

## Villagers @ Pontio Review

Acclaimed Irish indie-rockers come to Bangor

Page  
48



## Super 80's Party Photo Reel

# FREE

Page 44-45

Best costume pics  
from our Academi  
fancy dress bonanza

March Issue 2019  
Issue No. 276

[seren.bangor.ac.uk](http://seren.bangor.ac.uk)  
@SerenBangor

# Y SEREN

Bangor University Students' Union English Language Newspaper

# Sabbs Elected In Record Vote



## Record-breaking Sabb Election turnout as 2206 students cast their vote

by FINNIAN SHARDLOW

The 2019/20 Sabbatical Team have been elected after a record-breaking voter turnout of 2206.

Over 200 votes were cast in the final 2 hours of campaigning, surpassing the previous vote count record of 2145.

19 candidates campaigned from February 25th up until the 12PM voting deadline on Friday 8th March. On the same day, the results were counted and announced live in Bar Uno at 4PM.

The first result to be announced was the role of UMCB President. Lleucu

Myrddin, the lone candidate, received 224 votes out of a total 231 cast.

Next was VP Sport – Henry Williams and Bethany Kiamil were highlighted as main contenders in Seren's Exit Poll. However, the final election results saw Bethany Kiamil eliminated in Stage 3, leaving Hayden Saville as Henry Williams' closest competitor. Nevertheless, Henry Williams finished as the winner with a comfortable 339 vote margin.

After this, VP Societies & Volunteering was announced. Seren's Exit Poll predicted that Frederick Walters and incumbent Muhammad Firdaus were

front-runners for the position. This transpired to be the case, in what was undoubtedly one of the most excitingly close results in Undeb Bangor history. Muhammad edged a victory in Stage 3 by 13 votes.

VP Education was also an anxious affair with 6 candidates running for the position. This category featured two candidates who ran for President in 2018/19 – Gabby Radzeviciute & Corie Shorrock.

Seren's Exit Poll forecasted Corie Shorrock as a likely winner, with Harry Riley trailing behind. However, on the day, the gap between Corie and

Harry was closer than expected. Both candidates fought it out into Stage 4, where Harry succeeded with a final margin of 206 votes.

The final position to be decided was President. Seren's Exit Poll predicted a clear majority for current VP Education, Mark Barrow.

In the actual results, his opposition, Joshua Bebbington and Gax Liz Person, only managed to take 13% of the vote between them. Mark Barrow confirmed his Presidency in Stage 1 by a staggering 1698 votes.

A full breakdown of Sabb Election stats will be on Page 4-5.

## ELECTION ANALYSIS INSIDE PAGE 4-5



**NO WORRIES IT'S SIMPLE!**  
**YOU KNOW IT MAKES SENSE!**  
**COME HOME**

Live in one of our  
award winning student  
villages next year

Book online now!

[WWW.BANGOR.AC.UK/MYROOM](http://WWW.BANGOR.AC.UK/MYROOM)

**LOW  
PRE-PAYMENT**  
**SHOW FLATS  
AVAILABLE**





# JOIN SEREN

**f** FB GROUP: Seren Members 2018/19

# GOT A STORY? SUBMIT IT

EMAIL: [EDITOR@SEREN.BANGOR.AC.UK](mailto:EDITOR@SEREN.BANGOR.AC.UK)



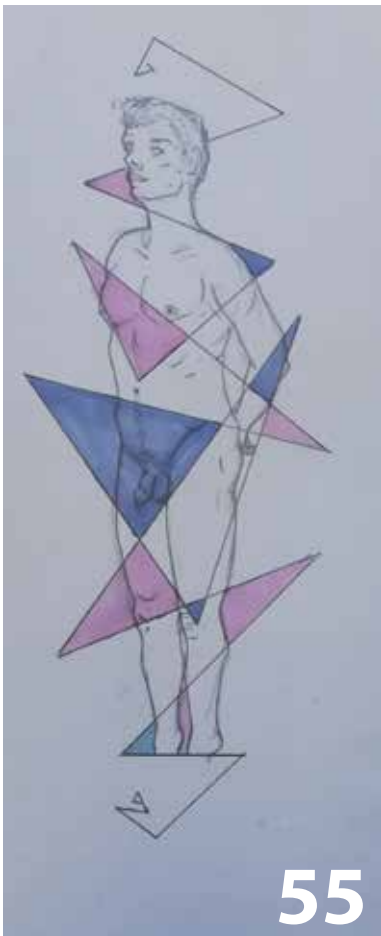
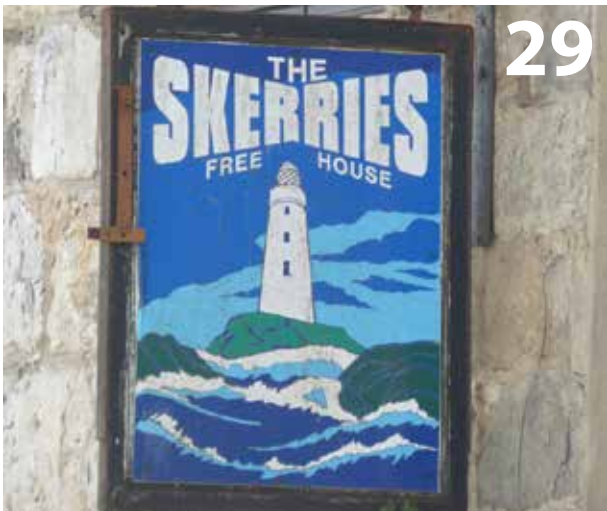
**OTHER OPPORTUNITIES WE OFFER:**

**FEATURE WRITING** NEWS REPORTS  
LIVE SPORT COVERAGE **WRITERS**  
**PHOTOGRAPHERS** DESIGNERS  
PROMO TEAM **PROOFREADERS**  
**BROADCAST JOURNALISM** & MORE



# CONTENTS

SABB Elections	4-5
News	6-9
Politics	10-11
MP Opinion	12
Science	14-16
Photographic Society	17
Environment	18-19
Comment	20-21
Union	22
Sabb Space	23
Campus Life	24
Travel	26-27
Food & Drink	28-29
Lifestyle	30-32
Fashion	34-35
Arts & Culture	36-37
International	38-39
Social	41
Film	42
Super 80's Party	44-45
TV	46-47
Music	48-49
Books	50-51
Games	52-53
Creative Corner	54-55
Societies	56-57
Volunteering	58-59
Sport	60-64



**FINNIAN SHARDLOW**

EDITOR

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

Back for my penultimate Editorial. It's me. The Seren Editor, or my new name: DJ Elmo. Those who attended Seren's Super 80's Party would have had the privilege of seeing me in the DJ Booth. In a massive Elmo costume. Bobbing my head to Come On Eileen.

If you were one of the 400 partygoers there on that fateful night – thank you for supporting your student newspaper. It was a special night. Getting free drinks merely for being a big, sweaty red idiot was a bonus too.

To the detriment of my actual degree, it's been a busy few months for Seren. The Sabbatical Election has been our main focus, with our coverage being viewed by around ten thousand people overall.

One of the goals before embarking on our Sabb Election coverage was to help Undeb Bangor break the voting record. It was incredible to see that come to fruition. However, it wouldn't have happened without help from Undeb Bangor, the passionate array of candidates, and, of course, you – the engaged students who exercised their democratic right.

This month, Seren releases its third 64 page issue in a row. In it, you'll find an interview with the presidents of FilmSoc, another edition of our Seren Singles feature, and a showcase of drawings by ArtSoc.

Once again, I have to salute all the Seren Team. Without them, we wouldn't have reached the heights we already have. Deservedly, their unwavering commitment, zeal, and hard graft has been rewarded. At the end of last month, Seren were nominated for a National Society Award for 'Best Media Society'.

It goes to show, what Bangor lacks in size, it makes up for in heart. #SerenOnTour.

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

Seren is printed by Mortons.

# SEREN TEAM

EDITORS

- Editor** - Finnian Shardlow  
**Deputy Editor** - Jack Hollinshead  
**News** - Darby Higgins  
**Politics** - Oliver Hewson  
**Comment** - Simran Prasad  
**Science** - Charlotte Bilsby  
**Environment** - Anna Ray  
**Travel** - Sophie James  
**Food & Drink** - Paige Brook  
**Lifestyle** - Courtney McHugh  
**Fashion** - Isabella Timpany  
**Arts & Culture** - Laura Pätäri  
**International** - Libby Shaw  
**Social** - Abi Rose Robinson  
**Film** - Jordan King  
**TV** - Ciaran Griffiths  
**Music** - Vicky Wilkes  
**Books** - Beth Smith  
**Games** - Sinclair Davis  
**Creative Corner** - Alec Tudor  
**Sport** - Corie Shorrocks

**Write For Any Section!**

Head to our website for sub-Editor contact details

[www.seren.bangor.ac.uk](http://www.seren.bangor.ac.uk)

CONTRIBUTORS

- |                   |                     |                      |
|-------------------|---------------------|----------------------|
| Muhammad Firdaus  | Daniel Healey       | Ellen Mangan         |
| Mark Barrow       | Hannah Grimston     | Elizabeth Stansfield |
| Lleucu Myrddin    | Jess Simms          | Katie Lloyd          |
| Harry Riley       | Zach Reading        | Thomas Jones         |
| Henry Williams    | Joe Apted           | Jolyene Leow         |
| Grace Worsley     | Stephen Owen        | Cathy Lloyd-Davies   |
| Hywel Williams    | Tom Bennett         |                      |
| Juliet Clarkson   | Jayden Irving       |                      |
| Ella Daly         | Niamh O'Connell     |                      |
| Fergus Elliott    | Megan Robertson     |                      |
| Francesco Rota    | Sian Billington     |                      |
| Emily Brown       | Tessa Ast           |                      |
| Anda Nitu         | Ryan Stephen Wright |                      |
| Jordan McEvoy     | Emma Richards       |                      |
| Cove Bangor       | Samuel Verdin       |                      |
| Melissa O'Neill   | Lloyd Griffith      |                      |
| Charlotte Thomson | Masuma Payamon      |                      |
| Frederick Walters | Zoe Faiers          |                      |
| Lama Abbas        | Ailish Harker       |                      |
| James Timothy     | Anna Monnereau      |                      |
| Rachel Nicholls   | Laura Labno         |                      |

**Be A Contributor!**

**Contact:**

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



# SABB ELECTIONS

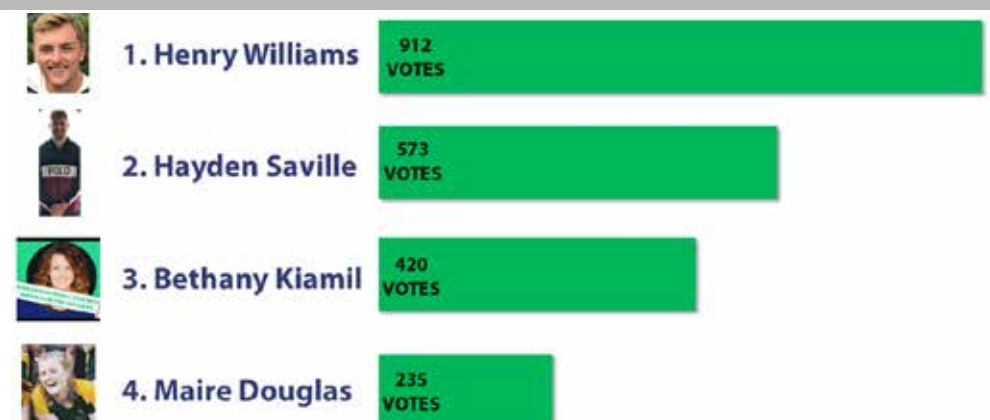
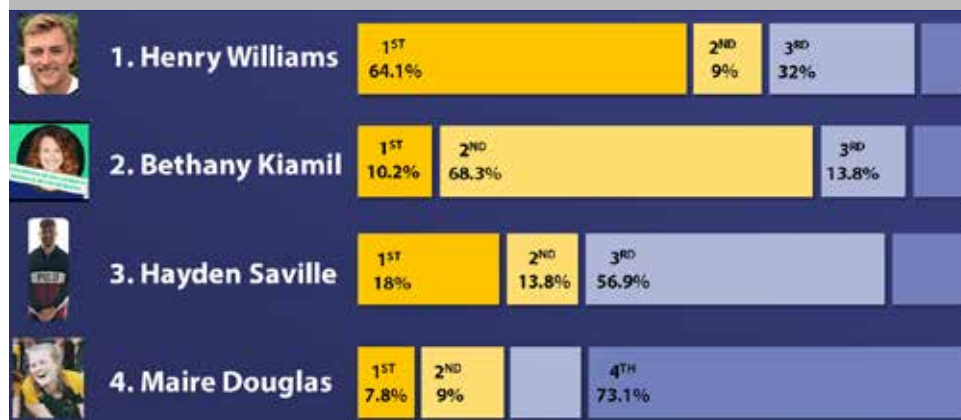
Below is a comparison between Seren's Exit Poll and the official Sabb Election results. Seren's Exit Poll asked 200 people who they voted for in rank order (1st choice, 2nd choice, 3rd choice etc). The official results are measured in overall votes throughout all stages of voting. Our Exit Poll predicted 3 out of 4 winners correctly.

## EXIT POLL RESULTS

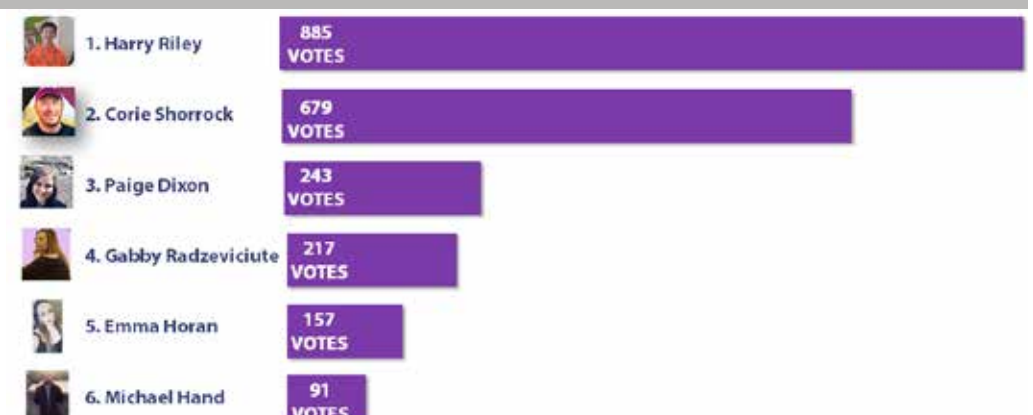
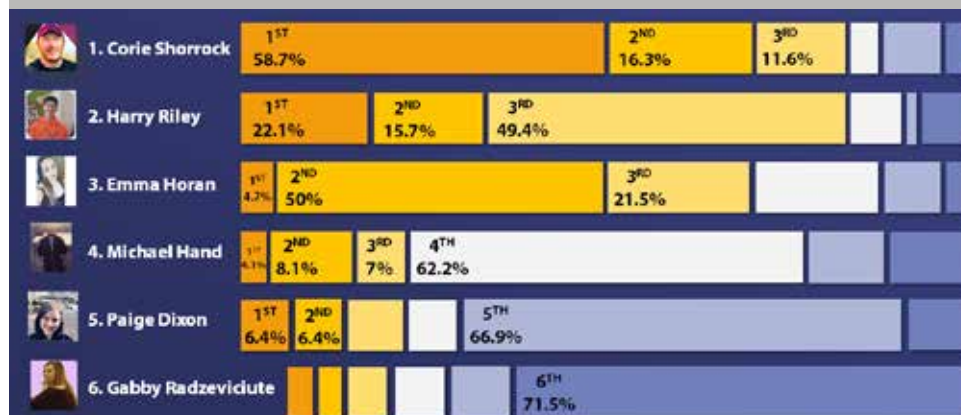
### President



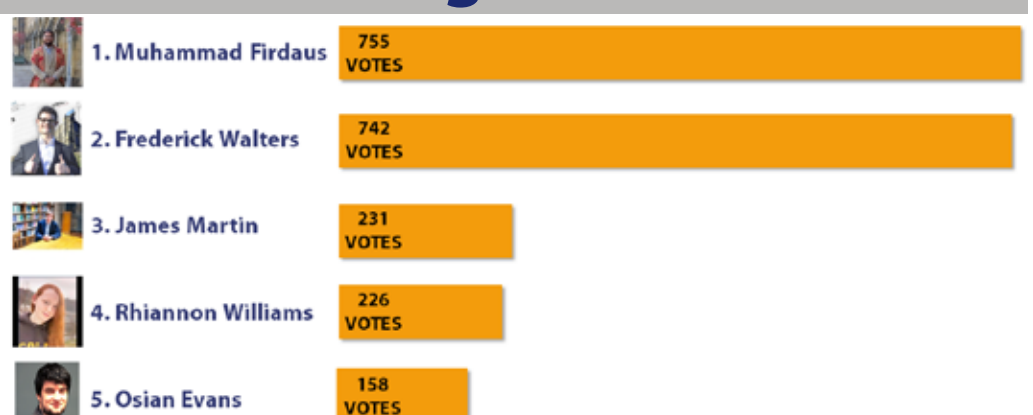
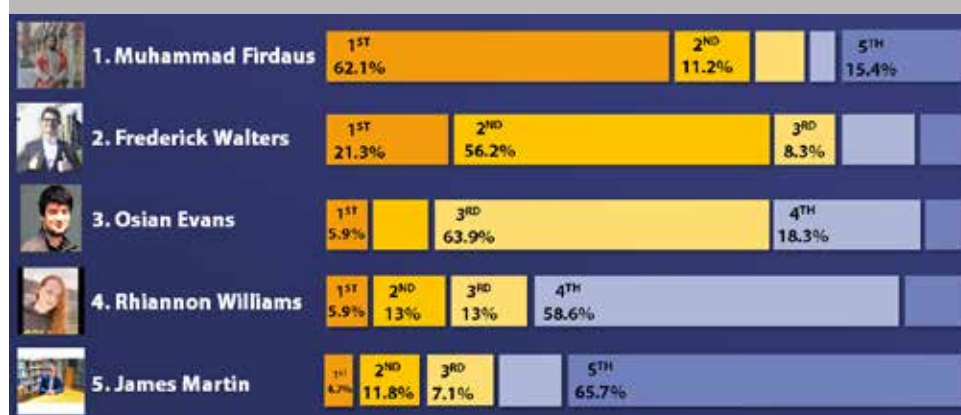
### VP Sport



### VP Education



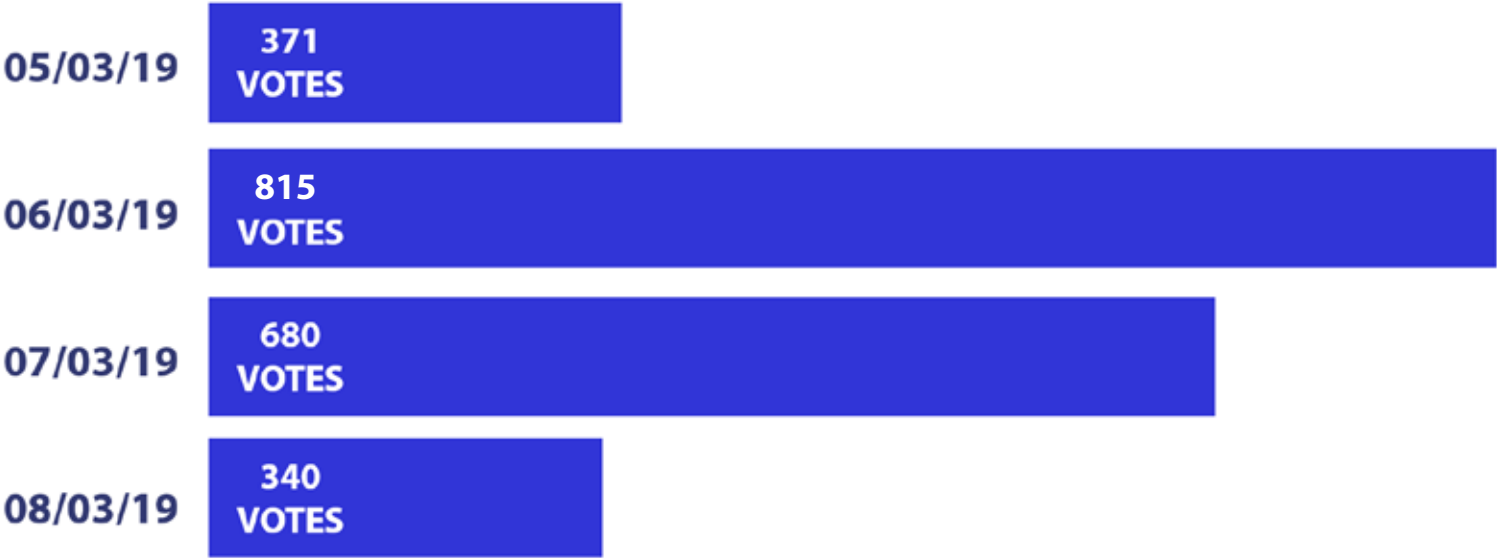
### VP Societies & Volunteering





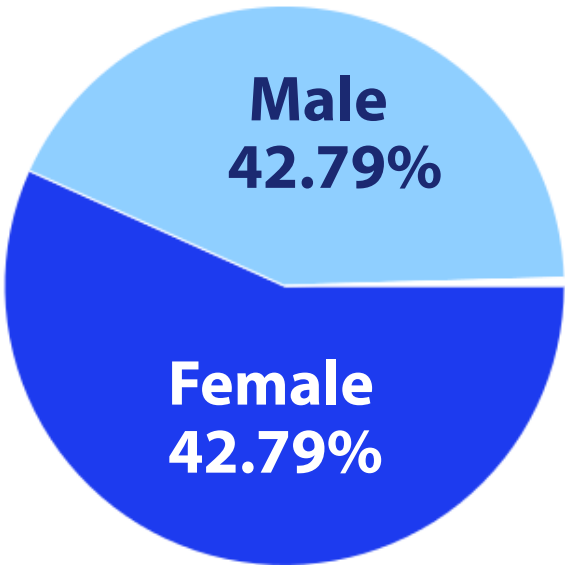
# VOTING STATISTICS

## Voter Count By Day



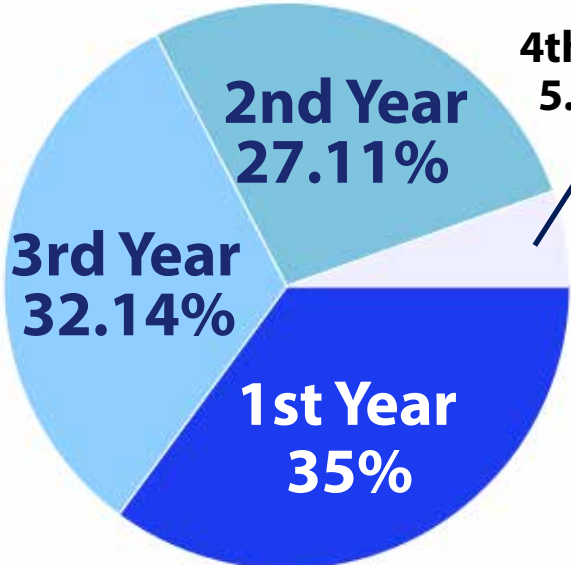
**TOTAL  
VOTER  
COUNT:  
2206**

## Voters By Sex



Voters by sex statistic is gathered from University data held on each specific voter. It does not take into account self-defined gender.

## Voters By Year Of Study



There were only 7 voters who were registered as 5th year or onwards.



**Henry Williams - VP Sport**

"I ran a hard campaign along with 3 great candidates. I'm excited to better shape the student experience through sport in the AU."



**Muhammad Firdaus - VP Soc & Vol**

"My duty is entirely to the students who have chosen me for a second term, and I will keep that faith next year as best as I can."



**Mark Barrow - President**

"From day one, I will ensure all students are being listened to. I am confident Undeb Bangor will go from strength to strength."



**Harry Riley - VP Education**

"Everyone ran really great campaigns and now I can't wait to get on with the job."



**Lleucu Myrddin - UMCB President**

"I'm very proud to be elected to represent Bangor students and look forward to working with a fantastic sabbatical team."



## NEWS

## IN BRIEF

Uni  
Academic  
Pervert  
Who Said  
He Wanted  
To Go  
'Kiddie  
Hunting'  
Spared Jail



by DARBY HIGGINS

A university academic who said in online child abuse chats that he wanted to go 'kiddie hunting' has been allowed to walk free from court.

Dr Ian Connor, 53, had set up a fake Twitter account and used Bangor University's wi-fi to carry out his crimes.

Connor, from Upper Clwyd Street in Ruthin, admitted distributing three indecent images of the worst kind of abuse, and making 41 others which were in the lower seriousness categories.

Judge Huw Rees, sitting at Caernarfon crown court, heard Connor had worked in education for years, but was involved in online chat of an "extreme" nature in which he said he wanted to go "kiddie hunting".

Judge Rees told Connor: "You should be entirely ashamed of your actions as I think you are. Showing any interest in such images creates a demand for further abuse of children."

Judge Rees said Connor had been made redundant, not linked to his arrest, but had a new job.

He wasn't allowed to work in education and his marriage had suffered as a result of his arrest.

"Imprisonment is a real option here. It would be a relatively short sentence," the judge said.

But instead he made a community order to tackle Connor's "perverted lust" for viewing child abuse images.

Connor's barrister said internet perverts would engage in "banter" with no real intention to carry out an act

# BAFTA & albert+ Partner With UK Universities



# BAFTA



# albert+ sustainable production

**This project is looking to tackle the environmental impact of screen industries: film and television**

By DARBY HIGGINS

The initiative will provide students, staff and graduates with the opportunity to learn about environmentally responsible working practices and their professional relevance, contributing to the transformation of the film and television industry.

The British Academy of Film and Television Arts (BAFTA) has announced a new partnership between UK universities and albert, a collaborative tackling the environmental impact of the screen industries. The BAFTA albert education partnership is specifically designed for students enrolled on production courses at Universities across the UK and Internationally.

A specialist course is being adopted by 10 Universities, including Bangor University, all of whom have entered into a partnership with albert to collaborate on the creation of the content. Founding members include National Film and Television School, Bournemouth University, Salford University, Glasgow Caledonian,

Sheffield Hallam, Learning on Screen, The Confetti Institute, UEA, University of Hertfordshire and Birmingham City.

The course materials – which fulfil the criteria of the Carbon Literacy Trust – will teach the science of climate change, the environmental impact of the film and TV industries, and sustainable production practices that mitigate against this impact. The course will also provide access to the albert calculator – a bespoke carbon calculator designed for the film and TV industries that helps a production to measure its carbon footprint and take steps towards reducing it.

It is expected that over 500 students will complete the course in its first year. On successful completion of the course, students will receive a certificate and digital badge to signal to prospective employers that they are joining the workforce equipped with the additional knowledge of how to use albert's resources and incorporate sustainable practices into the production process.

The BAFTA albert education partnership represents a further step that albert

and its consortium of 14 broadcasters and indies is taking towards its objective of empowering everyone working in film and TV production to understand the environmental challenges we face and towards understanding what everyone in the industry, no matter their role, can do to make a difference and reduce their carbon impact.

Aaron Matthews, albert's Head of Industry Sustainability said, "It's vital that industry entrants join the workforce with the skills that the industry requires of them. Not least because they'll be the leaders of our industry in the future! We're really proud of this partnership and excited for where it will lead."

Annie East, Senior Lecturer and Programme Leader of BA Television Production, Bournemouth University, said: "We are excited about this partnership innovation which enables students to critically engage with concepts of sustainability and apply it to their creative filmmaking projects. Incorporating sustainability as standard practice means that our graduates will not only

be more employable, but they will also be part of this essential shift in how we think about the world in which we live and work."

Laura Djanogly, Joint Director of Production, Hat Trick Productions, said:

"Sustainability and low carbon practices are core to the way we make our TV programmes. It's really important that students entering the industry are equipped with the specialist skills they need for the job, and it's great to know that graduates are now going to have an understanding of albert and the wider environmental issues that it strives to solve."

The education partnership joins albert's other initiatives which include its carbon calculator, on screen certification and the creative energy project. Later this year, albert will also launch Planet Placement – a new online hub designed to inspire the creative community and explore opportunities on engaging audiences on the topic of environmental sustainability.



## Daffodils For St David's Day

by DARBY HIGGINS

The national flower of Wales has found a new role this St David's Day – helping scientists to better understand the value of plant extracts as an alternative to antibiotics in animal feed.

Researchers from Bangor University and Scotland's Rural College (SRUC) have teamed up to investigate the effects of daffodil extracts as natural antimicrobials on the digestive systems of cattle and sheep.

Plant extracts have the potential to improve growth performance and health,

as well as decrease methane produced by enteric fermentation – a digestive process that sees carbohydrates broken down by micro-organisms.

However, the effects of feeding plant extracts to animals can be inconsistent. This has been attributed to differences in the composition of the extracts, even when prepared from the same source and using the same methodology.

The study, which has been published by Scientific Reports, found that very small differences made to the chemical structure of the bioactive compounds found in the daffodil extract

– haemanthamine – made a considerable difference to the digestion in the rumen – the first part of the stomach of ruminants such as cattle and sheep.

The scientists concluded that if plant extracts are to replace traditional antibiotics in animal feeds, then a joint approach linking chemistry and biology will be required to describe the effects of novel plant extracts.

Dr Eva Ramos-Morales from SRUC, said:

"It was very surprising to find that apparently similar compounds could have such different impacts on rumen

digestion. This study highlights the need to standardise processes and obtain plant extracts with consistent chemical composition in order to maximise the positive effects in animals."

Dr Paddy Murphy from Bangor University said:

"The role of organic chemists in separating naturally occurring compounds from agricultural waste products is key to developing new environmentally sustainable materials. In the future we hope to extract metabolites from daffodil by-products that will be of interest to the pharmaceutical industry."



# Building Work Starts On The New Ysgol Y Garnedd



Pupils at the 'sod cutting' ceremony at the new school site

by DARBY HIGGINS

The construction of a new purpose-built school in Bangor, to accommodate up to 420 pupils, has begun.

Pupils from Ysgol Y Garnedd, Ysgol Coed Mawr and Glanadda, were present for the official 'sod cutting' ceremony at the new school site.

The new school will be built on the corner of the Ysgol Friars playing fields, closest to the existing Garnedd school, providing fourteen classrooms, two Additional Learning Needs classrooms,

a Cylch Meithrin along with several different teaching spaces, staff and administration areas and a large hall.

The new development is part of a wider £12.7 million scheme that will reorganise the primary education provision in the Bangor area. The scheme also includes increasing the capacity of nearby Ysgol y Faenol to 315 pupils. Ysgol y Faenol will be renovated and extended, with work due to start in the summer.

Under the plans Ysgol Coed Mawr and Ysgol Glanadda will close, with places available for the pupils at either

school due to the increase in capacity.

Councillor Gareth Thomas, Gwynedd Council's Cabinet Member for Education, said:

"A new, state of the art school for Ysgol y Garnedd is an exciting beginning to the reorganisation of primary education in the Bangor area. The increasing demand for places at the school has meant that the current structure is no longer suitable for their needs, and pupils will benefit from a new and modern facility."

Dr Catrin Elis Williams, Ysgol Y

Garnedd's Chair of Governors, and Llion Williams, Ysgol y Garnedd's Headteacher added:

"This is a historical day for Ysgol y Garnedd. The school's staff and pupils have achieved fantastic work under difficult circumstances over the last few years, due to the current structure no longer being fit for purpose. A larger, modern school will enable the school to build on its success and go from strength to strength."

The new school is due to open its doors in September 2020.

## IN BRIEF

### Bangor Students Ready For 'Runderpants' Mile



Bangor Students at last year's 'Runderpants'



by DARBY HIGGINS

Bangor 'Runderpants' returns for a second year, with the organisers promising it's going to be even bigger and better this year.

The event is being organised by Bangor University's REG (Raising and Giving) and involves a one mile run in their underwear, or over their clothes, to raise money for The Neuro Foundation, who support people who have Neurofibromatosis, a genetic disorder that causes tumours to develop anywhere in the nervous system, including the brain, spinal cord and nerves.

Taking place on 30th March, the charity run starts at Porth Penrhyn, down Beach Road and ending at Bangor Pier.

After the charity run the Tap And Spile will be hosting a barbecue and there will later be an event at Academi.

The fun run is also aimed at promoting 'body positivity' to show that anyone and everyone can cover the distance regardless of the time it takes and that anyone can look great in underwear.

Registration for the event costs students £5 and this gets them a free pair of underpants courtesy of 'Oddballs' the charity raising money and promoting awareness of testicular cancer.

Each runner also has their own fundraising page to raise even more money for the charity.

Bangor RAG members spend the year raising money for charity by any means possible and is a great project for those students who wish to volunteer on a one-off basis or all year round.

## Sir John Timpson's 'Lightbulb Moments'



Sir John Timpson and Timpson Stores



by DARBY HIGGINS

Sir John Timpson of the Timpson Foundation and former Chief Executive of the Timpson group of high street stores is visiting Bangor University to present the 2019 Anne Marie Jones Memorial Lecture on Tuesday 12th March 12.30 – 1.30 pm.

Sir John's Lecture, hosted by Bangor University's Centre for Evidence Based Early Intervention at the School of Psychology, is open to the public and takes place in Neuadd Reichel Hall on the Ffriddoedd Site, Ffriddoedd Road, Bangor.

Renowned for leading Timpsons'

creative approach to employee engagement and its innovative work helping ex-offenders; it is the UK's most active employer of people from prison. In his family life, Sir John Timpson and his late wife were also foster parents. Timpson and his wife fostered children for 31 years, during which they fostered 90 children. Their contribution to fostering was recognised when John Timpson was awarded a knighthood in 2017 for Services to Business and Fostering.

It is his role as a foster carer which brings Sir John to Bangor.

Prof Judy Hutchings, who leads the Centre for Evidence Based early Intervention commented:

"I invited Sir John to talk with us as we are researching foster caring, with one PhD student and one Masters student working on fostering related projects."

Sir John is on record as having transferred what he learned from working with damaged and attachment disordered children into his management style for the Timpson shops."

"He has written several books on attachment and parenting and some of them can be got for free in the Timpson shops."

Timpson has over 2000 branches nationwide, including the Max Spielmann, Johnsons the Cleaners and Snappy Snaps brands. Locally, their

Timpson Foundation also runs the popular Oystercatcher Restaurant in Rhosneigr, which trains, mentors and supports young people with no experience, providing employment, qualifications and a career path.

Anne Marie Jones was the first chair of the Children's Early Intervention Trust, which seeks to fund any work to provide evidence informed interventions for children and families and is linked to the Centre for Evidence Based Early Intervention. The Centre is also holding its Annual Conference on Evidence-based Service Provision for Families and Schools in Bangor on April 2nd.



Bangor Students at Inter-College Eisteddfod



# Bangor Students Win Inter-College Eisteddfod For The Fourth Consecutive Year

by DARBY HIGGINS

Bangor University's Welsh-speaking students and Welsh learners who are members of UMCB – Undeb Myfyrwyr Cymraeg Bangor (Bangor Welsh Students' Union) – have won the Inter-College Eisteddfod for the fourth consecutive year, which was held this year at Swansea University.

Contributing to the final result, University students were successful

in the Eisteddfod's sporting competitions. The girls won the football and rugby, coming second in the basketball competitions. With the boys coming second in the rugby and third in football, Bangor were overall sporting champions.

Students were also successful in the main stage competitions including sketch, mime, folk dance and step dance, musical choir, boys' choir, women's choir and the massed choir. Capping it all, Alistair Mahoney, a

student at the School of Music and Media was awarded the Musician's Trophy, while Jack Wilson, a student at the School of Natural Sciences won the Learner's Medal.

Gethin Morgan, UMBC President, said:

"UMCB has once again managed to bring the trophy back to Bangor, this time for the fourth time in a row. This was due to the hard work and dedication of our students. There is no doubt that Bangor shone in the stage

competitions, with polish and hard work evident in the performances. As President, I have to thank everyone who has been involved with the work. Bangor's well-mannered students were a great credit to the University."

The students were also congratulated on their success by Professor Jerry Hunter, Bangor University's Pro Vice-Chancellor (Welsh Medium and Civic Engagement), who said:

"A Welsh community and a sense of Welshness are essential elements of the

character of our University. It's great to see the breadth of activities of our Welsh language students and learners of the language reflected again by such a success this year.

With almost half of all students studying a degree through the medium of Welsh now doing so in Bangor, following the wide range of degree programs and individual modules available here, it's great that this, in turn, creates a vibrant Welsh community and Welsh culture in the University."

# Exhibition Uncovering Bangor's Jewish History Will Be Released This Month



Pictures of the app



Wartski Store, Bangor

by DARBY HIGGINS

Titled A Jewish History of Bangor, the exhibition and map celebrate the presence of Jews in Bangor from medieval times to the Second World War (and beyond).

The launch will take place at the 'Bangor Arts Initiative' Gallery in the Deiniol Shopping Centre, Bangor High Street, from 2-4 p.m. on Sunday 17th March. All are welcome and it's free.

There will be short introductions by project supervisor, Professor Nathan Abrams of the School of Music and Media at Bangor University, and Gareth Roberts of The Menter Fachwen Walk

and Discover Project who assisted with the creation of the map.

Local residents are encouraged to come and share their memories of Bangor's Jewish community, including the well-known stores, Wartski's and Pollecoff's.

"The City of Bangor and surrounding areas have had a rich Jewish history," said Professor Abrams. "But unfortunately, as the community has declined and dissolved, and our high street has been transformed, not many people know of this history."

Abrams added, "It's right there in front of our eyes but hidden in plain sight. And this map, app and exhibition

not only records this history but also helps you to find it."

"We hope that people will come and tell us their stories before they are forgotten."

The Jewish community moved to Bangor in larger numbers in the late nineteenth century. They were escaping persecution in Eastern Europe but also wished to better themselves in Britain.

Bangor provided exciting new economic opportunities. As the community grew, there was a synagogue and even a kosher butcher.

Some of them, like Isidore Wartski, had a transformative effect on the city, helping to build new housing projects

and dropping the tolls on the Menai Bridge.

"The exhibition, map and app were funded by the Bangor University Economic and Social Research Council Impact Acceleration Account to which we are very grateful. It has helped to transform my long-standing interest and research into the Jewish history of Bangor into these tangible items."

"Ideally, we would like to roll this out to the other towns in North Wales which had Jewish communities, namely Colwyn Bay, Llandudno and Rhyl but are in need of some more funding. Please do come forward if interested."



# North Wales And The North West Of England Leads The UK In Securing Clean Energy



Professor Sian Hope OBE

by DARBY HIGGINS

**N**orth Wales and the North West of England are the key areas for the development of nuclear research and engineering in the UK, according to a UK Government commissioned Audit report published earlier this month.

The report shows that nowhere else in Europe has such a concentration of nuclear expertise, with unparalleled access to a world-renowned skills base and pioneering expertise in nuclear research and development.

Known as the 'North West Nuclear Arc', the area of north Wales and North West England is one of few regions in the world with a nuclear industry covering the full life-cycle, and with the organisations and expertise to address many of the challenges identified in securing secure clean energy.

The report shows that there are over 20 facilities providing research support to academic and industrial activity in the region including university

laboratories, the National Nuclear Users Facilities (NNUF), National Nuclear Laboratory (NNL), private facilities and public-private partnerships.

There are currently over 235 companies in the nuclear industry in the area contributing over £5bn to the UK economy, and the area has unparalleled access to a world-renowned skills base and pioneering expertise in nuclear research and development.

However, the Nuclear Workforce Assessment predicts there could be shortage of up to 40,000 workers by 2036.

To address the workforce issues, the North West Nuclear Arc uniquely houses 15 nuclear skills providers, both Higher Education and Further Education, which can provide specialist training across the full range of skill levels, and already has Centre for Doctoral Training (CDT) programmes which can support the development of future experts.

The report is one of the Department for Business, Energy and Industrial

Strategy's 'Science and Innovation Audits' which analyses regional strengths and identifies mechanisms to realise their potential.

The consortium that developed the report initially comprised of Bangor University, Welsh Government, the Dalton Nuclear Institute (University of Manchester) and the National Nuclear Laboratory.

The focus of the Audit was on the strengths and capabilities of civil nuclear energy, in NW England and North Wales, with an easterly extension to take in Sheffield and Leeds.

Dame Sue Ion, who provided the foreword for the Audit, said: "It highlights the globally significant science and innovation assets in the area, with world-class research facilities and internationally renowned organisations, and identifies the major economic contribution the nuclear industry makes."

The consortium's vision is that it is possible to re-engineer the nuclear sector to obtain a 30% reduction in cost and time without compromising safety

and security, and that the NWNA is uniquely positioned to maximise the opportunity for the UK.

Professor Sian Hope OBE from Bangor University who was the lead on the North West Nuclear Arc Audit comments: "This is the only area in the UK with such a broad range of capabilities, with all elements of the civil nuclear fuel cycle, including decommissioning and clean up, uranium enrichment, fuel fabrication, operating reactors and it is also major area for First of a Kind (FOAK) small and advanced modular reactors."

"It has a powerful industrial presence in the region, alongside strong universities, colleges and research organisations, working in close and productive partnerships which can help deliver significant results for the regional and UK economy."

Bangor University has been involved in three Science and Innovation Audits which reflects the world-class research and innovation activity which is being carried out at the university and

is well placed to contribute to the UK Government's Industrial Strategy.

The three Audits involving Bangor are:

- North West Nuclear Arc Consortium (led by Bangor University with support from Welsh Government, The Dalton Nuclear Institute, NNL and North West England LEPs)

- North West Coastal Arc Partnership for Clean and Sustainable Growth (led by Lancaster University with support from North West England LEPs and the Welsh Government)

- The South Wales Crucible (led by Swansea University)

The University's commitment to deploying its R&D capability to support regional economic development is further evidenced by its key role in the £240m North Wales Growth Deal to be funded by the Welsh and UK Governments and led by the six Unitary Authorities in North Wales.

## Bangor University Take Part In Collaboration Of Artificial Intelligence Leaders

by DARBY HIGGINS

**B**angor University is to take part in a new drive to create a thousand new research and business leaders. The project is designed to ensure that the UK leads the global revolution in Artificial Intelligence (AI).

A new generation of PhD students will use AI technology to improve healthcare, tackle climate change and create new commercial opportunities, thanks to a £100m investment from UK Research and Innovation announced recently.

The students will be trained at 16 new Centres for Doctoral Training (CSTs) based at 14 UK universities with 300 partners, including AstraZeneca, Google and Rolls-Royce, and NHS

trusts. Project partners are investing £78m in cash or in-kind contributions and partner universities are committing a further £23m, resulting in an overall investment of more than £200m.

The students studying at Bangor will form part of the Swansea CDT.

Professor Jonathan Roberts is the academic leading the charge for Bangor University. He said:

"We are delighted to be working with Swansea, Aberystwyth, Cardiff and Bristol universities. This collaboration will help to develop the next generation of researchers in the areas of AI, Machine learning and advanced computing.

These three topics are already transforming our lives, such as how healthcare is delivered, and helping to tackle some of the global challenges facing the

world today.

Bangor has a long history of research and teaching topics in Graphics, Visualisation, Artificial Intelligence and data science. From our undergraduate programmes in Computer Science that includes modules in each of these topics, to our dedicated Masters programmes in Visualisation and AI, to our new Data Science advanced computing Masters programme."

Dean of Postgraduate Research at Bangor University, Professor John Turner, highlighted that:

"This CDT is aligned with Bangor University's long-term postgraduate research strategy to increase research student numbers. The CDT fits well with our wider University strategy to invest in interdisciplinary and applied research, and business engagement."

Business Secretary Greg Clark said:

"The UK has long been a nation of innovators and today's package of AI skills and talent investment will help nurture leading UK and international talent to ensure we retain our world-beating reputation in research and development.

AI has the potential to drive up productivity and enhance every industry throughout our economy, for more effective disease diagnosis to building smart homes. Today's announcement is our modern Industrial Strategy in action, investing in skills and talent to drive high skilled jobs, growth and productivity across the UK."

AI could potentially transform the way we work and live, allowing complex tasks to be completed quickly and useful insights to be gleaned from large

quantities of information.

One example is in healthcare, where AI is being developed to analyse information and images, such as X-ray scans, to pick up abnormalities at an earlier stage and ensure that patients can receive life-saving treatment.

This investment will sustain a pipeline of talent and ensure that the UK remains at the forefront of emerging technologies, supporting the commitment in the government's AI Sector Deal. 200 new AI Masters places at UK universities and up to five new research fellows have also been announced. These have been created in collaboration with the Alan Turing Institute to retain and attract top AI talent in UK academic institutions.



## POLITICS

# SABB ELECTIONS

## A brief overview of Undeb Bangor's Question Time, 5th March 2019

by OLIVER HEWSON

The officers have now been elected, but how did they and their competitors fare before live audience scrutiny last week?

The grilling launched into VP Societies and Volunteering Candidates first.

The format begins with a quick two minute introduction from each candidate, followed by quicker answers to general questions. Osian Williams, Fred Walters, Rhiannon Williams, James Martin and Muhammed Firdaus, at that point all mid campaign, each gave very competent introductions of their own credentials as candidates, before launching into the identification of the issues they would hope to make improvements on if elected to office. Despite the truly impressive performance by all five candidates (most noticeably Rhiannon, who held a remarkable command of the room even though her face was being beamed across from India onto the huge projector screen behind the table), the debate became a duel for the VP position in a more-or-less two horse race between Muhammad's Cicerian rhetoric and Fred's systematic and comprehensive manner. Muhammed's experience as the current VP of Socs and Vol definitely gave him an advantage over the others in terms of his knowledge of the current requirements and capabilities of the role, but nonetheless, Fred knew his stuff, and communicated them with a German efficiency that he also identified himself.

There was a particularly good moment, during a question concerning the efficiency of the candidates, that saw James only use ten seconds of his limited thirty, stating confidently that he was "no time waster."

After a very short pause, the hopefuls for VP Sport took the bench. Bethany Kiamil, Henry Williams, Maire Douglas and Hayden Saville; this time, none of them were digitally reconstructed.

The debate took the same format as previously, all proving their aptitude through experience. There was a lot of talk of the "student experience" and not much identification of its components but all four had clearly thought out the aspects of the current sporting situation.

It seemed as though Bethany's understanding of the needs of students involved in specific sports clubs was all-inclusive and shone a little more than the others, but she was not as compelling as Henry, who was quite calm (though all four were very charismatic, really).

The rounds were concluded, the contenders left the podium, and in that brief hiatus – before the next series of rapid-fire questions could find their targets – half the audience left.

And so, in a silence that was quieter than before, up walked Harry Riley, Emma Horan, Corie Shorrock, Paige Dixon and Gabby Radzeviciute. Once again, the introductions set off.

It is a pity that the proceedings were proposed as a civilised and individual exploration of each candidate, and not a lawless debate, because that would have a fantastic sight – all five candidates gave impassioned speeches. Corie's focus was on his credentials as an ordinary person, Emma focused a lot on the need for gender neutral bathrooms (amongst other things, though this stood out the most), but it was Gabby, despite her rather more timid nature, who seemed to have considered what issues were relevant to students with the most clarity – one of her standing ideas was to space out the exam time table to the increase the amount of possible time between exams, so that no student would have two in a single day. This I thought a step out of the box, but her delivery of this and other answers to question was less persuasive, especially next to Paige, who (perhaps due to her curled North American accent) was sat



back with a lot more confidence. I do not think there was a single, definitively more prominent candidate – though I had by that point decided who I would vote for.

In Welsh, next, Lleucu Myrddin took the stage. As she was the only UMCB candidate (Undeb Myfyrwyr Cymraeg Bangor or Union of Welsh Students for Bangor), Lleucu stood, instead of sitting at the formal desk of questioning. The entirety of her time on the stage was conducted in Welsh, whilst, for monolinguals, translations were being muttered through headphones in a warm voice. She seemed calm and confident up there and had a good rapport with Gethin, the current UMCB President, who was conducting the proceedings. She left the stage to applause and must have been feeling confident about her chances considering her opponents'

non-existence.

Finally, though, it was time for the candidate hopefuls for President: Mark Barrow, Joshua Bebbington and Gax Liz Person. The stage was set, the room went silent, and Gax sang a song that demanded audience participation.

Joshua's manifesto points were fairly well thought out, but he suffered from really rather bad nerves up on stage, which put him at a definitive disadvantage next to Mark, whose stage presence is truly astounding. The contest was won in those first few seconds, I think, and mostly because of Mark's ability as a public speaker. Gax was totally crazy, but when all three were asked about what they considered to be the biggest problem facing students today, Gax calmly stated "apathy" and launched into a wild criticism of the indifference most students (using the earlier swathe

of departure as a concrete example) have for their own ability to improve their experience here at Bangor – something that I agreed with.

The proceedings as a whole were long and exhausting, but incredibly enlightening. It is my opinion that performance of the candidates during questions was what solidified their success. Maybe four hundred people were present at the start (before the great routing) and more still were watching the streaming on the Seren Facebook page.

The benefits of exposure can only take you so far, and events like this are what really highlights candidates' abilities and failings.

Congratulations to all of the newly nominated members of the Sabbatical team.

# Trade Talks From Across The Pond

## How Trump's attitude has changed its tone

by ALEC TUDOR

This year's U.S.-UK political superbowl halftime is reminiscent of something very familiar; it announces a "very good trading relationship", something of a Sweet Victory. And then suddenly, the meteorite president striking from his summit rolls on Sicko Mode.

"Good news!" tweets US Ambassador to the UK Woody Johnson in February. It ended with "We're determined that U.S.-UK trade will continue to flourish!", as the news of two mutual recognition agreements being reached signalled a certain small dose of confidence and stability in Theresa May's

government. Those agreements, summarized, mean a replication of existing U.S.-EU trade deals concerning certain goods. Even more summarized, it means that the UK doesn't need to worry too much about exported goods to the U.S.

Flash forward, and the Trump, Kim, Hanoi summit starts, Michael Cohen's testimony starts, and Theresa May is trying to negotiate her deal through parliament. Trump says Cohen "lied a lot", Cohen delivers more documents to lawyers, Trump calls Cohen's testimony "fake", and so on and so forth. In summary, the president is not happy. After all this development, called "The Trump Investigation", there comes this

news: less than a month after "Good news!", as Ambassador Johnson tweeted, a Financial Times article reports a demand from the Trump administration for greater access to the UK market when it comes to agricultural products and a guarantee that London will not manipulate its currency. Summarized, the UK won't get a better treatment than other US allies.

This change comes as a result of "unwanted barriers"; due to differences in European and American food sanitary standards, American agricultural products are limited when it comes to them being exported to European countries. This change effectively makes it easier for U.S. products to be exported to the

UK, whilst making it harder for the UK to negotiate its trade deals with the EU.

At the same time, the demand on London would be beneficial for the U.S. dollar, but ineffective for the global city.

Whilst the extent of these demands are not definitive, what is noticeable is the change in tone: why would the U.S. go from two strong mutual recognition agreements, which make it easy for both countries to negotiate post-Brexit, to two strong demands, which make it easier for the U.S. but further complicate the UK's situation? Why reach two agreements then send demands?

It is important to look at Trump's situation: a failed historic summit along with Michael Cohen's testimony and

unpleasant developments in his investigations have made his position difficult; the more time he takes to act, the more likely his audience would think he is "caving in". This series of demands has the Trump administration risk appearing passive-aggressive; a reputation which Trump is not eager to maintain since trying to declare a national emergency after the longest shutdown in government history.

Ultimately, these trade talks reflect the troubling political situation both world powers are in; whether they will be mere consequences of "PRESIDENTIAL HARASSMENT!", as Trump tweeted, remains to be seen. Until then, it is only half-time.





by OLIVER HEWSON

In recent months, as B-day draws ever closer, it has become almost impossible to escape the Brexit debate. The Winter Issue of Wetherspoon News brought Tim Martin's Brexit opinions to the forefront of pub décor. The cover design states clearly to report on the "Circle of deceit" and depicts a bobble-headed Theresa May pleading "Just give us any deal ... please."

Where Wetherspoon News has previously been a platform of self-promotion for Martin, with the issues generally laid out like a parish newspaper (something not entirely unpleasant to read), the pages have now become saturated with political discourse, all picked out by Martin himself, all in favour of Brexit.

This has been coupled with a country-wide pub tour by Martin in support of a No Deal Brexit, which took place late last year (not Brexit, the tour.)

Why is this in our pubs? I, for one, am really sick of the Brexit "debate". Partly because it's no longer a debate worth having now that we're three years

on from the referendum (except when both sides conclude that Theresa May isn't so good at being a politician), and partly because both sides are not having the same argument. Remain likes holidays and Leave hates the French. Only they're not the French.

What prompted this (admittedly very successful) businessman to back a no deal Brexit remains mysterious. Perhaps, like many people backing Brexit (still), he sees it as a chance for Britain to become a sovereign nation once again. To regain the power we once held over the world (yes, I'm referring to our colonial era; no, I am not suggesting Tim Martin consciously condones the subjugation of nations).

It is obvious to any reader of his that he does genuinely believe that Britain will be stronger outside of the European Customs Union, and this seems to be the result of a dangerous and regressive social phenomenon – decision making with the heart, not the head; a disregard for the process of evidence-based research – that Academic Tom

Nichols succinctly explained in 2017: "to reject the advice of experts is to assert autonomy".

Which is so frustrating for many people on both sides of Brexit, especially with the increase on the amount of debates being held over topics which really should not need debating.

The phrase "we don't need experts" has been bandied around so much in the recent years in an attempt to validate gut-based opinions that we've begun to ignore the absolute absurdity of such a pseudo-platitude. Because we do need experts. Experts are just ordinary people whose job it is to know things. We don't need any more charismatic orators validating opinions based on sensations in their bowels.

The increasing availability of information in this, our current (and honestly spectacular) epoch of technology, enables the swift and thorough scrutiny of any argument put forward for belief. But instead of relying on those whose job it is to spend their days examining the relevant evidence in order to ascer-

tain truth, it seems as though the simple fact that it is merely possible to access information so easily allows people to believe that what they are exposed to consists of all the facts.

Martin's Brexit articles in his pub magazine ignore "experts" by virtue of their own nature as experts. He instead makes decisions based on his gut feeling. This much is clear from the way he writes. His "Tim says" introduction to the Brexit section of the magazine is weighed down with assertions of his own opinion.

*"My theory at the time was..."*

*"I suspect..."*

I only wish he'd acknowledge his lower intestine as a contributor.

He blasts sources and papers and predictions for the future as being false and yet in response never provides evidence to back him up, instead relying, I suppose, on his audience's trust in his own judgement. He never specifies precisely

why he knows these statements to be false, instead showing an impressive understanding for persuasive language in his rhetoric. He refers to the EU as the "corrupt, chaotic and ineffectual Brussels superstate", which, to be honest, sounds just like Britain now, only bigger.

Martin's illusory superiority may be well founded in his own mind, as he has managed to build up one of the most successful pub chains in Britain (and is such a formidable businessman that even pictures of him are unavailable for use without licensing) but he lacks an element of self-awareness with regards to his own abilities for the political. Maybe he sees himself as a figurehead of justice in light of this absolute disregard for the democratic process (except no more democracy please, that would be too much).

Whatever his reasons, I do not think that pubs are the places for serious politics.

Saying that, I will never give up my patronage of Wetherspoons.

## Brexit Abroad: Bangor and Erasmus

### What leaving means for study abroad programmes

by GRACE WORSLEY

Here at Bangor University, many students are given the opportunity to study or work abroad thanks to the Erasmus scheme; an initiative run by the European Union. The programme, open to all students living within the EU, has provided many of our own students with the opportunity to live and study abroad as part of their degrees, in places such as Toulouse (France), Salamanca (Spain), Germany and Italy. However, if Brexit takes place without a formal deal, the Erasmus programme could be over in the UK, and over for Bangor students.

Bangor University, having been awarded the Erasmus Charter for Higher Education by the European Commission, has provided students with the opportunity to apply for an "Erasmus+" grant, essentially another kind of student loan. The impact of Brexit, however, will likely cause trouble for current and future Erasmus students – those currently enrolled on courses with a year abroad, alongside prospective students whose opportunities this situation will affect. The UK government wishes to continue Erasmus as it currently exists, however there are obvious questions surrounding its financial feasibility; many more European students come to the UK than the other way around, so the cost for the UK government is often higher. For students currently abroad, having undertaken their degree in the midst of the Brexit turmoil, the government has guaranteed that it will cover the payment of

UK Erasmus+ grants which have already been promised. The government still needs to reach an agreement with the EU, however, as to whether UK organisations will continue to participate in the Erasmus programme; if these discussions are unsuccessful, it is the current intention of the UK government to approach other EU member states individually in order to ensure the overseas work and study relationship continues.

As it currently stands, the UK government has not committed to providing any further funding for students planning to study in Europe in the case of a no-deal Brexit; something which is obviously troubling for both current and prospective students of Bangor University. Sophie Helliwell, a third year Law with French (European Experience) student, who is currently living and studying in Toulouse, stated: "it's concerning how no one really knows what is going to happen to Bangor students' Erasmus opportunities after Brexit. The lack of clarity is worrying when it is such a serious situation – I don't know if I will be allowed to stay in the country I currently call home if there is a no-deal Brexit."

Arguably, students from disadvantaged backgrounds are more likely to suffer as a result of the Erasmus+ funding being withdrawn, many of whom rely on financial help to meet the extra costs of studying abroad – an element taken into consideration by the organisation Universities UK, who, in planning for a no deal Brexit, is offering guidance to universities up and down

the country on how to minimise the impact on students.

There is a great deal of uncertainty surrounding the continuation of the Erasmus programme at Bangor University, or at any university within the UK; Brussels has previously stated that Britain's exit from the EU may cut the number of destinations available to students, alongside reducing the number of students able to participate. In 2015, 40,000 British students travelled to study in other EU countries, a number which is likely to decrease in the coming years; Erasmus student network President Joan Pinto stated: "It is going to be hard to keep the framework of Erasmus if we become not part of the EU."

Representing the Russell Group, Gail Armistead stated that while the UK government has provided some reassurance on the issue of funding, the potential of a no-deal scenario is posing questions about students already overseas on Erasmus programs: "We have students who started courses in September who are planning to be in Europe in 2020/21. We are trying to reassure students that we will continue to support them and deliver the experiences they are anticipating, but greater clarity on how the funding would work would be hugely beneficial." To lose the Erasmus scheme and the opportunities it provides would be a great shame for the students of Bangor and for all students across the country. In this time of uncertainty, we can only hope for a positive outcome – the rest is, unfortunately, a waiting game.





## MP OPINION

# OPINION: In The Midst Of Brexit Chaos, Democracy Is Our Only Hope



**HYWEL  
WILLIAMS  
MP**

Hywel Williams is a Welsh politician and Plaid Cymru Member of Parliament for Arfon. He previously represented Caernarfon.

He studied Psychology at the University of Wales, Cardiff before qualifying as a social worker at the University of Wales, Bangor in 1977/78.

Williams assumed office in June 2001 and had a majority of 92% in 2017 General Election.

**What about trade deals? What about universities? What about co-operation on research and development? What about defence and security and co-operation on foreign policy? And what about money?!**

by **HYWEL WILLIAMS MP**

**M**rs May's Brexit (inevitably) staggers on with no end in sight. Most people are bored, impatient or just mystified by the whole thing. But what most of the media fail to mention is that this is just the start of the process. At present we are only negotiating getting through the exit. Then there will be endless negotiations about our 'future relationship'.

This has been touched on in the recent negotiations. But all we have so far are a few sketchy pages pledging conditional positive regard. What about trade deals? What about universities? What about co-operation on research and development? What about defence and security and co-operation on foreign policy? And what about money? All still to be discussed and agreed

upon in full.

And what about the (in)famous Irish backstop. For what our media also forget to mention is that is a British backstop. It is our British negotiators, not the EU, who came up with the present form. And at the time of writing we have provided no alternative as a basis for negotiation.

In fact our spies tell us that all that has been achieved so far is an agreement to 'set up a work group'. This has the 'aim' of ensuring that a backstop is not needed, even if a full future relationship is not in place when we finally leave. That's not a lot to show for all the frenzied activity over the last few weeks.

I won't go into more detail or I might have to go and lie down in a darkened room for a while.

But I have to point out that this month we are supposed to have a final 'mean-

ingful vote' on the Withdrawal Agreement in the House of Commons. We might then have further important votes, for example ruling out crashing out of the EU with no deal. We might also vote on extending the two year period of notice of leaving that we gave the EU (the Article 50 period).

Mrs May has said that she would contemplate a short extension, say of three months, and the EU seem willing. So the famous time and date of our exit, March 29th at 11.00 pm our time (12.00 theirs!) may not happen anyway.

For myself, and for what it's worth, I proposed a longer extension in a speech in the House the other day. We have already agreed what's called a 'transition period' of two years after exit, whilst we get the details straight. Why not stay in for that period? This would mean that we were still members, still 'rule mak-

ers' not 'rule takers' as the other side love to put it. There would be no need for a backstop in Ireland as we would still be members on the same terms. And most people would be relieved if not impressed that he heat had been taken out of the whole thing.

Brexiteers would hate it of course, particularly Brexiteers on the extreme right. But, hey-ho, the government hasn't exactly covered itself in glory during the current two year negotiation. In fact, talking (traitorously!) to other European politicians, all I hear is that they think a) we're bonkers for leaving b) we will all catch cold, but the UK will get pneumonia c) on present form we couldn't negotiate our way out of a paper sack.

I don't expect Mrs May to take this option straight away. But then again she may have no choice. For I haven't gone

into the convolutions, the proposed deals, fixes and wheezes, the backstabbing, let alone the frontstabbing, within both the Conservative and Labour parties. And I haven't touched on the Independent group of defectors, the turmoil in northern Irish politics where there is no sitting devolved government, and the real prospect of a further Scottish independence referendum. And to cap it all, what about the safety of Mrs May's own position, the shift in the opinion polls and another general election?

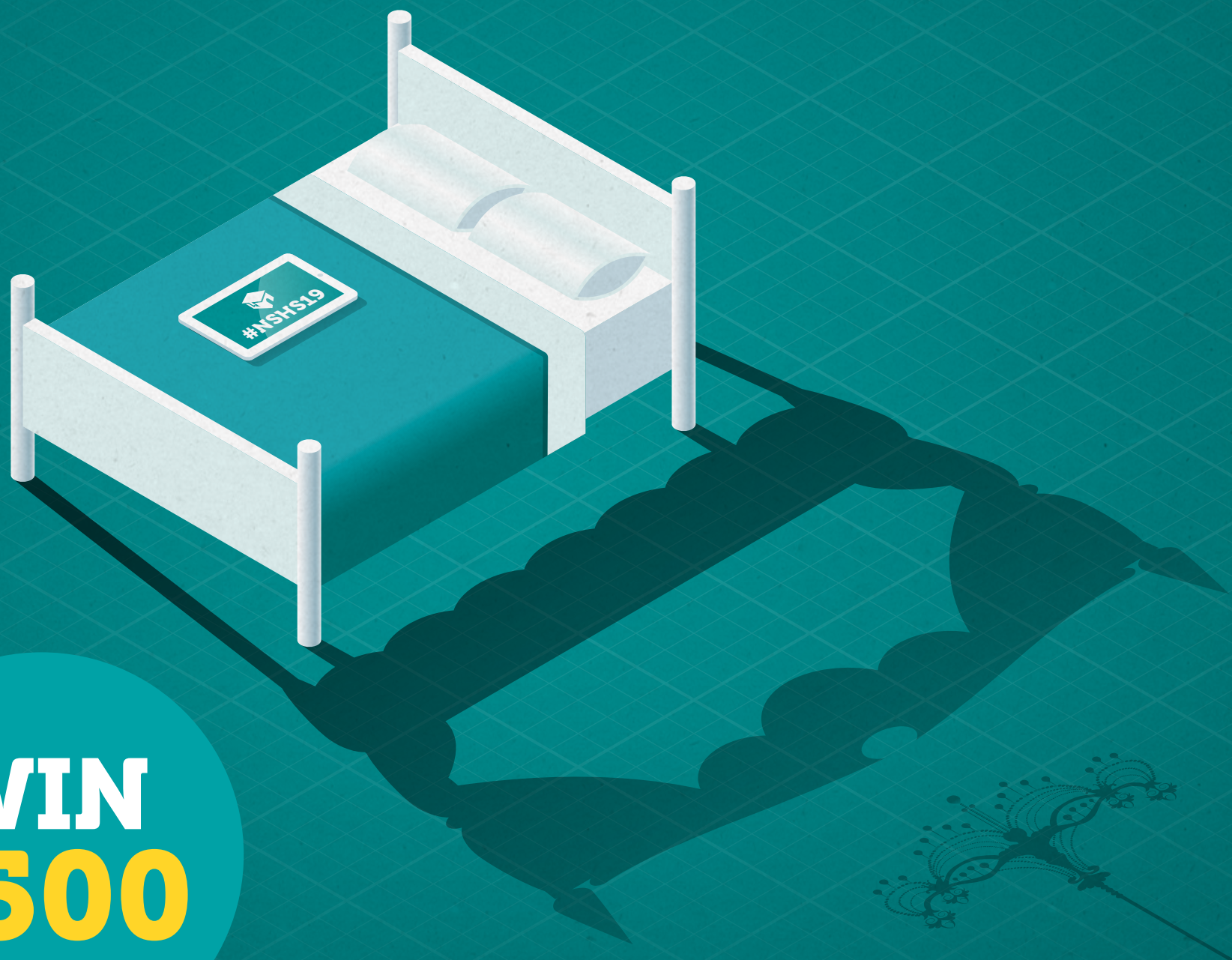
A previous Conservative Prime Minister, Harold Macmillan was once asked, what was the most difficult thing he had to deal with whilst in Office. Wistfully he murmured 'Events, dear boy, events.'

Events might still get her.



# IMPROVE YOUR

# ACCOMMODATION



**WIN**  
**£500**

Take the  
survey now.

[www.StudentHousingSurvey.co.uk](http://www.StudentHousingSurvey.co.uk)



NATIONAL STUDENT  
HOUSING SURVEY



## SCIENCE

## IN BRIEF

## Do We Really Need Sleep?

by CHARLOTTE BILSBY

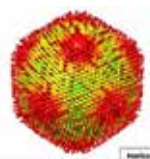
IT'S here, it's dissertation season for a large proportion of the Bangor student population. As the deadlines approach more and more of us consider pulling all-nighters, and some of us may have decided to give up sleep all together. But is this actually plausible? For years scientists have been on the hunt for an animal that doesn't sleep at all and whether it's ever going to be possible for humans to also achieve this. The common Fruit fly sleeps for approximately 300 minutes a day (5 hours), researchers earlier this month decided to reduce this amount of sleep by 96% and monitor the effects, surprisingly there was no premature deaths in the flies and when compared to the control they were relatively normal. So, this once again poses the question, is sleep actually necessary?

## Volcanoes Vs Asteroids



WHO did it? Who killed off the Dinosaurs?? As by special request by Paige Brooks we dive deep into environmental conspiracies in an attempt to determine who was the real villain behind the extinction of the Dinosaurs. Research from the University of California has recently revealed that the Asteroid that killed off the dinosaurs likely reignited various Indian Volcanoes approximately 66 million years ago. Scientists are arguing that the coincident catastrophes likely delivered a big blow to the life on Earth. Volcano eruptions will release a lot of toxic gases, that will both warm and cool the planet, however the impact from the asteroid will also send dust into the atmosphere and in turn would block the sunlight and cool the earth. Both the environmental impacts of both are similar, however both will occur over different time scales which result in differences in the severity of the effect. So, in conclusion, like most likely suspect of dinosaur extinction cannot be identified until the severity of both events is fully understood.

## Microbe of the Month: Medusa Virus



A recently discovered virus turns its host into stone. However, not to be alarmed the hosts of this virus are Amoebas, a unicellular organism from the kingdom Protozoa. The bizarre virus was found in the murky waters of a hot spring in Japan. The Medusavirus belongs to a group known as "giant viruses", which are renowned for having exceptionally large genomes when compared to most other viruses. When in a laboratory setting, the virus seemed to cause the Amoebas to form an outer stone-like shell and enter a dormant state. Luckily, this type of virus has not been found to affect humans, for now.

## Is The Pine Marten Really The Perfect Predator?



by ELLA DALY

After years of indecision surrounding how to tackle the UK's grey squirrel problem, pine martens are an increasingly popular ecologically-based solution to manage the invasive species. Pine martens, whose British populations have long suffered, are currently being considered for re-introduction in more locations in the UK following recent releases in mid-Wales. The mustelid has been courted by the media and conservationists as a 'perfect predator' that preferentially hunts grey squirrels

and leaves the beloved red squirrel alone.

This optimism stems from research in Scotland and Ireland which has shown that the presence of pine martens is associated with population declines for grey squirrels and rises for reds. Unfortunately, findings in ecology and conservation are rarely so simple or universal. Further research on pine martens in Scotland and other parts of Europe has shown that the red squirrel can be up to 53% of the pine marten's diet. Further compounding the uncertainty, it's also not fully known why grey squirrel populations decline in the presence of



pine martens or if this phenomenon is geographically universal. The actual efficacy of releasing pine martens for grey squirrel control isn't the only concern here.

As with any intentional species introduction or eradication, unintended consequences are a near certainty. Pine martens have been an issue to the point of lethal intervention because of their predation on ecologically important seabirds. They also interfere with poultry and game birds, which may cause economic losses and lead some farmers or gamekeepers to deal with pine martens by any means necessary.

Their presence may also interfere with the conservation or re-introduction of other struggling species they prey upon. No re-introduction is guaranteed to have all desired effects, but the effects of this one are especially uncertain given the anthropogenic simplification of many ecosystems in the UK. As Bangor University's Craig Shuttleworth discusses in a recent article published on The Conversation, pine martens will need to be adaptively managed as they inevitably spread throughout the UK and shouldn't be depended on as the only hope for red squirrel conservation

## Socio-Economics Vs Coral Reefs



Marine Biologists global work to save the world's coral reefs has drawn attention to the fact that the reefs are being increasingly affected by human activity. This has led for such scientists to push for the inclusion of the assessment of the effects of non-direct activities, such as activities occurring in markets or cities.

Writing in a special issue of Functional Ecology, "Coral reef functional ecology in the Anthropocene", and using coral reefs as an example, the scientists call for the inclusion of socio-economic activity into account when predicting future ecosystem responses of coral reefs.

This is in contrast to previous approaches which focused on the local human impacts such as fishing, and nutrient run-offs from agriculture, or

the sedimentation as a result of coastal developments. The new proposition pushes for models to include the effect of economic or demographic activity in distant markets, through increases in global CO2 levels, global demands for fish or tourist numbers.

Dr. Gareth Williams, School of Ocean Sciences and lead author of the paper and guest editor of the special edition explains: "Measuring only local effects such as fishing is missing the wider picture. In fact, there are complex socio-economic drivers that ultimately dictate fishing levels on a reef, drivers such as trade, consumer demands, distance to markets and human migration. We need to work to understand how these global human activities are linked to local-scale effects such as fishing, and how they interact across scales."

## When Did The Kangaroo Begin To Hop?



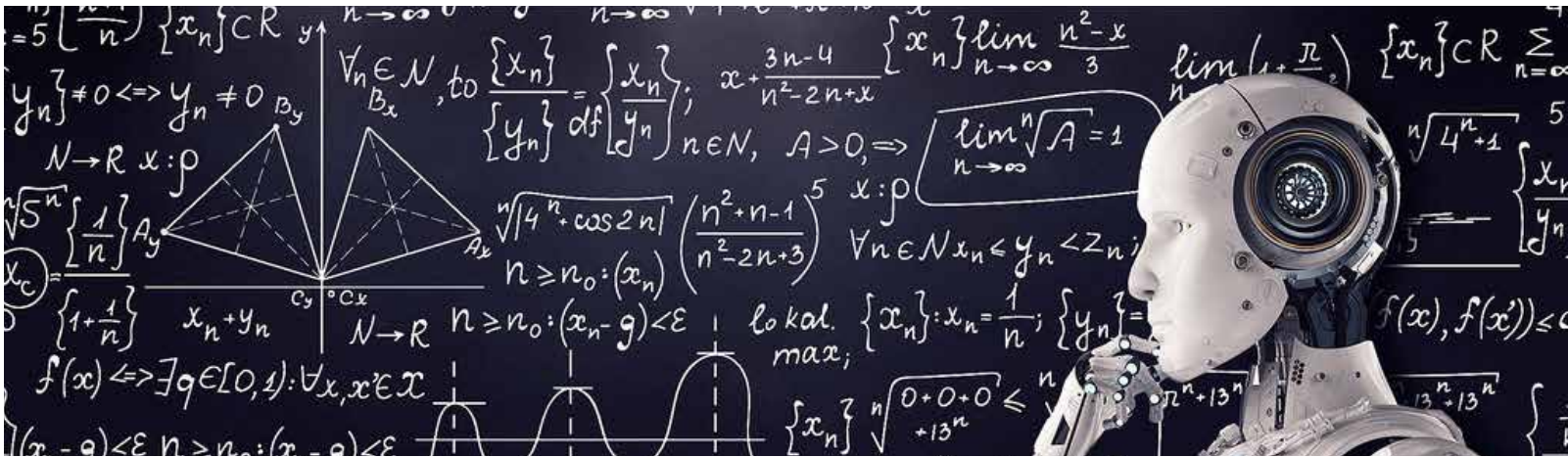
by CHARLOTTE BILSBY

According to recent research into newly discovered fossils, the origin of the Kangaroo's iconic hop dates back to 20 million years ago. Living Kangaroos are the only large mammals that use hopping on two legs as their main form of locomotion. The extinct cousins of Kangaroos could also hop, but also used all four legs to move and climb trees. The Kangaroo

fossils were found at Riversleigh in Queensland, Australia. The site provided scientists with the first insight into the evolution of marsupials in Australasia. Previously it has been thought that kangaroos evolved the ability to hop to take advantage of a change in climate, which caused drier conditions and wider spread of grasslands. However, this evidence suggests that the kangaroo has been able to hop for much longer.



# The Robots Are Coming



The new collaboration between Bangor, Swansea, Aberystwyth, Cardiff and Bristol universities are set to make the UK leaders in research of the global phenomenon, Artificial Intelligence. A new generation of PhD students will be using AI technology in order to improve health care, tackle climate change and generate new commercial opportunities.

Bold claims you may be thinking. We've had a further look at how they will be attempting to achieve this.

Firstly, the collaboration has received £100m investment from the UK Research and Innovation. This will help fund the research and reduce financial limitations. The PhD students

will also be trained at 16 new Centres for Doctoral Training based at 14 UK universities with 300 "big" partners from Google to Rolls-Royce. These partners are investing approximately £78 million in cash and the partner universities are committing a further £23 million, meaning that this project will receive around £200 million, in total.

The students from Bangor will be joining the Swansea Centre for Doctoral Training. Professor Jonathan Roberts, School of Computer Science and Electronics, is the academic leader of the project for Bangor University and has commented: "We are delighted to be working with Swansea, Aberystwyth,

Cardiff and Bristol universities. This collaboration will help to develop the next generation of researchers in the areas of AI, machine learning and advanced computing." He also added: "Bangor has a long history of research and teaching in Graphics, Visualisation, Artificial Intelligence, and Data Science. From our undergraduate programmes in Computer Science, that include modules in each of these topics, to our dedicated Master's programmes in Visualisation and AI, and our new Data Science advanced computing Masters programme"

Professor John Turner, Dean of Postgraduate Research at Bangor highlighted that: "This CDT is aligned

with Bangor University's long term postgraduate research strategy to increase research student numbers. The CDT fits well with our wider University strategy to invest in interdisciplinary and applied research, and business engagement."

This collaboration and investment will sustain a pipeline of talent and ensure that the UK remains at the forefront of emerging technologies. And, that AI has the potential to further transform the way we work and live, allowing complex tasks to be completed quickly and useful insights to be gleaned from large quantities of information. The involvement of Bangor University in this research is an exciting period.

## IN BRIEF

### New Research Puts North Wales At Forefront Of Understanding Life In Soil



by ELLA DALY

RESEARCH conducted by Bangor University student Paul George just published in Nature Communications sheds light on how soil organisms are spread throughout the landscape. He, along with fellow researchers from Prof. Davey Jones' and Dr. David Robinson's labs, found that a higher variety and number of microbes in agricultural soils than in other land use types like forests, bogs, and conservation areas. This came as a surprise to researchers, who speculate that the properties of soils chosen for agriculture are better able to support more biologically diverse soil biota. Understanding the distribution of soil organisms is vital as they account for 25% of global biodiversity and are key to many environmental processes

# Potential For Daffodils To Reduce Methane Emissions



by JULIET CLARKSON

Extracts from daffodils, Wales' national flower, can be used as an antimicrobial agent on the digestive systems of livestock, according to a study published in Scientific Reports.

The effect of this treatment is to alter the digestion in the rumen of cattle and sheep, which can, in turn, improve growth and yield while reducing methane emissions. Drs Paddy Murphy of Bangor University and Eva Ramos-Morales of Scotland's Rural College, among others, conducted this study using a variety of compounds to treat plant extracts. Slight changes in the chemical structure of a bioactive com-

pound found in plants of the Amaryllidaceae family made a significant difference in the fermentation in the rumen, the first stomach of cattle and sheep. Daffodils, along with amaryllis and snowdrops, belong to the subfamily Amaryllidoideae of the Amaryllidaceae family. This research is working towards closing a knowledge gap in the research related to using plant extracts for animal agriculture. As noted in this study, the research outcomes in this field have been widely varied due to the lack of standardization in the research methods. Their hypothesis, that small changes in structure can significantly affect microbial activity in the rumen, was ultimately proved in this study.

Methane from animal agriculture contributes significantly to greenhouse gas emissions and climate change. However, new technology and research is underway to either reduce these emissions or mitigate their effect. Alongside other alternative methods, like feeding seaweed to cows, using plant extracts to change the digestion patterns can reduce methane emissions from cow and sheep burps. Methane, like carbon dioxide, contributes to the greenhouse effect where warmth from the sun is trapped in the Earth's atmosphere. Although methane is less abundant in the atmosphere than carbon dioxide, it has a much greater propensity for warming. In this study, the various treatments

had a range of effects on methane emissions; however, most of them stopped the methane production during rumination almost completely. With more research, use of plant extracts from daffodils could be used commercially to significantly reduce methane emissions from animal agriculture.

The study, published just a week before Saint David's Day, provides another potential commercial use for daffodils. Besides their sale before Saint David's Day, daffodils are grown in Mid-Wales to produce a compound used to treat Alzheimer disease. Newfound uses for plant extracts can bring the national flower of Wales to the forefront of scientific research.

### Seals With Eels Up Their Noses



by CHARLOTTE BILSBY

THE Hawaiian Monk seal keeps getting eels stuck up their noses and no one knows why. Though the occurrence of eels being found up seals noses is humorous, it is in fact a rare freak of nature. Over the past decade only four cases of eel-nose have been recorded by the National Oceanic and Atmospheric Administration. However, recorded cases are becoming more frequent in recent years. Currently, it is proposed that the Seals get the eels stuck up their noses due to their feeding strategy. Seals will often use their nose to 'sniff' around reefs in the search of food and it is quite likely a panicked eel may swim on up their snout. Most cases of seals with eels up their noses are juveniles so it can be also pinned on their inexperience in hunting. Let's hope these Seals learn their lesson and the eels stay clear of their nasal cavities.



## SCIENCE

## IN BRIEF

## Secret Plastic Products Chewing Gum



It's hard to believe that something we optionally place into our mouths is made out of plastic, but here it is, chewing gum consists of a large amount of plastic. Often manufacturers will leave this off of the label as it's not the most appealing, but the plastic product is often listed on the label as "gum base". Most gum bases will include polyethylene, a plastic that's used to make plastic bottles and plastic bags. Gum bases also tend to contain polyisobutylene, this is literally the rubber used to make the inner tube of tyres. Truly appetising.

## Glitter



Yes, yes, I'm sure it's essential to your outfit for your night at cube, but that glitter gel that's going into your hair is often ending up in our environment by the end of the night. Glitter is considered a microplastic and is often made out of PET. The world has gone insane over microplastics in our environment, so why not help out to the movement against them and make 2019 a glitter free year.

## Tea Bags



It couldn't get any worse for a Brit, than being told that your morning brew is contributing to globally damaging pollution. But unfortunately, it's true. Many big branded tea bags will contain plastic. It's not the bag itself but more so the sealant used to keep the bags closed. The tea bag is sealed using polyethylene, a plastic product that will not breakdown in the compost.



# Microplastic Pollution Widespread Across The UK

New research undertaken by Bangor University and Friends of the Earth has found microplastic pollution in some of the UK's most iconic rivers and lakes. The study, supposedly the first of its kind, looked at ten sites across the UK. The sites included the Lake District, Loch Lomond and Trossachs National Park, a wetland and a Welsh reservoir. Unfortunately, microplastics were found to be present in all of them.

Dr Christian Dunn, School of Natural Sciences, Bangor University, states that the findings suggest that microplastic should be considered as an emergent contaminant and that consistent, routine monitoring of all UK waters must take place. Friends of the Earth, an environmental campaigning

community, are urging local MPs to support and push for new legislation to phase out plastic pollution within 25 years, including an end to non-essential single-use plastic by 2025.

Using a fluorescence lighting system, researchers were able to identify and count microplastic pollutants, which are less than 5mm in size, per liter of water. Such pieces include plastic fragments, fibers, and film. The preliminary findings revealed microplastic pollution levels ranging from over 1,000 pieces of plastic per litre in the river Tame in Greater Manchester to 2.4 pieces per litre in Loch Lomond.

Last year, a report by Eunomia for Friends of the Earth, estimated that huge quantities of microplastic pollution are entering UK waterways

from a number of sources every year. The key sources of pollution include car tyres (7,000-19,000 tonnes), clothing (150-2,900 tonnes), plastic pellets used to make plastic items (200-5,900 tonnes) and paints on buildings and road markings (1,400-3,700 tonnes).

Both Friends of the Earth and Dr Christian Dunn say further work is now essential to fully investigate any health risks from microplastics – to humans and ecosystems – so that "safe" levels can be ascertained, and removal and mitigation processes can be put in place.

The waterways surveyed yielded interesting results, with the River Thames (London) having 84.1 pieces of plastic per litre of water, Llyn Cefni (Anglesey, Wales) having 43.2 pieces of

plastic per litre of water and the River Tame (Tameside, Greater Manchester) having over more than 1,000 pieces of plastic per litre of water. Dr Christian Dunn, of Bangor University, commented: "It was more than a little startling to discover microplastics were present in even the most remote sites we tested and quite depressing they were there in some of our country's most iconic locations. I'm sure Wordsworth would not be happy to discover his beloved Ullswater in the Lake District was polluted with plastic." He also added: "These initial findings, from our team at Bangor University with Friends of the Earth, show that we have to start taking the issue of plastic in our inland waters seriously."

## Plastic In Your Poo



by CHARLOTTE BILSBY

As I'm sure most of you are aware, plastic is a problem. We have so much of it and we can't get rid of it (yet). Approximately eight million tons of plastic enter our oceans every year. Once within the ocean these pieces of plastic, if they don't reappear back on shore, will break down into microplastics. The fate of these plastics is still unknown, some end up into a giant plastic island off of the coast of Alaska, whereas others end up in the stomachs of marine life, which in turn are then ingested by other animals such as birds or even humans.

The invasion of microplastics into complex food webs has caused concern for both ecologists and gastroenterologists. If microplastics have become a significant part of our food web it is highly likely that we are consuming large amounts of them, which can have adverse effects on our stomachs and intestines. At the end of 2018, at the annual United European Gastroenterology meeting, researchers

announced that they have detected microplastics in stool samples from every individual participant within the study. These individuals were from 8 different countries; Austria, Italy, Finland, Japan, the Netherlands, Poland, Russia, and the UK. So not even our small island is safe. On average each sample had 20 particles of microplastic per quarter pound of poo.

The most concerning aspect of this study is more commonly now that wherever scientists look for microplastics they seem to find them. The question that still puzzles researchers is how did these microplastics end up in our faeces. Yes, the proposition of microplastics invading food webs which involve us being at the apex fits well but what is even more alarming is the fact that traces of microplastics have now been found in table salt and even beer, so really there's no escaping them. The researchers plan to expand this study including more participants to gain a real scope of how microplastics are affecting human diets.

## How To Reduce Your Plastic Footprint



If the following articles have spurred you into lowering your plastic use, like it has us, we reached out to Dev Alkins and Harry Riley, coordinators of Plastic Free Bangor, to give you some top advice on how to lower your plastic footprint, in order to reach their goal of a plastic free Bangor.

Reducing your dependency on single use plastic is more important than ever. There are a few ways you can live a more sustainable plastic free lifestyle!

Get yourself a reusable mug for hot drinks, most coffee shops offer a discount too!

Buy a metal straw! The UK and US use 500m a day!

Support local businesses by not taking unnecessary plastic!

Take part in 2 min Beach cleans whenever you go to the beach and get involved with your local plastic scheme, such as Plastic Free Bangor!



# Photographic Society: March Picks

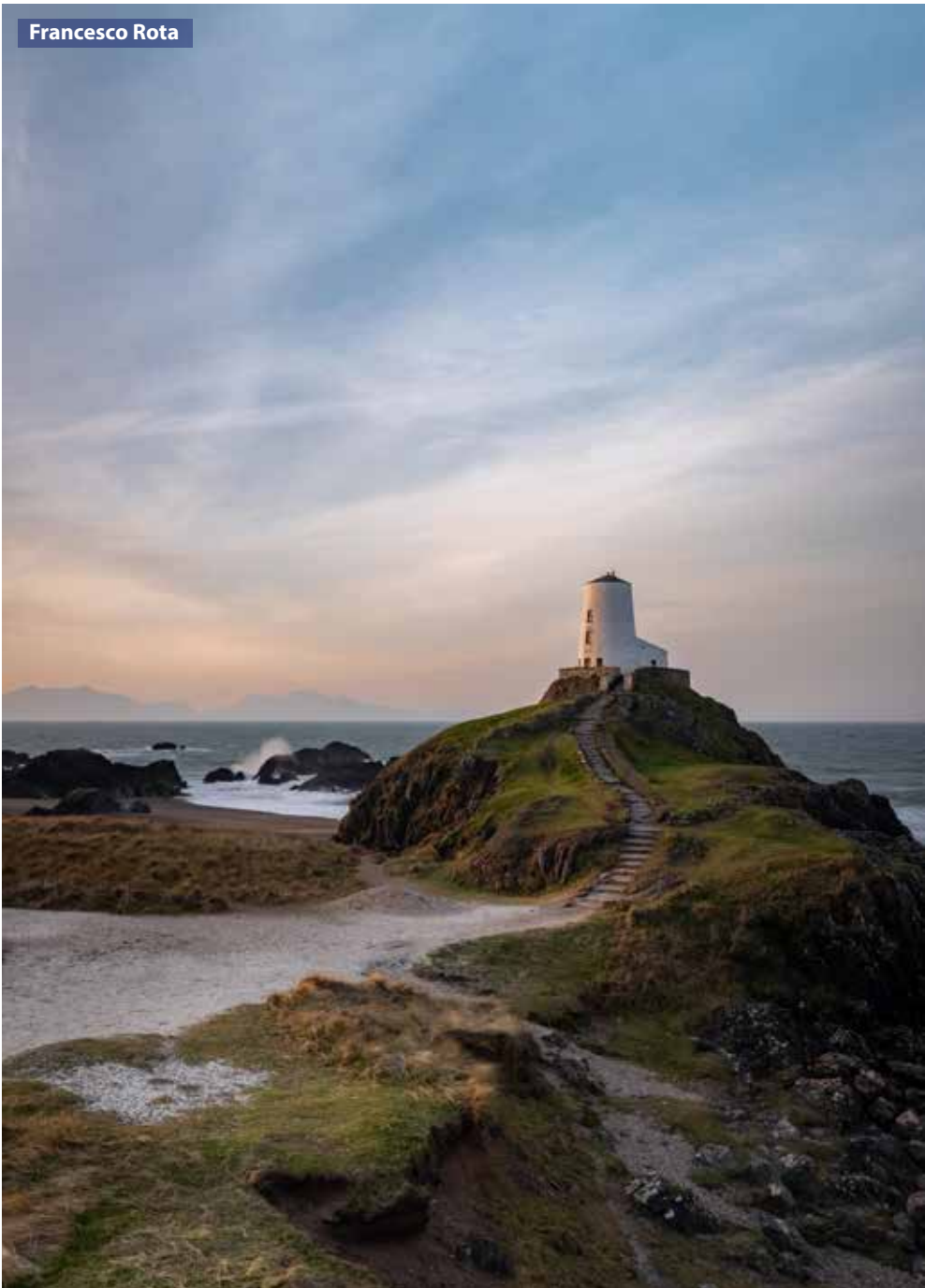
Fergus Elliott



Fergus Elliott



Francesco Rota



Francesco Rota





# ENVIRONMENT

**"Keep close to Nature's heart... and break clear away, once in awhile, and climb a mountain or spend a week in the woods. Wash your spirit clean."**

**- John Muir**

**"In this world we walk on the roof of hell, gazing at flowers."**

**- Kobayashi Issa**

**"Live in each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influence of each."**

**- Henry David Thoreau**

**"Nature never hurries: atom by atom, little by little, she achieves her work. The lesson one learns from yachting or planting is the manners of Nature; patience with the delays of wind and sun, delays of the seasons, bad weather, excess or lack of water."**

**- Ralph Waldo Emerson**

**"You can cut all the flowers but you cannot keep Spring from coming."**

**- Pablo Neruda**

## NRW Restructuring: How Will It Affect Environmental Safeguarding?



**Cyfoeth  
Naturiol  
Cymru  
Natural  
Resources  
Wales**



Photo: NRW

A recent report has been leaked through the BBC expressing concerns from Natural Resources Wales staff regarding how internal restructuring may affect their ability to protect the environment.

by ANNA RAY

Formed in 2013 from three separate organisations, Natural Resources Wales (NRW) are one of the largest government sponsored organisations in Wales. Their role is essentially to protect the environment and their responsibilities span from advising the Welsh government to educating the general public to implementing flood control measures. Imperative to the proper functioning of ecosystems, NRW also bears responsibility for monitoring water quality and biodiversity along with numerous other responsibilities essential to maintaining the beauty of the Welsh natural environment.

The restructuring will, of course, result in job losses though the primary objective is to reorganise and create teams of professionals from all environmental backgrounds to tackle the challenges ahead. The staff at NRW are mainly concerned that the suggested reshuffle will result in an organisation with less specialists and more general coverage of areas ie 'jack of all trades, master of none'.

The most recent document released by NRW regarding the restructuring claims that staff concerns have been taken in to account, and areas of complaint such as flood risk have been altered according to staff feedback. Unfortunately, even the chief execu-

tive, Claire Pillman, admitted that staff morale is low although is clear that she views the actions proposed as necessary for the organisation to move forward: "It's now my responsibility to get a good structure that we can afford and delivers against our legislative requirements."

Restructuring is not the only problem NRW has had to face in recent times, with news of the 'Timber Scandal' surfacing from an audit report in 2017. The scandal involved multi-million pound deals handed to only 3 Welsh timber companies with disregard to competition ie. the sales were offered up into the open market. It has been claimed that problems arose due to 'incompe-

tence, not corruption', though it has resulted in severe damage to NRW's reputation.

The Welsh government's budget towards NRW (2017-18) was £118 million, which has been proposed as entirely sufficient to ensure the functioning of the organisation. However, Llyr Gruffydd, Environmental Spokesman for Plaid Cymru suggests that without further funding, NRW would "grind to a dysfunctional halt".

The importance of NRW for the environmental safeguarding of Wales cannot be underestimated and any threat to the internal workings of the organisation is a threat to the surrounding environment that we cherish.

## World Breakthrough: Scientists Turn CO2 Back Into Coal



Photo: Indiamart

A discovery we should all be excited about: Scientists have found a way of turning CO2 back in to solid coal at room temperature, a promising technological innovation for climate change mitigation.

by ANNA RAY

It was in Melbourne that it first happened, the RMIT university research team deciphered a way of capturing the Carbon using liquid metal hydrolysis to create solid coal flakes. The novel discovery was first published in Nature Communications and has been hailed as a permanent way

to remove the CO2 provoking climatic warming.

The more one studies energy generation in depth, the more one comes to realise how reliant individuals are on external sources for their basic comforts. Every time a room is warmed or hot water boiled, there is no escaping the fact that the use of that energy has great consequences to the wider world. Yet, no individual is held accountable.

Governments bear the brunt of ensuring energy security.

Carbon capture and storage has been key on the agenda of scientific research since the discovery that CO2 causes global warming. Fossil fuels (coal, oil, natural gas) remain an essential part of our energy mix, with the huge advantage of being able to respond to changes in energy demand. Renewables, though use is steadily

rising, are not currently at the capacity to provide a baseline energy, largely due to intermittent supply (ie wind, solar). Therefore, scientists have even been searching for solutions.

Further research is still required. However, the promising innovation has shown the power of Science and given a new hope for our future, and that of the next generations.



# The Planetary Health Diet: Can We Feed 10 Billion?



by ANNA RAY

A balance is required. Currently higher levels of health, diminishing infant mortality rates and decreases in global poverty interplay with detrimental transitions towards unhealthy, highly calorific diets leading to many other physical (and mental) health problems. A tenuous debate has been carried out for some years regarding dietary consumption patterns and how we can care for the planet, while sustaining ourselves.

The list (below) has been produced through the EAT-Lancet Commission on Food, Planet and Health:

1. Nuts - 50g a day
2. Beans, chickpeas, lentils and other legumes - 75g a day
3. Fish - 28g a day
4. Eggs - 13g a day (so one and a bit a week)
5. Meat - 14g a day of red meat and 29g a day of chicken
6. Carbs - whole grains like bread and

rice 232g a day and 50g a day of starchy vegetables

7. Dairy - 250g - the equivalent of one glass of milk
8. Vegetables - (300g) and fruit (200g)

The commission brings together studies of health diets and the scientific targets that would create a sustainable food/agricultural system. It aims to ensure sufficient human and planetary health – as we all know that these aspects go hand in hand. These suggestions are based upon the question: “can we feed 10 billion?”

Living in a Western society, I would say that the change most definitely needs to be systematic and large co-operations must act if we are to move on to a more positive global trajectory. In combination with this view, I also hold to the idea that little people make up those big co-operation’s and that every person must begin to take full responsibility for the ill-effects of their individual choices.

## OPINION: The Vegan



by ANNA RAY

Veganism is becoming more mainstream. The latest statistics from the Vegan Society state that the number of Vegans in the U.K. has risen from 150,000 in 2006 to over 540,000 in just 10 years later. It has also been stated that moving towards a plant-based diet cuts land-use by 76% in comparison to meat diets. It would seem that Veganism promotes an all-round win for the planet, but how can we take that one step further?

Living as a strict vegan for some years, I found myself wrapped in an all pervading definition of what I thought it was to live morally and to be kind to the planet. From personal experience, I find

the vegan label an easy way to avoid responsibility for other choices that may not, in reality, be so environmental friendly. For example, I’ve never had a problem switching to dairy-free foods though consideration of deforestation for soya milk was not on my agenda. I would continue to buy meat substitutes with high Carbon Footprints and fob it off as acceptable, being ‘better than eating meat’. To be fair, it probably is. However, this does not take away from the harm my actions cause which could be avoided if I were to buy more locally produced and less processed foods.

One of my major behaviour changes was to avoid the dreaded Tetrapack: packaging that consumes high amounts of energy to both manufacture and recycle. Most vegan milk substitutes

are packaged in Tetrapack - extremely non-environmentally friendly containers in the world. My plastic packaging consumptions is still high ... mainly for goods such as salad leaves and spinach. I’m still not sure what to do about that.

I still believe that to alleviate or at least avoid contributing to the suffering of other beings is an important aspect of our personal decisions and that compassion should be practiced wherever possible, after all, animals have the same physical components as us that enable them to feel pain. However, I am also understanding as to why people eat meat and, after many conversations, realise that it is mostly habitual. I’ve often heard people say ... ‘yeah... but bacon..’, to which I have no adequate response. Really, if the meat is well sourced and

you are conscious of your consumption, by all means eat meat.

My suggestion is to begin to be conscious, to consider what you are eating. Cutting down consumption and sourcing responsibly is a major plus. And for the vegans out there, I know that veganism is hugely important and allows people to make positive lifestyle choices but we must be careful not to fall into a game of blame and hypocrisy. Every person has to choose to make the best decisions with themselves according to personal circumstances and their own inner integrity.

It is imperative that we take the time to assess our choices and begin to take individual responsibility. Even a small step back could result in a different kind of view.

# Bangor Researchers On Paddy Emissions In China

Aquaculture in China may be a hidden source of Methane emissions according to Bangor experts



Photo: J Staff

by ANNA RAY

Aquaculture promises to feed an ever-growing population, replacing the ‘poor-man’s protein’ - rice - with fish protein. However, the conversion from rice paddies to create aquaculture environments is having far reaching and unintended consequence for global warming.

Researchers across the globe have been focusing their efforts towards understanding how anthropogenic actions affect the quantities of GHGs in the atmosphere. Key to understanding

the underlying mechanisms of emissions are the microbial interactions inherent in soil processes.

“Paddy fields produce huge quantities of methane when decaying plant material is broken down by microbes called methanogens in the oxygen-free waterlogged paddy soils. But in the aquaculture ponds that are replacing the paddy fields, vast quantities of food are added to feed the crabs and fish that are being grown in them, and that massively increases the amount of rotting material for the methanogens to produce even

more methane.”

There are ways of reducing the amount of Methane produced from these areas, namely aeration of the fields: this is an aspect of the studies that promises hope. However, applying these types of technology in rural areas of China can be considered a barrier to lowering emissions.

“We have known for some time that rice paddies were bad for global warming. But the realisation that there’s a “hidden” new source of problems is taking these threats to whole new level.”

## IN BRIEF

### Cardiff School Climate Change Protest

Last February, thousands of students across the U.K. took part in the climate change strikes and hundreds were present in Cardiff in an attempt to force government action on Climate change.

Since the publicity surrounding Great Thunberg, leaving school every Friday to protest outside the Swedish Parliament, thousands of students across the world have been encouraged to take action to insight government action on Climate Change.

This brings hope, that the new generation are willing to move in order to mitigate the very real threats of a warming world.

### From Waste To Roads

A new factory has been opened in Scotland, marking the innovation or turning plastic to good use. Most people have seen Blue Planet, which appeared to spark an international movement towards less plastic consumption and more appropriate ways to ‘reduce, reuse and recycle’. Follow the waste hierarchy (see below).

Funnily enough, the nature of plastic that makes it such a huge global issue, is what also makes it being useful for application on roads: durability. The combination of durability and flexibility contribute to functions of circular economy whilst also potentially increasing the life-span of the road.

The factory is hoping to expand, having already the potential for two factories in Europe. And with claims that 1 km of road lain will use around 684,000 bottles, who wouldn’t want to invest?

### Farm Nightmare



Animal rights group, Surge, had set up a camera on Buckinghamshire Dairy Farm and revealed disturbing footage to the RSPCA showing cows being beaten and force fed. The animal rights abuse was clear and RSPCA national media manager states that the farm ‘may breach welfare legislation’. No comment has been made to media outlets from the farm itself.



## COMMENT

# Invest In Yourself: Explore Your Creativity!



by **SIMRAN PRASAD**

It's pretty eye-opening to take a step back and think about what you do during your time at University. Even the smallest of hobbies may not seem significant as you start, but as you begin to include that hobby into your daily routine, you begin to realise the time allotment, dedication and commitment you put in toward that particular hobby.

I recently looked back on societies I've joined, volunteering activities I've done, and hobbies that I continue to participate and realised that I've

hardly done anything spontaneous or creative!

Life at University tends to be monotonous, and it is so easy to get caught up in the daily routine that never changes, however, one thing I've realised from my experience, is that putting yourself out there to try out new and exciting hobbies makes life at University exciting! You value the hobbies you're used to more than you did in the past, and through the experimentation with new hobbies, you unlock the creative potential you have which leads to so many opportunities! I recently felt the monotony,

and in an attempt to try something different, I signed up for an exciting Welsh-Dancing(Twmpath) session with the International Office.

Before attending the session, I expected that it would serve as a good break from assignments, and I would enjoy the little break and feel wholly rejuvenated to head back to getting work done, but it was so much more than that! The session was completely different to what I expected, and the couple hours spent toward it made me understand that it meant much more than merely learning about the culture. I made a lot of new friends,

met people with similar interests and had an exciting experience that I'll look back on as a fond memory! Attending the Twmpath session spontaneously made me realise that I could take up other dance sessions and engage myself creatively in learning more about the Welsh culture in an attempt to do something different!

Through this experience and others, I've come to realise that spontaneity plays a key role when it comes to exploring your creative side! If you don't push yourself to engage with others and learn a new hobby, you'll be stuck in the monotony! Though people en-

joy a routine, you always need something different to look forward to from time to time, in order to cherish what you have and what you work towards!

After conversing with my friends about this, I've realised that I'm a little late to this revelation! Some friends of mine have started Yoga classes, while others have signed up to craft classes, jazz band and many more! So my advice to you, if you're like me and you're just realising the potential of your creativity: put yourself out there and be confident in your quest for spontaneity!

# Why I Started To Meditate



by **EMILY BROWN**

University life can be a balancing act; always having to juggle between uni work, jobs, friends, relationships, hobbies and domestic duties. I often find that I am always trying to make other people happy, whether that is my friends, my family or my lecturers.

Don't get me wrong there is nothing wrong with that; however recently I realised that when juggling between all these things, I wasn't making myself happy. How can I make other people smile if I'm not making myself smile? Don't get me wrong; everyone has fun when they're in the company

of their friends even if that's hanging out and watching a film or going for a night out in Cube or Academi.

If you're someone who is in a relationship, you may find yourself always worrying about your partner and not thinking about your feelings even if you don't intend to do this just because you care about them so much. The stress of deadlines, seminar preparation, presentations and exams can also have a significant effect on us too. Sometimes you need to take a breather and listen to your own body and mind. Listen to your individual needs rather than everyone else's.

As soon as you start making yourself happy you will make the other important people in your life happy too. For-

getting about our needs can unintentionally cause stress which affects the way we feel, think and behave, and this has a toll on our bodies. Stress can increase our chances of developing illnesses such as heart diseases and diabetes.

Stress is scary! It can also lead to cause depression, anxiety and disrupt our sleep patterns! After learning about the effects of stress, I decided to do something about my everyday university worries and manage them. I had heard about meditation but always just thought it was for hippies who lived in woodland retreats; I never thought I would start meditating or felt that I would be doing it right! After reading that just ten minutes of medi-

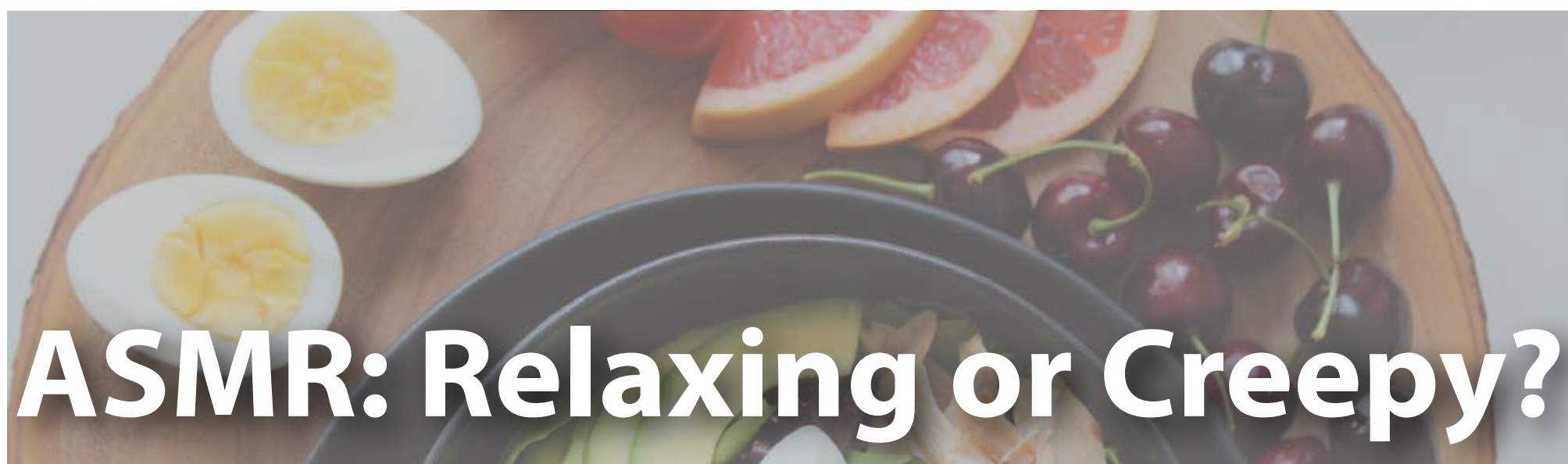
tation every day can control stress, decrease anxiety and reduce the risk of cardiovascular diseases, I thought 'why not try this out!' So I downloaded a meditation app, sat on my bed and started the mediation process. I quickly started to notice how many thoughts would enter my head while I was sat there. But it's not just while meditating you realise how much we think about other things.

Our brains constantly lose focus when doing most tasks. Trying to control these irrelevant thoughts and let our brains rest for a few minutes every day is what is important for our mental health. I don't think anybody will be able to start meditating for hours straight away as I think mediation is a

process of learning. But why not start taking some time out every day or even just once a week to allow your brain to rest and help manage any stress you may be going through at the moment?

Since starting meditating, I feel much more relaxed, calmer and have a much clearer mind. You can meditate anywhere! Well I mean perhaps in the middle of a lecture is not the best time to zone out but definitely at home, in the mornings, before bed, or in your work breaks! If you're someone who is reading this and are feeling a bit stressed or unhappy at the moment- give meditation a try!





by **ABI ROBINSON**

If you haven't heard of ASMR (which stands for Autonomous Sensory Meridian Response) where have you been? People from all over the world are jumping on board this relatively new phenomenon that is intended to help people relax and go to sleep. So, for those of you who don't know what ASMR is, it's a tingling sensation experienced around the head and the back of the neck in response to certain triggers such as whispering, tapping and slow hand movements.

Over the past few years, this new

concept has taken hold of streaming sites such as Youtube, where people from all around the world upload videos of themselves tapping on books, whispering into a microphone and eating crunchy food such as an apple in order to produce sounds that relax their viewer audience. Although this all sounds a bit bizarre, ASMR is a big hit with millions from across the globe, with many Youtube channels hitting the one million subscriber mark already! Gone are the days were people had to vlog their week to gain public attention, all they need now is a microphone and a bag of crisps.

That isn't to say this new concept hasn't attracted controversy. There are still many people who believe ASMR is strange and say that the Youtube videos are sexually suggestive making them feel very uncomfortable. After researching the opinions that other people had on this topic, I decided to explore the world of ASMR myself and give one of my own.

After typing 'ASMR' into Youtube, I was greeted with the video of a lady brushing the hair of another young female. The lady was whispering into the microphone and every so often, made slow hand movements towards

the camera. At first, I felt a surge of embarrassment. I felt like I was on a personal level with somebody I didn't even know. I also felt a little uncomfortable. However, my body began to listen to her repetition of the word 'relax' before my mind did. I finally did what she told me to do, and relaxed! I didn't expect to feel comfortable with ASMR, and while I am still unsure about how I'd feel with someone eating an apple in my ear, I rather enjoyed it. It was as though I'd been transported back to my childhood, where my sister and I would take turns at brushing each other's hair. I

would often close my eyes and yawn because it made me feel so relaxed!

So, while I do understand the controversy surrounding ASMR and how it indeed isn't for everyone, I think it is by no means a threat to our society. We often struggle to wind down after a stressful day, and not all of us are patient enough to sit and meditate. It is a great way to redirect our minds and enjoy a little quiet moment to ourselves, and there is certainly nothing wrong with that.

## Is Social Media Actually Harming Us?



by **EMILY BROWN**

This is one of the big debates which is continually being discussed today. With the constant development of technology, social media is continuously becoming more advanced. As young adults, we are exposed to social media apps such as Facebook, Instagram, Snapchat and Twitter and most of us use these every single day. We are always being told that social media is harmful to us and that the more time we spend on these apps, the worse it is for us.

But what does the evidence say? Should we delete social media for

the better or should we be getting the most out of this technological development? Well, around 40% of the world's population is using social media with an average of two hours a day being spent scrolling through them (more like five for me).

Research is still very new with regards to social media as it is only a recent phenomenon. However, there have been studies done to show these apps are linked to anxiety, depression and stress! Firstly, this is down to social media being used as a platform to rant about adverse situations instead of talking about positive experiences. Many people log onto websites such as Facebook and Twitter

to talk about stress which they may be going through. This causes stress and anxiety in other people who see these posts. However, all humans see and hear of negative stories all the time whether it be on the news, in the newspaper or written in articles.

Upsetting news is all around us anyway! Social media is also known to cause problems of low self-esteem, especially with apps such as Instagram where images are being shared. 'Social media sites make more than half of users feel inadequate, according to a survey of 1,500 people by disability charity Scope, and half of 18- to 34-year-olds say it makes them feel unattractive.' This is something which



I agree with, but again this is something which isn't a new concept. From a young age, we are all exposed to celebrities, music videos, magazines and television programmes which bring us in contact with images of good-looking men and women! T

his is something which makes us all feel inadequate at times. As long as we don't let this affect us and we can realise that we are all beautiful! These are all the negatives we hear about social media but what are the positives? Social media keeps up more connected than ever before! We can talk to our friends and family members who are just around the corner or across the other side of the world! We can keep

essential relationships with the people we love the most. We can share posts which promote happiness and well-being and share ideas with different people who we wouldn't usually be able to talk to!

Social media can boost our confidence instead of lowering our self-esteem in some cases as we can share images that make us feel good about ourselves. When it comes to social media, try not to let it rule your life as of course, this isn't healthy. But don't stop keeping in touch with friends and family and using it as a positive platform!



# UNION



**23<sup>RD</sup> - 29<sup>TH</sup> MARCH 2019**

**De-Stresstival**

**UNDEB BANGOR**

**TRIP TO CWM IDWAL**

Destresstival is back again and it's bigger and better than ever! Between the 23rd and the 29th of March, we've got plenty of events organised! You can find the full timetable at [www.undebbangor.com/destresstival](http://www.undebbangor.com/destresstival)

This year we've got two trips planned as part of Destresstival, one to Cwm Idwal, where you can absorb yourself in Snowdonia's beautiful and dramatic mountain landscape, also we've arranged a trip to Newborough Beach on Anglesey, one of the best beaches in the UK if not the world! We've also arranged a Sports day and pool party on Thursday 28th March, and not forgetting everybody's favourite Canine Calming on Friday the 29th of March!

As part of Destresstival, on Tuesday 26th March at 7pm in Pontio PL5 we are hosting the very first Undeb Bangor Variety Show. It's free entry and will be a night to remember with dozens of Undeb Bangor's societies taking part.

## Undeb Bangor General Meeting

It's that time of year again when the Undeb Bangor General Meeting comes around. This is your chance to hold your Sabbatical Officers to account for the year, hear what they've been up to, receive financial reports, pass policies and tell us what you want from your SU. It's also a chance

to hear from the University Senior Management Team.

The General meeting takes place on Thursday 21st March at 18:00 in Pontio, PL5.

**More info here – [www.undebbangor.com/gm](http://www.undebbangor.com/gm)**

## Student Led Mental Health Strategy - We Need Your Help!

We're currently working in collaboration with the University to develop a brand new Student Led Mental Health Strategy and so we need your help!

We want the University's new mental health strategy to be truly student-led, so this means listening to your views and concerns first hand, to find an effective way of moving forward with the strategy for the University and the benefit of its students. This will allow us to listen to what provision you need to support your own

mental health and the mental health of your fellow students and ensure the strategy is relevant to you.

In order to do this, we are setting up a series of events to allow you to share your views within student focus groups and one to one interviews. This offers you a platform to share your point of view and engage with other students.

**If you're interested, more information can be found at [www.undebbangor.com/mentalhealthstrategy](http://www.undebbangor.com/mentalhealthstrategy)**



**SICRHAU NEWID**

**MAKE CHANGE HAPPEN**

- 1. IDEAS ARE SUBMITTED ONLINE**  
CYFLWYNIR SYNIADAU AR-LEIN
- 2. IDEAS GET UP VOTED (OR DOWN VOTED)**  
MAE MYFYRWYR YN PLEIDLEISIO AR Y SYNIADAU
- 3. IDEAS GO ON TO UNDEB BANGOR COUNCIL**  
MAE SYNIADAU YN MYND YMLAEN I GYNGOR UNDEB BANGOR
- 4. IDEAS GET PASSED OR REJECTED**  
CAFODD Y SYNIAD YMA EI BASIO!

**UNDEB BANGOR**

[@UNDEB\\_BANGOR](https://www.instagram.com/UNDEB_BANGOR) [@BANGORSTUDENTS](https://www.twitter.com/BANGORSTUDENTS) [FACEBOOK.COM/BANGORSTUDENTSUNION](https://www.facebook.com/BANGORSTUDENTSUNION)



## VP SOCIETIES & VOLUNTEERING UPDATE

# The Road Ahead

"Do you not know, my son, with what little wisdom the world is governed?"

So wrote Axel Oxenstierna, one of Sweden's greatest historical statesmen, to his son. A delegate to the negotiations for a peace treaty, his son had worried about holding his own amongst the great diplomats and statesmen he would be dealing with, and these words were meant as an encouragement.

This is a quote that has stuck with me ever since I began this job. There is a sense, when you are a regular member of your community, that there must be a natural order and structure to the society you are in, and that the prominent figures in authority within it are probably there because they are the best people for the job. But when you take up the mantle of leadership - or have it dropped on you like

a cartoon anvil, which happens more often than you may think - and find yourself having to make decisions, and to convince others to support those decisions, you soon find that it may not necessarily be the case that everybody around you wants the same thing you do. And the higher you go, the more you find things stay the same.

Former United States President Barack Obama, in a November 2018 interview with Now This News, described it thus:

"Here's the interesting thing that happens when you're president, or when you go through the experience of being president. So, you start off, you know, you're a community organiser and you're struggling to

get people to recognise each other's common interests and you're trying to get some project done in a small community, you start thinking, ok, you know what? This alderman's a knucklehead, they're resistant to doing the right thing and so I need to get more knowledge, more power, more influence, so that I can really have an impact.

"And so you go to the state legislature and you look around and you say, well, these jamokes. Not all of them, but I'm just saying, you start getting that sense of 'this is just like dealing with the alderman.' So, nah, I gotta do something different.

"Then you go to the U.S. Senate and you're looking around and you're like, aw, man. And then when you're Presi-

dent, you're sitting in these international meetings, and it's like the G20 and you got all these world leaders, and it's the same people! Which is really interesting. Same dynamics, it's just that there's a bigger spotlight, there's a bigger stage. But I'm only partly joking about that. The nature of human dynamics does not change from level to level. [...]

"The way power works at every level, at the United Nations or in your neighbourhood, is: Do you have a community that stands behind what you stand for? And if you do, you'll have more power. And if you don't, you won't."

In 2018, I ran for the position of VP for Societies & Volunteering to make a difference. I have done my best to

listen to you, to represent you, and to give the power you have given me - back to you.

On 8 March 2019, you stood behind me to re-elect me as your VP for Societies & Volunteering next year. It is a sacred trust you have placed in me, one I intend to fulfil to the best of my ability. For to quote J.R.R. Tolkien:

"Some believe it is only great power that can hold evil in check, but that is not what I have found. It is the small everyday deeds of ordinary folk that keep the darkness at bay. Small acts of kindness and love."

This is what I stand for, in this mad world we live in, and it is up to us to be the change we want to see in it - my job now is to make that as easy for you as I can.

## #ShaveTheDinner: 223 Tickets Sold For The Society & Volunteering Awards



Seren shaved a promise-keeping Muhammad Firdaus as the target of 200 tickets was beaten. True to his word, the recently re-elected VP braved a grade 2 haircut after saying he would if the tickets were sold.

Head over to Seren's Facebook page for the full video!

@bangorseren

# COME AND SEE US

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





## CAMPUS LIFE

# Campus Life: March Bulletin



February has been a busy month at Campus Life HQ, we were involved with several exciting campaigns and collaborations across the University. We teamed up with the Students' Union, the Catering Department, Sustainability Lab, the International Education Office and the British Heart Foundation! Our events have ranged from litter picks to keep our villages clean and tidy, to training 60 new life savers in how to perform CPR. It has been great to work with such a variety of other dedicated departments and professionals to create an exciting and diverse calendar of events for everyone living in Halls of Residence.

We've also met the candidates who have applied to join the Campus Life

team next year. Make sure you check out the April edition of Seren where we will be introducing our new team to you! Here are a few key dates for your diaries in the coming weeks:

#### Quiz Night

Monday 25th March @ Braint Common Room and Barlows: 7pm. It's the last Campus Life quiz of the term, who will finish off on top?

#### Be CV Savvy

Tuesday 26th March at Barlows Meeting Room 5:30-6:30pm. Make sure you stand out from the crowd when applying for jobs! Get your CV up to scratch with this handy workshop, presented by the Skills and Employability Service.

#### Campus Life Photo Competition

1st – 5th April. Get camera happy this week and send us your pics of Bangor. Email [campuslife@bangor.ac.uk](mailto:campuslife@bangor.ac.uk) with your entries to be in with a chance to win a great prize! One entry per student and students must live within University Halls of Residence.

#### Easter Egg Hunt

Ffriddoedd and St Mary's Halls Office at 2pm. Grab your mates and join the Crew at the nearest Halls' Office, for an afternoon of hunting down our treasured eggs and bagging yourself some sweet prizes!

DOWNLOAD  
OUR FREE  
CAMPUS LIFE  
APP TO KEEP  
UP TO DATE  
WITH EVERYTHING  
GOING ON!



## Introducing This Month's Featured Campus Life Crew Members: Harry and Ada

My name's Harry Riley and I'm currently in my fourth year here studying a masters in biology! In my spare time I like to get out and about on my bike seeing the amazing landscapes we have in and around Bangor. My top three highlights are:

#### Wet and Wild

Rock climbing! I've not been rock climbing for years and everyone had a great time racing each other to the top.

#### Campus Clean Up

As the Sustainability Coordinator for the team I always enjoy making our campus a little bit cleaner!

#### Meeting So Many Students

It's always fun to speak to so many different types of people and hearing what they've been up to!

Hi everyone! My name is Ada and I'm a third year psychology student. In my spare time I like to explore Bangor and its beautiful surroundings and neigh-

bour towns. I am an outdoor person and I am into hiking and water sports!

My top three highlights of March are:

#### Wednesday Warmer

Who doesn't love hot drinks in this weather? This is a very popular event and I love to have those little chitchats with students to see them enjoying the hot chocolate before going to lectures.

#### Yoga

I personally love this event! We have yoga every Saturday morning in Aca-pella. With our qualified yoga instructor, we get to do some warm-ups, stretching and basic yoga, and it's so much fun! It is just a great way to start your day.

#### Film night

Film night is always one of my favourite events. It's very relaxing to watch some great movies on comfy beanbags with popcorn. Definitely, a great break from my studies!







# YOU KNOW IT MAKES SENSE!

...CHOOSE YOUR ROOM, WITH NO  
PREPAYMENT AND FROZEN FEES

**#LOVEHALLS**

**LOW PRE-PAYMENT**

**SHOW FLATS  
AVAILABLE**

Live in one of our  
award winning student  
villages next year

**Book online now!**

[WWW.BANGOR.AC.UK/MYROOM](http://WWW.BANGOR.AC.UK/MYROOM)



**HALLS  
OFFICE**



## TRAVEL

# How To Survive A Train Journey With No Battery

by SOPHIE ELERI JAMES

**W**e've all been there – I mean, I'm there right now as I'm writing this! You've bought your ticket, found a seat, pulled out your phone and - uh oh. 13% battery. What do you do? How have you forgotten to charge your phone? How will you survive the next four hours?

First things first; look around for a plug socket. There's nothing quite like getting two hours into your journey without your phone, and then realising if you'd moved a few seats there was a charging point all along! If there aren't any (thanks a lot Arriva), then your next port of call is battery saver mode/airplane mode. This is the easiest way to preserve battery life, although it'll restrict your phone usage. So, that means texts instead of Facebook messenger, and you can wave goodbye to Instagram, Snapchat and YouTube. (It's for your

own good... I mean, it is your fault for forgetting to charge your phone after all!)

Now...what to do to pass the time? Did you bring your laptop with you? Great! You can do some work, use the train's (albeit poor) wifi, and even charge your phone if you've got enough battery. Wait, what? Your forgot to charge your laptop too? (Yes, this is me right now) Right then...

Now's the time to pull out your trusty friends – pen and paper. They've been a bit neglected for a while, but now's their time to shine. On those blank pages you have free reign – write whatever you like! Got an assignment due in? Try planning it out as best you can without internet resources. Mindmap ideas (haven't done that since A level, huh?), scribble down thoughts, word vomit all over the page. Heck, even write an article for the student newspaper! Of course, your handwriting is going to look a bit

scruffy, but that doesn't really matter, just as long as it's legible.

If you don't fancy uni work, try writing down anything that pops into your head – anything! Have a conversation with yourself on paper, and just document your thoughts as you travel. Annoyed at yourself for not charging your phone? Write a resolution to always remember to leave the house with a charged phone. Write yourself a to-do list, a bucket list, a list of presents to buy, or ones that you wouldn't mind receiving yourself. The possibilities with pen and paper are endless – there are so many things you can write; you'll fill up your notebook in no time!

Don't have pen and paper? Now, that's a bit trickier. For me, I'd have a hard time if I didn't have something to doodle on, or somewhere to write down my thoughts. But, it's definitely doable! I find that often I'm so caught up in my phone that I forget to take

a moment to appreciate the views from the train. Travelling from Bangor you are surrounded by the sea and the mountains, and sometimes we forget to appreciate our beautiful surroundings – so I challenge you; on your next train journey (with or without battery!), spend half an hour looking out the window. I love imagining what's going on outside, in the lives of different people, and if you've got a good imagination, it can be really fun creating little stories. Then there's people-watching – another favourite way of mine to pass the time. I wouldn't say that staring at the people around you on the train is necessarily a good idea, but if there's a baby it's very unlikely they'll not capture your attention for a bit!

Then you'll get to the point where sleep starts to come on, out of desperation to do something – anything! – to pass the time. Especially when it's a bit later and a

bit darker outside, it gets harder to stay awake, and you start yawning. Let yourself have a snooze – make yourself comfortable, and cosy up for as long as you can. Just make sure you pop your valuables away, out of sight.

The only other suggestion that I have for passing the time is to make friends. If you're lucky enough to be travelling with someone, talk to them! But if you're travelling alone, then maybe introduce yourself to the person next to you – ask what they're reading/studying, etc., or where they're going. It's a scary move to make, but you might just end up having a really interesting conversation. I've only ever done it once, but had the best hour-long conversation with a fellow Bangor student, and it's given me the confidence to speak to more people on the train.

So, good luck on your technology-free journey – hopefully it'll fly by!



## Snowdon Essentials

### Plenty of water

There's nowhere to fill up your bottle

### Money

If you need to buy an extra bottle, or a postcard from the shop at the top

### Lunch & snacks

### Suncream & sunnies

If it's nice!

### Jumper

### Raincoat

Even if it's sunny!

### A change of socks

### Small first aid kit

### A camera!

# Climbing Snowdon

by SOPHIE ELERI JAMES

**T**here are seven different routes that you can take up Snowdon: Llanberis, Miner's, Pyg, Watkin, Rhyd Ddu, Snowdon Ranger and (only for the experienced mountain walker!) Crib Goch. As we live in Bangor, the easiest one to access would be the Llanberis path – you can take the 85 bus outside Ffridd (or from the bus station) and it'll take you directly into Llanberis – past Pete's Eats (a favourite haunt of walkers and climbers) and right opposite the train station that can take you up to the summit if you don't fancy the walk! The bus ride takes about an hour and costs £4.50 for a return. Finding the path is pretty simple – you'll either see the signs or you can follow the others who are embarking on their journey. There's a little shop just before you get to the

bottom too, so don't worry if you've forgotten your emergency rations! Setting off, the path is quite steep, but after a while it gets easier – I promise! There's a halfway café (which doesn't open until 10, which we found out the hard way) where you can sit and have a cuppa and enjoy the views if you're really in need of a break. The path can get quite steep, but the views are so rewarding, so don't be put off.

Miner's and Pyg both start from the same place – get the 85 from Bangor to Llanberis – the last stop (£4.50 return, about 1hr), then take the S1 or S2 from the same bus stop to Pen-y-Pass (won't take long and costs less than a return to Bangor). Be sure to check the time of the last bus before you set off though, so you know that you won't be stranded!

One of the most important things to remember is to be prepared. It can be quite dangerous if you're not

well-equipped, so make sure to pack everything listed!

Most importantly, it is essential that you have appropriate footwear. Thankfully I didn't see many people that weren't in walking boots (the best option), but quite a few were wearing trainers – or even plain daps (the South Wales way to say plimsolls) – I hate to think of the pain they were in! Snowdon is quite steep, so having the right support on your ankles is really important.

Yr Wyddfa (Snowdon) is the tallest mountain in Wales, and is part of the three-peaks challenge. The views from the top are, as expected, breathtaking, and I would highly recommend that you reach the summit at least once during your time in Bangor! Personally, I'm aiming to climb it at least once a year... so we'll see how that goes!

**For more tips on travelling, check out the travel section on Seren's website!**

**And if you want to write for Travel, email: [travel@seren.bangor.ac.uk](mailto:travel@seren.bangor.ac.uk)**





by **ANDA NITU**

In my last article, I wrote about my trip to Sapporo, the capital city of Hokkaido. But before I even got there, my first destination was the famous historical city of Kyoto.

From Tokyo to Kyoto is a long way, but if you want to save money and time, I recommend taking the night bus. It costs around 5000 yen (approx. 35 pounds), and you can sleep comfortably all night. When you arrive in Kyoto, you will be impressed by the different air that surrounds you. Old buildings that seem to have transcended time, temples virtually everywhere you look and a general feeling of living history. Kyoto is the perfect place for those who seek the original Japanese experience.

**Nijo Castle**

Built in 1603, Nijo Castle was the residence of the first shogun of the Edo period, Tokugawa Ieyasu. It consists of three parts, the Honmaru, the Ninomaru and the Japanese gardens that encircle both. It is a very interesting place to visit, as the rooms are preserved in their original form and you really get to understand more of the

Japanese history.

**Fushimi Inari Shrine**

This is probably the most famous place to visit in Kyoto. The thousand vermilion shrines that cover an entire mountain are sure to make a big impression on anyone curious to understand Japanese religion. The shrines are dedicated to Inari, the Shinto god of rice, and it is said that if you pass through all of them, good luck will come along your way. Foxes (kitsune) are the creatures that establish the relationship with the God of rice, so you will get to see a lot of fox statues! Also, buying a small shrine as a souvenir is almost sure to get you pass all your exams!

**Higashiyama District**

This is the oldest part of Kyoto, one of the most well-preserved Japanese places. Wooden buildings, narrow lanes, and traditional merchant shops create a beautiful and magic Japanese atmosphere. Here, you can eat some food, such as soba or ramen, for a small price, or enjoy some matcha tea while simply watching women wearing their kimonos...

**Philosopher's Path**

Tetsugaku no michi is a pleasant 2-kilometre-long stone path located in Higashiyama District, that follows the Lake Biwa Canal. During spring, this is a very popular spot to see the cherry blossoms, as the canal is lined by hundreds of cherry trees. During fall, however, you can see the autumn leaves, which are equally amazing. Philosopher's Path is the place to take a long walk and reflect on your internal states of being.

**Nanzenji Temple**

One of the most important temples in Japan, Nanzenji Temple is a very large complex of buildings, all having witnessed the rise and fall of emperor Kameyama, who transformed the already existing buildings into zen temples. A very striking feature of this temple is that, inside the complex, there is an aqueduct, built in the Meiji Period (1868-1912), which was used to carry water from Lake Biwa.

These are only some of the places worth visiting in Kyoto, but I think they are also the most impressive. Many other temples wait to be discovered, as well as a variety of delicious foods and a lifetime experience.



# Seren's Ultimate Road Trip Playlist



- I'm Gonna Be (500 Miles) – The Proclaimers
- Take Me Home, Country Roads – John Denver
- Highway to Hell – AC/DC
- Born to Run – Bruce Springsteen
- Sweet Home Alabama – Lynyrd Skynyrd
- Everywhere – Fleetwood Mac
- Born To Be Wild – Steppenwolf
- Don't Stop Believin' – Journey
- More Than a Feeling – Boston
- All Day and All of the Night – The Kinks
- Jump on Board – Robbie Williams
- Give Me Everything – Pitbull (Editor's choice)
- These Words – Natasha Bedingfield
- Foundations – Kate Nash
- Thunder in My Heart – MECK
- From Paris to Berlin – Infernal
- On the Road Again – Willie Nelson
- September – Earth, Wind & Fire
- Daytripper – The Beatles
- The Circle of Life - Lion King
- Here I Go Again - Whitesnake
- Road To Nowhere - Talking Heads
- You Can Call Me Al - Paul Simon
- Route 66 - Chuck Berry
- Runnin' Down A Dream - Tom Petty
- Africa - Toto



## FOOD &amp; DRINK

## Fresh Cuts For Freshers

by PAIGE BROOK

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 the 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.

## BARLOWS KITCHEN

TUESDAY 19TH MARCH –  
LEARN TO COOK MEXICAN 7PM

TUESDAY 2ND APRIL – LEARN  
TO COOK EASTER NESTS 7PM

## BAR UNO

SUNDAY 24TH MARCH – FREE  
SUNDAY ROAST 6PM (BOOKING  
CAMPUSLIFE@BANGOR.AC.UK)

## Rate My Plate: Wetherspoons American Breakfast



by PAIGE BROOK

While this may seem like a terrible sponsorship deal, I can advise you this is only an article written by a slightly hungover but satiated girl. But if Wetherspoons are reading this, Seren always loves a good sponsorship. After Friday 1st March, the infamous Seren Super 80's

Party, I woke up from death by alcohol and was revived from the latest addition to the breakfast menu at student's most trusted Wetherspoons in Bangor.

The Black Bull Inn down Bangor High Street is now home to my heart and soul in the form of the American Breakfast for £4.99. I enjoyed this spectacle at 11am Saturday, blessed

in the presence of the locals cracking into their breakfast Kormas. The all-round atmosphere of sticky floors and the smell of last night's sambuca is something to behold in itself but I thought it was time to play roulette with my breakfast order.

Luckily, the gods were on my side as I received: 2 Sausages, 2 Hash Browns, 2 Eggs, 4 Pancakes, 4 rashers of Bacon,

and a large pot of Maple Syrup! This large slice of heaven arrived to my table radiating warmth and love. Combining the greasy oiliness of the fry up with the fluffy lightness of the pancakes makes for the perfect hangover cure. Paired with a pint of Orange juice my pupils dilated and heart rate increased, it's love.

## Vegan Vibes



## Potato and Spinach Rosti

## Ingredients:

- 2 large baking potatoes, thoroughly washed
- 2 handfuls of spinach leaves
- Pinch of nutmeg
- Generous pinch of sea salt and black pepper
- 4 tbsp sunflower oil
- 8 closed-cup mushrooms, roughly sliced
- 5 cherry tomatoes, halved
- 1/2 tsp dried oregano

## Instructions:

1. There is no need to peel the potatoes as the skins add extra flavour to the rosti.
2. Grate the potatoes onto a clean,

dry tea towel, then squeeze out as much moisture as possible.

3. Put the dry, grated potato into a bowl, then mix in the spinach leaves and nutmeg.

4. Season with sea salt and black pepper.

5. Heat three tablespoons of the oil in a large frying pan over a high heat. Squeeze the grated potato together, shaping it into two dense masses.

6. Carefully place into the hot frying pan and flatten with a spatula.

7. Fry for 5 minutes until golden, then flip and fry for 5 minutes on the other side.

8. In the meantime, heat the remaining tablespoon of oil in a separate frying pan over a medium heat and cook the mushrooms, cherry tomatoes, and oregano for 5–6 minutes until softened.

9. Carefully remove the rosti from the pan and place on serving plates. Spoon over the herby mushrooms and tomatoes. Serve hot.



## Three-Ingredient Banana Pancakes

These fluffy pancakes are my favourite way to start the day.

The riper the banana, the sweeter the pancakes, so use up that banana you're ready to throw away. Serve with toasted pecan nuts, vegan yoghurt and maple syrup if you happen to have some. Maple syrup can be expensive; however, you can buy premium grade maple syrup from low-price supermarkets. It lasts for ages. If it is out of your price range, drizzle with golden syrup, or substitute for puréed seasonal soft fruits.

## Ingredients:

- 1 tbsp sunflower oil, for frying
- 1 medium ripe banana, peeled
- 100g rolled oats
- 300ml sweetened soya milk

## Instructions:

1. These pancakes work well with any type of non-dairy milk you have available. For a nuttier flavour, try almond milk.

2. Heat the oil in a frying pan over a low-medium heat while you prepare the pancake batter.

3. Throw the banana, oats, and soya milk into a jug blender, or add the ingredients to a bowl and use a hand blender to blitz to a semi-smooth batter.

4. Add tablespoon-sized amounts of the batter to the hot pan, cook for 2 minutes until golden, then flip and cook the other side for a further 2 minutes. Serve hot.





# End Of An Era: Skerries To Change Management

by JORDAN MCEVOY

The Skerries, one of Bangor's most popular choices for live music venues, is set to close its doors on March 9th as it changes hands under new management.

Upon walking into the Skerries, you're met with friendly and welcoming staff who are no coward to classic pub banter, and make you feel at home immediately. Alongside offering shots of chilli vodka to those brave enough, the venue also offers their own signature drink - the 'Krunk'. Pair this with cheap drinks, Pound a Pint Wednesdays, and regular deals, and you have a formula for a pub which is inviting to all demographics.

Being a stone's throw away from Cube Nightclub also brings in a multitude of students over the weekend, with a different mix of punters attending each night. A regular pool tournament, with its own league meeting every Wednesday to play, also brings a variety of people into the traditional tavern. This makes for an eclectic atmosphere which

welcomes all, and is arguably one of the most demographically diverse pubs in Bangor.

While keeping to a traditionally nautical theme at the front of the pub to complement its name, The Skerries adorned its walls with musical instruments and vinyl records donated by locals to push forth this communal feeling with permeates throughout the establishment. Now, these records have been taken off the walls in preparation for the changeover, signifying the potential loss of a strong venue for entertainment.

The most prominent attribute of The Skerries to Bangor is its vital contribution as a venue for local music and talent. Over the last year, it has hosted a Battle of the Bands, a number of charity concerts, and countless Open Mic Nights in order to bring in as much entertainment as possible to the city's repertoire. We have seen local bands, such as The Headaches, regularly shake the ground with their hard-hitting, Irish-influenced punk rock, and upcoming

death metal outfit Winter Hotel boom into life here. We have also seen bands travel far and wide to play in the venue, with the likes of London-based punkers Eastfield, and The Hazytones hailing from Quebec to bring their sludge/stoner metal storm to the Welsh shores at the beginning of their European tour. On Friday, March 8th, the final live music night of its kind will grace the venue, comprising of Winter Hotel, The Headaches, and live DJ sets to send the venue off on one last hurrah before the changeover.

The Skerries has become a hub for local entertainment, a friendly atmosphere, and synonymous with a good night out. We wish Sion and Lowri all the best with their next endeavour at The Lord Nelson, and welcome the new management with the hope that they will maintain the positive and communally welcoming vibe which permeates through the venue and its regulars. As a rather important venue for entertainment, it would be a shame for it to lose out on such an engaging and devoted audience.



# Egg On My Face



by PAIGE BROOK

Australia is home to quite frankly the best cooking programme known to mankind: My Kitchen Rules. The celebrity chef and judge on the show Manu Feildel reveals his secret to scrambled eggs.

2-3 whole eggs with 20-30mls milk, a good pinch of sea salt and pepper. Heat a medium frying pan over a low heat, add a knob of butter and when foaming, pour in the eggs and leave for 60-90 seconds to begin to set.

Gently pull the egg from the edges,

into the centre of the pan. Turn and tilt the pan so the runny egg takes up the available space and runs off the set egg, this gentle pulling will make egg 'ribbons'.

Remove the pan from the heat before the egg is completely set. Leave to sit for a minute or two, this will let the egg gently finish cooking in its own heat. To serve, place on top of 1-2 pieces of well buttered toast and finish with a sprinkle of fresh herbs if desired.





## LIFESTYLE

# The Ordinary: An ExtraORDINARY Brand

by COURTNEY MCHUGH

The cult brand, The Ordinary, has taken the beauty world by storm. Owned by the cosmetic skincare company: Deciem, The Ordinary's products are described as "Clinical formulations with integrity" by the company itself. The brand is completely vegan and 100% cruelty free and has branched from skincare to makeup recently. I have chosen my four favourite products from the brand:

## The Ordinary Coverage Foundation SPF 15 30ml - £5.90

This lightweight, full coverage foundation is available in 21 shades. The intricacy of the shading system that The Ordinary have decided to use enables customers to find their perfect shade. The shades are lettered into four different categories:

**P Shades** – For complexions with pink undertones

**R Shades** – For complexions with red undertones

**N Shades** – For complexions with neutral undertones

**Y Shades** – For complexions with yellow undertones

The range creates a suitability for all skin tones which is ahead of many high-end brands in terms of inclusivity. The lightweight quality of the foundation helps the formula seamlessly blend into your skin.

This foundation is perfect for light coverage and full coverage as you

can build it up. The natural, semi-matte foundation also provides sun protection which will come in handy with the weather we are having – its 18 degrees one day, and stormy the next!

The foundation is available at many online retailers including lookfantastic, BeautyBay and PrettyLittleThing.

## The Ordinary Amino Acids + B5 - £5.90

The Ordinary's skincare brand is revolutionary. One of the newer additions to the skincare brand is their weightless serum that can be used by itself or under moisturiser to increase hydration levels of the skin. The Amino acids encourage skin cells to react and improve elasticity.

This product should be applied daily after water-based treatments so it would be a great addition to a nightly skincare routine.

You will be GLOWING as this product provides surface and below the surface hydration!

Again, this product is vegan, cruelty free and gluten free and available at the same online retailers as the foundation.

## The Ordinary Caffeine Solution 5% + EGCG 30ml - £5.80

This serum aims to reduce the appearance of eye contour appearance and puffiness around the eye area. Basically, it brightens the dark circles that appear under the eyes by blending antioxidants and anti-inflammatories to the eye area.

The caffeine in the product constricts the blood vessels which helps with the reduction of discolouration and swelling.

The caffeine is blended with EGCG (Epigallocatechin gallate – no wonder its acronym is used – what a mouthful!) which is sourced from green tea and reactivates dying skin cells. The eye area has always been a problem for me and this little 30ml bottle is my saviour!

## The Ordinary AHA 30% + BHA 2% Peeling Solution 30ml - £6.25

This peel treats the top layer of skin and exfoliates for a brighter and clearer complexion. It visibly reduces blemishes and if used weekly, it can reduce the congestion of pores and fine lines which will ultimately rejuvenate your complexion.

This is not a product that should be used if you have sensitive or damaged skin and should always be followed with sun protection as it causes an enhanced sensitivity to sunlight.

The Ordinary is definitely everything but ordinary. Cheap, paraben-free and simple; this brand is set to take over the skincare and beauty world.

The products can be found on a range of online retailers including: Asos, Cult Beauty and BeautyBay!

Go and check out the unbelievably affordable brand that provides high end quality, I promise you will not regret it!

Clinical Formulations  
with Integrity.

The  
Ordinary.

## The Best Places To Study In Bangor



by COURTNEY MCHUGH

I always like a change of scenery when I am studying for midterms and writing essays. Bangor is a small place; I try and change it up as much as possible though! My favourite study places are:

**The Library** - Main Arts and Deiniol are my two choices! Deiniol is about 2 minutes away from me but I also like to go to the social area of Main Arts Library.

The view of Main Arts out of the window is my absolute favourite backdrop whilst I work. The libraries in Bangor often are open 24/7 which means you can cram in those last minute study sessions. When midterms are due in, the library gets so busy! If it's busy, I suggest going to:

**A coffee shop (Caffè Nero)** - I used to be a Costa fan but recently I prefer

Caffè Nero! I hardly ever go to coffee shops to study but it is the perfect set up! With a cup of coffee (or the fuel of your choice), a caffeine-induced essay will literally write itself!

**At home** - This is a tricky one. Positives include: not having to get dressed and the comfiness of your own room. Cons: the distractions of being at home!

I love working from home because I can get stuck in to the work but I get so distracted and start procrastinating - does the dishwasher need unloading? Should I have a Spring clean?

As I reach the final hurdle of third year, the majority of my time will be spent studying - in the library!

When the stress of third year hits you, you will praise the lord above that the university implemented a 24/7 library system.

Happy studying!

## St Paddy's Day Makeup Look: Pretty Green Eyes

by COURTNEY MCHUGH

Let's get this over with – yes, I did just take inspiration from Ultra-beat's Clubland Classic. Am I sorry? Not really! St Patrick's Day is nearly upon us and is celebrated all over the world – Ireland (obviously), the United Kingdom, the United States, and even little ol' Bangor gets involved in the cultural celebration. The annual celebration takes part on the 17th March (the traditional death date of Ireland's patron saint, St Patrick).

What better way to celebrate than to create a St Paddy's Day inspired

makeup look? Rather than drawing upon the stereotypes of typical Irish culture – four leaf clovers and leprechauns, I like to incorporate pops of green into my outfit and makeup.

My favourite palette to create a green eyeshadow look with is Jordan Lipscombe's Trooper palette from her collaboration with the online makeup retailer, Beauty Bay.

The khaki shade in the eyeshadow and highlighter palette called 'Olive' is a matte shade that is effortlessly blendable and creates a stunning look alongside the shade 'Ambush', a dark green matte shade.

The green eyeshadow works perfectly with the soft brown shade 'Coco' and the burnt orange matte shade 'Ochre'. To top off this green eyeshadow look, I suggest adding a bit of shimmer with the shade 'Envious' – the perfect green shimmer!

To pack on even more punch, spray your eyeshadow brush with setting spray and dab the brush onto the shadow and sparkle the life out of your eyes!

Happy St Paddy's Day!

*Sláinte!*



# Paris Fashion Week: The 70s Are Back!



by COURTNEY MCHUGH

Paris Fashion Week showcased the return of the 70s to fashion. The classic chic of the era is set to become a staple piece of the modern wardrobe. The era of bell-bottoms and ABBA graced the catwalk and made me think about the make-up trends of that era.

70s makeup seems to be simple and natural. The brows were kept natural and tamed with clear mascara. The shimmer shadows that were used were often colourful: bright blues or dark browns were the popular choices.

Some hip makeup trends that are still popular today are:

**Dewy Skin** – Glow and radiance of the skin is still popular today. Dewy skin makes the skin look healthy and was achieved by the blending of foundation and highlighter. To achieve dewy skin, all you need to do is highlight strategically. Just dab the highlighter on the key areas of your face: the cheekbones, browbone, bridge of the nose and cupid's bow and voila – healthy, glowing skin!

**Cat Eye** – The cat eye is a statement that has continued throughout the decades. The use of eyeliner creates a wider or smaller eye. Still, the common

colour to use for eye liner is black, just as it was in the 70s. I am horrendous at creating the 'cat eye' and no tips seem to help me get through this blunder! I've tried the sellotape trick, stencils, the whole lot! I wish I could ... I love the 70s!

**Sparkly Eyes/ Glitter** – Glitter makes its return every year for the festival season but its comeback this year was earlier than anticipated. Glitter dominated the runway at Paris Fashion Week and at London, Milan and New York too. We all love a bit of glitter, who doesn't?

Brands such as NYX have a wide range of glitter products from Face and Body Glitter to Glitter Goals Liquid Eyeshadow and even Glitter Primer! Glitter has returned as a modern trend and you can look just like those models who wear glitter on the runway every season.

Makeup gives us the chance to be as creative as we want to be; so why not incorporate some 70's inspired chic into it?

From Paris, to Milan and the inspiration of designers like Elie Saab and Tommy Hilfiger, the 70's are officially coming back, baby!

Disco fever is upon us, and I LOVE IT!

## Want to write for the Lifestyle section?

**Contact:**  
[lifestyle@seren.bangor.ac.uk](mailto:lifestyle@seren.bangor.ac.uk)

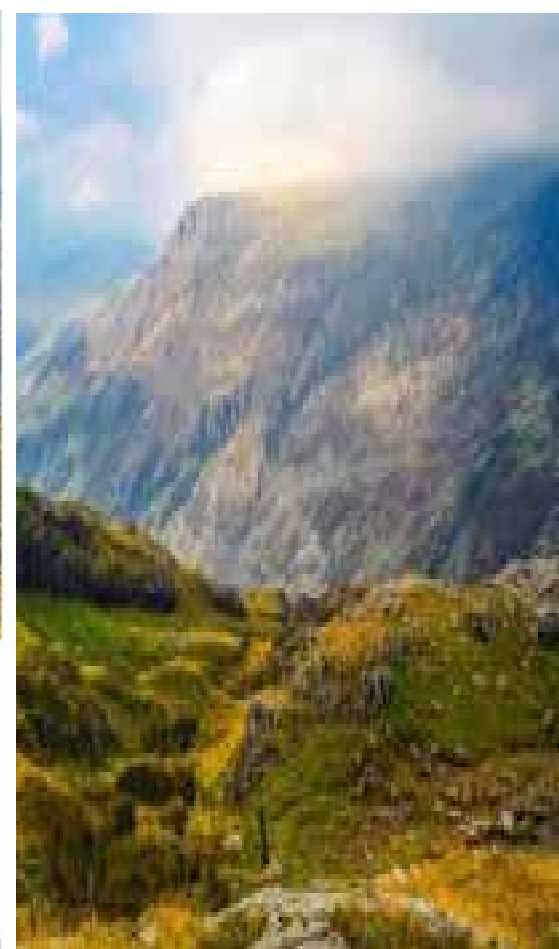
Welcome Expansion into your life!

**TRANSFORMING CELLULAR MEMORY**  
3 DAY WORKSHOP WITH  
**MELISSA O'NEILL**  
Personal Development Mentor, Group Process Facilitator & Intuitive Healer



Transforming Cellular Memory is a Psycho-spiritual Embodiment process that clears our epigenetic imprint of what is disempowering, self-sabotaging and limiting in our mind, body and life.

**22nd - 24th March 2019**  
**Friday: 6 - 9pm | Saturday & Sunday: 10am - 6pm**  
**Follow Your Bliss | High Street, Bangor**  
Investment: Early Bird (By 1st March): £185 | Regular: £225  
[WWW.MELISSAONEILL.CO.UK](http://WWW.MELISSAONEILL.CO.UK)  
Organiser: Gail McAleese | [gail.mcaleese@gmail.com](mailto:gail.mcaleese@gmail.com) | +44 (0) 7525820261



## Transforming Cellular Memory: The Psycho-Spiritual Workshop Set To Take Bangor By Storm

by MELISSA O'NEILL

Recently, I was reached out to about writing an article regarding their Transforming Cellular Memory workshop which has been co-organised by Melissa O'Neill and former student and graduate of Bangor, Gail McAleese. The workshop runs over three days: Friday 22nd March 2019 – Sunday 24th March 2019 at the Follow Your Bliss Café on the High Street.

I wasn't sure what this workshop entailed so Melissa and Gail have provided us students with the information below:

Transforming Cellular Memory is a world-renowned psycho-spiritual healing modality that has been transforming the lives of thousands of people across the world can be accessed in Bangor this March. The Facilitator Melissa O'Neill (Northern Ireland) has spent the past 17 years as a dedicated student taking her body through a metamorphosis with this practice, to be in a position to offer this work to her clients the world over.

This work clears accumulated debris, old behavioural patterns, old world conditioning, blind spots, dysfunctional belief systems, trapped

emotions, trauma, anxieties and unprocessed life experiences that are stored in our organs and nervous system.

The work is powerful and comes from an intelligence in our universe that wants to help us shift layers of conditioning, self-destructive tendencies, physical pain and illness... to bring purification, healing and teachings to the mind, body and life on the deepest level, the Cellular level. As we change it is inevitable that our lives change.

Melissa is bringing her work to Bangor for the first time in March this year. During the Workshop, transformational energies will flow through the body on a continuous basis. The intelligence of these energies begins to effortlessly dissolve the fear based epigenetic inheritance that causes pain and limitation in our body, mind and life. This work is a form of energy healing without the hands-on approach. It is very powerful and for those who are ready for real transformation and growth.

During the 3 Day Immersive Workshop you will;

**FEEL** powerful transformational energies penetrate your body,

releasing what no longer serves you.

**AWAKEN** to the truth of who you really are as the old layers melt away, connecting you to your innate wisdom and gifts.

**WORK DIRECTLY** with universal intelligence and learn how to access these transformational energies for yourself and others.

**REWIRE** your Cellular Memory at a deep and permanent level.

**MOVE PAST** old behavioural patterns, trauma, old world conditioning and dysfunctional belief systems.

**LEARN** how to co-create with the world around you from a place of centeredness and love.

Melissa O'Neill is a Personal Development Mentor, Group Process Facilitator and Intuitive Healer who has spent the past 17 years as a Student, Teacher & Facilitator in the field of Inner Transformation.

Currently residing in Northern Ireland, she works with people from all over the world who are hungry for change, committed to themselves and ready to step forth into their joy, passion and creativity by the unearthing of everything that isn't serving up till this point in their lives.

**For more information contact Gail McAleese on**

**Email: [gail.mcaleese@gmail.com](mailto:gail.mcaleese@gmail.com)**

**OR visit Melissa's website [www.melissaoneill.co.uk](http://www.melissaoneill.co.uk)**



# LIFESTYLE



# Abusive Relationships: Know The Signs

**“It’s incredibly important that students affected by any form of sexual violence, harassment or domestic abuse are able to access specialist support when they need it.”**

by **CHARLOTTE THOMSON**

Following on from Seren’s sexual harassment survey released earlier this year, we thought we’d take another opportunity to raise awareness of an important issue that affects students, Domestic Abuse.

Women’s Aid, the national charity supporting women and children affected by Domestic Abuse defines it as: “an incident or pattern of incidents of controlling, coercive, threatening, degrading or violent behaviour which often includes sexual violence.” Domestic Abuse is mostly perpetrated by a partner or ex-partner and in the vast majority of cases it’s experienced by women, but anyone of any age, race or gender can be affected. Domestic abuse can be present in all types of relationships and is not limited to couples who are married, living together or that have been together for any substantial amount of time.

Live Fear Free, the Welsh Government funded website, raises awareness of all forms of relationship abuse through regular campaigning, and, with the help of the University’s Student Equality and Diversity Officer, Helen Munro, we’ve put together

this short list of some of types of behaviours that Live Fear Free says you might find in relationship abuse.

## Coercive Control

Many forms of Domestic Abuse include controlling behaviour which is designed to make a person dependent on the abuser. It could be controlling their finances, what they wear, who they’re friends with and what they’re able to do and when. Sometimes an abuser might give direct orders like “Get my dinner on the table now.” In other cases, the control might be more subtle and include things like showing up somewhere, just to see who their partner is with and if they’re where they’re supposed to be. Incessant phone calls and texts whilst they’re apart is another way of gaining control and getting angry and starting arguments if their partner doesn’t respond straight away is quite common.

*Some examples of coercive control are:*

- Isolating a person from friends and family
- Monitoring a person’s time and communication with others

- Repeatedly putting a person down and telling them they’re worthless
- Depriving a person of access to support
- Making threats and intimidation

## Gaslighting

Gaslighting is a form of psychological manipulation where a partner will seek to sow seeds of doubt in a person, sometimes even making them question their own sanity. In Domestic Abuse, this can involve making a partner believe that they are in the wrong, paranoid or to blame for any problems that have occurred in their relationship. In 2018, Comedian Seann Walsh was caught cheating on his long term partner, Rebecca Humphries. Humphries later commented in a statement saying that she asked Walsh several times whether something was going on between him and Strictly Co-Star, Katya Jones and she says “he aggressively and repeatedly called me a psycho/nuts/mental as he had done countless times throughout our relationship when I’ve questioned his inappropriate behaviour.”

## Lies and Manipulation

Abusers can often lie and manipulate. A person might be aware that the things the abuser is saying to them aren’t true, yet they will say it with conviction. As well as lying to a person, they might also lie to their friends, family or people in positions of power e.g. the police. When challenged, however, they can often deny everything and try to convince the person that someone else is the liar, not them.

## Name Calling and Put-Downs

Abusers will often belittle or bully their victims by calling them names or putting them down when they try to do/say something. This could be as simple as calling them ‘stupid’ or ‘a loser’, but in some cases the attacks are a lot more personal, honing in on insecurities or weaknesses e.g. calling a person fat when they know they are conscious about their weight. This can occur privately or as a means of embarrassing a person in front of others. ‘Put-downs’ work in a similar way; they might tell a person that their hobby is a waste of time or they’re out of their league when they

play sport. They might not necessarily think these things, they’d rather they just not participate in activities without them, where they are not able to assert control.

Whilst this list is certainly not comprehensive list, more information about the potential signs of abusive behaviour can be found at <https://livefearfree.gov.wales/campaigns/think-you-know?lang=en> (Live Fear Free website).

If you believe you may be experiencing domestic abuse, you can get help and guidance from Helen Munro in Student Services by emailing [inclusive@bangor.ac.uk](mailto:inclusive@bangor.ac.uk) or calling 01248 388021. Helen says “it’s incredibly important that students affected by any form of sexual violence, harassment or domestic abuse are able to access specialist support when they need it. We can provide them with a safe and confidential space, free from judgement, in which to talk about it and we will support them to move forward in whatever way they feel is best for them”. Students can also ring the Live Fear Free 24/7 Helpline on 0808 80 10 800 for confidential advice and support.



# Beth welwch chi nesaf? What will you see next?

## Best of BE FESTIVAL

**Stiwdio**

16 Mawrth, 7.30pm

£12 myfyrwyr

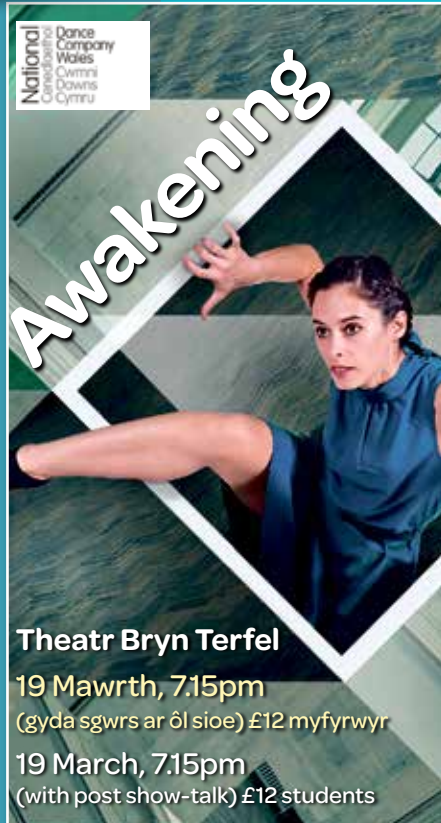
**Studio**

16 March, 7.30pm

£12 students



3 sioe, 3 arddull, 3 gwlad  
• 3 shows, 3 styles, 3 countries



**Theatr Bryn Terfel**

19 Mawrth, 7.15pm

(gyda sgwrs ar ôl sioe) £12 myfyrwyr

19 March, 7.15pm

(with post show-talk) £12 students

## Merched Caerdydd Nos Sadwrn o Hyd

**Stiwdio**

19+20 Mawrth

£12 myfyrwyr

**Studio**

19+20 March

£12 students



Theatr  
Genedlaethol  
Cymru

SODA yn cyflwyno presents

## JOSEPH AND THE AMAZING TECHNICOLOP DREAMCOAT

LYRICS BY  
TIM RICE

MUSIC BY  
ANDREW LLOYD WEBBER

**Theatr Bryn Terfel**

28 Mawrth, 7.30pm

£7 myfyrwyr

28 March, 7.30pm

£7 students



Cerddorfa  
Genedlaethol  
Gymreig y BBC

BBC National  
Orchestra of  
Wales

## Thibaut Garcia

**Neuadd  
Prichard-  
Jones**

29 Mawrth  
7.30pm

£5 myfyrwyr

**Prichard-  
Jones  
Hall**

29 March  
7.30pm

£5 students



Cerddorfa  
Genedlaethol  
Gymreig y BBC

## Gruffydd Wyn



**Theatr Bryn Terfel**

13 Ebrill, 7.30pm

£18 myfyrwyr

13 April, 7.30pm

£18 students

## Bost-Uni Plues

**Stiwdio**

30 Ebrill

7.30pm

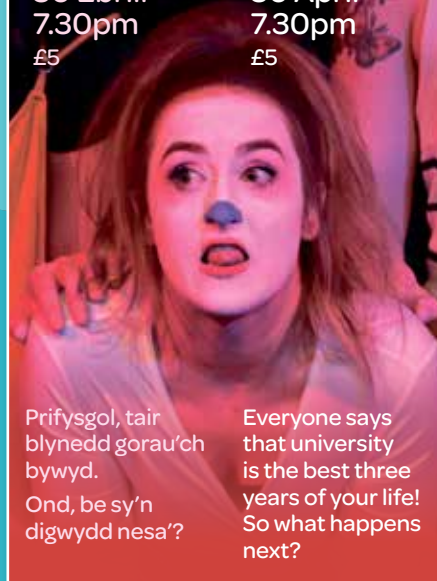
£5

**Studio**

30 April

7.30pm

£5



Prifysgol, tair  
blynedd gorau'ch  
bywyd.

Ond, be sy'n  
digwydd nesa'?

Everyone says  
that university  
is the best three  
years of your life!  
So what happens  
next?

## SINEMA CINEMA

PONTIO BANGOR



## Captain Marvel

22- 31 Mawrth March

£6 myfyrwyr students

12A

**Cofiwch y gostyngiadau arbennig i fyfyrwyr!**  
**Check out the student discounts on special events!**



## FASHION

# The Greatest Showman: Karl Lagerfeld



by ISABELLA TIMPANY

For the world of fashion, the news of Karl Lagerfeld's death last month was a little like hearing the Queen had died. One of the most iconic figures in the industry, it's safe to say fashion won't ever be quite the same without him. Karl had been at the centre of not one fashion house, but three throughout his career. As well as having his own brand, he had designed for Fendi since 1965 and been at the creative helm of Chanel since 1983, a decade after the passing of Gabrielle Bonheur "Coco" Chanel herself.

Karl described himself as a caricature-like character, he had his own personal style and was rarely seen, in his later years, in his uniform of dark suits, matching sunglasses, fingerless gloves and a ponytail. He was quite

the showman, with his awe-inspiring catwalks often larger than the clothes they showcased. Karl made the impossible possible at his shows, no idea was too outrageous or too expensive, as I highlight below:

## Chanel's Melting Glacier

In 2010, Karl Lagerfeld imported a 265 ton glacier from Northern Sweden for the Chanel Fall/Winter show in the Grand Palais, which had to be kept at subzero temperature. Models splashed through the frozen landscape in shaggy snow boots with ice block heels.

## Havana Nights

Karl flew 700 guests and 45 models to the culture-rich city Havana, Cuba to present his Ready-To-Wear Cruise 2016/2017 collection. The Havana Nights catwalk took place on the fa-

mous Paseo del Prado, and was the first ever luxury house show in Central America. The colourful parade of models sported the Cuban-inspired collection, wearing dresses printed with vintage cars, sequin berets and t-shirts reading "Viva Coco Libre". The promenade was brought to life by live musicians and gorgeously nostalgic technicoloured cars.

## Chanel Airways

In Paris at 10:30 AM local time, Chanel presented their "Chanel Airlines" show on a jet-set. Paris' Grand Palais was transformed into a chic airport terminal, complete with check-in kiosks, a waiting area, flight information board and a no.5 gate - a nod to the brand's famed perfume. Models wheeled Chanel branded luggage and wore silver, pastel and monochrome outfits.

## Chanel Supermarket

Karl created a high-end supermarket in the Grand Palais, packed with smoked salmon, caviar, pate and champagne! The busy supermarket was brimming with models wearing tweed, Chanel tracksuits and trainers. Every item was branded, even the shopping baskets were made with the familiar Chanel motive chain woven into the basket wire. Haute Ketchup, eau de Chanel, Coco Chanel Coco Pops, Confiture de Gabrielle and Jambon Cambon were just some of the items that could be spotted. Some of the outfits has a effortless "just popped out for a pint of milk" look but still managed to look incredibly chic.

## His Final Show - Ski Village

The show was organised before his death, being as extravagant and daz-

zling as ever. A snow-covered village was surrounded by mountains with wooden chalets, smoking chimneys and fir trees. There was close attention to detail, with Chanel skis poking out of the mounds of snow. Each guest was given a keepsake that paid tribute to the legendary Karl Lagerfeld, an illustration of Karl alongside Coco Chanel with the words "The beat goes on". Cara Delevingne and Penelope Cruz, two of Lagerfeld's most famous muses, walked down the ski village runway. There were many tears and cheers during the emotional finale to the soundtrack of David Bowie's 'Heroes'.

RIP to the greatest showman, legendary and truly irreplaceable Karl Lagerfeld.



# The Real Gianni Versace



by ISABELLA TIMPANY

The death of Giovanni Maria “Gianni” Versace, Italian fashion designer and founder of the international fashion house Versace, has recently resurfaced in people’s minds following the release of FX’s critically acclaimed second American Crime Story series ‘The Assassination of Gianni Versace’. Although the series has won multiple Emmys and the lead actor, Darren Criss, won a Golden Globe for his performance as serial killer Andrew Cunanan, the series has faced criticism from the Versace family. The Versaces have released statements labelling the series as a “work of fiction”. Despite the series being named after Gianni Versace, the series heavily focuses on his killer, Andrew Cunanan, and tells us very little about Gianni himself, which begs the question: who was Gianni Versace and how did he become the icon he is hailed as today?

Versace was born in the city of Reggio, Calabria. He lived with his siblings Donatella, Santo and Tina, as well as his father, Antonio and mother, Francesca - who was a dressmaker. Reggio Calabria has a rich, historical landscape and Gianni was vastly influenced by Ancient Greek history. Versace is recognised for its venetian prints and medusa logo. He was also influenced by Andy Warhol, a leading figure in the visual art movement known as ‘Pop art’.

Gianni’s first boutique opened in Milan’s Via della Spiga, 1978. After the opening, he soon rose to fame and quickly became a sensation on the fashion scene. His vivid colours, bold prints and sexy cuts stood out, as he

“combined luxurious classicism with overt sexuality”. His most famous designs were throughout the 80s and 90s, including sophisticated bondage gear, polyvinyl chloride babydoll and silver mesh togas.

Gianni was adored by many celebrities, and was close friends, Elton John, Madonna and Princess Diana. His work was very much talked about, often coming under criticism, labelled as vulgar and gauche. He also had a famed rivalry with Giorgio Armani, claiming that “Armani dresses wife, Versace dresses the mistress”. Whether you loved or hated his work, he proved himself over and over again throughout his time as a designer. He invented a type of super light chain-mail, which became the signature material used to create one of his most iconic dresses, the ‘Orton’ dress. He established many boutiques in the US and published a series of coffee-table books, showcasing his sketches and photographs of his creations by photographers such as Richard Avedon. In 1989, he designed his first ever line of haute-couture, and created the costumes for the San Francisco Opera.

However, in 1993, he was diagnosed with a rare cancer of the inner ear, which luckily, he successfully battled the illness. His family took responsibility of the business during his illness and after. On the 5th July 1997, Gianni was shot outside his famous home on Miami Beach by serial killer Andrew Cunanan.

Many argue this was at the peak of his career. The company had expanded to creating clothes for men, women and children, handbags, precious jewellery, perfume and homeware.

Versace’s work was honoured by a posthumous retrospective held from December 1997 to March 1998 at the costume institute of the Metropolitan Museum of Art in New York City. The house of Versace is now run by Donatella Versace, but his legacy lives on through the clothes.

It is true that the tragic death of Gianni Versace was a twisted tale of sex, drugs and serial killer on the run. Versace was shot outside Casa Casuarina, his opulent palatial villa on Miami Beach, now a luxury hotel known as ‘The Versace Mansion’. It is disputed whether Gianni actually knew his killer. The Versace family remain adamant that Gianni had never met Andrew, but Maureen Orth, who wrote the book ‘Vulgar Favours’ on which the show is based, claims they met in 1990, when Versace was in San Francisco doing costumes for the opera Capriccio.

Gianni’s body was returned to Italy, where, on July 22, 1997, one week after his murder, he was given a monumental funeral fit for a Prince at the Duomo, Milan’s 14th Century cathedral. More than 2000 guests attended the memorial, many of them wearing Versace: Naomi Campbell, Anna Wintour and Karl Lagerfeld and his most famous client, Princess Diana. Elton John and Sting, his closest celebrity friends, performed a rendition of “The Lord is My Shepherd”, a psalm chosen by Versace’s team.

In the series there is a dead dove next to Versace’s body, this is not, in fact, fictional symbolism. A nearby mourning dove really did get caught by a bullet fragment; it died instantly and also got autopsied.

## On Your Bike! How To Style: Cycling Shorts



by ISABELLA TIMPANY

It seemed the whole world was wearing cycling shorts at the Spring/Summer 2018 catwalks, but there was not a bicycle in sight! A trendier, comfier alternative to denim shorts for Spring and an edgy, sporty alternative to a floral dress.

In recent years, cycling shorts have often been seen worn by

Kim Kardashian. However, it was Diana, Princess of Wales that arguably wore the trend first, back in 1995. Pioneering the glam gym attire look, she teamed her orange cycling shorts (yes, orange!) with a boxy sweatshirt, a black bag and trainers. It was uncertain whether the return of the gym shorts would remain a transient-trend, but over the last six months the stretchy

bike shorts have become increasingly popular. The Kardashians have proved you can wear the shorts with pretty much anything. Kim’s ‘Yeezy’ shorts have been worn with everything from leather jackets, oversized sweatshirts and high heels. Kylie Jenner also embraced the trend and took the look to the next level, wearing glittery cycling shorts to her 21st birthday

party.

My favourite way to style the shorts is with a unstructured blazer or under an oversized shirt. To achieve the look, it is best to avoid wearing anything too tight on your top half unless you’re actually attending the gym. You can throw a belt around the blazer to cinch in the waist and pair the look with a pair of chunky trainers to balance

out the bottom half.

An oversized button up shirt is another popular way to style the shorts, with a pair of statement slides and bumbag to achieve the ultimate relaxed, edgy look. For an elevated look, the shorts can also be worn with a pair of court heels and statement bag like Bella Hadid at the Fendi show.



## ARTS &amp; CULTURE



# Laugharne Literary & Music Festival To Awaken The Welsh Springtime



Inside Dylan Thomas's Writing Shed in Laugharne, Carmarthenshire

by LAURA PATARI

It's nearly spring, but you don't need to wait until the summer sun's rays for those indulgent cultural festivals or literary havens.

Laugharne (a town in West Wales) is approaching April with anticipation. Its annual arts and literary festival will soon awaken. The weekend concentrates on literature, music and comedy inviting a heap of international artists and performers to join the kinship of Welsh writers and musicians from, or connected to Wales.

The festival lies in a town in which Dylan Thomas himself habited. Describing the place as "timeless, mild, beguiling island of a town", a breath of hiraeth can be found in his account of the small Carmarthenshire town: "Here we just are, and there is nowhere like it anywhere at all! Maybe this is a reason why Laugharne is thought to have been the inspiration for the fictional town of Llareggub in

Under Milk Wood.

The festival is deliberately small-scale. A heap of artists, festival-goers and locals will undoubtedly rub shoulders. Directors and co-founders Richard Thomas and the Cardiff writer John Williams, emphasize this as an important aspect of creating atmosphere and identity: "I'd sooner start another festival than let it grow too big"

The Laugharne Weekend concentrates on a trinity of literature, music and comedy. While inviting talent from all over the world, the festival nevertheless maintains its traditional kinship with writers and musicians from Wales or those who have a connection with Wales.

This year, headline performers include poets John Cooper Clarke and Jackie Kay, DJ Annie Nightingale, writers Nikesh Shukla, John Lanchester, Katie Hamer; writer-producer Jeremy Dyson, musicians Damo Suzuki and Gwenifer Raymond, comedian

Deborah Frances-White, and many more.

Previous headline performers have included Patti Smith, Mick Jones of The Clash, the actor Michael Sheen, the writer Caitlin Moran, the comedians Harry Hill and Alexei Sayle, and the painter Peter Blake to name a few.

The Laugharne Weekend arts and literary festival will be held between April 5th-7th in Wales, with tickets selling fast online. Maybe this is your weekend to be inspired, to write, to enjoy talented performances and artistic craft in a small town where anyone can find themselves temporarily hidden from the world.

Holly McNish, Dr John Cooper Clarke (top), Annie Nightingale and Nikesh Shukla (center), Kate Hamer and Gwenifer Raymond (bottom) are some of the festival's artists and performers.



## Bangor University Archives Receive Extensive Collection from Plas Newydd Estate



by LAURA PATARI

The Bangor University Archives and Special Collections are tightly tied with local heritage and cultural history, especially in terms of the many great landed estates of North Wales. This includes taking care of sizeable estate records. Indeed, the University is home to a staggering amount of collections from Welsh estates like Baron Hill, Mostyn, Penrhos, Penrhyn Castle and Plas Newydd.

Most recently, the department has received a new collection from the Plas Newydd in Anglesey. The estate, dating as far back as 1470, has stood in the bank of the Menai Strait near the town of Llanfairpwllgwyngyll and housed historical families from the

Griffiths, Baylys and Pagets - and having been the seat of eight Marquesses of Anglesey so far since the year 1815.

The collection, titled 'Paget Papers' consists of six series, uncovering lives of six residents of Plas Newydd between the 19th and 20th century. These include the Almeric Hugh the Baron of Queenborough, Henry Cyril the Fifth- and Charles Henry Alexander the Sixth Marquess of Anglesey, as well as Marjorie, Lady Anglesey and Lady Caroline Duff.

In overall 69 boxes, the collection consists of letters, photographs, journals, documents, maps, and other miscellaneous items of general, historical and personal nature.

The Paget Papers will join other estate records from Plas Newydd held at

the archives, extending the range of the Plas Newydd collection.

The Paget Papers document will allow research into local history of the estate as well as the surrounding area through the active ties of the Paget family to societies, councils and places in North Wales. Due to the political history of Pagets, the Plas Newydd collection extends to offering insight into UK politics: many of its residents were members of parliament.

The Paget Papers will also allow exciting glimpses into the socialite life of Plas Newydd residents of the 1800s and 1900s. For instance, the series of Almeric Hugh, Baron of Queenborough includes journals and pamphlets showing his enthusiasm for travel and yachting; the series of the

Fifth Marquess, Henry Cyril includes colourful programmes of theatre performances at Plas Newydd; and the series of Marjorie, Lady Anglesey includes instances of items relating to event planning in the 20th century, such as menu plans and a recipe book.

Since the donation of Plas Newydd to the National Trust in 1976, the estate has become widely accessible to the general public and researchers to visit. With the Paget Papers now being rehomed into the Bangor University Archives and Special Collections, the collection will be future-proofed and catalogued online for the estate's, academic researchers' and the general public's access.

### HISTORIC RESIDENTS OF PLAS NEWYDD

The first image depicts Almeric Hugh Paget, 1st Baron Queenborough. Photograph taken in 1897 (Reference no PAG/1/5)

The second image shows Henry Cyril Paget, 5th Marquess of Anglesey (1875-1905) (Reference no BMSS 26224).



Archifau a Chasgliadau Arbennig  
Archives and Special Collections

This article is the first of a multi-part coverage of the Paget Papers collection in association with the Archives and Special Collections.





## VISUAL ARTS SPECIAL

# COMMENT: In Anticipation Of Van Gogh At The Tate Britain - Why Not Just Google For Images Of Famous Art?

by LAURA PATARI

Tate Britain's upcoming Vincent Van Gogh exhibition brings the artist's many famous paintings under one roof: from *Sunflowers*, *Starry Night* on the Rhône to *L'Arlésienne*, it will feature the most extensive exhibition of Van Gogh's art in the UK within the last decade.

Titled *Van Gogh and Britain*, the exhibition, will focus on the special link of the artist's youth in Britain and how this affected his art - as well as showcasing various British artists inspired by Van Gogh's work.

From afar, this could be a highly successful angle for the exhibition - after all, what new is there to see from Van Gogh, anyway?

Bear with me.

Like many golden names of Western art, Vincent Van Gogh belongs to a category of "easily googleable" artists. Images of his lifetime of artworks are available online to view by millions - and countless prints, photographs and posters are available to download and purchase to enjoy a piece of post-impressionism in one's guest bedroom.

With this in mind I ask: what is the role of art exhibitions in the Internet age? What can a visitor gain from the Tate's exhibition at £22 entry, when they could see the same works of art depicted via the computer, free from disturbance of other visitors and the protective measures of the gallery?

Maybe we are not coming in just for Van Gogh - maybe instead the gist of it all will be the artworks inspired by him. Indeed, the perspective of the exhibition must not be forgotten. In the inclusion of British artists, such as Francis Bacon, David Bomberg, and the young Camden Town painters, the Tate touches upon the vast local lifeblood and visions of modern London inspired by the Dutch artist.

Evidence of this is found as follows. Tate Britain has released a video trailer for the exhibition - one where

contemporary Britain is woven into the narrative of the classic artworks many know and love. Scenes of real life, from coffee shops and riverside bridges to corner stores, remind the viewer of various famous paintings. It feels as if the trailer is bringing scenes of Van Gogh's paintings to life today.

But are we then paying twenty two pounds to see everything BUT Vincent Van Gogh? That wouldn't make sense either - after all, it would not be the most extensive Van Gogh exhibition in the UK since the last decade, if the Tate Britain wished to attract researchers or the general public to specifically see Van Gogh's afterlives and only work inspired by him.

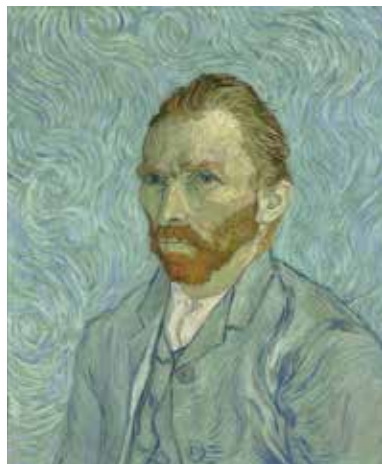
Many would say that the difference between seeing a painting and a picture of it lies in the feel of "authenticity" - its immediacy, its originality, the sight of brushstrokes and a frame upon soft gallery lights gives an authentic effect. The feeling of seeing "the real thing", to many art enthusiasts, is of irrevocable importance.

But there are negative sides to this: in the famous case of the Louvre in Paris, visitors notoriously struggle to see even a good glimpse of the little Mona Lisa, under its rigorous security measures and behind a sea of other beholders.

Accessibility in crowded galleries may be a further problem and obstruct visitors from experiencing that "authenticity" in peace - especially in the case of famous exhibitions, where bookings have to be done in advance to even get in.

In an age when the Internet is so accessible, why do we downplay its strengths in terms of education about famous art? Why are high resolution images not valued as "the same thing" as going to see the original work?

So the question lies in this: what, in reality, is different in seeing a painting on a wall, and a painting displayed on a screen? The content, meaning and significance of a drawing, painting



**The Man Himself. Self Portrait, 1889**

or a photograph doesn't usually change if it is represented accurately. We frequently consume representations of artworks anyway - whether it be bootleg films, filmed theatre performances, printed photographs of drawings - and accept the representation as seeing the real thing if being 'truly there' is inaccessible or expensive.

Maybe it is a question of validity. Perhaps it is not about seeing the paintings of Van Gogh's famous works, but having them see us. If the original work and its Internet representation offer identical information to the viewer, perhaps the experience is really about being able to say, "I've been in the same room as the *Sunflowers*".

What may one expect from the Tate Britain visit, in the end? Surely, a fine-tuned, grand experience celebrating Van Gogh's lifetime of art as well as showcasing the inspirations he has brought on the artistic consciousness of Britain. But as we have seen, it may also be a site for rather interesting consumer behaviour.



**Wheatfield with Crows, 1890 (above) and Sunflowers, 1889 (right) are two examples of widely available, high-definition images of Van Gogh's lifework.**

## Public Art In Pontio



by LAURA PATARI

Bangor's beloved Pontio Arts and Innovations Centre hardly goes unnoticed. From its distinctively modern architecture to the student's 'elevator highway' transporting them from lower to upper Bangor in a few minutes, anyone living and studying in the town is bound to be passing the building.

But when passing through the modern spaces inside, many people might be missing some rather important creative outputs from the community. That is, the public artworks.

Pontio has two permanent artworks, one perhaps most well-known to the student population due to its distinctive appearance outside Pontio. The *Caban* (1) is a piece of public art by Dutch artist Joep Van Lieshout: "...a modern day interpretation of the quarrymen's caban, and a meeting place for formal and informal performances" (PONTIO).

Notably, the artwork has received controversy and mixed reviews from passers-by as well as a few mentions on TripAdvisor - but from the provocative hands of the Dutch sculptor, whose style often consists of political and material risk taking, are no strangers to loud reaction. His tendency of blending taboos with art, installation and architecture often also involves the interaction with scenery. Other examples of the artist's public artworks are *Troglodyte* (Neerpelt, Belgium, 2018), which resembles a group of large rocks scattered around the landscape by nature, and *Funky Bones* (Indianapolis, USA, 2010), which is a large installation of 20 benches, placed to resemble a human skeleton.

Another permanent artwork is Jessica Lloyd Jones's *Changing Light* (2).

The artworks include two pieces - one a circular multi-coloured piece on the ground level wall of Pontio, and another on the first floor: a large rectangle with mirror-like sensation, which lights up upon touching. The artworks investigate the interaction of materials and processes with light, and combine art with science and technology.

Lloyd Jones, based in Llangollen is no stranger to public art that depend on its surroundings - for Pontio, she undertook time for research in 2016 on temporary artworks to enhance the space. Her style exposes and bends light in all its wavelength and reflective qualities and invites new perspectives on ordinary spaces. Her previous site-specific works include light installation at Ruthin Craft Centre, Ruthin and wind responsive architectural lighting at Plas Heli, Pwllheli.

Many of Pontio's exhibitions are temporary, and bound to introduce new artworks relating to events. Current installations in Pontio feature the creative work of Coleg Menai's Art Foundation course, who produced work for the building's public areas for the recently held Bangor Music Festival (3). The artworks were inspired by the festival's theme - acoustics. Student artists attended a sonic art masterclass by Professor Andrew Lewis from Bangor University School of Music in order to bring the acoustics to life in visual art. These artworks can be viewed between ground floor and second floor as hanging from the ceiling, as well as on the video wall of the second floor.

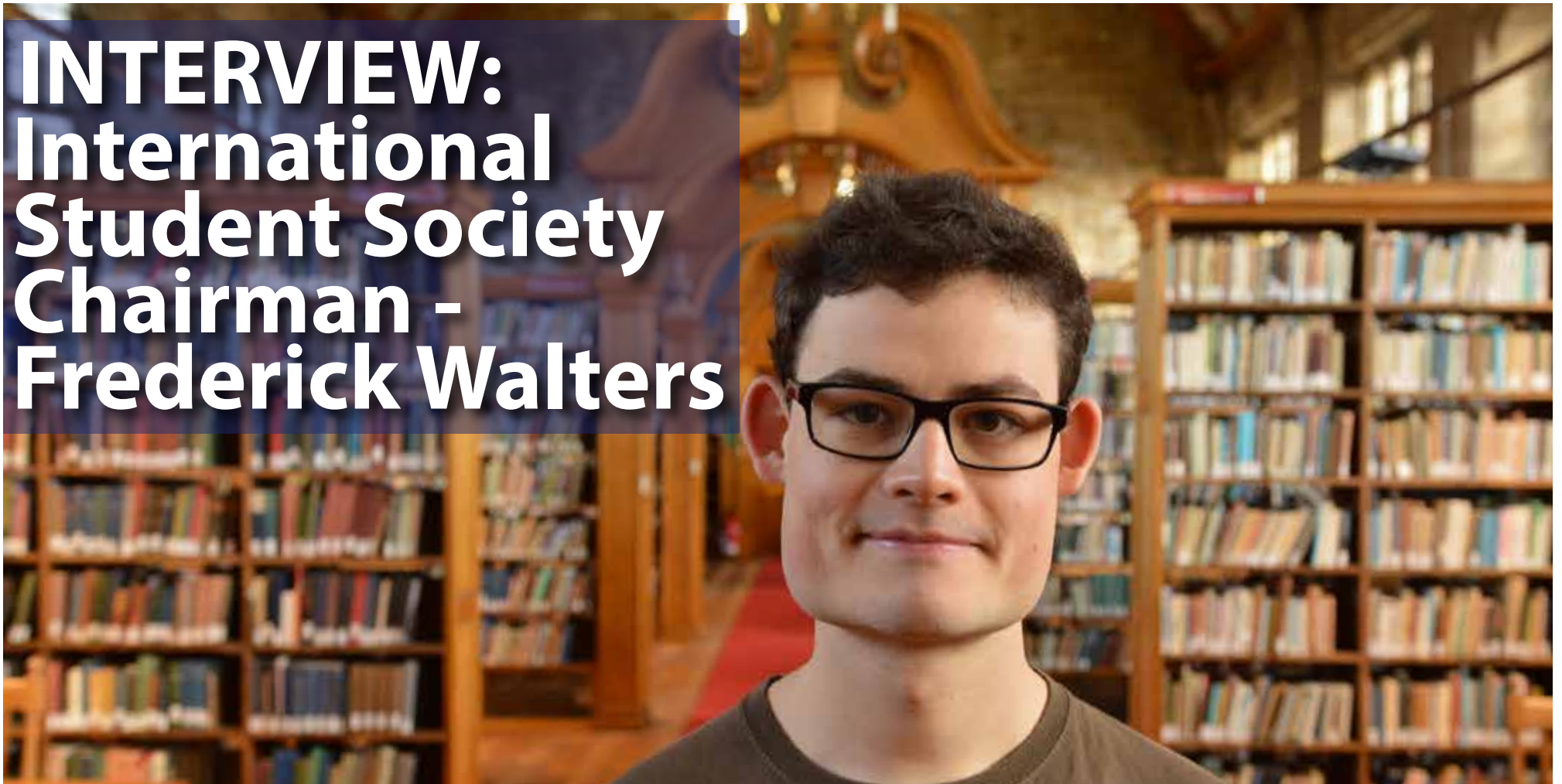
Next time you pass the great white canvases of Pontio's walls, do not hesitate to take a second look at its many artworks.





# INTERNATIONAL

## INTERVIEW: International Student Society Chairman - Frederick Walters



by FINNIAN SHARDLOW

### Tell me briefly about the International Students' Society?

The International Students' Society is a group of diverse students that meet on a weekly basis to socialise and get involved around Bangor. We are open to anybody who is interested in different cultures, languages or people; whether from the UK or abroad. We try our best to make people feel at home at university and help them fight against problems they might be experiencing whilst studying abroad. Most of the time we just offer a platform to send queries to, form connections at, and get involved at events across Bangor, be it those of other societies we advertise or our own.

### What kind of activities does the International Students' Society carry out?

We have four main types of events: trips, cooking sessions, socials and cultural events. For international students who are visiting the UK for the first time ever; trips to castles, Snowdonia and other local areas of interest are often the most interesting. With these, we try and vary, offering trips from Welsh castles and medieval country houses, to expeditions in howling gales to the highest mountain south of the Scottish border.

Our cooking sessions consist of people from different countries teaching us their traditional recipes and favourite snacks. For these we meet in St Marys kitchens to socialise and relax, whilst cooking together and enjoying the varied foods.

At socials we usually mingle over free pizza, games or the one or other pool game. Occasionally we also watch cultural movies or relax in one of Bangor's excellent cafes.

Lastly, we try and bring as many cultures forward to represent

our university's immense cultural diversity. As our Societies Guild currently holds 16 (soon to be, 18) different international societies, a strong collaboration through various cultural events has always been very important to us. Examples of recent events we've been collaborating on include; Kamariya Choreography dance classes, a traditional style of dance from the Indian festival of lights Diwali; a cultural video series with the Indonesian and Bangladeshi Societies; and a selfie competition for International Students' Day has also been on our activity list over the past semesters.

### What kind of cultures are involved in the International Student Society?

Having a highly diverse student body of 123 nationalities, everybody is welcome; regardless of culture, religion or nationality. Our members consist of students from around the world, each of them bringing their own culture and background. We have British and European cultures, as well as ones from the Middle East, Asia and the Americas. Since we are a fairly international university, internationalism is apparent in many societies across the board, but the special thing about us is that we actually use this to learn from one another and that we get to dive into another culture, without even needing to go abroad.

### To what extent do all the different cultures within BISS mix together?

In my opinion they mix a lot. Not only in our activities we have together, but also as we give the opportunity to work and co-organise events with other national societies who are focused on their specific country. We also have members in our committee who take part in other cultural societies, making it easier for us to

collaborate with these and enabling us to learn from them and other students. Mostly our events target the general (internationally interested) audience and do not target specific interest groups, bringing in different cultures and getting us interactive amongst one another. Our events certainly show how easily people from different cultures and backgrounds mix once given the chance to meet and socialise, even if this might not be applicable to every person and in every scenario.

One event series we have been hosting specifically for this, is a film screening produced by the NGO 'Crossing Borders Education', which compares western and Islamic cultures, African-American segregation, and the communication barriers between Chinese people and people from the west. The screenings were followed by a discussion about the problems we face nowadays and what can and should be done about them on an individual level. The topics discussed about racism, communication barriers and difference through religious beliefs opened up interesting discussions and touched on experiences and stories that everybody in the room could relate to, which allowed for a wider interaction and a new understanding of what other people have gone through.

### As an international student, how important is it to find a society to help with homesickness?

For any student, regardless of being international or from the UK, it is extremely important to get together with other students and get active within one's areas of interest. Creating a social space that one feels comfortable in and making friends is the first step any student has to go through when moving to a new environment. This helps students gain confidence,

fight loneliness and homesickness, and gives them a home away from home. For international students, this connection is just as essential, but immensely problematic if lacking. As many of us can't go home more than once or twice a year, and face numerous changes in environment, culture and climate; smaller problems that we get confronted with daily become much bigger problems than under normal circumstances. Providing the social space to be able to chat, meet friends from similar backgrounds or with similar problems and giving opportunities to overcome the barrier with daily interactions and language barriers with kin that share associations of home, even if still open for interest groups from the UK and other countries.

### How does the International Society interact with the wider student community?

Generally interacting with all students is just as important for us as interacting only with those that have faced issues or are new to the UK. With us being open to the entire student body, the interaction between old and new members helps carry the momentum with many regulars creating the friendly and open environment that most of our members love. This of course also extends to UK students that are interested in what we do and how others live. Creating a connection between internationals and home students is vital to understand each other, learn from one another, and fight racism and prejudice. Many UK students even gain more interest in other countries through joining our events, and foreign students get acquainted to the system within the UK. To help promote this interaction we hold all our events in spaces as publicly as possible, as well as publicising these through Facebook, Instagram, and every now and then

over WhatsApp and email. Even some committee positions are filled by UK students.

### What's it like being the Chair of such a diverse society?

As the chair, some difficulties are naturally part of the weekly agenda. Hosting such diverse events requires a large amount of coordination and a super active committee that make sure that all the strings are pulled in the right place at the right time. As none of us are experienced in any one area, we often require help and knowledge of other people, societies and organisations to pull off events we've never done before. Establishing an interesting and diverse schedule for the semester that incorporates as many cultures and topics as possible, so that we keep open to everybody, is further challenging. All the positive interactions and superb turn-outs usually outweigh the challenges though, and it is fantastic to experience the enjoyment and pleasure with which some of our members often come.

### Why should people join International Students society?

I think this question can be answered by every one of the sections above. We offer a place for every student to be a part of a bigger and wider family, to socialise and learn new things. Whether fresher or master student, knowing no one can be extremely difficult and making friends is vitally important when travelling somewhere new. The societies at Bangor, just like us, are here for exactly this purpose. We make students part of what it really means to be a student. An experience you only get once, and a place you can break free from studies and endless Netflix. And most importantly, to lose a few hours from being homesick, a home away from home.





# The Great British Binge-Off

by LIBBY SHAW

Generations come along and put their own stamp on British culture, be it through fashion, movements or slang. But something that never changes is the intense drinking culture and its safe to say that it baffles the rest of Europe.

It's no secret that Britons love booze. We love it in any capacity and students know best where to drink, how to drink, and how to get the highest percentage for the best deal. In 2005, the World Health Organisation placed us 13th in the world for alcohol consumption; only Eastern European countries such as Russia and Poland came before us. It also comes as no surprise then, that we placed 4th in the world for highest beer consump-

tion.

Where does our drinking culture come from though? Well some researchers believe that it all began in the much beloved British pub. During the 1930s, pubs were an exclusive place for the male working class to gather, socialise and relax. The seed was planted and alcohol began to embed itself in British culture as a welcomed accompaniment to social gatherings. It was only in the 1960s however that the culture we know today began to develop, and lager, which was 5% rather than the usual 3% of the home brewed pale ales, soared in popularity. Lager became the drink of choice. Ad campaigns labelled it as a 'refreshing taste unlike any other beer' and it was this angle, paired with two particularly hot summers in 1975 and 76, that firmly

cemented lager as the social drink of choice for Brits. Around the same time in the '60s, other imported beverages rose in popularity, such as wine. Wine lent itself to drinking at home for a casual evening and also appealed to the female demographic, for most of whom going to a pub was not an acceptable past time.

From here on, things just got out of hand. Apart from a brief plateau in drinking statistics in the late 80s and early 90s when ecstasy and rave culture was making a breakthrough, the industry re-directed their newer and better tasting drinks, like alcopops, at this youth culture who enjoyed the new dance scene. With the emergence of shots and marketing techniques like fewer tables in bars, it meant that alcohol was being consumed and bought at a much quicker

pace.

Fast forward to the modern day and we have a fully established society of functioning alcoholics – well, if we go by our European neighbours standards.

Many international students are shocked when they first arrive in the UK and see the extent to which us students will binge drink. For many, it can be hard to adjust to, especially since so many University social activities revolve around drinking. Not only this, but we'll be damned if we're going to be restricted by the time of day! Many European countries are big on day drinking, but it often consists of an aperol spritz or a beer, rather than 8 pints of lager as a precursor to the drinks to come later on.

The stereotype is that we don't know when to stop, and it's probably

true. In research carried out by The Conversation, international students interviewed expressed that while it was normal to get drunk in their cultures, it was the aspect of 'going too far' that distinguished the British style of drinking. There was also shock revolving around the volume of alcohol that women would drink and how public vomiting or collapsing in the street was not only accepted, but often expected and praised.

For most of us, binge drinking and its appeals often wear off with age and experience. The difficulty with this culture however, is that it is so deeply embedded in our British psyche as something to be proud of and something to define us as a nation, that it won't be easily shifted unless big change comes along. Until that time, lads, we sesh on.



## DAFYDD HARDY

STUDENT LETTINGS



## STUDENT ACCOMMODATION FOR

## 2019/20 IS NOW ONLINE

01248 35 35 44

[www.DHstudents.co.uk](http://www.DHstudents.co.uk)



# RATE YOUR

# ACCOMMODATION



**WIN**  
**£500**

Take the  
survey now.

[www.StudentHousingSurvey.co.uk](http://www.StudentHousingSurvey.co.uk)



NATIONAL STUDENT  
HOUSING SURVEY





ABI  
ROBINSON

SOCIAL EDITOR

socialpage@seren.  
bangor.ac.uk

With the success of last month's Seren's Singles blind date, I decided to reach out on all social media platforms and ask the students of Bangor to get involved! The response I had was fantastic. I was definitely not expecting the number of people to contact me that did. So, thank you to those of you who did get in touch whether it was via Facebook or email. I am making it my mission to have you play your part in the next issue's blind date, so watch this space!

Moving onto this month's blind date, I introduce to you Daniel Healey and Rachel Nicholls. Daniel is a third year Sport Science student and Rachel is a second year English Literature and Creative Writing student. Daniel is the recent champion of the Greedy B\*stard Challenge in Mikes Bites (the first one of the year in fact) and Rachel, well, Rachel opts for the Happy Meals in McDonald's as she says the standard regular meal is just too filling! Let's hope their appetite is the only thing they don't have in common and that Daniel isn't just the King of the Greedy B\*stard but the King of Chat too...

I am looking to  
continue my job role  
as Cupid!

If you are single and would like to participate in a blind date for the Social page's next issue, please drop me an email at:

socialpage@seren.  
bangor.ac.uk



Rachel Nicholls



Daniel Healey

**Where did you go for your date?**  
We went to Clio's Lounge in Bangor at around 7:45pm.

**What were your first impressions of each other?**  
I got there before he did, so I sat down first. I recognised him because we have a few mutual friends in common. He's part of the rowing society and I know a few people who are too. I'm not going to lie, I didn't really think he was my type.

**Was there any awkwardness to begin with?**  
At first it was. There were a few awkward silences, but I guess that's normal for a first date. He was good at thinking of things to fill the silences though.

**What did you talk about?**  
I mentioned how I recognised him. We also discussed our mutual friends and the societies we were part of. We are both fair skinned too so we talked about how we both burn to a crisp in the sun. We mainly just talked about our mutual friends though.

**So, did you have a lot of things in common then?**  
We didn't really have much in common which was part of the problem. For instance, I like to go on nights out and he said he doesn't really.

**Were there any clear differences between the two of you then?**  
I tend to stay away from disagreeing with people on things. We didn't discuss politics or anything like that, thank goodness!

**Is there anything you would like to add about your blind date experience?**  
We didn't end up exchanging details or anything. I gave him a hug goodbye for politeness. I think he did get the same vibe from me about the date. It was a nice time and we had a good chat, but we just didn't click.

**Would you like to see Daniel again?**  
I wouldn't like to see him again just because we didn't click.

**What were your first impressions of each other?**  
I thought she was friendly, nice and a good-looking girl. She was easy to talk to as well. She did seem quite nervous at the start of the date though.

**Was there any awkwardness to begin with?**  
For me, it didn't feel awkward at all.

**What did you talk about?**  
We talked about a lot of things, mainly standard stuff to be honest. We discussed nights out, films, video games as she has a huge interest in them and we also mentioned which sports we enjoyed.

**So, did you have a lot of things in common then?**  
I think the main thing we had in common was video games as that appeared to be Rachel's main interest, including dancing.

**Were there any clear differences between the two of you then?**  
There were no clear differences between us really.

**Is there anything you would like to add about your blind date experience?**  
We were both there for quite a while and we walked to Asda after the date because Rachel needed some mixer for her night out. We talked about a lot of things and I thought it was a chilled date. It also went really quick in my opinion.

**Would you like to see Rachel again?**  
I would like to see her again, yes.

Well, this date wasn't as successful as the last date but I hope that Daniel and Rachel still had a good time!

I'd like to thank the two of them for getting in touch and taking part in Seren Singles' second blind date.

If you are interesting in taking part in the third blind date, please don't hesitate to drop me an email at:  
socialpage@seren.bangor.ac.uk



# FILM



## INTERVIEW: FilmSoc Presidents - Hannah Grimston and Jess Simms



by FINNIAN SHARDLOW

### Introduce FilmSoc for us?

Film Society is a collective of students who make short films together. We also hold socials through Bar Uno, our sponsor, and Pontio which allow us to appreciate film through quizzes and screenings.

### What challenges and rewards are involved in running a society like FilmSoc?

We believe the challenge leads to the reward, making and helping others make film is a challenging prospect. It takes time, patience and

commitment, so learning to organise schedules is key. However seeing how that turns out is always a reward, we've created some amazing films and we are so proud of them.

### What different opportunities can FilmSoc offer to members?

Not only is it an amazing way to make friends, other societies and people outside the uni sometimes can offer us work, which is great for experience.

### What different stages of Filmmaking can members be involved in?

Film making is so multi-faceted and

our members can get involved in any way. Most importantly is that it's like a team sport, each member is vital. Film Society offers roles in directing, writing, producing, camera and sound as well as a range of other positions.

### Tell me about the different kind of projects you can work on in FilmSoc?

Over the year we have two major projects. At the moment, we have five different crews working on a range of genres from mockumentary to Sci-fi.

On a smaller scale we have been holding workshops with a hands-on approach including one session where our members recreated and

recorded sounds from film with whatever they could find.

### What's been your favourite project to work on this year?

Oh that's difficult, each project is a learning opportunity, there are always so many ideas chucked forward so really all of them are potential favourite.

### You have an end of year showcase coming up – how important is this event to your members?

The end of year showcase is a wonderful event for everyone involved in Film Soc and having

the opportunity to use the cinema to showcase the work of students is amazing. Seeing the projects all finished and on the big screen is extremely rewarding for us and our members. It's really a chance to celebrate and reflect on what we have achieved as a collective over the year as well as the work of students in the school of Music and Media. The standard and creativity of the films always blows us away and we have no doubts this year will be the same.

This year's showcase will be held in Pontio cinema on the 10th May.



**Don't make exam stress worse, sort your student accommodation before Easter break & get money off!**

Reserve your accommodation **NOW** for the 2019/20 academic year and get up to **10% OFF**

\*10% Discount for all groups of 3+, 5% discount for all individuals and pairs. Offer available on select properties, applicable on reservation for the 2019/20 academic year



*First come first served*

01248 719 254  
lettings@varcityltd.com

f Varcity Living  
@varcityliving  
Varcity\_Living



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



I ddarganfod rhagor, ewch at: / To find out more, visit:  
[recycleforwales.org.uk/bangor](http://recycleforwales.org.uk/bangor)

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



ailgylchu dros Wynedd  
recycle for Gwynedd



SWYDDFA  
NEUADDAU  
HALLS  
OFFICE



PRIFYSGOL  
**BANGOR**  
UNIVERSITY



# SUPER 80'S PARTY

AROUND 400 OF YOU CAME  
TO OUR SUPER 80'S PARTY ON  
FRIDAY 1ST MARCH.

IT WAS A SPECIAL NIGHT - THANK  
YOU SO MUCH FOR SUPPORTING  
YOUR STUDENT NEWSPAPER.

AS PROMISED, HERE ARE SOME  
OF THE BEST PHOTOS FROM THE  
NIGHT.











# News From The Small Screen

by CIARAN GRIFFITHS

## Amazon Lord of the Rings

Despite pretty much everyone knowing about it for a good year now, Amazon's Lord of the Rings series has been officially announced via the company's Twitter account accompanied by an interactive map and news that the show will take place in the second age. The second age included the rise and fall of the films main villain Sauron, along with the formation of the Last Alliance of Elves and Men so there's a lot of Middle Earth history to cover.

Although, don't get too excited just yet, there's absolutely no news other than that very vague date, a period that covers 3441 years to be precise. There's an interactive map on the

company's website, but other than that, nothing. No casting news, nothing about storyline and no word of setting, other than Middle Earth of course. There's been the odd unofficial rumor that it might be based around the early years of Aragorn's ancestors. But again, these are just rumors and have not been confirmed by Amazon. So other than the show's existence, pretty much disregard the rest of this article.

## Bones Lawsuit

In perhaps the biggest TV news this year, Fox has reached a historic settlement with the cast and executive producer of Bones. After almost four years since the complaint was filed, the TV industry giant has been ordered to pay \$179 million to EP Barry Josephson, Emily Deschanel and David Bore-

anaz. The money was awarded to the former stars and executive producer following a landmark case where the network was accused of 'a breach of contract and fraudulent inducement complaint' alongside overcharging the show millions of dollars in alleged expenses. Yet, the case is not over yet. Fox is now appealing the ruling, arguing that the case was 'riddled with errors and gratuitous character attacks'. The case could potentially change how networks pay their staff, and will likely result in them being placed under more financial scrutiny. Interestingly, this is not the only upcoming legal case revolving around TV network's finances, 2020 will see The Walking Dead producers face up against AMC seeking \$300 million in unpaid profits.

## Jane the Virgin spin-off lead announced

Jacqueline Grace Lopez has been cast as the lead in the upcoming Jane the Virgin spin-off. While details on the show are sparse, we do know that it will be based on the titular Jane's novels from the original show. In terms of setting, it's rumored to be set in Napa Valley, California. It will also follow the telenovela style of the previous show, sticking to its unique, quirky sense of humor. Check back on this page for the latest Jane the Virgin spin-off news as soon as it's announced.

## Tributes paid to Riverdale actor Luke Perry

Tributes have been paid to actor Luke Perry following his death in early

march from a shock stroke.

The Riverdale actor was best known for his role in Beverly Hills, 90210 as teen heart throb Dylan McKay. He also had roles in Criminal Minds, Law and Order: special victims unit, The Simpsons and Will and Grace.

More recently he starred in Netflix's Riverdale as Fred Andrews, the father of lead character Archie. Following his death, production on the show was halted to allow the cast time to mourn.

The show's executive producer, Roberto Arguierre-Sacasa announced that all future episodes would be dedicated to Perry. Last Wednesday's episode featured a card at the end with Perry's birth and death year.

# Representation Of Women In TV

by CIARAN GRIFFITHS

This March is International Women's Month, with people across the globe celebrating the women who inspire them. Quite a few of these women have been characters from TV, with many people describing how their favourite female characters and actresses motivate them. This in itself is a good indication of how things have improved in terms of representation of Women in TV and there's some good examples of this. From actress Ellen Pompeo who earns over \$20 million per season of the hit medical drama Grey's Anatomy, to Phoebe Waller-Bridge who's been responsible for some of the past few years' best television including Flea Bag and Killing Eve.

There's also been some hit shows that feature a female driven cast including Netflix's Glow, Orange is the New Black and the BBC's Killing Eve. These last few years have seen some fantastic women led TV shows across all genres.

Yet, while there have been some huge improvements, there is still an unbalance. A study conducted by Women and Hollywood found that in 2017-18 only 11% of TV shows featured an equal number of male and female characters, with women comprising only 40% of all speaking characters. These statistics become even more worrying if ethnicity is factored in, with female Latina characters in speaking roles reaching only 7%, this is an all-time high.

Nevertheless, the simple fact that people are noticing the lack of rep-

resentation is an improvement. With several large scale publications regularly publishing articles calling for more representation or highlighting cases of particularly good female characters.

It should be noted that while there have been improvements in front of the camera, representation of those behind the scenes is still lacking. An article from Variety quoted statistics from Mount Saint Mary's University that showed women occupied only 30% of key creative, behind-the-scenes positions in primetime TV during 2016-17. Even worse, women made up only 11% of showrunners in the 2016-17 season, with only 2% of showrunners for 2016-17 being women of colour. These statistics, while bad, do show a small but steady increase suggesting that change is slowly happening.

Perhaps one of the best indicators that change is slowly happening is the recent Instagram advert from Netflix featuring Uzo Aduba going through different settings featuring different members of minority groups being involved in the making of TV and film. The tagline for the advert was 'More room, More stories, More voices' showing that one of the biggest media sites is trying to promote those who have been locked out of the process in the past, women being one of those groups.

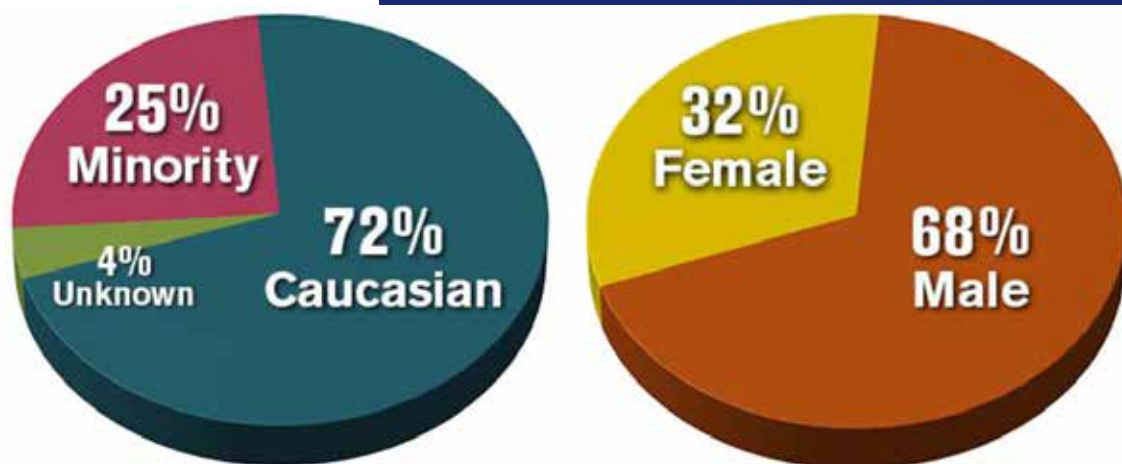
One of the most interesting points from the study in Variety is that women were much more likely to be employed by other women in the TV industry. If a program had at least 1 female creator, women would account

for 45% of writers and 27% of directors. Whereas shows without a female creator only 16% of its writers would be female and 13% of its directors would be women. This could indicate that the steady increase of women in industry roles will likely lead to even more women being employed and being able to tell their stories. This effect can already be seen with people like Shonda Rhimes, who has a huge collection of shows under her belt - giving women, and several other often underrepresented groups the chance to get involved in the industry, changing things from within.

Progress has been made, but as always, more has to happen to ensure everyone has the chance to tell their stories.



2016/17 First-Time-Episodic Directors Chart from an article in Variety (below)







by CIARAN GRIFFITHS

**GAME OF THRONES:  
SEASON 8**

Another Game of Thrones trailer is out! It feels like I am writing something about HBO's hit fantasy drama at least once an issue, but honestly, this is the big one! After endless promos, teaser trailers and cast interviews, the main Game of Thrones season 8 trailer has landed. Featuring the usual ominous voice overs, shots of worried and weary character, and violent fight scenes, this season seems likely to offer more of the same high stakes storylines that the series has become

known for. Yet the stakes seem even higher now as the White Walkers approach Winterfell itself, and the characters gather together to face this impending, supernatural threat. If you want to go into the last season with a clear head free from any spoilers at all, then I'd give this particular trailer a miss, but if you don't mind the slight spoiler, and by spoilers I just mean the places and people certain characters are with, then give it a watch.

**His Dark Materials**

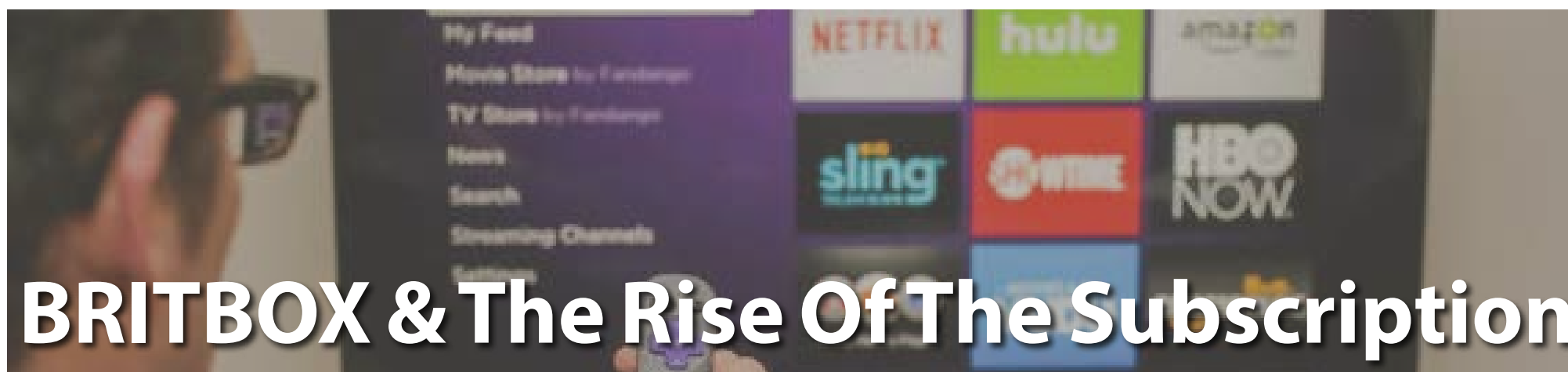
This one snuck upon me if I'm being completely honest. I don't remember hearing anything about a new adaptation of the Philip Pullman

fantasy story, but yet here we are. The BBC and HBO original seems to possess a darker, more serious tone than the 2007 film. While the 30 second teaser trailer doesn't offer much in terms of plot, it does give us a good idea of the cast. Starring Dafne Keen, of Logan fame, as protagonist Lyra Belacqua, Ruth Wilson as Marisa Coulter and James McAvoy as Lord Asriel. The cast seems solid and hopefully the show will be a hit. More details will presumably surface as the year progresses, but keep an eye on this section for the latest news.

**Good Omens**

The long awaited TV adaption of the Pratchett and Gaiman novel has finally had a full length trailer released - and oh boy it's a good one. Set to the musical genius of Queen's 'Under Pressure', the 2-minute-long preview gives off a brilliantly bizarre tone, hopefully one that will persist throughout the show itself. In terms of plot, the trailer established a fairly by-the-book narrative, with an unlikely pair being forced to join forces to prevent a catastrophe. Yet this being an adaption of a Gaiman novel, the unlikely pair are a demon, played by David Tennant, and an Angel,

played by Michael Sheen, and the catastrophe is the literal apocalypse, brought on by the developing powers of an angsty teenaged anti-Christ. If that story isn't enough for you, then maybe the appearance of John Hamm as archangel Gabriel (Because that man is literally an angel) might sway you. No, still not enough? What about Miranda Richardson as Madame Tracy, a Psychic medium? Need another reason to watch? How about seeing literal Oscar winner Frances McDormand as God, and Benedict Cumberbatch as the Devil himself? The show will release on Amazon Prime on the 31st May this year and will air on BBC 2 soon after that.



by CIARAN GRIFFITHS

In rather interesting news, ITV and BBC announced they're teaming up - kind of like when your favorite superheroes team up, only more British. Yes, the two biggest British channels are teaming up and sharing a streaming service called Britbox.

Britbox will be an amalgamation of Netflix and BBC iPlayer, featuring hit ITV and BBC shows. But whereas on both iPlayer and the ITV Hub these shows disappear after 30 days, they will stay permanently on the new streaming service. It's also promising the appearance of old TV shows meaning you can watch all those episodes of Eastenders you've missed.

Although, as many other publications have pointed out, there

has been some confusion over just how viewers will access this content. The two companies have confirmed they'll be a subscription fee. Yet when many people already pay for a TV licence to access the BBC, this seems an odd decision, going against the principles of the BBC.

Following the announcement of the streaming service, BBC Director Tony Hall tried to justify the extra fee. "You are paying once, we hope for a much longer window and more content than ever before, on-demand whenever you want it and a more personalised service (on iPlayer). And then, as you have done with DVDs or with paid channels in the past, you have to pay a little extra for that. I think people understand that model."

This announcement. and Lord Hall's

comments raise some interesting points. The fact that even big media providers like BBC and ITV are making the move to a subscription model show how popular this trend is becoming. But is it really beneficial for us, the humble viewers? Rather than pay for either Amazon Prime Video, Netflix or Sky Go to access content, we're now having to pay multiple fees to access all the different shows as Disney, Marvel, FX and the CW begin to withdraw from Netflix and the other standard streaming services, establishing their own platforms. Obviously the rise of the streaming service has allowed viewers to access a wider range of content, encouraging people to venture outside of their viewing habits. In the past it also meant that viewers only had to

pay one set fee a month to access multiple series and films, rather than pay for a boxset. This benefit is slowly starting to erode away as Hollywood's suited executives begin to turn their corporate eyes towards the untapped market of streaming, forcing viewers to multiple fees to access the shows they love.

From an article with Variety, Jessica Reif Cohen, a media analyst for Bank of America, had this to say on the prolific rise of the streaming service: "All of the media companies will have to become more consumer-oriented... five years ago, none of us thought people would watch as much as they do on their phones. Content consumption is going mobile, nonlinear and on-demand."

Only time will tell if the trend

towards streaming services will benefit viewers, but if one thing's clear, it's that the traditional media companies are beginning to feel the pressure from Netflix and the modern age.

**Watched  
something  
good? Want to  
write about it?**  
Email: [tv@seren.  
bangor.ac.uk](mailto:tv@seren.bangor.ac.uk)



## MUSIC



Photography by: Charlotte Bilsby

## REVIEW: Villagers At Pontio

by JOE APTED

One of Ireland's finest acts "Villagers" kick started their tour of the UK in Bangor's very own Pontio, supported by the ethereal musical artistry of Leila Moss. They began their set with "Again" from the RTÉ Choice Music Prize Irish Album of the year 2018

nominee "The Art of Pretending to Swim". Otherworldly electronics delicately paired with folk-like sounds from brass instruments and acoustic guitars were a breath of fresh air. Moody lighting and dry ice made the whole experience seem celestial. Frontman Conor O'Brien brought a level of intimacy between himself and the crowd

with his performance of "Hot Scary Summer", a song about his own sexuality and experiences of violent homophobia in Ireland. A balance of emotional honesty and musical excellence produced a gig that was enjoyed by a whole range of audiences. A beautiful rendition of "The Wonder of You" by Baker Knight (and famously by Elvis

Presley) as part of the encore was greatly received by the audience. Finishing the show with "Courage" from their critically acclaimed album "Darling Arithmetic" was also mesmerising and left the audience feeling tranquil and described by some audience members as "spiritual". Villagers continue their tour of the UK with shows in Manchester,

Liverpool and Newcastle before joining Mumford and Sons' arena tour in June. We wish them good luck on their endeavours and hope to see them back in Bangor in the near future! Go Raibh maith agat. Diolch yn fawr.

Go raibh maith agat

Bangor University Concert Band  
& Bangor University Brass Band

# Spring Concert

Sunday 31st March  
4:30pm - PJ Hall  
£4 Adults  
£3 Concessions

Conductors:  
BUCB - Zach Reading  
BUBB - Thomas Whitcombe and Phoebe Swallow

## March Society Concerts & Events Round Up

by ZACH READING

As the semester wears on, March is the setting of many concerts and events put on by Bangor's music ensembles. Here's what you can look forward to this month.

The month kicks off with the **University Symphony Orchestra's** concert in Pontio's Bryn Terfel Theatre on the 8th March. Conducted by Chris Collins, the headliner of the concert is a performance of Igor Stravinsky's 1910 Ballet 'The Firebird', a work full of orchestral colour and virtuosity finishing with the glorious song of the Firebird. Alongside this will be a rare performance of Louise Farrenc's Third Symphony and Wagner's 'Wesendonck Lieder'. The Wagner will be sung by third year music student Aoife O'Brien. Starting at 6pm, tickets are available from the Pontio Box Office. £5 for Students.

**Bangor Acapella Society** will be performing at the **One World Gala**. An event designed to celebrate the diversity of Bangor University, unite the students, and promote integration. Whatever your preference in performance entertainment, the One World Gala is a colourful concert

filled with cultures from around the world. **The Bangor Acapella Society** will be performing Ben E King's '**Stand By Me**' as well as a special surprise. The Gala is held in Prichard-Jones Hall on the 15th March at 6:30pm and is a free event open to all.

Fast-forwarding to the end of the month, the last week of March contains events from four of Bangor's biggest performing societies.

On the 28th March, **Bangor University's Musical Theatre Society - SODA** - are presenting Andrew Lloyd Webber's West End classic, **Joseph and the Amazing Technicolor Dreamcoat**. Featuring a cast of students from all over the university, the production is really an amalgamation of all areas of the creative arts with the pit orchestra also being made up of members from many societies. Tickets, which are limited, are available from Pontio's box office for £7 for students.

Following on Saturday 30th March, the **Music Society's Spring Concert** takes place in Bangor Cathedral. Featuring both choir and orchestra, conducted by Phoebe Swallow (2nd year Music) and Thomas Whitcombe (3rd year Music) respectively, the

programme is rich in variety and will have something for everyone. Particular highlights include the music from: How to Train Your Dragon, La La Land, and Doctor Who; William Mathias's 'Jubilee Dances', Eric Whitacre's 'Five Hebrew Songs', and Gershwin's 'American in Paris'. Tickets are just £3 for Students.

Rounding out the month is the joint concert of **Bangor University's Brass Band and Concert Band**. Brass Band's repertoire features a mixture of some jazzy numbers - Irving Berlin's 'Puttin' on the Ritz' and music by Glenn Miller - and traditional band music, as well as a few more modern works. The Concert Band will be presenting a varied repertoire with music influences from around the world summarised in Nigel Hess's 'Global Variations', as well as, music from Enchanted and more. The concert is in Prichard-Jones Hall at 4:30pm on the 31st March, £3 tickets for Students.

The Brass Band will also be performing a smaller set under the guise of Gormondo at Patrick's Bar in Upper Bangor on the 12th March at 9pm. This will be a fun gig featuring pop and rock from the 70's to now.





## REVIEW: Skerries' Last Stand

by JORDAN MCEVOY

Friday, March 8th is quite a special night for Bangor. The Skerries, one of the titans for local underground music, is set to temporarily close its doors as it changes management over the weekend. This swapover forecasts a somewhat uncertain forecast for the tavern's future as a live music venue, ushering the locals to create a gig to celebrate one last time before it closes.

In the now-bare back room of the venue we see Favela, a relatively new band to grace this side of Bangor, setting up to open the night. With their blend of hard rock combined with twitches of nu-metal and progressive rock, the initial reaction to the outfit was strong. Groovy riffs permeated through the set, accompanied with chuggy breakdowns which kept the crowd on their feet. As a warm-up set for the night, they performed brilliantly, and would be a welcome addition to more gigs in Bangor.

Winter Hotel have become one

of the most spoken-about bands in the underground metal scene for quite some time now, and the announcement of their upcoming EP release has only amplified this surge in popularity. Queue Warren Porter's gutturals amidst chunky, gargantuan riffs and melodic beauty from Liam Osment and Alwyn Tetzlaff, and you'll see why they've had such a response. Their roots reside in slam metal, but each member has their own individual preference which, when combined, makes for a complex onslaught of sound which twists and turns throughout. Passages laden with progressive metal and deathcore elements kept you on your toes as Winter Hotel charged through their impressive catalogue.

Winter Hotel set the bar high for the rest of the night, and it was up to The Headaches to match their power. The punk/metal hybrid with an Irish influence were received to a surge of cheers as they went through material old and new, including the ever-popular Tonight and D.N.T., both of which had the audience singing

along. Frontman Craig Thomas engaged with the crowd well, while Marco van Blijdenstein and Liam Hibbert exchanged excellent guitar work throughout the set. As a band with a reputation for putting on a solid and fun show, The Headaches further cemented this statement by doing the venue proud and nearly filling the entire room.

This was not your typical gig. After the metal-infused punk of The Headaches, we were met with a trio of DJ sets from local artists, bringing their blends of techno, drum and bass, and more to send this era of The Skerries off on a high note. As the DJ sets began, the venue lit up into a small rave, giving the venue a well-deserved last hurrah before closing. Overall, an eclectic mix of the underground, locals, and a welcoming atmosphere for all provided quite the bittersweet feeling at the end. The night made one wonder, if gig attendance levels could resemble that which was met tonight throughout Bangor, we could quite easily see a boom in the city's music scene.



## BRIT Awards 2019

by VICKY WILKES

The 2019 Brit Awards were held on the 20th February at The O2 Arena, London, and was hosted by comedian Jack Whitehall for the second year running. The event's flamboyant opener proved that 'The Greatest Showman' fever was still at a high as Hugh Jackman performed a live rendition of the hit 'The Greatest Show' accompanied by fast paced choreography, acrobats and Jack Whitehall.

The evening featured an eclectic mix of live performances by artists Little Mix, George Ezra, P!nk and Jess Glynne (feat H.E.R) with 'Thursday'. Whereas Glynne's performance received praise on social media for empowering many to not 'change for anyone' as those on stage removed their make-up during the performance, Ezra (feat. The Hot 8 Brass Band)'s upbeat performance of 'Shotgun' got audiences dancing along to the summer hit. However, it was Jorja Smith's stunning performance of 'Don't Watch Me Cry' which was a standout moment during

the evening. Smith was nominated for the critic's choice last and proceeded to win 'British Female Solo Artist' at the February event as well as being nominated for 'British Breakthrough Act' and 'British Album of the Year'. Other celebrated successes of the night were that of George Ezra who won 'British Male Solo Artist', The 1975 with 'British Group' and The Carters with 'International Group'. The Carters accepted the award via a video message stood in front of portrait of The Duchess of Sussex wearing traditional royal dress and it is clear that The Carters were making a statement regarding the negative press The Duchess had received by stating: 'Everything is Love'.

On the whole, the evening was a celebration of British, and International, music come stand-up gig for Whitehall who included many witty and controversial comments throughout the evening; you only need to look at YouTube's 'Jack Whitehall's Best Bits' to find a jab at Maroon 5's Half Time Show performance last month.

# REVIEW: Featured Albums



## Wasteland, Baby! - Hozier

by VICKY WILKES

From the artist that brought us 'Take Me to Church' in 2013, Hozier is back with their second studio album Wasteland, Baby! which was released on 1st March 2019. Reminiscent to the first album, the second starts off with a fantastic opener with 'Nina Cried Power'. Despite some tracks being reminiscent of the first album, Hozier has definitely reinvented their sound, and it works. The album has received some criticism however alluding to it's lack of innovation being dubbed as: "the man who took us to church tries to take us to the same church, again, 14 times, six years later". I'd have to disagree. The album is soulful, energetic and mournful and a successful comeback for the artist with notable tracks being: 'Nina Cried Power', 'Movement' and 'Would That I'.



## Strange Creatures - Drenge

by STEPHEN OWEN

Derbyshire alt-rock band Drenge's latest album is another interesting step for the trio. Creating a far larger role for synths on this album, the album verges even further away from the punky sound of their debut, and the atmospheric alt-rock of their second album. This creates a whole variety of different sounds, whether it be the almost Massive Attack esque textures of No Flesh Road or the synth bass line of Teenage Love. The album delves into post-punk in the opener Bonfire of the City Boys or acoustic-driven indie-rock in the closer When I Look Into Your Eyes. The latter is a particularly unique track with a repeated chanting and clapping going on through the track behind the acoustic guitar. There is even something close to My Bloody Valentine-style shoegaze in Avalanches and a saxophone part in Prom Night. There are still a fair

number of more mainstream songs, such as the short but powerful Last Dance or in sounds seen in their previous album Undertow in Never See The Signs and the title track. The vocals of Eoin Loveless are very engaging throughout, whether calm and sombre in No Flesh Road or a frantic, almost spoken word delivery in Bonfire of the City Boys. The huge variety of sounds on the album can create a disjointed feel however, cutting from frantic synth-rock to an atmospheric and intense alt-rock track to shoegaze. This does hurt the album, with its lack of a coherent identity noticeable alongside the more unique atmosphere of their last two records. Strange Creatures feels like an album of transition for the band, something that could very plausibly be held up as the springboard for an excellent 4th album, rather than something that is great in isolation.

by TOM BENNETT

Solange empowers blackness and femininity in the best way possible.

In many ways, When I Get Home is a continuation of the theme from her breakthrough full length release A Seat At The Table as both albums tackle issues to do with race and gender in a way that makes the listener feel empowered by the music. Solange never faces these issues in the same way. On When I Get Home she uses her personal experiences to somehow get her point across to the masses.

Unlike her previous work, this album boasts an array of established and talented features and producers such as Pharrell, Tyler The Creator, Playboi Carti, Gucci Mane and Earl Sweatshirt. The addition of these contributors allows this album to deviate from Solange's typical sound. Although there is a far more present Hip-Hop influence on this album, Solange still fits her vocals onto the instrumentals incredibly well as she seems as comfortable as ever when harmonising. When I get home is not as lengthy or enveloping as its predecessor, it is a very eclectic release as it constantly rotates instrumental palettes and guests.

When I Get Home presents a seamless string of songs that put an emphasis on mood and vibe. Solange appears to be comfortable recording motifs and sketches rather than grander, more compartmentalised songs. This is not necessarily a bad thing,

but this is the main reason as to why none of the songs on this album can reach the standard of some of the best tracks on the classic album: A Seat At The Table. Just because When I Get Home does not reach the soaring heights that her predecessor did does not make this album bad as the consciousness of the album allows you to move seamlessly from track to track without wanting to skip. At times this album can be intoxicating as the minimal production and the angelic voice of Solange allow the listener to become utterly lost in it. There is an emphasis on repetition throughout this album which can rub some people the wrong way, but it can be argued that this makes the songs in the album embed itself into one's brain, making them want to replay the album over and over.

In conclusion this album is frustrating. As it has ideas that are genius and intriguing and some of these ideas work well and form tracks such as Almeda (feat. Playboi Carti), Dreams, Binz and Sound of Rain. However, some ideas completely fall flat on their faces with the prime example of this being My Skin My Logo (feat. Gucci Mane) as Solange has an unexpected pitchy and nasal voice as she attempts 'rapping'. Many of the other tracks on the album seem to have fantastic ideas driving them forward but they simply do not seem fleshed out enough to reach the genius that Solange no doubt strives for. This is an enjoyable listen, but it could have been so much better.



## BOOKS

# Happy Birthday: Ama Ata Aidoo

by BETH SMITH

Ama Ata Aidoo was born Christina Ama Aidoo on March 23, 1942. She was the daughter of Royalty, a Princess among the Fanti people of the town of Aboadzi Kyiakor in the south central region of Ghana. Aidoo's homeland, at the time of her birth, was under the oppression of a resurgent neo-colonialism as a result of British aggression during the late 19th century. Her grandfather was murdered by neocolonialists.

Aidoo began to write seriously while an honours student at the University of Ghana. She won early recognition

with a *The Dilemma of a Ghost* (1965), in which a Ghanaian student returning home brings his African-American wife into the traditional culture and the extended family that he now finds restrictive. Their dilemma reflects Aidoo's characteristic concern with the "been-to" (African educated abroad), voiced again in her semi autobiographical experimental first novel, *Our Sister Killjoy*; or, *Reflections from a Black-Eyed Squint* (1966). Aidoo herself won a fellowship to Stanford University in California, returned to teach at Cape Coast, Ghana (1970–82), and subsequently accepted various visiting professorships in the United

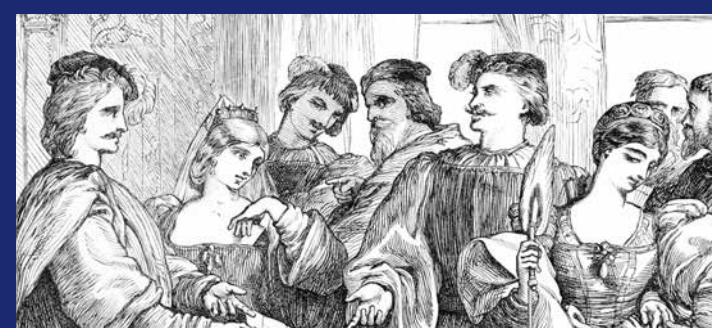
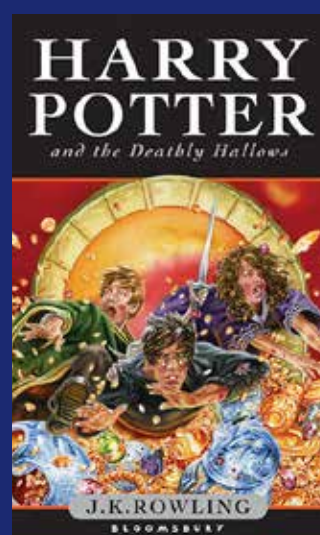
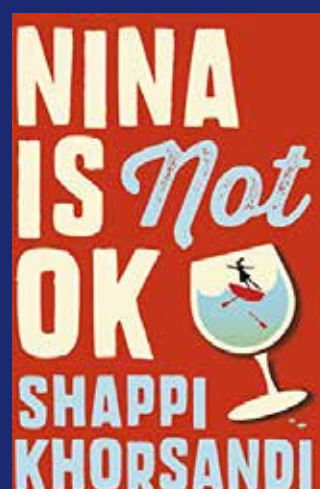
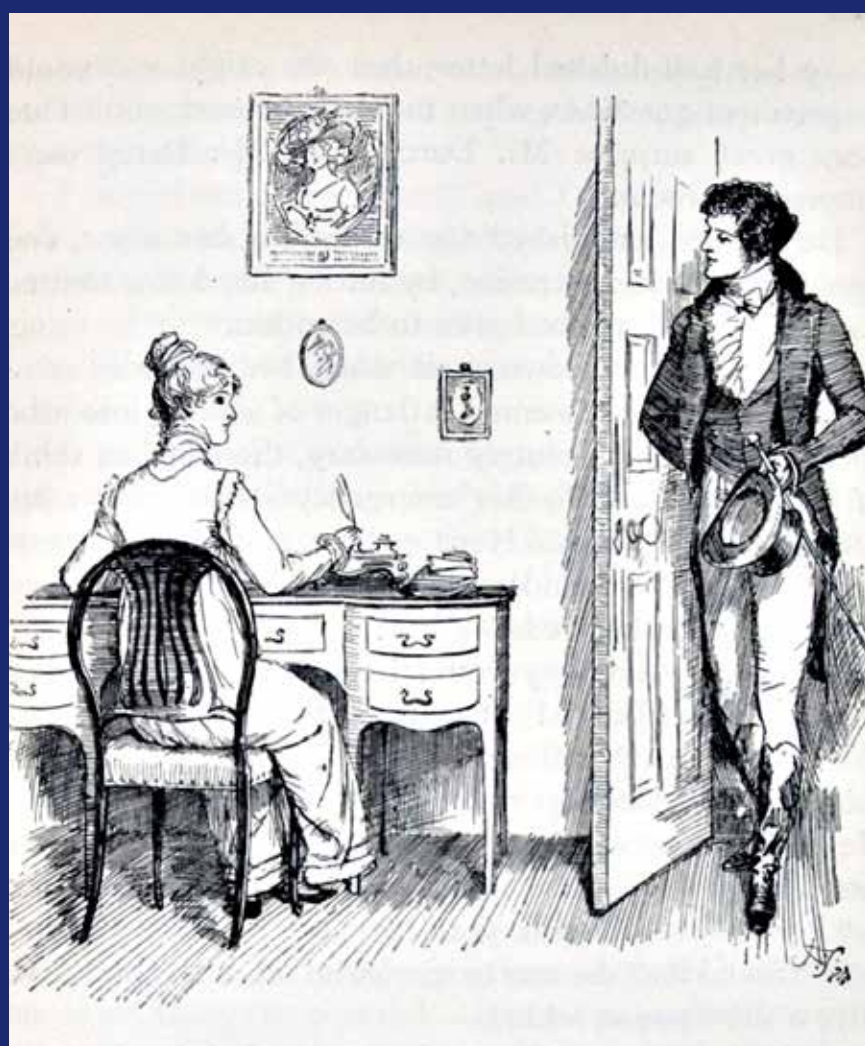
States and Kenya.

In *No Sweetness Here* (1970), a collection of short stories, Aidoo exercised the oral element of storytelling, writing tales that are meant to be read aloud. These stories and *Anowa* (1970), another problem play, are concerned with Western influences on the role of women and on the individual in a communal society. Aidoo rejected the argument that Western education emancipates African women. She further exposed exploitation of women who, as unacknowledged heads of households when war or unemployment leaves them

husbandless, must support their children alone. In 1982–83 she served as Ghana's minister of education. Aidoo published little between 1970 and 1985, when *Someone Talking to Sometime*, a collection of poetry, appeared. Her later titles include *The Eagle and the Chickens* (1986; a collection of children's stories), *Birds and Other Poems* (1987), the novel *Changes: A Love Story* (1991), *An Angry Letter in January and Other Poems* (1992), *The Girl Who Can and Other Stories* (1997), and *Diplomatic Pounds and Other Stories* (2012).



## Books With Strong Female Leads



by NIAMH O'CONNELL

March is international women's month: a month dedicated to celebrating women, their accomplishments and their individuality. This can be seen in literature through the creation of strong female characters. Over the past few years, the term "strong female character" has come to mean a lot more than a woman who can get into a fight; it now means on how well written her character is. This can mean a variety of things such as how well rounded her personality is, and how her motivations and actions are true to the character. Here are two female characters that show the

importance of strong female characters in literature.

### Pride and Prejudice

Published in 1912, *Pride & Prejudice* helped to create a new way in which women were portrayed in literature, with Jane Austen covering issues such as love, social class and gender expectation with the protagonist of Elizabeth Bennet. By regency standards that the book is set in (1800's), from the beginning of the book, Elizabeth breaks plenty of stereotypes such as being intelligent, lively and rarely thinking about her appearance, when at the time women were expected to behave in a gentle manner and very docile; something Elizabeth is definitely not. She later

refuses both Mr. Collins and Darcy's first proposal, despite the social stigma and the benefits from getting married, remaining firmly in control of her own destiny. While Elizabeth remains strong to her opinions and choice to marry for love instead of an arrangement, she is also willing to admit when she was wrong about Mr. Darcy, later forgiving him, making her a good role model for young girls to look up to, and she will always choose to live by her own terms whilst still willing to grow as a character.

### Nina is not OK

There are many modern books that I could have chosen that portray a strong female character who is admirable from the beginning, but I ultimately chose *Nina is not OK*

due to its hard hitting and reality checking nature. While Nina's character may not be admirable at first, she has a strong arc and overall development, with the deciding factor of this book being how well written the female personalities are, and how invested you get into their lives. The first time we meet Nina is when she is being thrown out of a nightclub by the bouncer for inappropriate behaviour, waking up the next day with no memory of what happened to her. After this night, her life begins to spiral out of control, with one major problem; she can't stop drinking. This book delves into Nina hitting rock bottom, and then her journey to recovery. *Nina is not OK* covers a variety of problems and trauma that women can face during their

life, such as rape, alcoholism and domestic abuse to name a few. This book may be difficult to read for some, but showing that a character can overcome these problems and recover is a very important and inspiring thing for women to read, as many can relate to the issues discussed in this book, and that they will be able to get through it.

### Other strong female leads in literature:

Inej Ghafa and Nina Zenik - *Six of crows*  
Mare Barrow - *Red Queen*  
Beatrice - *Much Ado About nothing*  
Hermione granger - *Harry potter series*  
Wonder Woman/Diana Prince and Oracle/Barbara Gordon - *DC Comics*



# Women's Prize for Fiction 2019

## Women's Prize For Fiction Longlist Announced

by BETH SMITH

On the 5th of March, just in time for international women's month, the Women's Prize for Fiction announced its eagerly anticipated longlist. The list consists of 16 books from all corners of the world, they all are written in English. The list is made up of well known as well as new authors, seven of these are debut novels. It also contains last year's Booker prize winner, a previous winner and a non-binary transgender author for the first time in the prize's 24 year history (with permission from the author).

The judges who picked these books included Professor Kate Williams, Arifa Akbar, Dolly Alderton, Leyla Hussein and Sarah Wood.

The prize was set up 23 years ago to celebrate women across the globe and every nationality, country of residence, age or subject matter is eligible. In February 2019, the prize earned charitable status.

### The nominees are:

The Silence of the Girls by Pat Barker  
Remembered by Yvonne Battle-Felton

My Sister, the Serial Killer by Oyinkan Braithwaite

The Pisces by Melissa Broder

Milkman by Anna Burns

Freshwater by Akwaeke Emezi

Ordinary People by Diana Evans

Swan Song by Kelleigh Greenberg-

Jephcott

An American Marriage by Tayari Jones

Number One Chinese Restaurant by Lilian Li

Bottled Goods by Sophie van Llewyn

Lost Children Archive by Valeria Luiselli

Praise Songs for the Butterflies by Bernice L. McFadden

Circe by Madeline Miller

Ghost Wall by Sarah Moss

Normal People by Sally Rooney

**The shortlist will be announced on the 29th of April with the winner following on the 5th of June.**

## REVIEW: Inside The Wave by Helen Dunmore



by JAYDEN IRVING

Helen Dunmore had an impressive career lasting 34 years which consisted of twelve novels, three short

**Her long skirts slide, she knows I am shy. Even the puffed sleeves on my white blouse embarrass me, she will pick me up and hold me so no one can see me, I will scrub my hair into hers."**

story books, twenty five children's & young adult books, and 11 collections of poetry. It began with the publication of poetry collection The Apple Fall in 1983, and finished with the publication

of Inside The Wave in 2017.

Throughout Dunmore's life, she won numerous prizes for her work, most recently winning the Costa Book of the Year award in 2017 for Inside The Wave. This award

of 50 poems which describes the experiences of both being a terminally ill person, and caring for someone who is dying. Dunmore wrote these poems whilst battling cancer herself, highlighting the

mental torment an individual goes through with such an unfortunate experience.

The judges for the Costa Book Awards were astounded and captivated by her work, stating

that they 'were all stunned by these breathtaking poems'. The poem that touched me the most were 'Hold Out Your Arms', the final poem in the collection. Throughout this particular poem I was forced to face morality head on and it made me look at death from the perspective of the terminally ill. I felt some sort of guilt for wanting relatives to live when they are clearly suffering. This poem is just a glimpse into the humbling and harrowing of Dunmore's life that made me understand death in a way I had never done so before.

This collection of poetry shows the true strength of a woman,

as well as their dedication. Despite being terminally ill, she still chose to pursue her love of poetry. Dunmore was a talented and admired writer, and her final collection of poetry truly highlighted her creative abilities. The collection has the ability to engage and connect with its readers unlike any other piece of work.

**Want to contribute to the Book section of Seren? Then contact [books@seren.bangor.ac.uk](mailto:books@seren.bangor.ac.uk)**



## GAMES

# The Five Colours Of Magic The Gathering

by MEGAN ROBERTSON

**M**agic the Gathering (MTG) is a popular card game created by Wizards of the Coast and wields Monster and Spell cards, which are summoned through Mana, to defeat your opponents. The majority of MTG decks are built around the combinations of 5 colours (Black, White, Red, Blue and Green), each with unique strategies and abilities. If you are interested in starting MTG it is important figuring out your play style and what colour best corresponds to the strategies you wish to employ.



**B**lack has a sadistic play-style and likes to play the slow game, with its cards being focused on disadvantaging your opponent. A lot of Black cards force your opponent to discard cards, lose important monsters and lose life, all while you gain from their downfall. Additionally, Black likes to play with your graveyards, enjoying playing monsters which can just be brought back despite how many times your opponent destroys them. However, playing Black is as much about mind games as it is about the cards, and if you want to win with black then you need to pick your battles wisely.

**W**hite plays a slower game than most other colours in MTG, and does this by finding ways to boost your hit points (otherwise known as lifegain), enabling you to take more hits and making you tougher to take down. Besides the use of lifegain, White relies heavily on flying creatures to bypass your opponents' defences. White is a typical Tank, outlasting your opponent while doing enough damage to win. However, though Lifegain is incredibly useful and essential in many decks, it paints a massive target on your back for most multi-player games, meaning you'll be dead long before you become a threat.

**R**ed is one of the most aggressive colours in MTG and focuses on winning the game as quickly as possible. Typically, Red plays with lots of very small and quick creatures designed to damage your opponent before they can get out any creatures of their own, as well as utilising direct damage spells to destroy the monsters they do have out. However, despite being very successful in 1v1 games, if they can't win quickly, Red decks tend to fizzle out fast and can be easily beaten.

**B**lue is one of the most complex colours and one of the most aggravating decks to ever play against. Blue focuses on playing the long game and stopping your opponent from playing their cards through the use of Counter Spells. These Counter spells can leave your opponent frustrated and defenceless and stop them from playing any of their cards. Typically described as a control deck, Blue is all about timing and controlling your opponent's battlefield, leaving you with the advantage. However, because of its reliance on counter spells and removal, Blue can fail to carry through with enough damage to kill your opponent and will eventually run out of control cards, leaving it vulnerable.

**G**reen is one of the simplest play styles in magic and great for beginners. The main strategies surrounding Green is to bring out big creatures, or lots of little ones, and beat your opponent until their hit points equal 0. This gives Green a big advantage in regard to multi-player games as it has some of the best defensive and offensive creatures. However, Green can take a while to get going as you wait for the Mana to bring out your monsters, meaning quicker decks can kill you before the deck gets going.

## I Hate Plague Inc Vampires



by SIAN BILLINGTON

**L**et me tell you about a little game called Plague Inc Evolved. Small indie production. Concept: create a disease that will infect/take over/ horrifically murder the species. It's extremely cathartic. Several different levels- bacteria, viruses, fungi, all with their own little quirks that make the game a bit more interesting. The random world events like delayed Olympics and disease-preventing plane air filters keep it from being dull and repetitive upon replay. All in all, it's a pretty good game. Well worth the money. It's on Steam.

But then there's a level called the Shadow Plague.

Plague Inc can be beaten even on the most extreme difficulty by one quick little strategy- making your plague as infectious as possible, transmitting it to everyone in the world, and then evolving to give everyone total organ failure, killing off the population in about four days.

The game has a few special levels- the Simian Flu (based on the Planet of the Apes franchise) the Necroa Virus (zombies) and the festering cesspool bane of my life known as the Shadow Plague. This level has such a massive difficulty spike even on the most basic level it's insane. You can go from annihilating humanity on Mega Brutal

twenty times in a row to gnawing on your laptop whilst smashing your head into a wall trying to even get this disease out of a single continent on Casual difficulty.

For a start, this level destroys all strategy you might have previously had. The purpose of this plague is not to kill everyone, but to infect all of humanity with a vampire-worshipping compulsion. But the most frustrating thing about this is that the game forces you to develop physical symptoms, which boost the detectability of the disease, in order to spread it. Anyone who has developed a strategy for undetectable disease transmission is immediately screwed over- cure research for the disease

begins almost immediately after to infect your first country.

It's also pretty much impossible for the disease to spread between people without developing severe symptoms, which also increases the cure research speed. In other levels, making the disease be able to spread via plane and ship would be enough, but not the Shadow Plague! In this cellar of singular misery, one must traipse their vampire patient zero around the globe, desperately trying to infect enough people per country to spread the disease quickly, but also try not to get caught while doing it.

And then when it's found? Yes, admission one to Hell, please.

Military protocol in response to

disease is not unique to the Shadow Plague. It's in the Necroa Virus level too, and it's still a pain in the arse there. But I swear, there must be something in the AI for this level which demands that the military protocol be as annoying as humanly possible. They eradicate all the infected persons? Check. They speed up cure research? Check. They actively try to kill you if you're too close by? Check. They are the scourge of this goddamn level.

If anyone can beat this demon of a level on Mega Brutal difficulty, I'm assuming you're a witch.

Too long; didn't read: This level can do one.



# Pulsar: Lost Colony

by SINCLAIR DAVIS

...is pretty fun. I figured I'd start the article by getting to the point. I suppose I'll elaborate a bit, tempting as it is to chuckle, hit save, and put this in a side column. Pulsar is a developing game which throws five players onto a spaceship in an open galaxy and tells them to swim. It normally follows this up by swiftly drowning them- and then you learn that it uses permadeath.

The permadeath is a pretty regular customer at the beginning. The main disadvantage of the game is that you really do need a full team of friends to fly this spaceship with you, because the game is truly unforgiving. The players select from several entertainingly unique vessels, each belonging

to one of four factions (intended to eventually be five). One player takes on the role of Captain, who is meant to coordinate and buff the rest of the crew, but ultimately spends most of their time on a power trip because they are the ONLY one allowed in the Captain's chair. The other players serve as pilot, weapons specialist (gunner), scientist, and engineer.

One of the most enjoyable parts of the game, for me at least, is the exclusivity of these skills- the ships systems can be reasonably complicated to manage perfectly, and it is nigh impossible for one player to manage two effectively in combat. This means that players actually do feel specialised in their role, and surviving requires

teamwork and coordination. I usually find myself in the role of engineer- like the rest of the crew, I can beam on to space stations to trade or find quests, down to alien planets to explore, or board an enemy ship to bring it down from the inside. But in combat, I am almost always in a dark corner of the ship, alone and without any windows to see what is happening- just levers, and switches, and coolant... and I love that. The game also supports VR, for another layer of immersion, but all I know about that aspect is that it has functionally worked for those that have tried it. The graphics may be fairly rough and ready, the quests sometimes repetitive, but it feels like I'm Scotty in engineering, literally do-

ing my best to give her all she's got. Even if that means switching off the oxygen and finding out how long it takes the Captain to notice.

Under development by Leafy Games, Pulsar is fairly far along in her development, including 90% of the final game's intended features, and 80% of intended content, according to the developer's online roadmap. However, Leafy Games estimates at least another year before they are prepared to fully release their creation, with the addition of the end-game goal- the lost colony itself. It is nevertheless fully playable in its current state. The content can occasionally feel a little bit repetitive because there are a limited number of spawn

location, so naturally the quests placed near these are hit more often. It is exciting though, to journey with a group of friends to the edge of the known galaxy, to visit a station based on nothing but curiosity.

Overall, I would recommend the game as a teamwork-centric spaceship flying (and often exploding) game, that fulfils my fantasies of pretending I'm a janitor on the Enterprise. It is disadvantaged by a somewhat hefty price tag considering its current state, at just shy of £20, especially because it requires at least three friends to tag along for it to be most enjoyable. But if you've got a group that miss games which set you loose to find adventures together, this is the ticket.

# The Flagship Mods of Hearts of Iron 4

by SINCLAIR DAVIS

Hearts of Iron 4 is a WW2-centric grand strategy game from Paradox Interactive. It is probably the most accessible of the grand strategy titles- that is to say, it's less impossible to learn in a day, and it has a functional tutorial. What that is not to say, is that it's any cheaper, as Paradox tempts us with DLC after DLC. And they can be quite tempting, because base game HoI4 (Hearts of Iron 4) leaves large swathes of the world without flavour or focus trees (nation-specific decision trees). But Paradox does have some competition, in the form of a vast, fleshed out, occasionally buggy, and utterly fantastic modding community. That said, here are the flagship mods of HoI4, for your perusal.



## Road to 56:

If you already play HoI4, you're almost certainly familiar with this one. Road to 56 is a collection of mods from various independent mod-makers, welded together to take vanilla HoI4 off the rails. With so many people focusing on their exclusive mods, this amalgamation adds a massive amount of flavour to the game even for the smallest nation, and can make almost every nation an interesting play-through. This mod has made me intolerant of generic focus trees. It also extends tech trees and the game timeline to 1956, not that I've ever met someone who has tested that. It can be occasionally plagued by bugs or crashes, using as many mods as it does, but the mod team work fast. It is also worth noting, that with so many crazy focus trees, it tends to

be very ahistorical and somewhat chaotic- personally I like chaos, but it isn't for everyone.

## Kaiserreich:

What if Germany won World War One? Kaiserreich is a very well-made alt-history mod set during World War Two, but with a radically different world order. From imperial Germany to syndicalist Britain, the next American civil war to the exiled British and French governments in Canada and North Africa- the lore and thought put into Kaiserreich is vast. Almost every nation starts with an explanation of their new in-game history and position, and there are plenty of focus trees and events even for smaller nations. The only difficulties with this mod are that first of all, there are ten ideologies instead of three, which can make the world politics a little more difficult to navigate, and the mod is

occasionally guilty of railroading the player a bit- once you take one step on a path, occasionally not even realising you're taking the step, you're on that path for life. There is also a mod called 'Fuherreich: Legacy of the Great War' which is based on Kaiserreich- it is an alternate history mod where Germany lost WW1, but by the predictions of the Germans in 'Kaiserreich'. The lore never stops.

## Millennium Dawn

A modern day mod beginning in the year 2000, and with a much more familiar map. The world will be shaken by events we are more familiar with: 911, 2008, the rise (and fall) of ISIS and my birthday. Ok, that last one isn't technically true- I manually added that in. This is definitely not a simulator for world politics, but instead a way for you to relieve some of the stress you're feeling about modern politics by conquer-

ing the world. It is not realistic or balanced (anyone can unify the EU by asking nicely) but it certainly is very different to other mods. It is let down by a lack of focus trees- there are sub-mods which alleviate this somewhat, but then you start running the risk of mod conflicts or bugs. It is cathartic to burn the world though...

## The Great War

This mod lets you destroy the future by making the Kaiserreich scenario possible. The Great War is another full overhaul mod which simply moves the setting from World War Two to World War One, fully equipped with the new borders, events, and tech trees to suit. This is the only mod here which I do not have personal experience in, as it is even more severely affected by a lack of focus trees, involving only the major players and a couple outliers.

As you might have detected, I consider a wealth of focus trees very important to my enjoying a mod- but if you feel differently, perhaps this is a mod you would really enjoy.

## Formable Nations

...is technically outdated. I have to say that first as a little disclaimer- I've never known it to cause a bug, but it is worth saying. What this mod does is very simple: it adds over 60 nations which can be formed if the player controlling the correct nation controls the correct land. It is a very simple change which adds interesting goals all across the map- this mod makes me willing to play generic focus trees again. It will bug hard if you try to run it alongside any mods which change the map, but it is otherwise a simple fantastic mod.



# CREATIVE CORNER



## Bangor and Keele University Drama Collab

by ALEC TUDOR

We all hear about Varsity and the AU going to cross-university competitions and such all year long, but what about societies? Last week, Bangor English Dramatics Society (BEDS), together with Keele University's Drama Society, organized a full day event in John Phillips Hall, hosting workshops and an evening showcase.

"The Keele-Bangor collaboration was the first of its kind, and we were unsure what would happen," said Briony Collins, BEDS's Writer's Group Coordinator. "We were met with nothing but confident and generous people who led us through some fantastic workshops and an exciting showcase." The workshops were run by different people and focused on topics such as improvisation, social change and physical theatre. Whilst the improvisation workshop served to make every-

body more comfortable and made for some impressive improv moments, the social change one sought to inspire debate about issues such as the rapid development of technology, and had the participants split into groups where they developed short dramatic moments based on given scenarios. The physical theatre workshop featured chair duets; a way of telling a story through movements between two people sitting in chairs.

The event ended with a showcase; several scenes from BEDS productions such as "Suddenly Last Summer", "Under Milk Wood" and "Rosencrantz and Guildenstern are Dead" were performed, alongside dramatic monologues and poetry readings from Keele University students.

One of the highlights was a dramatic reading of vines; two students sitting down on opposite sides of the stage, reading several vines in a dramatic tone.

The event was well-received; a survey done by committees and directors of both societies revealed a 100% majority for a similar event, likely to be held at Keele University. Some other highlights were the opportunities to network and meet new people, the workshops, the warm-up, and "going to the pub and hanging with the Bangor lot."

Overall, it meant a new thing for everyone; such cross-university events are rare but warmly welcomed. In organizing the event together, both societies have strengthened not just their ties, but also the opportunity for students to do drama in a different environment. Sian Billington, main organizer of the event and BEDS President, said it was an excellent networking opportunity, which could result in some amazing projects and opportunities for the future. We can only wait and see, and wish both BEDS and Keele Drama Society good luck.

## Bangor Annual Writing Anthology

by SAMUEL VERDIN

Here comes an opportunity to get yourself published! If you're looking to submit your work, read what the Bangor Annual Writing Anthology's managing editor, Samuel Verdin, has written:

"What I'm really hoping to do with this year's anthology is open it up visually as well as textually, sourcing work from the university's Fine Arts program as well as courses including Creative and Professional Writing. Due to Music and Media being such a broad school, I feel it's important to reflect that same variety of disciplines within the anthology, without taking away from the stu-

dent-run showcase which will host its own range of work; that's one of my main objectives.

For the students submitting to the anthology, the opportunity provides them with the chance to be published, which is the first of many steps they will encounter when trying to put their work out into the world.

Due to the ridiculously high rate of rejections writers will face in their career, it's good to get into the regular practice of submitting work and learning how to deal with those rejections. But that's only one side of the coin; to have work accepted into any form of publication not only offers an immense sense of validation,

but it also offers a point of reference with which someone can say:

'Look, this is something I've put out there.'

We exist in a world that places importance on social followings, so it's essential for aspiring writers and artists to begin cultivating that following, their audience or readership, as soon as they can, and that all starts with having a point of reference. The Music and Media Anthology brings that to the students (if they are previously unpublished) as well as giving them a measure of how far they've come since the start of their studies."

The Bangor Annual Writing Anthology is open to all students who have Creative Writing as part of their degree, as well as to those involved in the Fine Arts program. Submissions can range from creative non-fiction to essays or memoirs, or short fiction to poetry and scripts.

The deadline for submissions in 12:00 pm (midday) on Tuesday 19th March.

For inquiries, email [SMMAnthology@gmail.com](mailto:SMMAnthology@gmail.com)

### Hush

by TESSA AST

barely awoken from my slumber;  
iron chains of smoke hold me down;  
I try to move and yet I'm under  
the spell of a power far superior to my own.

a power both elusive and oppressive;  
my breath would have you believe me dead,  
though I know better than to be aggressive:  
my shadow is a feral cat.

but they don't scratch and rarely cry  
and while their embrace is heavy - I fit  
without drifting apart in those endless eyes.  
you know, come to think of it -

maybe they're just lonely,  
and who am I to detest  
a creature - though dreaded and unholy -  
if they just sought solace in my solemn rest?

### I Am The City

by RYAN STEPHEN WRIGHT

I am the rain and the mismatched umbrellas,  
The midnight bitter coffee and 3 am insomnia,  
I am the laughs, the tears and the chipped Plexiglas,  
The dimly painted dues of yesteryears spectacle,  
Because I've tried it once before and failed, I am the city

And you,  
You are the dreamer who longs to leave it behind,  
Looking for a picture-perfect suburban love,  
You want a pair of fresh eyes and clean-cut dimples,  
You want lemonade on a porch of blue and white stripes,  
Doesn't drink the wine  
Because it's easier to hide behind a smile,  
Than see yesterday's shadows in the bottom of the glass  
You are not the city

So I will let you go,  
I will call you a taxi from this corner  
And I will go at it alone,  
Yes, my city could be your home for tonight,  
But why bother when to you,  
I am not unlike that crumpled umbrella being guided by the wind,  
that you despise because it's being there  
Does not meet the standard of street that you'd like to walk on,

I am the city and I can wait,  
I can wait for the rain and the mismatched umbrellas,  
The midnight bitter coffee and 3 am insomnia,  
I can wait for the laughs, the tears and the chipped Plexiglas,  
The dimly painted dues of another year's spectacle,  
Because she tried it once before and failed,  
And when she steps off the train and we first meet,  
I will love all of her.

### Ffriddoedd Farmhouse

by EMMA RICHARDS

If only we'll allow  
Lonely but surrounded you stand,  
Aged by the years,  
You have seen laughter,  
You have seen joy  
And sorrows bygone,  
But still you stand alone, -Bracing against the wind  
The might force of time washing away your being - until there is none  
which remains  
But we can stop time, use the power of the present - but selfishly, we do  
not.  
Even so you stand tall, your mighty hearths cold and unused,  
You have housed many, who sook shelter from icy winds and unforgiving  
storms,  
Yet they have left you to rot - to wither with time,  
Until you too, F A L L  
But still you smile, - ready to provide a warm welcome - if we'll allow.  
So I call to all who hear, let us not watch this place once called 'home'  
Wither or rot, or fall under the tide of time,  
For he smiles welcomingly,  
He's stood the test of time, - since the 1900s he has provided,  
Let us care for his withered chimneys, battered roof and broken walls,  
So he can keep on caring. For that's all he desires.  
If only we'll allow.



# Artwork By ArtSoc



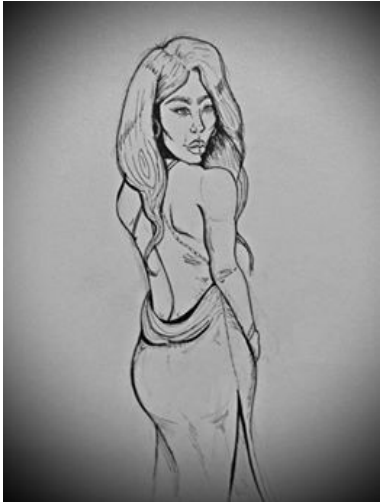
by Zoe Faiers



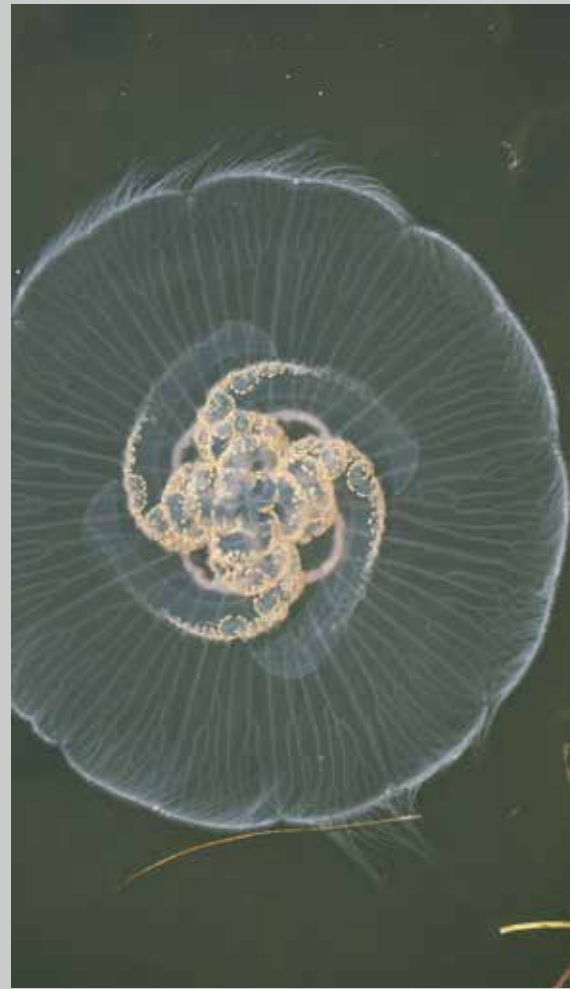
by Masuma Payamon



by Ailish Harker



by Anna Monnereau



## Photos by Lloyd Griffith



by Laura Labno





## SOCIETIES

# SUPER SOCIETY SLEEPOVER SESSION

MAIN ARTS LECTURE ROOMS + MALT

ASSASSINS SHENANIGANS

BOARD GAMES

CRAFTING CORNER

DRINK TEA AND EAT SNACKS

FILM SCREENINGS

PILLOW FORTS

READ OR LISTEN TO STORIES

VIDEO GAMES



Bangor University  
TeaTime Society



MARCH FRIDAY 29TH - SUNDAY 31ST



# LGBT+ Society And SU's Bangor Pride Event



Bangor University Concert Band  
& Bangor University Brass Band

## Spring Concert

Sunday 31st March  
4:30pm - PJ Hall  
£4 Adults  
£3 Concessions

Conductors:  
BUCB - Zach Reading  
BUBB - Thomas Whitcombe and  
Phoebe Swallow







On Sunday 24th February, Bangor University hosted their first Pride celebration. Students Owen Hurcum and Jasper Williams hosted the event (alongside the LGBT+ Society) in the Main Art University Building. Throughout the day, there was a range of entertainment, including circus performers, live music, poetry,

comedy and drag acts. Alongside the entertainment, there were also talks including a Queercare Workshop. MP Hywel Williams came and spoke in support of the university's LGBT+ community, as well as VP of Sports, Louise Fell. The historical event was a great success and promises to be bigger and better next year.



# VOLUNTEERING



## Hergest Project

by **ELLEN MANGAN**  
and **ELIZABETH STANSFIELD**

**H**ergest is a wonderful mental health volunteering project run by a small group of Bangor university students. The project has been going for many years but has recently been expanded and now offers three different activity groups throughout the week – something the volunteers, patients and staff are all very proud of having and achieving!

Tuesday is the first outdoor activity group and it is then patients and volunteers can enjoy all the simple

satisfaction of gardening. This group allows patients of all ages to get involved and become more active in their community. Gardening offers individuals the chance to make something; start fresh and build a foundation; plant the seed, take care of it and watch it grow – a fabulous metaphor of how to take care of everything we do and tackle in life! We believe that giving people this opportunity, it helps individuals (including our volunteers) focus, but also express emotions, whether that be anger through digging/de-weeding or care through planting and

watering the flowers/vegetables.

Walking is a fantastic and therapeutic way to get some exercise and fresh air, which is why we are so passionate about our weekly Thursday afternoon walks. In addition to improving cardiovascular function and helping relieve stress, our walking group gives both Hergest patients and student volunteers the opportunity to experience and appreciate the beautiful north Welsh scenery. Whilst getting in some daily steps, this activity also allows volunteers to further develop their relationships with Hergest members by offering

more one-on-one time to socialise and often get to know some of the patients on a more personal level. This strengthens trust and allows for both parties to develop a lasting rapport with each other.

Our Friday morning breakfast club allows volunteers to join Hergest members for a chat and a brew whilst patients enjoy their Friday fry up. In the art therapy room next door, we host a creative activity for members to enjoy as their breakfast digests, which can include a variety of themes including origami, card making, painting just to name a few. Where

ever possible we base these activity themes on the most recent holidays and events, such as recreating the traditional daffodil flower using hand prints, for St David's day.

Each activity and group that we partake in offers the best support to everyone involved. The difference we see week in week out is fabulous and nothing can compare to the relationships and friendships built through this project. We are a family and aim to take care and help those around us.



# Student Volunteer Of The Month: Thomas Jones



**M**y name is Thomas. I am currently a Psychology masters student in the school of Psychology. I have been volunteering for a number of years both, with and outside the students union; I have been involved in a number of projects but primarily with the Hergest, Beach Clean, Tea Party, Big Give, and RAG Projects. I am now volunteering with Headway and the Alzheimer's Society.

My first taste of volunteering came at a Tea Party for the elderly in my first year, the event was great and I met

many inspiring people. After this I decided to run for the Tea Party Project leader and volunteer at Hergest. After getting both I was set, and could not stop volunteering.

Overtime volunteering has given me the opportunity to develop some real-life skills; I have had the opportunity to lead a number of volunteering groups, the opportunity to plan, organise, and complete a number of small scale to large events such as Runderpants 2018, and other basic skills such as communication and teamwork.

However, what was the most

beneficial was the opportunity to develop my confidence in speaking to new people, doing new things, and presenting to big groups. Prior to volunteering I was very shy and quiet, but overtime I have become more confident to speak to others and engage in debate, albeit too intensely on times. Moreover, without volunteering I would not be able to do most of the things I am doing today.

Furthermore, volunteering has given me insight into what I want to pursue as a career path. By volunteering on project such as Hergest, Alzheimers

Society, and Headway I would not have known what to expect when working with clinical populations and how rewarding it can be. It can be quite difficult to explain that buzz from hearing that a service user has really enjoyed and appreciates the work we do!

In addition, I am fortunate enough to have won several volunteering awards both locally, regionally and nationally which has led to a number of opportunities, some which may have not been achievable without this recognition.

Volunteering with both Undeb Bangor, and outside the students union has been a life changing experience through the formation of close friendships, development of invaluable skills, dramatically increased my confidence, and resulted in a number of fulfilling opportunities. It is quite unusual to look back and to think that if I did not attend the Tea Party I may not have been in this situation, just go to shows that throwing yourself into and taking every little opportunity can open even bigger doors!

## Bangor's Tea Party: Combating Loneliness One Cuppa At A Time

by KATIE LLOYD

**B**angor's Tea Party is the longest running voluntary project in the university, perhaps because of its ease in only being held twice a year, but most probably because of the immense difference it makes to elderly people in the area!

In Wales, over 75% of women and two thirds of men over 65 live alone (1), so the project aims to make a small but effective difference to these people in Bangor and the local area. Each year, the project leaders work with the SU to invite and bring a number of elderly people to the University at

Christmas and Easter. These times are likely when elderly people would feel the sting of loneliness all the more, given the orientation around family at these times. The Tea Party aims to take away some of that loneliness by offering a cup of tea, some food, and a chat. Simple things like this can make all the difference.

Volunteers of the project tend to find it the nicest project to work on. Carys, a volunteer for the project, said that "it's really fun and super interesting to talk to all the service users, and [hear] their stories".

Another volunteer for the project, Ellen, when asked about the Christmas

2018 party, said "The tea party was just a fabulous day, from setting up, to having the Elvis impersonator and having a laugh with everyone who came along! I spent the day with my best friends and had such a ball!"

"I think everyone who came alone left with a massive smile and wonderful stories [and] memories which is the best feeling ever after such an event".

It is safe to say the Tea Party is a small, often overlooked, but integral part of the University and its voluntary services.

## Walk And Talk

**I**n Walk and Talk we visit the most scenic parts of Bangor while providing a unique and different environment to talk and socialise. Walking to roman camp, to the pier, to the port or the stone circle, we enjoy relaxing conversations on whatever comes up; student life adventures, hobbies, yesterday's football game, anything interesting. We do two walks a week, on Wednesdays and Fridays, always starting from the same place at the same hour, Pontio bottom entrance at 4pm, with the walks lasting around an hour so that it is accessible to anyone but still always engaging and interesting. There's no need to sign up anywhere, you just show up on the day and walk with us! Friday walks are usually slightly different, with a speaker coming along from a different country or culture. During the walk, he introduces his traditions and language so if you're interested in learning more about a

specific country, or maybe just curious what the language sounds like, you'll get the opportunity to interact first hand with a person that knows all about it while walking to the prettiest locations in all of Bangor. So if you're interested in exploring Bangor, knowing all the best places you can show your friends later, interested in learning intriguing and exciting facts about a specific nation and their culture, leaving your room for a breath of fresh air, making new friends in a different setting or just to have a friendly chat with some amiable people, you'll find out that Walk and Talk is the best opportunity to fulfil all of this and more! So why not come along with us on our next Walk and Talk and join in the fun, just find us on our Facebook page <https://www.facebook.com/walkandtalkbangor/> and you'll know the next exciting thing happening!



## SPORT

## VARSITY 2019



# SATURDAY 30TH MARCH



# Dodgeball Compete In Their First Tournament



On Saturday 2nd of March Bangor's Dodge Ball team embarked on an epic adventure. Their first competition, Dodge Smash, was held in Birmingham. No one was keen on a 6 o'clock start so blankets and pillows were essential supplies until they reached Birmingham.

A tough first match against one of the best teams, the Manchester Bees, didn't help the team's confidence. They lost (2-14) but Bangor were still so buzzed to talk tactics to make sure they improved.

In their second game they picked up the pace and managed to score some points but lost (3-9). They showed

some grit and determination and things started to go their way. Would they continue to focus on improving and put up an even better fight next game?

A few tough oppositions later and they still weren't up a single point, but they gained a lot of experience and knowledge.

After a few games against some tough opposition and numerous line faults, they eventually got led to a decent game. A number of hard-earned bruises in this game with their players injuring their wrist in the process (don't worry, he's fine). Once again, they fell short losing (12-0). The stand out moments

were from their captain Tom showing some great movement to dodge those balls flying towards him.

An amusing highlight shortly afterwards was Tom getting faked out by an opposition without a ball! The rest of the team put up a fight against one of the tournament favourites. It wasn't enough as they fell a brutal (18-0).

Soon enough it was the big one - Bangor rivals, Aberystwyth. Alex, Kieran, Anand and Rory worked on taking down the opposition whilst Tom and Adam keeping their eyes peeled for some solid catches. After some inspiring

dodging skills, they took the game 9-3, this was their first ever official victory and it couldn't be any sweeter. Onto their final two games.

They took a win against Aberystwyth and built upon it with a warrior-like performance against Derby. Every game coming down to the wire with the overall result tied at 4-4. A game changing catch by Lisa really helped turn the tides as energy was in short supply at this point. Could they continue this form into our final game against the home team?

They saved the best 'til last, facing off against the tournament favourites, with

little energy they had left, they fought as hard as they could but Birmingham's affinity for catching couldn't be beat.

In the end they finished with a record of 1-1-7, a score that saved them from last place and is more than they could have asked for considering it was their first tournament. The high spirits, ability to adapt and the determination of the team was something that scores can't accurately represent and are not to be underestimated.

Congratulations to the University of Birmingham for winning the event. Until next time!

## Bangor Swimming Club Break Records At BUCS Long Course Swimming Championships

On the weekend of the 15th-17th February, Bangor University Swimming Club sent a team of 17 swimmers over to Ponds Forge in Sheffield for the National Long Course Championships. The competition is of the highest calibre where the best swimmers across the country compete to achieve the fastest times possible, even including an appearance from Adam Peaty!

### Friday

After a long journey to Sheffield, the team arrived at the pool ready for the first day of racing. The women were

up first with the 400m Freestyle relay and leading the team off was Jessica Sutton who stormed to a Bangor Uni club record time of 1.02.01! This was followed by some great swims from Bethany Kiamil, Emma Nelson and Amber Allford. Together they achieved a time of 4.29.05, smashing another Uni club record by 13 seconds! The women finished 32nd out of 42 teams.

Next up were the men's freestyle relay. This was lead off by Captain John McKavett who achieved a time of 58.62 which was another club record time! The following swimmers produced some solid swims to achieve a time of

4.10.13. This was six seconds faster than the entry time!

### Saturday

The day was off to a good start with both women, Bethany Kiamil and Emma Nelson, achieving PBs in the 200m Freestyle and Emma also obtained the club record for this event. The next record broken was by fresher Megan Cook, who managed to knock 9 seconds off of the 100m Butterfly club record! They didn't have to wait long for the next record as John McKavett got another one in the men's 100m Butterfly. With the 200m Backstroke

next it was another record for Jessica Sutton. Dante Matellini was the second individual fresher to get a club record, this time in the 200m breaststroke. To round the day off the women's medley relay, including Charlotte Waddington, Natasha Proffitt, Megan Cook and Maria Taggart, got another club record, beating the old one by 10 seconds, meaning both women's relays had achieved club records.

### Sunday

Although it was another early morning and everyone was tired, the team were still supportive and loudly

cheering each other on. The first record of the day came from another fresher, Michael Doyle, in the 200 Individual Medley. The last record of the weekend again came from Jessica Sutton in the 100m Backstroke, beating her own old time to get a hat trick of records and finishing 14th out of 58 swimmers!

After a short and intense build-up of training to nationals, the whole team performed really well, and as always the work ethic and atmosphere was and electric, with everyone getting involved. Well done to all and bring on the Manchester charity gala in March.



## SPORT



# Rugby Code Breaker

by CORIE SHORROCK

The tale of William Webb Ellis picking up the ball during a game of football at Rugby School and thus inventing the sport of the same name is somewhat of a myth. What is true, however, is that it was during the 19th century - at around the time Webb Ellis was at Rugby - which the game started to take root in the UK. After starting to be played at a number of schools and clubs, rugby football gained a governing body in 1870 in the shape of the Rugby Football Union. The conglomeration of rugby playing schools and clubs then approved the first official laws of the sport in 1871. Amongst those laws were strict rules against professionalism within the game and it was these which ultimately led to the rise of rugby league.

In 1892, rugby clubs based in Yorkshire started to pay players who had missed work in order to play in games. That was in direct contravention of the aforementioned RFU rules and led to

a dispute between the clubs and their governing body. By 1895, the dispute had become irreconcilable and - with the support of clubs from neighbouring Lancashire - the Yorkshire clubs permanently broke away from the RFU. They and their Lancashire neighbours formed the Northern Rugby Football Union, whilst the RFU continued to govern the sport which would become known as rugby union. Northern Rugby Football Union clubs continued for a while to play by the same original rules as set down by the RFU, but it wasn't long before they began to create a new, different kind of rugby.

## Rugby League

In Rugby League, each side has 13 active players, and 10 substitutions are allowed during the course of the game. The main aim is to score tries by advancing the ball down the length of the pitch. The opposing team hopes to prevent this by tackling. When a player is successfully tackled in Rugby League, they must drop the ball and

roll it behind themselves with their foot, so that it can be picked up by someone else. There is a finite tackle limit in Rugby League, and when this tackle limit is reached, the ball must be handed over to the opposing team. If the ball is out of play, the opposing team will be awarded a scrum, which almost always results in that team gaining possession of the ball. Scrums may also be used for other infringements. These scrums traditionally consist of a total of 6 people. The scoring mechanism in the two codes is slightly different too. In Rugby League, a try is worth 4 points, a goal is worth 2 points and a field goal/drop goal is worth 1 point.

## Rugby Union

In Rugby Union, each side has 15 active players, and 7 substitutions are allowed by each side during the course of the day. Players aim to score points by touching the ball down past the opposing team's try line. Points can also be scored by kicking the ball through the correct section of the goal posts. When

a player is tackled, the ball can then be picked up by any player from any team, so long as they are on their feet and they have come from an onside position. In theory, there is not a finite number of tackles. If the ball is out of play, a line-out will be awarded to restart the game. Other minor infringements are solved with scrums. These scrums normally consist of 8 people. In Union, a try earns 5 points, a penalty kick or a drop goal is worth 3 points, and conversion kick is worth 2 points.

## Swapping Between Codes

Rugby players are not always constrained by the code in which they first learned how to play rugby. Many amateur and professional players have moved between the two (and back again) during the course of their careers. In fact, some showcase competitions have been played between teams who are actually famed for their success in opposing codes, to see how well they would perform against one another. Because there are fewer players

to cover the field, and because the ball is in play more frequently, some rugby fans argue that rugby league is more physically demanding than union.

## Who Plays What?

In the first instance, rugby union and rugby league were often divided along class lines. Because working-class players could not afford to take time off from work in order to play sports, they were often unable to spend time training and playing Rugby Union. However, as players were able to gain remuneration when playing Rugby League, it was a more popular code amongst working-class sportsmen. In contrast, Rugby Union was often played in grammar schools, public schools and at university. This helped to create a strong class divide between the two codes. This class divide is also visible in Australia and New Zealand.

In the United Kingdom, Rugby League is more popular in the north of England, whereas Rugby Union is more popular in the South.



# BU Dance Take Part In Professional Workshops

Bangor University Dance has had a phenomenal week of learning from two professional companies on back-to-back days of intense training sessions. They have been so privileged to host both Melt Dance Liverpool and Tap UK this week and have thoroughly enjoyed themselves

learning so much. Melt Dance's Karl Newsam has performed on the West End and cruise ships around the world and is a very accomplished teacher at LIPA Liverpool. Tap UK's Ryan Campbell choreographed winning tap pieces at several international tap championships and is a faculty

member of the best tap industry in the entire country- Tap Attack UK. They have been pushed beyond their limits and feel as though these professional experiences broaden their knowledge, improving their dance ability and connect them to the working world of dance. In total 43 members took part

over the two workshops and had such an amazing time, they are so grateful for opportunities like this and hope to connect to build relationships with professionals for the future of dance as a club that is striving to be its best every single day! They thank the continued support within the AU, without their

help and contributions to their club's these events would not be possible. With a huge thank you to everyone who came out for the Academi fundraiser, they hope everyone had fun and they are so grateful for all the love and support they received that evening.



# Karate Heading To The European Championship



This weekend (16-17th Feb 2019) the Bangor Karate Union (BKU) sent a squad of 7 to the BUCS National Karate championships. This would be the clubs third year competing at BUCS and for all but one member this was their first time at the event.

Kata was the main event on Saturday. The morning started with the team kata event, for which the team had only had a week to practise and perfect their synchronicity. The team did amazing but were unfortunately knocked out by Edinburgh who went on to get third place. The rest of the day was taken up by the individual performances of the kata girls. The club went on to achieve its best results ever in BUCS Kata. Our senior female progressed through to

place in the Top 32, a personal best for her. In the novice event, everyone progressed through rounds, with Beth beating her personal placing from last year to achieve the Top 16 this year. The event culminated over a disqualification of one of our members; unfortunately, the appeal was also unsuccessful. However, Rachel was given a second chance through the repêchage for the bronze medal. She shone so brightly and progressed all the way through, performance after performance with no rest, to ultimately just miss out by one vote to take 4th place. After such an eventful day, everyone retired to the hotel and traditional team meal, before resting up for an early start, for the fighting events the next day.

A 7am start awaited on Sunday morning, but the drive to the Ponds Forge was made less grisly by the accompanying beautiful sunrise. Today was the turn of the fighters. The first ever novice fighter Arcadia fought well against someone who was well over a full head taller than she was, unfortunately her reach was too advantageous and were placed 9th. In the senior women's category Bangor's fighter progressed through to the semi-finals (a first for the club), but ultimately lost out and placed fourth, the highest placing female fighter. The final event and competitor of the day was in the males -84kg fighting. Theo fought well in his first fight and won 7-0, been the first person to score points in BUCS for

the club. He progressed through to the quarterfinals, but was knocked out by the finalist. This meant that Theo was given a chance to get bronze through the repêchage. The fight for third place was intense; Theo took the lead at the start and fought well. However, in the last minute his opponent drew level. Theo would still win if he did not concede any more points, but he was on three warnings, and a further warning would mean disqualification. The last 15 seconds were intense, with Theo trying not to concede a point or warning and his opponent trying to score the winning point. The timer rung and Theo had won! The first BUCS medal for the team and on its 3 year anniversary! The day finished with

the medal ceremony and many tears of happiness at such a crazy two days over BUCS and all the achievements made, especially the development of Theo's fighting since joining the club in October and never having competed before joining us.

Next step for Theo is the European University Karate Championships in the summer!

Final BUCS Results of 2018/19

Team Kata – Top 16

Novice Female Kata – Hannah, Top 32; Beth, Top 16; Arcadia, 6th and Rachel, 4th

Senior Female Kata – Holly, Top 32

Novice Female Kumite – Arcadia, 9th

Senior Female Kumite – Vic, 4th

Senior Male Kumite – Theo, 3rd

## Netball Fighting Against Breast Cancer



Netball have been doing some great work for breast cancer, by hosting a netball tournament on Saturday and a charity fundraiser at Academi on Wednesday.

At the netball tournament there were 11 teams, with Bangor Badgers coming first. Following on from this, £655 was

raised at Academi for breast cancer care and support who work to help anyone that has been affected by breast cancer and campaign for better care along.

They also provide information about spotting signs early and actions to take if you think there might be a problem.



## Frisbee Knowing No Limits

The Men's Frisbee team made the arduous trek to Hull for the Cup Semi-final. Spirits were high among the men as the season had been a very successful one so far and they were hoping to continue on. The game was a fluky start as both teams were trying to find out how they would play the wind, with Bangor beginning to pull

away after a few points. Stellar effort from all involved with Bart Kuberka making some incredible diving plays defensively. Bangor threw it all out on the pitch and with some awe inspiring catches and even better throws, Bangor closed the match with a comfortable 10-5 win. The winning play was a spectacular effort from all involved with

Quinn Kuiper chasing down a Frisbee and then putting a lovely disc into space for Callum Buck who managed to hurl his body under the disk and come down with the catch. Winning this match secured our spot for Outdoor Nationals and we look to carry on this season's massive success.





Photography by: Cathy Lloyd-Davies

## Bangor Students Battle For Wales Squad Place In North Versus South Rugby Trial

**5 players from Bangor University could go on to represent Wales Students Rugby League**

Great work from the 5 Rugby League lads representing Bangor in the North vs South game winning 24-12, with Corie Shorrock and Dafydd Jones both crossing the line to score!

Hopefully all 5 get picked for the Welsh Student squad. The North beat the South 24-12 in a tough Student Rugby League encounter in Monmouth

on Sunday where the conditions had a big effect on the outcome of the game. Rain fell for the best part of a day before kick-off and whilst it was dry for most of the 80 minutes, the muddy surface made it difficult for both sides.

This encounter was preparation for the Student Four Nations this summer and the sides were largely selected from where the players study, which is why

players like Rhondda-born Cobi Green, who plays for Leeds Beckett University and Bradford Bulls, was a stand-out, marshalling the North side to victory.

The North took an early lead when skipper Rhys Davies slipped through the South back-line. Aled Davies converted. It was soon 10-0 after Daf Jones slid over in the corner. That was before Corie Shorrock went in under

the sticks and Davies converted to make it 16-0. South.

Wales hit back when Ieuan Roberts scored under the posts and Huw Parks converted to bring it back to 16-6 at the break. Parks got another try back 12 minutes into the second half, converting himself, but despite being down to 12 men after Dewi Billingham was sinbinned for backchat, the North

scored two further tries in the mud to seal victory. South were making mistakes in the wrong places and north took full advantage. A dropped ball in the grease gave Daf Jones the opportunity to get his second, before Green, who seemed to have no issues coping with the pitch, went over in the corner for his side's fifth.

**AU MATCH  
REPORTS  
INSIDE**

