dropping their standards in order to increase their numbers.

A university's main source of income is tuition fees. Bangor weathered the storm for a number of years, in fact we saw a large increase in students 2013/14. But in the last few years, the numbers have dipped. Not hugely, about 6% or 7% percent. If you couple that dip with the fact that there's going to be empty beds in student halls, the accumulative effect of that meant we needed to cover costs of around £5m.

Now, we can cover £5m. Bangor University has a turnover of £150m. However, if we allow that to accumulate year after year then it gets to £10m and £15m. Essentially, our income has cut and so we're trying to cut down on our costs.

We realize we're in a difficult period – one of the most difficult periods that I've experienced in the university sector. What we're doing is taking prudent steps to make sure we don't get into a serious situation. There was a headline in The Times about three English universities being close to bankruptcy. An important point is that Bangor is nowhere near that. We have a relatively small problem, but it could

become a big problem if we don't deal with it.

One of the things we did was cut non-pay by 10% – money that departments spend on equipment and travel. That alone is a saving of £4m as our non-pay is around £40m a year. And what we've said to heads of schools is that they are there to protect the student experience at all costs. Many of the student facing areas will be protected and have been protected for the last few years.

Yes, we could reduce the number of staff. But there's 2100 members of staff in this university, we're talking about downsizing by 50, so it'll only be a tiny proportion of the staff. As far as

aggressive about it. Therefore, getting into what would normally be our market. For instance, many universities around us have dropped their entry points.

Students that had firmly accepted Bangor were being contacted by other universities and being asked: "why don't you come to our University instead?" We lost about 100 students because of that aggressive marketing behaviour. Strictly, that's not supposed to happen.

And even among those 18-20 year olds that could come to Bangor, many people are choosing not to go to university because of the cost.

There's also problems with pensions

own near Menai Bridge.

We've not been filling vacancies unless they are essential – such as student facing areas. We've been filling posts in marketing and international because they're generating income for us.

Students don't have to worry at all about the financial situation. We're not in significant financial difficulties. We have a short term financial deficit that we have to deal with. Students shouldn't see any of the effects of the cuts that we're making.

Our cuts are relatively small. As I say, we have £150m turnover and a shortfall of £5m this year. Given the savings that we're working to make, that £5m is being dealt with. But we have to be wary that the dip in students will continue. We're asking heads of department to look at further savings to deal with the accumulative effect. This is what certain English universities didn't deal with. Many of them thought it their drop in numbers was a one-off, and would be recovered the following year. We don't think that's going to happen. So we're being very prudent about the next 2 to 3 years to make sure Bangor doesn't go into a significant deficit.

**MANY OF THE STUDENT FACING AREAS WILL BE PROTECTED AND HAVE BEEN PROTECTED FOR THE LAST FEW YEARS**

we possibly can, we'll do it by natural wastage – people who are retiring and won't be replaced – or by voluntary redundancy.

**Is it only the demographic change that has brought about more costs to the university?**

It's also the bigger universities taking more students, and being more

as well. From the strikes last year, the amount that employees and employers have to pay has increased also – that's more money which we'll have to find.

**What have the university been doing to tackle the financial situation?**

We're selling properties that we no longer need. We're selling an island we



## VC INTERVIEW

**There's a feeling amongst some staff that that this letter could have come 3 or 4 years ago?**

First of all, we have been saving this past 3 to 4 years. This is not the first time I've written to staff along these lines. This is not a one-off. During the financial stability process that we've been going through these past 3 years, there's been numerous letters and other communications.

I gave a talk in June 2017, where 800 members of staff attended. I outlined

**Your letter didn't rule out compulsory redundancies – how will you ensure the quality of education isn't compromised?**

The instruction given to every Dean and every head of department is to protect the student experience at all costs. For example, we won't be making academics redundant in this year. But we will be looking at downsizing certain areas that haven't recruited well – we'll try to do that through voluntary means or natural wastage. However, at

**some schools no longer have their own Student Administrator – what is your response?**

Because we've merged schools together and created bigger schools in order to make savings, secretarial and administrative recourses have been pulled into a single office – what we'd call a hub. Students should still have somewhere to go. Additionally, we've made sure that Welsh speaking students can always find someone who speaks Welsh in these hubs. Once this all beds in, I don't think there'll be any significant loss of administrative support for staff or students. It's simply a case of bringing schools together and making things more efficient.

You could have a situation where a fairly small school like Modern Languages has an administrator and then a big school like Business has a couple of administrators as well. Clearly, it's not a cost effective way of running. So with schools that were co-located, we brought secretarial and support staff together into one hub.

**How substantial are these savings from merging schools?**

The savings have been quite substantial from merging schools. We now have cross-teaching between schools. For instance, we have lecturers from the School Of Welsh now teaching in the School Of English as they're experts in certain types of Welsh poetry written in English. There's good ideas coming forward as a result of the schools being brought together.

For example, a lot of our historians are political historians, so this could be introduced as a new interdisciplinary programme. There's discussions about introducing new areas of science like bioinformatics which combines

different schools.

We're now coming forward with proposals for new courses which we believe will be very popular with current students.

**Do you believe there has been a hit to morale as a result of the discourse surrounding this letter?**

There's no doubt that morale around the whole university sector has been hit over the last few years. These are probably the most difficult times that I have experienced in university life – even worse than the Thatcher years of the late 1980's when she cut university budgets.

I've been at four universities in my time, and I was the president of one in Ireland during the financial crash in 2008. I'd say this is worse. Not just for Bangor but right across the board, because there are so many pressures.

It's quite remarkable and a great credit to staff that, despite pressures, Bangor has remained in the top 10 in the NSS for the last four years. That we've won numerous awards for accommodation, course and lectures, university of the year. And, of course, the first gold in Wales in the teaching excellence framework.

**What is your response to those who criticise your own personal life?**

It's inevitable in the position I'm in as the Vice-Chancellor. People are always going to criticise. It's a difficult job at the top of such a big institution. I'm happy to address any specific criticisms that people might have. But I expect criticism. That's what I have to take as part of the job.

**How fervent is your commitment to Bangor University amid this challenging financial climate?**

Bangor University is easily the most culturally rich university I've been at. Especially in terms of its love of Welsh culture. I've greatly enjoyed learning and immersing myself in the Welsh language in my time here.

Previously, I would have said that the comradery and morale within the university was always at a high level. But that has certainly suffered because of the difficulties that we've had. That's a real pity. But I'm not sure if there's really much I could have done about it as most of the pressures have come from outside of the university.

I'm totally committed. This university

**I'M TOTALLY COMMITTED. THIS UNIVERSITY HAS BEEN AROUND FOR 134 YEARS... I WANT TO MAKE SURE IT'S AROUND FOR THE NEXT 134 YEARS**

So there's only so much I can do about morale in a difficult situation. A lot of it is external factors which I don't have control over. But what is happening is that Bangor is dealing with it, so that we won't ever get into a situation similar to some of the English universities.

has been around for 134 years. It has made enormous contributions to life and culture in this region. I want to make sure it's around for the next 134 years. That means I have to make difficult decisions and therefore open myself up to criticism. But that's what I have to do in my position.

## WE WON'T BE MAKING ANY ACADEMICS REDUNDANT IN THIS YEAR

the situation at that time, which was that we [Bangor] were in a position where we'd have to make savings. And I answered lots and lots of questions. So this was not a surprise to anybody.

**Is there room for improvement in terms of transparency for students and staff to access information regarding Bangor University's financial situation?**

Yes, there is. And we will be sending out communications to students. However, there are formal procedures we have to follow. We have to bring any proposals for savings and cuts to the council of the university – who only meet every few months. We can't make these proposals available to staff and students until the council have approved it.

But what I have been saying, and what I said in my letter, is that the scale of the problem is nowhere near the scale that other universities are having to face. Aberystwyth, for example, have lost a very significant proportion of its students over the last few years.

this stage, we're not sure or not whether we will have to make compulsory redundancies.

We are obliged by law to inform staff if we believe we may have to make people redundant. We have to issue a formal notification to the unions that there's a possibility of compulsory redundancies. That's the law – we have to do that. I didn't put in those words in the letter to frighten people. I have to warn people that this could be the situation. We did exactly the same when we went through the financial sustainability process, but nobody was made compulsory redundant.

One of the concerns I have this time around is that, in some areas, we may have exhausted all possibilities for voluntary redundancy. As the majority of people who went on voluntary redundancy were older and could leave with a pension.

**There are concerns about changes that have already been made. For example, school restructuring and the fact that**





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## IN BRIEF

# Uni Receives Two Athena SWAN Awards

By COURTNEY MCHUGH

Bangor University has been awarded the Institutional Bronze Award SWAN award which recognises the university's commitment to tackling gender equality in higher education. Also, the School of Ocean Sciences' application for a department-level Bronze Award has been successful.

Professor Jo Rycroft-Malone (Pro Vice-Chancellor for Research & Impact) and Chair of the Athena SWAN Task Group has said: "We are committed to continuing to work in this area, to embedding equality into everything we do and implementing our ambitious activities outlined in our Athena SWAN action plan."

The Vice Chancellor, Professor John G Hughes, said he is "delighted that we have been awarded Institutional and Departmental Bronze awards. These awards show that gender equality is an institutional priority and that we have engagement and commitment at all levels of the University."

Head of the School of Ocean Sciences also expressed his content over the awards saying that "It is a proud moment but we know that achieving the Bronze award is only the beginning!"

The Athena SWAN charter was created in 2005 to encourage commitment to advancing the careers of women in science, technology, engineering, maths and medicine (STEMM) in higher education. The charter, in recent news, has expanded to include all academic departments and staff. Athena recognises the inclusive culture that higher education facilities promote for staff and students at all levels.



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# Bangor Students Represent Community Engagement Projects In House of Commons

By DARBY HIGGINS

A group of Bangor University delegates recently delivered a presentation in the House of Commons on the All-Party Parliamentary Group on Modern Languages. The event was chaired by Tonia Antoniazzi, MP for Gower, and attended by other MPs and representatives of the House of Lords, British Council, European Commission, Goethe Institut, Confucius Institute and other institutes and universities across the UK.

Tonia Antoniazzi MP said: "I am very proud to chair the meeting which showcases the outstanding work that is going on in Wales to enthuse and inspire future generations to learn a foreign language."

Under the title of "How university projects can have a positive impact on MFL engagements in schools and the wider community: Wales shows the way", Professor Claire Gorrara (Cardiff

University) introduced Routes into Languages Cymru and the MFL Student Mentoring Project, as the Academic Director of both projects.

Lucy Jenkins (Cardiff University), Meleri Jenkins (Cardiff University) and Rubén Chapela-Orri (Bangor University) presented the work that is taking places in universities across Wales, inspiring pupils to study languages and continue to higher education. The event also provided the opportunity to debate more widely the issues currently faced by foreign languages across the education sector.

MFL Mentors, Mentees and Languages Ambassadors from Bangor University, Cardiff University and Ysgol Gyfun Cwm Rhymni had an opportunity to share their experience in these projects. Students Osian Evans and Hannah Jones represented Bangor University.

Osian Evans is a fourth-year student of Law with French, who has been working

as a Student Language Ambassador (SLA) for Routes Cymru since he first started his degree at Bangor University. He has already reached more than 20 schools in North Wales (GwE consortium) by visiting pupils, blogging on his third year abroad, and taking part in events delivered for primary and secondary schools.

He said: "My overall impression of the scheme is a very positive one. It's highly gratifying to be able to talk about a subject that I find dear to me and seeing the results. According to the forms we five out at the end of the talks, we've never had a negative impact. It has always been either neutral or positive."

Hannah Jones is now doing an MA in Translation Studies, was a Routes Student Language Ambassador since her second year at Bangor University, was blogging on her third year abroad, and became an MFL Mentor in her fourth year.

Jones said: "I think these schemes are

fantastic! It was a great opportunity to speak to people that you might not ordinarily encounter and offer your own and listen to alternative views. These projects are effective."

Rubén Chapela-Orri, Routes Cymru Coordinator in North Wales and Bangor Departmental Lead for MFL Student Mentoring project said:

"I believe the success of these projects is explained by their collaborative and a multidisciplinary approach to promoting language learning, as well as by the never-ending enthusiasm of our SLAs and Mentors."

"It was a great honour and privilege to represent the important role that Bangor University, in partnership with other universities and institutions, plays in changing the future of MFL in Wales by engaging with the community, and I feel tremendously proud of our students Hannah and Osian for representing on the day their outstanding work with schools."

# University To Stem Decline Of RE Teachers



By DARBY HIGGINS

Bangor University is contributing towards increasing the number of teachers available to teach Religious Education and improve the teaching materials available to both teachers and students.

In recent years, Religious Education has been facing a crisis with teachers feeling increasingly under qualified to teach an ever-changing syllabus at GCSE and A level, while recruitment of new graduates as subject teachers is failing to keep up with demand.

A new three-year project at the University's School of History, Philosophy, and Social Sciences will collate and develop new teaching materials for use by both teachers and students and encourage more current university students to become subject teachers.

Dr Lucy Huskinson, who is leading the work, explains:

"We need to ensure that we have sufficient current and new teachers who feel confident in delivering the new curricula being introduced for RE in secondary schools in England and Wales, to meet a growing interest in the subject among pupils.

We want to resolve two problems that have been identified, the lack of confidence and expertise reported by current secondary school teachers, who feel ill-equipped to teach the recently revised A level curriculum; and also, a significant decrease in numbers of subject students in the UK who are considering a career in teaching religious studies and philosophy in higher education."

"We look forward to working with a number of schools across North Wales and the North West of England, to tease-out the relationship between subjects taught in philosophy and religion programmes at school and university levels, and the perception of their use in the wider world of work. We will then be making recommendations for how the subjects are taught on a national scale."

To encourage more students to consider teaching as a career, the project will encourage current students to consider a career as RE teachers, by providing them with opportunities to experience RE teaching for themselves, through taking part in supported activities.

The £75,000 grant from the All Saints Educational Trust has been awarded to

Dr Lucy Huskinson, who will lead the work with, Dr Josh Andrews and Dr Gareth Evans-Jones from the School of History, Philosophy, and Social Sciences.

Dr Rowan Williams, Former Archbishop of Canterbury, and Master of Magdalene College, Cambridge commented:

"I'm delighted to welcome this new initiative which Bangor University is sharing with schools in North Wales and the North West of England. We need as perhaps never before teachers of religious studies who can open up the real human depth of the subject, who are themselves committed to its significance and who are fully resourced for the task. It should be obvious – but it often isn't – that religious education is not a minor or embarrassing extra in how a school prepares students for our complex society. This project gives some real substance and some real promise for a more adequate strategy in developing it and should be enthusiastically welcomed."

Teachers in the region have also welcomed the news.

Ray Wood, Curriculum Leader of Humanities at Ysgol Emrys ap Iwan, Abergelge said:

"This project will help raise our students' aspirations, particularly for those from our more deprived areas, and undoubtedly will lead to more students opting to study RE at degree level."

Dr Gareth Lanagan, Programme Area Manager, Grwp Llandrillo-Menai said:

"I believe this project will be a paramount to the success of Religious Studies as an A level subject. As a result of this project, the standard of teaching and learning will undoubtedly be higher whilst ensuring consistency in the delivery of the subject internationally."

Ysgol Syr Thomas Jones Amlwch A level teacher, Mrs Mefys Jones-Edwards, commented:

"This couldn't happen at a better time due to serious concerns raised by the teaching community across North Wales concerning the new A level specification. Feedback by teachers and students provides concrete evidence that the specification does not command the confidence of the teaching community. This project is welcomed by RS teachers and students. It will hopefully save RS as a subject."



# Brambell Natural History Museum Opened For Public Viewings



Brambell Natural History Museum

By DARBY HIGGINS

Bangor University's Brambell Natural History Museum joined museums across the country for this year's Welsh Museums Festival, which took place from 27 October – 4th November.

The annual event is an opportunity for everyone who lives in Wales, or visiting, to engage with and explore the

fantastic museums across Wales. This year, the event had a varied programme of events which catered for all tastes, including exhibitions, re-enactments and workshops, as well as Halloween themed activities.

The event was an amazing opportunity for those interested to learn more about the specimens on display, as the University's Brambell Natural History Museum is not usually accessible to the

public.

By taking part in the Festival, and opening its doors to the public, the event was intended to improve access to Bangor University's hidden museum collections as part of Storiell's work in partnership with the University.

Speaking about the event, the Welsh Government's Minister for Culture, Tourism and Sport, Dafydd Elis-Thomas said:

"We are immensely fortunate in Wales to have such a wealth of museums that are filled with some incredibly interesting items. I very much see the Festival as an opportunity for museums to reach out to their local community and help people immerse themselves in their culture and heritage. Hopefully this will inspire a new generation of people to learn more about our fascinating history."

## IN BRIEF

### Bangor Christmas Shoebox Appeal For The Elderly

By DARBY HIGGINS

Bangor residents are being encouraged to donate shoe boxes containing items for elderly and vulnerable people who are being supported by a local care provider in the area this holiday season.

Abacare care management has launched its shoebox appeal for the fourth year running, providing essentials and gifts for service users who may not be able to get outside and may not have many gifts at Christmas.

Ffion Evans, Registered Manager at Abacare, said: "It's that time of year again when we ask the generous people of Wales to get behind our festive shoebox appeal. It has been extremely successful in the past, so we have decided to continue it again this year."

Abacare are asking that people fill a shoebox with essentials and other items that would help brighten up someone's day. They suggest items such as hats, scarves, slippers, toiletries and books.

Any shoe boxes can be dropped off or sent to Abacare's offices at 9, Ash Court, Parc Menai, Bangor, Gwynedd, LL57 4DF.

The deadline for boxes to be sent is 14 December.



# Festival Of Social Sciences



Bangor University's School of History, Philosophy and Social Sciences

By DARBY HIGGINS

Once again, Bangor University took part in the Economic and Social Research Council's Festival of Social Sciences and invited the public to get involved too.

Year 12 and 13 school pupils visited the University on 6 November to take part in a variety of workshops and seminars that discussed different forms of injustice experienced by people living in England and Wales in the 21st century.

One event – Faces of injustice: Social sciences and social justice – was used as a way of exploring 21st century injustices, whilst highlighting the role that social science research can play in fighting these injustices and finding solutions to social problems.

Peter Shapely, Head of the School of History, Philosophy and Social Sciences said:

"By providing the young students with an opportunity to discuss their experiences of crime and criminal justice; problems concerning stigma and discrimination; and other current issues, they can see how society deals with these issues and how studying society in all its forms help us to make sense of the world around us. Our students gain analytical and critical skills which are valued in the workplace."

On 9 November, Welfare reforms came under the spotlight in an event that brought together local authority workers, Department for Work and Pensions representatives, advisers from the Citizens Advice Bureau, members of the public and academics to discuss

Universal Credit: The challenge of welfare reform.

Dr David Beck, who organised the event, explained that the aim was to provide an opportunity for local policymakers to take a step back to consider how the introduction of Universal Credit could impact on the various organisations in the local area.

He said: "The roll-out of Universal Credit, as a reform to the way in which welfare is administered, has so far been a monumental challenge for the government. Even their own departments are struggling to organise this important policy change. The event [aimed] to bring some clarity through dialogue about Universal Credit, and how frontline service organisations can meet the challenge."

Local people were invited to sample

some activities brought to use via other cultures: an Adopted Cultures Day, in Pontio on 10 November. The event included demonstrations, talks and taster sessions of non-Western practices such as yoga, capoeira and salsa.

Jochen Eisentrut, the event organiser, said: "There are many local groups who practice types of dance, music or movement which originally come from far-away cultures. Whether they are from India, Brazil or Cuba, these activities are enjoyable, sociable and healthy, and usually also have a deeper meaning. In addition, they make us think about our relationship with other cultures; and with our own."

The Festival is the UK's biggest celebration of social science, and highlights the impact of social science research on people's lives.



## IN BRIEF

## Students Create Jewellery Range

By COURTNEY MCHUGH

The students and staff of Bangor's BSc Product Design course have been working with the contemporary art gallery MOSTYN, located in Llandudno, to create a range of jewellery items suitable for the gallery's shop. The high-quality jewellery is currently on sale at the shop. The students took inspiration for the location and countryside as their inspiration for the jewellery pieces.

Katie Roberts, a Product Design Lecturer at Bangor University, said that "Experience is vital in any field, and opportunities to work with companies and organisations who are passionate about developing the next generation of designers and creative thinkers are priceless, so this project has been a great asset for these students. We place great emphasis on providing real creative challenges for our students."

Barry Morris of Mostyn said that "It was fascinating to see how each student approached the brief and developed their jewellery range to suit our visitors' needs". One of the students, Thomas Mott, has had his work put on display. He said "It's awesome to know that my work is already getting out there and I can't wait to see where else I can go".

## University Signs Global Commitment To Bring Plastic Pollution To An End

By DARBY HIGGINS

As part of its on-going commitment to sustainability, Bangor University is one of the signatories of the New Plastics Economy Global Commitment, led by the Ellen MacArthur Foundation, in collaboration with UN Environment and launched at the Our Ocean Conference in Bali.

Bangor University is one of 40 global universities to have made this commitment. The University is already working to put sustainability and the wellbeing of future generations at the

heart of its teaching, learning, research and innovation. Its BioComposites Centre is at the forefront of research, development and the commercial application of bio-based alternatives to synthetic materials in manufacturing and industry. The University's Sustainability Lab also works closely with staff and students on all aspects of sustainability, with a particular interest in waste management.

Commenting on signing this document, the Vice-chancellor, Professor John G Hughes said:

"As the VC of a University that's committed to Sustainability I'm delighted at the opportunity to endorse this latest campaign to eliminate plastic pollution at source and to promote a circular economy approach to production and consumption."

Campus waste co-ordinator, Gwen Holland, said: "Bangor University fully supports the vision for a circular economy for plastics, and is a very proud signatory of the New Plastics Economy Global Commitment. Whilst plastic pollution has grasped the

public's attention recently, it is vital that we work together to come up with long-term solutions that will not have any unintended negative impact on the environment. Eliminating problematic and unnecessary plastic is key, whilst making sure that the plastic we do use, can be safely reused, recycled or composted. If plastic is recycled, it should be of a quality that can be recycled several times, to ensure it remains in circulation."



balletcymru

## Ballet Cymru: A Child's Christmas, Poems and Tiger Eggs

Theatr Bryn Terfel

1 Rhagfyr | December, 7pm

£13/£11 gostyngiadau/concessions

**Cerddorfa Symffoni a Chorws Prifysgol Bangor**  
Neuadd Prichard-Jones  
2 Rhagfyr, 7.30pm  
£12/£10 dros 60/£5 myfyrwyr a dan 18

**Bangor University Symphony Orchestra and Chorus**  
Prichard-Jones Hall  
2 December, 7.30pm  
£12/£10 over 60/£5 students and under 18

PRIFYSGOL BANGOR UNIVERSITY

**FARA**  
+ Plu

Theatr Bryn Terfel  
21 Rhagfyr | December, 8pm  
£14/£13 gostyngiadau/concessions

Pontio Cabaret

## Fantastic Beasts: The Crimes of Grindelwald

30 Tachwedd – 14 Rhagfyr  
30 November – 14 December

## Robin Hood

14 – 22 Rhagfyr | December

## Mary Poppins Returns

2 – 17 Ionawr | January 2019

Myfyrwyr: £6, Oedolyn: £7.50, Plentyn (o dan 18): £5.50, Dros 60: £6.50  
Student: £6, Adult: £7.50, Child (under 18): £5.50, Over: 60 £6.5001248 38 28 28  
www.pontio.co.uk



# Bangor Remembrance Sunday Service and Parade

On Sunday, 11 November, a parade marched from the Bangor Clock on the High Street to the Cathedral before the start of the Remembrance Service at 9.45am.

At 10.50am, people gathered round the Bangor Cenotaph to take part in

a two-minute silence, which was followed by a Wreath Laying Ceremony and a short service.

The newly opened 'Cove' on Sackville Road offered a 20% discount for ex-soldiers, veterans and serving soldiers on the day.

Jordan Love, Cove Ex-Manager, explained: "I served 7 years in the army with two tours of Afghanistan, so I will always try and create an event for Remembrance Day each year."

Bangor University's RAG group spent the two weeks leading up to

Remembrance Sunday helping raise money for the poppy appeal by having a collection stand in Morrisons, run by volunteers.



## IN BRIEF

### Gwynedd Set To Lose Councillors In Ward Boundary Shake-Up

By DARBY HIGGINS

Gwynedd is set to lose six county councillors under proposals presented by the boundary Commission for Wales.

The final report, which is currently waiting on approval from the Welsh Government, recommends that the number of county councillors in Gwynedd should be cut from 75 to 69.

Boundary changes have also been proposed in an attempt to even out the number of eligible voters across the proposed 65 electoral wards, with four set to elect two members each.

Bangor is expected to be one of the most affected areas, due to the large number of non-registered voters in the city.

According to the Local Democracy and Boundary Commission for Wales, the figures are based upon the number of registered electors and are meant to ensure voter parity across the county - targeting an average of 1,208 voters per councillor.

Bangor City Council claims that the city was taking a disproportionate hit and that its special status as a university town and the large number of residents not registered to vote should be taken into account went unrecognised.

If accepted, the new boundaries are set to be enforced in time for the next local government elections in 2022.

## Lost Kubrick Screenplay Discovered By Bangor University Professor Up For Auction

By DARBY HIGGINS

A long-lost screenplay by American film director Stanley Kubrick, which was discovered by Bangor University Professor Nathan Abrams, will be sold at a New York auction later this month.

Professor Abrams discovered the 1956 screenplay this summer, whilst researching for his book about Kubrick, "Eyes Wide Shut: Stanley Kubrick and the Making of His Final Film".

The screenplay, titled 'Burning Secret', follows the story of a predatory man who befriends a young boy in order to

seduce his married mother. Professor Abrams believes that the film may have been too "risqué" back in the Fifties, which is the reason behind the film not being made.

Kubrick was the creator of film classics such as, 'A Clockwork Orange', 'The Shining' and 'Full Metal Jacket'.

It has been predicted that the screenplay could be sold for up to \$20,000 at the auction at Bonhams in New York on 20 November. It is unknown whether the new owner will be able to make a new posthumous Kubrick film.



Gwynedd Council Chambers



## POLITICS

# Politics Is Becoming More 'Trendy' - Young People Want Their Say

by GRACE WORSLEY

As a generation, it seems we are becoming more and more invested in current affairs and politics. Issues such as Brexit, LGBT rights and feminism, and the decisions made upon these topics in parliament, are impacting the day-to-day lives of the younger generations, and we want our say.

It seems that teens, students and young working professionals alike are becoming increasingly politically aware, sometimes irregardless of possessing a right to vote. Thousands of 'ineligible' young people, along with those of the legal voting age, participated in marches such as the 700,000 strong 'Peoples Vote' March to London's Parliament Square, brandishing signs stating 'Brexit stole my future'. Of course, as children of the nineties and noughties, we live our lives on social media, something which has largely impacted the volume of our political voice. The hashtag #PeoplesVoteMarch trended on Twitter, with contributions stemming from people of all ages, including a thirteen

year old boy who stated, "I'm marching as young people stand to lose the most. I'm going to be poorer and not have the same career opportunities". Arguably, the use of social media as a platform for youth voicing political opinions such as these is healthy, prompting more and more young people to form and discuss their ideals on topical issues.

During the referendum and subsequent General Election in 2017, the social media buzz was even utilised by politicians and celebrities in order to generate a larger following among younger voters. Grime artists JME and Stormzy orchestrated the #grime4corbyn movement, encouraging their fan-bases to vote for Labour leader Jeremy Corbyn and stand behind his election campaign. Self-proclaimed 'youth culture' magazine i-D published an interview between JME and Corbyn on their Youtube channel, during which the importance of nourishing the political awareness of the youth was discussed, with Corbyn stating, 'political change doesn't just come from politicians'. Grime artist AJ Tracey also filmed an official Labour campaign video, urging young people

to register to vote in order to affect social change.

Thanks to social media campaigns such as these and the aid of pop culture, it seems that in recent years, politics has become a stronger talking point amongst our generation - so much so that we seem to be trailblazing campaigns of our own. The University of Edinburgh Labour Society host regular 'Never Kissed A Tory' socials in order to raise funds for LGBT Labour's Chris Smith List, supporting LGBT candidates standing to represent the Labour Party in Parliament. Here in Bangor, the Labour Society recently attended the Welsh Labour Conference and hosted the Welsh Young Labour Event, encouraging members of Labour Societies across all Welsh University's to meet up and discuss topical political issues.

It's becoming more and more prevalent that our political voice as a young generation is getting increasingly loud, something encouraging as to our future political horizons. The conversation has only just started.



## 16/17 Year Olds Want To Vote, And Some Have Already Started



by KAYLEIGH LAVORNIA

For most 16 year olds, the idea of being politically active can be incredibly daunting, but for a significant portion of the country's youth, it is being heavily campaigned for. With government bodies such as Plaid Cymru actively campaigning for the push towards a younger voting age, the potential for politically active 16 year olds is stronger than ever. With Scotland

having already lowered the voting age, the rest of the country is beginning to see exactly how this impacts elections, and whether to follow in their footsteps.

In 2014, Scotland elected for 16 and 17-year-olds to be allowed to vote, and the overall impact has been positive. The first election that this age group was able to vote on was that of the Scottish independence referendum, in December of 2014. Statistics gathered by the Electoral Commission show that nearly 110,000 people between the ages

of 16 and 17 registered to vote in the referendum. The statistics also showed that 16 to 17 year olds were more likely to vote than the 18-24 and 25-34 age groups, with a 75% voter turnout overall. A study done by the University of Edinburgh during the referendum also showed that due to doubts about the subject areas that they were voting on, 16 and 17 year olds were more likely to seek information to help improve their knowledge on the subject area. The first European country to lower the

voting age to 16 was Austria, who did so nationwide in 2011. The country saw a similar pattern, and voter turnout for 16 and 17 year olds was significantly higher than that of the 18-24 age group.

Believe it or not, those under the age of 18 constitute for one third of all of humanity, and the fact of the matter is, they lack adequate representation in political matters that affect them. Researcher Sarah Birch for the University of Glasgow believes that since sixteen year olds having proven to

be more likely to vote than 18-24 year olds, this will create a 'booster effect' and create more voters over time. This is because if people vote in the first election that they are eligible to vote in, they are more likely to continue voting for the rest of their lives. With only a small proportion of eligible voters turning out for each election, lowering the voting age may help change voting patterns for years to come.



# Make Change Happen In Your SU

You can make change happen in your SU. Let us know the SU your idea, and what changes you would like to make to your University and Students' Union. You can submit your idea here: <https://www.undebbangor.com/yourideas/>

Any student can submit an idea, thumbs up or thumb down an idea to direct the work of your Students' Union.

When an idea gets sufficient traction, it then goes onto the Undeb Council to be debated and then subsequently passed or rejected.

Here are some of the current ideas being voted upon on the website:

**First Aid Classes  
For Students**

**Plastic Reduction  
In University  
Shops**

**More Water  
Fountains Across  
Campus**

**Gender Neutral  
Toilets In  
University**



## Stimulant Prescription Laws In The UK Are Outdated

by KAYLEIGH LAVORNIA

Prescription drugs are something almost everyone will have experience with at some point in their life. Whether they be for flu or head colds or chronic illnesses, we all have to go through the same process to get out medication; go to the doctor, provide a laundry list of our symptoms, and get prescribed a medication that the doctor thinks will best help our illness. Although this is an oversimplification of the process, it is still a process everyone will need to go through at some point in their lives. However, depending on the illness you may have, this process can become increasingly complicated, and the drugs you need access to may have more hurdles to cross. This is especially true when it comes to controlled substances, substances that are government regulated, and plays a massive role in how easy it may be to get treatment you

need.

In the UK, there are three different classes of medicine; prescription only medicines (POM) which may be dispensed by a pharmacist if they are prescribed, over the counter medicines (OTC) that are sold by a pharmacist without a prescription, and general sale medicines which can be sold anywhere. General practitioners may prescribe all POMs, however this does not extend to Schedule 1 controlled drugs such as LSD, MDMA and a select few others. These drugs must be prescribed by a specialist, which can make them extremely difficult to get, especially when it comes to drugs needed for certain mental health issues, particularly ADHD. Drugs used in treatment for Attention Deficit Hyperactivity Disorder must be prescribed by a specialist. ADHD medications such as Ritalin are currently in the same schedule of drugs as heroin. Since there is a shortage of doctors on the NHS who

specialize in these issues, it may take months to get an initial consultation, or cost exuberant amounts of money if done privately. Due to the nature of this disorder, it can be extremely difficult to organize yourself enough to schedule continual appointments to evaluate the different medications and doses being taken.

Not only this, but a doctor's visit is required each month as rolling prescriptions are not an option for these types of medications. Some general practitioners are not comfortable prescribing these medications even with a specialist's agreement, requiring patients to get private prescriptions that can cost them hundreds of pounds. It has already been shown that approximately 800,000 people in England do not collect prescriptions because of their cost. Ritalin, the drug most commonly associated and used to treat ADHD, is treated as a class B drug, with penalties of up to 5 years in prison

if taken without a prescription. These laws have been put in place due to the stimulative nature of the drug, and the potential for addiction or side effects. However, there are many people with ADHD who find it incredibly difficult to function without Ritalin or a drug with similar effects and are given extra boundaries towards their betterment in an attempt to protect against drug abuse and negative side effects.

With that being said, how effective is this policy at lowering rates of stimulant addiction and hospitalizations due to adverse drug effects? Do stimulants belong in the same class group as drugs like heroin? Studies show that prescription drug related hospital admissions are due to polypharmacy, which is the simultaneous use of multiple drugs to treat a single ailment or condition, or in some cases, multiple conditions. This is a phenomenon that is entirely preventable, and not a problem involving controlled

drugs, rather unsafe combinations of drugs. Additionally, addiction rates for stimulants in the UK are significantly lower than anywhere else in the world. Ritalin is not even in the top 20 most abused drugs in the UK, and amphetamines as an entire drug class are significantly low on this list. However, Benzodiazepines such as Valium, which are subject to the same rules and regulations involving prescription processes, are much higher on the list. Additionally, abuse rates worldwide for stimulants are relatively low in comparison to most other drug classes such as opioid painkillers. It is safe to say that the restrictions put in place to reduce stimulant abuse and addiction are not only unnecessary but create more harm and hassle for people who need medicines such as Ritalin to function; the class rating for stimulants should be reviewed.



## COMMENT

# When India Meets Bangor: Diwali 2018!

by **SIMRAN PRASAD**

**M**ythologically speaking, Hindu's believe that Diwali is a significant day of good over evil, as it ties into the Hindu Epic "Ramayana", which marks Diwali as the day that the Hindu God Ram reached his kingdom after a period of exile and his army of good defeated the demon King Ravana's army of evil.

For many Indian Students at Bangor, Diwali or the "Festival of Lights" can be an event that makes them miss home and their families more. The festivities usually involve decorating the house with lamps and candles and making traditional Indian sweets. Taking this into account, the Indian Society hosted a Diwali Event this Thursday, and it

spoke to Indian Students and International Students alike! The Event had a variety of performances that ranged from Hindi and Bangladeshi song performances, Bollywood dance performances, and some traditional classical dance performances from South India as well as a traditional dance style from Punjab, North India. There were approximately 200 people in attendance, with a variety of nationalities being present! The Event had a food stall, with Samosa's being sold, and an Open Dance Floor which gave the Indian Students a chance to enjoy themselves and celebrate the festival! The Event marked a significant milestone for new and old students alike, as it signifies the importance given to the celebration of their culture, although a continent separates them!



## Our Fight Against Homelessness

by **ABI ROBINSON**

**R**ecently, I visited the English Capital London for a weekend break. It's been a while since my last visit, and I was excited to walk through its busy streets and revisit my favourite historical monuments. After checking into the hotel, my sister and I decided to head out for a bite to eat. As soon as I left the hotel and embarked down the street, the first thing that struck me was the sheer number of homeless people that gathered on each corner, under every second bus

shelter and outside each store asking for money and food. People begging outside coffee shops for people to buy them a coffee so that they can use it to wrap their hands around for warmth, this laid heavy on me for the rest of my stay. I feel as though studying in Bangor has sheltered me; it's not until you walk the streets of a large city like London that you realise the extent of the problem we are facing as a nation. The cold nights are fast-approaching, I was lucky enough to be manoeuvring with a full hat, scarf and glove set so to see these people wrapping themselves in soaking-wet sleeping bags

for warmth made me feel extremely guilty. But the reality is, there's only so much you can do as an individual. Buy them a coffee, give them your change or even donate your scarf- but the coffee will soon turn cold, the money will soon be spent, and they will return to the bus shelter as their bed for the night.

I decided to do some research into the daunting figures that stare us in the face concerning people sleeping rough on the streets. In London alone, 7,500 people sleep rough on the streets every year. They come from every walk of life, many people

show ignorance and believe a person is homeless due to substance/ alcohol abuse, but this isn't always the case. A lot of people become homeless due to divorce, redundancy, domestic abuse and even poor mental health.

I looked to a city closer to home for me, Manchester, and saw that an exhibition has been taking place in Manchester Piccadilly Station run by The Homeless Charity and photographer Matt Priestley. Huge portraits of ex-rough sleepers are being displayed around the train station in order to change people's perceptions of homelessness. Each portrait includes

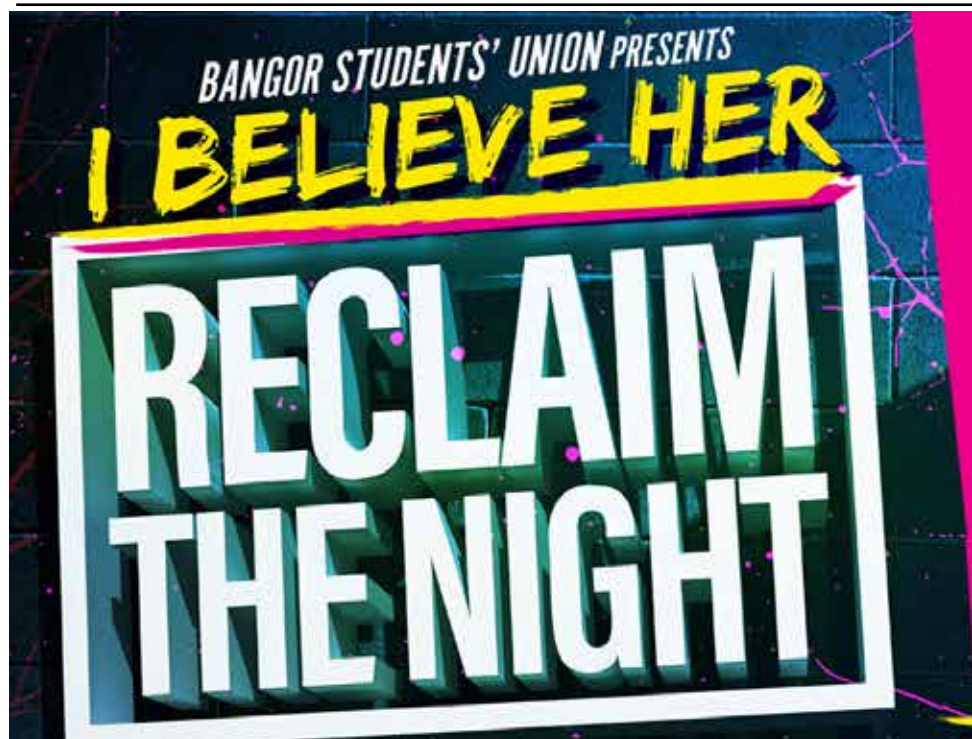
a description of that individual's personal achievements and goals. The exhibition will run from November 12th - November 18th and will then move to Media City for a week. Hopefully, this fantastic project will help to change the stigma attached to homeless people and encourage more of the public to join the fight in ending the crisis seen across the UK.

For a crisis such as this to end, people need to forget the stigma, join the fight and help.

If you are interested in the Inspirational Voices Exhibition, please visit <http://inspirationalpeople.co.uk>







## MARCH AGAINST SEXUAL VIOLENCE AND FOR GENDER EQUALITY

**Bangor Clock Tower  
Thursday November 29  
18.30**

Join Bangor University's Students' Union, Undeb Bangor, for a peaceful march in protest of violence directed at women, on 29 November 2018.

Reclaim the Night is an international campaign, when people take to the streets to say NO to sexual violence against women, street harassment, rape culture and victim blaming.

The event will begin at the Clock Tower, in Bangor City Centre, at 6.30pm. There will be a selection of

rousing speeches, before the march heads along the High Street towards the Pontio Arts and Innovation Centre.

Although self-defining women will lead the march, the event is open to everyone, and is fully inclusive. The route is fully accessible to wheelchair users.

There will be a placard-making event the previous evening, Wednesday 28 November, at 7pm. This will be held in the Students' Union, which can

be found on the fourth floor of the Pontio building.

The march exists to demand justice for victims of rape and sexual assault. It will state that women should be able to walk the streets at night, without fear or reality of violence. Such marches thereby give women a chance to reclaim the streets of their towns and cities.

Reclaim the Night began in Leeds, in 1977, as a response to women in West Yorkshire being advised to stay

indoors, due to murders carried out by the 'Yorkshire Ripper'.

Bangor's Reclaim the Night march is part of Undeb Bangor's Sexual Harassment prevention campaign, 'No means No', which begins on 26 November.


It will be Bangor's first Reclaim the Night event since April 2016.

Mark Barrow, Undeb Bangor's Vice President for Education, said: "It is very important that we organise a Reclaim the Night event, and I hope there will

be a strong turn out from students, and members of the local community.

"Nobody should be made to feel afraid when walking the streets at night, and these marches visibly convey that message."

Feel free to contact Mark at mark.barrow@undebbangor.com, or 01248 388019, for more information.

NOVEMBER 19 - DECEMBER 22 TACHWEDD 19- RHAGFYR 22			
<div>  <div> <p><b>MIS HANES ANABLEDD</b></p> <p><b>DISABILITY HISTORY MONTH</b></p> </div> </div>			
	<ul style="list-style-type: none"> <li>- DATHLU EIN BYWYDAU</li> <li>- HERIO ANABLEDD</li> <li>- CYFLAWNI CYDRADDOLDEB</li> <li>- CELEBRATING OUR LIVES</li> <li>- CHALLENGING DISABLISM</li> <li>- ACHIEVING EQUALITY</li> </ul>		
Dyddiad Date	Digwyddiad Event	Amser Time	Lleoliad Location
3ydd Rhagfyr 3rd December	Diwrnod Rhyngwladol Pobl ag Anableddau'r Cenedlaethau Unedig United Nations International Day of Persons with Disabilities	-	-
3ydd Rhagfyr 3rd December	Diwrnod Chwaraeon Sports Day	2pm - 4pm	Canolfan Brailsford
3ydd Rhagfyr 3rd December	Arddangosfa Gelf + Cyfarfod eich Gwasanaethau Myfyrwyr ac Undeb Art exhibition + Meet your Student Services and Union	Arusyr ddiwrnod all day	Powis Hall
3ydd Rhagfyr 3rd December	Nodwedd o Farddoniaeth Evening of Poetry	5pm-8pm	Undeb Bangor
7fed Rhagfyr 7th December	Cyngorodd Goleu'r Cymdeithas Cerdorolwyr Prydyddol Bangor Bangor University Music Society Winter Concert	7.30pm	PJ Hall
TBC	Seminar mChwili mewn perthnas â cherddorion ag anableddau Research seminar in relation to musicians with disabilities	TBC	TBC

This year, Disability History Month takes place between 19 November and 22 December, and your Students' Union has lots planned.

Disability History Month is an international campaign, and this year the theme of the month is 'music'.

Undeb Bangor will be releasing some tips, throughout the month, as to little things you can do to avoid unnecessary harm to disabled people. These tips will be released on social media.

We have also teamed up with our Music Society, to ensure that their winter concert is linked to the overall theme of disability. The concert will take place on 7th December, and we will be raising money for the North Wales Protection for the Blind. This is a local charity, based in Bangor.

The United Nations' (UN) International Day of Persons with Disabilities also takes place during the month, be-

ing on 3rd December this year. There are wide-ranging plans for the event this year. These include a 'Sports Day', at Canolfan Brailsford, which will feature a wheelchair basketball tournament. In Powis Hall, there will be an art exhibition, linked to disabilities, whilst relevant departments within the University will be providing information as to the help they provide. There will also be an afternoon of poetry within your Students' Union.

We are also working with the School of Music and Media, to provide a Research Seminar in relation to musicians with disabilities – more information will be provided on this in due course.

For more information on Undeb Bangor's plans for Disability History Month, contact Mark Barrow, Vice President for Education, at mark.barrow@undebbangor.com

**24/7 ONLINE & ANONYMOUS  
SUPPORT FOR MENTAL HEALTH**

**CEFNOGAETH IECHYD MEDDWL  
24/7 AR-LEIN AC YN DDLENW**



Mae gwybod fod Big White Wall yno 24/7 yn rhoi tawelwch meddwl imi

Knowing Big White Wall is there for me 24/7 gives me peace of mind

**Big White Wall**

Cewch gefnogaeth Cymryd rheolaeth Teimlo'n well  
Get Support Take Control Feel Better

# Big White Wall

You may have heard about Big White Wall, you may not have heard about it. You may have heard about it and thought that this is not for you because your mental health isn't 'concerning enough' for Big White Wall or that you don't need any help because it will 'just pass'. We're here to tell you that Big White Wall is here for all Bangor Students that need any help with their mental health, big or small. People come to Big White Wall for help with a wide range of mental health and wellbeing issues – from anxiety, depression, stress and trau-

ma, to relationship problems and lifestyle challenges.

Undeb Bangor has teamed up with Big White Wall so that all Bangor students, regardless of their location, have access to a range of help with their mental health.

We're often hearing whispers that students don't want to use Big White Wall because you have to log in with your student username and students don't want staff at the university to know that they are accessing the service. Big White Wall is completely anonymous and although you are asked to log in, this is only to verif-

that you are a Bangor student and that you have access to the service. No one will know that you have used this service.

Accessing Big White Wall is easy, simply visit [www.bigwhitewall.com](http://www.bigwhitewall.com) and log in using your Bangor username and you have access to Big White Wall's services!

Eliminating the stigma behind Mental Health is a priority for us! Talking about Mental Health is important. Big White Wall is one route that you can take to get help!



# SABB SPACE



## VP SOCIETIES & VOLUNTEERING UPDATE

It's been almost 5 months since I officially started my job as a Sabbatical Officer and almost 3 months since the start of term. The big question I want to ask you is:

How am I Sabb-ing?

But first, what exactly is a Sabbatical Officer?

Simply put, a Sabbatical Officer (or 'Sabb' for short) is a full-time student officer in your Undeb Bangor Students' Union with a specific sphere of your student experience to manage. To ensure students are properly represented by the Sabb team, Sabbos are democratically elected by the student body every year in March and

begin their 12-month term in office in June.

Fun Fact: I am Undeb Bangor's first International Student, and Muslim, Sabbatical Officer. I do not believe in identity politics, but my appointment has opened the door for others to realise they can do it, too.

My role is Vice-President for Societies & Volunteering. That means I make policy decisions for our 100+ student Societies and almost 50 student Volunteering Projects. Even with the SU staff helping with administrative tasks and supporting my efforts, it is a lot to handle – if anything, it feels more like managing a loose confederation

of independent tribes than anything else! It is tiring, every day brings a new (and frequently unexpected) challenge, but I've decided to use my time in office to build Societies and Volunteering up at a slow-but-steady pace. Most of what I do isn't grand or flashy, but it's necessary.

And that's where YOU come in!

The biggest danger for a Sabb, in my opinion, is getting trapped in a bubble. We spend almost all our time in Undeb Bangor, working with staff, interacting with student leaders – committee members, Undeb Bangor councillors, course reps, etc – and sitting in meetings. (So many

meetings.) We're always plugged in with what Undeb Bangor and the University are doing, we see all the good things everybody is doing, we decide things in meetings which we think will improve student life...

...but we forget that the average student in Bangor University doesn't know as much as we do about what's going on, but also that they may have a completely different view of what we do, and what we should be doing. It is too easy to get carried away and forget, essentially, how our actions impact the actual students of Bangor University.

Which is why I do my best to

publish my thoughts here in Seren, and have also recently got a new talkshow, Undeb Hour, on Storm FM student radio ([www.stormfm.com](http://www.stormfm.com)) on Thursdays 5 – 6 pm so anybody can communicate with me directly either as a guest or as a listener writing in.

So now comes the big question again:

How am I Sabb-ing?

Email [muhammad.firdaus@undebbangor.com](mailto:muhammad.firdaus@undebbangor.com) and let me know, and if YOU have something you're passionate about and want people to know about, you can also be a guest on my radio show!

## NUS International Student Leaders Conference



On the 12th of November, I travelled to the British Council in London for a free NUS International Student Leaders Conference. While Undeb Bangor does not have a full or part-time officer for international student matters, as an international student myself I take a keen interest in this sort of thing and was sent as a representative of Undeb Bangor to find out what I could about the situation for international students in a post-Brexit Britain.

It was interesting to learn how other Students' Unions support their international students. Some Unions have Sabbatical Officers

specifically dedicated to 'Diversity' or 'Internationalism' or 'Culture', others have International Student Assemblies (basically an International Student Society but run directly by the Students' Union), and others have staff members whose job it is to support international students within the Union. The important thing I took from this was that Undeb Bangor is in a unique situation and location, no other Union model can simply be transplanted onto ours, and must therefore figure out its own approach to international student support – and that I have to be personally involved in this figuring.

I also learned a bit more about the UK Government's approach to international students and the realities of the challenges international students face, both during and after their studies in the UK.

What lies in store for international students in a post-Brexit Britain?

The truth is: We will only know when the UK Government releases its white paper on immigration, and that is very unlikely to happen any time soon.

It is very frustrating, but until that happens, Undeb Bangor must do what we can to improve our support the international students we have here in Bangor University.

## NUS Sustainability Summit



On the 31st of October, I travelled to Manchester Metropolitan University's Students' Union for an NUS (National Union of Students) Sustainability Conference. There I learned that the NUS will be working with the WWF (World Wildlife Fund) on an environmental sustainability campaign, attended a workshop hosted by NUS Disabled Students Representative (and Bangor University student) Piers Wilkinson on the negative impact that an all-or-nothing approach to plastics has on the disabled, and met with project manager for the Hungry Dragon project (and Bangor University student) Isabel and founder and director of Tree Sparks (and Bangor University student – notice a theme, here?) Jemima Letts!

Fun Fact: I sit on Bangor University Sustainability Groups on behalf of the Students' Union, and these are my favourite meetings, because we mostly discuss how to save the world in real, practical ways, much like the exact opposite of supervillains.

Lunch was a delicious and entirely vegan menu with edible plates that tasted like you would expect cardboard made of corn to taste, cooked by the students of Manchester Metropolitan University themselves!

After, I attended a workshop on how to plan and implement a good sustainability campaign, and picked up two posters on apple varieties in Britain for Conservation and STAG (Students for Treborth Action Group) societies.

# COME AND SEE US

**Undeb Bangor**  
**4th Floor**  
**Pontio**





# Campus Life: November Bulletin

Another month of great events has passed and it's wonderful to see so many of you coming on our trips, trying something new or just chilling out in our communal spaces.

These past few weeks we have brought you more free food events than ever before, got you out and about with the ultimate Frisbee team and provided you with lifesaving skills with CPR training ran by the British Heart Foundation. The month concluded with yet another great joint event with the International department, where we carved out over 40 pumpkins and turned some of them into delicious pumpkin cake! Thank you to Marcel from the International Team for capturing the photo!



There is still so much to look forward to this semester, check out the must not miss events for November below and download the free Bangor University Campus Life app for an on the go calendar!

## Cirque de St Mary's! Friday 16th November: Acapela 6pm

We are welcoming CircoArts to Bangor University for the first time, giving everyone an opportunity to see a professional circus group perform and to learn some of the amazing tricks – all for free!

## Knit and Natter! November Wednesday 21st November: Braint Student Lounge 5-6pm

This new social could be the perfect break from your studies. Learn how to knit or just come along for the chat!

## Halls and Home Fair! Thursday 22nd November: Powis Hall 11am-

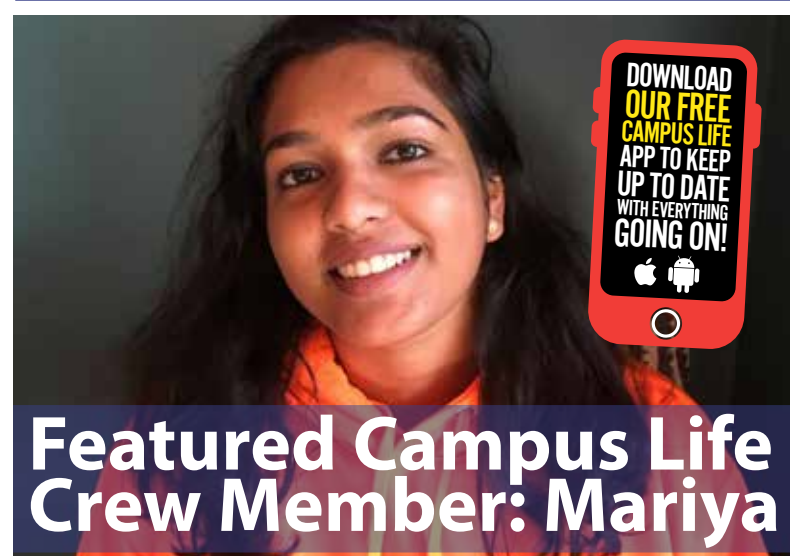
## 2.30pm

This annual event is definitely NOT to be missed! Already thinking about where to live next year? Come along to meet support services from the Uni and local area who will help you in your mission to find accommodation next year. Goodie bags, freebies and a ton of great contacts to meet – See you there!

## Open Mic Night! Sunday 25th November: Acapela 8pm

Come along and showcase your talent, or just come along to support the performers! Limited FREE drinks available. Book your performance slot by emailing [campuslife@bangor.ac.uk](mailto:campuslife@bangor.ac.uk).

Don't forget to look after those Campus Life wristbands! They will get you in Academi all year and you can even grab free soft drinks too.



## Featured Campus Life Crew Member: Mariya

Hi everyone, I'm Mariya Joseph from Southampton. I am one of your Campus Life Coordinators for this academic year. This is my third year at Bangor University, doing Psychology and my second year in the Campus Life Crew. Campus Life is a great opportunity to try new activities, make new friends and to engage in activities at Bangor University.

## My top three highlights from October are...

1) Bounce Below: This was definitely my favourite for the month! Being

scared of heights it was an amazing experience for me to go there and I had lot of fun with everyone on the trip.

2) Learn to Cook Chinese: Campus Life Ada showed us the recipe for an easy Chinese Stir-Fried Egg and Tomato with prawns. It was delicious!

3) Pumpkin Carving: It was great to see many students trying out pumpkin carving, most of them for the first time!

I'm excited to meet you all at our upcoming events and hope to give you an amazing time.



# @ A CAPELA

ST MARY'S VILLAGE

## OPEN MIC NIGHT

SUNDAY.8PM

28.10.18  
25.11.18

Email [campuslife@bangor.ac.uk](mailto:campuslife@bangor.ac.uk) to perform



## IMPROV NIGHT

SUNDAY.8PM

09.12.18

Email [campuslife@bangor.ac.uk](mailto:campuslife@bangor.ac.uk) to perform

## FILM NIGHT

8PM

FREE POPCORN

21.09.18	01.11.18
04.10.18	15.11.18
18.10.18	23.11.18
	13.12.18



## SCIENCE

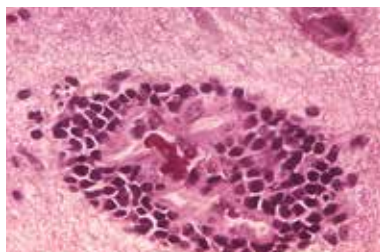
## IN BRIEF

## A Nation Without Crustaceans



Scientific research is only at the beginning of understanding how climate change is going to affect aquatic organisms and how this will then affect entire marine ecosystems. Marine scientists have started to examine the effects of global warming and the reduction in seawater pH, known as ocean acidification. Studies undertaken by marine scientists from the School of Ocean Sciences has allowed for an appreciation that there are fundamental differences in the biological capacities of marine species, compensating for climate change. More specifically within crustaceans, a taxon that is usually regarded as tolerant to environmental change. It has been proven that fully marine species such as the edible crab, with its preference for stable conditions, are poor equipped for survival in a changing environment. So, if we don't crack down on climate change as soon as possible, we may have to say goodbye crab-cakes.

## Microbe Of The Month: Rabies Virus



by CHARLOTTE BILSBY

This month's microbe is one that many fear when petting wild and stray animals. Rabies is a fatal neurological infection transmitted through the saliva of "rabid" animals, from biting or scratching. But fear not a wild sheep in the small town of North Wales is unlikely to carry the deadly virus. 99% of all cases are caused by domestic dogs, however the World Health Organisation hope to eliminate the disease in dogs, via vaccination by 2030.

**WANT TO WRITE FOR THE SCIENCE SECTION?**  
**GET IN TOUCH:**

science@seren.bangor.ac.uk

## Bangor University's New Centre For Biotechnology

The doors of Bangor University's Centre for Environmental Biotechnology (CEB) have finally opened. The opening of CEB has placed Bangor University's research at the cutting edge of research. The research centre aims to discover new enzymes with the potential to transform the efficiency of current biotechnology industries. The centre will be looking at extremophiles and how they can be used within industrial processes. Most industrial sectors such as pharmaceuticals, energy and cosmetics use inefficient chemical synthesis processes, which require high energy consumption and organ-

ic solvents, which are damaging to the environment and public health. CEB aims to replace chemical synthesis by identifying, developing and testing biological catalysts (enzymes) taken from extremophiles.

Due to these extreme microorganisms being exposed to such harsh living conditions such as high temperatures, varying salinity and acidity, the enzymes are already well suited to work in the conditions created in industrial processes. Using these enzymes will reduce energy consumption, pollution and cost. All of which will benefit key sections of scientific research such

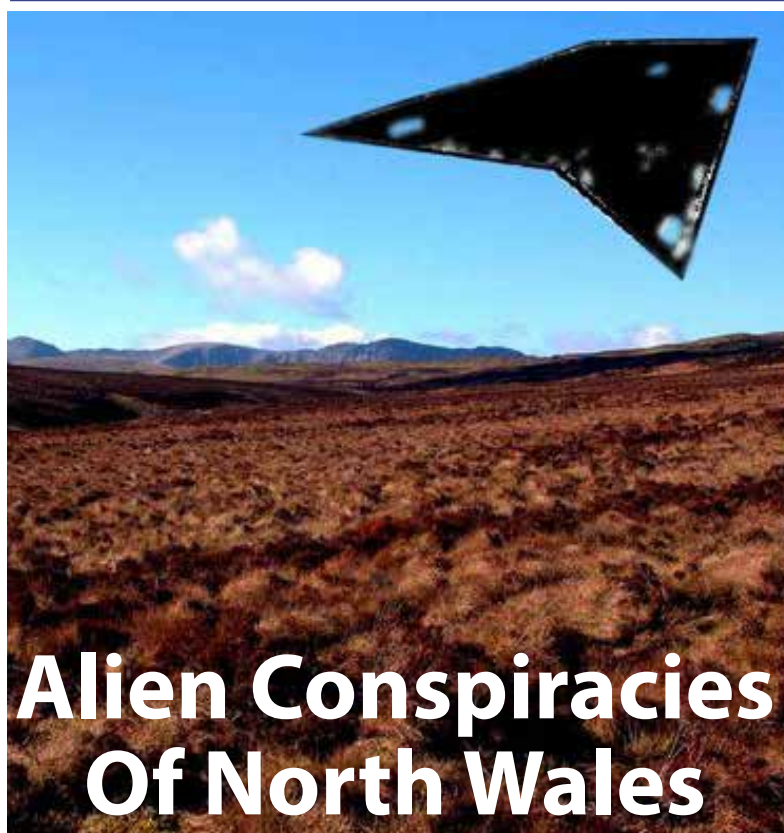
as life sciences, pharmaceuticals and chemical manufacturing.

Professor Peter Golyshin, a professor of Biotechnology at Bangor University and Co-director of the new centre has said:

"This new Centre provides a great opportunity to combine the university's cutting-edge staff expertise in bioanalytics with our leading expertise in microbiology and genomics of extremophiles and enzyme discovery and applications. Enabling this team to work in a new centre with state-of-the-art research instruments the Centre will lead to major new discoveries about

how extremophiles can survive at the limits to life and how we can harness this capacity to achieve breakthroughs in the efficiency and environmental sustainability of many industrial processes."

The centre is located within the University's School of Natural Sciences. The centre has received £5m of EU funding through the Welsh Government and will positively impact the local economy and boost the region's capacity work cohesively with industry and further develop this rapidly-emerging sector.



## Alien Conspiracies Of North Wales

by CHARLOTTE BILSBY

Witnesses are being encouraged to come out of the shadows to help shed light on a North Wales alien conspiracy. Though, you may know nothing of the incident which has led to one of the greatest mysteries in North Wales, your lecturers may.

At 8:30pm on January 23rd 1974 residents of Llandderfel and Llandrillo reported hearing a loud explosion, bright lights in the sky and experiencing ground tremors, which measured 3.5 on the Richter Scale. The police and RAF were dispatched to the area immediately but found nothing.

Since 1974, rumours and stories have erupted into a massive debate on what actually happened on January 23rd. Some claim that a UFO crashed and all evidence was taken away and covered up by the military. Others have suggested that it was just a meteor shower, alongside an earthquake, with the epicentre being Bala lake.

Various police officers and residents reported seeing bright circular lights. Some even reported seeing a "Bright green lights, with a tail, heading

towards Bangor and dropping down." This vague description sounds like a flashing dragon not aliens.

Other witnesses saw a "circular light in the sky explode and fall to the ground", these pieces have been estimated to have fallen into the sea approximately between Rhyl and Liverpool.

Russ Kellett a local in the area has been obsessed with the incident for 25 years and in recent times has been approached by an unnamed company in America to create a documentary on the events at Bala Lake.

Since the happenings of 1974, various extra-terrestrial incidents have been reported across North Wales. With the Great Orme in 1983 being dubbed the UK's 3rd most likely spot for alien abductions. In 1994, farmers reported "satanic" and "unhuman" injuries to their sheep. The most recent reports occur at a famous North Wales nudist beach where naturists have reported seeing plasma balls and strange lights over the sea and accusing Aliens as "peeping toms". The most recent extraterrestrial incident may be explained by the increase of Drone flying hobbyists, but the happenings pre-millennium may have a more sinister explanation.

## Science Society Of The Moment: Bangor University Conservation Society



Bangor University Conservation Society is a relatively new society being established in 2015, in collaboration with North Wales Wildlife Trust (NWWT). We recently attended one of the societies weekly lectures on "Bee Technology: Bee's in backpacks" by Bangor Universities Dr Paul Cross. He spoke about the ground-breaking research that is being undertaken at Bangor University and the cutting-edge technology being developed to track Bee's during the worldwide Bee crisis.

The society aims to encourage members of the society to get involved with local conservation projects with NWWT, in order to broaden knowledge and skills, which as an added bonus,

helps employability by advancing practical conservation knowledge and skill in the field surrounded by professionals from the industry. Bangor University Conservation Society participates in work days, alongside weekly guest speakers, which happens every Thursday's in Thoday G23 at 7pm. The next Workparty is at Cors Goch with NWWT on the 25th of November.

Connect with the society over various social media platforms; Facebook- Bangor University Conservation Society, Twitter- @BU\_conservation, Instagram @bu\_conservation. Alternatively, email Jake Burton (chair) at afu465@bangor.ac.uk to receive updates of upcoming events.

## The Physics Behind The Perfect Pizza

To indulge in the perfect pizza there are two way this can be achieved. One, fly to the pizza's homeland, Italy or two, solve a lengthy thermodynamic equation to achieve the perfect Italian pizza from the comfort of your halls kitchen.

Surprisingly, scientists in Italy have developed a paper (in an actual credited, peer-reviewed journal) and developed an equation that can be used to create a mathematically perfect pizza. The secret lies within the physics of the brick oven. Though many of you probably don't have access to a one of these the authors have described how to cook that pizza "a la Roma" perfection in your electric oven with the help of physics. All you will need is this simple thermodynamic equation:

$$\sigma[(T_1^0)^4 - (T^b)^4] \tau + 2\kappa(T_1^0 - T_0) \sqrt{\frac{\tau}{\pi X}} = c^{do} \rho^{do} d(T^b - T_2^d) + \alpha L \rho^{water} d.$$

If this is all seems foreign to you, let me put it in simple terms - bake your homemade pizza at 230°C for exactly 170 seconds.



## Testing Conservation

Globally, countless conservation projects are taking place, attempting to achieve aims such as reductions in habitat loss to the restoration of populations of threatened species. Despite these efforts, there is a global stigma that conservationists aren't doing enough to evaluate whether their efforts will actually work. A new study developed by conservationists from Bangor University shows that simple experimentation could change this. Failed efforts that attempt to better the future of species and ecosystems waste limited resources that are available for conservation and often results in missed opportunities to reduce losses in biodiversity. In the past 50 years monitoring wildlife populations has reduced up to 60% and the large-scale loss of important habitats continues. Given the importance of knowing what works in conservation, the push for more high-quality evaluations, not exclusively experimentation, is most certainly needed. This can only be achieved from learning and building on current practices can lead to improvements in the future effectiveness of conservation.

## Llamas Are Here To Save The Day



by CHARLOTTE BILSBY

Llama antibodies have now been incorporated in a recipe for a nasal spray designed to destroy infection from various strains of Influenza. Currently, the recipe has passed its first stage of animal testing and the results seem promising. Although, the medicine must undergo vigorous testing before human trials can begin, the development of this nasal spray may add a positive and much needed advancement in influenza vaccination development.

The nasal spray could provide relief to the high-risk groups affected by influenza, such as the elderly or infants. Most traditional influenza vaccinations are tailor made each flu season, the nasal spray does not require such work and can be stockpiled in the event of a pandemic. For now, all we can do is hope that Llamas continue to be the supreme animals that we know that they are and save the world with their antibodies and cuteness.

# Hidden Museum Opens Doors To The Public



by OLI HEWSON

Bangor University has a Natural History Museum. This will be news to many of you, I'm sure, seeing as it has somehow remained a secret to me for almost three years at this institution. This may be partly down to the fact that admission to The Bramble Natural History Museum (no prizes for guessing where it is... Psst! It's in The Bramble Building – sort of opposite Asda) is generally restricted to students of Natural Sciences at the University and rarely open to the public. When it is, however, it fills.

Saturday 3rd was the weekend of this year's Welsh Museum Festival, an annual event funded by the Welsh Government that falls the week of October Half Term. The idea is to open all Wales' Museums to the general

public, to allow them to engage with and explore everything that the Welsh Cultural scene has to offer and to hopefully spark some interest among those of the younger generations. Which the Bramble Museum does very well.

It reminds me a lot of a very concentrated version of London's Natural History Museum – it has the same acute, dusty smell that seems to serve as an eerie reminder of the fact that everything in the packed room was once alive. There are tall glass cases packed along corridors and against walls, with possibly hundreds of different specimens: fossils and obscure crystals; mysterious organisms in jars; animals taxidermied into posed immortality; skeletons, labelled appropriately and catching the attention of the more curious visitors.

There was even a two-headed lamb, in a case, watching everything with its four, all-seeing eyes.

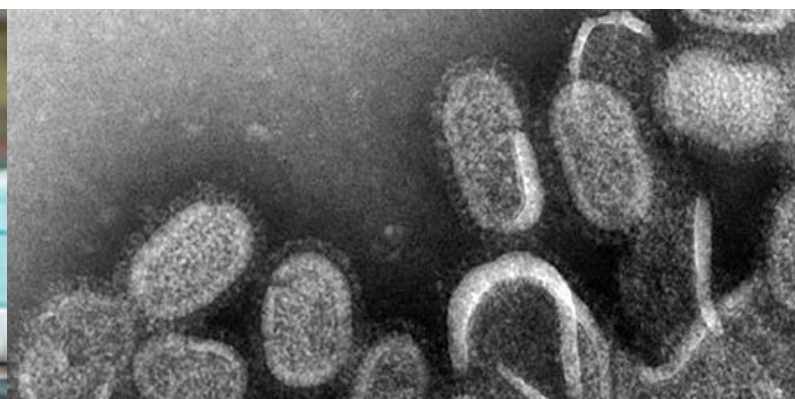
Every field of the biological sciences is represented in a very accessible manner – whilst trying to hide a smile, I half watched an exasperated mother attempt to separate her child's excited face from the glass it was eagerly pressed tight up against, wide bulging eyes slipping back and forth across a row of starfish, sea anemones and swirled shells.

Across on another wall are spread fairly formidable looking skeletons, the most intriguing of which once belonged inside what you and I would identify as a "Tiger" but is known to those with specialist education as *Panthera tigris*. On the wall above this is plaqued a truly phenomenal pair of antlers perhaps eight feet across, that stand out marvellously. These once belonged

to an Irish Elk – a species that is now unfortunately extinct – and are thought to be something like 7500 years old.

The University's Zoology collection boasts something in the region of 40,000 different species, only 500 of which are displayed in Bramble. The museum itself has recently partnered up with Storiol in Bangor and is currently overseen by Dr Rosanna Robinson, a Senior Lecturer in Biology here at the University, and by Helen Gwerfyl, who is Museum Collections Officer for Bangor University and Storiol and was present this weekend along with quite a few other volunteers, all of which were very friendly and eager to help. Ms Gerfyl said the museum will next be open for British Science Week in March of next year.

# Why You Should Get Vaccinated This Flu Season



Flu season is upon us, just as we all thought we were going to die from "Freshers Flu", Influenza outbreaks have begun across the UK. As the country becomes increasing sick and run down, the NHS urges for the public to get vaccinated. In recent years there has become a significant divide between communities that believe everyone should get vaccinated and communities that believe that it is dangerous or just unnecessary. The Centers for Disease Control and Prevention (CDC) states that being vaccinated for influenza "can save lives" and "reduce the chance of the disease spreading". But the real question is, why

should you get vaccinated?

There are many misconceptions surrounding flu vaccinations, so we have searched the internet to find all of the most common.

"I'm not a high-risk group" though you may not personally fit into the high-risk group, surrounding family members and friends may, hence you may put these people at risk of contracting the dreaded flu.

"If everyone else gets vaccinated, then I don't need to" if everyone works off of this logic then no one will be vaccinated, so don't presume you are safe because of others actions.

"I'm healthy and never get sick"

Everyone is susceptible to the flu, so there is no point to chancing it.

"I got vaccinated last year" Strains of the flu virus changes annually, each year new vaccines are produced to counter them as soon as possible, secondly, the vaccination loses its potency after a year so essentially is no longer effective.

"The flu vaccine will make me sick" vaccinations will either be "inactivated" or only a single gene has been used from the Influenza virus, neither of these are sufficient to cause illness.

"The flu isn't that bad, it's just a really bad cold." The flu can progress into serious illnesses and have fatal consequences.

"I've already had the flu" this may be the case or you may have had a really bad cold, the flu will keep you in bed, not just give you a blocked nose.

So, from here it's up to you to make a decision on whether you should get vaccinated this flu season and please remember I'm not a doctor and not giving you medical advice just information and answers, which you can use to make your own decisions from there. Though, the flu vaccination is not compulsory, the CDC advises anyone over the age of 6 months to get vaccinated every flu season, every year.



Mae eich  
**GWASTRAFF  
BWYD**

yn cael ei  
ailgylchu'n **YNNI**  
sy'n pweru  
Prifysgol Bangor

Your  
**FOOD  
WASTE**  
is recycled  
into **ENERGY**  
to power  
Bangor University



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[recycleforwales.org.uk/bangor](http://recycleforwales.org.uk/bangor)

**#CaruNeuaddau**  
**#LoveHalls**



ailgylchu dros Wynedd  
recycle for Gwynedd



SWYDDFA  
NEUADDAU  
HALLS  
OFFICE



PRIFYSGOL  
**BANGOR**  
UNIVERSITY



# Photographic Society: November Picks

The college on the hill...



Photo by Fergus Elliot

Motorbike at Anglesey Circuit



Photo by Matt Foster

Photo by Emily Stephenson



Photo by Jess Eaves



All you need is a camera, a dog... and maybe a tennis ball

Red Deer Stag



Photo by Sam Hardy



## TRAVEL

## Christmas Markets 2018

## CHRISTMAS MARKETS IN EUROPE

Berlin (Potsdamer Platz);  
2nd Nov – 6th Jan

Budapest; 9th Nov – 1st Jan

Brussels; 30th Nov – 6th Jan

Prague; 1st Dec – 6th Jan

Paris (Notre Dame); 14th –  
23rd Dec

## CHRISTMAS MARKETS IN THE UK

Manchester; 9th Nov - 22nd  
Dec

York; 15th Nov - 22nd Dec

Edinburgh; 17th Nov - 5th Jan

Bath; 22nd Nov - 9th Dec

Liverpool; 15th Dec - 2nd  
Jan

## LOCAL CHRISTMAS EVENTS

Llandudno Christmas fayre;  
15th - 18th Nov

A Penrhyn Christmas; 24th  
Nov – 16th Dec

Portmeirion Food & Craft  
Fair; 30th Nov - 2nd Dec

Conwy Winterfest; 8th Dec

Old Colwyn Christmas  
Market; 15th-16th Dec



# Dublin for the average Joe, the average Joycean, everything in between Joycean, the Historian, the Pub-Crawler, and the average Joe



by ALEC TUDOR

Dublin is a special place for many: for pub enthusiasts, it's an endless, sprawling crawl; for fans of live music, it's an all-week Friday concert; for literary types, especially fans of James Joyce and Yeats, it is a pilgrimage. Crossing the Irish Sea from Holyhead, the sight of Dublin is always warm and welcoming.

Small, long streets; grey, dark green and red brick houses; medieval churches and cathedrals, bells striking the hour through the constant rain and surprising sunshine; there is much to explore and observe in even the most ordinary parts of this city. It is apparent even in the accents; they differ depending on which side of the river Liffey, which passes through

Dublin, they reside. There is even talk of the accent shifting, becoming more 'American'.

Dublin's history is long and troubled; despite it, it has risen as a prominent European capital, despite having a smaller population than the average, it is more compact.

This works well with the city's nightlife; there seems to be a public house around every corner, but they're never boring; from the famous Temple Bar and Davy Byrne's, to the smallest Dawson Lounge, there is much to see: some have fascinating décor and a festive atmosphere, some have a humble but vintage look; they all invite happy moments and merry conversation. Indeed, people do seem to be more socially engaged here, as scrolling through social media isn't

really seen around.

Live music? As frequently seen as the pub; from traditional Irish tunes to original compositions, there is always a musician around to make your day.

In the Landmarks department there is the Guinness Storehouse, where you learn all things Guinness, from its ingredients and history to crafting it and enjoying it on the top floor, overlooking the city as you enjoy your pint.

Trinity College is home to vast libraries and to the Book of Kells, one of the oldest manuscripts in Europe, dating back to the 9th Century.

A notable aspect is the literary culture of the city, which has been the place of many literary works, most notably Ulysses by James Joyce. Every 16th of June Bloomsday, named

after Ulysses' main character, Leopold Bloom, is celebrated; a day when Joyceans go out on pub crawls and reading marathons dressed up as the novel's characters.

A big problem, quite often seen with capitals, is the financial cost, with some pubs charging €6.50 for a pint. Even the ferry from Holyhead can be quite expensive. However, you can bypass that by going to the Stenaline website and choosing the £5.50 Perfect Family Day Out ticket.

With all being said, there is still much to discover. Looking like a place worth visiting? Yes? No? Have a pint, and you'll think better; Dublin is a city where you can find the human spirit in the smallest alley.

# Travelling as a Vegetarian/Vegan



by SOPHIE ELERI JAMES

A massive part of visiting other countries for me is trying different foods; you don't get to know a country or a culture fully without experiencing what the locals eat! When I went vegetarian I hadn't thought that this would in any way restrict me in my homeland – wherever you go there's always a veggie option, and for the most part they're quite tasty! However, when travelling it can seem a little harder to find food that you really want to eat. For example, when visiting France over the summer I found that cooking for myself was much better; not only was it cheaper, but it also meant that I wasn't traipsing around from restau-

rant to restaurant hoping that they'd have something on the menu suitable for me! This seemed to happen a lot when we didn't plan what we were doing – and unfortunately it even happened when we did! From the end of July, through August and until the beginning of September the whole of France seems to take its summer holiday – their "congés". It was really gutting to set your heart on a veggie/vegan restaurant just to turn up and it be closed for the summer! The best advice I could give for travelling herbivores is to do your research – plan your holiday based on the time of year, and have a look at where's best food-wise. The app Happy Cow is the best for this – there's a free version as well as one you have to pay for, but from what I've

heard there's not much difference. I've used it to find what have turned out to be some of my favourite places to eat!

I know now isn't the best time to be planning a trip abroad, so I thought I'd share with you some of my favourite places to eat in the UK...

**Café Thrive - in Southampton**

**Anna Loka - in Cardiff**

**El Marchador - in Leeds**

**Illegal Jack's - in Edinburgh**

**World Peace Café - in York**



## "I'm vegetarian" in different languages:

Dw i'n llysieuol - Welsh

Je suis végétarien/ne - French

Soy vegetariano/a - Spanish

Sono vegetariano- Italian

Ich bin Vegetarier/in - German

Want to learn about a wider range of languages in the paper? Send an email to [travel@seren.bangor.ac.uk](mailto:travel@seren.bangor.ac.uk) to tell us which languages you'd like to see!



# Travel Apps: Making Travelling Easier

by SOPHIE ELERI JAMES

In today's world of Google and social media, travelling has never been easier. Our smartphones are generally the best and most straight-forward tools to organising our sejours, before and during them! Apps are, needless to say, lifesavers, and so I've put together a list of my favourites that will (hopefully) help you out, whether that be travelling abroad, or locally.



**ROME 2 RIO** – This app allows you to type in any location and any destination and shows you different routes that are possible to take, as well as estimated costs. It's really handy for when you're in a new city, or want to find out how to get to the many beautiful places to visit in Wales. (available on Android & in the App Store)



**TRAINLINE** – Great for booking your train journey home – and you can get an in-app ticket, so no risk of you losing your ticket! It also lets you request a seat, and you can see exact times as well as delays.



**HOSTELWORLD** – If you're staying somewhere overnight, Hostelworld is a great shout – you can filter your search, look at a map indicating where differently-priced hostels are in the area you're looking at, and there's even a translation feature, to make making friends even easier!



**ARRIVA BUS** – If you travel around Bangor fairly regularly (like I did to get to my job in first year), this app is quite handy – you can see real-time buses (for some journeys), and save your favourite routes to make them easier to access.



**HAPPY COW** – If, like me, you're a veggie/vegan, Happy Cow is a really great app to help you find restaurants that serve good food near you. There's a free version for Android too, which is great.



**FAIRFX** – For when you're visiting countries that use euros and you don't fancy carrying round a load of cash, this app is one that sends you a free card (when you load it with more than £200), to which you can transfer money at a decent exchange rate. It saves time, although you do have to wait for the card to come in the post, and makes spending money abroad so much easier! There is a small fee for using it at an ATM, but it's not a lot, and is worth it.



**SKYSCANNER** – An app that's great for comparing different costs of flights – if you're looking to go somewhere a bit sunnier! You can also look for accommodation and renting cars too.



**COUCHSURFING** – This app/website is such a godsend if you're looking at cheap travel – it allows you to seek out hosts that will offer a spare bed for free, and in return you can offer yours (if you have one, and if you want to! It's not necessary!).



**AIRBNB** – Definitely one you've already heard of; this site is great for finding little gems to stay in for a little get-away. I've only ever used it in France, but have had a really good experience using it. Prices vary, but when you can add filters you're sure to find somewhere that suits you.



**UBER** – Another one that you've definitely come across, this app allows you to get cheaper-than-taxi-fare rides. Great for short-mid journeys if there's a few of you!



**BLABLACAR** – The Uber for when you're abroad. Travelling from one place to another is made quite a bit cheaper when you can find a ride, and is great if you like a conversation! (Although there's no pressure to talk, if you'd rather stick your headphones in)



**GOOGLE MAPS** – This is an obvious one, but a useful one! You can find your way by car, public transport or walking, and is really easy to navigate (if you're not incompetent with maps like I am!)



**CITYMAPPER** – A useful app for getting around a new city if you tend not to use Google Maps. Although you'll want to check whether or not the city you're visiting is on there!



**LONELY PLANET GUIDES** – Considering that the books can be quite expensive, this free app is great for learning about the tourist attractions in the place you're visiting. However, not all cities are available, but it's worth checking it out before you buy a guide!



**FLIXBUS** – a nother app that's fab for travelling abroad between countries, or within one country. Very similar to Trainline, but just for coaches. Meant for long-distance travel, the buses have comfy seats and wifi – perfect for a cheap journey that'll take you anywhere!

## German Soc's Oktoberfest 2018



October 22nd saw the celebration of Oktoberfest hosted by the Bangor University German Society and Bangor Langsoc. People donned their Lederhosen and Dirndl, got their Bratwurst, drank their beer and headed over to The Belle Vue Pub to celebrate the night. With the grill cooking the Bratwurst and traditional German music playing over the speakers, the atmosphere screamed Bavaria. We had many people show up including German natives, German speakers and people who just like German culture making it a great place to celebrate in style. Our food and cakes were free to eat, with a donation bucket on the side we were able to raise almost £30 for the German Society and Langsoc. Thank you to everyone who showed up it was a fantastic night, and thank you to the Belle Vue for allowing us to celebrate with you. You can find us on facebook "Bangor University German Society" and "Langsoc Bangor" where you can keep up to date with our events as we will definitely be hosting more events in the future!



## German Vocab



Beer = Bier  
Drunk = betrunken  
Friends = Freunde  
Laughter = lachen  
Culture = Kultur  
Sausage = Wurst  
Dancing = tanzen  
Community = Gemeinschaft  
October = Oktober  
Fun = Spaß  
Celebration = Feier

## Travelling with Diabetes

by SOPHIE ELERI JAMES

14th December marks the annual World Diabetes Day and aims to raise awareness of all types of diabetes. I am lucky enough to be in a relationship with a wonderful human, who just so happens to be Type 1 Diabetic. He's insulin dependent, which basically means that without insulin his blood sugar levels would rocket, and he wouldn't be in a very good state!

A common misconception is that Diabetes is caused by eating too much sugary stuff (cakes, sweets, etc.) and you've probably heard people joke about it before. Type 1 is not caused by this – it's sometimes to do with a genetic predisposition but, more often than not, is just one of those things that can happen to anyone at

any time – although it is much more common to be diagnosed as a child.

Another misunderstanding is that people with diabetes aren't allowed to eat sugar and chocolate and basically anything tasty – but this isn't the case; with type 1, you can eat as much as you like (within reason, let's be real), it just means you have to be a bit more vigilant!

Type 2 diabetes, however, can be caused by a poor diet but again, this is not always the case. This type of diabetes can often be controlled by diet and exercise alone, although it sometimes necessitates tablets or occasionally insulin injections. One of the biggest differences between the two most common types of diabetes is that Type 2 can, in some of the less severe cases, be reversed, whereas, as yet, there is no way to get rid of Type

1 diabetes.

Right, now that the biology lesson is over, I can talk about travelling with Diabetes! Whilst I personally don't know what it's like, I've travelled a fair bit with my boyfriend and will continue to do so. I don't think I'm likely to forget our travels – especially the first time! Our first train journey was from Bangor to Cardiff (my home!), and about halfway through the trip he'd realised that he'd forgotten his insulin pump – major disaster! We spent the remainder of the journey trying to contact different pharmacies, asking if they'd provide him with insulin – lesson learned: DON'T FORGET YOUR PUMP! Thankfully, we managed to get a supply of insulin and all was ok – it definitely took the edge off meeting my parents for the first time!

When travelling over the summer

we found that there were some difficulties – he couldn't go through the scanners at airport security because of his pump, and he needed to have a doctor's note for his needles (for injections). There was quite a big list of things that we had to make sure to have with us, including sugary stuff for when his bloods were low, a supply of insulin and – rather importantly – his tester! You've got to regularly check your blood sugar levels as a diabetic, and you can use a special needle and strip-tester, or you can wear a 'libre'.

Ten months ago I knew nothing about Diabetes – I'd assumed it was all about not being able to eat sugar, and was generally quite ignorant. Now, I'd like to think I'm quite knowledgeable, and now maybe you are too!



# FOOD & DRINK

## Fresh Cuts For Freshers

Campus Life caters for a wide range of activities, but if your fridge is ever running low these are a few key dates you should keep in mind. Run by the Campus Life Mentors, these events aim to make integrating into a new environment more fun and more relaxing too. Making new friends and learning new recipes could never be easier!

Be sure to check them out around University and ask any questions. Remember to book in advance if necessary but you can find all details and more events on a Campus Life poster or online at: [bangor.ac.uk/campus-life/index.php/en](http://bangor.ac.uk/campus-life/index.php/en)

### BAR UNO

Sunday 18th November – Free Sunday Roast 6pm (booking [campuslife@bangor.ac.uk](mailto:campuslife@bangor.ac.uk))  
Friday 23rd November – Free Pizza Party 7.30pm

### BRAINT COMMON ROOM

Monday 19th November – Board Games & Biscuits 7.30pm

### BARLOWS KITCHEN

Tuesday 20th November – Learn to Cook Veggie 7pm  
Tuesday 11th December – Learn to Cook Christmas Treats 7pm

### FFRIDD

Wednesday 21st November – Wednesday Warmer 11.30am  
Wednesday 5th December – Wednesday Warmer 11.30am

### ST MARYS

Wednesday 21st November – Wednesday Warmer 11.30am  
Wednesday 5th December – Wednesday Warmer 11.30am

# Vegan Vibes

By PAIGE BROOK

As we're heading into the final few months of 2018, a few winter warmer treats should be in order to keep you cosy at night. Wrapped up in your duvet, friends on in the background, all you need now is the perfect meal. From sumptuous mains to delicious desserts; here are my favourite picks for November!



**Coconut Brownie With Mojito Ice Cream**

#### Ingredients:

1/4c\* coconut oil  
1/4c cacao or cocoa  
1/4c date syrup  
1c ground almond  
\*1/4c is 60ml which is 4 tablespoons, you can measure it out whichever way suits you

1 banana, chopped and frozen  
1/2 a ripe avocado  
The juice of 1 lime  
A few sprigs of mint  
1T white miso  
1/2t matcha

Melt the coconut oil in a glass in a bowl with hot water.

Mix the cacao and syrup and oil in a bowl. Add the almond and mix well.

Spoon this onto a tray with baking paper and freeze whilst you are making the ice cream. In a jug blend the bananas, avocado, lime juice, mint, miso and matcha. Spoon the ice cream into a bowl, cut the brownie and place next to it.



**Sundried Tomato & Olive Crackers**

#### Ingredients:

150g wholemeal flour  
2 tsp dried rosemary  
¼ tsp cayenne pepper  
Black pepper  
4 tbsp water  
1 tbsp olive oil  
2 tsp tapenade  
4 sun dried tomatoes (about 15g), rehydrated & chopped small  
Optional flavourings:  
Nutritional yeast  
lemon zest

Heat the oven to 200°C / 400°F / Gas Mark 6. Sift the flour into a mixing bowl and mix in the remaining dry ingredients. Stir in the wet ingredients, then combine into a dough using your hands. It should come together to form a smooth ball, but if it feels a little dry, add more water a few drops at a time. Roll flat between two sheets of parchment paper (this saves using extra flour – the dough is quite sticky), to about 2mm. Cut the cookies into shapes or straws as desired. Place on a parchment-lined baking tray and cook on the middle shelf for 15-20 minutes, or until crisp.

**Notes:** The dough can be made in advance and kept wrapped in cling film in the fridge. If using sun dried tomatoes kept in oil, mop up the excess with kitchen paper and adjust the amount of oil in the recipe as necessary.



**Chocolate Baked Pear Pudding**

#### Ingredients:

2 tbs oat flour (ground oats)  
1 tbs cocoa (or carob flour)  
½ tsp baking powder  
1/3 cup apple puree (or vegan yoghurt or other fruit puree)  
2 tsp syrup of choice or a pinch stevia (to taste)  
1 tsp oil

Approx. 1 tbs liquid (only if needed to make a smoother batter)

1 small-medium pear  
Sauce for drizzle

Mix the dry ingredients to small bowl and add the wet ingredients and mix well. The mixture should be thick and fairly smooth (how smooth it is depends on the type of flour used, my oat flour gave more texture).

Spoon the mix into a large ramekin (or small deep sided dish- there should be min. 1cm space beneath the rim once the pear is pushed in! to allow for a slight rise in the mixture).

Push the pear gently into the centre of the ramekin so that is at least half submerged.

Bake for 10-15 minutes at 180C until the pear is golden and the mixture is very lightly browned. Serve with a drizzle or carob, chocolate, yoghurt, cream as desired.



**Watercress Quinoa Soup with Balsamic Onions**

#### Ingredients:

3 small red onions, finely sliced  
½ a cup of red wine  
½ a cup of balsamic vinegar  
1 cup of water  
3 cups boiling water  
1t stock powder  
1 garlic clove, minced  
80g watercress  
1/4t ground white pepper  
1c white quinoa

Put the onions, wine, balsamic vinegar and 1c water in a frying pan. Bring to the boil on a high heat then reduce to a medium heat.

Cook for 20 minutes until the onions are soft. If the pan gets dry add a little more water. Put the water, stock, salt, garlic and quinoa in a pan. Simmer for 15 minutes or until the quinoa is very soft. Add the watercress, blend with a hand blender. Add pepper and salt to taste.

Cook on a low heat for 10 minutes. To serve put the soup in a bowl and gently place a large spoonful of onions on the top.

## Domu

By PAIGE BROOK

The arrival of Domu Kafe has been largely anticipated – located 206 High Street, Bangor, this renovation connects Bangor's past and future together.

The newest edition to Bangor's ever-growing Vegetarian and Vegan scene is finally here in the form of Domu Kafe. The name of the restaurant itself is translated from Czech means 'home'. Run by husband and wife: Dale and Svet, this family run coffee house prides itself on its originality and highly refined recipes, not to mention the delicious food!

Specialising in their coffees, their coffee menu features an extensive list of the exotic and the unusual. Domu is also home to loose leaf teas, tea tisanes (infusions), and fresh made juice! Using freshly made ingredients delivered daily, all menus are devised from these; no day's going to be the same! Their range of sweet treats are available to eat in or to go, so for students in a hurry en route to lecture they cater to you!

Alternatively, if you fancy a sit down winter-warmer, then pull up a chair and relax. This beautiful hideaway features some rustic feels including coffee

bags labelled from Colombia and some easy feel music to relax while peering into the ever busy high street.

I was given the opportunity to sit down and try a few of their dishes; first of all I had an espresso, followed by the Vegan Yufka (mild coconut curry with diced vegetables, chickpeas, cashews and seeds wrapped in a filo pastry), and to end the Coffee and Mint tiffin.

I was first served the espresso on a beautifully engraved silver platter with a selection of peanut butter pretzels, added a real kick to my day and the pretzels were to die for. The Yufka was served fresh out the oven with a selection of salad and heated cous cous was exquisite, the different flavours and textures were delightful and accompanied with the extras just made for that filling sensation. I was stuffed! Ended up taking my tiffin home as my eyes were obviously bigger than my belly, enjoyed this treat wrapped up in my duvet with a film on in the background. This delicious blend combine after 8's and coffee cake into one gorgeous feature.

A fantastic experience and a must try down in Bangor High Street, you'd be crazy not to!

## Kafe

By SOPHIE JAMES

Domu, a small, friendly, family-run café, found a few doors up from the costume shop on the High Street, is one of Bangor's newest additions.

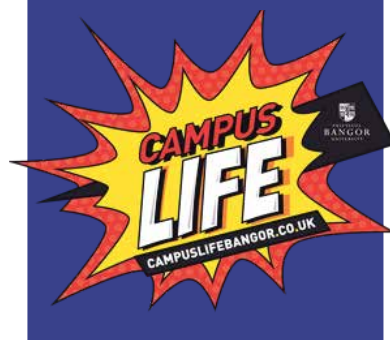
The Café, run by Svet and Dale Hibbert (former member of The Smiths), is in a restored pub, although you'd never be able to tell! The place is beautifully restored, with modern additions and a bit of weathering here and there to make it look a bit more rustic.

Apparently a vestibule was added too, to make sure a draught from outside was avoided - or so Svet tells me. As soon as you walk in, you're greeted

by the smiles of the manageress, Svet, a friendly, chatty woman who will try to remember your name (she's almost got mine!), and will ask with genuine interest as to how you are. Every Friday morning I'll go in for about an hour with my friend for a cuppa and a chat, and I honestly couldn't think of a better place to go!

With a massive selection of teas, I'm slowly making my way through them all, but I find myself always returning to the Mumbai Railway Chai - a welcome spicy treat in this horrible weather! With food to accommodate all (tasty vegan options that I'd recommend to even the most meat-loving people), Domu is definitely worth giving a visit.

## Reviews







# REVIEW: StreetBox

By PAIGE BROOK

Patrick's Bar, a family owned bar, located in upper Bangor is home to the infamous Street Box. Well known for their £2.50 Lunch Wrap Specials, we at Seren had the privilege of a taster session, in which Chef Luke cooked us up his top 6 favourite dishes!

To start was the Vegan Ramen. This was a warming combination of tofu, mushrooms and greens in a delicious broth with udon noodles which fills the heart and soul. Sweet Potato and Chickpea Falafel with Sweet Chilli sauce followed which is also suitable for Vegans. These small parcels accompanied by the sweetest chilli were

beautifully executed.

The mains consisted of Peri Peri Chicken and Thai Green Vegetable Curry. All I can say is portion size is not an issue! My god, Streetbox is not shy whatsoever and we cannot get enough! The Peri Peri sauce provided a tangy kick to the juicy chicken and the wedges won our hearts, sprinkled in seasoning and lightly fried for the crispy sensation. The Thai Green Curry suitable for Vegans warmed our insides, the perfect meal for a winter's day (or just a typical day in Bangor). The creamy sauce and crunchy vegetables created an intense whirlwind of tastes and flavours in your mouth. Loved it!

Finally came desserts, just when we

thought we couldn't eat anymore, how wrong we were! Triple Chocolate Brownie with Cherry sauce and Churros with a salted caramel dipping sauce, COR! They say a picture is worth a thousand words and well need I say more.

The ever upcoming Streetbox has made fantastic progress and is soon to be available on Deliveroo as well as their exclusive forthcoming Junk Boxes and Thursday Steak nights. This fantastic idea will be fit for 4 people and include all your favourite junk food including but not limited to Fish and Chips, Pizza, Chinese, Indian and Kebab! We at Seren can't wait to visit again.

And in case your Club or Society or

Work place is still trying to find that perfect Christmas party, look no further! Taking bookings for parties up to 40, head on down to Streetbox. With 3 Courses available for only £10 throughout December, how can you say no?

A sneak peak of their Christmas menu exclusively here:

Starters - Winter vegetable soup with a warm bread roll.

Main Course - Roast Turkey with all the trimmings roast potatoes, Vegetables and a rich roast gravy

OR

Vegan cashew nut roast with vegan roast potatoes, vegetables and gravy.

Dessert - Mince pie crumble tartlet with Vegan Vanilla Ice cream.



## Un-BRIE-lievable Jeff

By PAIGE BROOK

Swiss cheesemaker Beat Wampfler has stepped into the world of sonochemistry, conducting his own experiment called: Sonic cheese; experience between sound and gastronomy.

This bizarre remediation to modern day science has been going on since September waiting to be tested in the new year. Despite no previous evidence supporting his hypothesis, Beat is certain of his methods.

The swiss cheesemaker's belief is that the music will make his cheese taste better, and will be comparing different genres in order to see this. Through playing the likes of rock, techno, classical and hip hop, the hope of that it isn't just humidity, temperature or nutrients that will influence the taste of the cheese.

Research is being conducted alongside Bern University of Arts, the measurements focus upon sonochemistry: using ultrasound to alter chemical reactions, while also looking at the effect of sound on solids.

Beats own preference for the outcome? "I hope the hip-hop cheese will be the best", utterly amazing.



# REVIEW: Georgio's Pizzeria and Bar

By PAIGE BROOK

Named after the son of the owner, Georgio's Pizzeria and Bar is Bangor's best kept secret hidden away at 12-14 Holyhead Road; behind The Vintage Shop and Kai's Barbershop.

Georgio's is the newest restaurant on the block, upper Bangor's own mini Portmeirion is back! Opening hours are typically from 9am - 11pm, yet this may be due to change so remember to keep your eyes peeled. For now it's time to escape, sit back and relax in this glorious setting.

Owners Richard and Sarah have transformed this space into a glorious Italian restaurant which they hope to expand into a part of the community. Speaking with Sarah, the obvious elements of a family restaurant are present, yet that's not all they offer! As previous owners and creators of Cocktails on Wheels, behind the bar

is their usual scene with thoughts of combining the two.

Also in the foreseeable future, they'll be opening up the courtyard to make a mellow area, perfect for those who wish to relax or do work, WiFi equipped and their coffee machine at the ready. There is also talk of opening their services to delivery while also looking into Deliveroo aspects. Looking forward to events nights and catering some too, the owners are excited at the prospects ahead. As of 22nd November, open mic nights will begin to get involved message the Facebook page or talk to them directly!

Their menu at this time consists of a selection of authentic classic thin crust pizzas cooked in a stone base gas pizza cooker, perfection. The pepperoni is a beautiful blend of authentic pepperoni, a selection of cheeses elegantly melted with a sprinkling of oregano. Together this presented a melt in your mouth experience and I can personally guarantee you will not

be disappointed! The only advice I can give is as these pizzas are made to order, try not to burn your mouth as all these pizzas are served fresh out the oven!

The 4 cheese was also a personal highlight as despite drowning in the cheese, it was balanced accordingly as the blue cheese added a real kick of flavour while complimenting the base sauce. The addition of the saltiness from the ricotta was extremely pleasing to the taste buds, which is not always traditionally seen in UK pizzas.

Their offer currently of Pizza and a Pint for £8 is not to be missed so be sure to pop on down. A dessert menu filled with some enchanting sweet treats tempts the sweet tooth to finish the meal of. Judging by the dedication and hard work Sarah and Richard have already put into the place, it will become extremely popular addition to the community and surrounding areas.



Cove Pop Up Coffee and Rum Shack are now serving food!

Head down to Sackville Road (by ASDA) and check out the new Caribbean themed menu.

Why not try a Reggae Reggae Sauce rubbed Beef Patty? Or a whole jerk chicken to share with mates?



## LIFESTYLE

# Raise Awareness For Men's Health This Movember

By COURTNEY MCHUGH

**M**ovember is an annual event which involves growing a moustache during the month of November in order to raise awareness for men's health issues. Some issues that they raise awareness for are prostate cancer, testicular cancer and mental health and suicide prevention. The charity Movember Foundation run the event with an aim of "changing the face of men's health". 'Growing the Mo' is one of the easiest ways to help raise awareness for men's health crisis. If you are less talented in the moustache-growing department, you can still do your bit and raise awareness. You can donate through the The Movember Foundation's website: <https://uk.movember.com/get-involved/moustaches> either as a general donation or you can search for a specific team or person to donate to.

Bangor University has their own team that aims to raise awareness and fundraise for The Movember Foundation. Bangor's Movember Team wants to raise awareness for men's health. They focus on the issue of male suicide as "globally, one man a minute dies by suicide. Every minute. Every day."

They also focus on testicular cancer as it is the most common cancer diagnosed in males aged 15-49. They want men to be checking themselves regularly and getting themselves checked out if they find something abnormal.

Promoting awareness for the Movember team is "an ongoing process". They find that the most effective promotions of their team have been through events such as Serendipity as well as word of mouth. They have posters around Bangor in order to promote themselves and their events.

The team says "the best way to promote ourselves is by sporting our Mo's... they're always a great conversation starter!"

So, how can you maintain a moustache, I hear you ask? Look no further, as L'Oreal Men Expert has partnered up with the Movember Foundation to help tackle some of the biggest issues facing men. They proudly support the Movember Foundation and have given them an £800,000 contribution towards the cause in 2017/2018. Their Barber Club range has all the beard-care products you could wish for. These include:

## BarberClub Short Beard & Skin Moisturiser

This moisturiser is available at several retailers including Superdrug, Asda and FeelUnique. Its retail price is £9.99 from Superdrug at the moment. The moisturiser aims to soften your facial hair and soothe any discomfort caused by your facial hair. It is free from parabens and is suitable for short to medium length beards and moustaches. With 5 stars across the board, what's the harm in grooming your stache?

## BarberClub Beard-Face-Hair 3-in-1 Wash

This 3-in-1 wash is the best choice for gentle, daily cleansing care for your facial hair, scalp, and face. The product has been made "100% crafted for men with beards and facial hair". Again, the retail price at Superdrug is £9.99. The reviews on this product say that it is a "stunning product and HIGHLY recommended" and that it has a "gorgeous, cedar wood, manly" scent.

This partnership aims to help men engage with their health in order to live healthier, happier lives. It has been proven that men, on average,

die six years younger than women and the reasons for their deaths are usually preventable. They want men to socially interact more and more and have open conversations about

Speaking of social interaction, Bangor's Movember Team have tons of events that you can partake in!

These are set to be amazing events and all the money raised will go to The Movember Foundation. We hope to see you there!

## Movember Schedule

**Movember Tri Tournament (Ffridd) – 18th November**

**Movember Boxing 24 hour session (Bar Uno) – 18th November**

**Movember: AU Night (Academi) – 28th November**

**Movember Karaoke (Bar Uno) – 22nd November**



# MOVEMBER® FOUNDATION

## Shade-y Secrets: Eye Makeup Tips, Tricks and All Things Shaded

By SABRINA AHMED

**W**henever I decide on going the extra mile with my eyeshadow makeup, it usually starts off with a general idea seen in my Instagram 'discover' page, and a semi similar colour palette. But what follows is an attempt at copying, alongside a massive experimental hand of creativity. Sometimes it turns out looking like a fab copied look, and others it looks like I have no clue what I'm doing. So, with this article I want to provide reassurance, and possible tips and ideas to settle your eyeshadow woes and qualms.

Hot words for the eyeshadow world: Blending = stops eyeshadow from appearing too harsh or splotchy, makes a smooth transition from one colour to another eyeshadow colour. Transitioning = the shade of eyeshadow used to adjust from one colour to another colour of eyeshadow.

I took to Instagram to find some eyeshadow looks which are both in

at the moment and possibly good inspirational ideas to attempt or inspire your own look. (in order, left to right: @alyssamarieartistry @meicrosoft)



For this article, I cheekily got my friend Poppy to do a step-by-step eyeshadow tutorial, disguised as the needs of the Seren paper, but really for my own selfish want. Listed below are the eyeshadows she used, as well as other popular alternatives if you want to give it a go, or if you're wanting a new palette and unsure of where to look.

Poppy used the nix ultimate brights

palette (£16) and a MUA highlighter as the centre sparkly shade (~£3). Superdrug revolution (cheap high-street palette with an amazing variety of colours and shimmery tones) £4 each, or if you go soon, they have a 3 for 2 deal, which is how I treated myself to three palettes for £8! A non-exhaustive list of places to look at for eyeshadow and other good makeup is here: Boots, Superdrug, Cult beauty, Debenhams, Beauty Bay, Morphe, Tarte Cosmetics.



## Want To Recreate Poppy's Look?

1. Pack on a bright purple in and above the crease, just pat the colour on to begin with! Don't blend just yet!
2. Keep building up the pigment until you are happy with the colour
3. Take a slightly lighter purple, more lilac and place at the edge of the first purple, stamp it on first then begin to slightly blend with a fluffy brush
4. If you lose some pigment, reapply the first colour and repeat!!
5. Keep blending!!
6. Take a deeper purple and reapply through crease and then go back to the first shade to blend the two together
7. If it becomes slightly patchy, just keep repeating the steps until you are happy with the colour and the pigment!
8. And pack the deepest purple on the inner and outer corner!
9. Use some concealer to line your lash in the centre and look up to show where you need to cut your crease, so the shadow won't transfer
10. Fill in to create the halo eye shape
11. Pack the shadows on the edges on the concealer and lightly start to blend it on the edge
12. Take an iridescent purple and pack all over the centre
13. Use the lightest purple to blend the centre shade into the darkest purple
14. Take the darkest purple and run it along the lower lash line
15. Take a mix of the other two purples and place on lower lash line
16. Add mascara (and lashes if you are good at applying them!!)
17. Bright purple and sparkly halo eye!



# The Future is Green : Sustainable Beauty

By COURTNEY MCHUGH

Bangor University constantly promotes sustainability. You can get discounts off of your coffee from Bar Uno if you bring in a reusable cup, and it is the same with many other outlets. Bangor University has its very own society dedicated to making Bangor a plastic-free city. The society Plastic Free Bangor is "part of an accreditation scheme set up by the Bangor BioSoc from Surfers Against Sewage". They aim to make "Bangor the first 'Plastic-Free' city in Wales. They want to "get rid of single use plastics such as straws, cutlery and cups". Their achievements include "getting the council to pledge to remove all single use plastics from the whole of Gwynedd council premises as well as running litter picks and beach cleans". Researchers estimate that an astounding 8 million tonnes of plastic go into the ocean each year! In order to encourage change in this situation, I have researched into 'eco-beauty'. I have noticed that there are many plastic-free beauty products that you can buy; including biodegradable, recyclable and reusable packaging.

Plastic-Free makeup is a thing that I never knew existed until now. Whilst major fashion brands like

H&M are vouching to become more sustainable, the major makeup brands have not yet vouched to help the environment. That is why I would suggest to shop local or buy from small brands. Two brands I have found that are plastic-free are:

## Zao Makeup

Zao Makeup offers 100% organic, natural formulas that are mixed with active organic ingredients in order to "enhance your skin's natural beauty". It is certified organic by Ecocert and uses micronized silver as a preservative rather than toxic chemicals such as parabens.

Determined to not use an unnatural packaging such as plastic, the founders of Zao Makeup opted to use bamboo instead. They state that "bamboo is a true hero of ecological sustainability." The makeup brand sells everything you need: from accessories such as makeup brushes, to foundation, eyeshadow, lips and even nail products! The company offer samples of their products from prices as low as £1.00 and their normal sized products retail at £11 - £18. Their products are both low cost and natural, ditch the high-end brands and opt for green beauty instead!

Available online at [www.zaoessenceofnature.co.uk](http://www.zaoessenceofnature.co.uk)

[zaoessenceofnature.co.uk](http://zaoessenceofnature.co.uk)

## Glow Organic

Glow Organic, based in Brighton, is not wholly plastic-free. It is, however, a naturally-sourced, organic, cruelty free makeup company. On their website, you can shop through categories: one of which is 'Plastic-Free and Refillable'. Voila – right in front of your eyes are pages full of plastic free products. In this section, you will find other brands such as Zao Makeup (mentioned above), Evolve Beauty and Couleur Caramel. Evolve Beauty's facial skincare products are encased in recyclable glass bottles and Couleur Caramel's lip pencils boast that they use '100% natural raw materials, 11.1% of which are organic raw materials'. Again, the prices are much lower than the price you pay for products that are damaging the environment so why not just try going Plastic-Free with one product, you won't regret it!

If everybody just changed one of their beauty products to one that was environmentally sustainable, it would make such a difference.

Available online at [www.gloworganicbrighton.co.uk](http://www.gloworganicbrighton.co.uk)

# The Beauty of North Wales: Aber Falls/Rhaeadr Fawr



By COURTNEY MCHUGH

Aber Falls is a waterfall located in the village of Abergwyngregyn and also in the Snowdonia National Park. Aber Falls was the first place I visited outside of Bangor when I arrived. The majestic view of the waterfall makes the walk worth it. If you don't fancy hiking up Snowdon, Aber Falls is a good alternative.

The distance of the walk to Aber Falls

is 4km (8km for an all-round trip) so it works out as a 40 minute walk to the fall, and 40 minutes back. Time passes you by in the beautiful, green Welsh valley's – I promise, when you reach the waterfall, you will forget how far you have walked! It is a mesmerising view, the greenery around the waterfall is amazing! Also, true to Welsh stereotypes, you will meet lots of sheep along your walk although I wouldn't

suggest trying to get close to them – it is their land, remember!

If you do not want to brave Snowdon then Aber Falls is the place for you, it is easily accessible from Bangor – a fourteen minute drive or a thirty minute bus journey lands you safely in Abergwyngregyn. A straightforward walk and a beautiful view – that's North Wales for you.

## Humanities Notebook: Tell The World To Wait!

By RORY FORMSTONE ROBERTS

How many jobs do you have to do today and how many have you done already? The list will keep expanding and encompass more and more of your time, sucking the precious seconds we have of this beautiful life. Tell the world to wait!

I walk the roads and picture the jobs I must do, the conversations I have had, the mistakes I have made, the chances I want to take and the dreams I wish would happen. All this in the walk to the shop or when I stand in the elevator. Tell the world to wait!

Your palms are sweating, your heart is racing, your voice scratching its way out as the fear and panic sets in. All this endless work with only me to combat the ever swelling wave. Tell the world to wait!

It is hard to describe this feeling of

claustrophobic collateral continuum. Feeling suppressed and bound by the world's emphasis on doing the best in life. Tell the world to wait!

I live majority of my life trying to push myself to extremes making others feel needed, loved and supported. I would much rather make someone else happy than focus on how I feel, but this comes from years of knowing what I want in life; to make people smile and for them to know they are special. I will always try to make others happy but I think it is time. Tell the world to wait!

People live lives of exhaustion and misery, resulting in the lost meaning of living this life. We should love, feel, exude, and passionately drive our lives the way we want them. Tell the world to stand fast, strong and bold. Tell the world to wait!



Photo of Rory Formstone Roberts telling the world to wait. Picture taken by Paul Schofield.

## November Favourites

BOURJOIS  
PARIS

By COURTNEY MCHUGH

My favourite item of choice this month has to be the Bourjois Paris Healthy Mix Foundation. After buying this for the first time in the summer, this foundation quickly has become one of my staple products. As we move in to these harsh

winter months, this foundation has been the perfect match for my dried out skin. As it has a Vitamin mix of Vitamin C, E and B5, the foundation instantly erases any sign of fatigue and gives a flawless finish. It is currently on sale at Feel Unique for £6.65 so it is perfect for a student make up bag!



## FASHION



# Behind The Scenes: Bohemian Rhapsody

**“I have fun with my clothes on stage; it’s not a concert you’re seeing, it’s a fashion show” - Freddie Mercury**

by ISABELLA TIMPANY

Mercury’s iconic style reflects his electric performances and for Rami Malek, they are big shoes to fill. So naturally for Rami to feel the part, he needed to look the part and who better to dress him than the talented costume designer, Julian Day. Day has previously been known for his fantastic work behind the scenes on ‘Rush’, ‘Diana’ and ‘No-where Boy’.

Julian admires Freddie greatly “Mercury was a real champion and visionary for people to break rules and break free of what the norms should be”. Julian was eager to capture Mercury’s groundbreaking on and off-stage fashion legacy “He’s a real pioneer”.

Queen’s biggest audience and one of the best live performances of all

time was at the 1985 Live Aid concert at Wembley Stadium, which was viewed by 1.9 billion people globally and 72,000 at the stadium. Therefore, it was paramount that Julian got the outfit spot on.

For the film Adidas reproduced the 80s boxing shoes Freddie wore and Robert Alsop - the original leather designer - was asked to recreate Mercury’s studded belt and armband. Wrangler remade Mercury’s tight fitting jeans, which surprisingly didn’t need to be modified to keep up with Remi’s energetic kicks. Out of all of Mercury’s flamboyant costumes, bizarrely the vest he wore was the hardest to replicate. Julian described the production process painstaking and admitted it was difficult to make it look authentic. “We had 20 versions, because we couldn’t really hide behind sequins

and feathers. It had to be exact.”

Although most of the clothes were made for the film, some of the clothes were genuine originals from the 80s.

Brian May, lead guitarist of Queen, invited Julian Day to his house to borrow some of his own clothes from the ‘70s and ‘80s to help clothe Gwilym Lee who plays Brian in the film. He lent Julian his white leather bomber jacket with huge shoulder pads and his personalised robe worn in the ‘I Want To Break Free’ video.

The film includes milestone concerts and many celebrated on-stage costumes. Julian Day delved into the archives of Queen’s performances and meticulously analyzed each piece of clothing. He visited British fashion designer, Zandra Rhodes’ studio who dressed Princess Diana as well as Brian May. She helped recreate the deep

plunge harlequin jumpsuit and the pleated butterfly tunic.

“Apparently, Freddie went to see Zandra and she was fitting a wedding dress at the time; he looked at the wedding dress and was like, “I must have that” and she cut the bottom off the dress and gave him the top to wear” Julian Day explained. He recreated the same piece but with a lighter satin for the film. Julian asked designer Alsop to recreate the crown Malek wears in his new posh house in Kensington along with his royal epauletts and bare chest.

Aside from recreating iconic looks, Day used his creative license to depict Freddie in his days before the Queen. He took inspiration from the eclectic punk, goth, hippie and boho aesthetics of Kensington market, where Freddie once had a stall.

Freddie’s looks evolved over time, Julian predicts that he would wear much simpler clothes if he was alive today despite having a flamboyant way of dressing in his glory days.

Although it is unlikely Julian Day’s meticulous costume design work will be criticised, he responded coolly about people’s opinions towards the authenticity of his costumes. “Everyone always has their opinions – even if I replicate the exact look – but, as a costume designer, you have to forge your way,” he opines. “I do feel a responsibility, but it’s a drama, not a documentary. I adhere to the rules when they are there to be adhered to, and I break the rules when it suits the drama.”

## INTERVIEW: Bangor Students Design Unique Jewellery

by ISABELLA TIMPANY

Bangor product design students have worked with the contemporary art gallery to create a range of high quality jewellery that is now available for purchase at the MOSTYN shop in Llandudno.

Katie Roberts, Product Design Lecturer at the School of Education and Human Development said:

“Experience is vital in any field, and opportunities to work with companies and organisations who are passionate about developing the next generation of designers and creative

thinkers are priceless, so this project has been a great asset for these students”

“We place great emphasis on providing real creative challenges for our students. In addition to a range of live project briefs such as this one, students undertake three placements whilst on the course. Spending between eight to ten weeks each year in placement builds our students’ professional experiences, and makes our Product Design course unique in the UK”.

MOSTYN is a registered UK charity and all income generated by the shop and retail galleries is invested

back into MOSTYN’s exhibition, learning and engagement programme. I caught up with one of the student jewellery designers Steffan Jones to find out about the work he has on sale.

**When did your interest in design work begin?**

My interest started around GCSE when I did Art & Design, I enjoyed the ability to create and explore. I had done fashion design sketching in the past but the jewellery project was the first time I’d ever created a fashion piece.

**Where did you draw inspiration from to create such unique jewellery?**

I got a lot of inspiration from North Wales, I’m local anyway and I absolutely love the area. For the jewellery I have taken the outline of Snowdonia and put it in the jewellery, so it’s all loosely shaped around that.

**What materials did you use to create the jewellery?**

I use aluminium to make my jewellery, so it’s affordable. Llandudno is quite a touristy area so I wanted to make something that anyone could

buy. I wanted the meaning behind the jewellery to be more important.

**What did you like about the project and would you be interested in doing fashion design in the future?**

I enjoyed the freedom to explore, it was an open brief so whatever we wanted to do with the jewellery was our decision. I definitely want to do more unique designing in the future, my real passion is making bespoke furniture. If I find time I’d like to make more jewellery, the first batch of them has already sold out so I know I’ve generated a lot of interest in them.





# Lets Get Sustainable! How To Achieve An Eco-Wardrobe

by ISABELLA TIMPANY

**A**s a University, we try to be as sustainable as we possibly can. "Being sustainable means giving equal and balanced consideration to money, people (friends, family, staff, community, suppliers) and to the environment around us – people, planet and prosperity." - BU Sustainability Lab.

So as Fashion Editor I think it's important to encourage sustainable fashion choices too. Here are 10 ways to achieve an 'eco-wardrobe'.

## Follow the #30wears rule

Livia Firth, Founder of Eco Age, began the #30wears campaign, which encourages us to only buy items if we know we will wear it a minimum of 30 times. Will you wear it 30 times? If the answer is yes, then buy it. But you'd be surprised how many times you say no. Pick more versatile pieces that can be styled in different ways, rather than fast-fashion statements that will go 'out' in no time.

## Know where to shop

Knowing where to shop can be difficult however nowadays there are plenty of brands that run with a sustainable focus in mind. Reformation & Aitch Aitch are both recommended by Eco Age, but high street shops do sustainable ranges such as H&M Conscious Collection and Zara's Join Life.

## Shop Vintage

"Every new item of clothing has a substantial carbon footprint attached to its manufacturing; but the amount of new energy needed to reproduce vintage clothing is zero" Emma Watson said on her Press Tour account. "Vintage clothing has a huge role to play in making fashion more sustainable and reducing a global footprint that includes the 132m metric tonnes of coal used yearly through the production of new fibres, dyeing and bleaching of garments and the 6-9 trillion litres of water used by the industry."

We have a fantastic vintage shop in Upper Bangor and there are plenty of vintage clothes online on sites such as Depop or ASOS Marketplace.

## Buy trans-seasonal clothes

Only buy items that you can wear all-year-round. If you live in cold, rainy Bangor, don't shell out on an entire summer wardrobe each year. Spend the bulk on timeless jackets, good jeans and t-shirts.

## Donate!

Donate your unwanted clothes to a good cause. Live by a one-in-one-out policy. If you buy one item, you must donate another. If your old clothes are wearable, charity shops will often accept them as 'rags' and will recycle them for you. At H&M, you can donate any unused garment no matter what shop you bought them from or what condition they are in. For each bag you'll get a £5 voucher to be used in store when you spend a maximum of £25. The initiative was launched in 2013 and the company says more than 55,000 tonnes of clothes have been collected, which have been made into new items. Anything that can't be reused is donated to the Hong Kong Research Institute of Textiles and Apparel, a social and recycling project which works to develop technologies to recycle clothes.

## Look after your clothes

This point may seem obvious but it's so important. Cherish and nurture your wardrobe so you don't have to replace them. This includes checking the washing instructions properly and choosing better quality clothes over cheap ones that will only last a few wears.

## Learn how to repair

Even just a few basic sewing techniques could save some of your favourite pieces. When something rips or a heel breaks, you don't necessarily have to throw it away!

## Quality over quantity

It may cost more, but you're only going to buy one. Buy 10-30 high quality items rather than 60 cheaper, less eco-friendly pieces will dramatically reduce your carbon footprint. Save up, invest and buy less.

## Change how you spend

Spend your savings on everyday clothes, rather than things for a special occasion. Stop thinking 'I would never spend that much on a pair of jeans'; consider that pair of jeans will

last years. After a few seasons, you will have a high quality, sustainable wardrobe to be proud of.

## Perspective

"I don't think 'eco' should be a word that immediately conjures up images of oatmeal-coloured garments or items that are oversized and are lacking in any sort of luxury, beauty, detailing or desirability", writes Stella McCartney on her website. "I don't think that things have to look ugly because they're organic. Why can they be beautiful as well? You can't ask a consumer to compromise. I don't think you can say, 'here is this jacket that looks terrible but it's organic, and here is a really beautiful jacket that's cheaper but don't buy it because it's not organic.'"

With more and more brands seeing the importance of an environmental focus. There is no compromise.

# Ready Steady Go! The Off-White Team Winning At Paris Fashion Week

by ISABELLA TIMPANY

**T**he Off-White brand has often shown its sporty-edge but this chief executive officer, Virgil Abloh, has upped their game to present their new 'Track & Field' 2019 collection.

Former Louis Vuitton menswear artistic director (and hottest name in fashion) Virgil Abloh has recently worked with Nike to design Serena Williams' new kit for the US open this year. Serena turned heads with her striking new look, as she paired a black sportswear unitard with a black tulle ballet skirt - an unusual combination for a tennis kit. Virgil

Abloh felt inspired to create a new aesthetic by 'crashing two things together that are not related' which is greatly reflected in the looks that were showcased at the Paris show. Activewear is combined with street wear and formal wear, flowing white dresses were styled with track pants and Nike trainers and formal white blazers worn with sports leggings. The collection is for 'real sport', not just generic athleisure. Virgil Abloh said "Track and field is where you compete. There's a foundation to it; it's not just clothes for clothes sake." The clothes serve a real innovative purpose. For example, the 'Waffle Racer' running shoes have a special

function in the soles, so they tell you how far you've run. When the studs start to wear down, it's 10 miles, 30 to the next layer and 75 to the next.

To present the collection, 8 gold medal winning female athletes were recruited, including British heptathlete Katrina Johnson-Thompson, to walk the show along with supermodels such as Bella Hadid and Kendall Jenner. The models walked on an actual running track complete with an electronic leaderboard.

It is clear that Virgil Abloh's collaboration with Nike has been a successful one, we think the show may only be a warm-up for more sportswears to come from Off-White.





# ARTS & CULTURE



## Hidden Colours Of Greek And Roman Sculpture

What we imagine as pure white marble statues, were actually painted vibrantly throughout classical history. Yet, a misleading impression of whiteness still persists the idea of antiquity.

By LAURA PATARI

We have all been to one of those famous museums that cradle the best that humanity has to offer. The British Museum, the Smithsonian, and Louvre to name a few are one of these places loved dearly by tourists and noisy school groups. Interestingly, these large halls hold a collection of our society's well-kept secrets.

When a prototypical example of a classical statue comes to mind, it is of course made of white marble, with a shining pristine finish. However, many never stop to wonder the truth that lies under the surface - or rather, has been scraped off and worn by time.

Anthropological discussions of white marble statues has been going on since the 18th century. Through research conducted during the 19th century, traces of colour or 'pigments' found clear evidence from ancient works. However, it was the German archaeologist and professor Vinzenz Brinkmann's work in the late 20th and early 21st century which truly standardised the statues' polychromy (multi-colouredness) as a historical fact. Indeed, those white marble statues, long thought of as iconic images of Classical Greece and Rome, used to be bright and vibrant in colour.

Brinkmann's research into the pigment traces included high-intensity lamps, ultraviolet light, specially designed cameras, as well as other manual tracing methods. With

this, he analysed remnant pigments to find out about their composition, going so far in his research to prove that even the most iconic sculptures and structures today, like Parthenon in Athens, used to look a lot more colourful.

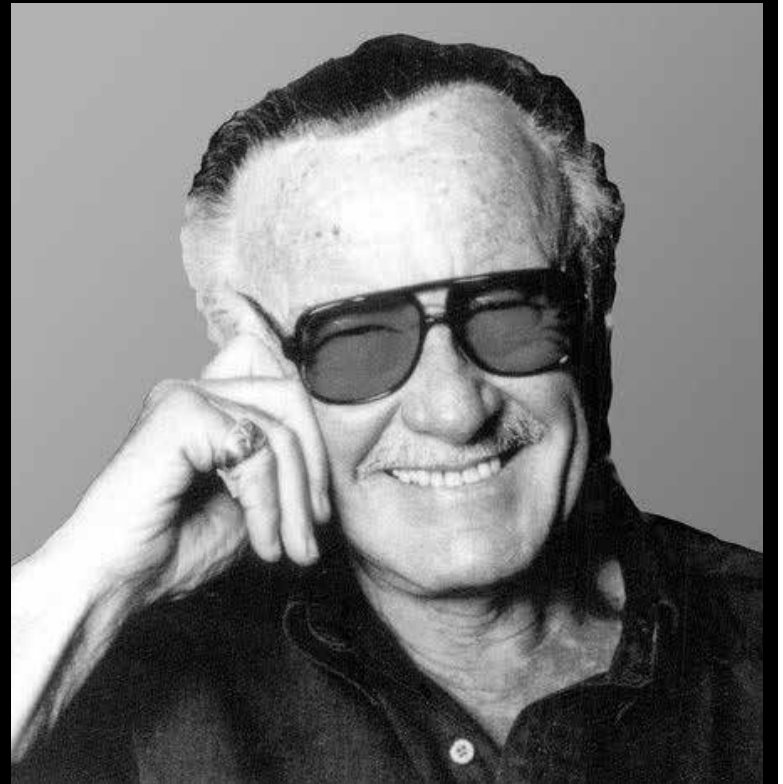
These days, coverage has slowly started to include the topic of coloured statues. Yet, for over a decade, a travelling art exhibition Gods in Colour based from Brinkmann's research has been going around the world to educate the public about this hidden truth. Showing many classical artworks side-by-side with a restored, coloured version, the exhibition illuminated and challenged the general public's views on classical sculpture and, as the New Yorker recently called it, its "myth of whiteness".

It is interesting to note out this perpetual and longstanding myth that classical art would be perfectly pure white marble. As the Gods in Colour project owners at The Liebieghaus Skulpturensammlung elaborate in their 'digital', the real polychromy in antiquity is little known today. Why that is, might be lack of information and only recent research into the field, or a lack of representation of polychromy in museums.

So, next time you come across a classical statue or sculpture, either at the British Museum or at the Greek Room of Bangor University's Main Arts Building, take a second look closer: it may have had a whole another appearance.



## Remembering Stan Lee



By JACK HOLLINSHEAD

On Monday 12th November, comic-book writer and pop cultural icon Stan Lee sadly passed away at the age of 95.

Known adeptly as "Stan The Man", his most notable accolade is the co-creation of Marvel Comics, as well as the majority of their well loved characters along with Jack Kirby & Steve Ditko, which included Spider-Man, X-Men, The Hulk, Fantastic 4, Black Panther, Doctor Strange and Daredevil, alongside contributing to Captain America, Iron Man, Thor and Ant-Man.

What Lee seemed to do with all his publishing works, is provide a real sense of community and togetherness within his readers, who could relate to seemingly flawed and interesting characters that have spanned across decades and generations.

Transitioning these characters onto the big screen of cinema, Lee became famous for his cameos in Marvel movies, with viewers anticipating where he'd appear in the narrative. Another association of Stan's was his catchphrase "Excelsior!", which he often signed off work with and said in various film and games appearances.

Sadly, Lee tragically lost his wife Joan last July after 69 years of marriage.

The outpouring of tributes, as expected, were astronomical, with Chris

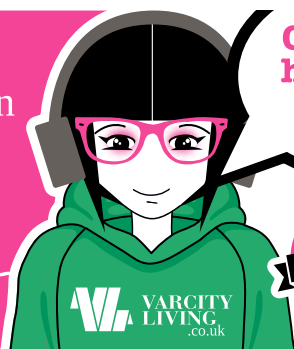
Evans, who plays Captain America tweeting "There will never be another Stan Lee. For decades he provided both young and old with adventure, escape, comfort, confidence, inspiration, strength, friendship and joy. He exuded love and kindness and will leave an indelible mark on so, so, so many lives. Excelsior!". Marvel Studios President Kevin Fiege saying "No one has had more of an impact on my career and everything we do at Marvel Studios than Stan Lee. Stan leaves an extraordinary legacy that will outlive us all. Our thoughts are with his daughter, his family, and his millions of fans. #ThankYouStan #Excelsior!". On Instagram, Iron Man actor Robert Downey Jr. added "I owe it all to you, Rest in Peace Stan #excelsior"; something I think we all do.

His work affects and impacts everyone in different ways, but for me, his creation of Spider-Man & Peter Parker will have a lasting hold on myself. To create a character who has to face so much at a young age and handle so many different outlets of responsibility is something very relatable, and something I am very thankful for.

The world will mourn the loss of a man who brought so much joy and happiness to so many. But his work and legacy will stand a lifetime, and it won't be long before mourning turns into an eternity of celebration.

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## ARTS &amp; CULTURE



## REVIEW: Funny Girl The Musical

Following a roaring West End run and a national tour, *Funny Girl the Musical* was captured live at Manchester Palace Theatre and screened across cinemas.

By LAURA PATARI

A role made famous by Barbra Streisand, it must be tough for an actor to follow such a legacy - and yet, Sheridan Smith is everything you want and more, portraying Fanny Brice with sheer luminosity. Tongue-in-cheek, loud-mouth girl who is "just a bit funny", Smith's portrayal is magnetic and heart-warming. She keeps the audience laughing in many unexpected, but genius, physical comedy details like bumping other dancers with her pregnant belly in the song "His Love Makes Me Beautiful".

Smith's vocals are strong, expressive and evolve as she "ages" throughout the show from a lighter, higher register of youth to a deeper, fuller sound that of a confident adult woman. Smith delivers audience favourites such as "People" and "Don't Rain on My Parade" with energy and delicacy, reaching to high notes and allowing the audience to fully and openly immerse in her character's emotions. Her technical expression is perhaps the show's most magnetic point: with every line sung, the detailed variation in vibrato, style or expression make for a wholly dynamic vocal performance, and a truly fun listening experience.

Alongside Smith, Darius Campbell plays the role of Nick Arnstein, handsome entrepreneur and gambling con artist. From his initial entrance, Camp-

bell's Arnstein oozes sophistication and an Old Hollywood aesthetic, helping both Fanny and the audience fall in love with him. With smooth, minimalist movements, Campbell separates himself from Smith's energetic disposition only to perfectly work together because of this stark contrast. His slick smoothness extends to songs such as "You Are a Woman" and for the audience, is an absolute joy.

Campbell's vocals are full-bodied and velvety in a near-impossible-to-believe way. His vocal presence carries strongly, yet never overtakes. Duet numbers such as "I Want to Be Seen With You Tonight" and "Who Are You Now" are some of the musical's best, as the two voices of Campbell and Smith resonate together, complimenting each other as much as their own vocal skills.

Other notable performances of the show include Joshua Lay as Eddie, Fanny's dancer friend; Lay is delicate yet delightful in portraying the humorous tragedy of Eddie's "friend-zone" situation. Seeping into the audience's hearts, he exhibits energy and passion as well as impressive dance skills.

Another mentionable audience favourite is Rachel Izen, playing Fanny's mother Mrs Brice. Her feisty, motherly presence overtakes the stage, and leaves the audience wishing they'd get more of her. Briefly, we are grant-

ed this privilege, as Eddie and Mrs. Brice's duet number not only surprises us, but wows in Izen's vocal power and expression.

Chorus numbers throughout the play are energetic, skillful and fine-tuned, which works wonders against the story of the *Funny Girl*. Dance numbers (choreography by Lynne Page) are engaging and accomplished in their high quality. The chorus dancers and actors provide further comedy in their tact and perfection, just like Campbell, in allowing the "funny girl" Smith to look even funnier.

The stage of *Funny Girl* (design by Michael Pavelka) is perfectly suited for the show. Showing us a backstage-view of a theatre stage that looks out to an audience of a pristine, red-seated theatre auditorium, the events of the play tie together in aesthetic unison. The set is manipulated by interesting solutions, such as mirrors in the sides of the stage in a framing way. The back cloth and projection is manipulated by using sheer cloths, which gives the production a luxurious Broadway feel.

Overall, *Funny Girl the Musical* is a wholehearted, skillful show which wows its audience in recreating that "classic" feel. However, technical potential makes the musical shine even brighter, making the musical look and feel like a mix of modern and classic - a wonderful experience altogether.

## REVIEW: La Cenerentola By The Welsh National Opera



By LAURA PATARI

As the curtain rises, a feeling of joy and curiosity sweeps over the audience. They have gone to see a show by the Welsh National Opera, and tonight for many, like myself, this may be their first time seeing a live opera. Not knowing what to expect, other than highly technical singing in Italian, I am surprised that my inner child is resurfaced in such a context. *La Cenerentola*, one of WNO's three shows at Venue Cymru, Llandudno, brings a sense of fun and relaxed exposition onstage along with skillful vocal craft, in Italian composer Gioachino Rossini's version of *Cinderella*.

In the first few seconds, we see large, colourful areas carve out the interior of a two-story house. Around the stage area, mice are tending to themselves. They are no ordinary mice: they are the chorus, largely responsible for set changes and storytelling between scenes, and they are positively striking. It has hardly been half a minute, and the audience is laughing at the quirky, grey costumes of the giant mice, who strut their bottoms and drag behind plump long tails. Tending to themselves and sniffing away, they create a truly playful, warm and welcoming feeling even before the first notes are sung.

But when the first notes emerge, they create an instant impression. Over the two acts, Tara Erraugh as Angelina (*Cinderella*) provides us with a well-pronounced, velvety mezzo-soprano that glides effortlessly along with the exceptional live orchestra (Music Direction by Tomáš Hanus). She is also interestingly the only character that interacts with the chorus mice, who help with chores and seek her affection.

The servant simplicity of *Cinderella* in the "candy-coloured world of fairy tale" (WNO) feels classical, holistic and right.

Against Erraugh, the two meddling stepsisters Clorinda and Tisbe (Aoife Miskelly and Heather Lowe) provide playful, energetic comedy. The pair's physical acting is personal, distinct and yet highly complimenting each other. Their vocal efforts, both of soprano range, are impressive and able

to express magnificent comedy and personality in what feel like the quickest-running notes I have ever heard.

Bringing in classical, pantomime style feel are the opera's friendly duo, the prince Don Ramiro (Matteo Macchioni) and Dandini (Giorgio Caoduro). In a classic identity swap story, Macchioni's Prince provides the opera with a wonderful romantic presence with *Cinderella* and a tenor that shines brightly in many duets and solos including the famous "Sì, ritrovarla io giuro" in Act 2. Against the prince, Caoduro's Dandini is as hilarious as he is vocally skillful, becoming the audience favourite in chuckles heard across the auditorium as he tackles many bubbly pieces, most notably energetic aria "Come un'ape ne' giorni d'aprile".

Other memorable elements of *La Cenerentola* include Fabio Capitanucci's performance as Don Magnifico, *Cinderella*'s stepfather, as well as the ensemble Valet group. Their scenes of 20-odd colourful Palace valets bring in wonderful, visually striking group songs and teary-eyed laughter, especially when interacting with Don Magnifico. Lastly, many scene transitions of the show are innovative, playful and fresh: for example, between a set change, the prince's carriage on his way to *Cinderella* is presented by the mice as a small toy carriage rushing along the length of the stage.

One sad tale of *La Cenerentola* however, seems to be underplayed: many infamous scenes such as *Cinderella*'s transformation, and shoe-fitting scene (or in Rossini's case, bracelet) are surprisingly understated. No lavish carriages or dresses appear during *Cinderella*'s transformation. Likewise, *Cinderella* and the Prince reunite in Act 2 in a very quick fashion. It feels almost like a missed opportunity - a chance for WNO to have played with the audience's high expectations of these moments.

Overall, *La Cenerentola* by the Welsh National Opera is an uplifting, family-friendly show that wows with the talent of its cast and crew. While some famous scenes feel understated or simplified, the holistic experience brings child-like joy - and for people like myself, provides a gentle first introduction to the wonders of opera.

## What's On In Bangor?

15.11  
Llandudno  
*Christmas Fayre 2018*

16-17.11  
balletLORENT  
*Rumpelstiltskin*  
Time: 7pm  
Theatr Bryn Terfel

17.11  
University Art & Ceramics Collection Tour with poetry  
Time: 11-12.30pm

18.11  
TIR NA NOG  
Time: 7pm  
Blue Sky Cafe

20.11  
Electroacoustic WALES  
*David Berezan: The Sound Of Illusion*  
Time: 7pm  
Theatr Bryn Terfel

20.11  
*Sieiloc (Shylock)*  
Time: 7.30pm  
Studio

20.11  
NTLive:  
*The Madness of George III*  
by Alan Bennett  
Time: 7pm

22.11  
MARTIN CARTHY  
Time: 7pm  
Blue Sky Cafe

23.11  
BBC National Orchestra of Wales  
*Xian Zhang conducts Beethoven*  
Time: 7m  
Prichard-Jones Hall

24-25.11  
Beaumaris  
*Victorian Christmas Fayre*



## ARTS &amp; CULTURE



# INTERVIEW: Stephen K Amos

**From Hammersmith Apollo to Clwyd Theatr Cymru, Stephen K Amos is coming to North Wales. Seren spoke to the comedian ahead of his performance in Mold, Flintshire about his new show, free speech and not being known as 'the black, gay comic.'**

by FINNIAN SHARDLOW

## How much are you looking forward to performing in North Wales?

Jesus, I haven't been to North Wales in a very long time. I'll be honest with you. I do Cardiff, Swansea – I've even been to Llandudno. But I haven't been to North Wales for such a long time so I'm looking forward to making an appearance.

Because I tend to do a lot of my touring in England, Europe, Australia

**“THE WHOLE WORLD IS IN A WEIRD STATE. IT APPEARS TO ME TO ME THAT IT'S ALL 50:50. YOU'RE EITHER RIGHT OR LEFT.”**

and America – I don't get to see all of what makes up the United Kingdom. It's my first time playing in your kind of area so I'm looking forward to seeing what kind of people of there, and if indeed there are any students.

I never did any school trips to North Wales. In fact, when I was a kid, my parents didn't let us go on any school trips because they were so overprotective and scared that something might happen to us. As you can probably imagine, a group of 25 inner city London kids heading up to a farm in North Wales – there was a feeling that we would be met with pitchforks and one of us would be sacrificed.

**You're doing BBC Radio, a show for BBC2, touring all over the shop and of course the Stephen Amos Talk Show at the Fringe – you knackered yet, Stephen?**

Very good research! I won't lie to you I'm absolutely knackered. My voice is croaky. But you know what, I couldn't imagine doing any other job. What other job in the world could you think of where you can say literally whatever you like on stage – it's amazing. Whether you work in radio, television or newsprint, there are certain compliances, rules and regulations. But I work genuinely for

myself.

Even on social media, I don't have to have that disclaimer saying: "All views are my own." Of course they're my own!

Any person who works for themselves, in any industry, the aim is to be very busy. You never know when it may all end or when the competition could become really fierce. So you've got to keep your finger on the pulse and be out there. Always better to complain about being too busy than not having any work at all.

Also, it absolutely helps the writing

process. One thing feeds into another. When we do radio shows, we do a lot of writing. Because they're limited to 27 minutes, there's a lot of stuff that doesn't get in. So that stuff that you've practiced and rehearsed will go into a live show. It all interweaves.

Talking of live shows, tell us about your new show Bouquets and Brickbats.

The whole world is in a weird state. Up and down. It appears to me that it's all 50:50. You're either right or left and there's no grey area in the middle. And because of social media; because of the fact that anyone can write what they want and broadcast their opinions, there doesn't seem to be any dialogue happening. It seems to be outright abuse – both sides.

So it came to me when I was thinking about the good and the bad, the ying and the yang. When you think of good things like birthdays and weddings, you think of flowers – so that's bouquets. However, within those good things, there's also bad things. Someone might turn up at the wedding and shout: "Yes! There's a reason why they can't marry!" There's curveballs sent to derail us all the time. Those are the brickbats.

**So what are you trying to achieve with it?**

I'm trying make people just have

a laugh. I would like people to come to my audience who have varying political beliefs and I want to unite them all through the medium of laughter. I'm not one of these comics who says: "People who voted Brexit are idiots!" I don't do that kind of stuff.

There are more things that link us together. So let's laugh together. I'm trying to remind everyone we're all the same. People may have different political opinions but we're all the same. If we stop talking and just rely on abuse because someone doesn't share your point of view, that's not correct. That's not how things change.

So if you come to a comedy show and you're sitting next to somebody who is a Remainer and you're a Leaver and you're both laughing at the same jokes – that's something that connects you. On that springboard, we could talk about other things without it descending into chaos.

**Are you coming at it from an angle of – Brexit and Trump have been done to death?**

I'm assuming that every single person in the country knows about Brexit and Trump. By now, everybody knows where they stand. So unless I've got a really funny take on it, I don't want to rehash stuff that people know about.

I do it in a way that is very subtle. I mention Trump twice in the show. But I don't criticise his politics. An example of how I joke about Trump in a way that completely disarms the audience is: "People are saying Trump is doing a bad job at being the President. Let's cut him some slack. Just because you do a bad thing once, doesn't make you a bad person. My Uncle recently beheaded a woman. Not a bad person – bad magician."

They don't see it coming. They might assume I'm a lefty or a righty or whatever. And when I say: "Let's cut him some slack" – you can see the tension in the audience. That's what I like to play with.

I do talk about politics. I do talk about race. I do talk about sexuality. But I do it in a way that is inclusive. I don't want

my audience to be filled with people who have the same beliefs as me, vote the same way as I do, have the same socio-economic standing. It's like preaching to the converted. There's no point.

I don't want to do jokes for rounds of applause. I want to do jokes for laughs. I want to have someone in the audience who's never been to a gay club before or who's never met a black person before and make them absolutely wet themselves with laughter.

**Your last point vaguely reminds me of a quote of yours from some years ago where you said you didn't want to be known as the 'black, gay comic' – is your stance still the same on this?**

I don't want to be because those are elements that form who I am. But they don't define who I am. So I don't think it's fair for any publication to use that

What I will do is upset the apple cart, I will antagonise and I will prod – with a purpose.

The common consensus is don't offend for the sake of it, but be prepared for people to be offended because they've taken something out of context or they hear a buzzword.

I'm friends with a white comic who's said he's afraid to use the word 'black' in any context. I think you should be able to say anything in comedy as long you're prepared to justify it and it's not for gratuitous offence.

I've used the word 'Bender' in the context of a show before. People may be offended. But listen to the context.

**In a few of your previous answers you've subtly criticised social media – do you want to elaborate on that?**

I think it's great in terms of reaching out to a wide audience and getting your own message out there.

**“I THINK YOU SHOULD BE ABLE TO SAY ANYTHING IN COMEDY AS LONG AS YOU'RE PREPARED TO JUSTIFY IT”**

kind of description.

It's very rare you see a comedian described as 'white heterosexual comedian' or 'white Christian comedian'. You know it's there for purpose. It's there to warn the audience that I might be talking about certain things. Just say comedian!

**It seems your show is also linking into a broader debate about freedom of speech and the right to offend – as a comedian, surely you reserve the right to offend?**

I will always uphold the right to freedom of speech. That goes for comedians and for audience members as well. So if I say something in this show that somebody takes umbrage with, they have a right to challenge me. I can either justify it or back it up.

I'm not going to go out and offend people for the sake of offending people. I don't get any joy out of that.



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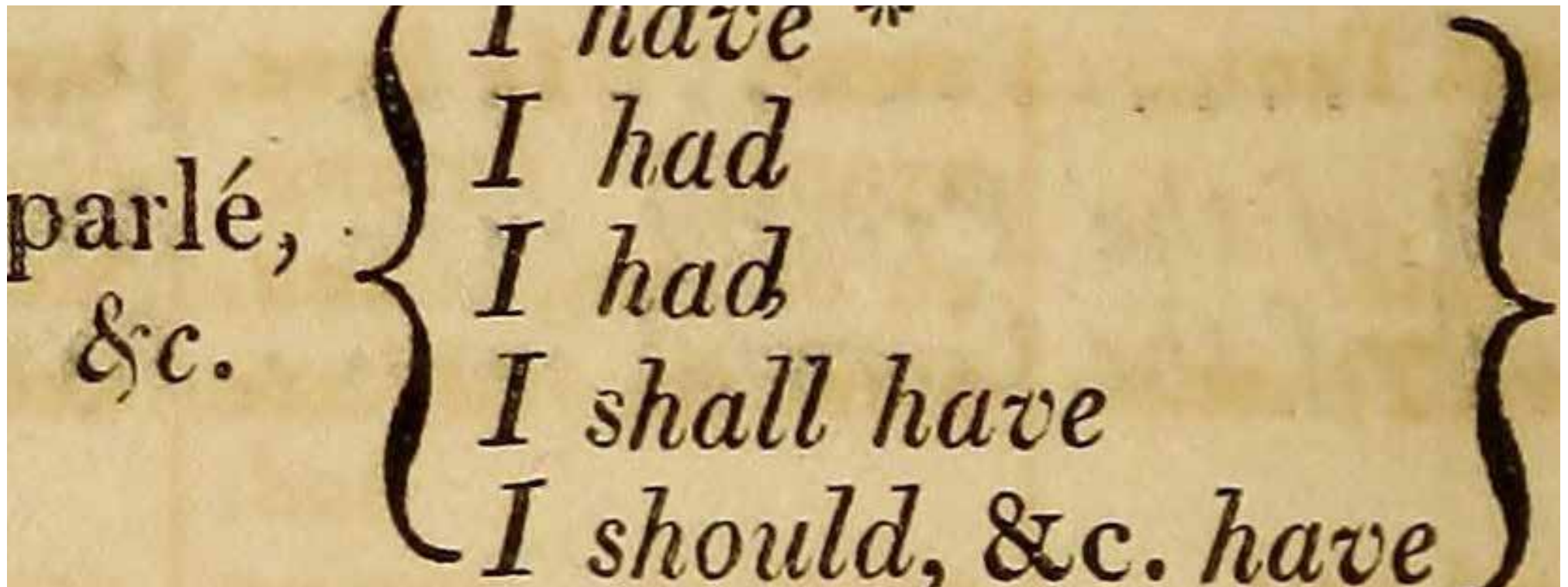
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## INTERNATIONAL

# The English Complex: Learning A Language Where Rules Don't Apply



by LIBBY SHAW

The daily struggle of living in a country whose language is not your first is truly real. You wake up, you brush your teeth and then you remember that to buy that kilo of sausages that you desperately need, you first need to know how to say kilo. And sausage. And the formal version of 'you'. Wait and maybe the present continuous because you will be buying the sausages in that moment. Maybe a past participle to talk about the sausages you bought last time? What was a seemingly simple task has suddenly evolved into a grammar book worth of language which, as a native speaker of English, you wouldn't even bat an eyelid at. Welcome to the world of every immigrant that has set foot on our grammatically challenging shores.

When it comes to English, everyone

knows how commonly spoken and taught it is internationally. Rarely will you go on your travels and encounter a place that has people with no level of English – of course there is always some countryside nook where they haven't even heard of Netflix, but these are few and far between and are rather more untouched by British tourism. Worldwide, English will infiltrate most people's lives, whether it be through media or the simple fact that much of the software we use (computer or gaming for example) is in English by default. Despite this, according to the 2011 census conducted by The Office of National Statistics, it was revealed that around 1 million UK residents could speak little to no English. But why is this?

Firstly, we're a language full of contradictions, and saying things that 'just sound right'. Prime examples of this are such as the way that 'though',

'through' and 'thought' all contain the 'ough' combination but are pronounced completely different. Another is a teacher teaches and has taught, however a preacher preaches but cannot have praught. One particularly interesting one is if you were to say 'a good little recipe'. Both good and little are adjectives describing the recipe, but you would never say 'a little good recipe', because that just doesn't 'sound right'. How is a non-English speaker supposed to learn things that come with no rules?

Sound wise, we place great emphasis on emphasis itself. For example, this sentence 'I bought her flowers'. If you were to speak this sentence four times, whilst putting emphasis on one word each time, you would notice that the entire meaning of the sentence can be changed by just this. Equally with sounds, pronunciation is something that many non-English

speakers struggle with. Seeing as we have silent letters, hidden rules, awkwardly written place names, it's easy to see why many believe that English is up there as one of the hardest languages to learn.

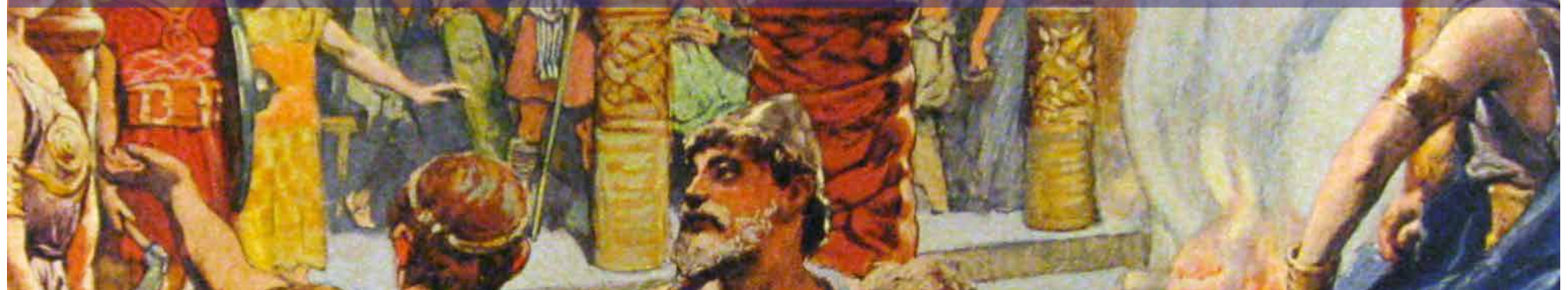
Luckily for us English speakers, we drew the long straw and get to sit back, relax and enjoy using our erratic and booby-trapped language. But we can't just sit and laugh whilst others try. Having such a multi-cultural society into which many are trying to fit, but lack the skills in English to do so, means that we at least owe them a little tolerance. Speaking a language to natives is daunting enough without having to think about how on earth you're going to ask someone to pass you the Worcestershire sauce.

Being understanding and sympathetic towards a learner of English can make all the difference in their confidence, and even whether they con-

tinue with learning it. Concepts and wording that may seem simple and second nature to you are likely not to your foreign counterpart, and so taking that into account can really help when communicating with someone whose level of English is low. That, and not snapping at them or judging them when/if they misunderstand you. Lacking in sufficient language skills manifests itself in many ways, and so don't take it to heart if a person comes across as very reserved, shy or anxious – it may just be that they simply cannot think of the best way to phrase something in English to participate.

Learning any language is hard, even the ones considered the 'easiest', so have a little compassion for those non-natives who came here to do good honest work, and then got hit square in the face by the knuckle duster that is the English language.

## International Tidbit on Nordic Countries



by LIBBY SHAW

The Nordic countries are known for their ever-decreasing gaps between the genders. These progressive countries pride them-

selves on equal opportunity across jobs and education. But did you know that this can be linked back to the times of Vikings? During this era, both genders were deemed highly important for the roles they played, and val-

ues associated with masculinity and femininity were put to use in their respective areas. In this culture there was great importance placed on sailing and trading, and so the abilities to keep up good interpersonal rela-

tionships and care for the ships were well needed. These were often values that the women possessed and could provide, as they were usually the ones to stay at the villages and manage it while the men were away

on long trips. Because of this cultural history in which gender was secondary and all skills were put to good use and valued, it's very likely to be one of the sources of such equality in those countries now.





# Eid Mawlid al-Nabawi in Pakistan

by MUHAMMAD ASAD KHAN

Muslims around the world celebrate the birth of the Prophet Muhammad (PBUH), known in Arabic as the Mawlid al-Nabawi holiday, on the third month of the Islamic lunar calendar, which falls on 12 Rabi-ul-Awwal of the Islamic lunar calendar.

Muslim parents will tell stories of the Prophet's life to their children. Those Muslims who celebrate this festival do so joyfully. It may seem strange to non-Muslims, but many Muslims do not believe in celebrating birthdays or death anniversaries because there is

no historical evidence that the Prophet Muhammad ever did this.

Despite this, large numbers of Muslims do commemorate the birth anniversary of the Holy Prophet, this date is important to Muslims because the birth of the Prophet Muhammad (PBUH) is regarded as a great blessing for the whole of humanity. The Prophet Muhammad (PBUH) is deemed to be the chief of all the Prophets sent on earth and it is to him that the Holy Qur'an was revealed. There are only restricted festivities on Eid Milad-un-Nabi because the same day also marks the anniversary of the death of the Prophet.

Those who observe Milad-un-Nabi gatherings remember, discuss and celebrate the advent of the Prophet Muhammad's (PBUH) birth and his teachings. Some people send Milad-un-Nabi e-cards to friends and family. Many Sunni Muslims celebrate this event on the 12th of the Islamic month of Rabi' al-awwal, while the Shi'a community celebrates it on the 17th of Rabi' al-awwal.

Many activities include; Night-long prayer meetings, marches and parades involving large crowds, festive banners and bunting on and in homes, mosques and other buildings, communal meals in mosques and

other community buildings, gathering at religious places to listen to stories and poems (naats) about Holy Prophet Muhammad's (PBUH) birth, childhood, youth, adult life, deeds and teachings. Exhibitions feature photos of mosques in the holy cities of Mecca and Medina in Saudi Arabia.

Many people carry green flags or banners or wear green ribbons or items of clothing when taking part in these events. The color green represents Islam and paradise. Furthermore, on the media there is focus on promoting the significance of this day. Many news channel, morning shows and music channels only show

content appropriate for the occasion.

Milad-un-Nabi is a gazetted holiday in Pakistan and other countries such as India & Bangladesh, so government offices, post offices and banks are closed on the day. Islamic stores, businesses and other organizations may be closed or have reduced opening hours. Those wishing to use public transport on the day may need to contact the local transport authorities to check on timetables. Large prayer meetings, parades and marches may cause local disruption to traffic. This is particularly true for the large cities of Pakistan such as Karachi, Lahore and Peshawar.

## From Hong Kong to Bangor: 30 Years of Integration



by LIBBY SHAW

This week, I ventured outside of Bangor's student bubble to find out a little more about the lives of the local international community. 40% of Bangor's population are not students, and within this figure exists a small, but nonetheless there, community of international immigrants who have come to Bangor for a variety of reasons. I interviewed Jen, a local shop-owner of 'Lunchbox' on the high street. After moving from her home in Hong Kong and living here for nearly 30 years she is something of a household name with locals and students alike. I wanted her perspectives on living as an immigrant in Bangor and the time she spent settling in.

### Why did you come to Bangor?

I came to Bangor because my husband lived here. We met in Hong Kong but after I moved to the UK with him, we fell in love with Bangor. The sea and the mountains are beautiful, and the people too!

### What were your first few weeks like here?

They were very difficult. I could only speak very basic English and it wasn't enough to get by. So I went and joined Coleg Menai and began a part-time NVQ in English. It took me around 7-8 years to complete and it was difficult because nobody else there spoke Mandarin. But I got to meet a diverse group of people and it was great for making new connections as I had

none. At times when I first arrived I could feel very lonely and isolated, but Coleg Menai really opens its doors to everyone so I felt included.

### How did you come to run a business?

It all started when I saw an advert in the Chronicle for a shop that was being sold. I had no business experience before this apart from working in restaurants and take-away shops and seeing how they ran their own businesses, but I'd always wanted one, I just had to get my English to a good level first. I took over 'Lunchbox' in 2005 and tried to do traditional English lunch time food. My daughter was studying in Bangor at the time and often helped me out to keep things running smoothly. I made and still make all the food myself but nowadays it is combined with some of my favourite classic Chinese dishes to bring a little bit of home into my shop. I want people to enjoy my food, so I make it my way.

### What are some of your favourite things about living and working in Bangor?

The people here are so friendly. I have loved making connections with students and locals and I always remember a regular face – even their usual order and family members! This is a way in which I feel connected to Bangor. It also works in my favour that Bangor has such a large student population as they are my favourite employees; they're honest and reliable. You mentioned you had language

difficulties when you first came to the UK, were there any cultural struggles you encountered?

The main thing for me was the North Welsh accent, and when I was first learning English I found it hard to understand their pronunciation of words, it was very tough for me. Now I really like how it sounds, but in the beginning, it was hard. Culturally, I think I noticed that the people here are very chatty and cheerful whereas I was quite shy and quiet. I do miss my life in China sometimes, our traditions and how we are, but Bangor feels like a second home now.

### How have you changed since coming to Bangor?

I have much more self-confidence now and my English is a lot better. I've noticed that I've become less shy and happier to talk and interact with my customers. It can be strange visiting Hong Kong sometimes because I have two homes, one here in the UK and one there. Plus, when I travel back, often the architecture and other things I remember have changed, so it feels a little less like the home I remember.

### Finally, what advice would you give to other Chinese immigrants coming to Bangor?

Most importantly, learn the language first. If you don't, you can feel very excluded from society and unable to communicate. I would also recommend making connections before you arrive – having a familiar face can make a huge difference.





# WHAT IS CAMPUS LIFE SELECT?



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*Academi*







ABI  
ROBINSON

SOCIAL EDITOR

socialpage@seren.  
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Last month we asked our readers to get involved with the Social Page's brand-new layout. We invited you to send your best stories, Agony Aunt problems and Secret Admirer posts- to which you excellently responded. We will be transforming this page to encourage optimum involvement and display feedback to any posts we have

received. So, I'd like to start by thanking those of you who interacted with our new idea and showed enthusiasm and support. We read every response carefully and our approach will always be positive and light-hearted.

# In And Around Bangor...



Every issue I will be using this page to tend to your Agony Aunt problems, Secret Admirer posts and to also advertise some great events happening in Bangor this month. If you have an event you'd like people to get involved with this is a great platform to do so. So, here's something that may take the fancy of those of you who are seekers of adventure and thrill: Wild Elements are looking for people to take part in their sponsored Zipwire event taking place at Zip-World Slate Caverns. The money raised from the event will be used to fund a number of effective projects such as community and outreach schemes. Taking part in this dare-devil experience will not only get your adrenaline pumping but will also be an opportunity to take part in a good cause. Wild Elements are a not-for-profit social enterprise dedicated to getting people in North Wales outdoors and closer to nature. This is a

community interest company that ploughs all of the profits back into the organisation. They are looking for around 30-35 people. If you are interested please contact: 0779956633 info@wildelements.org.uk Alternatively search for Wild Elements on Facebook and @wild\_Elements on Twitter.

# Agony Aunt Submissions #1: Bin-Stealers, Cheese & Annoying Messages

We begin with a post from 'Mr Without-Bins' which says:

"Dear Seren,  
  
Living on College road has its ups and downs, and recently we've been rustled a few times by dirty bin-stealers. What advice would you give us poor people whom just want to get rubbish out of the house? What deterrents would you suggest?"

Well as an ex-tenant on 42 College road I understand the sheer frustration that comes with bin-stealing. If people aren't stealing your bin they are using it for their

own rubbish-filling devices. The most obvious deterrent would be to label your bin with your house number (WH Smith's sell specific bin labels you can use to do this) which makes it easily identifiable for if the bin stealer's return (if you see it parked outside somebody else's house make sure you have a strong word too). A unique deterrent I have thought of is smearing your bin in honey which will not only give the bin a better smell but will also attract a hoard of bees so that if and when the bin stealer's return, they are startled away by this first line of defence.

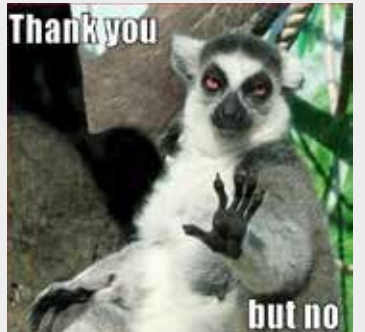
I hope this advice helped, College road has always been a battlefield.

My next post would like to remain anonymous, so I'll sign their name with Barbara.

"Hi Social Page,  
How do you deal with somebody that doesn't get the message you aren't into them?  
This person sends me over twenty memes a day and doesn't get the picture when I leave them on read.  
Much love,  
Barbara x"

First of all, are they good memes or bad ones? That could be a real game changer. In all seriousness, if this admirer isn't wounded enough from being left on read maybe try and

send a swift message emphasising your disinterest (you could try and soften the blow by using a meme to do this, they may appreciate that more) here's one:



If they carry on after your blatant refusal, I would just block...on everything! Hope my advice helped.



And last but by no means least, Ben has asked:

"Dear Abi,  
Help me settle a debate in my house,  
Brie, Cheddar or Camembert?  
Ta, Ben"  
  
Camembert all the way.  
Much love x

WANT A PROBLEM SOLVED?  
  
SEND YOUR AGONY AUNT LETTERS!  
  
SOCIALPAGE@SEREN.BANGOR.AC.UK



# Secret Admirer

Do you wear a bowtie? Did a random girl steal one of your chips in Bella Bella? Or do you enjoy a daily cigarette outside the halls of Alaw? These next couple of posts could be aimed at you!

Our first one is signed 'Smiley' and the sender believes this will be enough to grab the attention of her crush:

"Dear Bow Tie Guy, you are so annoying but I love to hate you. Ask me out already, please.  
Smiley"

Are you Bow Tie guy? This admirer seems to be getting a little impatient! Ask her out already!



And the second is from anonymous:

"Dear checked-shirt boy with a southern accent: I'm sorry I stole your chip in Bella Bella, I thought we had a connection! Text me already.  
Anon x"

I hope this ends with more than just a phone connection.



And the last one we have is from Tak:

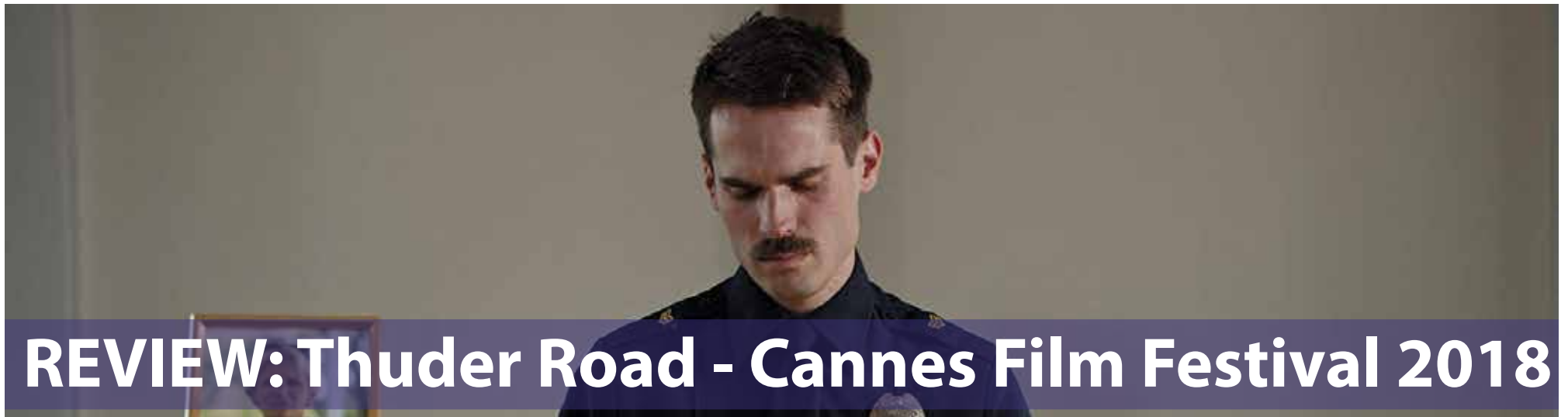
"Dear Seren,  
To the guy who smokes a cigarette near Alaw every day (sometimes wears a red t shirt). You're fit.  
From Tak."

Keep wearing that red t-shirt lover boy, hopefully your admirer will introduce themselves.





## FILM



# REVIEW: Thunder Road - Cannes Film Festival 2018

by JORDAN KING

Without a doubt the unexpected highlight of Cannes 2018, Thunder Road no doubt will be the route in for most people to become acquainted with emerging indie auteur Jim Cummings' work, an eclectic bunch of shorts and features in which the lines of tragedy and comedy are blurred into the most exquisite melancomedies.

Thunder Road is the opus of this brand of cinematic storytelling, a story absorbed in the inglorious nature of grief and the pathetically pure attempts we make to salvage pride in our darkest moments, the inexplicable things that we do to try and hold on to what remains and what was lost. The film follows police officer Jim Arnaud (Cummings) who, following the death of his mother, finds himself struggling to keep things together. He at once wishes to keep her memory alive, be a father to his young daughter,

handle his addict ex-wife, and maintain his job as 'one of the good guys'.

The astonishing 12 minute long continuous take that opens the film, a reimagining of the short film that birthed this ambitious feature, sets out plainly the monumental challenge just making it through the days ahead will be for Arnaud. As he attempts to eulogise his beloved mother, Arnaud shifts and cracks, meanders and manically scrambles towards a rendition of her favourite song. Every missed breath, stifled tear, voice crack, and deftly woven piece of anecdote that precedes that point assures us we are in the presence of a magnetic artist – the nosedive at the peak of this sequence sends us straight into the realms of genius.

To watch police officer Jim Arnaud (Cummings) fall apart and lose everything piece-by-piece in the most absurd and awkwardly comic of ways is cathartic to say the least. For every tear that is shed on screen and off it,

there is a laugh that maintains a sense of a bigger picture, a hope for joy in the bleakest of times. So too then for every anguished monologue there is a human lack of cohesion in Jim's words, a fallibility in his character that isn't methodical or a categoric characterisation. What makes Arnaud's story such a compelling one to follow is that he is just a man going through absolute hell and trying in any which way he can to keep on going and make his mother and daughter proud; Cummings taps into something deeply human and hubristic, and lets it run its natural, absolutely surreal and yet utterly captivating course.

The performance from Cummings is exceptional, and the ensemble cast all step up to the plate too, refusing to be subdued by the magnitude of the tour-de-force work occurring at the heart of the narrative. Kendal Farr in particular shines, bursting with youthful vibrancy and humour as Arnaud's daughter, caught between a rock and a hard place whilst trying to

figure herself out as a youngster best can, calling to mind the phenomenal young Brooklyn Prince who shone in last year's The Florida Project. Elsewhere, Nican Robinson's Nathaniel is played as the perfect middle ground between the craziness of Arnaud's breakdown and the unimaginable heartbreak, affecting the role of a friend who goes beyond the literal call of duty to see his comrade come through the other side of a complete breakdown with genuine gravitas.

The long takes in the film are breathtaking and the setpieces punchy, whilst the subtle and quirky score underpins everything with the appropriate balance of emotion and thrust. The editing is tight and assured, with the camera so perfectly placed to capture every action and, as is often most powerful, reaction, that it comes as no surprise to learn that the editing was done on the fly during the two weeks in which Thunder Road was filming. The result of the precision and conviction in the technical composition

is something that is allowed to see a singularly guttural and powerful screenplay come to life and ascend to the peak of the medium. The final minutes of the film, the crushing yet hopeful denouement, had the whole room wide-eyed and rooted in place, and as the credits rolled so too did tears down the crowd's cheeks, not just for having seen something so emotional, but for having seen something truly remarkable.

Let it not be understated that this feature marks the breakout of a bold, daring maverick in the modern indie film circuit. Jim Cummings' performance is staggering, his inventivity breathtaking, and the results flawless. This is a film that is brave in its uncompromising portrait of grief and bold in its imploring for us to laugh at the unimaginably pitiful and cry in the same breath. It may be known for Springsteen's song now, but in time Thunder Road will be known for this breakout masterpiece.

## What's App-ning: 5 Essential Apps For The 21st Century Cinephile

by JORDAN KING

Since the Lumiere brothers did us a solid some 120-odd years ago, cinema has grown not only into one of the most beautiful forms of art, not only one of the most popular too, but one of the most bloody well vast to boot. With an average of 24 films hitting the big screen every week, and more than treble that joining the already mind-boggling array offered by streaming services, sometimes it's hard to keep track of what you've watched, what you want to watch, and just what exactly is going on in the world of film. Thankfully, this is where I come in dear reader. Here I have assembled the five must-have apps for the tech savvy film buff.



**Letterboxd** – iTunes/Google Play (Free)

The proverbial Swiss Army Knife of film apps, Letterboxd is the social hub for cinema. Offering users the ability to create limitless lists, keep film diaries, write and share reviews, and keep up with what everybody has been watching and what they've had to say about it, the app is as practical as it is intuitive. With nifty film posters and cast and crew lists too, as well as supremely suave-looking stat charts and graphs to see how many Nic Cage films you've watched this year and how many hours you've spent watching rom-coms, Letterboxd has it all. (Follow me @JordanK98 for the reviews that don't make it to print!).



**JustWatch** – iTunes/Google Play (Free)

Whilst Letterboxd takes care of your film viewing after you've watched something new, finding that something is often half the battle. With Netflix, Amazon, Now TV, and more vying for our hard-earned overdrafts, where possible it's nice to not have to go and fork out extra money on that one film we've been after for ages. Luckily, JustWatch is the perfect film finding tool. Collecting the databases of all major streaming providers, the app lets you whazz in a title and instantly lets you know if it's streaming, where it's streaming or, failing that, where the cheapest place to get it is. Simple yet essential, I'd be lost without it.



**Blu-Ray.com** – iTunes/Google Play (Free)

Pretty straightforward with this one, Blu-Ray.com is one for the physical film collecting aficionados out there. With a simple scan of a barcode, the app will let you catalogue any DVDs, Blu Rays, 4Ks, or even any other physical media you own for free. Once your collection is loaded up, you can search it, sort it, and wave it around to be the coolest guy/gal at the bar to your heart's content. It also comes with price-tracking features to make sure you're getting the best bang for your buck, and a constantly updating news page with all the latest release and edition info you need for the films you love.



**IMDb** – iTunes/Google Play (Free)

This is the IMDb. If you're reading this you, have an interest in film. If you have an interest in film, you'll have come across the IMDb at some point. This is an app for that, and it's basically the Bible for the religious cult they call Cinemanity, so go get it. No blasphemers allowed. If you want to know who's made a film, when it was first released, what's coming out soon or someone's opinion, then this is a must have app for your smart device.



**Meerkat Movies** – iTunes/Google Play (£1-ish)

So, this last entry is a vital one for the cinema-going folk of Bangor who would go more if only it wasn't so ruddy expensive. Download the Meerkat Movies app, go to Compare The Market, and take out a single day of UK travel insurance for a random day about six months away. It'll cost you £1.13 at the very most, and as a result you'll be able to get yourself free 2 For 1 cinema tickets AND food (thanks to Meerkat Meals) that'll slash your cine-sesh fee in half.





# Cream Of The Streams

**Three Billboards Outside Ebbing, Missouri – NOW TV**

Having been the first of many stunning films released this year, Martin McDonagh's *Three Billboards* remains possibly the finest. More than worthy of its BAFTA and Oscar success, this drama is an exploration of grief quite unlike anything else you'll ever see. Raw, rough, politically charged and poignant in all the right places, McDonagh takes the deeply intimate story of a mother seeking answers to the brutal rape and murder of her daughter, and constructs something universal. Frances McDormand is a force as Mildred Hayes and the supporting cast, including the likes of Woody Harrelson and Sam Rockwell on career-best form, come together to provide a necessarily brutal cinematic experience.

**The Other Side of the Wind – Netflix**

It's not often that a lost film sees the light of day. It's even less often that a film by one of the true masters of the medium posthumously is unveiled to the world. However, with the release of Orson Welles' *The Other Side of the Wind* (yes, *Citizen Kane* Orson Welles) on Netflix this month, one such golden moment has arrived. Telling the eerily relevant tale of a director's comeback in an almost unrecognisable film industry and boasting the monolithic presence of John Huston as protagonist Jake Hannaford, this film is destined to be a source of reverence and interest for years and generations to come. Don't miss it.

**You Were Never Really Here – Amazon Prime**

Lynne Ramsay's spiritual companion piece to *Taxi Driver* is a difficult watch, I won't lie. Joaquin Phoenix stars as traumatised veteran Joe, a cabbie who tracks down missing girls. When one rescue leads him down a path into the darkest recesses of his mind and the most depraved of reality, his entire world threatens to crumble. A sensory nosedive and a stunningly bold film, shot in hallucinogenic frames and murky, lugubrious hues of light, this one promises to linger in your mind and on the lips of every conversation you have about cinema for a long, long time. Phoenix is phenomenal, and Ramsay every inch Scorsese's gritty, realist equal. Unmissable.



# STOP! Trailer Time

**Mowgli: Legend of the Jungle**

Having had the wind knocked out of its sails a bit by Disney's live-action remake of *The Jungle Book*, Andy Serkis' fully motion-captured *Mowgli* is finally getting a release three years after filming began. Hewing closer to Rudyard Kipling's darker source material, this adaptation boasts a stunning voice cast including Christian Bale, Cate Blanchett, and Benedict Cumberbatch. The trailer shows off the extraordinary level of detail in Serkis' world and its inhabitants, promising a rich exploration of Mowgli's struggle to find where he truly belongs through a fully fleshed out human and animal kingdom. Though sadly not set for a wide theatrical release, *Mowgli* will premiere on Netflix next month.

**How To Train Your Dragon: The Hidden World**

Quite easily the jewel in the crown of the last decade's animation, the *How To Train Your Dragon* series captures the heart and the imagination like nothing else. The escapades of Hiccup and his beloved Toothless have been a joy to watch that has been shared by young and old viewers alike. Dreamworks' patchy 21st century output forgiven for every glorious minute spent in the Viking world of Berk. With *The Hidden World* however, the time has come to say farewell. Secret worlds, high stakes, and even higher emotions are promised in a trailer boasting awkward flirting Toothless and mortally imperilled Toothless. I don't think anyone is ready for this.

**The Mortal Engines**

Peter Jackson's latest epic adaptation, *The Mortal Engines*, is set to hit our screens this Christmas, and the latest trailer is a real statement of intent – this will be as bold and as big as any adventure we undertook in Middle-Earth. In a dystopian steampunk world of mega moving cities and terrorised traction towns, city boy Tom Natsworthy (Robert Sheehan) and fugitive Hester Shaw (Hera Hilmar) cross paths and realise that something much bigger than themselves is at stake. Striking an unlikely friendship, a rebellion must be formed to stop London – the biggest traction city – from destroying the world. Expansive, expensive, exhilarating, this could be the blockbuster of the year.

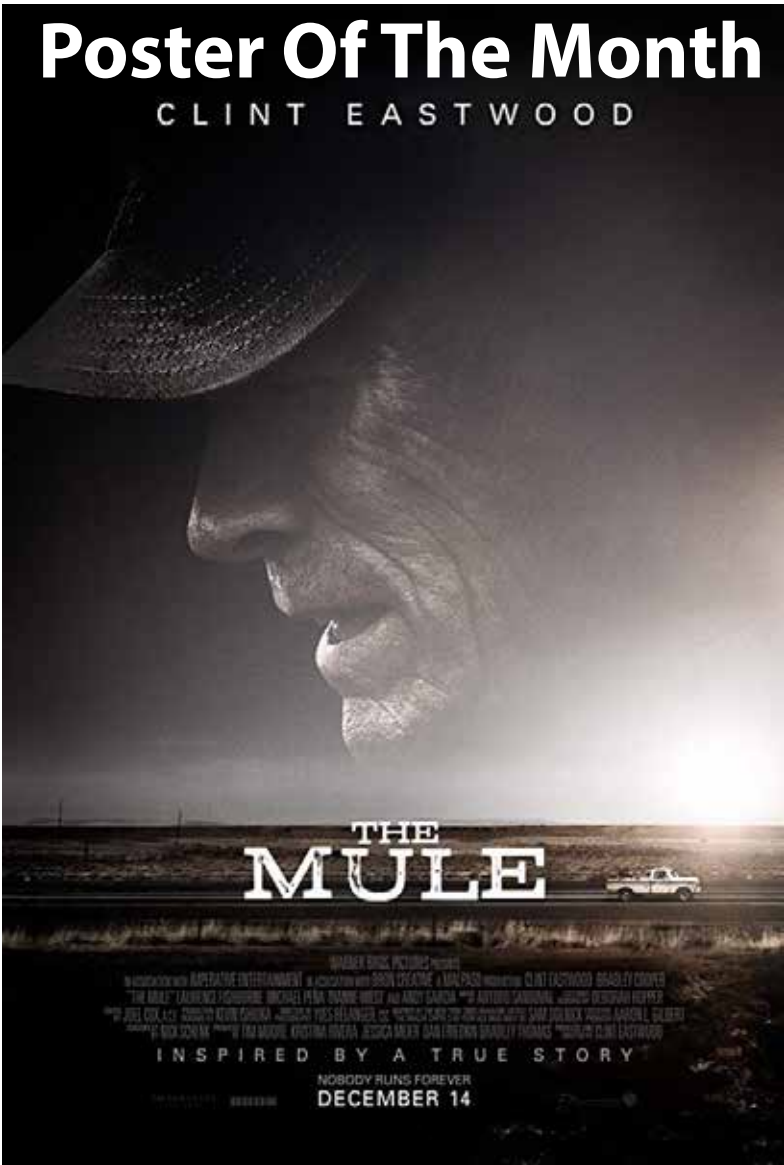


# Hot Take: Bohemian Rhapsody

by JORDAN KING

Whilst *Bohemian Rhapsody* is by no means particularly bold, a by-the-numbers by-the-band biopic of one of the most enigmatic and charismatic men in musical history, it finds fortune in its utilisation of Queen's songbook, giving us hit after hit to send us on our way singing. It doesn't hurt either that Rami Malek is absolutely sensational, both fragile and formidable in a performance that not only mimics Freddie Mercury perfectly, but genuinely seems to see the *Mr Robot* star in some small way embody a piece of potent truth and identification within

the enigmatic icon. Shot beautifully and intricately but narratively told straight, doing away with too much darkness and exposure of the darker side of Mercury and his band's hedonistic lifestyle, *Bohemian Rhapsody* is best described as a song for everybody and nobody – speaking universal truths and sharing globally adored music without daring to become something intimate or overly personal. As a biopic maybe it fails somewhat, but as an ode to the power of Queen and as a new take on the life of a true legend, a pathway for us all to reconnect with one of the few true greats in music, it is extremely enjoyable.





## FILM



## INTERVIEW: Jim Cummings

by JORDAN KING

**I suppose the big question would be how are things going at the moment?**

Yeah, we've been very lucky, it's been crazy. It's been a really wild time. A lot of it has been continually talking about this movie I made in November of last year, and my goal from the beginning is always just to keep focusing on the next thing and get my team more employment and just to keep making cool stuff, and so it's been interesting for me to just continually have to travel around and take pictures. It's kind of against my nature but it's been a lot of fun and we've had some really incredible reviews. We had this crazy review in Rolling Stones we never dreamed we would get.

**You have to get a camera, and you have to go out and make the thing yourself, and run a Kickstarter campaign, and learn how to become a studio on your own because that's the only way to make it and how movies get made nowadays.**

**Definitely, which leads on to a point that film students at my university in first year that as a rite of passage they're shown the initial short of Thunder Road, the 2016 original short, and Matt Owens, one of our film lecturers says to all of us is "go out and make a movie", and if that the likes of Jim Cummings is saying that, doing it all himself from a computer at home, there's no reason why we can't get out there and start making a noise, putting films out there for everyone to see.**

Good, that's great! That's good advice because if you saw my offices I would always invite everybody to come and hang out but it really is very small, just a tiny desk with a computer and we have Adobe Creative Cloud and that's it. We shot nine of my single take short films on a Canon or Sony DSOR, we rented lenses and it's not anything that I don't think anybody couldn't do if they just took the time to rehearse something and make it really good, and focus and focus and focus.

**Obviously you've adopted the long take for quite a few shorts. How did it compare to making the feature film of Thunder Road versus the short? How was that process for you?**

I don't know if we could have done the feature without having done the shorts, all ten of them. I don't think the Thunder Road feature would be good had we not done ten single-take short films in the previous two years. But no, honestly, it was very smooth, Na-

talie Metzger who's my producer who did nine of my short films was signed on to be the producer for the feature and is just a powerhouse. She's basically my sister now. She's a very smart & lovely person and I don't have to worry about the productions if she is on board.

**That must be nice to have that rapport**

It's incredible. We've already done a bunch of long takes. This movie is going to be very similar, very similar tone, comedy that makes you cry and so we were prepped to make something good. We were in a Kickstarter campaign and had success there, it was crazy. We were asking for \$10,000 and ended up raising around \$36,000

So we had a backing and an audience which was very helpful, and then

we went out and shot it all in Austin, arranged the rest of the financing from friends, family, investors around the world that we had never met but were down to help out, who saw the success of the kickstarter campaign and then reached out to buy 1% of our company, of the movie. It was cool but very stressful. It was a fourteen day shoot, it was all my best friends in the world who were there for it.

**So the whole feature was only a two week turn around then?**

It was actually three, five day weeks, and the last day we cut short because we didn't need to do anymore.

**I told you at Cannes and I'll tell you again it was my favourite I saw at the festival**

Thanks man

**But in the film itself there are a lot of monologues and long takes. I was wondering how those scenes were to film on a sheer level of the stamina? How is that for those draining, very emotional scenes?**

It's hell! We shot the funeral scene in the feature 18 times and that was the 18th take. So we shot the short film six times and used the last take and it was the same thing with the feature we used the last take. But no it's gruelling, it's a lot. It's a month-to-two months of rehearsals of just doing it and then we had to do an alt eulogy for the first nine times because we shot it with the song and the last nine times we shot it without. It's gruelling but by half way through, it's like I can't do anymore, I can't cry anymore and then luckily Natalie knows what to say to make me

cry, so she came over & sat down next to me, and I just cried uncontrollably, the most I've ever cried in my life. Then we went up, shot the last take and got out of the church. It was crazy.

**Definitely. I remember you saying at the start of the screening at Cannes, "it's okay to laugh, it's okay to cry", and that stuck with me throughout the film because there's so many individual moments where there's a tear in your eye but you're laughing.**

It's like Pixar.

**For sure. I remember reading about in one of your interviews that one of your micro-marketing were adults who loved Pixar. But the comedy allows you to go to some really raw places emotionally and still have something to bring you back but then the emotion means that the comedy doesn't just descend into farce you know?**

Yeah, it's funny. It's a weird thing. I think right now, because I keep to my buddy Dustin Hahn about this. I don't know if you've seen Parent Teacher, he's the guy who plays the teacher, but there is this one moment that was a consciousness raiser for me when I was working at CollegeHumour where I was like "why isn't this stuff funny?". They spend all this money and they shoot all these sketches; why can't they just make it funny? That's what it's supposed to be right? The whole point of this thing is to make people laugh. He goes "well yeah dude, being funny is hard. Making comedy is hard". So I was like "it's not for us, so why don't we just try it?", and then that became the Thunder Road short film. But I realise that while I keep complaining "why are Pixar the only people who are able to do that? Thread the needle of engaging an audience with comedy and then also showing such deep humanity with toys that it moves a huge human audience to tears. Why are we the only people who are in competition with Pixar on that front? It's because it's difficult I realise. It's not difficult for us, but for a lot of people that's the dream. People want to be able to engage an audience like that emotionally, exerting many emotions, sometimes you just can't. So now we're having this epidemic and famine of movies like that where there's dramas that don't make you cry and we're okay with it, and then there are comedies that don't make you laugh out loud, with the comedies having no humanity to them, and the dramas have no comedy to them. There's these two overlapping genres that are tonely deaf or ineffective. It's a weird market right now.

**For you, you're making films constantly. You're at the forefront of a**

**big moment to be an indie filmmaker. You really are one of the true figure heads of the idea that now is the time where we need to move away from that niche need to put out consumerist, commercial, Netflix. You're telling people that they can go out and make something that's fresh, and they've got a chance.**

That's so important to me. We realise that the time that we're in where Disney is buying all of these giant companies like Fox, where the majority of the stuff that you're going to see in the cinema is a watered down camel that was supposed to be a horse. There's no cursing, there's no real sex, there's no real violence. It's always virtue signaling, it's always how can we make this movie as liberal as possible and also be so inclusive for everybody in the world. It's so bizarre, and it's all of these different fights that they're fighting, they can't be sterilized. They can't be unsanitized, they can't make that stuff. So independent films now have a real fighting chance to win the attention of audiences that like good stuff. I feel like it's lucky to get a good movie every five years in the cinemas. I'm surprised Mad Max made it through. But I feel like we've built up a torrelance to assume that it takes five years to make a good movie in this system. But instead it's just the system that's shafted.

**If you just start with the story itself and focus on telling that, it gives you a chance to create something cool. Something that people are going to remember. That, for me, is what set Thunder Road apart at Cannes. It told a story that it didn't matter who was in it. It wasn't trying to fit itself into a box. It was just trying to tell a really good story.**

That's the thing that the studios will try to encourage you not to do, or anyone will try to encourage you not to do. They'll say you've got to work inside of their system so that you're subordinate of their's and not the competition. But if it got out there that we made this movie with no stars except for Macon Blair, and he's only in the movie for 10 minutes and isn't really that big of a "star", he makes his own movies as a director. I think that if that got out there, it's something that could change the system of that audiences don't care about stars. They would much rather watch somebody slap a corpse and feel moved in a movie then watch whatever say Tom Cruise is putting out or anybody. With that stuff too, celebrities; when they get involved in a feature film, it's all there lawyers, it's all there contracts. They don't want to push the boundaries. It's this weird fight for their brand rather than fighting for getting in the mud and making a good movie. I just find that to be so crippling of good storytelling when I could just

make a movie in our backyard with my friends, and I don't have to worry about those sorts of things.

**Definitely. The question I'd like to put to you is, to the film students who are going to be reading this and hearing the interview with you; what would you say to them in terms of dealing with the knocks and rejections that might come along the way but pushing through the glass ceiling of the industry?**

Yeah, it's hell. I might not be the best person to ask but I'm an atheist of Hollywood. I don't believe it exists and think it's completely imaginary. It's something where if you do write the best script on the planet, you could have the best screenplay ever written and nobody really cares because the industry has changed in such a way where your in direct competition for the attention of audiences or anybody, by starting a YouTube channel and developing a subscriber base, you are in direct competition with MGM or Sony Pictures Classic or whoever. I think people are seeing that. So everybody is turning towards production, like these agencies, these management companies, everybody is starting to produce their own content. A24 have started doing it and it paid off. There is real value in understanding how to make movies. If you enter the industry, if you try to get a job, you'll spend years of your life trying to climb this ladder of trying to be taken seriously, hoping that the hard work you've been doing, climbing the corporate ladder will pay off. It's like a religion, and it's imaginary. That doesn't happen. You have to build your audience yourself. I wrote the Thunder Road feature based on the Sundance winning short film. I went to the people who turned Whiplash into a feature from a short, Napoleon Dynamite from short into feature, basically everybody in town and they all said "oh, but you want to act in it?" or "well you've never directed something". You could reach the ceiling of American short film making by winning these giant festivals, and still nobody cares. You have to do it yourself and never dream that someone is going to come along and help you because that's gambling addiction. It's like "if I keep spending my time doing this stuff, it might pay off and I might win someday". You have to get a camera, and you have to go out and make the thing yourself, and run a Kickstarter campaign, and learn how to become a studio on your own because that's the only way to make it and how movies get made nowadays.

**Check out the full interview with Jim Cummings on our website: [seren.bangor.ac.uk](http://seren.bangor.ac.uk)**



SEREN  
PRESENTS

# SUPER 80'S PARTY

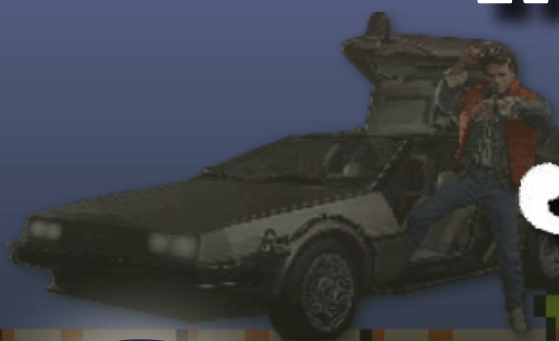


## 80'S THEMED FANCY DRESS BASH



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# TV IN BRIEF: NEWS FROM THE SMALL SCREEN

by CIARAN GRIFFITHS

## Game of Thrones Prequel name announced

HBO's Game of Thrones has been the jewel in the crown of the network's programming for a while now and with the series approaching its final season, the eagerly awaited prequel has finally been given a name; The Long Night.

This prequel series will be set 8000 years before the main series, in a time called the Age of Heroes. Handily, this also happens to be the first appearance of the 'Others', A.K.A The White Walkers during one of the worst winters to hit the fantasy land of Westeros.

Details regarding the plot of The Long Night are sparse, with only two cast members announced. First of those is Naomi Watts who has been cast as the lead in the show, with her character described 'A charismatic socialite hiding a dark secret'. Watts is best known for her roles in King Kong, Mulholland Drive and Birdman. Opposite her, Poldark's Josh Whitmore has been cast as a yet unknown character.

Interestingly, A Song of Ice and Fire author George RR Martin has also revealed that several other Game of Thrones prequels are also in 'active development', giving hope to those of us who want to see a series focusing on Robert's Rebellion.

This story has developed with Martin now issuing a later blog post stating 'HBO has informed me that the Jane Goldman pilot is not (yet) titled

THE LONG NIGHT. That is certainly the title I prefer, but for the moment the pilot is still officially UNTITLED'. So the prequel may not actually be called 'The Long night' but George RR Martin would very much like that to be the name.

The prequel, whatever its eventual name will be, won't be hitting our screens for some time now, but Game of Thrones fans have plenty to look forward to with series 8 airing in the first half of 2019.

## Netflix vs The Satanic Temple

In what can only be described as the legal showdown of the century, The Satanic Temple, a nontheistic religious and political organisation set up in 2012, is suing streaming titan Netflix.

The conflict arose after the Netflix revival of 'The Chilling Adventures of Sabrina' featured a Baphomet statue identical to the one used by the Satanic Temple. While some may consider this free publicity, the Temple's co-founder and spokesperson Lucien Greaves argued that "Having one's central icon associated with human sacrifice in an evil patriarchal cult is hardly good exposure and hardly a frivolous complaint."

This is not the first time the group has been the center of high profile legal battles, most notably attempting to create 'After School Satan Clubs' to protest after school Evangelical groups. They have also feuded with their rival The Church of Satan founded in 1966.

The Temple of Satan is suing the streaming site for \$50m (£38m), watch this space for news on the eventual outcome.

## BBC scores major deal with FX

The BBC has been on a winning streak recently, scoring critically acclaimed hits such as the Bodyguard and Killing Eve. Now it seems they are capitalising on this success, brokering a serious deal with American network FX. This massive deal means that the BBC will gain some hugely popular American shows including Sons of Anarchy spin-off Mayans M.C, What We Do in the Shadows, and Devs.

Theoretically, this could also mean that hit shows such as Archer and Legion may also make their way over to the BBC, providing some interesting variety to the channel's programming. On this topic, the BBC's Director of Content, Charlotte Moore, said 'The BBC has a proud tradition of bringing audiences the very best shows from around the world, and this exciting new partnership with FX builds on our strong existing relationship. Their incredible range of first class drama and comedy series will be great for our channels and I'm delighted to be forging closer ties with FX and to formalize our relationship in this bold and exciting move.'

This is definitely an interesting partnership and it's good to see the BBC branching out with its programming, venturing into territories it normally stays away from.

# Shows For The Season

by CIARAN GRIFFITHS

The weather has taken a turn in the wee town of Bangor, the cold winds bite deep, the rain lashes down hard on any soul brave enough to venture outside, and the sun hasn't been seen in weeks.

Alright, I might be being a bit melodramatic but it's definitely colder now. With the novelty of university wearing off and a month to go until Christmas, it's this time of year where everything seems a bit darker and gloomier, especially as the deadlines begin to pile up.

Do not fear Seren Readers, I have the cure for those long, dark nights; TV.

What could be better than sitting down in front of a bright glowing screen, watching one of your favourite shows, a cup of your preferred warm beverage in hand? So, in the name of science, I interviewed a select group of people, namely my flatmates and family members, to collect the best comfort shows I could.

## Brooklyn 99

I know I've mentioned Brooklyn 99 before, but it really is a good show. Set in a Brooklyn police precinct, the show focuses on the detective squad as they go about their lives. It deals with some pretty heavy themes in an adult way while still keeping in mind it's comedy sitcom roots, allowing the characters to grow and develop in a very real way, which is something pretty unique for a sitcom.

Where: Amazon Prime video or Netflix, the show's new season airs 10th January on NBC in the U.S and will premiere in the U.K a few months later.

## Friends

Ah the 90s, a simpler time. When Trump was just that shouty man on the U.S apprentice, we watched our films on Videotapes and Green Day were everyone's favourite band. Well, that's what people tell me, I was born in 1998. But one thing I do know is that everyone loved Friends. The 90s sitcom is so beloved that pretty much everyone you ask knows about 'Pivot', Ugly Naked Guy or that Ross and Rachel were on a break, what show could be better for sitting down and forgetting about your stress for 20 minutes at a time.

Where: Netflix, Box sets are available on Amazon

## Parks and Rec

We started this list with a Michael Schur comedy so it's fitting we end it with one. Parks and Rec is one of those classic shows that most people have watched and even those who haven't watched it know the references, it kick started a few huge Hollywood careers including Amy Poehler, Chris Pratt and Aubrey Plaza. If you're in need of a feel good show with some truly heartwarming moments, Parks and Rec is what you're looking for. Always remember, we love you lil' Sebastian.

Where: Amazon Prime Video

# These Reboots Were Made For Walking



by CIARAN GRIFFITHS

Revivals are a complicated beast. While on one hand they bring back some of our favourite shows, modernising them for the 21st century, they also run the risk of completely ruining a programme people love and cherish. They've had a rough history, sometimes smashing it out the park and other times leaving our beloved shows in a crumpled mess on the floor like a messy night out. Rebooting shows is one of the riskier moves available to TV networks, risking damaging the reputation of their leading shows, yet the payoff can be extremely rewarding.

All of the streaming services have embarked on the perilous adventure of revivals with various degrees of success. Here are a few examples from several streaming services:



## Arrested Development

Many people had a bit of a soft spot for Arrested Development and its tumultuous history, developing a cult following over the years even if it was never wanted by its network Fox due to the fairly low ratings, so the move to Netflix in 2013 was a welcome one. Yet the series never managed to regain its former glory with unwarranted celebrity cameos and some odd editing. The series also suffered from the controversy surrounding Jeffrey Tambor, casting a dark shadow on any interview, press junket and even the show itself.

**Verdict:** The Arrested Development reboot never really managed to get out of Arrested Development itself.



## Sabrina

The 90s were a much lighter time and the Sabrina the Teenage witch of that time was equally as happy and carefree. This generation's Sabrina is a much darker, angsty affair, fitting for modern TV. Yet this does not mean it's lacking in humour, if anything the show has developed a wittier, sarcastic edge to it.

The writing can be a bit cliché, which is a bit of a shame as the relatively young cast have a lot of potential but the quite mature and shadowy plot lines more than make up for the occasional dodgy line.

**Verdict:** A worthwhile reboot that deals with some dark, occult themes in a mature way all while maintaining its sense of humour.



## Gilmore Girls: A Year in the Life

The hit 2000s show was beloved by many and the news of a revival in 2015 made a lot of excited fans very happy. If all you're looking for is more of the same Gilmore Girls sharp humour then you're in luck, but if you were hoping that the show might have developed with age, then you might have an issue. The show falls back on its slightly dated references and humour in an occasionally cringe inducing way. Yet, to its credit it does handle the character development in an admirable way, ensuring that everyone in its large ensemble cast gets some time devoted to them.

**Verdict:** If you're a fan of the original Gilmore Girls and in need of another visit to Stars Hollow then you'll definitely enjoy the revival, but if you're attempting to get on board for the first time might be best to avoid this revival.



## Star Trek: Discovery

A Star Trek for the 21st century. The reboot of the sci-fi favourite changed up the formula, scrapping the alien of the week stereotype, switching to a more modern serialised structure with a significantly darker tone.

The first half of the series suffered from a bit of a rough start but after returning from its midseason break it came into its own. Sure there's the odd obvious plot twist and some dubious storylines but all in all it's a good reboot that will definitely grow into its own in the next season, coming early 2019.

**Verdict:** A decent reboot of the classic sci-fi series, one that has the potential to 'Boldly go where no man has gone before'.





by CIARAN GRIFFITHS

The Great British Bake Off has now completed its 9th series, can you believe that? The baking Titan has had a bit of a scandalous history, who can forget when John Whaites put salt instead of sugar in his 70s style rum babas or the infamous Baked Alaska-gate when Ian Watters Baked Alaska was tampered with by fellow contestant Diana Beard leading to him binning it and storming out the tent.

This series has been no different with plenty of baking mishaps, mainly due to the volcanic summer we had. While some may not agree with the end result, it has been a good few weeks. It's almost become a ritual watching Bake Off after coming back to Uni, a

nice distraction from the sudden pile of deadlines that seem to creep up. It's especially welcome once we reach this time of year when the cold begins to creep in, Bake Off is a hazy, flour filled memory of the beating heat of summer.

The series as a whole has been relatively strong, admittedly there's been some odd choice of technical bakes, leading me to wonder if the producers are beginning to run out of ideas. Some of the weirdest technical challenges include Æbleskiver, Torta Setteveli and Pita breads on an open fire pit. Yet most of the bakers succeeded at the challenges producing some mouthwatering results. Pro tip, watch Bake-off before your tea that way you'll appreciate the

food more.

One of the joys of The Great British Bake Off are the cast of eccentric characters and this series has been no different. Some of my personal favourites include: John, a proud Welshman whose showstoppers always had some link to his family, Terry a retired air steward with his glorious mustache and Manon Lagreve whose creations were always astoundingly well decorated. There were of course the three finalists as well: Rahul Mandal, Kim-joy Hewlett and Ruby Bhogal, all three of whom have been excellent throughout and any of them would have been deserved winners. It was however Rahul who, like a fine bread, rose to the occasion, winning despite having

to deal with an exploding storage jar. Clearly the proof was in the pudding.

While baking is the main focus on the show, The Great British Bake Off is known for its outrageous euphemisms and rampant sexual innuendo. This season does seem to have suffered a slight decrease in the puns, instead replaced with Paul Hollywood's endless handshakes, which were effective at the start of the show but now seem to be some sort of power trip for the blue eyed silver fox, he's definitely taking the biscuit now. Hopefully Hollywood has got all the handshakes out of his system and they won't be making a return next season. Special mention goes to Manon for asking for a handshake from Pru instead of Paul one week.

This year's Bake Off was a memorable series that proves the move to Channel 4 only improved the show despite the worries voiced by many two years ago. Noel Fielding and Sandi Toksvig's partnership is proof of this. One, that in my mind, might just be better than Mel and Sue.

Now, if you're in need of something to fill the Bake-Off shaped hole in your lives, Netflix might just have the answer. This comes in the form of 'The Curious Creations of Christine McConnell', the TV love child of bake-off and the Muppets. It's an enigmatic, odd show and is an easy watch if you're in need of your baking fix.

# The Great Purge Of NETFLIX



by CIARAN GRIFFITHS

There are events in history remembered by millions, the type of events where people ask "Where were you when England won the world cup in 1966", "Where were you when the Beatles broke up?" or "Where were you when the Berlin Wall fell". Well this generation's question will be "Where were you when the Great Netflix Purge began?"

Netflix has begun to dispose of its original content at an alarming rate with over 38 shows now facing the executioner's block. This includes some huge hit shows that a few months ago would never have seemed likely to be cancelled, shows that the streaming giant were pushing hard.

Why are Netflix cancelling their own original content? The site has announced several new films

including an expensive Chris Pine film called the Outlaw King, alongside other TV shows such as Dogs, a documentary just about dogs which admittedly does sound perfect but none of these suggest they need to cancel a whole host of shows to fund them.

Indeed, for a long time Netflix has refused to cancel any of its own shows, simply renewing them the moment they finished filming the last season regardless of how profitable the individual show was to the site, but this recent spate of cancellations shows a shift in the company's policy, perhaps suggesting they might be about to announce several large budget shows.

Here are some of the recently cancelled shows, not all are on this list so it might be worth checking online for the full list of shows.

R.I.P to the following shows:

- Luke Cage - Seasons: 2**  
Reason for cancellation: Creative differences between Marvel and Netflix.
- House of Cards - Seasons: 6**  
Reason for cancellation: Kevin Spacey.
- Unbreakable Kimmy Schmidt - Seasons: 4**  
Reason for cancellation: Netflix is shifting to stand-up comedy, although a film rumoured for the Tina Fey comedy.
- Girlboss - Seasons: 1**  
Reason for cancellation: Poor reviews from critics & low viewer figures.
- Marco Polo - Seasons: 2 (with a special)**  
Reason for cancellation: Cost of production & low viewership.





## MUSIC



Photos by Charlotte Thomson



# REVIEW: Public Service Broadcasting

By CHARLOTTE THOMSON

Public Service Broadcasting's show in Pontio was a part of a line up of five intimate shows around Wales prior to their final UK performance at the Royal Albert Hall. The shows acted as a final farewell to their latest album 'Every Valley', and it was not a night to disappoint.

Opening the night, Cardiff-based indie electronica group 'Dead Method' treated the audience to the rich vocals of frontman Lloyd Best. Playing tracks from their self-titled EP, 'Dead Method', they commenced the evening with their dark and gritty beats, adding a new, refreshing feeling to the world of electronic music. 'Hollywood Harmony' was a particular highlight, as it pounded a much-needed ripple

of energy into the room to get the party started.

Performing 'Every Valley' in Bangor felt like a special, momentous night for everyone in the community. The album narrates the struggles the mining industry in Wales tackled in the 1980s, guiding the listener through the trials and tribulations that Welsh communities faced. Whilst the trio are born and bred South Londoners, the emotional connection they have with Wales is indisputable; most of their research for the album came from the archives of the Wales Miners Library in Swansea and the recorded their album in Ebbw Vale, in South Wales.

The juxta-position of a story of Welsh

working-class history performed by three tweed-covered middle-class southerners only added to the overwhelming strength of honour the audience were feeling- a sense of understanding that has been long missing for these mining communities felt somewhat rekindled by the sheer power of Public Service Broadcasting's performance. The powerful visuals accompanying the music was enough to bring a nostalgic tear to one's eye. The performance of "They Gave Me A Lamp" narrating the role of women supporting the strikes was a perfect example of this. The heart-wrenching melody supported by the footage filled the room with an emotional strength, as the audience are taken

on such a moving, and provocative journey.

But without a doubt, the highlight of the evening was the beautiful collaborative performance of 'You and Me' with Lisa Jen Brown. Lead singer of Welsh band 9bach, her ethereal voice transcends around the theatre, complemented by a gentle acoustic guitar. The visual representation of two communities uniting created such a unique and special atmosphere. It felt like a true honour to be a part of it in that moment.

But in true Public Service Broadcasting style, the evening was not to end on such a gentle slope. 'Go!' a cult favourite of PSB's fans, zapped a new level of energy to

the performance. Wigglesworth pounded out the fierce rhythm on guitar, J. Wilgoose Esq handled the synths and JF Abraham on bass, whilst dancing astronauts took to the stage and absorbed the audience into a funky, cosmic frenzy. To end the show 'Gagarin' propelled a nerdy brass trio onto the stage, creating the perfect ending to the show.

A multi-sensory visionary with the right amount of excitement and nostalgia. It would be an honour to see Public Service Broadcasting return to North Wales one day.



# REVIEW: The Allegri Quartet

By ZACH READING

The Allegri quartet returned to make their highly anticipated annual appearance at Bangor University playing two concerts on the 1st and 2nd of November. There was a new face to the Allegri this time with regular cellist Vanessa Lucas-Smith being replaced by Kirsten Jensson on account of the former's pregnancy (apparently she was in labour at the time of the concert!). However, this didn't stop the quartet showing their immense musicality and the strength of their inter-ensemble balance. Balance is something that permeates the ensemble both in terms of its members – two men, two women, two more experienced members and two younger – and their choice of

repertoire. Thursday's concert started with a rare Haydn quartet, Op.71 No.2 that was everything you may expect Haydn to be. Cheeky and structured, the music was enjoyable and easy on the ear as well as being pleasantly concise. The only negative I can find is that the idea of it having a 'joke' motif was weak and, frankly, only funny if you forced yourself to laugh! Continuing with Claude Debussy's String Quartet Op.10, the Allegri delivered an excellent performance that really shimmered with the harmonic and instrumental brilliance for which Debussy is known. The second and third movements were particularly well played and exposed

the importance of ostinatos in the work. The reintroduction of previous themes in the final movement gave the work a renewed drive and the ending was excellent. After the interval, Dvorak's 'American' Quartet, Op.96, an often heard but always satisfying work, rounded off the concert in a fitting way. The violist Dorothea Vogel shone throughout the first movement. A particularly highlight for me was the playing of both the first violinist Martyn Jackson and Kirsten Jensson which was sensitive and beautiful in the second movement. The third movement maybe lacked something but the joyful and exciting final movement made up for it.

Friday's lunchtime concert showcased another well balanced, if short, programme. The cheery and playful outlook of Haydn's Op.54 no.2 was perfectly matched by the intense and passionate mourning of Felix Mendelssohn's String Quartet in F minor, Op.80. The work was written at the end of Mendelssohn's life and shortly after the death of his sister Fanny. The Haydn was, like the previous night, excellently played but this time was enhanced by some surprising and exciting harmonic variety which actually overshadowed a lot of the fairly generic melodic writing. Mendelssohn's F minor String Quartet was intense in its expression

of grief and the Allegri's performance matched this intensity through their playing. In particular Martyn Jackson had a huge task in this Friday concert and pulled it off expertly. The movements blended seamlessly with the second picking up where the first one ended with anger and fury. The third movement was more measured, beautiful and nostalgic while the last matched the emotions of the first. The endings of the first and final movements were particularly spectacular. The choice of repertoire and high level of performance meant that these were a well-balanced and hugely pleasant set of concerts.

# Steven Wilson – Home Invasion: Live at the Royal Albert Hall

By STEPHEN OWEN

After a rare year in the spotlight, the 2nd of November saw the release of a live album from progressive rock trailblazer Steven Wilson at the Royal Albert Hall. "The most successful British musician most people have never heard of", Wilson racks a huge amount into the 2 and

a half hours, featuring nearly all of his surprise hit album To The Bone, plus songs to commemorate reissues of two albums from his project Porcupine Tree (Deadwing and In Absentia) among a set list covering over 20 years of his career. There is a huge variety of music throughout, with retro-tinged

pop in "Song of I" and "Permanating", more long form, progressive rock songs such as "Home Invasion / Regret #9" and the Porcupine Tree favourite "Arriving Somewhere But Not Here" or the scratchy alternative rock of "People Who Eat Darkness" all present. Perhaps the only song that flatters to

deceive is the shortened performance of "Even Less", another Porcupine Tree song. Wilson and his band excel throughout. Alex Hutchings fills in effectively for the huge raft of different guitarists Wilson has worked with and Craig Blundell fills the shoes of Gavin Harrison, Marco Minneman and oth-

ers with distinction throughout. The live album displays a musician still willing to innovate whilst celebrating his past and someone able to make a beautifully simple pop song or a 12-minute epic and fit both into a live set with conviction and purpose.

## SINGLE TO LOOK OUT FOR: Ariana Grande's thank u, next



By NIAMH O'CONNELL

After releasing her fourth studio album 'Sweetener' in August, it was expected that we wouldn't be having new music from Ariana for a while. However, on 3rd November the singer released her new single: 'thank u, next', song about her previous relationships, which have all been very public. While it may be a break-up song, 'thank u, next' has a unique charm. Instead of dissing her exes, like many of the break-up songs that we still love, she thanks her exes for all the things that they have taught her and how the relationship with herself has improved. Along with its message, Ariana's stellar vocals and style stands out and certainly makes it a must listen to this month when it comes to new releases.

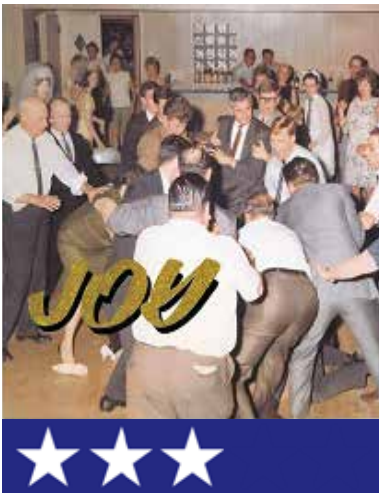
# REVIEW: Featured Albums

By VICKY WILKES



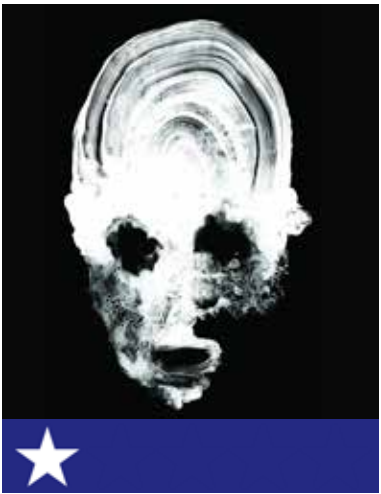
Honey- Robyn

Honey is the eighth studio album by Swedish artist Robyn. Released on 26th October, it features singles 'Honey' and 'Missing U' which were released earlier in the year. Both of these tracks have an easy-listening dance vibe which is coherent with the rest of the album. Robyn made waves back in 2010 with the track Dancing On My Own which Calum Scott covered with raw, stripped back interpretation of the track earlier this year. Overall, Honey is an easy listener comprised of Robyn's sweet vocals and an electro accompaniment.



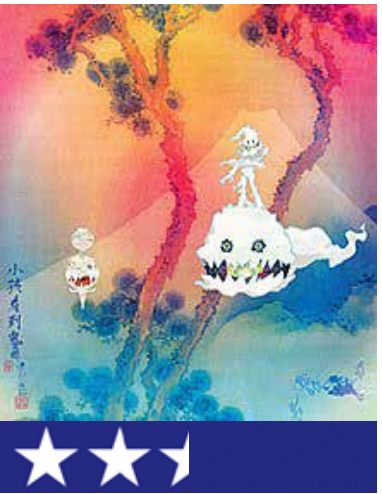
Joy as an Act of Resistance - IDLES

Released on 31st August this year, Joy as an Act of Resistance reached the peak position of 5 in album chart in September but is since a firm fan favourite. The album has an anarchic quality, and this is evident in the opening track 'Colossus' which introduces us to a sense of chaos that feature throughout. With this album, IDLES are definitely putting their message across with their raw vocals.



You Won't Get What You Want - Daughters

You Won't Get What You Want is the fourth studio album released by American band 'Daughters'. Rolling Stone describe the album as an 'art-noise conglomerate', 'one of the grisliest, most intense groups to emerge from the underground metal scene' and I would have to agree. Despite receiving praise from fans, for me the album is a mixture of one uncomfortable texture upon the other and while I understand the record's vision, it's not a winner for me.



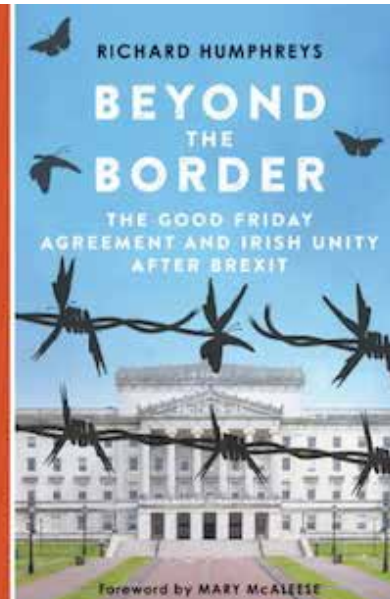
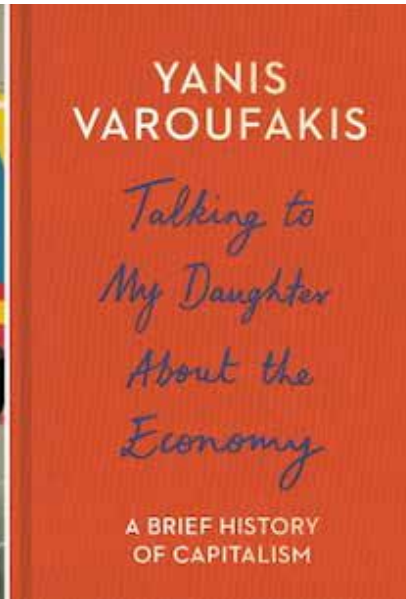
Kids See Ghosts - Kids See Ghosts

The debut album of American hip-hop duo, working under the name 'Kids See Ghosts' see's Kanye West and Kid Cudi harmonise to explore their inner demons in a desire to record a collaborative album. The seven track album features 'Reborn' and 'Cudi Montage' both encapsulating the overall message of the album which features confessional bars and religious affirmations contributing to the overall cohesive feel of the record.



## BOOKS

# Political Book Sales Explode As UK Readers Try To Make Sense Of Everything



Political book sales have exploded this year, according to Britain's largest bookseller, Waterstones. The company attributed the growth to writers and readers "urgently seeking to understand this scary new world".

The UK bookshop chain has sold more politics books this year than in the whole of 2015 or 2016, with year-to-date politics sales up by more than 50%. Across the UK, sales of politics books have already surpassed 2017's final figure of 1.35m, with 1.41m

books sold this year so far, according to Nielsen BookScan.

Much of the increase is attributed to the runaway sales of Michael Wolff's Trump exposé, *Fire and Fury*, which was published in January and has sold more than 180,000 copies in the

UK alone.

"The explosion in politics publishing has been the defining feature of the new books landscape in 2018," said Waterstones politics buyer Clement Knox. "The present rolling crisis in confidence in the state of our

politics and our democracies, and indeed in the very fate of the post-cold war liberal order, has triggered an outpouring of books not just on politics and policy but on psychology, political theory, 20th-century history, and much more besides."

## Books Being Turned In To Films This November

### "The Nutcracker and the Mouse King" by E.T.A Hoffmann

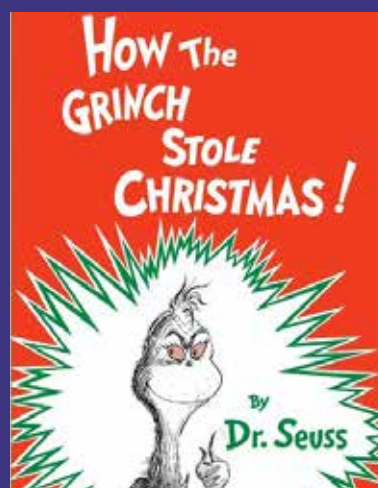


*"You'll have to suffer a lot if you want to take charge of a poor, deformed Nutcracker. Only you can rescue him. Be strong and loyal."*

The story was first written in 1816 by German author E.T.A. Hoffmann. In this story a young Marie Stahlbaum's favourite Christmas toy, the Nutcracker, comes alive. He defeats the evil mouse king in battle and whisks her away to a magical kingdom full of dolls. The story itself begins on Christmas Eve at their house with the children wondering what kind of present their godfather,

the clockmaker named Drosselmeyer, has made for them. Drosselmeyer made them many gifts including a clockwork castle which contains mechanical people moving in and out and they only do this over and over again. When the children get bored, Marie discovers the nutcracker. From there on the story gets wild and exciting. A must read for all ages.

### "How the Grinch Stole Christmas!" by Dr. Seuss

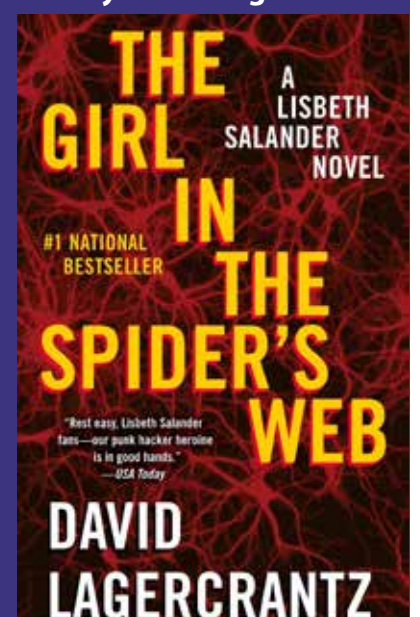


A town of Christmas-lovers called the Whos prepare for the annual holiday. However, up in the caves by their town lives the Grinch. A weird, green, fuzzy thing that despises Christmas and everything it stands for. He sets about ruining the Whos Christmas fun by doing some very illegal and Grinchy things. However, the Grinch spins things around.

*"Maybe Christmas, the Grinch thought, doesn't come from a store."*

### "The Girl in the Spiders Web" by David Lagercrantz

*"It's always the wrong people who have the guilty conscience. Those who are really responsible for suffering in the world couldn't care less. It's the ones fighting for good who are consumed by remorse."*



The Swedish book is the fourth in novel in the excellent Millennium series. It follows Lisbeth Salander, a Swedish computer hacker, who accidentally discovers that her sister and father's criminal organisation is also working with a government agency, the NSA. Frans, a leading scientist in the AI and quantum computing fields, learns his only son, who is autistic, is being abused by his stepfather. Frans won't stand for this so he flies from America to Sweden to

get the boy. Gabriella Crane discovers Frans life is in danger. Frans makes a call to a local newspaper for an interview and the reporter finds him dead, killed by a hitman hired by Spider to kill him. They left August alive because he can't speak. August then becomes a potential hit for Spider so Salander does whatever she can to keep him safe. A fast paced read full of action and drama, you won't be disappointed by this series.





by BETH SMITH

Author Madeleine L'Engle was born on November 29th 1918, in New York City. She was the only child of Charles Wadsworth and Madeleine Barnett Camp, a writer and a pianist. L'Engle began writing at a young age, producing her first story when she was only five years old.

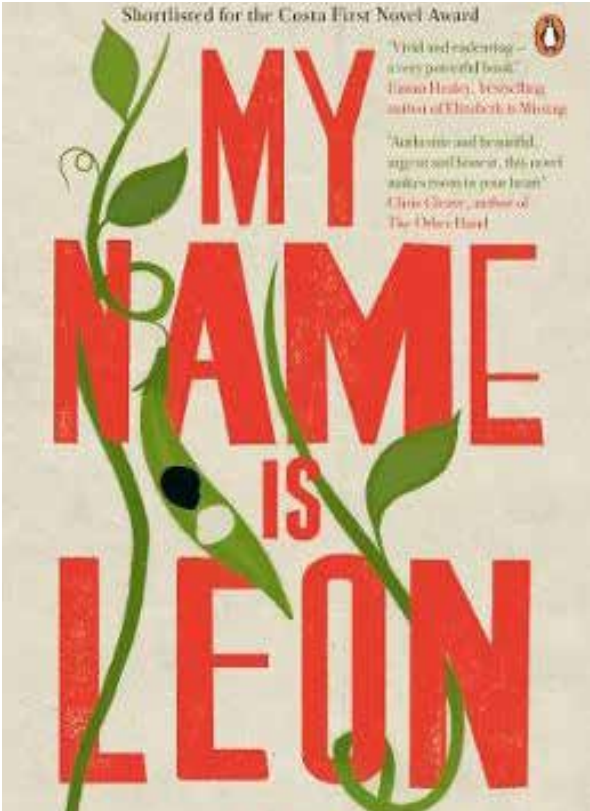
L'Engle's children were the first audience for her best known work, "A Wrinkle in Time" (1962). She read them the story while she worked on it. The story follows the adventures of Meg Murry as she travels through time and space to find her missing scientist father. She's accompanied on this journey by her brother

Charles Wallace and her friend Calvin O'Keefe, which is made possible by the assistance of three unusual beings known as Mrs. Whatsit, Mrs. Who and Mrs. Which. For the book, L'Engle drew inspiration from such varied sources as Albert Einstein's theory of relativity and works of William Shakespeare.

The following year, L'Engle won the prestigious Newbery Medal for A Wrinkle in Time. The novel, however, was not without controversy. Over the years, it has been one of the most banned books because some believe that it is anti-Christian or that it promotes occultism. Madeleine L'Engle died on

September 6, 2007, at a nursing home in Litchfield, Connecticut. She left behind more than 60 works, ranging from science fiction to memoirs to reflections on religion. Her final work, The Joys of Love, hit bookstore shelves in 2008. Today L'Engle lives on through her work.

## REVIEW: My Name Is Leon By Kit De Waal



by JAYDEN IRVING

Set in the 1980s, it follows a young boy struggling to fathom what and why this happened to him. Leon at the age of 8 is placed into the foster care system along with his little brother, because his mother (Carol) could not cope with looking after them. Leon from the birth of his little brother up until they went into

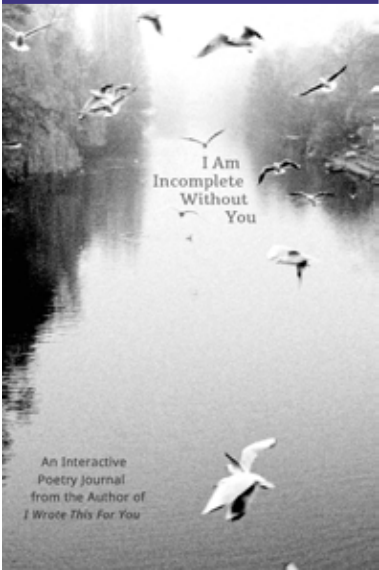
care took on the role of the parent and looked after his family. Leon had never had the chance to be a child until her goes to live with foster carer Maureen. Maureen offers him the stability, love and compassion that no one previously was able to give. I personally loved this book because it captures the daily struggles of having mental health issues. It not only highlights how difficult it can

be for the person who is suffering but also those who are around them as well. This book also tactfully touches on issues with racism and the hardships people of colour faced during this time. Kit de Waal has done an exceptional job at showing what it is like being a young, ethnic minority in the 1980s in the care system. I would highly recommend this book; an easy read and extremely enjoyable.

*"I look like my dad. Mum says he's coloured but Dad says he's black but they're both wrong because he's dark brown and I'm light brown"*

## REVIEW: I Am Incomplete Without You by Iain S. Thomas and ....

*Fill in the blank.*  
*"If there wasn't a statute of limitations on saying sorry, if it hadn't been too long ago, I would say sorry for..."*



This is what I believe to be a very unique book of sorts. The cover of my copy states this is "An Interactive Poetry Journal" and I couldn't agree more. Inside on the title page there is room for you to write your own name as a co-author of the book and rightfully so. Each page of the book contains a question or statement and then gives you room to write your reply in the space below. Whether it is in poetry or prose. There are so many questions asked in the book with different levels of seriousness such as "I am made of dust on shoes that traveled too far. I am made of the light from stars that burned long ago. I am made of forgotten memories. What are you made of?" These thought provoking questions really help you get out of a writing rut. The creative journey the book takes you on is really something special and it's free reign in whatever order you do each prompt. All in all I highly recommend this for anybody who wants to have a creative conversation with themselves but doesn't know where to start or wants to approach things differently.

**If you have any books related content (a review, academic literature, a book launch, etc.) that you would like featured on this page please email:**

[books@seren.bangor.ac.uk](mailto:books@seren.bangor.ac.uk)



## GAMES

## Snake Oil, Funemployed, and the Card Czar

Cards  
Against  
Humanity

By SINCLAIR DAVIS

Most everyone has heard of Cards Against Humanity. It's a famous, or perhaps more infamous, card game, which uses shock humour to get laughs out of the table. But is it actually the weakest game in its genre? Cards Against Humanity is one game among many of similar concept, and not all of that genre is so reliant on shock.

Two other games come to mind: Funemployed, and Snake Oil. In case anyone is fuzzy, the concept of Cards Against Humanity is that players take turns being the 'Card Czar,' meaning they take a random card with a statement written on it. There will be at

least one blank space on that card, which the other players fill with a (usually wildly inappropriate or taboo) answer from among their own cards. The Card Czar selects the most amusing answer as the round winner.

In Funemployed, the 'Czar' is an employer, and will take a card deciding what job they are looking for. The other players are applicants, and will lay down their cards as their qualifications, and try to sell themselves for the job. These cards might say anything from the seemingly innocent 'shed' or 'Italian accent' to cards that would annoy the proofreaders if I named them here. In Snake Oil, the 'Czar' is a customer, customer cards ranging from 'high school dropout' to 'alien,' and

the other players must combine two of their cards to make a product.

The primary difference in gameplay is the amount of creativity expected from the player. In Cards Against Humanity, the humour is fairly exclusively in the card, especially because the player putting it down will be anonymous unless they win. In Funemployed, the cards have a similar effect, but the player is expected firstly, to combine multiple cards into a character, and secondly, to play that character. The comedy is shared between the cards themselves, and the player brandishing them. Snake Oil is on the other edge of the spectrum- the cards alone are simple nouns, mostly unassuming. It is up to the player to

use those cards to create a ridiculous or amusing product. When your respectable friend puts down something violently inappropriate in CAH, it's par for the course. When they do it in Snake Oil, you know that they truly created that all on their own- they really thought that up.

That these noun cards mean nothing on their own also means that the game can be adjusted to its audience, and enjoyed by more than people- it doesn't have to be rude or shocking unless the players make it so. Funemployed, as always, is the middle ground- not appropriate as a family game (though I'm not judging), but without the horror CAH cards generate. The simplicity of the cards, and re-

liance on player creativity also keeps the game fresh across multiple sessions, unlike CAH.

Now, all this doesn't mean Cards Against Humanity is by default worse, because it is the least creative, or that Snake Oil is the best because it is the most. In fact, Funemployed is a personal favourite for a good laugh with friends, which hits a solid middle ground between the shock of CAH and the diversity of Snake Oil. You don't always want too much creativity if you just want to relax with a game. Each game has their place, but Funemployed and Snake Oil certainly deserve equal (or even more) praise than their infamous cousin.

## Top 5 New Board Games for a Games Night In

By MEGAN ROBERTSON

## Dead of Winter



Dead of Winter is a story-centric survival game taking place during a harsh winter in a post-apocalyptic wasteland.

Players must work together towards a common victory condition in order to survive the winter, however they are each working on an additional secret objective which can turn the tides of the whole game.

Best played with a group of 3 to 5, Dead of Winter is one of those boardgames which can last anywhere between 3 to 8 hours depending on the difficulty of the storyline chosen. Best to clear your evening if you're planning on picking up this game.

## Munchkin Deluxe



Enter the dungeon; Kill everything you meet; and grab the treasure once you're done. Oh, and don't forget to betray your friends on the way out.

Munchkin Deluxe is a satirical card game which is based on the ideas of D&D and other TRPGs, revolving around the combat of fearsome monsters and betrayal of friends to win the game.

Best played with a group of 3 to 6 players, Munchkin Deluxe plays for 1 to 2 hours and will leave any party in fits of laughter. The perfect distraction needed to steal their stuff and win the game.

One Night Ultimate  
Werewolf

Based on the storytelling game Werewolf, Players take on special roles with specific abilities in order to root out the werewolf hiding in their midst before it is too late.

One Night Ultimate Werewolf turns this traditional game up a notch. With each game lasting about 10 minutes and with up to 10 players, One Night Ultimate Werewolf is an intense, fast paced game where the Villagers get one night, one guess and one lynching in order to kill off the werewolf amongst them, otherwise they lose the game.

Due to the speed of the game, it makes it a perfect drinking game, where the losers must do a shot. Then just sit back and watch how quickly mayhem descends.

Fallout: The Board  
Game

I only played this game recently and I've fallen in love. Fallout is based on the Post-Apocalyptic video game of the same name, with each of the 4 scenarios in the board game being inspired by a storyline from the franchise.

Players start the game with a Storyline quest, and then must explore the map, defeat irradiated foes and build their skills as they attempt to complete challenging side quests and balance feuding factions within the game.

For 1 to 4 players, with the game lasting 2 to 3 hours, it is a great way to spend a night in, and with plenty of Easter Eggs sprinkled in along the way, you'll feel like a vault dweller exploring the wastelands in no time.

## Exploding Kittens



Looking for a quick game with little prep? Then look no further.

Exploding Kittens is a kitty-fied version of Russian Roulettes, when neutering the cat is a matter of national security. Normally played with a group of 2 to 5 and lasting 15 to 30 minutes, Players take turns pulling cards from the deck until someone draws the Exploding Kitten and loses the game.

Filled with funny illustrations and brilliant humour, especially if you get the NSFW version, Exploding Kittens will always make for a CAT-astrophically great evening... I'll show myself out now.



# Fallout:76 - Our Future



By TOMOS EWING

Fallout:76 has caused a massive divide in the gaming community, with some seeming excited at having the chance to play Fallout with their friends and others shaking clenched fists stating that Fallout should only be experienced solo. For me, playing with my friends was refreshing, and I found the teamwork and group travelling to be a new and worthwhile experience, and it was a nice feeling knowing my friend was watching my back instead of an emotionless A.I.

One of the most fun additions was the use of survival elements in Fallout:76, such as hunger and thirst meters, as well as diseases. These additions to the game made me think

much more carefully about what I was eating and drinking, because if I ate a slab of meat without cooking it first there was a high chance I could get dysentery or parasites (which I did). Also, different diseases affect your character in different ways: being affected by dysentery makes your thirst meter degrade two times quicker, for example. This adds a fun survival element to the game which I found to be punishing if I didn't prepare enough food and water ahead of time.

The quests in Fallout:76 feel particularly exciting, but lack the same emotional response as they did in past entries. The quests themselves were great and fun to do, allowing me to engage different enemies and read into the lore of Appalachia, but turning in the quest for a reward from

a rusty Protectron or a computer terminal lacked the same emotional response I had felt completing quests in Fallout 3, 4, and New Vegas. This is not accidental however: the intention is to let players feel like the Vault Dwellers would feel coming into this open world: scared and alone: but with the abundance of corpses lying around it's hard to see why Bethesda didn't just include at least some human NPCs here and there.

Public Events were new additions to the world as well, which often frustrated me as there was a heavy emphasis on the multiplayer aspect here. If I tried to hunt down a pack of wolves on my own, I would more often than not get torn to shreds. I found, however, that once I attempted this again with three of my friends we were able

to clear out the wolves, earning us beneficial rewards. Sometimes I do prefer the Lone Wanderer route of play, which I hope won't be completely overtaken by the presence of other players.

Despite people's concerns, Fallout:76 feels like any other Fallout game: it's expansive open world, fresh new changes and multiplayer gameplay, an abundance of narrative quests and the ever-important established lore of Fallout is all here, in an impressive package. However, I feel like the heavy emphasis on multiplayer and co-ordination will put a lot of players off purchasing the game, especially long-term fans of the Fallout franchise who prefer to explore on their own.

## Society Events

JUST DANCE 2019

### Just Dance 'til You Die

Or until 9pm- whichever comes first. The Bangor University Gaming League (BUGL) and the Assassins society have organised a 'Just Dance' off to kick off a Saturday evening. Anyone is welcome to come hang out, play the game, and have a good time.

Saturday 17th November, 6pm - 9pm

Drama Rehearsal Room, Main Arts

### BUGL 48hr Marathon

BUGL will be hosting a two day gaming long haul on Friday the 23rd, because videogames are objectively better than sleep. The society will be playing anything and everything, with a mystery tournament on the Saturday, and a Smash Bros tournament on the Sunday. Consoles will be provided, but anyone is free to bring a laptop, and anyone can drop in and out as they please. Join them, or wish them strength.

7pm Friday 23rd November - 7pm

Sunday 25th November

Wheldon Building

# Marvel's Spider-Man: Review



By NIAMH O'CONNELL

Since it was first announced, Spider-man PS4 has been surrounded by hype, while quite a few superhero games have been a hit and miss. Fans had been hoping the game would follow in footsteps of games such as the Arkham series and Injustice. After its release on September 7th Spider-man Ps4 proved it was worth the hype, described as one of the best superhero games ever made.

The game plays out a new and original story that covers both the life of Peter Parker and Spider-man, The game starts strong by jumping straight into the action, with Spider-man taking down Crime boss Wilson Fisk AKA

Kingpin, which instantly shows what's in store in terms of combat and plot. After its strong start, the pacing issues with the game start to shine through- after introducing characters such as Mary Jane and Aunt May, the story comes to a standstill and the boss battles with Shocker start to feel repetitive. For a few people who prefer fast paced stories they may feel the need to give up on the game, however stick with it. After the slow slug during the second quarter of the game, it returns to the strong story and good pace after the prison break and the introduction of the sinister six, a team including Spider-man's Arch-enemies, which have been previously teased during the course of the game.

After an estimated 20 hours of the main campaign there is still at more to do, from collectables, such as the backpacks and landmark photos, and challenges such as Taskmaster's. The game also includes tons of Easter eggs for you to uncover, such as references to the Avengers and GTA. One of the most anticipated aspects of this game, was how the web swinging mechanics would work, and it does not disappoint. After learning the basics, you can mix web swinging, crawling and jumping off buildings- it makes you feel as if you actually are Spider-man and that web swinging around Manhattan is part of your daily life.

Another strong aspect of the game is the combat, usually taking on a

great number of enemies at once- the combat scenes can be quite challenging while remaining enjoyable. While using different moves, combos and gadgets, each fight feels slightly new. You also get the chance to play as other characters, Mary Jane and Miles Morales, which adds a new point of view to the plot, utilises the stealth aspect of the game.

While the game has a new story for peter parker which has not been in shown in any iteration of the character before, the game still manages to remain true to the character, and is one of the best characterizations of him to date. Insomniac did an amazing job of bringing incorporating Peter's daily life as Spiderman, and

his relationships with Mary Jane and Aunt May in his personal life, which truly invests the player in his character arc, and the character's around him.

While the game itself could work well as a stand-alone, insomniac have already shown their interest in making a sequel to the game, with a new story and more characters, including members of Spider-man's rogue gallery. This along with the DLC that is being released over the coming months: the first named 'The Heist' was released on October 23rd, and introduces the character of Black Cat, renowned cat-burglar and ex-girlfriend of Spider-man. The rest of the DLC will be released in November and December this year.



## CREATIVE CORNER

# REVIEW: Shakers Re-Stirred - Rostra



by **ALEC TUDOR**

The first student drama show of the year, Shakers Re-stirred (written by John Godber and Jane Thornton) brought back the casual and fun nature of student shows to the JP stage, a daring take on the world of cocktail bars, with actors both old and new, provided by Rostra. This cocktail bar comedy featured, well, a cocktail bar manned by four slightly eccentric bartenders visited

by slightly more eccentric guests, some seeking to be intoxicated, some already intoxicated, some on a date, all in red-tinted décor and lights, with occasional music usually heard, well, in cocktail bars. Among casual humour and vulgarity lie shots, ironic action, monologues with a bit of truth in them, diverse characters with many flaws and desires, and of course music, while these characters with many flaws and a bit of truth in them ironically take shots. The actors managed to bring a

show despite many challenges; multiple roles with different costumes and even different accents, multiple scenes filled with action and lengthy monologues, sound that wasn't working at times, etc.; despite all these, the actors managed to put on a persevering performance, with stars like Christian Demaude and Julia Hall playing different genders with much dedication.

A striking thing apparent throughout the show is the bar's cleanliness: it is quite unseen of student shows to

feature a good-looking stage; why are characters sweeping the floor if it's already cleaned then?! Sure, no audience member would like a messy floor, but come on! Is it that hard to drop perfectionism? A suggestion to drop the light intensity would be appreciated too; yes, we know it is a character giving a monologue because you shun a light on them, but do you have to whack it to 100%? Also, we know music can't be whacked too loudly because the audience would stop paying attention to the actors danc-

ing and dance themselves, but a bit more loudness (can't use the "whack it to 100%" or otherwise I would be repeating, oh well, I just did it here but) and marching band footwork would have been reserved for, well, marching band ('marching band' insinuating marchers in a band, not the musicians; sorry musicians).

Otherwise, props to the show for its tactfulness and well-chosen cast. A bit more movement, some less sweeping, and more cocktails!!!

## Artwork By ArtSoc



Laura Labno



Alish Harker



Hannah Eccles

### ArtSoc and PhotoSoc Exhibition

29th November  
6pm-9pm Pontio 5th Floor Co-work

### The Importance of Being Earnest: A Rostra show

30th November-2th December  
7pm-10pm John Phillips Theatre

### Be our Guest: A Cabaret! A SODA show

1st December  
12:30pm-3pm Pritchard Jones Hall

### Winter Showcase BU Dance

24th November  
1pm John Phillips Theatre





by ALECTUDOR

Briony Collins is a 2nd year student in English Literature and Creative Writing. She is the chair of Writer's Guild and the Writer's Coordinator for BEDS's Writer's Group. She is also directing a BEDS show called Under Milk Wood, written by Dylan Thomas.

#### Why writing?

I think it's something I've always been interested in. I wrote my first book when I was 8, when my cousin was born: the Adventures of Disco Pig, which was pretty embarrassing! It's just something I've always loved. And now I'm at an level where I can encourage other people and help out.

#### Writer's Guild has had a competition, where you are judging the winning stories. How does it feel being one to judge stories?

Membership was down last year. One of the ways the committee thought we could get people involved and interested again was to launch a small competition just to see how it went, and we've had enough entries to continue with it. It's good and it's bad. I'm enjoying the opportunity to see what other students at the University are writing, and what they're doing. Certainly, one of my favourite things about being a writer is reading and talking to other writers. I think, as someone who has entered and lost many competitions, it's always a little difficult to take as a writer, and I'm not looking forward to being the one that has to place value on stories, because I think everyone's story is worth telling. When we're judging them, we'll be looking more at the techniques that they use and the control over their writing skills in addition to the content.

#### What have you learned from being in this position?

When you write, you're always told what editors, what judges, what agents are looking for in your work. It's a different experience being told what people would look for in it and having to look for in it yourself. I think it's getting to the mindset of having to seek out these things, and evaluate them, it's help me when I'm drafting my own manuscripts and trying to get some distance and an unbiased perspective towards my work, to improve them for editors later down the line.

#### Tips and tricks for those going out in the field to publish themselves?

It's a really difficulty question. Normally, I would advise people to keep trying and keep having hope, but in light of recent events, I think that the mindset is a little naive. Writers are always told "if you have a great book, people would buy it", "if you work

hard, you will see benefit", but I don't know if that's true. There are a lot of factors in the world of art that are outside an artist's control. There's certain quotas publishing houses have for different types of books; you might have written an amazing book, but if the quota in that genre is already full, then you won't get it. There are trends; you might start writing a book that is trendy today, but when you try to publish it in 4 years, it might have lost its relevance. This goes for painting, photography, all kinds of things. So, I really feel like we need to know when to let go, and know when to stop. It's really difficult to put so much work in a novel, into a project and to walk away from it. To not be able to do that can be detrimental. I'm not saying give up, absolutely try your best, push yourself and see what you can do, but there are some battles that you cannot win and you need to know and recognise them and to start on a fresh project. You need to have a lot of grip and courage and really thick skin. Know when to quit, when to press on, and to know that when people reject you, it's not that they're rejecting you, it's a business at the end of the day.

#### Can you give me a short overview of your new novel, Raise them Up?

It is about an African-American family in Alabama in 1963. The two siblings, Charlie and Totty are attacked and it is how the effect of that attack affects their family life and their day-to-day life.

#### Why the title 'Raise them Up'?

It's actually a country song by Keith Urban. I wrote the first chapter at college in class, and on the bus home it came put on my iPod, and I just felt sort of uplifted, and I thought that this is the title.

#### Give me more details about the process.

It started as coursework for my A level Creative Writing class. We had to write the first 4000 words of a novel. I started writing it 2 years ago. I couldn't stop, I felt gripped by the characters, by what they were going through and I just carried on.

When I had 10000 words, my college teacher, Sam Egellstaf, told me that I should send it in for this competition, the Exeter Novel Prize. I was sceptical at first, but she told me that if I don't have faith in my work, nobody else will. So I sent it in, and I stopped writing for a bit after that, then I won the competition. I carried on, I was signed to an agency, I finished the novel. It happened very quickly; I hadn't really established a process, I didn't really know what I was doing. It was just one thing after another that kept pushing me to continue, and it took about two years. Obviously, being a full-time student, it's taken me a lot longer.

#### What happened with publishing Raise them Up?

My agent gave me some feedback on the first manuscript draft, I edit it, and I give it back to her. And then, she started sending it out to publishers. She phoned me this week on Tuesday to give me the news; I didn't know she was sending it to publishers so soon. The general gist was that she really liked it, the agency liked it, the publishers liked it. It was that I'm a white author writing about African American protagonists that made the book unmarketable in the present, so I've been advised to let it go.

#### Do you agree with them, letting you go?

To a point. I agree that stories about minorities should come from those people; these are their stories and their voices. However, as a creative person, I think it is unfair to be told that I'm not allowed to write about this certain type of person, a certain race. If I only wrote about people like me, like 22-year old white heterosexual females, I'd be essentially writing creative nonfiction. My only goal with Raise them Up was to make the point that I still believe the Civil Rights movement is still happening, as long as people are oppressed, as long as racial inequality exists. It was my way of saying that more white people need to acknowledge and speak out against racial inequality. To be told that I did a great job at that, but that this is as far as I can go with it, was disappointing. I don't think it is a progressive way of looking at it. I agree with them in the end, but only to a point.

#### Maybe the ethics will change with time?

I have been advised to hang on to what I'm doing. Right now, it's nothing wrong with the content, just the way it will be received in this overly sensitive world that we live in. It would not come across as it's supposed to. Ethics in readership are changing all the time, so I'll just have to hang on to it. It's not my intent to offend anyone, or steal anyone's voice, or exercise white privilege, so I'm just keeping it to myself.

#### Do you think fiction should relate to an author's identity?

I think we get into the issue of authenticity. Readers want books that feel authentic; when a writer doesn't know what they're talking about, it is really obvious, and really off putting. There are some things that I think a writer should stick to, experiences they know, that they are familiar with, but you can only do that to a certain point. Good fiction is being imaginative and creative, and using observation and the experiences of others to feed into your own work. It is a balancing act.

## The Celts

by ERIN. A LOUIS

Come away from the present day,  
To see the green mystic valley lands  
lying before you;  
Be surrounded by the wonder and  
magic of the fair folk,  
and creatures of the forests and  
rivers;

Up from the verdant hills come  
maidens in white,  
Each one blossoms like a lily in a  
long, white gown;  
Having various and unique kinds of  
beauty,  
Worthy of a portrait forever lasting;

Raven hair, golden hair, titian, sable,  
Complexions of ivory, olive, and  
peach;  
Eyes bright with multitudes of color,  
Soft lips with smiles of joy and  
peace;

Together, they sing to you with voices  
of loveliness,  
And dance in a circle with hand and  
fingers intertwined;  
Over and around those sacred, ancient  
lands,  
Where true warriors have set foot  
and conquered;

Names like Cú Chulainn, and Llywelyn,  
Both in myth and in real history;  
Clans and tribes with pride in their  
names,  
And bonds between family and all  
people;

In song, little Dinogad learns of the  
many huntings,  
That his great father of that art had  
accomplished;  
Behold, the young son's pine marten  
smock,  
Being such a successful product;

Un, dau, tri, pedwar,  
Counting four leaves on an emerald  
clover;  
Or only at three for one to sign the  
cross,

#### Somewhere In Wonderland by Ryan Stephen Wright

I wish I could say I ended up here by  
design,  
That I didn't fall into the madness  
and choreograph,  
Which version of sanity you could  
see in technicolour,  
Over tea,  
Telling stories while you wondered  
how my reality,  
Made me simultaneously happy and  
broken,  
Like you took the colour with a  
pinch of salt,  
And dreamed in Sepia,

Everyone seemed to dream in Sepia,  
Or at least acted like they saw the  
world in black and white,  
Built a shiny world and filled it with  
unrealistic expectations,  
Tweedle dumb if you ask Alice,  
Another shot of crazy to go with  
your lack of conformity,  
Yes please,  
I didn't end up here by design,

Somewhere in wonderland.

With the Father, Son, and Holy Spirit  
from Saint Patrick;

And between two leaves was that  
little red bird,  
Able to find a blanket-like rest;  
After the attempts of ground and  
roof,  
After bush and briar, to have its  
sleep of peace;

Terrains fought for and perished for,  
Stolen, bought, and sold;  
Blessed be the banners which adorn  
these lands,  
Each is graced with a legacy and  
significance more than gold;

Green and orange stripes, and white  
in between,  
Catholic and Protestant, with peace  
at its center;  
The blue and white of Saint An

Andrew's cross,  
Representing a country of brave  
heroes;

King Arthur in the form of a passant,  
red beast,  
Its stare emboldening to all on a  
white and jade field;  
A very small island's banner like the  
dragon, red,  
With three legs intersecting at its  
center;

Cousins in foreign lands have flags  
striped white and black,  
England and France with Cornish  
and Breton;  
Thus together these six complete  
the circle of Ireland, Scotland,  
Wales, the Isle of Man, Cornwall,  
and Brittany;

Blessed be the souls of artists, ro-  
mantics,  
Writers, musicians, philosophers;  
Those who want to dance into the  
night,  
And wake with the dew at the break  
of this new day;

#### Young Critics: A Project For Aspiring Theatre Critics

by ALECTUDOR

Interested in theatre criticism? Do  
you want to go to shows and have  
people know your thoughts about  
them? Do you want to become a thea-  
tre critic and get to know people from  
the drama world?

Young Critics is a project by Venue  
Cymru, one of North Wales's foremost  
theatres, meant to help aspiring thea-  
tre critics and reviewers improve by  
providing workshops with famous  
critics such as Lyn Gardner (of Guardian  
fame) in beautiful spaces such as  
Ty Newydd, a writing retreat and former  
house of a Welsh Prime Minister.

The participants will watch shows  
across the year at Venue Cymru, in  
Llandudno, and write reviews of these  
shows, which they publish on their  
own blogs. They get to interact with  
each other and also give and receive  
feedback on their work.

If you're interested, write or send a  
review of a show and explain your rea-  
sons for joining the Young Critics at  
vounacreatives@venuecymru.co.uk



# SOCIETIES

**Hair clips/bobbles**  
Shaving foam  
Deodorant  
Christmas ornament  
Hair brush  
Poetry book  
Hat and glove set  
Mens socks  
Flannels  
Toothbrush  
Toothpaste  
Packs of tissues  
Pens

## Presents for Patients

**Diaries**  
Fluffy socks  
Playing cards  
Dominoes  
Soap  
Shower gel  
Adult colouring books  
Reading book  
Puzzle books  
Mirrors  
Nail polish  
Pens/pencils  
Wash bags




If you would like to donate any of the items on the lists above, please do so on the dates below

Drop off points-

Room 21- Friday 17th November- 9-15:00  
Room 22- Monday 27th November- 12-13:00  
Room 22-Tuesday 5th December 12-13:00

Contact for more info  
Ceri Chamorro-  
hbu6b0@bangor.ac.uk



## Bangor University Nursing Society's "Presents For Patients"

by AMY HUGHES

The Bangor University Nursing Society are running a "Presents for Patients" drive this Christmas. What is that I hear you say? As student nurses we noticed that a number of

patients did not receive any gifts over the Christmas period. For the last two years we have run an initiative where we pack decorative shoeboxes full of gifts such as slippers, toiletries and sweets to give to these patients. This small gesture helps to lift the spirits of those whom are unfortunately in

hospital over the Christmas period and lets them know that someone is thinking of them. This year we are aiming to provide these gifts to the local community hospitals, elderly patient wards and mental health units. "Presents for patients" is a drive that we are extremely proud of, and would

love for more people to be involved in.

Any support that you can give towards this drive would be amazing! From a donation of a toothbrush to a filled gift box, we would appreciate all help to make this drive the most successful to date. We have donation

drop off points in Fron Heulog and the Student Union running through November and December. Any questions you have please contact us on [studentnurse@undebbangor.com](mailto:studentnurse@undebbangor.com). Thank you and have a merry Christmas!

**Would you be interested in helping to organise one of Bangor's biggest events of 2019?**



## UniBrass 2019

Prifysgol Bangor University

02.02.19



20+ different university brass bands will be competing in Bangor on the 2nd February 2019 in Pontio and the Management Centre.

**UniBrass is recruiting now!**

Positions open are:

Treasurer – maintains the inventory, is responsible for money and gaining sponsorships.

Outreach CoOrdinator –

creates contacts with local bands in the community

Volunteer Manager – recruits volunteers for the day

Technical Manager – maintains the website and streams the event

Volunteers also wanted for the day, T-Shirts provided – to direct band members and run errands.

By being on this Committee you will be enhancing your

CV by helping to manage and direct a national competition, as well as creating connections with local projects. You don't have to be musical to be involved, just dedicated to ensuring that this competition runs successfully!

If interested, please contact any of the following,  
[sam.hartharnevans@unibrass.co.uk](mailto:sam.hartharnevans@unibrass.co.uk) - Chairperson

[emily.hodson@unibrass.co.uk](mailto:emily.hodson@unibrass.co.uk) - Secretary



## Bangor Comedy Update

by BRIAN HARROP

Bangor Comedy has been very busy in the last few weeks. We have been working hard to create a great show full of stand-up and improvised comedy to entertain you all.

This month on Tuesday the 6th of November we put on our first show at the Harp Inn in Bangor. It drew in a large audience of more than eighty people coming along to have a laugh. During the show we had five Bangor University students perform their first ever stand-up routine! Everyone did exceptionally well, and the show was a resounding success with great feedback coming from everyone who

has spoken to me about it.

The next event for Bangor Comedy is more shows at the Harp Inn which is currently planned for the first Tuesday of each month which next month is the 4th of December starting at 8pm. It is a free event, and everyone is welcome to come along and have a laugh!

If you want to give any comedy a go then Bangor comedy runs session each week with the Stand-up and Sketch comedy sessions on Monday and Improvised comedy on Wednesdays both sessions meet at 7pm outside the main arts library. Hope to see you there.





Storm FM Update

Friday the 9th of November played host to our first monthly award show of the university year to recognise this amazing range of talent, a full list of the nominees and award winners can be found on our website StormFM.com. Our next big event is the return of Storms FM's 24 Hour Broadcast, this year our assistant station manager Aaron Brunger will be taking to the mic for 24 hours straight at Middy on the 23th of November. Aaron is to be joined in the Storm FM studio by a rotating cast of co-hosts and DJ's from across Storm's Ranks. Numerous societies and sports teams will be entering the studio as guests to join the fun both on and off air.

SU VP Socs will be coming in and talking about opportunities across the university's societies. Some of my featured guests will be: Tom Qwen Head of Storm and presenter of Qwensday evenings, Chloe and Ash from the Brit Issue, Jake Young from Millennium mixtape and many many more. If any societies are interested in taking part there is still time so email Aaron at: assistantmanager@stormfm.com

Storm FM Weekly Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 - 12:00			The Golden Hour		The Golden Hour		
12:00 - 13:00			The Golden Hour	Sunshine	The Golden Hour		
13:00 - 14:00							
14:00 - 15:00						Notice Me Senapi	The Z-Files
15:00 - 16:00			From The Basement In The Mountains			Notice Me Senapi	
16:00 - 17:00	That's News To Me		From The Basement In The Mountains		Jukebox	Retune Renaissance	
17:00 - 18:00	Millennium Mixtape	Who's That Singer	Confusing Life	Undeb Hour		Discovery	
18:00 - 19:00	Millennium Mixtape						Out and Loud
19:00 - 20:00			Radio Neithiwr				Out and Loud
20:00 - 21:00	The Brit Issue		Radio Neithiwr	Pieces Of Reality	Composed With Intent	8 Bit Rewind	The Stress Boat
21:00 - 22:00	The Umbrella Term	T.A.H.A.F.K.S	Qwensdays	Pieces Of Reality	Electronic Clarity	8 Bit Rewind	The Royal Cinemajesty
22:00 - 23:00	The Umbrella Term	T.A.H.A.F.K.S	VIBES		Electronic Clarity		Cinemajesty
23:00 - 00:00	Lucy's Decade Dash						
00:00 - 01:00	Lucy's Decade Dash						

Contact pc@stormfm.com to apply for your own show | Listen on Stormfm.com | \*October Award Winners

Undeb Bangor's 'Voices Of Remembrance'

On Friday 9th November, the SU, commemorated the century of the end of the First World War. It was an afternoon of poetry readings, performances, and refreshments run by societies including Lit Soc, JGJ, Acapella, BEDS, Tea Time Society, RAG, Craft Soc, SODA, and more.







# HALLS & HOME FAIR

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**22<sup>ND</sup> NOVEMBER 2018**

POWIS HALL, Main Arts, 11am – 2.30pm



# AU Focus Fixture: Ultimate Frisbee

Photos by Tom Qwen and Joe Tett



The men's first team had a home game against Liverpool John Moore and we're feeling the excitement to keep our BUCS season undefeated. With the North Wales weather playing into our favor, the

lads started strongly! Running a zone defense, the men made it very difficult for LMJU to get any offensive flow going, forcing dicey passes. Bangor really focused on running a clean offence, allowing the boys

to start pulling away. The first half was a bit sketchy at times due to the muddy conditions but by the second half Bangor had tightened things up. Catchable drop of the game goes to Max Holland, providing the

team with a nice reminder of catch with two hands. A final score of 15-2 sealed Bangor's undefeated season to date and by the largest margin of victory so far this season! The lads are going to carry the momentum from

today into the weekend where we're playing Men's Indoor Regionals.

## Sailing Win At Sailing Association Tournament



Sailing went to the Sheffield BUSA event (British Universities Sailing Association) Friday 26th - Sunday 28th Oct and they came 1st out of 14 teams.

Fantastic weekend of racing at the Sheffield shuffle. Sailing started off with very mixed conditions on the Saturday and a strong win rate of 9 out of 11 races won.

Leaving them the overnight winners of the event!

Sunday morning went off to a great

start winning all three races therefore going into the semi-finals in the stronger position. First races of the semi finals they were up against Leeds University fantastic few races, winning both meant they had a place in the finals. Sailing knew the finals against Manchester was going to be tough, winning the first race, then losing a race and finally winning the third race. What a spectacular final race to watch as it was chaos at mark three with a squall of just over 30mph came through so all six boats

were at one mark together. They had a 2,3,5 rounding the final mark. Covering hard on the left to get the team through meant they had achieved a 1,3,6 across the finish! Well done to everyone for all their hard work over the weekend! A big thank you to Sheffield University for hosting the event and the socials put on were spectacular, 3 social sailors tagged along to cheer Bangor's race team onto victory!



## Rugby Union Narrow Defeat To Chester

Bangor University 1st played away against Chester University at Chester RFC. It was a tough day at the office for BURFC as there was an early try from Chester after a lose offload which Chester gathered and scored this was also converted. It was a physical match with tackles and great running displayed by both teams. The second half came about and Bangor were slow out of the blocks and Chester capitalised on this and score another try. With the replacements rolling the game remained tight. Jonny Pym intercepted a pass from the scrum

half off the back of the line out and fed George Roberts to run it in and dot the ball down. Chester kept applying the pressure and this showed as they turned over the ball and passed it through the hands to score the overlap. Bangor hit back with a try from Sam Rogers with some good hands from the backs to score under the sticks. Bangor kept on running hard and playing out from their own half however time was against them as was the score. The game finished Chester 19-12 Bangor.

MOM: George Roberts





# Learn Ultimate Frisbee

Ultimate is a very young sport, with its roots in North America. It started back in 1968 when high school student Joel Silverman suggested the game to his student council at Colombia High School. This turned out to be a huge success and the first college game was played between Princeton and the Rutgers. The game has been growing like wildfire ever since with teams forming around the globe. Already there is an official televised league in America, the American Ultimate Disc League (AUDL) as well as an international world series, which Bangor student Ed Simpson played for the under 24s team last year. So what is ultimate frisbee? The best way to describe the game is a cross between netball and American football. The field is split in two halves, each with its own end zone. Each team then tries to pass the disc down to their opponents end zone to score. The challenge is that you

can't move with the disc so constant passes between the whole team are needed if you want to win. If the disc hits the floor, goes out of bounds or is intercepted then it's a turnover and the other team is now on offence. The sport is played outdoors with 7 players on a team as well as indoors and on the beach with 5. It is also one of the only sports which is primarily played as mixed. Other variants also include men's, women's and open. A big part of ultimate frisbee has always been the spirit of the game. It is the only sport played without a referee where players must discuss any decisions made such as fouls, goals and turnovers in a fair and honest manner. If no agreement can be made, the call is contested and the disc goes back to before the throw. After each game players of both teams will get in a circle of alternating team members to celebrate each others highlights then quickly discuss how the game

went, what the other team might do to improve for next time and how spirited the game was. Spirit is made up of 5 key factors: Rules/knowledge use, communication, fouls/body contact, positive attitude/self control and fair mindedness. During a tournament, each team will rate each other on the 5 factors and a separate award will be presented to the team which displays the best spirit. So what makes this sport so ultimate? The fast paced nature and wide variety of insane throws makes the sport exciting the whole way through. The highlight reels are always filled with things you wouldn't believe possible! On top of this, it's a highly inclusive sport. It's very nature means a team can only be successful if everyone works together in their own roles. There is also no ideal body type for ultimate, anyone can be a pro. Sure it might help if you're tall but it's skill and determination which mark an all-star player. Most of all though it's

the people that make the sport what it is. Through spirit of the game, competitiveness is encouraged but it's fair play that's celebrated. Rather than yelling insults at each other, teams build lifelong friendships with each other. Bangor Ultimate are a small close-knit team. Everyone trains together, regardless of ability or gender. I think this best explains their success at beating uni's with 5 times as many players. They know each others style, strengths and weaknesses so well that they know how to adjust every throw based on the receiver. They therefore accept players of every ability to train with them and help them to improve. An individual can then choose to just play recreationally all the way to internationally. They have helped train a number of GB players, most notably Rachel Turnten who this year won European youth player of the year. Their club still has Dom, Nat and Tabi all who have all played

for the national team in the past. They are also very excited to announce that their very own Cheryl Ng has been announced on this year's U24's mixed beach team! You can find them training on: Monday 7-9am at Normal site Wednesday 1-3pm Normal site Thursday 8-10pm CB grass pitches They have had an amazing season so far, winning every BUCS match comfortably, winning mixed indoor regionals and coming second in men's indoor regionals. Giving them guaranteed spots in Div 1 Nationals for both. Women's regionals is this weekend, having high hopes for the ladies continuing this winning streak. Sadly, many of their players are graduating this year so they are always looking for new recruits. So if you have an interest at all in joining the fastest growing sport in the world, they'd love to have you!

## Cheerleader of the Month: Natasha Judd

Tash is by far one of the biggest assets on the whole Cheer squad, and cheer would be lost without her! In her time with cheer she has been an incredible flyer, leading their squad as a fantastic captain last season, and this season has come back with the same immense dedication, passion and enthusiasm for the sport as she's always had!

They decided to choose Tash as their Cheerleader of the month for October because she never fails to step in and help everyone she can - from giving tips to flyers, tips to committee members or

stepping in and helping to coach when we have absences, she does it all! And she does so with the biggest smile and without hesitation. This combined with her insane talent and performance as a flyer, and her ability to get on with literally everybody and ensure everyone feels welcome, makes her one of the biggest assets we have on our squad!

Eleanore Hayes current Captain comment on Natasha was 'We love you Tash and we don't know where we'd be without you!'





Photo by Matt Foster

# Bangor Men's Football 1st's Dismantle Leeds 3rd's

## Match Report:

Bangor - 5

Leeds - 2

MOTM: Richard

Bangor firsts welcomed Leeds to Treborth on a wet, cold day. Looking to continue their unbeaten start to the season and progress to the last 16 of the cup. Despite the fact that Bangor were favourites, conditions could've been a leveller, so the start would be vital in establishing a foothold. As they have in many of the games this season, Bangor started brilliantly. A break down the left saw Aidan get into the box, his low cross went all the way through to the back post where Harry was on hand to score yet again. Making it 1-0

to Bangor. The pitch was cutting up already and made ball playing difficult, but Bangor continued to go forward and it was soon 2-0. As Aidan's header from James' corner was tipped onto the bar, and although Richard couldn't poke the rebound home, centre back Josh was on hand to score his third of the season. At this point Leeds got a foothold in the game themselves and started to have more possession, despite the awful playing conditions. The Bangor defence stood firm to weather and an extended period of pressure, but as Bangor were unable to get out,

Leeds scored as a corner from the right swung over everyone and into the net for 2-1. Leeds kept up the pressure but the back four of Bangor defended resolutely and just before half time, Harry picked up the ball in the Bangor half before driving forward past several players and into the Leeds box where he was fouled. He stepped up himself and made no mistake from the spot to make it 3-1 and relieve some of the pressure on the Bangor team.

In the second half, the pitch was really hard to play on, and an early Leeds goal to make the score 3-2 really

heaped the pressure back on Bangor as they struggled to get the ball into the front three. However, the Bangor midfield three were superb, breaking everything down and playing with real quality when they could. Chris came in for Prince and Liam replaced Shaun to give Bangor fresh legs on the heavy turf, and these changes helped Bangor get a little more of the ball as they combatted Leeds 3 back formation. With around twenty minutes left to play, a brilliant ball from Richard found Liam inside the left channel. Although his shot was saved, Aidan followed up and struck it

into the roof of the net to give Bangor their two-goal lead back. Again, Leeds came forward and Mark made a few very good saves in a five-minute period to keep it at 4-2, before the keepers long throw released Liam and he was too skilful for the defender as he finished to make it 5-2. After this the steam came out of the Leeds attacks and after Harry hit the bar late on, Bangor saw the game out to progress to the next round.

## Karate Knowing No Limits

October was an incredibly busy and exciting month for Karate! Throughout the month the club engaged in a variety of events representing themselves, the AU and the University. The Bangor Karate Union partook in the Culture Fair, Pontio Fun Palace as well as hosting an AU Night and holding squad trials for this year's competing squad. Most notably during the month the club held a 'Pink Belt' training session in aid of Cancer Research UK and partook in '100 Kata Challenge'. In Karate, members progress towards a black belt by achieving different coloured belts along the way however, members have always wanted to wear the illusive pink belt, which is not in the grading system. This year, Blitz collaborated with Cancer Research UK. They would be selling pink belts and donating money from the sales. "As a club we decided to get involved in this and as such held a fundraising session open to all on the 17th October. This session was greatly attended from students both within and outside the club. As a result, we were able to sell all the pink belts we had reaching our target. In addition to the £48 that Blitz donated from our initial purchase we raised £120 for Cancer Research UK! World Karate Day is held on the 25th October. As a club we decided to take part in the Challenge Okinawa '100 Kata Challenge'. A kata is a pre-arranged combination of

karate techniques arranged in a series of consecutive body movements. This forms defending techniques that use both hands and feet against a number of theoretical opponents who attack from every possible angle. It is a fundamental part of karate that is required at every grade and in which the club competes in regularly. This was also the second year we would be taking part in the global event which sees dojos across the world, including in the prestigious home of karate, Okinawa, so we wanted to make it a big success. This year we saw the number of participants almost doubled. The requirements of all involved was to perform the same kata 100 times, this is both a physically and psychologically testing feat. After performing around ten katas everyone soon realised just how challenging this was going to be. After two physically draining hours all twenty-five participants had completed the challenge. It was amazing to see everyone pushing themselves and encouraging other members to keep going. Although everyone was physically and mentally drained, our pride and sense of achievement was impossible to miss." Each member showed true determination and karate spirit and it was an absolute pleasure to see. Both the Captain and Instructor feel incredibly proud of everyone who has been a part of the events the club has participated in during October.



## Bangor Women's Squash Success At Keele

The Women's team had a nail-biting journey over to Keele knowing that with a player down they must win two matches to have any chance of grabbing the points. As the rest of the team were absent for reading week, they had to concede 4th seed starting out 0-1 down.

First up was Martha Mason at 3rd seed, after being hand fed iced coffee the whole way whilst driving, was feeling a little caffeine slump. However, with her opponent being reasonably new she was able to win all the games 11-2, 11-1, 11-2, enabling her to practice some

skills Megan-Rose MacDonald had given here before the game.

Next up was Bangor's Tasmin Kelly at 2nd seed. Tasmin, also feeling slightly worse for wear, played some strong shots and was able to use her consistency to her advantage, winning her first two games 11-6, 11-3. However, in her third game, her opponent tried to exploit her physical state clawing back a game 6-11. After a quick water break, she stunned the crowd with a final 11-8 win, winning 3-1 overall!

Finally our 1st seed and group organiser Megan-Rose MacDonald was

as usual on good form, showing us up during warm-ups. Meg played some impressive long drives to finish the game quickly 3-0. Her first two matches she spent sussing out the player winning them 11-6 and 11-8. Then, once finding her opponents weaknesses, she destroyed the last game-winning 11-2.

Women of the Match goes to our first seed Megan-Rose MacDonald for her impressive performance and being an overall support for a very lost emergency captain and keeping us all going. A perfect 3-1 win for the ladies.





## AU Pull Together To Raise Money For Charity

**D**odge, duck, dip, dive and dodge! That's what 48 clubs from across the Athletic Union did on Saturday 8th November- playing dodgeball in order to raise money for charity!

Over 240 students participated in the event that took place in Canolfan Brailford throughout the afternoon. All teams played four matches during the group stages, accumulating points for winning and an extra point for eliminating the opposition. The team with

the most points then proceeded to the next round, but not before some heated play-offs between the teams that were tied for points! The eliminated teams showed great support and continued to stay and rally on the remaining teams.

By 3:30 the final four began battling it out in the semi-finals with The Dodgefathers (Men's cricket), narrowly missing out on a place in the final to Rugby Union's team 5 D's. The Badgers (Men's Basketball) also narrowly missing out on a place in the final to the Muddogs.

At 3:45 the hotly anticipated final commenced! There was a huge crowd showing support for arguably the most competitive match of the day! In the end, Rugby Union dominated the field with a ball deflection from Henry being caught by one of his fellow teammates meaning the last remaining Muddog was eliminated!

The Dodgefathers lost their 3rd place play off to the Badgers meaning the final results were:

4th- The Dodgefathers (Men's cricket)

3rd- The Badgers (Men's Basketball)  
2nd- Muddogs

1st- 5 D's (Rugby Union)

Once the 5 D's had finally stopped celebrating the prizes were given- 3rd and 4th place receiving a box of celebrations. A magnum of prosecco and a non-alcoholic alternative were given to the runners up, the Muddogs, and £50 was given to the Rugby Union fundraising account. A special mention for the rugby union second team who won the 'best dressed' award for their rendition

of YMCA!

Overall, everyone had a great day and £100 was raised for the mental health charity MIND. MIND also kindly organised a cake sale throughout the event to raise even more money! MIND is a great charity that focuses on providing support for those suffering with mental health problems; an issue the AU takes very seriously and would like to continue to support and raise

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