

Awards Season Results

Pictures from recent Undeb awards events

Page
26-29



Varsity 2019 Results Round-Up

FREE

Page 74-75

Best shots from
our Aber away win

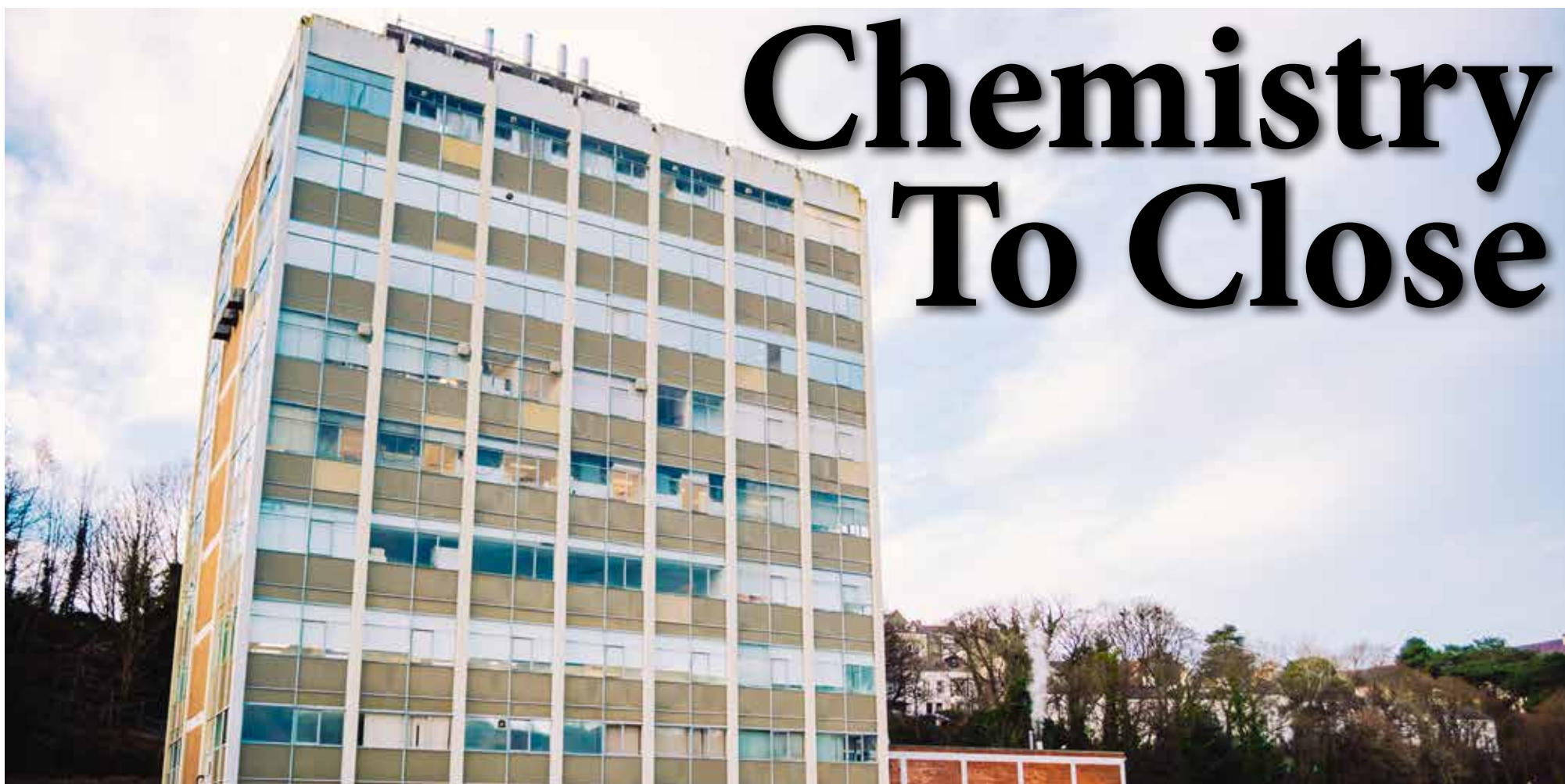
May Issue 2019

Issue No. 277

YSEREN

seren.bangor.ac.uk
@SerenBangor

Bangor University Students' Union English Language Newspaper



Chemistry To Close

Bangor University cuts the only Welsh taught Chemistry course in the UK

by PAIGE BROOK

Bangor University has confirmed that its chemistry department will be discontinued.

Proposed plans to completely phase-out teaching of Single Honours Chemistry within three years have been approved after a consultation period.

The cuts will result in an estimated loss of 15 academic and 3 technical staff

while those currently on the course finish their degrees.

Existing students have been assured they will be able to graduate. However, from the 2019/20 academic year, the course will be accepting no further enrolments.

Bangor University was the only institution to facilitate the study of chemistry through the medium of Welsh.

Interim vice-chancellor Professor

Graham Upton said the cuts are "necessary".

He said: "We will do everything we can to support the staff and students affected."

"We will also be working with external funders, project partners and companies to complete research projects and studentships."

Current students are concerned that the accreditation of Bangor's chemistry course, awarded by the Royal Society of

Chemistry, may be impacted as a result of staff cuts.

President of the Welsh Union at Bangor University, Gethin Morgan, said: "UMCB will continue to work with the university to ensure that our current students get the best experience possible. Our focus is minimizing the disruption to our current students."

Go to Page 4-5 for a full rundown of reaction to the announcement.

REACTION INSIDE PAGE 4-5



Live in one of our
award winning student
villages next year

Book online now!

WWW.BANGOR.AC.UK/MYROOM

LOW
PRE-PAYMENT
SHOW FLATS
AVAILABLE





**THANK YOU
FOR YOUR SUPPORT**

**ENJOY OUR
RECORD BREAKING
80 PAGE ISSUE**

CONTENTS

News Feature	4-5
News	6-11
Politics	12-13
Politician Opinion	14
Science	16-18
Environment	20-21
Union	22
Sabb Space	23
Campus Life	24
Photographic Society	25
Soc & Vol Awards	26-27
AU Dinner	28-29
Seren Business Awards	30-31
Travel	32-33
Food & Drink	34-35
Lifestyle	36-37
Fashion	38-39
Arts & Culture	40-42
Feature Interview	43
International	44-45
Social	47
Seren Interview	48-49
Film	50-53
TV	54-55
Music	56-57
Summer Fest	58
Books	60-61
Games	62-63
Creative Corner	64-66
Societies	68-69
Volunteering	70-71
Seren Stats	72-73
Sport	74-80



FINNIAN SHARDLOW

EDITOR

editor@seren.bangor.ac.uk

Well, here we are then. The last issue of the year. For me, the culmination of 4 years' worth of hard graft, writing naff and big laughs in Seren.

It's bittersweet, as our front page is a tribute to the chemistry department, which will be facing the axe after months of hard-fought opposition from the student body. Our thoughts are with all the students and staff at the school.

Also inside the paper, a photo reel of all the society events we've covered this year, an interview with the new AU President, and the return of Seren's Business Awards – over 200 of you voted for your favourite businesses, go to page 30 to find out who were crowned champions.

Notably, we're ending the year on a record-breaking 80 page issue. Once again, all the credit goes to our wonderful sub-Editors, contributors, photographers and proof-readers. There's no doubt about it. This team have secured themselves in Seren history. It wouldn't have happened without them.

And so, I'd like to take this opportunity to thank the 2018/19 Editorial Team. For your unwavering commitment, for your resolute determination, and for your consistent success. Above all, I'd like to thank you for being cracking people. You haven't simply been colleagues, you've been companions. We've shared laughter; tears; memories. I'll remember you all.

Finally, I have to thank you – the student population. Without you, we don't have a job. This year, you've engaged with your student newspaper more than ever before. I can't explain how much that means. It's given us purpose, passion and people to serve. Hopefully, we've served you well.

Seren has been around for 36 years. It will be around for another 36 years. I'm just proud I played my part.

It's been special.

Ta x

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

CONTRIBUTORS

Ben Exton
Owen J Hurcum
Undeb Bangor
Grace Worsley
Ryan Miles
Carmen Ria Smith
Mark Barrow
Muhammad Firdaus
Fergus Elliott
Francesco Rota
Sam Price
Rory Formstone
Roberts
Sian Billington
Caitlin Riley
Tom Qwen
Emily Brown
Dylan Hannigan

Jordan McEvoy
Zach Reading
Josh Cain
Stephen Owen
Susan King
Ryan Stephen Wright
Holly Peckitt
Laura Labno
Lloyd Griffith
Anna Monnereau
Jade Taylor
Joe Graham
Carys Hyett
Jolyene Leow
Ka Nam Siu
Alisya Boyraz
Matthew Foster
Chloe Glover

John Farnworth
Josie McInnes
Henry Williams
Tanya Riley
Dan 'Hero' Turner

Be A Contributor!

Contact:

editor@seren.bangor.ac.uk

NEWS FEATURE

Statements Regarding The Confirmed Closure Of The Chemistry Department



**BEN
EXTON**
HEAD
CHEMISTRY
COURSE REP

It is fair to say that moral is very low in the ChemTower and not because of the impending exams. To be notified of the closure of Chemistry during our Easter holidays and only fully briefed about it just

before our exams is disappointing to say the least.

The vendetta management seems to have against Chemistry has been relentless. The response to their proposed business case was overwhelmingly opposed to it. Everyone and their dog was telling them that this was a bad decision: from the staff and students to locals; from schools to businesses, from industry professionals to respected individuals.

A counter-proposal was submitted, proposing a shift towards a more environmental and sustainable approach bringing us closer to the other parts of SNS and allowing numerous cost saving measures to be made and would give us a USP of Sustainable Chemistry – something that will only become more prevalent as society acts more to prevent the impending environmental catastrophe we're heading towards.

Alas, next-to-nothing in the business case was changed but they still felt comfortable in concluding "the consultation was meaningful" – how that conclusion can be reached is baffling.

The financial saving by closing the department has been shown to be minimal. Throughout this process

the University has laid out plans with a lack of substance and actual details: they've refused to draw up costings to cover the modules run or part-run by the department for other subject areas, the cost of emptying the building, the loss in students that they are already at a deficit of and absolutely no idea what they are going to do with the building when we have vacated it.

Since December 2018 we have had this threat looming over us, yet we have struggled through our exams, a whole semester and are preparing to grit our teeth through another set, whilst we are being used as pawns in a bigger game to satisfy their vendetta against us.

One of these ongoing concerns is our courses accreditation by the RSC (Royal Society of Chemistry). The University has been insistent that it will remain but the RSC have said this cannot be guaranteed.

It is disappointing to be continually ignored and no other alternatives were considered in CoESE. Bangor Needs Chemistry, it's not just us saying it yet it is still being ignored.



OWEN J HURCUM
STUDENT PROTEST ORGANISER

I would like to start this statement by reiterating what we have always said – our anger over these cuts is not because we do not like our University, rather because we love it. The cuts now confirmed by the University will do nothing but to shoot itself in the foot. How do they expect to be able to recruit more students in future when the reward for the hardworking staff that make our University outstanding is to give them the sack?

The closure of the Chemistry course, one of the founding degrees

of the University and the only Welsh Language Chemistry degree available is a massive mistake. However, we do not accept that just because the University have not put themselves firmly on that path that we cannot convince them to see the error that this will be. We must save Chemistry and we will continue to fight to ensure this degree is protected and all affected staff (and indeed all affected staff from all departments) have the job security they deserve secured.

UNDEB BANGOR



UNDEB
MYFYRWYR
STUDENTS'
UNION

UNDEB
BANGOR

Undeb Bangor continued to release the following on their facebook page: "We are sad to see that the University have had to make the difficult decision to discontinue Single Honours Chemistry. Following this decision, we understand that this may leave students with a number of concerns. We have received assurances from the University that existing students will be able to complete their studies and graduate with the degree they are currently enrolled on.

Our priority now is to work with the University to ensure minimal disruption to the student experience throughout this process. Additionally, to further aid in safeguarding the experience of all those affected, we will continue to work closely with course reps and students.

We would like to remind students that support is available from us here at your Students' Union as well as through Student Services and the School of Natural Sciences."

Goodbye to a founding subject of Bangor University - taught for over 135 years at our great institution.

Chemistry never dies, it just stops reacting.

Redundancy, Retirement, Cuts & Chaos: A Timeline Of Bangor University's Controversial 2018/19

It's been a difficult year for our institution. However, it's important that the student body knows what took place this academic year, so that they are adequately informed going into the years ahead.



25th October 2018: University Warn Staff Of 'Financial Pressures' – £5m Cuts Announced

Vice-Chancellor, John G. Hughes, wrote a letter to Bangor University staff warning of the need to address financial challenges.

£5m in cuts were announced – compulsory redundancy was not ruled out.

Falling student recruitment and rising pension provisions were cited as key reasons for the savings.

In the letter, Hughes said: "The short-fall arising from Tuition fees and related Halls income means that a reduction of the order of £5m in our cost base for this year will be required."

He added: "Taking actions now will mean that Bangor University will be better able to deliver on our core mission within this new financial landscape."



19th November 2018: Seren Interview Vice-Chancellor On Debt Crisis – 50 Jobs At Risk

After listening to multiple concerns from students and staff, Seren organised a full interview with Bangor University Vice-Chancellor – John G. Hughes.

Hughes explained the rationale for proposed cuts in further detail and answered questions surrounding accountability, transparency, and low morale.

In the interview, it was announced that 50 jobs could possibly be put at risk.

"There's 2100 members of staff in this university, we're talking about downsizing by 50, so it'll only be a tiny proportion of the staff," Hughes said.

30th November 2018: Vice-Chancellor Announces Retirement For August 2019

The Vice-Chancellor of Bangor University, John G. Hughes, announced his retirement for August 2019.

Hughes – Bangor's 7th ever Vice-Chancellor – was set to step down at the end of current academic year.

Bangor University's Chair of Council, Marian Wyn Jones, paid tribute to the outgoing Vice-Chancellor.

"I am extremely grateful to Professor Hughes for his remarkable contribution," Jones said.

She added: "He has overseen tremendous change at the University, and has always ensured that students remain at the heart of everything we do."



10th December 2018: 'At Risk' Staff Receive Redundancy Warnings – Academic Staff Included

A collection of Bangor University staff spanning multiple departments were informed that their jobs were 'at risk'.

Academics and lecturers were rumoured to be among the 50-60 staff who could potentially face redundancy.

Students were told to send their complaints to the Students' Union, who will present them to the University.

The final decision on these proposed redundancies will be made on January 18th 2019.



11th December 2018: Vice-Chancellor Apologises For Emails Allegedly Detailing His Private Life & Announces Early Retirement

Emails purporting to detail the Vice-Chancellor's private life were distributed to a selection of staff.

Vice-Chancellor John G. Hughes responded, saying the emails had been doctored and apologised for any distress caused.

Hughes is believed to have emailed staff in response:

"This morning, some of you received an email purporting to relate to my private life.

"The messages attached to this email dating from 2016 have been doctored and, whilst I do not want to go into details regarding what is clearly a very personal matter, I wanted to assure you that the messages are not what they seem."

Vice-Chancellor, Professor John G. Hughes, who was due to retire at the end of the academic year, announced that he'd be retiring at the end of December 2018.

In the meantime, Professor Graham Upton will be appointed as Interim Vice-Chancellor from 1st January 2019.

Bangor needs



#BangorNeedsChem

14th December 2018: Campaign Launched As Chemistry Department Faces Axe

Bangor University students started a campaign against proposed plans to close the Chemistry department in its entirety over the next three years.

The campaign, Bangor Needs Chemistry, amassed hundreds of likes on its Facebook page within a few hours of it going live.

This would end all undergraduate and postgraduate programmes (English and Welsh), resulting in the direct loss of 15 academic and 3 technical staff.

18th December 2018: Full Breakdown Of Cuts Revealed To Affected Students

Students were emailed a breakdown of proposed cuts relating to their schools.

This information was secured after Bangor University's Students' Union, Undeb Bangor, met with University representatives to echo the uncertainty of the student population.

Business cases were sent to students from affected schools, and provide an overview of the proposed changes – from school restructuring all the way up to redundancies.

Here, plans to close the Chemistry programme in its entirety were detailed.

Other affected schools include: Law, Music & Media, Business, Languages Literature & Linguistics, History Philosophy & Social Sciences, Education & Human Development, Medical Sciences, Sport Health & Exercise Sciences, Health Sciences.

Seren published a breakdown of proposed cuts to all affected schools here.

However, from the business cases, Seren deduce that up to 45 staff members in student facing areas could face possible redundancy.



15th January 2019: Student Protest Staged Against Bangor University's Proposed Cuts

The protest took place in the Quad at Main Arts with around 150 students in attendance.

Guest speakers included Plaid Cymru politicians: Hywel Williams MP and Rhun ap Iorwerth AM. Labour MP Albert Owen. Head chemistry course rep Ben Exton. Undeb Bangor sabbatical officers Mark Barrow and Gethin Morgan. As well as speeches from organisers Owen J Hurcum and Kayleigh Lavernia.

Gethin Morgan, of Undeb Myfyrwyr Cymraeg Bangor (UMCB), said: "We need to look why haven't there been cuts at the top. We have to look at their salaries and their expenses."

"We need to look at why there aren't cuts in other areas."



16th February 2019: Seren Interview Interim Vice-Chancellor Prof. Graham Upton

After a tumultuous period for Bangor University, Seren felt it was right to go back to the Vice-Chancellor's office to get further clarification surrounding our institution's financial situation.

Upton confirmed that the proposed cuts are unavoidable, and that process of cutting costs won't be stopped.

In this period, the consultation period was extended twice.

When Upton was asked about whether Chemistry would be cut, he said: "The consultation isn't a sham. We are listening and looking at the comments that are coming through. There are some cases where the original plan might go ahead, in others we may change plans based on the feedback."



10th April 2019: Schools To Face Cuts Revealed – Chemistry Axed Entirely

Decisions made on the business cases which were proposed in December 2018.

Plans to discontinue Chemistry at Bangor University were approved.

Decisions have also been made on the business cases for Finance & RIIO, Corporate Services, and the Schools of Education and Human Development, Medical Sciences, Health Sciences, and Sport, Health and Exercise Sciences. There will be some impact on the staffing of these areas, and details are being shared with the affected staff.

Bangor University's Interim Vice-Chancellor, Professor Graham Upton said: "These have all been very difficult decisions for the University to take, but the actions taken now to meet these financial challenges are necessary to ensure that the University will have a successful and sustainable future."

NEWS

IN BRIEF

Bangor Figures
In University
Impact Table

by DARBY HIGGINS

A new league table just published gauges how universities are making a real impact on society outside their research and teaching.

The global ranking, compiled by the Times Higher Education magazine, measures how universities are working towards 11 of the United Nations' Sustainable Development Goals (SDGs), which include academic freedom policies, efforts towards gender equality and taking action against climate change.

The University Impact Rankings results reveal a brand new line-up of institutions, and place Bangor University among the world's 200 top performing institutions. 23 other UK universities join with Bangor University among the top 200, with Bangor being the only University from Wales represented.

This comes as no surprise to the institution which was again recently cited the eighth greenest University world-wide in the UI Green Metric but it also underlines how important it is for us to ensure that we can demonstrate clearly how our activities contribute towards the SDGs and also Wales' well-being goals.

Welcoming the news, Professor Jo Rycroft Malone, Pro Vice-Chancellor Research at Bangor University said:

"We know that universities have an effect way beyond their immediate environment and activities of educating students. We have set ourselves an ambitious challenge to become a sustainable university for Wales and the region and to be an exemplar of the sustainable university."

This means a consideration of sustainability, in all its aspects, in all that we do. We are pleased with these results and will continue to strive for further improvement."

Royal Academy Grant For The 'Photo-Electric Light Orchestra'

by DARBY HIGGINS

An innovative outreach project delivered by Bangor University's School of Computer Science and Electronic Engineering in partnership with the University's Widening Access Centre has secured a £30,000 grant from the Royal Academy of Engineering as part of its Ingenious scheme – a programme that seeks to engage the public with engineering.

The 'Photo-Electric Light Orchestra' project will inspire children aged between 9-13 in the region to design their own musical instruments by implementing coding skills and by utilising photonics, the study of light in technology, to create a music score that will be performed at Pontio, the University's Arts and Innovation Centre at the final stage of the project in 2020.

Led by Dr Daniel Roberts, a Coleg

Cymraeg Cenedlaethol Lecturer in Electronic Engineering at the School, the project will be delivered to pupils from 8 mainstream and special schools in the region and will consist in the first stage of teaching coding skills in order to design and 3D-print innovative musical instruments. Then, by using the power of light by means of lasers or LEDs, musical notes will be produced that will ultimately be added to the composition of the 'orchestra' and its unique score.

The project will be launched on the University's stall at the National Eisteddfod in August, before commencing in earnest at the start of the new school year in September, with those taking part being invited to the School of Computer Science and Electronic Engineering for a day's coding and photonics workshops.

The Royal Academy of Engineering's Ingenious project has funded over 200 projects to date, providing opportunities for close to 6,000 engineers to take part in public engagement activities, to gain skills in communication and to help bring engineering to the very centre of society.

Reacting to the news of the grant award, Dr Roberts said:

"This is an amazing opportunity to work collaboratively with the Widening Access Centre to not only work with children from the local area, and engage with STEM activities, but also with engineers, some of whom are just starting out in their careers, who will gain invaluable experience by working with children from local communities and engaging more young people in STEM-related subjects. My day job is lecturing and laboratory demonstrating, so

being able to go out into the community and deliver STEM workshops and encourage young people to continue in the field of STEM, is very rewarding. Yes, it's a cliché, but there weren't any opportunities like this when I was in school, so to be able to be a part of delivering these kinds of activities makes it all incredibly worthwhile."

This was echoed by Delyth Murphy, Head of the University's Widening Access Centre, who said:

"An important part of the Widening Access Centre's role is to facilitate outreach work alongside the University's academic staff. This project provides a new opportunity to introduce postgraduate students in Electronic Engineering and Music to such outreach activities in 8 schools, including two Special Educational Needs schools, in the Gwynedd area."



by DARBY HIGGINS

With a strong commitment to bring high quality performances to the area, Pontio will be welcoming Shakespeare's Globe, the actress Carys Eleri and her award-winning show Lovecraft and supremely talented musicians including Lleuwen, Georgia Ruth, Gareth Bonello and Rhys Meirion, Ballet Cymru, Welsh National Opera, Theatr Genedlaethol Cymru, the comedian Seann Walsh and the circus company from Ethiopia Circus Abyssinia to Bangor as part of the summer's programme.

The centre will also prove its ongoing commitment to the local community by giving a platform to a range of concerts by local dance schools, Friars School and their musical 'Legally Blonde', the fifth birthday of the Sistema Cymru- Codi'r To project, and a concert by Gwynedd and Anglesey Music in Schools.

There will also be a very special sharing of 'Street Voices', a project between Friars School pupils and the service users at St Mary's homelessness hostel run through Pontio's youth participation programme BLAS which will be a powerful verbatim play based on the true life stories of individuals.

A Film, Cake and Song afternoon with WNO's Come and Sing team will combine a classic film with relaxed singing in the bar, and the 'Sing for Sanctuary' concert by Bangor Community Choir and North Wales Rugby Choir will support two charities working with refugees.

As part of Pontio's ambition to make the arts a part of everyone's life, there will be plenty of fun for the children too, with Arad Goch bringing their Rala Rwdins show to the theatre, a sensory experience through 'In-visible Light' and a Family Fun Day jam packed with interactive activities to celebrate World Oceans Day on June 8.

The centre's popular monthly comedy nights continue, and the 200-seater cinema will be showing all kinds of films 7 days a week as well as NT Live, Royal Opera House Live and Glyndebourne satellite screenings over the summer.

As a centre that's part of Bangor University, Pontio is delighted once again to stage Bangor Dance societies' annual Summer Showcase, and present two End of Year events featuring Bangor University Symphony Orchestra and Chorus amongst others at Prichard-Jones Hall. Two Synthesis projects, designed to bring the arts and science together in new and accessible ways, will be showcased on Saturday 22 June.

There will be room in the programme for more innovative work too, such as Witness, a cast of brilliant musicians performing new work and Y Brain/Kargalar, a new play by Be Aware which is a bilingual production in Welsh

and Turkish with English language accessibility.

Elen ap Robert, artistic director at Pontio said,

"It's very important to me that Pontio brings the best to Bangor, and continues to be at the heart of the local community as a place to perform and attend events whilst also of course offering a platform for students at Bangor. It's hard to believe that it's been a year since the Globe visited us, but we're thrilled that they've decided to return over the summer. We're also glad to be bringing our Circus Feast, which happens every other year for 10 days, back for 2019 and this time our theme will be 'the world at our feet'. The jaw dropping show 'Ethiopian Dreams' by Circus Abyssinia is going to be a great way to start the summer holidays and a feast for all the senses. We look forward to welcoming you to Pontio very soon."

Eight Bangor University Students Selected For Welsh Universities Squads



Mark Hawkins

Three of the chosen students



by DARBY HIGGINS

Eight Bangor University students have been selected for Welsh Universities squads that will partake in the biannual Home Nations tournament taking place between 16 – 18 April in both Cardiff and Glasgow.

Men's and Women's Football teams representing Welsh Universities will take on their English and Scottish counterparts in Cardiff, with Men's and Women's Hockey matches taking place in Glasgow and Cardiff respectively. Netball matches between the nations will be hosted by the University of Hertfordshire.

The teams then compete in a round robin tournament, with each game counting towards the overall Home Nation championship.

Bangor University's contingent in the Welsh Universities Women's Football squad include Mari Gibbard (4th

year, Chemistry Masters) and Joanna Bramwell (4th year, Sport and Exercise Psychology Masters) who are both playing in their second tournament after representing Wales in Edinburgh two years ago. Also included in the squad is Morgan Difalco, a 3rd year Marine Zoology student.

Featuring in the Men's Football squad are Aidan Clark (3rd year, Sport and Exercise Psychology), Mark Hawkins (2nd year, Sport Science) and Harry Galeotti (1st year, Sports Science). Hockey player Katharine Oliver (2nd year, Environmental Science) features in the Women's team and and Arran de Sousa-Butterworth (2nd year, Sports Science) in the corresponding Men's squad.

This caps a brilliant few weeks for Bangor University students and their respective teams, following a 5-0 victory over Aberystwyth for the Women's Football team, with captain Joanna Bramwell netting twice in what was

the final Bangor University game for the three girls selected for the Welsh Universities team.

In the corresponding fixture, Bangor University Men's Football trounced their mid-Wales rivals 6 – 0 in front of a crowd of around 1,800 spectators, with Aidan Clark scoring 4 and providing an assist. Harry Galeotti assisted 4 goals and keeper Mark Hawkins kept a clean sheet.

The Women's Hockey team also recorded a symbolic win by beating Aberystwyth 3 – 0, with Katharine Oliver getting on the score sheet and helping to turn the tide on a series of defeats suffered at the hands of the Aber ladies.

Will Baxter, Bangor University Football Coach and Head Coach of the Welsh Universities Women's Football squad, said:

"It was an honour to be appointed head coach of the Welsh Universities Women's football team back in 2017,

and a privilege to coach the girls up in Scotland. The standard of talent in sport within the Welsh Universities sector is growing every year and the Home Nations competition is a fantastic opportunity for that talent to be showcased. I'd like to congratulate the 8 students for making their respective squads. It's a fantastic achievement and a brilliant opportunity for them that they all worked hard for and thoroughly deserved."

This was echoed by Bangor University Director of Sport and Commercial Services and Welsh Student Sport Chair, Richard Bennett, who added:

"It is great to see Bangor University so well-represented again for the Welsh Universities squads. The Home Nations allows for the students to compete and play alongside the best that the University Sports sector has to offer and we wish them all the best in the competition."

IN BRIEF

Work Begins On New 3G All-Weather Pitch



by DARBY HIGGINS

Work has begun on a new 3G all-weather pitch at Bangor University's Treborth site.

The pitch will provide year-round rugby and football facilities for student teams as well as being available for hire by the local community.

Richard Bennett, Bangor University's Director of Commercial Services, said:

"We have already had a large number of enquiries regarding the facility, and have taken a significant number of bookings for next season from both local football and rugby clubs. When we also take into account the number of student clubs that will be training there, it's already looking busy every weeknight."

Already signed up to use the facility are Bangor Rugby Club and Caernarfon Town Football club.

Joe Simpson, Welsh Rugby Union Hub Officer based at Bangor Rugby Club and coach of Bangor University said:

"This area has been in great need of an all-weather pitch for a long time. It's going to be fantastic facility for the student rugby teams and provide a great experience to those people who might be trying rugby for the first time at University."

Ruth Plant, President of the Students' Union said:

"This will be a fantastic addition to the sports facilities at the University. It will provide year round opportunities for our students to excel in their activities with so many students being able to benefit from it. We also think it's great that teams and groups from the local area will also be able to use it."

Funding for the pitch was granted based on a 10 year repayment model taking into account a competitive pricing structure based on the pricing of other nearby facilities as well as a contribution from the Welsh Rugby Union towards LED floodlighting.



Best Clubs & Societies Award For Bangor University

by DARBY HIGGINS

Bangor University has been chosen as the best in the UK for its Students' Union Clubs & Societies in this year's WhatUni.com Student Choice Awards. The University was also placed third in the UK in the Accommodation category and third in the UK for the International award.

The latest accolade is a further endorsement of students' place at the heart of the University's extracurricular experiences. Taking part in activities improves students' employability, giving them opportunities to develop a range of skills. It also creates communities and networking opportunities.

The Award follows another successful year which has also seen the University in the top 10 in the UK in the National Student Survey for student satisfaction and maintaining its Gold standard in the UK Government's Teaching Excellence Framework (TEF).

Professor Graham Upton, the University's Interim Vice-Chancellor, welcomed the news saying:

"I'm delighted that the University has received this Award and I'm extremely proud of the partnership between the University and the Students' Union. Bangor University prides itself on providing not only an excellent education but also an all-round student-centred university experience. I would like to thank all the students for their support and positive feedback. Our students appreciate their time in Bangor University and it is brilliant to see that so many choose to take such an active part in the life of the University."

Professor Carol Tully, Pro Vice-Chancellor (Students) said:

"It is absolutely amazing to see our Clubs and Societies win this award for the third year in a row. It is a huge achievement and testament to the hard work and enthusiasm of our students and of the great staff in the Students Union. Our Clubs and Societies are one of the many things which make Bangor so special. Congratulations to everyone who works so hard to make the student experience at Bangor University so wonderful."

Mair Rowlands Bangor Students' Union Director said:

"We're extremely pleased to have won Best Clubs and Societies and that the trophy is coming back to Bangor University for the third consecutive year. We have over 200 different Clubs and Societies for students at Undeb Bangor so there's something for everyone and they're free to join. We achieve these awards by listening to our students, and working in partnership with them to ensure that the students of Bangor have the best possible student opportunities."

Simon Emmett, CEO of IDP Connect which owns Whatuni, said:

"This year's strong results are a clear indicator that students recognise and value the opportunities, support and teaching that they receive."

Bangor University was nominated for Awards in the following eight categories: University of the Year, Accommodation, Clubs & Societies, International, Giving Back, Job Prospects, Student Support and Postgraduate.

The Bangor team. representing all eight areas nominated for Awards, celebrate their success with the Award night's celebrity host, comedian, Omid Djalili

Bangor Pier Restoration Faces £600,000 Shortfall



by DARBY HIGGINS

Bangor City Council are faced with a shortfall of nearly £600,000 for essential restoration work on Garth Pier.

The restoration work commenced in August 2017 and the council have spent £1.3million on the work, money which they already had in reserve for the project.

Detailed incremental surveys undertaken last year revealed more challenging problems and the extent of the metal decay. The survey showed that trusses supporting the end of the pier were so weak and corroded there was a real risk of the pier collapsing, this resulted in the pierhead closing to the public in June 2018 due to health and safety reasons.

New steel trusses and supports have now replaced the decayed and weak areas, with 69 out of 75 trusses being replaced, which has proved expensive both in terms of labour, time and metal.

Scaffolding is still up on the end of the pier and is likely to remain in place as it would be very costly to take it down and rebuild it at a later stage, a cost the council is keen to avoid.

The unforeseen work on the pier means the extra cash is now needed in order to finish the restoration and the council are now considering 'all options' in order to raise the cash.

An application for funding to the Heritage Lottery Fund was rejected in 2014/15 and a new application – which would cost thousands in expert help to put together – would not give any guarantee of success. Other ideas include applying for financial help from historical monuments body Cadw or support from the Welsh Government.

Bangor Mayor John Wyn Jones said: "There's nothing that's not in our minds... We're even thinking about crowdfunding." Although Mr Jones added that "ratepayers had footed their share of the bill over the years, so the council did not want to impose any charges on people in the city."

The Pierhead will remain closed to the public until it is deemed not to be a construction site and the pavilion will be rebuilt, with access anticipated being available to the public in June/July 2019.

Garth councillor Huw Wyn Jones said: "It's a fantastic pier and fantastic location. It's probably the best Victorian pier left in Wales."

"You only need to look at Colwyn Bay pier just up the coast, 25 miles away, where maintenance wasn't done and it fell into the sea."

"Unfortunately that's what happens with piers if you don't maintain them – for me, that makes it even more important that we look after this one and make sure it's here for generations to enjoy in the future."

The Arts Can Enhance Relationships Between Dementia Care Staff & Care Home Residents

The arts have been shown to affirm dementia care staff skills and confidence, enabling meaningful exchanges with residents that can be creative, 'in the moment', spontaneous and improvised.

A partnership between Bangor University's DSDC Wales Research Centre (the research group from Ageing & Dementia @ Bangor in School of Health Sciences), Dementia Positive, TenFiveTen Consultancy and Flintshire County Council Social Services resulted in an 18-month research project which developed and tested Creative Conversations, an art-based staff development programme for the dementia

care workforce.

Developed by John Killick, who has written extensively on the subject of communication and creativity in dementia, Creative Conversations developed the skills of dementia care staff using a range of creative activities (poetry, film, music, art making) to increase awareness of possibilities within dementia care. It aimed to equip staff with practical communication skills to enhance caring relationships between staff and residents in their day-to-day practice.

Care staff from 14 care homes in Flintshire, North Wales took part in this study. They found the approach of

learning through the arts strengthened their understanding of their residents, including the importance of non-verbal communication. It gave them the confidence to try more creative approaches to care. They also valued the opportunity to reflect on their own practice and to learn from staff from other homes.

Dr Katherine Algar-Skaife, who led the research, said "The arts are increasingly recognised as important and beneficial activities for people living with dementia. In this project we have shown that learning through the arts can also enhance the skills of dementia care staff and enable them to develop a deeper understanding of the residents

they care for."

Luke Pickering-Jones, who collaborated on the project on behalf of Flintshire County Council Social Services said "This project gave Flintshire Social Services and their care homes the chance to develop its workforce in a unique and untraditional way. We have seen care homes' enthusiasm, abilities and compassion throughout the project, giving Flintshire an enhanced pride in our care homes. Building on this success, we are now also offering the sessions to family caregivers".



Prof Graham Upton, Eduardo Bellomo, Prof Philip Ernest Ogden, Aoife Fitzpatrick and Prof Carol Tully

by DARBY HIGGINS

Bangor University students were presented with the Drapers' Medals recently. The Drapers' Company is one of the historic Livery Companies of the City of London, and now a philanthropic organisation. The Drapers' Company kindly donates two medals each year to be awarded to outstanding postgraduate students.

For over a hundred years, the Company has been linked to the University, initially through substantial grants towards the construction of some of the University's main buildings including the library, science laboratories and the electrical engineering department.

Professor Carol Tully, Pro Vice-Chancellor (students) led the event and Professor Philip Ernest Ogden, Master Draper, presented the students with the medals. These prestigious awards take into account the quality of a student's research, teaching, and service to the University and community.

Professor Tully said,

"We are extremely grateful to the Drapers for their continued support for the University and our students. We're

delighted that they keenly follow developments at the University and are inspired by our admirable students."

Eduardo Bellomo, 30, from Verona, Italy was awarded a silver Drapers' Company medal and is currently approaching the end of his PhD in Performance Psychology at the School of Sport, Health and Exercise Sciences. Eduardo completed an undergraduate degree at the University of Padua, Italy and came to Bangor to study his MSc in Sport Psychology.

Eduardo said:

"I am honoured to receive this award, it's delightful to be acknowledged for the work I have done throughout my PhD. Not that I expected to win an actual medal for it, in fact the nomination caught me a bit off guard! This would have not been possible without the help of my supervisors, my fellow PhD colleagues, and the services offered by the university. Bangor University has been a place of academic and personal growth for me and I am glad to have studied my PhD here."

Eduardo was nominated for a medal by Dr Andy Cooke, he said:

"Eduardo's award is very well deserved. He has performed exceptionally

in all aspects of his Doctoral Studies. As a member of the Institute for the Psychology of Elite Performance, he has conducted highly innovative and interdisciplinary research investigating activation and connectivity patterns in the brain during the acquisition and performance of motor skills. His research has revealed several important breakthroughs concerning the functional interpretation of the neural activation patterns that underpin human movement, and these have been published in some of the leading scientific journals in the field. Eduardo has always been a pleasure to work with - he is a real asset to Bangor University - I wish him all the best in his future career."

Aoife M Fitzpatrick, 24, from the Republic of Ireland, was awarded a bronze Drapers' medal. Aoife is in the final stages of finishing her PhD in Cognitive Neuroscience at the School of Psychology.

Aoife said,

"I am delighted to be honoured as the recipient of the Bronze Award, my thanks to the Senate Prizes and Awards committee for their consideration. The recognition as having made a meaningful contribution to the University over

the course of my time here is incredibly encouraging. The School of Psychology has provided a highly enriching environment throughout my academic training. I have been afforded world-class research training under the tutelage of leaders in multiple fields, alongside access to specialised equipment for cognitive neuroscience."

Aoife was nominated for the medal by Dr Ken Valyear, he said,

"It is great to see Aoife be recognized. She is highly driven and devoted to her work, and shows tremendous promise as a young scholar. She is well deserving of this prestigious award. I'm also very grateful to the Draper's Company for supporting this programme. I think it's important that our best students get a chance to be recognised for their hard work and dedication."

Master Draper, Professor Philip Ernest Ogden said:

"It is a privilege to be here to see the long running support we provide in partnership with Bangor University. It is wonderful to hear about the wide range of inspirational activities that we are able to support, both postgraduate and staff activities here in the UK and overseas."

Bangor University Professors Shortlisted In Inaugural Welsh Women's Awards



by DARBY HIGGINS

Two Professors at Bangor University have been shortlisted in the inaugural Welsh Women's Awards 2019. Both Clare Wilkinson and Debbie Roberts of the School of Health Sciences have been shortlisted for the Services to Education Award.

A Professor of General Practice at Bangor University, Clare leads the North Wales Centre for Primary Care Research and conducts research into improving primary care and early cancer diagnosis for people in Wales.

Professor Debbie Roberts joined Bangor University in 2016 taking up the post of Foundation of Nursing Studies Chair in Practice Learning. Her unique role, supported by the Foundation, straddles both clinical practice and learning.

The black-tie event will be held at the Exchange Hotel in Cardiff, on Wednesday April 3, when meritorious female role models will gather together to celebrate their achievements.

Professor Clare Wilkinson played a vital leadership role in bringing in the original funding for the North Wales Clinical School to train more Doctors in North Wales. She is a recent past Chair of the Primary Care Panel for

the National Institute for Health Health Technology Assessment Programme, and has won over £13M in peer reviewed research grant capture, and £6M research infrastructure, and has contributed to over 150 peer reviewed research publications.

She said: "I am honoured to be nominated amongst such outstanding women in Wales, it is a delight to see all the categories and the women who populate them."

Professor Debbie Roberts is able to work with Bangor University's students and with qualified nurses and other health professionals at Betsi Cadwaladr University Health Board. Her focus is to enhance and develop learning environments for the student nurses at Bangor University and to support continuing professional development within the NHS across North Wales. During her nineteen year career in academia Debbie has published widely in the field of nurse education writing papers and nurse education textbooks, one of which is used as a core text in Japan.

On being nominated for the inaugural Welsh Women's Awards 2019, Debbie said:

"I am extremely humbled to have been nominated amongst such eminent

women across Wales for services to education."

The Welsh Women's Awards 2019 acknowledge and celebrate the success of women entrepreneurs, business women, professionals, civil servants, women in uniform, charity workers and many more that contribute in making Wales a greater place to live in. They embody the continuing strength, grit and determination of women, honouring those who continue to thrive, excelling them at the forefront of their industries.

A Spokesperson for the Welsh Women's Awards 2019 said:

"These awards aim to celebrate the power and breadth of talent that every woman hides in herself and the hard work of female heroes that often remains unrecognised.

"We are very happy to see the huge engagement of the public who went behind our nomination process to vote for their favourite personalities that have followed their dreams and achieved their goals.

"We hope that these finalists will inspire other women to follow their steps and we can't wait to welcome meritorious individuals in a memorable ceremony and celebrate the winners with them in an enjoyable event. We wish all the finalists the best of luck."

Identifying The Grass Pollen That Gets Up Your Nose

Scientists could be a step closer to providing more precise pollen forecasts to the 25% of the UK population who live with either asthma or hay fever. This follows the first results of a major three-year project to analyse airborne grass pollen.

The first year's findings, published in Nature Ecology & Evolution, have shown that it is not just the overall 'load' of grass pollen in the air that could cause those particularly bad days for asthma and hay fever sufferers. Days which see increased asthma attacks or intense hay fever could be related to the release of pollen from particular grass species.

Current pollen 'counts' and forecasts assess the whole load of pollen in the air, and, while scientists can distinguish between the pollen created by individual tree and weed species, it has proven virtually impossible for the current forecast methods to visually identify different grass pollens.

Step forward metabarcoding, a technique which enables scientists to automatically identify any fragments of material caught in a sample of air, water or soil, by recognising and matching its unique DNA 'barcode'.

For the first time, grass pollens collected over the course of one allergy season have been analysed using this high-tech method. This has enabled the team to start investigating links between certain pollen types and those days on which plant allergy sufferers and people with asthma are most affected.

Prof Simon Creer, of Bangor University, who is leading the research explains:

"I'm a hay fever sufferer myself, and I know that on some days, despite a high pollen forecast, I can be less affected than on other days when the forecast appears to be lower. This led me and others to wonder whether it's the high load of pollen alone that causes the problem, or whether the different grass pollens cause different levels of reaction."

Dr Georgina Brennan, from Bangor University who analysed the aerial pollen "environmental DNA" with Dr Caitlin Potter from the University of Aberystwyth and the National Botanic Garden Wales, added:

"Bringing a range of specialists together has enabled us to find initial answers. Our task is now to develop a clearer picture of where the pollen comes from, how it moves through the air and how different types of pollen can be linked to allergies."

This research was led by an interdisciplinary team of scientists from Bangor University, The National Botanic Garden of Wales, Aberystwyth University, University of Exeter, University of New South Wales, Sydney; The University of Queensland, University of Worcester, in collaboration with the UK Met Office, collectively known as PollerGEN (<http://pollergen.bangor.ac.uk/>), and supported by a £1.2 million NERC Standard Grant.

Local Students Awarded For Their Contribution To University Life

by DARBY HIGGINS

Two local students have won Peer Guide Awards at Bangor University this year.

Bangor University's innovative Peer Guiding scheme enables second and third year students to support new students. It has been running for over 20 years and is one of the ways in which the University ensures a supportive environment for its students.

Dinah Jennings from Llandudno received the annual Peer Guide of the Year Award. This was given in recognition of her outstanding work with new students.

A single mother from Llandudno, Dinah manages not only to study and look after her young son who has special educational needs, but also to contribute to the life of the University by acting as a Peer Guide and a Course Representative.

First year student Donna Dixon, from Groeslon and studying Childhood Studies was one of the students who nominated Dinah and she was invited to say a few words at the Awards night.

She said: "Deciding to become a full time student was an exciting prospect for me. However as Welcome Week approached, I began to feel nervous and anxious. The fear began to eclipse my excitement. That was until I met my Peer Guide on the familiarisation day for local students. She was welcoming, friendly and eased my anxiety. She answered my questions and offered me practical advice and guidance as well

as introducing me to one of my key lecturers.

But it went beyond that first meeting, because she remained a point of contact and offered support. She even kept me updated on the arrangements made by other new students on my course on social media. I did not have an account but she ensured I was not left out and was still included.

I was extremely grateful when she agreed to meet me on the morning of Welcome Week as it put my mind at ease. She was present throughout and guided me from one location to the next, introducing me to my lecturers as well as other new student. Any apprehensions I had were smoothed away by her kindness, consideration and genuine concern for my well being. She made me feel at home in a culture which was all new to me. This just goes to show that the Peer Guiding Scheme is absolutely the very best thing that could happen to a new student."

In addition to the Shield, Dinah received £100 in High Street vouchers. Dinah chose to study at Bangor in order to better understand the dynamics of how her young son functions, works, thinks and operates- and she says that for her to find out the latest knowledge, she had to come to university. On completing her degree, she hopes to study a Masters degree in Education.

This year's Most Effective Peer Guide Award was presented to Jessica Lee Hughes from Pwllheli.

This Award is nominated by academic staff and is presented to the student

who has made the greatest impact, perhaps by organising events at School level, and who shows commitment and reliability.

Jessica, who is 20 and studying Sport Science, chose to be a Peer Guide as she felt there was room to increase the support for local students travelling in to study at Bangor University. She has managed to turn things around by organising events and opportunities for commuting students to settle in to University life.

Jessica chose to study to Bangor on realizing that there was an excellent Sport Science course on her doorstep. After graduating she is planning to study a Masters degree in Sport Science and Psychology and wants to work to promote children's rugby.

A former pupil of Ysgol Friars, Bangor and Ysgol Glan y Môr, Pwllheli, Jessica was delighted and surprised when her name was announced. She says that being a Peer Guide has enabled her to gain a great deal of confidence and experience in event organising.

All the student Peer Guides were thanked for their contribution and presented with certificates.

Prof Carol Tully, Pro Vice-Chancellor (Students) added:

"Bangor University has one of the largest Peer Guide schemes of any UK University and their work in helping new students settle in to life at University has now become part of the character of our university. We are grateful to all the students for their valuable contribution."



NEWS

HRH Prince Of Wales Notes Shining Example Of Best Practice In Sustainable Management On Expansion Of The Cayman Islands Marine Protected Areas



Bangor University working in collaboration with The Nature Conservancy have assisted the Department of the Environment to expand the Marine Parks system in the Cayman Islands, a British Overseas Territory in the Caribbean, through projects funded by the DEFRA Darwin Initiative.

The expansion of Cayman's existing marine parks was approved by the Cabinet and announced during the visit of His Royal Highness, Prince of Wales, on 28th March.

The Environment Minister indicated that "This expansion will serve to protect our local marine stocks, as well as the crucially important coral reef network surrounding our Islands for generations to come."

The Prince of Wales highlighted that "The Cayman Islands could become a shining example of best practice in integrated and genuinely sustainable management of its land-based and ocean resources. Such an integrated approach is not only essential to protect our ecosystems, but also particularly in the Cayman Islands case to protect the long term viability of economic sectors."

Department of the Environment (DoE) Director, Gina Ebanks Petrie explained

"These enhanced marine parks areas came about as the result of years-long research by the Department of Environment and Darwin Initiative partners, Bangor University, followed by discussions between successive governments, the Department of Environment, the National Conservation Council (NCC),

non-governmental organisations, other local stakeholders – including fishermen – and the general public."

Cayman's marine parks were originally established in 1986, but an increasing population, tourism, and coastal development, and awareness of wider Caribbean issues such as fishing pressure, nutrient run-off from land and climate change has stimulated the need for action and their enhancement. The expansion increased the area of 'no-take' strict areas of protection from a national average of 14% of coastal waters to 48%, and the shelf area managed up to 54.6%.

Croy McCoy, DoE Marine Research Officer, coordinated the field surveys and recently submitted his PhD to Bangor University on the effectiveness of the marine protected areas.

He said:

"Should these proposals for enhanced marine reserves not have been implemented, we ran the risk of further coral reef degradation and, eventually, ecosystem collapse."

The zoned system of marine protected areas reduces conflict and damage by regulating boat anchoring, diving, fishing, fishing at Grouper spawning aggregation sites, taking of marine life, and tourism wildlife interactions. As well as providing boat mooring buoys around each of the islands, a phone app called SIREN (System for Incident Reporting and Enforcement) provides maps of zones, an immediate regulation reference, and access to data.

The next step is for the Cayman Is-

lands Government to draft new regulations, signage, and flyers to inform the public.

Professor John Turner of the School of Ocean Sciences, who lead the DEFRA Darwin Initiative research project that provided the scientific evidence for the enhanced marine parks design was delighted to see that the collaborative research effort has had such significant impact at last.

"Field research included Masters students from the MSc programmes in Marine Environmental Protection and Marine Biology on placements with the Department of the Environment who worked with Croy and the Cayman Research Officers to undertake the surveys to build the underlying data about reefs systems and their use. The Darwin Initiative team were engaged in a series of consultations and events to ensure that the need for the enhanced Marine Parks System was supported by local communities under the banner, 'Save our Tomorrow - Today'."

He went on to say:

"Cayman has continued to be a world leader in protecting the marine environment, and has in local waters at least, exceeded the call made by the UK at the UN General Assembly 2018 for governments to designate 30% of oceans as Marine Protected Areas by 2030. What's more, this work has practically met the advanced target of achieving 50% protection by 2050 likely to be proposed at the Convention on Biological Diversity in China 2020."

Bangor University Student Models The Proposed Reintroduction Of The Eurasian Lynx To Scotland

Experts have used an innovative approach to model the proposed reintroduction of the Eurasian lynx to Scotland.

Researchers used state-of-the-art tools to help identify the most suitable location for lynx reintroduction in Scotland – and how this choice might affect the size of a population and its expansion over subsequent decades. Significantly, they believe their model will inform and enhance decision-making around large carnivore reintroductions worldwide.

The work was led by Tom Oven-den as his Masters in Environmental Forestry research project at Bangor University, with support from the University of Aberdeen.

Mr Oven-den said: "Reintroducing large carnivores is often complicated and expensive, meaning that getting things right first time is extremely important. Therefore, advances in modelling approaches, as utilised during our study, are extremely valuable.

"Our research considered several proposed reintroduction sites, showing how these models can be used as a safe and relatively inexpensive way of assessing the suitability of reintroduction

proposals and providing the evidence required to inform decision-making at an early stage.

"Recent advances in both ecological theory and modelling approaches have made the incorporation of individual species' complex behaviours in novel environments more realistic. We applied this approach to the potential reintroduction of Eurasian lynx in Scotland – and demonstrated the power of this new, sophisticated model. Our research demonstrates the potential of this approach to be applied elsewhere to help improve reintroduction success in large carnivores, from the safety of a modelling environment."

The lynx is thought to have become extinct in the UK during the medieval period, around 1,300 years ago. In recent years, its potential reintroduction has been widely debated.

Using current land cover data, Mr Oven-den conducted an initial desk-based study to establish the current location and extent of suitable forest habitat for lynx in Scotland, updating historic work. Further research to identify the demographic and dispersal char-

acteristics of the lynx elsewhere in Europe, provided the model with the necessary parameters.

The team used this information to investigate the suitability of three proposed release sites: the Scottish component of Kielder Forest, in the Borders; Aberdeenshire; and the Kintyre Peninsula. They used the model to assess how the lynx would establish a population, spread and colonise new habitat from each potential reintroduction site over a period of 100 years.

The results showed that Scotland possesses sufficient, connected habitat to offer a realistic chance of population establishment and that some sites are more suitable than others.

Of the three sites considered, the study indicated that the Kintyre Peninsula was the most suitable, with the population spreading across the Highlands in the 100 years following release. Significantly, the Central Belt would act as a barrier to colonisation between the Highlands and Southern Uplands providing evidence for two distinct habitat networks.

"This initial research is encouraging and suggests that Scotland

is indeed ecologically suitable for the reintroduction of Eurasian lynx – but this suitability is highly dependent on where reintroduction takes place and more modelling work is required," Mr Oven-den said. "Our research informs one aspect of a complex decision-making process that must involve a wide range of stakeholders and, as a result, it does not recommend whether we should, or should not, reintroduce Eurasian lynx to Scotland."

Notably, Mr Oven-den wrote his entire dissertation using solar power, while running the Handa Island nature reserve, in the Inner Hebrides, for the Scottish Wildlife Trust. He worked under the supervision of Professor John Healey, of Bangor University, and collaborated with Dr Steve Palmer and Professor Justin Travis, of the University of Aberdeen.

Professor Healey added "We have established a solid foundation for future modelling, however further research is required to assess other important issues, such as socio-economic factors and public attitudes, to enable informed, comprehensive decision-making. It is our hope that

this tool will not only provide evidence to guide the current debate about reintroduction of lynx to Great Britain, but can be used more widely in discussions around large carnivore reintroductions globally."

Jo Pike, Director of Public Affairs at the Scottish Wildlife Trust, said: "Returning the lynx to our landscape as a top predator could help restore the health of Scotland's natural ecosystems. Any future reintroduction would have to be carefully planned, widely consulted on, and rigorously assessed against national and international guidelines. This research is a useful contribution to the evidence base that needs to be developed over the coming years."

Mr Oven-den is now a PhD researcher at the University of Stirling.

The study, Improving reintroduction success in large carnivores through individual-based modelling: how to reintroduce Eurasian lynx (*Lynx lynx*) to Scotland, is published in the journal Biological Conservation.



Cardiff-Bangor Collaboration Brings Medical Training To North Wales

Medical students will be able to complete all of their medical training in North Wales for the first time as part of a new initiative between Cardiff University and Bangor University.

The collaboration will enable Cardiff University's highly successful MBBCh Medicine programme (C21) to be delivered through the School of Medical Sciences at Bangor University.

Cardiff University medical students have long benefitted from placements in north and west Wales, and this initiative now enables them to opt to complete their medical training programme entirely in North Wales.

Professor Colin Riordan, Vice-Chancellor of Cardiff University said: "The launch of this new programme is a significant step forward in the delivery of medical education in Wales. As an institution we are in the privileged position of being able to train the healthcare professionals of the future. It is a responsibility to ensure that our students are prepared and ready to make a real difference wherever they choose to work within our healthcare system."

"We recognise our obligations to Wales and our role in improving levels of health and well-being. The opportunity to train additional medical students in North Wales in collaboration with Bangor University will certainly benefit patients and the public in the region."

Professor Graham Upton, Interim Vice-Chancellor of Bangor University said: "This is excellent news and represents a landmark development in the history of the University. I offer my congratulations to everyone who has been involved in bringing this to fruition."

The new partnership is in response to the challenges faced by the health and social care professions in Wales and the need to educate more health professionals both from Wales and in Wales. It will establish an innovative full-time medicine programme in North Wales, producing excellent doctors prepared for the changing needs of Welsh communities with a deep understanding of North Wales in particular.

Professor Stephen Riley, Dean of Medical Education at Cardiff University

said: "We are delighted to offer Cardiff University medical students the opportunity to undertake their entire medical degree in North Wales. This new stream of the highly successful C21 programme will significantly enhance our efforts to deliver innovative and distributed medical education in Wales and present a totally unique learning experience within the beautiful surroundings of North Wales."

"We always aim to train the very best doctors for Wales, and more widely in the UK, by providing high quality teaching, and an inspiring learning experience based around increased clinical contact. We are excited to mirror the well-established C21 programme with our colleagues at the School of Medical Sciences at Bangor University."

"This collaboration between two proud and prestigious universities will go some way towards addressing the challenges we face in sustaining our medical workforce in Wales."

It is hoped that the programme will also allow additional routes into medicine and increase diversity within the medical profession whilst addressing

local population health needs.

The C21 programme already recognises the importance of implementing Welsh Governments 'A Healthier Wales' and the new programme will specifically prepare students to recognise the importance of Primary Care in providing excellent patient centred care. It will also capitalise on existing strengths in Cardiff and Bangor Universities, which include medical education, health practitioner education, community engagement, and Welsh medium provision.

Vaughan Gething, Cabinet Secretary for Health and Social Services said: "I am very pleased that students will now be able to start their journey of becoming doctors by studying medicine in North Wales, thanks to this collaboration. The Welsh Government is providing £7m to fund 40 new medical places this year, 20 in each of Cardiff and Swansea medical schools, along with the infrastructure to support them. Swansea University will also collaborate with Aberystwyth University to increase opportunities in west Wales."

Students will undertake as much of their studies as possible in community

based settings to reflect our commitment to ensuring care is delivered as close to patients' homes as possible."

Professor Dean Williams, Head of The School of Medical Sciences at Bangor University, said: "Bangor has established itself as a provider of quality teaching and research in life sciences. The new students will benefit from the teaching and learning our award winning staff provide. The combination of quality scientific teaching at Bangor University and established excellent clinical placements across North Wales will give students an exciting and rewarding learning experience."

Ultimately this new programme will produce excellent doctors that are prepared for the changing needs of our communities, lead to improved recruitment and retention of doctors in North Wales, enrich the health and medical learning environment in North Wales and improve community health and wellbeing.

Fire Incident At Pontio



A fire occurred at Pontio Arts and Innovation Centre on April 29th. The fire alarm was set off at around 11:45AM this morning and emergency services were called to the scene. The blaze occurred amid ongoing maintenance work being carried out on the building.

Reports suggests that the fire was centred around the construction work that was conducting repairs to the roof of the 'Room of Requirement' located in the Students' Union (Undeb Bangor). This room has been plagued with problems since the building was opened with the main issue being leaks to the roof, with a spokesperson from Bangor University

confirming some insulation had caught alight from tar being heated.

Students remained camped outside the building as the flames subsided, with it being shut for the remainder of the day, but re-opened on the 30th April, with most business resuming as normal

The work to address the roof issues in the 'Room of Requirement' was due to be completed soon so the timing of the fire is very unfortunate. Although the extent is unknown at this stage, there will undoubtedly be damage in that area which is likely to set repairs back even further.

The Future Of VR Technology



Bangor University Lecturer Dr Llŷr ap Cenydd has been Talking About the Future of VR Technology as Oculus, owned by Facebook is set to launch their new Oculus Quest headset.

Oculus Quest, a new product which is set to launch this month, is one of the first all-in-one gaming system built for virtual reality. The device does not need to be connected to a phone, console or PC.

As an expert in VR, Dr Llŷr ap Cenydd is the brains behind "Ocean Rift", one of the world's most popular virtual reality programmes. Ocean Rift, a virtual underwater safari, was one of the first programmes to be released alongside the Samsung Gear VR headset, and has become one of the most popular with an estimated 2.5 million downloads since 2013.

Dr Llŷr ap Cenydd from the School of Computer Science and Electronic Engi-

neering explains,

"The Oculus Quest does a number of things that have been done before in VR but not together. Firstly, it's mobile - it's called standalone virtual reality headset - so everything is built into it. It's pretty much plug and play. There's also positional tracking so it can track where it is in 3D space without any external cameras, which makes it very easy to use. Finally, you can track your hands so that's one of the key features to make VR very immersive. When you put all those things together; mobile, positional tracking and hand tracking, you have a very attractive device, both from a consumer and developer point of view."

At Bangor University, students at the School of Computer Science and Electronic Engineering have the opportunity to explore a broad range of technologies and collaborate with world leading researchers.

Llŷr developed the programme in his spare time, in conjunction with Samsung and Oculus. Published by Picseica Ltd, it has been used as a launch title for many high-profile VR headsets.

Llŷr added, "We've got a lot of modules in this department like Artificial Intelligence (AI) for games, programming and computer graphics. All these elements are related to virtual reality. In the third year, students have their dissertation project, where they can choose to spend the whole year working on their own virtual reality project."

They team up with a lecturer like myself and we spend a year developing their prototype and that can really be the main thing on their CV when they graduate, therefore it's a very important part of their final year."

Oculus Quest headset will be available to buy from the 21st of May.

POLITICS



Overview: The Problem Solvers

What The Undeb Bangor Council Has Achieved For Us This Year

by OLIVER HEWSON

Undeb Bangor Council (UBC) exists to serve the student body. The council is comprised of a number of students all voted into their position by their peers. Elections are small scale and take place just after freshers week. This, rather unfortunately, means that freshers often miss out on the opportunity to become a member of the council. UBC's purpose is to address student's problems, debate them, and attempt to find a mutually beneficial solution. That *Revoke Article 50* Petition that everyone was signing last month – UBC functions very much like that: If you wish to submit a topic to the UBC for debate then you only need go to:

www.undebbangor.com/yourideas/

and fill out the requisite forms.

Your idea will then be placed on a list with all the other proposed motions and get voted on, up or down throughout the year. If it reaches the top 5 in the list then it is selected to be debated by the council at their next meeting, which take place once a month.

Every meeting these ideas are subjected to heavy debate and then voted on.

So far, the changes that have been passed have only affected a few students:

A Prayer Room for Pontio

Previously, students wishing to pray between lectures either had to head all the way down to Rathbone, or over the other side of Bangor to the Mosque.

Extra Student Parking is being implemented near Dean Street (by Cube)

There was frustration (and presumably a lot of walking) as a result of the fact that a lot of the staff parking was being left largely empty.

Smoking regulations are being tightened on campus and more smoking areas are being created

There had been an increase in complaints about the amount of fag ends littering communal areas outside buildings and there was an attempt to remedy that whilst still allowing smokers a dry and comfortable area to congregate.

Microwaves in communal areas

Students who prefer to cook their own food prepared at home are now able to

make use of microwaves that are beginning to be placed in the common rooms around the university – there are already a few in Pontio.

IT Improvements

The IT department are attempting to address the difficulties caused by visual impairments and forms of dyslexia by providing a colour overlay programme

what changes are being made.”

UBC has its flaws, and many criticisms have been made about the usefulness of the motions passed – that they don't really have a major effect on

“We will be working, over the summer, to ensure your student council (UBC) becomes as relevant and productive as possible. We will be looking at how we can ensure students know that they can feed into it, by submitting their ideas, besides actively getting involved to see what changes are being made.”

Also, recently passed and soon to be implemented:

Changes to Exam Room Identification

All exam rooms will now be detailed with their original room numbers instead of the previously perplexing exam-specific numbering system.

Every assignment across all schools will be able to be resubmitted indefinitely until the deadline

Where previously some school's re-submissions needed permission from the assessing lecturer, now any student is able to re-submit their work as many times as necessary before the agreed deadline.

for university computers.

Those motions that have been passed have made a great deal of difference to those who proposed them, but one of the main problems with the UBC, it seems, is the lack of publicity – few people actually know that the council even exists.

The current minds behind the UBC, however, are in the process of spitting balling a major overhaul of the whole system. Our SU President to be, Mark Barrow, told us:

“We will be working, over the summer, to ensure your student council (UBC) becomes as relevant and productive as possible. We will be looking at how we can ensure students know that they can feed into it, by submitting their ideas, besides actively getting involved to see

many people. What this opinion fails to see is that this failure to make truly widespread and meaningful changes is not the fault of the UBC, but of those students who, having identified an area of issue, do nothing to bring it before the Council.

Many of us do not realise quite how lucky we are, being students at Bangor. Perhaps not so much in terms of nationwide academic prestige, but as individuals and as a collective body. Our Student Union is unique in that it is functionally equipped to swiftly troubleshoot any arising issues and also facilitate student suggestions.

A Year Of Mild Drama - A Political Recap Of The 2018/19 Semesters

by GRACE WORSLEY

What better way to celebrate the academic year drawing to a close than a political recap of Bangor University in 2018/19? An eventful year as ever, there have been significant changes to the structure of the University, impacting the academic careers of current students, staff and prospective students alike. Towards the end of 2018, then Vice-Chancellor John G. Hughes announced a £5m budget cut as a result of low levels of student recruitment, among other reasons. Hughes, in stating that the proposed cuts would improve the financial

landscape of the University in the long run, reassured students that their experience at Bangor would not be affected as a result of the cuts in an interview with Seren in November.

The announcement of Hughes' retirement from his role of Vice-Chancellor came in late November, swiftly followed by controversy surrounding the release of personal emails purporting to relate to his private life to a selection of staff members. Then Vice-Chancellor John G. Hughes apologised for this incident, relaying that the emails in question had been doctored. The announcement of his early retirement followed soon after, on the 11th

December 2018. In the interim period before the allocation of a permanent successor, Professor Graham Upton was appointed as Interim Vice-Chancellor; his role coming into force on the 1st January 2019.

The beginning of the year saw the organisation of the student protest as a result of the proposed budget cuts and closure of the Chemistry department. On the 18th January, many students came together to place pressure on the University to protect the Chemistry department and its funding; an act of solidarity which displayed the passion among Bangor University students as to their education. Unfortunately, the decision to eradicate the teaching of

Chemistry at Bangor University was reached in April, leading to a 3 year phasing out period which is currently underway.

Amidst all of the administrative goings-on in Bangor, the 2019/20 Sabbatical Elections took place in order to determine the Undeb Bangor team for the upcoming academic year. With a voting turnout of 2206, the results were announced on 8th March 2019; making Henry Williams your VP Sport, Muhammad Firdaus your VP Societies and Volunteering, Harry Riley your VP Education, Lleucu Myrddin your UMCB President and Mark Barrow your Undeb President. The political turbulence this academic

year has seen Bangor University reshape itself in many ways; the unfortunate closure of the Chemistry department arguably causing the biggest blow to the morale of the University. What can be determined from the events of the past few months, is that Bangor students love their University. Through protesting in order to strengthen the opportunities available to future students, and rallying campaigns in order to determine a solid student union foundation for the upcoming year, it has arguably been a positive year for us here at Bangor despite what obstacles have come our way.



The Slippery Slope To Our Dystopian Present

What Orwell and Huxley Had To Say About Our Political System

by RYAN MILES

Let's compare our governmental systems with 1984 and Brave New World.

It's really like comparing the taste of something to chicken; or someone you don't like to Hitler. It's been done. A lot.

Unfortunately, I believe the reason it has been done so often is because it is, for the most part, very true. For those of you who haven't read 1984 (George Orwell) or Brave New World (Aldous Huxley), both revolve around fictional worlds entirely governed by oligarchies (a system where a few hold all the power).

Both differ, though (and rather fundamentally) in their depictions of how these few maintain their power.

In 1984 those in power maintain control with spy networks, censorship, and extensive propaganda singing the praises of the government. They keep constant watch over their citizens, change history in favour of the system and report the news as they see fit.

In Brave New World power is maintained for the few by providing their citizens with endless forms of joy, subduing them all with copious entertainment and a happiness inducing pill called Soma.

However, where most people compare

our current society to one story or the other, it is instead becoming more clear that we have become an amalgamation of the two.

For 1984, you need look no further than our own government, spying on its own citizens via GCHQ, or the CIA in the United States. The most extreme examples come from further east, in China, who use face tracking technology to follow their citizens wherever they go.

Take a look at how our government use propaganda to justify their actions, changing the narrative to suit their needs: simply by careful choice of the right words, a group of civilians killed by a NATO airstrike in Syria become "Twelve members of ISIS killed".

For instance, the US considers all men over the age of 14 enemy combatants if they are killed by a drone or airstrike, regardless of whether they are or not (and they're usually not).

Another key part of 1984 is the use of a distant threat as a way to rile people up, allowing those in power to take even more freedoms away. In the case of Orwell's dystopia it was Eurasia and then Eastasia, and in real life it was Russia, then Iraq, then Afghanistan, then Iraq again, then Russia again, then Syria, and now basically the entire Middle East.

These "threats" can be used as an excuse to take away our freedoms as they

see fit; massive increase in security in airports; deployment of heavily armed officers to the streets; and of course invasion of our basic privacy by spying on everything we do.

And as for Brave New World. Well.

We live in an era with more entertainment and distractions than ever before. Be it Netflix, video games, celebrity gossip, reality television, alcohol, drugs, antidepressants, student newspapers, sex, or a million other things, we are never allowed to be bored. And that's a problem.

With all these distractions who has time to pay attention to what's actually happening to us? And that's not even mentioning purposeful distractions.

Ever wonder why Donald Trump will tweet something stupid, or some massive scandal will be revealed, right around the same time as an unpopular law is being pushed through? Because it distracts you. The news will report the scandal because that's what people want to see whilst some actually important thing slips by unnoticed, far too boringly evil to ever attract attention.

To really do 1984 and a Brave New World any kind of justice they have to be read, and I urge everyone to read them both, as they will provide a surprising amount of insight into our current political climate. Plus, they're both really good.

THE INDEEXIT GROWTH

Tiggers & The Brexit Party

Easter Is A Time Of Rebirth For British Politics

by OLIVER HEWSON

Back in February, after an illuminating few months of British Politics, a bunch of people left the Labour Party's increasingly left field wing and bounced off to create a party for themselves that would better represent their shared ideals (also, all that anti-Semitism got to them). They formed *Change UK - The Independent Group* (TIG, thus *Tiggers*) and these guys are majorly pro Europe (anti-Brexit). Tiggers support a second referendum.

Wikipedia considers their policies centrist.

The Brexit Party (whose political intentions should be fairly obvious) was formed of former members of UKIP, and with the full support of Nigel Farage, who has now become the Party Leader. His predecessor only lasted 2 months - having to step down after allegations of Islamophobia.

Their policies are very similar to those proposed by UKIP, but they hope to be less associated with the opinions of those considered to be the far right. Their main focus, though, is in delivering Brexit, and hope that all previous Leave supporters are able to put aside their differences in support of the party for a Brexit Britain.



Stranger Than Fiction

Edwardian Author Predicts Britain's Future

by OLIVER HEWSON

Well, strictly speaking, her first novel was 1931 but "Post-Great-War-Era-Writer" doesn't fit on the by-line so well.

Either way, during her long, long career she wrote her fair few of famous novels about kidnapping, drug induced time travel and haunting ex-wives; even this one about a creepy dwarf that stalks a woman on her holidays that's actually a metaphor for post-natal depression. All good stuff.

It so happens that she, that author, whose name is Daphne Du Maurier, wrote a novel in 1972 called *Rule Britannia* that she hoped would be a jovial mock-up of what the country might end up becoming. Well, Daphne, you did good.

The premise is rather disconcerting:

It is present day (so 1972) and due to a (recognisable) scepticism in Europe's strength as an economic power, Britain decides it should withdraw from the Common Market and immediately goes bankrupt.

To combat the issues fast approaching, the Prime Minister announces, live on Television, that America (currently presided over by a despotic tycoon) and Great Britain (currently screwed) will join forces to become a single nation and the world's most formidable superpower, called USUK (say it out loud).

US Soldiers turn up, USUK declares a state of national emergency, roadblocks are established, telephone and postal services are cut. The whole thing goes ape, a dog is killed, no-one has any fun.

POLITICIAN OPINION

OPINION: Vote Plaid Cymru In The EU Election To Reclaim Our Future



**CARMEN
RIA
SMITH**

Carmen Ria Smith stands for Plaid Cymru as an EU Election Candidate; the youngest standing in Wales.

Carmen is a Bangor University Graduate, now residing in Cardiff.

Smith previously held the role of the NUS (National Union of Students) Wales Deputy President, and has since been active with the People's Vote Campaign.

We've been writing to our MPs, we've been taking part in debates, and we've been making it known that this Brexit mess is not what we want for our future.

by CARMEN RIA SMITH

Wales is waking up to the way Westminster isn't working. But my generation feels especially let down by a deeply out of touch Westminster establishment.

We didn't vote to leave the EU. In fact, we know that around three quarters of all students in the UK voted Remain in the 2016 referendum.

All across the nation young people and students have been taking to the streets in rallies and marches like never before.

We've been writing to our MPs, we've been taking part in debates, and we've been making it known that this Brexit mess is not what we want for our future. Never during the past three years has our European future been so alive.

And yet we still find ourselves in this terrifying Brexit limbo, facing the very

real prospect of our futures being irreversibly changed. This is Westminster's doing, not ours.

In years gone by, people of my generation might have been accused of not caring enough about what's going on in the world around them. But no more.

Far from dividing us, the European question has translated into a force to be reckoned with.

Young people like me have been at the forefront of the Remain movement since 2016. We've created networks and movements, and we've been campaigning hard for what we believe in.

I've been working with organisations like For Our Future's Sake (FFS) precisely because I know that students benefit so much from us being a member of the EU.

As former NUS Wales Deputy President, I understand that it's our generation that benefits most from things like

Erasmus+, the EU's student mobility and overseas study programme. Our access to that is in serious danger if we leave the EU.

And schemes like Erasmus+ benefit the whole of society too, bringing in millions of EU funding to Welsh colleges and universities, helping to boost our communities.

That would be gone if we leave the EU.

That's why young people and students are motivated like never before to make our voices heard and to claim what is rightfully ours: our future.

That's also why I am proud to be standing as a candidate for Plaid Cymru in the upcoming European Parliament. As one of the youngest candidates in the UK, I believe that my generation deserves so much more than this.

The challenge for young people and students now is to turn the frustration we feel at this Brexit mess into a mes-

sage at the ballot box.

If we come together, we really do have the power to send the Westminster establishment a message they can't ignore: we deserve better. We demand better.

We can tell Theresa May and her fractured Tory party that we utterly reject the bleak future they're dragging us towards.

And we can tell Jeremy Corbyn that we're fed up of his ambivalence on the defining issue of our generation, which is tantamount to facilitating a Tory Brexit.

For three years, my generation has seen Westminster politicians going round and round in circles, squabbling amongst themselves about which version of Brexit is better.

But young people and students all over Wales know that there is no such thing as a good version of Brexit.

The evidence is clear - Brexit would be deeply damaging to Wales' communities. That is why Plaid Cymru has campaigned from the outset for a Final Say referendum. Our Final Say referendum will give the people of Wales an opportunity to choose between any deal and remaining in the EU. So my message to students and young people ahead of this election is this: vote to reclaim your future on 23 May. And here in Wales, the best way to achieve that is by voting Plaid Cymru. It is easy to get lost in the deep, dark disorder of Brexit. But together, we have the power to swing the end result. The European election on 23 May is our opportunity to bin Brexit once and for all. Let us fight for what we truly believe in because it is within our grasp if we reach hard enough - I'm sure of it.

WHATUNI?
STUDENT
CHOICE
Awards
2018

WINNER
ACCOMMODATION

COME HOME!

...TO BANGOR UNIVERSITY'S
AWARD WINNING HALLS

#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



HALLS
OFFICE

SCIENCE

IN BRIEF

PSA: Stop Kissing Hedgehogs



by CHARLOTTE BILSBY

Earlier this year the Centre for Disease Control and Prevention (CDC) cautioned the general public from kissing hedgehogs. Yes, these spikey critters are adorable and I'm sure if one was curled up in my hands I would find it hard to resist from giving it a little peck on the cheek, but seriously stop. Between last October and December last year 11 people in eight states across America were infected with *Salmonella typhimurium*, 10 of which admitted to close affectionate contact with a hedgehog. So, everyone chill out and stop kissing hedgehogs.

Kangaroo Rat VS Rattlesnake



by CHARLOTTE BILSBY

I'm sure you've sat there and pondered who would win in a fight between a desert kangaroo rat and a rattlesnake. Well you're in luck, recently it was caught on film that a small desert rodent, the kangaroo rat, battled against a sidewinder rattlesnake. The video shows the tiny kangaroo rat hunched within the dark among desert flora where the rattlesnake slithers in looking for its next meal. Researchers have predicted that the rattlesnake only landed a bite 50% of the time and this is purely due to the kangaroo's agility. When a kangaroo rat is nabbed, it uses its hind legs to kick the snake off, sometimes propelling the attacker a meter away. So, there you go surprisingly a tiny rodent will beat a big bov snake in a fight

Can You Get A Sexy Salmon?



New research reveals that farmed salmon have smaller 'jaw hooks' or 'kype' - a secondary sexual trait, likened to the antlers of a stag, making them less attractive to females than their wild salmon cousins. This new finding published in the peer-reviewed science journal Royal Society Open Science, implies that farm-bred salmon are less sexually attractive than their wild brethren, and that despite only being bred in captivity since the 1970's, within some 12 generations, that they are already diverging from wild salmon.

The findings form part of a wider research project into the differences between wild, farmed and hybrid salmon.

William Perry, a PhD student at Bangor University's School of Natural Sciences and the paper's lead author explains:

"Farmed Atlantic salmon do sometimes escape from the nets and can interbreed with wild salmon, creating hybrids.

"Initially, the fact that any escaped salmon are less 'attractive' because of their smaller 'kype' may seem like good news, as they're less likely to breed. That's not the whole story however. Because farmed fish do not have to compete for mates, there is no element of sexual selection happening, making the farmed and hybrid fish poorly adapted to breeding in the wild. So, when you do see high levels of farmed escapees, and inevitable interbreeding within a wild salmon population, this could reduce the long term health of that population.

Farmed or hybrid salmon are not only less likely to breed successfully in the wild, they are also less likely to return from the ocean to freshwater rivers to

spawn."

William holds a four year old mature male Atlantic salmon during the final round of sampling at the Institute of Marine Research's fish rearing facility at Matre, Norway.

"Identifying that this secondary sexual trait is less pronounced in farmed salmon is another sign that as a diverging species, farmed fish are less well adapted, and are less able to compete than wild salmon. A pattern that may be repeating in many other aquaculture species"

Prof Gary Carvalho, William's PhD supervisor at Bangor University's School of Natural Sciences commented:

"This is the first study to look at the effect of domestication and hybridisation on sexually selected traits in salmon. Our findings demonstrate that when animals are kept in unnatural conditions, such as in a fish farm, rapid

evolutionary change can take place, that can affect future reproduction and survival, after just 12 generations. Such changes are of special concern when hundreds of thousands of farmed fish can escape into the wild, and potentially interbreed, with wild relatives. .

Williams's PhD is funded by the NERC ENVISION Doctoral training programme which is preparing the next generation of environmental scientists. He is working with the Institute of Marine Research in Bergen Norway. William gained a first degree and a Masters degree from Bristol University and was attracted to Bangor University by the opportunity to work with leading fisheries geneticist Prof Gary Carvalho.

Will, who is 24, works closely with the Norwegian Institute of Marine Research making regular trips to Bergen, Hordaland which is twinned with his home city of Cardiff

Ecological Apocalypse, Extinction Rebels, Climate Emergencies: What Is Going On With 2019?



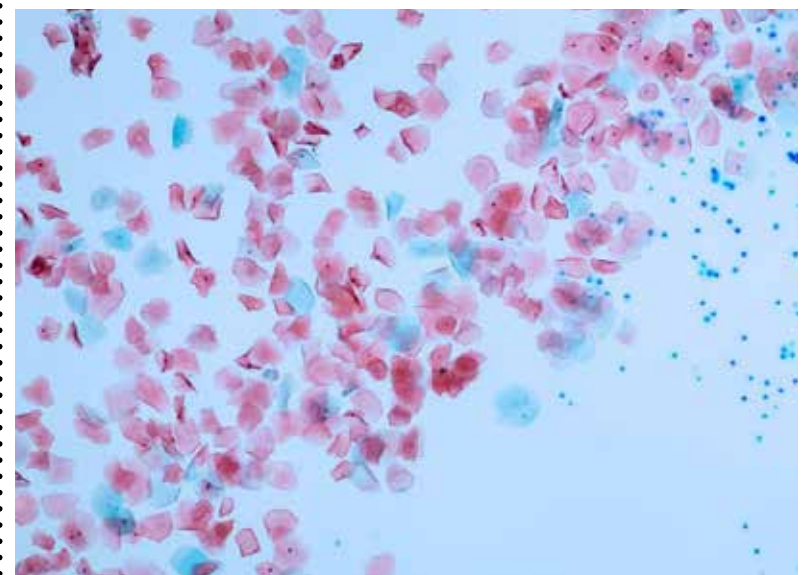
by CHARLOTTE BILSBY

The media is full of scary and shocking descriptions of late, and as I'm sure many of you are, I am panicked. Here I have digested some of the biggest topics of 2019 into more approachable and understandable concepts so everyone can get a true grasp on what's happening in the world of science. Last year various naturalists and conservationist warned of an ecological apocalypse, but what does this really mean? The term encompasses everything that is going wrong in current world. Global populations of wildlife are declining at an extremely rapid rate, biodiversity and abundance of flora and fauna is decreasing at an accelerating rate and climate change is inflicting a cascade of harms on humans and other species, from heat waves and droughts to more intense and frequent storms and flooding. As well as this pollution is inflicting harm on more people every year.

As we seemingly sleep-walk deeper into this ecological apocalypse with more and more climate emergencies occurring and the colour being lost from our landscapes various protest movements across the UK have risen. The one that has really taken to the headlines is the Extinction Rebellion. The Extinction Rebellion is an international protest group that uses non-violent civil disobedience to campaign on environmental issues. Demonstrations have included blocking bridges to traffic in London and a semi-naked protest inside the House of Commons. The group says climate breakdown threatens all life on Earth, and so it is rebelling against politicians who 'have failed us', to provoke radical change that will stave off a climate emergency.

This is a very scary and exciting time for environmentalists but the grouping together of like-minded people makes change more likely.

Bangor Student Research Reaches Global Headlines



Research conducted by students at Bangor University, working with Friends of the Earth, has attracted global media attention.

As mentioned in the last issue of Seren, Bangor University was commissioned by the environmental organization, to measure the amount of plastics and microplastics in British lakes and rivers - and what they found was widely reported in print and broadcast media across Britain and beyond.

Luke Frears, 22 and Jedd Owens, 23 analysed all the water samples, filtering them and counting the microplastic

particles in the samples for the report, they also demonstrated that using fluorescence during microscope analysis is an efficient way to visually identify microplastics.

The results of the research were astonishing with microplastics being present in various samples taken across the UK. This study has caused outcry across the UK to reduce plastic use and the work by the Bangor Students being posted across various media platforms. It's fantastic to see work done at our university gain such global recognition.

Is Bangor Really Ready To Say Goodbye To Chemistry?

by CHARLOTTE BILSBY

The 2018-2019 academic year for Bangor University has been hard on many, and due to financial pressures, blamed on competition and lowered student admissions, cuts have been made. One of the departments most affected by the cuts is the Chemistry department. The University officially decided on April 10, that the proposed phase-out plan and closure of the chemistry department will go ahead. Self-renowned as a 'historic institution dedicated to academic excellence', it is most certainly a shame to see one of the oldest department of the University being cut so abruptly.

The chemistry department has been responsible for many significant scientific breakthroughs and notable alumni. Just a few of the more notable alumni and scientific achievements include Professor Colin Eaborn FRS. He graduated from Bangor University in 1945 with a First-Class Honours degree in Chemistry. Eaborn became the first non-American to receive the Frederick Stanley Kipping Award of the American Chemical Society, as well as serving as a regional editor of the Journal of Organometallic Chemistry and receiving various chemistry related awards throughout his lifetime. He also published over 500 papers throughout his career and in 1961, Eaborn was appointed one of the first science professors at Sussex University. None of these achievements would have been possible without Bangor Universities' chemistry department setting up

Eaborn for a fruitful career in science.

One further Alumni notable in the chemistry community is Professor Edward (Ted) Hughes who landed the University the global recognition by receiving the National Chemical Landmark award by the Royal Society of Chemistry. Professor Ted Hughes worked on the kinetics and mechanisms within organic chemistry during the period of 1943-48. The award was received by the university on the 125th birthday of the Chemistry department. Hughes is remembered for developing a method for isolating isotopically-enriched water from natural water by continuous fractional distillation. He used the 18O-enriched water to trace the fate of particular O atoms in a substrate molecule undergoing a reaction, thus elucidating the mechanism of the reaction.

When diving deep into the Seren archives, some of the most distinguished achievements of the university were often attributed to the chemistry department. This is illustrated by countless articles praising their research and contribution to UK scientific output. This arguably places the chemistry department as an academically important department contributing a large proportion of the universities scientific output. At present the chemistry department is working on various significant projects, that carry weight within in the chemistry world.

Since the announcement of the closure students have come together in order to oppose and hinder the phase-

out. Students from the Chemistry department established the group 'Bangor Needs Chemistry' in order to pool together those against the cuts. The group hit over 1,000 followers on various social media platforms and became the hub for finding out about the cuts. Upon speaking to the group's representatives on the cuts they have said that "Staff and students are very disappointed that the outcome has gone against us."

They further added "It hurts even more because the outcome is exactly the one proposed before "consultation" with no edits and it seems as though the feedback wasn't listened to. It never felt like a consultation and this has been raised throughout the process."

Even more concerning is the effect it is having on the current students. Due to the timing of such decisions coinciding with Easter and landing unfortunately close to exams, the students have every right to fear for their access to resources and maintenance required to facilitate their ongoing research. Furthermore, it has been expressed that there is growing concern that their current degrees will no longer be accredited and that the standard of teaching will decline with staff redundancies and, understandably, lower staff morale.

When further analysing the business case, provided by the University, the savings that Bangor is in desperate need of will not be achieved by exclusive closure of the chemistry department and it in fact the savings of closing the department are relatively low. According to research done by Bangor

Needs Chemistry the University requires an annual excess of £10M to fully serve their debts and the annual savings by the Chemistry Closure will only provide £74,333.

As well as the impact to the University community, the wider impact to the North Wales education system is also of concern. The Chemistry department has been deeply involved with providing secondary and college students with access to interactive open days sparking the interest in younger generations and therefore increasing the likeliness of students to take STEM career paths. Coleg Menai A-level lecturers on chemistry have said that the closure will be a real loss and that now difficulties may be faced when trying to inspire younger generations to choose STEM oriented professions.

Bangor Needs Chemistry further added "We have a whole host of concerns and feel really let down by the university management. We stand with the staff who are losing their jobs and hope that the next 3 years can go as smoothly as possible."

It is hard to say how the university will be upon the completion of the phase-out, but it can definitely be said that a part of Bangor's proud history and association with the Chemistry department will be tainted with the sadness of the present circumstances. Personally, I do not think Bangor is truly ready to say goodbye to Chemistry, as I am sure many will agree, but there is little more that can be done to prevent the closure.



CHARLOTTE BILSBY

SCIENCE SUB-EDITOR

science
@seren.bangor.ac.uk

A Note From The Science Sub-Editor

I just wanted to express my gratitude and love for this society,.

Putting myself out there and taking a leap into Seren was honestly the best thing I did with my third and final year at Bangor University. Working with such a diverse bunch of people that created such a welcoming environment, was exactly what I needed to get me through this year and I'm not sure I'll ever be able to express how grateful I am.

Seren is more than a society, it's like a big old dysfunctional family. It has been an absolute honour working with everyone, but none of it would have been possible without our exceptional Editor Finnian Shardlow and Deputy Editor Jack Hollinshead, thank you guys for literally smashing it this year.

I am so heart broken that my Seren journey is at the end, but full to the brim with happy memories. If you want to carry on the science editor flame and AGM will be held at the start of the next academic year (GO DO IT).

Getting Your Summer Science Fix

1. No Such Thing as A Fish



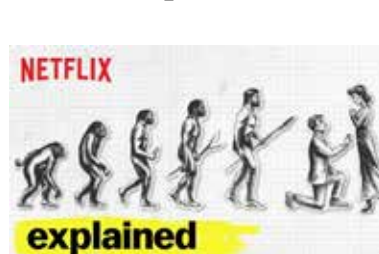
A weekly podcast from the writers of QI, where they discuss fun and obscure facts from the week. Some of the best facts include "the man with the world's longest-ever beard broke his neck and died after tripping over it" and the "The Dalai Lama is frightened of caterpillars". With over 200 podcasts are available on Spotify and it is a definite must listen whilst you soak up the summer freedom. As well as that it's extremely funny and gives you great useless facts to wow your next tinder date with.

2. Death on Earth by Jules Howard



BC documentary presenter Jules Howard adventures deep into evolution and mortality. This book is by far my favourite science book, in fact my favourite book of all time. I could not recommend any other book higher than this one, it was what initially inspired me to write about science and I haven't looked back. The book covers the topic of death from various angles whilst keeping it very scientific, I used to have a crippling fear of death but since reading this book I have an entirely different perspective.

3. Netflix Original: Explained



A Netflix original created by the Vox puts topical issues, that are relevant to everyone lives, in the spotlight and explains some of humanity's biggest questions from the female orgasm to marijuana use and Designer DNA. Though, explained isn't purely a science show it covers such a variety of topics at a great level and keeping it very interesting, it's a really great show to watch if you're feeling particularly inquisitive or a perfect before bed show. Get Netflix and chilling with science kids.

4. New Scientist



Though it's not particularly cheap I never regret picking up a copy of the New Scientist, full to the brim with current global science it is worth every penny. The New Scientist has been my science fix for years now and keeps me up to date on current global science affairs as well as inspires many a stupid science idea. Next time you're feeling like treating yourself pick up a copy of the New Scientist, I can guarantee you will not regret it.

SCIENCE

IN BRIEF

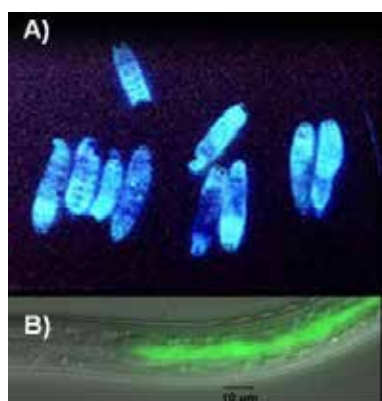
How Quickly Can A Black Fly Larvae Eat An Entire Pizza?



by CHARLOTTE BILSBY

1 6-hours in short. An individual black fly larva doesn't approach its food with steadiness, they feed in intervals for about 5 minutes at a time with a 5-minute break. However, as a group they're like living fountain of hell. When presented with food they create almost two pyramids either side of the food, where at the centre, where the food lies, they create a moving fountain. As the incoming larvae towards the bottom push those closer in, that have paused in eating, upward and out of the way. The motion spins the food (curling arrow at top) as the larvae jostle one another. As larvae take a break from binging, the hungry crowds pressing from behind forced them upward. Those who reach the top will then fall down back to the bottom. This strategy is seemingly efficient as well as mutually beneficial.

Microbe Of The Month: Chest-Burster



by CHARLOTTE BILSBY

Photorhabdus luminescens, a microbe unofficially known as the chest-burster for its amazing abilities. Imagine the scene from Alien where the alien bursts out of that person's chest well that's exactly what this microbe is capable of. *P. luminescens* has a symbiotic relationship with a species of nematode which worms its way into the insect's bloodstream, then spits up the bacteria. *P. luminescens* spews toxins that kill the insect, enzymes that liquefy it, and antibiotics that prevent any other microbes from getting in on the feast. The worm and bacteria reproduce inside the carcass until finally new nematodes burst forth.

Bangor Ocean Scientist Aims To Solve One Of The Great Mysteries Surrounding The Moon



Dr Mattias Green of Bangor University, in collaboration with researchers from Royal Holloway, University of London, have netted a research grant worth £520K from the UK Natural Environment Research Council (NERC) to tackle a major question in the understanding of the history of the moon.

50 years ago, on the July 20 1969, the Apollo 11 space mission landed on the surface of the moon, with Neil Armstrong and Buzz Aldrin becoming the first people to set foot on the moon.

In what was one of the greatest achievements of human civilization, they brought back rock samples which

showed that the moon was 4.5 billion years old, and so must have formed only 200 million years or so after Earth formed.

The astronauts also left mirrors on the surface of the moon so that lasers could very accurately measure the Earth-moon separation. These laser measurements estimated that the moon is moving away from the Earth at a rate of 3.8 cm/year. However, at this rate the moon could only be 1.5 billion years old, otherwise it would have been torn apart by the Earth's gravitational field.

These two observations lead to an obvious paradox: the geological age of the moon and the rate at which the

moon is moving away from the Earth don't add up!

Bangor University's Mattias Green thinks he has the answer:

"The reason the moon is moving away from the Earth is due to the friction associated with the flow of the tides. In effect the tides are dissipating energy, the impact of which is to gradually increase the length of the day (by slowing the Earth's rotation rate) and to push the moon away from the Earth."

"Using simulations on state-of-the-art supercomputers we have shown that as the continents move around, in response to continental drift, the global tides change. Consequently, we have

been able to identify a 500 million year "super tidal cycle". What's more, over this cycle the level of tidal friction also changes, implying that the rate at which the moon is being pushed away from the Earth has varied and been smaller for long period of Earth's history."

"In the new project we will combine new supercomputer simulations of tides, over the past 600 million years of Earth History, with data from bore holes, made by the oil industry, to develop a new history for the rate at which the moon is moving away from the Earth, and so solve the moon-age paradox generated 50 years ago when we first landed on the moon."

Hay-Fever Season Is Here But Bangor Scientists Have Your Back



Professor Simon Creer, a Professor in Molecular Ecology Georgina Brennan, Postdoctoral Research Officer, at the School on Natural Sciences release work using DNA analysis that may help allergy sufferers. With climate change hitting us hard our winters are becoming warmer, the plants are blooming earlier, it is expected that up to 400m people worldwide will develop allergic reactions to airborne pollen from trees, grasses and weeds. Symptoms will range from itchy eyes, congestion and sneezing, to the aggravation of asthma and an associated cost to society that runs into the billions.

Creer and colleges at PollerGEN, have been working on methods to improve the accuracy of pollen counts and forecasts. The team aims to find out what species of pollen are present across Britain throughout the grass flowering season. The development of new wave approaches including molecular genetics are being used to identify different airborne grass pollens, which is notoriously hard when incorporating older established methods. One method developed by PollerGEN to identify the pollen relies on using DNA sequencing to examine millions of short sections of DNA, known as barcode markers. Such

markers are unique to each species of Pollen. Such methods are known as metabarcoding and can be used to analyse DNA derived from mixed communities of organisms. In this circumstance, it has allowed the team to analyse pollen DNA collected by aerial samplers at 14 rooftop locations across Britain.

By referring to the UK plant DNA barcode library they were able to identify different species of grass pollen from air samples. This has allowed them to understand the distribution of grass pollen throughout the UK. The research undertaken by PollerGEN is more than just an attempt to under-

stand plants at a deeper level, other research undertaken by the team suggest that over-the-counter medications are not uniform throughout the grass flowering season. This means that certain types of grass pollen may be contributing more to allergenic disease than others. This also means that when symptoms are particularly bad, a specific species of grass pollen may be in the cause. Understanding this may lead to the development of more effective medications to reduce the symptoms of such allergies.

CAMPUS LIFE

CAMPUSLIFEBANGOR.CO.UK

SEMESTER 2 PART 2 2019 SUMMER

WHAT TO LOOK OUT FOR!

Just take a look at our helpful guide below...



FOOD EVENTS

There's food involved! From Sunday roasts to pizza nights.



ACTIVITY

Enjoy a variety of fun activities around campus.



LEARN TO COOK

Time to test your cooking skills or learn some new ones with our Campus Crew!



SPECIAL EVENT

Special events not to be missed! **WEAR YOUR WRISTBAND!**



QUIZ & BINGO

Love quizzes and bingo? Then get your mind ready!



BIG SCREEN MOVIE TIME

Choose your favourite from our online poll and grab your free popcorn!



OFF CAMPUS

Amazing off campus trips. Pre-booking essential. See Facebook page for more info.



GET TOGETHER

Get together and meet up with your buddies.



CHILLED OUT EVENTS

Time to chat, chill and just take it easy.



BOOKABLE EVENT

Book your place by emailing campuslife@bangor.ac.uk

APRIL

TUESDAY 30TH
Learn to Cook
Student Grub
Barlows Kitchens | 7pm



MAY

WEDNESDAY 1ST
Big Win Bingo
Bar Uno | 7pm



THURSDAY 2ND
Film Night
Musicals
Acapela | 8pm



FRIDAY 3RD
Free Fruit Friday!
Ffridd and St Mary's Halls Office

#LOVEHALLS

SATURDAY 4TH
Yoga
Acapela | 10-11am



SATURDAY 4TH
Film Night
Special Star Wars
Acapela | 8pm



SUNDAY 5TH
Trip!
Llandudno Victorian Fair
Depart outside Reichel Halls at 10.30am
Book your place at campuslife@bangor.ac.uk



TUESDAY 7TH
EXAMS START!

TUESDAY 7TH
Free Chip Butty
Bar Uno | 7pm



WEDNESDAY 8TH
Wednesday Cooler
Ice Lolly Giveaway!
Ffridd and St Mary's Halls Office | 12pm

THURSDAY 9TH
How to "Adult"
Tips for Interviews
Alun 2.01 | 1-2pm



FRIDAY 10TH
Free Fruit Friday!
Ffridd and St Mary's Halls Office

#LOVEHALLS

SATURDAY 11TH
Yoga
Acapela | 10-11am



SATURDAY 11TH
Trip!
Caernarfon Food Festival
Email to find out info campuslife@bangor.ac.uk



SUNDAY 12TH
Sunday Roast
Bar Uno | 6pm
Book your place at campuslife@bangor.ac.uk



MONDAY 13TH
British Heart Foundation
Pack for Good Campaign Starts



MONDAY 13TH
Uno in Uno
Bar Uno | 8pm



TUESDAY 14TH
Learn to Cook
Vegan
Barlows Kitchen | 7pm



WEDNESDAY 15TH
British Heart Foundation CPR
Training
Acapela | 11am-12pm
Book your place at campuslife@bangor.ac.uk



WEDNESDAY 15TH
Calm Colouring
Braint Lounge & Barlows | 7pm



THURSDAY 16TH
Film Night
Throwback Thursday
Acapela | 8pm



FRIDAY 17TH
Free Fruit Friday!
Ffridd and St Mary's Halls Office

#LOVEHALLS

SATURDAY 18TH
Yoga
Acapela | 10-11am



SATURDAY 18TH
EUROVISION PARTY
Bar Uno and Acapela | From 7:30pm



SUNDAY 19TH
Beach Trip!
Depart outside Reichel Hall at 12.00pm
Book your place at campuslife@bangor.ac.uk



WEDNESDAY 22ND
Wednesday Cooler
Ice Lolly Giveaway!
Ffridd and St Mary's Halls Office | 12pm

THURSDAY 23RD
Big Win Bingo
Barlows | 7pm



FRIDAY 24TH
GARDEN GAMES
Ffridd Village | 2-4pm



SATURDAY 25TH
Yoga
Acapela | 10-11am



SUNDAY 26TH
SUMMER FEST 2019
Get your tickets from the Undeb Bangor Reception

TUESDAY 28TH
Calm Colouring
Braint Lounge & Barlows | 7pm



THURSDAY 30TH
Film Night
Disney
Acapela | 8pm



#LOVEHALLS

ENVIRONMENT

"The earth is what we all have in common."

- Wendell Berry

"With over a billion raised in 3 days – It's time to switch to cathedral mode on climate Change"

- Greta Thunburg

"You cannot protect the environment unless you empower people, you inform them, and you help them understand that these resources are their own, that they must protect them."

- Wangari Maathai

"The single biggest threat to our planet is the destruction of habitat and along the way loss of precious wildlife. We need to reach a balance where people, habitat, and wildlife can co-exist – if we don't everyone loses ... one day."

- Steve Irwin

Microplastics Pollute Welsh Rivers



Research led by Dr Christian Dunn from the Bangor University Wetlands group has found microplastic pollution in both the Afon Cegin and the Llyn Cefni Reservoir.

Microplastics are defined as fragments or fibres of plastic that are less than 5mm. The most prominent source of the pollutant are car tyres; clothing; plastic pellets (use to make general plastic goods); paints and road markings. Previous investigations have shown the detrimental impact that ingestion of microplastics may have on aquatic life and their persistent qualities that

enable bioaccumulation throughout trophic levels. Scientific investigations are still ongoing as to the consequences of these plastics while the severity of their impact on human health is yet to be confirmed.

Plastic pollution has gained ever increasing media attention but only recently has research been conducted in fluvial systems so close to home. Microplastic pollution in both the Afon Cegin and the Llyn Cefni Reservoir. The collaboration between Friends of the Earth and Dr. Christian Dunning has discovered 76.9 pieces of plastic

per litre of water in the Afon Cegin and 43.2 in the Llyn Cefni. For a comparison, the River Tame in greater Manchester exhibited over 1000 pieces per litre. It is not just the quantity of plastic pollution which was the problem, but the fact that it was found in some of the most remote and iconic places in Wales: a troubling prospect for our scientists – and should also be for the wider community.

A plethora of university students were involved in the research including Luke Frears, 22 (Research Masters in Biological Sciences) and Jedd Godfrey

(Research Masters in Wetland Science). Dan Aberg, 22 (MRes) and Oliver Armstrong (PhD) were also involved in the investigation. Dunning hailed the students as being instrumental in designing and carrying out the work, showing them to have an enormous contribution to this cutting edge research.

Studies have shown microplastic pollution to be widespread, from the pristine Pyrenees mountains to the deepest oceans and now, throughout the freshwater systems of the UK. Bangor University is at the forefront.

Forget Brexit! Says Greta



Greta Thunberg, the symbol for today's youth movement against Climate Change, has advised the EU leaders to forget about Brexit and focus on more important topics. Three emergency summits have been hosted regarding Brexit and yet, urgent action on the most recent IPCC report has not been taken.

"If our house was falling apart, you wouldn't hold three emergency Brexit summits and no emergency summit regarding the breakdown of the climate and the environment."

"The extinction rate is up to 10,000 times faster than what is considered normal, with up to 200 species becoming extinct every single day. Erosion of fertile topsoil, deforestation of the rainforest, toxic air pollution, loss of insects and wildlife, acidification of our oceans – these are all disastrous trends."

The 16 – year old Swedish climate activist received a standing ovation for this most recent speech. She stands today as an inspiration for many youth movements and is a part of the new trend for a greener world.

Welsh Energy Plan



Wales could meet 100% of its energy needs from renewable sources by 2035, under an "ambitious" new plan set out by policy experts

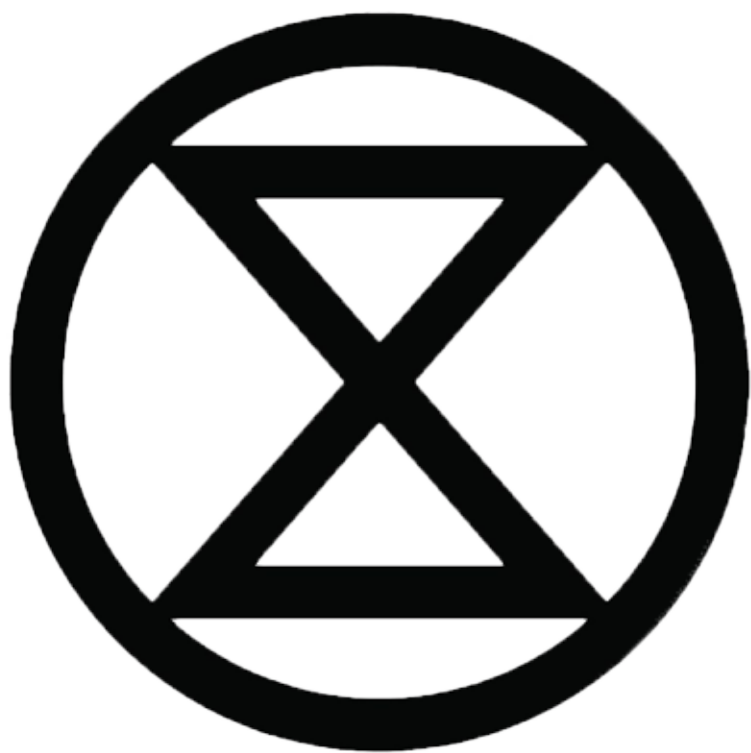
Environmental Policy in Wales has long been at the forefront of the Climate movement with hefty targets for emission reductions and waste management strategies. Now, one aspect of the new policy has emphasised the need for reforestation of Wales and with targets to high – Welsh farmers have raised concerned of that this drastic land-use change will have their industry.

With Wales targeted to an 80% reduction in Carbon emissions by 2050, extensive measures must be in place

to realise success. For farmers, these measure include methane reductions from livestock and improving on-farm efficiencies. Emissions from farming account for 12% of the total though half is from livestock.

The more recent 'achieving a low-carbon pathway to 2030' consultation has targeted for an additional 66,000 ha of trees. To achieve these targets, it has been said that around 1400 farms would need to be reforested and although this may be achievable – is it really what farmers want?

Climate Apocalypse In London



Exinction Rebellion were a group at the forefront of the climate change protests in London. They cause enough ruckus to the streets to warrant a response from MPs said to tighten their targets on emissions. This will not stop the group there though, and plans to carry on to an international scale are set to continue.

So, apparently our protests have officially worked now... But we're not stopping here. One phase of rebellion may end, but the international rebellion will continue until our demands have been met. Forwards! #InternationalRebellion

Norway Investing Smart



Norway has made trillions through oil exploitation, sales and investments but has now given the go ahead to invest green, potentially changing out world forever. This pledge is a truly historic breakthrough, with Norway's sovereign wealth fund (the largest wealth fund in the world) divesting from over 134

oil companies as well as cutting investments in numerous coal and gas initiative. The wealth fund still plans to keep investments in large companies with renewable energy divisions, such as Shell. The renewable energy sector has seen rapid growth over the past few years and with initiatives such as this – the future may just be a little greener.

"Caring for the Earth is not a hippie thing, it's a survival thing."
- Unknown

"A nation that destroys its soils destroys itself. Forests are the lungs of our land, purifying the air and giving fresh strength to our people."

- Franklin D. Roosevelt

"I know a lot of you are really upset about the Notre Dame fire in Paris and I'm really sad, too. To see something so beautiful and so carefully constructed be damaged by forces out of your control is very painful. As a scientist who studies species that are going extinct right now, this is the feeling I grapple with more often than I'd like. The irreplaceable work of art that I worship is nature and to watch it senselessly crumble to the ground every day hurts my heart. I highly respect your feelings about what happened today and I hope the parallel described can help you better understand how many of the people who have devoted their lives to conservation feel quite often. We know you get tired of us shouting about species going extinct and we're sorry for the broken record but we're surrounded by burning cathedrals built across millennia and no one seems to care."
- Jonathan Kolby

Plastic Free For Lent: What I've Learned So Far...



Lent for many people is a time of giving up a favourite food or a bad habit, and for years I've given up things I love – I stopped drinking fizzy drinks, I gave up Bourbon biscuits (the horror!), and last year I went Vegan for lent. This year, however, I decided to go a step further than I'd considered before – giving up plastic; something that is found all around us, and is ever-lasting. With the hope of reducing my use of plastic, I embarked on this journey, aiming to challenge myself and see how possible it really is. So, here's what I've learned so far...

Plastic is everywhere

The first shop that I did after deciding to give up plastic was one of realisation – plastic is everywhere. As I walked down the aisles of Asda, I found myself

despairing at all of the items I could no longer buy. Gone were the days of smoothies for breakfast (try finding berries that aren't packaged in plastic!), and I said so-long to any type of orange juice or yoghurt.

It's inevitable; you're going to fail

Even if your intentions are good, there's no way of completely avoiding plastic. I succumbed a few times to buying crisps and biscuits – they're just too tempting! One great thing though, is that the North Wales Wildlife Trust is taking crisp and biscuit packets and sending them to TerraCycle, who recycle a lot of things not accepted in kerbside recycling. So yay, more treats for us!

Join Facebook groups

There are loads of tips and tricks out there, just go looking for them! I joined a few groups, and I've learned so much from other people. It's also really motivating knowing that there are like-minded people out there, trying to cut down their plastic-usage too.

Single-use plastic is unnecessary (but we knew that anyway)

There are tons of items you can stop buying, like water bottles (invest in a stainless steel one, and it'll last you forever!), straws (get some metal ones if you really need to) and tissues (go old-school and buy some hankies – you can get some really cute ones online). Cutting down on single-use plastic is definitely easier than you think – just

be prepared to carry around a few extra items with you in your bag, and you're sorted. I bought a pack of cutlery that I keep in my bag, along with a collapsible coffee cup, so I can always get 10p off in Teras!

It's a struggle, but it's worth it

Our planet is not-so-slowly dying from what we're doing to it. Our daily actions can really help – yes, it might not feel like much, but if every single person bought and used a reusable coffee cup, we'd be saving millions and millions of plastic coffee cups from being created. All it takes is a few small actions from a lot of people, and the future for our world could be looking up. Baby steps!

UNION

Plans For More Environmentally Friendly Catering Options

DEFNYDDIA DY BEN,
LLWY YN LLE PREN

GWNEWCH EICH RHAN I LEIHOU GWASTRAFF. DEFNYDDIWCH LWY FETAL I DROI'CH PANAD YN LLE FFFON BREN UN-DEFNYDD. YNA, EWCH Â'R LWY YN ÔL ER MWYN IDDI GAEL EI GOLCHI A'I HAILDDEFNYDDIO.

PLIS, PEIDIWCH A MYND Â HI EFO CHI!

FFARWELIO Â'R
CWSPANAU PAPUR

PEIDIWCH Â GWASTRAFFU EICH ARIAN AR EITEMAU UN-DEFNYDD DEWCH Â'CH CWPAN NEU BOTEL EICH HUN, NEU PRYNWCH RHAI BRAND BANGOR.

(CEWCH EICH LLENWAD 1st AM DDIM WRTH BRYNU CWPAN A 10c ODDI AR BOB LLENWAD YN Y DYFODOL)

SYCHED?
MAE DŴR AM DDIM!

PEIDIWCH Â GWASTRAFFU EICH ARIAN YN PRYNU POTELI DŴR UN-DEFNYDD.

CEWCH AIL LENWI EICH POTEL DDŴR MEWN LLEFYDD BWYTA AR DRAWS Y CAMPWS.

*DDIM AR GAEL YN COPA, PONTIO

OES ANGEN GWELLTYN
GO IAWN? ELLA DDIM!

FEDRWN NI DDIM AILGYLCHU NA CHOMPOSTIO GWELLTYN YN LLEOL.

MAE ANGEN GWELLTYN AR RAI POBL, FELLY MAENT AR GAEL OND I CHI OFYN.

STOP STIRRING,
START SPOONING

SINGLE-USE STIRRERS ARE UNNECESSARY. PREVENT WASTE BY USING THE METAL SPOONS PROVIDED TO MAKE YOUR HOT DRINK, AND RETURN THEM SO THEY CAN WASHED AND REUSED. PLEASE DON'T TAKE THEM WITH YOU.

EVERY DRINK YOU MAKE, EVERY SPOON YOU TAKE, WE'LL BE WATCHING YOU...

BREAK UP WITH
PAPER CUPS

STOP THROWING YOUR MONEY AWAY ON SINGLE-USE ITEMS.

BRING YOUR OWN REUSABLE BOTTLE/CUP TO USE IN OUR OUTLETS. WHY NOT BUY A BANGOR UNIVERSITY BRANDED ONE WHILST THERE?

GET YOUR 1st DRINK FREE WHEN PURCHASING A CUP AND GET 10p OFF WHEN USING YOUR OWN CUP THEREAFTER. WATER REFILL IS FREE!

THIRSTY?
WATER IS ON US!

DO YOUR BIT TO PREVENT WASTE. RESIST THE URGE TO BUY SINGLE-USE BOTTLED WATER.

BRING YOUR OWN REUSABLE BOTTLE FOR FREE REFILLS AT OUR FOOD OUTLETS.

*NOT AVAILABLE AT COPA, PONTIO

DON'T NEED IT,
DON'T USE IT

DO YOUR BIT. DON'T CREATE WASTE.

SOME PEOPLE NEED A PLASTIC STRAW SO THEY ARE AVAILABLE ON REQUEST ONLY.



by MARK BARROW

Over the past few months, the University's Catering team, Sustainability Lab and Students' Union have been working in collaboration to ensure the University's catering options become more environmentally sustainable.

There will be several catering initiatives taking place during 2019, which aim to ensure that the University's Catering team operate as sustainably as possible, bearing in mind that 'sustainability' considers environmental, social, financial and cultural impacts.

This will be achieved by the Catering

team using their resources efficiently, and therefore contributing to a circular economy. The waste hierarchy will be applied to all decision-making, and waste prevention will be the preferred option where possible.

The first set of initiatives will focus on prevention and reuse, and the second set on prevention and recycling. However, the messages delivered during these initiatives will not be restricted to the campaign period, but continually promoted and communicated to ensure that the information is available to any new student, staff or visitor, to promote wider understanding and participation.

The prevention and reuse initia-

tives will be launched on the 29th April 2019. They will focus on reducing the number of straws used across campus, removing all single-use drink stirrers from catering outlets, and promoting the water refill scheme, which will reduce the need for single-use bottles, besides promoting the use of reusable mugs in order to reduce single-use coffee cups.

Straws will be removed from all counters and will only be available on request. This should substantially reduce the amount of straws used and thrown away in the University.

The University will also be removing all single-use drink stirrers regardless of material and replacing them with

reusable metal spoons, which the Catering team will wash. Whilst having coffee on the go is a part of modern life, most people do not make their coffee when on the go, and so it is believed that stirrers are an unnecessary waste product regardless of the material they are made of. We ask, however, that people do not take the spoons with them, as this would make the initiative unsustainable due to it becoming too costly.

We are promoting Bangor University as a refill University, where you can fill up your reusable water bottles for free in any of our outlets (except Copa – that has no running water). Bangor University branded water bottles are

available for sale in each outlet.

Reusable coffee mugs will also be sold and promoted. Customers will receive their first hot drink for free if they purchase a Bangor University mug. They also receive 10p off every drink when bringing their own cup/mug.

Over the summer months, the University will be continuing with their improvement by replacing condiment sachets with bottles and jars, reviewing possible use of crockery in some outlets, besides reviewing alternative milk selection, as this generates a great deal of waste. They will also be looking at recycling more catering materials.

VP SOCIETIES & VOLUNTEERING UPDATE



The Quest For Authenticity



by MUHAMMAD FIRDAUS

In 2015, I began a personal journey of searching for myself. Growing up as an ethnic and religious minority in Singapore, I had spent the past two decades of my life toning down my cultural and religious identity in order to 'fit in' better with my friends, and in the workplace. Then the Charlie Hebdo massacre happened.

The amount of mindless hatred I saw expressed toward me and the community I was part of, for something neither I nor my community had any part in, made me realise that there would be no escape - no matter how much I ran from my identity, I would always be seen as 'the other'; always treated differently, and I realised I had to do something about it.

That was when I chanced upon a copy of Graham Greene's *The*

Comedians (1966), a story set in Papa Doc Duvalier's Haiti. The blurb on the back changed my life:

"...The *Comedians* is a story about the committed and the uncommitted. The Negro, Doctor Magiot, is committed. His last letter to Brown, who tells the story, is a statement and an appeal by the committed - by a man who has by his nature to share the terrible events of his time. But the *Comedians* have opted out. They play their parts - respectable or shady - in the foreground; they experience love-affairs rather than love; they have enthusiasms - like Mr Smith for his vegetarian centre - but not a faith; and if they die, they die, like Jones, by accident."

Reading that book made me realise: I was a comedian. I had not gathered the courage to commit to anything in my life - or to reject anything - and because of that, my life lacked

substance. If I died, I would die, like Jones, by accident. But for the committed, life has purpose. For the committed of this world, everything - good or bad - is authentic, and meaningful. And when they die, they die, like Dr Magiot, for a reason. That was when I decided from then on, that everything I did, I would commit to. Since then, I have been seeking authenticity in everything I did and experienced. It has not made me much of a reality TV star, but it has given my life an incredible depth I did not previously have.

But when I started my term as a Sabbatical Officer, the pressures of all the things expected of a Sabb, and being surrounded by what are essentially student politicians, distracted me from the authenticity I loved so much. It was only during the Easter break, when I listened to a TEDxNashville talk on YouTube by

Michael Brody-Waite titled 'Great Leaders Do What Drug Addicts Do'. In it, he laid out three points that recovering drug addicts committed to for the sake of their own survival: 'Practice Rigorous Authenticity, Surrender The Outcome, Do Uncomfortable Work'. Only by living these three points can you succeed - and by living these points,

It reminded me of what I had forgotten. And by remembering authenticity, many other questions I had been asking since my re-election were answered - my successes have always been because I never compromised my identity. This year is all but over, but I enter the next year prepared - and committed. If you are graduating, thank you for being part of everything we've done together. If you are returning next year, I invite you to join me.

But in all things, I ask that you be authentic, and that you commit to what you believe!

As this is my last piece for Seren for the year, I would just like to thank a few people for the great year it's been for Societies & Volunteering:

I would like to thank my Societies and Volunteering Executive committees for taking everything life (and I) threw at them and coming out on top; I would like to thank the staff in Undeb Bangor for helping and supporting me in everything; I would like to thank UMCB and its President for always being happy to educate me on Welsh language and culture; I would like to thank the Seren team for their dedication to journalism, and for rising to the challenge I gave them at the start of the year to turn Seren into a household name; Finally, I would like to thank you, the reader, for reading. Until next year!

COME AND SEE US

Undeb Bangor
4th Floor
Pontio



UNDEB BANGOR

CAMPUS LIFE

Campus Life: May Bulletin

Wow, the final issue of Seren for this year is here already! March and April have been great months here at Campus Life HQ full of trips, new skills and a showcase of amazing talent! We kicked off March at Chester Zoo, where we saw hundreds of animals, learned about their habitats and how we can help protect them. It was a great trip and you can check out all our photos on our Facebook Page.

We also held our annual Bangor's Got Talent event and we can tell you, Bangor HAS talent! Congratulations once again to Jeanneil Modar who was the winner on the night, with her amazing poi performance. We've served up another great Sunday Roast, took you to the beautiful "village" of Portmeirion and the Easter bunny was out and about just before the break! Thank you to everyone who got involved and made this year fantastic! We still have a few more events before the year is over, so check out the events below and the new Campus Life calendar in your kitchen.

British Heart Foundation – CPR Training: Wednesday 15th May

We've teamed up with the British Heart Foundation once again to give you another chance to become a life-saver. Sign up at campuslife@bangor.ac.uk for free CPR training.

Free Fruit Friday: Friday 17th May

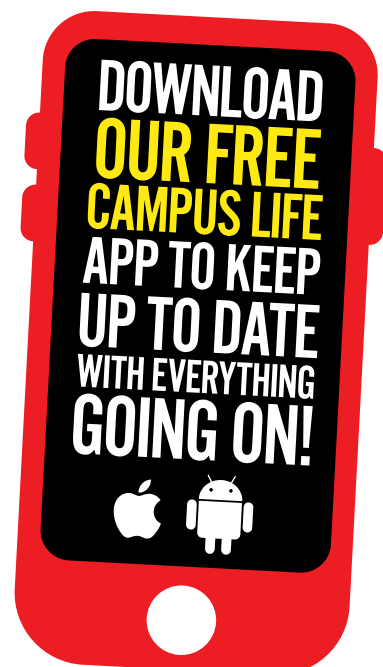
Head to your nearest Halls' Office and pick up a free fruity treat!

Eurovision Party: Saturday 18th May

It's the biggest night of the year in the pop calendar! Join the Campus Life Crew for a fun filled celebration of musical diversity and dance.

Garden Games: Friday 24th May

Start your summer break in true Campus Life style – We have a limbo, sack races, giant Twister and Kerplunk games – to name just a few!



Introducing This Month's Featured Campus Life Crew Members: Kyra & David



Hey guys! My name is Kyra and I'm from West Wales, near Aberystwyth. I'm currently in my second year at Bangor studying English Literature.

I grew up in Wales, went to a Welsh school and have lived in the country all of my life, so if you have any questions about the Welsh culture, I will do my best to answer them!

Campus Life was a great way for me to settle in during my first year at Bangor, helping me to make more friends and feel more comfortable at my University home.

My top three highlights for April were:

Yoga

I absolutely love going to yoga on Saturday mornings in Aca-pela! I have learnt so many new things and it's a lovely way to relax and make you feel good over the

weekend. What's not to love about a FREE yoga class with a great instructor?

Easter Egg Hunt

The Easter egg hunt was a great laugh and it was amazing to see so many students take part! Campus Life Mariya and I enjoyed hiding the eggs around Ffriddoedd Campus and making it fun for everyone that took part. Congratulations to our winners and to all that took part, we're looking forward to next year's hunt!

Learn To Cook Student Grub

The "Learn to Cook" events are great fun and are an amazing way to improve your cooking skills. Learning to cook student meals gave me new ideas for exciting easy dishes. The best part was all our recipes are on a budget!



Hello everyone! My name's David and I am a second-year student of Linguistics and German. On the weekend, you can see me rambling around the beautiful mountains of Snowdonia and on weekdays, you can find me reading in the library. Most evenings I spend with friends or organising cool Campus Life events. Speaking of which, here are my top highlights from the Campus Life calendar in March:

Table Tennis

What better way to blow off some steam than competing against fellow students in a table tennis competition! People of all skill levels enjoy themselves for hours in Aca-pela or Braint Common Room.

Learn to Cook

It goes without saying that cooking is an essential skill for the in-

dependent student. This month for Pancake Day, we taught you how to flip pancakes skilfully and taught you two easy and reliable recipes. Whether or not you have any experience in the kitchen, join us for our next Learn to Cook; it's really fun and you get a free portion of food.

Film Night

The classic Campus Life chilled out event, with free popcorn and drinks. You select the movies and we bring out the beanbags. What follows is a night of relaxed enjoyment to distract us from the burdens of academic life.

Hope you've all enjoyed the Easter break and see you at one of our events in May!

Seren would like to say a huge thank you to Campus Life for their support over the past year! Their sponsorship and content has been very much appreciated and we have enjoyed working with them to promote student activities.

Photographic Society: May Picks



Francesco Rota



Fergus Elliott



Fergus Elliott



Francesco Rota



Fergus Elliott

SOC & VOL AWARDS



SOCIETIES & VOLUNTEERING AWARDS



**VOLUNTEER
OF THE
YEAR**

Lucy Best



**SOCIETY
MEMBER OF
THE YEAR**

**Gabriele
Radzeviciute**



**PONTIO ARTS
AWARD**

SODA & Film Society



**SUSTAINABILITY
AWARD**

Bangor Forestry Student Association



**HIGH SHERIFF'S
AWARD**

Headway Gwynedd & Môn

SOC & VOL AWARDS



BEST NEW OPPORTUNITY

Poker Society



EVENT OF THE YEAR

Bangor Pride



UMCB SOCIETY OF THE YEAR

Aelwyd JMJ



SOCIETIES VP AWARD

Seren



VOLUNTEERING VP AWARD

RAG



VOLUNTEERING PROJECT OF THE YEAR

Sbectrwm



SOCIETY OF THE YEAR

SODA

AU DINNER



**SPORTSMAN
OF THE YEAR**

**Theo
Schoebel**



**SPORTSWOMAN
OF THE YEAR**

**Sonja
Samokovlija**



**MALE
FRESHER OF
THE YEAR**

**Chris
Wilden**



**FEMALE
FRESHER OF
THE YEAR**

**Arcadia
Seldon**

AU DINNER



**AU
PRESIDENT
AWARD**
**Thomas
Weller**



**SUPERTEAMS
AWARD**
Lacrosse



**VARSITY TEAM
OF THE YEAR**
Men's Football



**OPEN
AWARD**
Seren



**SPIRIT OF THE
AU AWARD**
Women's Hockey



**TEAM OF
THE YEAR**
Women's Basketball



**CLUB OF
THE YEAR**
Surf Club

SEREN BUSINESS AWARDS

SEREN BUSINESS AWARDS

Just under 250 people answered our survey to crown Bangor's favourite businesses for the 2018/19 academic year! Here's what they decided:



BEST PUB

**Cove Pop Up Coffee &
Rum Shack**

BEST CAFE

Blue Sky Cafe



BEST RESTAURANT

Dylan's Menai Bridge



BEST TAKEAWAY

Bella Bella





BEST HAIR SALON **Clayton's Hair Design**



BEST BARBERS **Kai's Barber Shop**



BEST BEAUTY SALON **Studio Nails & Beauty**

BEST INDEPENDENT RETAILER

Lookachu - The Vintage Shop



BEST SUPERMARKET **Morrisons**

TRAVEL

Thinking Of
Going
Interrailing?
Here's What
Not To Do...

Interrailing; the perfect way to see a lot of Europe in a short amount of time. But when you've got 9 other people tagging along with you, it can feel more like a school trip.

So, here's my advice: don't go with 9 people.

I know, I know, I should've known that before we started planning our trip – but it didn't cross my mind. Not until it was too late anyway. The only way I could've escaped it was breaking apart the friendship group (which, incidentally, happened anyway). So instead I soldiered on, traipsing through museums, sweltering in the summer heat, and hardly drinking a drop of alcohol. Yep, that sums up my interrailing experience – achy feet, a heavy bag, and a perfectly sober group of eighteen-year-olds.

Sounds like fun, right? Surprisingly, I'd recommend it. Although, maybe invest in some comfy shoes (2-year-old converse will not be your best friend, trust me), and definitely go out and experience the night-life of the places you're visiting.

Another thing - if you are thinking about going interrailing, definitely plan WHO you're going with carefully. If you know that someone annoys you, maybe don't go with them. Similarly, if you have a friend who is going to want to go to every single museum and art exhibition and you don't feel that way inclined... maybe don't go with them either. If, like me, you just want to experience different European cities, exploring and getting lost, finding cute little cafés and stumbling across monuments; find someone with similar interests and go with them! There's nothing worse than travelling for three weeks with people you're slowly realising that you don't really like...

Want to edit the
travel section?
Email travel@seren.bangor.ac.uk for more
information!

Summer
School In
South
Korea

by SAM PRICE

Pukyong Nation university summer school in Busan is a 3 week program which is truly a once in a lifetime opportunity. South Korea is a country which was not in my imminent plans, I only really knew about K-pop! Once there I found Busan a beautiful city, rich in tradition and history.

Historical temples are close by and it is a 20 minute walk from a stunning beach. In the universities program you had a choice which module to take in the mornings from Korean language, extra culture classes, international re-

lations or water sports. I chose to do water sports, this consisted of learning about sailing yachts, surfing and most of our time was spent paddle boarding. In the afternoons everyone took part in culture classes. These included a different activity every day, from cooking traditional meals, traditional crafts, visiting religious and historical sights and K-pop dancing. People from all over the world participated in this program and I have honestly made friends for life. I highly recommend this to anyone considering a summer program, the international office is very helpful in aiding you make the right decision and helping you through the process.



Packing's A Pickle

by SOPHIE ELERI JAMES

Packing tends to be the hardest part of a holiday for many people. The struggle of what to take, how much to take, whether to take that jacket just in case, and then how you're going to fit it into your luggage. Another problem is figuring out what kind of luggage to take – do you bother with a suitcase, or do you go for the 65-litre backpack you bought for DofE five years ago? How much will it cost if you're going by plane? You don't want to be caught out by sneaky additional prices thrown in (I'm looking at you, Ryanair). All in all, packing is stressful. So. How do you avoid the stress, and make your holiday preparation hassle-free? Well, there are a few simple things you can do...

Plan!

Where are you going? How long are you going for? What time of year are you going? What's the weather like in that country at that time of year? If you do your research before going, you'll know roughly what to take, and what to leave behind. Maybe you won't need hiking boots if you're going on a beach holiday, and if it's generally pretty sunny, you can leave the umbrella and emergency raincoat behind. Of course, make sure you check the weather forecast the day before you go!

Halve, halve, and halve again

Some of you might be completely repulsed by this idea – only taking two pairs of shoes!? Leaving behind those 5 tops!? One of the most en-

couraged rules of packing is to only take what you really need. Lay out everything that you think you want to take, and halve it. Yes, that means that you won't be taking your favourite leather jacket, but did you really need it anyway? Depending on where you're going, it makes sense not to take the 'just in case' items, as it's highly unlikely you'll actually need them. Halving everything you think you need to take might seem hard, but just wait until it comes to halving it again! If you're travelling around a lot on your holiday, it makes sense not to take dirty clothes with you from location to location, so make use of available washing machines. It'll save you a lot of luggage room, and you might not have to pay such extortionate baggage costs.

Travel in your heavy items

If you know you definitely want to take your big coat and boots – wear them on the journey! You can always take them off once you've sat down, and this will mean your bag will be a bit lighter, so if you're travelling by plane, the baggage costs won't be as high. Some people go the full extreme and wear everything they're taking, avoiding baggage costs completely...so if you think you could wear it all, then go ahead! It would certainly make it an unforgettable journey!

Lots of people find travelling to be a bigger pain than it needs to be, but it really doesn't have to be. Just make some tough decisions, chuck your stuff in your bag (or don't at all!) and head off – go have a fab, well-deserved break!

Travelling Plastic-Free

by SOPHIE ELERI JAMES

Plastic is everywhere – EVERYWHERE – so for Lent I gave up plastic (you can read about it in the Environment section). Because I tend to travel fairly regularly, I've found that plastic tends to seep its way into my journeys, so I've made a conscious effort to significantly reduce how much I use. Making a few simple swaps here and there can be really easy and cheaper than buying products packaged in plastic. Sometimes the environmentally-friendly options are a little more costly, but it's a small price to pay for ensuring the wellbeing of our planet.

Travelling by train can be tedious, which is why I always like having a

cuppa with me. This could mean buying it on the train, which means that I make use of my reusable cup. I bought a funky foldable one from Amazon for about £8, which is great because I can keep it in my bag at all times and not have to worry about space. The Independent reported that in the UK we use 7 million disposable coffee cups each year, meaning that the hot drink you consumed within 5 minutes has a much longer lasting effect on the planet. If I'm really prepared, I leave the house with my flask nicely full of 2-3 cups worth of tea – perfect for a long train journey!

Similarly, making sure that you've got food to eat on the journey is a good idea too. It saves you having to buy something that it packaged, and

means that you're guaranteed something you like. As a veggie I find it difficult sometimes to get food that I like the sound of, so preparing something simple at home and putting it in reusable Tupperware is a great option.

I don't know why, and I couldn't tell you where this appreciation came from, but I bloody love Tupperware and anything related. A few months ago I bought a 1.2 litre metal water bottle, and honestly you cannot separate us. It's an overt love affair and I'm not ashamed. Gone are the days of plastic water bottles, bought in haste due to a desperate thirst. I can't cheat on my one true love (sorry Eddie). Finding the perfect water bottle is like finding your soulmate, and rather luckily I've found both.

Something else that's great to always have on you is a set of reusable cutlery. I bought mine from Go Outdoors for £3 – they're camping ones and came in a little case, meaning I can just chuck them at the bottom of my bag. They're great because it means that if needs be I can pick up a meal and not have to get a single-use plastic fork. You can get bamboo ones too, that come in really beautiful little pouches with chop sticks and a straw, but I opted for something cheaper just out of necessity.

I might seem a little old-fashioned with this next one, but hear me out. I always make sure I've got a handkerchief. I keep one in each jacket that I own, so that I don't have to worry about forgetting one, and they're

great! I love them because you don't have to worry about needing a tissue, and if needs be you can use them to mop up any mess you've made – just make sure you don't use it again on your face! They're so eco-friendly, and you can just chuck them in with your washing. There are plenty of things you can get that are re-usable just like this, like make-up pads and menstrual pads. Don't worry – everything comes out in the wash.

There are so many other swaps you can make, most of them really simple, and you'll never look back. It's a really great, easy way to cut back on your plastic usage, as these one-time purchases will last you so long, and prove much more economical as well as ecological.

Travel Essentials



by SOPHIE ELERI JAMES

As I've mentioned, packing is hard. It can take a long time to make sure that you've got everything you need, as well as everything you don't really need! Here's my top 10 items that I think are essential when travelling.

Documents

A bit of a no-brainer; make sure you're got all the documents you need! That includes passport, EHIC card (but then again, who knows if these will still be valid by the time your holiday comes around...), driver's licence (can be handy!), etc.

Chargers

As well as your normal leads and plugs (as well as travel adaptors), don't forget your portable charger. Such a life-saver on long journeys,

and great for chucking in your bag on days out.

Sunglasses

If you're off somewhere sunny, don't forget them! You can always buy some cheapies, but if you're like me and need prescription sunglasses (I can't be doing with contact lenses!), then you really need to make sure you've packed them, else you'll be squinting the whole holiday!

Medication

Don't forget about prescription medication, as well as things like paracetamol and mosquito-repellent too, just in case! Oh, and never forget your sunscreen!

Notebook & Pens

Great for tackling boredom on journeys, noting down places to visit, or journaling your experiences – you don't want to forget what you've

done! I make a habit of collecting ticket stubs and postcards and sticking them in as I go along, so that I've got a little keep-sake from the holiday.

Headphones

I can't travel without my headphones – they're a great way of blocking out annoying passengers! Make sure you prep a good playlist too.

Snacks – Healthy Ones!

It might sound ridiculous, but pigging out on your favourite chocolate and crisps might not be the best for you while you're travelling. If you fuel your body with the right stuff, you'll feel so much better once you arrive at your destination, and you'll have more energy to go and explore.

Water Bottle

If you read my article on plastic-free travel, you'll understand why I'd say to bring a reusable water bottle. Keeping

hydrated is so important, and having to buy a bottle of water seems unnecessary to me – just bring your own!

Clothes

Choosing what to take can be difficult (see my article on packing), but making sure that you have clothes to wear...that's what I'd call essential! Will there be a pool? Take some bathers! Might it be chilly? Make sure to take a light jacket. Don't forget plenty of underwear too!

Money

Finally, don't forget to change your money before you go – you don't want to be ripped off abroad. Another great tool is a travel card; load it up with money and convert on an app – it makes it much easier! I use FairFX for euros, which is great because there's no hassle and you can top up at any time.



Bank holidays are great for getting outdoors. There is so much to see and do in this part of the world, and we're so lucky to have organisations like the National Trust and Cadw, meaning that heritage sites and open areas are maintained for us to go and visit.

However, this past bank holiday proved that gorgeous weather can be dangerous. Cars were parked extremely recklessly along roads in the Brecon Beacons and all throughout Snowdonia (along the A5!), making it necessary for people to drive cautiously on these very busy roads.

On gorgeous days like the ones we've had recently, it's important to remember to be considerate of other drivers/travellers. While you might be enjoying a walk in the hills, there could be a massive queue of traffic due to your poor parking choice.

Another issue with bank holidays and getting out and about is the amount of litter being spread across the beautiful landscapes by people who just don't care about the environment.

FOOD & 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 14th May -
Learn to Cook Vegan 7pm

BAR UNO

Tuesday 7th May -
Free Chip Butty 7pm

Sunday 12th May - Sun-
day roast (to book contact
campuslife@bangor.ac.uk)

FFRIDD

Wednesday 8th May -
Wednesday Cooler Ice
Lolly Giveaway 12pm

Friday 10th May
- Free Fruit Friday

Friday 17th May
- Free Fruit Friday

Wednesday 22nd May
- Wednesday Cooler Ice
Lolly Giveaway 12pm

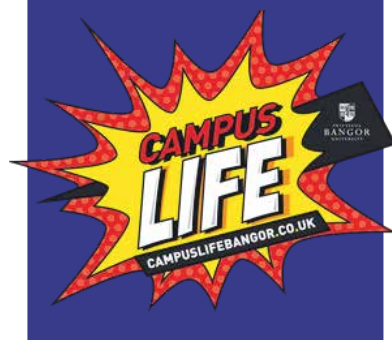
ST MARYS

Wednesday 8th May -
Wednesday Cooler Ice
Lolly Giveaway 12pm

Friday 10th May
- Free Fruit Friday

Friday 17th May
- Free Fruit Friday

Wednesday 22nd May
- Wednesday Cooler Ice
Lolly Giveaway 12pm



The Sweet Side Of Filial Cannibalism



by PAIGE BROOK

Having Easter just passed, we can reminisce on the resurrection of Christ and of course tucking into those lovely chocolate eggs or Lindt bunnies. While we may find this tradition a nice light hearted bit of fun, the reality is rabbits eat their own young, and hens their own eggs. In fact, within the animal kingdom eating offspring is more common than you may have thought. The reasons behind it: hunger and quality control.

Research by the University of Tennessee and University of Oxford have suggested that filial cannibalism can be considered parental care. Bizarre as it is, Frontier in Ecology and Evolution reflects the philosophy of Thanos in Infinity War, by stating that there is a mathematical model that shows when overcrowding threatens offspring survival sacrificing a few for the welfare of the rest is deemed as tough love. Yet, in the case of the rabbits and hens, they opted on cannibalism as opposed to collecting the 6 Infinity Stones.

The role of offspring density was positively associated with filial cannibalism. When focussed on species who lay eggs, they found that communal egg laying is common. This makes it easier to protect, clean, incubate and feed the eggs, but the competition for oxygen and food increases. As offspring density affects egg survival, it really is a 'live fast, die young' mentality to some species.

.....

Another Arrival Bangor Fair-Price Cafe



by PAIGE BROOK

The latest of Bangor's food scene has finally opened after a few months of preparation. Slowly but surely, we have watched this void in the Deiniol shopping centre turned into the wonder that is Bangor Fair-Price Café.

This café is inspired by the local surroundings sourcing its décor and ingredients locally. Placed over 2 floors, it offers a warm and welcoming embrace. Enjoy a coffee and cosy on up admiring the local photographer's work on the walls. Their selection is freshly made cakes, pastries and a variety of hot and cold drinks. Offering a new space for everyone to relax and take a breather. They pride themselves on their low prices and we congratulate them and look forward to see how they progress!



Anglesey's Best Kept Secret

By PAIGE BROOK

Benllech is home to the pearl of North Wales: The Beachcomber Bar and Grill.

This hidden gem is rated 4 and a half stars on TripAdvisor, and my god it really is worth it! Located on Bangor Road, Tyn-Y-Gongl, LL74 8TF, the Beachcomber combines Spanish style tapas alongside local produce. Its grill section is mouth-watering and the pizza to die for! Portions are fit for a family of four per dish so you won't be leaving hungry.

I opted on the garlic bread and olives for starters and I was not disappointed. A mixture of green and black olives bathed in oils and herbs are a refreshing palate cleanser. The other starter of garlic bread was a full-size pizza, freshly baked with the option of adding cheese and chilli, makes for a delicious and filling starter. Portion size of just the olives and garlic bread was practically enough for myself and my parents, then came out the mains.

I opted on their 'Espetada'. Watching this dish arrive to the table was a sight for sore eyes. Handcrafted with elegance, perfectly balanced on texture and colour. I was in love and I hadn't even taken a bite! This 'Espetada' had already become my new ob-

session and quite rightly so as it was tailored to my liking! Ordering the dish is a maze in itself: Essentially, it is a hanging skewer with an option of 3 meats: Chicken, Lamb, Rib Eye Steak, served alongside either home-made flatbread with salad or on the skewer salad, home-made coleslaw, and yet another choice of either alioli or mint yoghurt. A seriously personalised dish.

My choice? The lamb hanging skewer accompanied by salad, home-made coleslaw, and mint yoghurt. My god. Now every night I dream of having this glorious dish again. I cannot recommend Beachcomber Bar and Grill more!



cove
POP UP
COFFEE AND RUM SHACK
CABAN COFFI A RUM

OPEN DAILY 12PM TILL LATE

BAR GAMES
CARIBBEAN PARTY
EVERY WEDS 2-4-1 COCKTAILS

LIVE MUSIC EVENTS

£1 A PINT MON & FRI
selected drinks and promotions

FOLLOW US
f COVEBANGOR

UNI WE ARE HERE

£1 POUND PARTY!

Can't Find



by PAIGE BROOK

Pontio had a reshuffle over the Easter holidays, I was shocked to find Cegin empty and went on a wild goose chase for a sandwich. This third-floor wonder has been relocated joining the second floor. One less set of stairs to climb is a god sent, and with the latest addition of their pizzas.

I tried the new olive and goats' cheese, while you can get big flavours unfortunately portion size is not. They've reworked the space on the second floor to create a more friendly student atmosphere while still attempting to entice the general public. So next time you're looking for a New York Bagel, don't fret just one less step.



Endgame Spoiler?

by PAIGE BROOK

Loud eaters, smelly food and the slurps of the person next to you is the worst spoiler for any film. After attending the double bill of Marvel's Avengers: Infinity War and End Game, I realised I committed one of the deadly sins by whipping out my Morrisons fajita. No, not bringing your own food in the cinema, that's actually allowed as they really don't care! But as soon as that packet opened, the smell of my mini Mexican fiesta paraded across the rows around me. Sorry row F. Here's a list of the best and worst cinema snacks (in my own opinion):

Best Cinema Snacks
Eat before you come
No joke. Maccies is always just around the corner stock up before on a medium meal and you won't

be tempted by a £17 packet of mini cheddars.

Popcorn, obviously
Cinema sweet, never salted. Just don't eat the leftover corn parts – worst thing trying not to choke in the middle of a packed cinema.

Nachos
Always

Squashies
For me sour apple and cherry flavour. All other flavours are inferior.

Rainbow Drops
Goldie but oldie.

Haribo's
Specifically Tangfastic or Sour Cheries. What a kick of energy they are to sit in a dark room for 3 odd hours.

Worst Cinema Snacks
Pork Scratchings
Blame Michael Shields for this abomination.

Fruit and Veg
No offense but why?

Anything loud
Morrisons Fajitas Meal Deal – forgive me father for I have sinned.

Smokey bacon crisps
They stink. Make that any crisps really, loud and occasionally smelly. Unless you're going to let it soak in your mouth til it's soggy to chew don't bother.

Leaving half way through Infinity War to go get a KFC and then bring it back into the cinema
We all saw you, you sat in the centre, you're not slick.

Coffee Cake With Coconut Sorbet

Ingredients

Coffee Cake
187g plain flour
16g cocoa powder
4.6g baking soda
200g caster sugar
3g fine salt
5g white wine vinegar
4.5g vanilla paste
67g vegetable oil
180g brewed coffee – at room temperature
60g Kahlúa

Coconut Sorbet

800g coconut milk
100g caster sugar
50g glucose
150g desiccated coconut
25g Malibu

Coconut Crumb

100g desiccated coconut
70g vegan margarine
230g caster sugar
130g coconut oil
300g plain flour

Espresso Fluid Gel

350g brewed coffee
50g caster sugar
5g agar-agar

Method

Coffee Cake

Sift the flour, cocoa powder and baking soda together into a high powered food processor and add the sugar and salt. Combine the wet ingredients in a container. Add the wet ingredients to the dry and combine thoroughly with the paddle function on the food processor. Transfer to a silicone tin mould (or thoroughly greased oven proof container) and bake in the oven at 180°C/350°F/Gas Mark 4 for 35 minutes.

Coconut Sorbet

Combine all of the ingredients in a pan and bring to a simmer. Remove from the heat and transfer to a container – leave to infuse for 1 hour. Pass through a fine chinois (or nut milk bag, muslin or pair of tights!) and leave to cool to room temperature. Churn in an ice cream machine (or freeze, then chop into pieces and blend then freeze again).

Coconut Crumb

Toast the desiccated coconut in the oven at 160°C/310°F/just under Gas Mark 3 until golden brown. Meanwhile in the food processor with the paddle attachment, cream the butter and sugar until light and fluffy, then add the coconut oil and paddle to incorporate. Sift in the flour in two batches and beat on low speed to incorporate. Spread the mixture out on a tray and bake in the oven at 160°C/310°F/just under Gas Mark 3 until golden brown, then remove from the oven and leave to cool to room temperature. Combine with the toasted desiccated coconut and keep to one side until needed.

Espresso Fluid Gel

Bring all of the ingredients to a rolling boil while whisking. Remove from the heat and pass through a fine chinois (or nut milk bag, muslin or pair of tights) into a tray. Leave to cool to room temperature before chilling to set the gel. Cut the gel into rough pieces and blend in the blender until smooth. Transfer to a squeeze tube (or use an old ketchup or mustard bottle). Arrangement
Arrange the crumbs on a plate, squeeze spots of coffee randomly on the plate. Break the sponge into pieces and arrange. Finally add a scoop of the sorbet and serve.

Vegan Baked Oreo Cheesecake

Ingredients

Crust
3 packets of Oreo (154g per packet) biscuits
3 tbsp vegan margarine
Filling
100g/1 cup ground almonds
500g/4¼ cups vegan cream cheese (eg Bute Island, Tofutti, Tesco, Sainsbury's, Violife)
1 x 400ml tin/1½ cups plus 1 tbsp of coconut milk
200g caster sugar
6 tbsp plain flour, sieved
4 tbsp corn flour
1 tbsp coconut oil, melted
170g/1 cup plus 2 tbsp vegan dark chocolate
½ tsp cocoa powder, dissolved in a tiny amount of boiling water
Pinch of salt
2 tsp vanilla paste or extract
1-2 tsp lemon juice (fresh or bottled)
Topping
250ml/1 cup vegan chocolate sauce (eg Askeys Crackin Chocolate Chunk)
Vegan squirty cream (eg Soyatoo or Food Heaven)
1 packet of Oreo

Method

Base
Pre-heat the oven to 150°C/300°F/Gas Mark 2. Grease a loose bottom cake tin (20cm diameter and 7cm deep) with vegan spread. Blend the Oreo until fine or place in a clean tea towel and bash with a rolling pin. Gently melt the margarine and coconut oil in a small saucepan on a low heat until fully dissolved. Combine thoroughly with the blended digestives in a large mixing bowl. Empty the mixture into the greased cake tin and evenly distribute along the bottom and up the sides of the tin. Place in the fridge until you need it.

Cake

Blend the ground almonds, cream cheese, coconut milk, sugar, flour, cornflour, lemon juice and vanilla paste until smooth. Melt the dark chocolate and coconut oil using a double boiler (a glass or ceramic bowl that fits on a saucepan of simmering water but doesn't touch the bottom) and then pour immediately into the cake mix and blend. Take the base out of the fridge and pour the cake mix straight onto the base. Give it a bit of a shake to make sure the mixture is evenly distributed. If you would like to add raspberries to the cake mix, push them evenly into the mixture until they are fully submerged. Fill a deep baking tray with water (around 1 inch). If you are using a cake tin with a loose bottom, make sure it is really securely covered with foil before placing it into the water. Put the tray with the cake into the pre-heated oven and bake for 1 hour 30 minutes. When the cake is ready, take it out of the oven and leave it to cool for an hour before putting it into the fridge to set overnight. Once set, remove from the cake tin using a hot knife.

Topping

Pour vegan chocolate spread all over the top of the cake (and down the sides if you fancy it). Decorate with squirty cream and Oreo biscuits. Keep refrigerated.

LIFESTYLE



COURTNEY MCHUGH
LIFESTYLE SUB-EDITOR
lifestyle@seren.bangor.ac.uk

A Special Thanks To...

Being a sub-editor of Seren has made my third year. From meeting all of my fellow sub-editors and creating a fun, close-knit community to writing at least four articles per month, I would not change it for the world.

Not only has it improved my confidence in my own writing, it has given me something that I will remember when I think back to my time at University. I would like to say thank you to my mom and dad,

who have collected every single one of the Seren Newspapers since I started to write and edit for the paper.

This hasn't been easy, writing AND editing, so I want to thank my contributors. Thank you to Rory Formstone-Roberts, who has wrote an article for me for all but one issue, I really don't know what I would have done without you!

Thank you also, to Sabrina Ahmed, who has also wrote an ar-

title for the lifestyle section.

Thanks to Finn, our editor, and Jack, our deputy editor, for looking over my pages and (probably) changing all my mistakes for me!

Like I've said, I have LOVED being a sub-editor for Seren and I wish I had got involved earlier. If you want to get involved, we will hold an AGM at the beginning of the next academic year.

You won't regret it!

Pre Exam Stress Tips

by COURTNEY MCHUGH

It's officially exam season. Take a deep breath! You've got this.

The dreaded time of the year where you spend endless nights slaving over a laptop at home or in the library and revision notes seem to follow you wherever you go. Everyone revises differently; you have the crammers who learn the whole module the night before the exams and those who have been revising since the academic year started (you know... just to be safe). So I won't sit here and lecture you, mainly because that's not my job and I unfortunately wouldn't get paid for it. Instead, I will give you some tips that have helped me during my three, wisdom-filled years at Bangor University.

Keep it in perspective

I am a sucker for this; I will always look at how others are doing. When one of my friends, at a different university, submitted her dissertation in January; my stomach dropped. I began to worry about my measly 1,000 words I had

written and why I wasn't as on my game as she was. It took me a while to realise that we study completely different courses, at completely different universities and our situations and journeys are completely different. Never look for your failures in someone else's successes! Also, schedule your rest time. Make sure you get your own time, to do what relaxes you. Without this, you will go crazy. Even with this schedule, do not worry if you go off track one day as you can make up lost time on other days. To reduce your stress, always put yourself first.

Make sure you have good habits

As I have already mentioned, take rests/breaks. Psychologists have determined that we can only concentrate properly for 30-45 minutes. So take that well-earned break; whether you stick on Netflix, make yourself a snack or drink, or go on a walk, you will feel refreshed and ready to jump straight back in, as opposed to revising for 5 hours straight and having an hour break.

Set yourself realistic goals to help boost productivity. Even the simplest things, such as drinking water and getting the correct amount of sleep (approx. 8 hours) will help you relax.

Support

Make sure you have a solid support system. Whether this is your family, who proofread your essays, or simply just leave you to have alone time when you visit them so that you can revise, or your course mates who all stress about the exam/essay with you and most likely REVISE with you.

Again, just don't compare yourself to them! If you are struggling, please talk to someone. Whether you speak to the admin team for your school, your personal tutor, housemates, friends or family, they will offer you advice, which will alleviate the pressure you are feeling in exam season. Most of all, believe in yourself – you should always be your own #1 fan.

Happy Exam Period: May the Scaling be Ever in Your Favour.

Here's a joke to get you through this difficult time. It made me laugh so hopefully, it makes you laugh too:

I always give 100%. Which is why I lost my job as an exam marker.

Bangor University also offer many resources to help alleviate your stress. On Bangor University's website, they state that you can use any of their resources which include:

A Drop-In Advisory Service

The Advisory Service offers strategies to help develop your revision and exam skills. All you have to do is contact the Study Skills Centre, which is situated in Room 222, Rathbone Hall, College Road, Bangor, LL57 2DG. Either email them at: studyskills@bangor.ac.uk or call 01248 382689 to book in for the service.

Access Centre

The Access Centre is for those students who are eligible for the DSA (Disabled Students' Allowance). This centre is the first Needs Assessment Centre in Wales and is accessible for both students of Bangor and non-students. They offer meetings with an accredited assessor and look into your course, strategies and disability-related barriers to learning. They offer support options and recommendations if you do receive the allowance.

Counselling Service

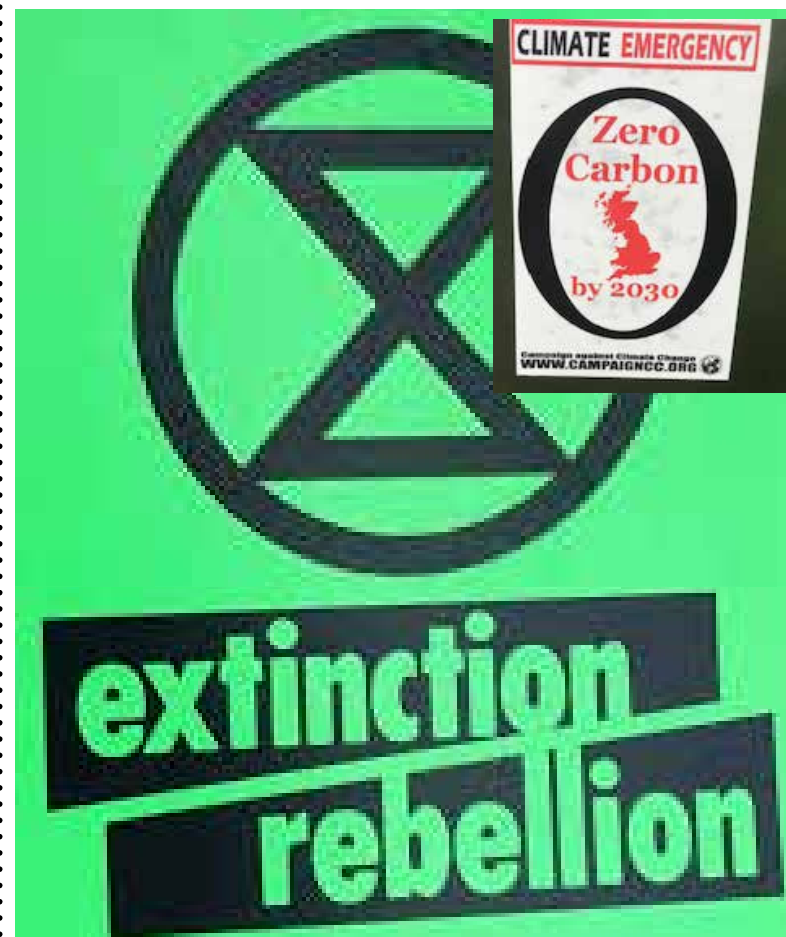
Bangor has a Student Counselling Service, situated in Neuadd Rathbone, which offers personal meetings and workshops throughout the year to support students during their time at University. They have self-help links, events and support sessions designed to help us.

If you are struggling, please reach out.

The national organisation, Mind, publish books and leaflets on mental health difficulties including stress, anxiety and panic attacks.

Infoline: 0300 123 3393

OPINION: 'Humanity Is At A Crossroads': Extinction Rebellion



Climate Emergency (insert), along with the Extinction Rebellion stickers (back), are emblazoned on lampposts and electrical green cabinets all over Bangor. The aim of the Welsh Climate Campaign is to have Zero Carbon Emissions by 2030.

by COURTNEY MCHUGH

Extinction Rebellion has taken the world by storm. The socio-political movement has recently hit the headlines for their nonviolent protests against climate change, biodiversity loss, and the risk of human extinction and ecological collapse. Across the globe, activists have staged protests in shopping centres, transport hubs and museums (namely the die-in protest at the Kelvingrove art gallery and museum in Glasgow, where three hundred activists lay down beneath Dippy, the diplodocus skeleton, for 20 minutes).

However, their protests receive bad publicity; at one gathering, over 1,000 activists were arrested. But, what for? The climate change activists want to warn others of the risk of human extinction if we do not do something about climate change. The mass movement is also committed to stopping, or at least hindering, the collapse of the ecosystem.

Currently, there has been a popularisation of paper/metal/silicone straws in substitution of plastic straws, in order to reduce plastic waste. Many corporations have tried to put in their bit to help reduce plastic waste, such as McDonalds. Unless you have been living under a rock, you have probably seen the controversy surrounding McDonald's paper straws. The public has scrutinized the straws as they become soggy. To me, this is laughable. McDonalds' banning of plastic straws

will help to clean the world's oceans; I am all for that and do not mind, and will even opt for a paper straw if I can. Metal straws troop the likes of paper and plastic straws and I could not recommend them enough. From multipacks to straws that unfold so you can take it out with you, they are a step in the right direction.

If you look at the chaos that has unfolded as a result of the substitution of plastic straws for paper straws at McDonalds (such as the eBay auction for McDonalds straws that are nearing the £1000 bid), you can't help but worry about humanities reaction to our own future.

In terms of Extinction Rebellion, their die-in protests have been scrutinised by the Mayor of London and the Commissioner of the Metropolitan Police Service for its disruption. It is difficult to see how the world isn't worried about this emergency; we need to do something about it.

Update

The UK parliament have now declared an environment and climate emergency. This makes the UK the first country in the world to do so. The UK government aim to reduce carbon emissions by 80 percent by 2050. This news comes after the weeks of extensive protests by the Extinction Rebellion activist group who demanded more climate action. Hopefully, more nations will follow in the UK's footsteps.

Horror Of The Vampire Facial: What A Bloody Nightmare



by COURTNEY MCHUGH

In recent reports, it has been claimed that two people have been diagnosed with Human Immunodeficiency Viruses (HIV) after receiving the Kardashian tried-and-tested ‘Vampire Facial’.

It is known as a Vampire Facial (also known more professionally as PRP-Platelet-rich plasma) which involves re-injecting the patient’s blood from their body to their face. It is designed to ‘aid the re-absorption process’ and reduce the appearance of wrinkles.

Popularised by Kim Kardashian, who was recorded on the spin-off show of *Keeping Up with the Kardashians*: *Kim and Kourtney Take Miami* having the bloody procedure, had Americans lining up to have their faces pierced by tiny needles.

Unfortunately, two patients from the same cosmetic surgery in Albuquerque have been found to have contracted the deadly virus. People who have undergone the same procedure are being urged to go to the doctors to get tested for HIV and Hepatitis.

The Vampire Facial is not at fault but rather the spa where the procedure took place. It has since been closed down after a problem was recognised by the New Mexico Department of Health (NMDOH) regarding the way in which the needles were handled and

disposed.

It is scary to see how easily the blood-borne infections can be passed round; this is not the first time that people have unknowingly been contaminated by the disease.

Also, there are many ways to achieve the clean skin that the Vampire Facial treatment arguably does. The very expensive treatment is surely not going to be a popular treatment after this HIV scare.

It has since come to light that the procedure can be offered without a qualified medical professional present. As a result of this, the person who carries out the procedure is unlikely to know the correct way to handle blood.

The cosmetic procedure has been endorsed by many celebrities, all following in the footsteps of Kim Kardashian; those who have undergone the procedure will hopefully alert their following to the issues regarding re-injection of blood from the body into the face when done improperly.

With all of the bad publicity, I would not have this operation done as the benefits are not crystal clear, and seem to be nothing that a good skin-care routine cannot fix.

It is sad to see that a beauty fad has resulted in two people contracting a potentially deadly virus, all because society pressures us to be ‘perfect’.



by COURTNEY MCHUGH

How lucky have we been with the weather recently? Easter Weekend was the hottest Easter on record. It has dulled down a bit more recently; I was welcomed back to Bangor with torrential rain. Thanks Storm Hannah. Ah well, you know the saying ... April showers bring May Flowers! So let’s hope for lots of warm weather after my dissertation hand-in! I have very sensitive skin, and the slightest simmer of sun and my face becomes a dot-to-dot and goes SO red! I will admit it, over Easter I did not put sun lotion on, because 23 degrees in England just doesn’t scare the crap out of me like hot summers in warmer countries do. Oh boy, do I lather! Luckily, for me, my foundation was my saviour. Did you know that many brands’ foundations have SPF in them?

Skin Cancer Foundation have claimed that “In vitro tests have shown that SPF 15 sunscreens filter out 93 percent of UVB rays, while SPF 30 protects against 97 percent and SPF 50 98 percent. But remember, it is important for the sunscreen to include broad-spectrum protection that also shields adequately against UVA”. Please use SPF in foundations, tinted moisturisers and BB/CC creams as a supplement. You should always be applying a good-base of sunscreen –

your make-up products just give you that extra protection.

My favourite face products that have the added benefit of sun protection are:

The Ordinary’s Coverage Foundation SPF 15 30ml - £5.90 (Beauty Bay)

If you have read Seren’s lifestyle section before, you will know how much I love this product and how I like to rant and rave about it. This natural, semi-matte foundation has SPF 15. I would recommend wearing a higher sun protection factor on your face as a base (SPF 30 or 50) and this foundation as a supplement. As it is a product that is designed to have buildable coverage, it would be perfect as a holiday foundation when you want to let your skin breathe as well as having protection against the sun. This product is cheap, easily accessible with an added bonus of sun protection, so £5.90 is a good bargain!

E.l.f’s Beautifully Bare Foundation Serum SPF 25 - £9.00 (e.l.f) (Cruelty Free AND Vegan)

A happy medium comes in the form of e.l.f’s Foundation Serum with Goji Berry. The serum gives a luminous, dewy finish that helps to minimise the appearance of pores. The Broad Spectrum UVA/UVB SPF 25 formula creates a radiant glow. With Vitamin A,C and E,

Grape Seed Oil, Pomegranate Oil, and Goji Berry infused in the formula, the product is designed to nourish and protect the skin. At only £9.00, the product cannot be faulted.

IT Cosmetics Your Skin But Better™ CC+ Cream™ SPF 50+ - £31.00 (Boots)

The most lightweight product I have chosen coincidentally has the highest sun protection factor too! If you’re like me and your face burns easily, this product will be perfect for you. Although it is expensive (marketing at £31.00 on Boots), it is one of the only makeup products that has SPF 50+ UVA/UVB broad-spectrum sunscreen in it. It was developed with the help of plastic surgeons and is said to give you ‘instant complexion perfection’. On top of the sun protection, this CC cream helps to conceal dark spots, reduce the appearance of pores and hydrate the skin. Although it is expensive, this product benefits your skin in every way possible. It really is ‘Your Skin But Better’.

Like I have already said, this summer, do your skin a favour and apply sun protection! Always apply sun lotion and SPF based products should only be used as a supplement. The majority of drugstore brands have SPF based formula and this is always labelled on the front of the packaging.

The Humanities Notebook: The End Of Chapters

by RORY FORMSTONE-ROBERTS

As the sun christens the new day, etching the outlines of the old world with new beauty, just stop, do not let something or someone else write your destiny.

Smile and write your own story.

It may be the end but truly it is the beginning. You may be on your last mad dash to the finish line of your degree but do not worry, time will tell. You may be flustered at the prospect of this next step but do not worry your heart will know. You may be ecstatic about finishing and getting out of this place. Well, the world will help guide you along your chosen path. I know from personal experience that people view the end as a jump point, a shock, a loss or even an adventure. You reading this might view it differently as well and that is okay. We were given the ability to be unique so why shunt that away? Express how you feel.

Smile and write your own story.

Authors write about the end being the happy ever after of the story where the Princess and Prince live

together in the enchanted forest, but no one ever really discusses the emotion of loss in reference to the end. When you lose someone dear to you your body grieves and goes through different phases of fixing itself. This can correlate to the end of things and how we move. But do not feel down and empty, like the world is deflating beneath you. That feeling inside you will dissipate and re-emerge like a phoenix from the ashes and bring light back to your core. Smile and write your own story.

Some of you may be leaving this year, whereas the majority will be continuing your degrees and all the hard work, developing your minds and putting more miles on your soul and that is amazing. Some people will make you doubt yourself and make you stumble over worries that do not exist; just stop, stand and live your life the way you want to. Smile and write your own story.

A lot of us will be entering the real world now with high hopes and optimism ready to tackle it with the

gusto we have stored. The winds can change, and the path can be blurred by obstacles and illusions of grandeur, and this act of nature might drive you to the better tomorrow or it can steer you into the wardrobe. Do not let something inhibit what you can truly be; a person of power, of strength, of beauty and that is only the face of the product. You are not defined by the path you lead but seen as the person that takes those steps within their stride towards the destination of your choosing. Smile and write your own story.

Do not cry because it is over and shed a tear for the missed, be happy because you lived and have the memories held dear. Take that step into the world, maybe known or not and run. Run like there is nothing in your way, run like the stars are aligned, run like the world is a fresh canvas to draw on and run like tomorrow is in your hands. Tomorrow is what you make of it, and tomorrow is when a chapter ends but the book continues. Smile and write your own story.

Editor’s Picks

by COURTNEY MCHUGH

My pick for this month is a product I haven’t ordered yet, but I can’t wait to order it on payday!

It’s OPV Beauty’s Rainbow Splash Eyeshadow Palette from BeautyBay. The bright palette consisting of 20 different eyeshadow colours is a summer must-have! A mixture of mattes and shimmers, this eyeshadow palette would be perfect for the summer, girls (or boys!) holidays and festivals. Speaking of which, have you got your SummerFest ticket yet?

Retailing at £29.00, each eyeshadow colour costs £1.45. With names such as Eclipse, Chimera, Dream and Fantasy, the palette’s

colours are as eccentric as their names.

There are a range of blue colours, a periwinkle satin, a magenta matte and a mint shimmer. There is also an eye-catching metallic shade: Flame, which is described as an intense rust foil.

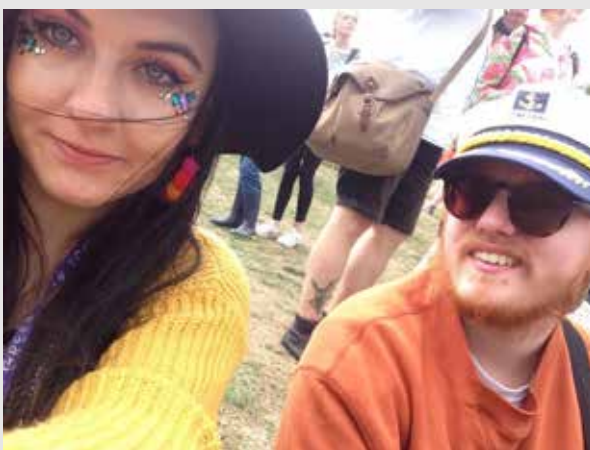
Reviewers have consistently praised the palette for its super-pigmented shades and blendability. It has also been described as long lasting.

This palette is perfect to add a bit of colour into your look. Whether its a pop of yellow, a coral or a green shade - this palette has it sorted.

Packaged in a lovely, bright yellow case, you won’t forget it’s in your makeup collection.

I am so excited to try this out!

From Formal To Festival



by ISABELLA TIMPANY

With headline acts such as, Sigma and Lethal Bizzle, Ed Sheeran (kind of) and (almost) Adele, the night is set to be a wild one, with the event starting at 2pm and ending at 5am. The festival will be in full swing for the entire time, which sparked the idea for a festival themed evening, meaning guests don't have to return home to get changed.

With the recent rebranding of the summer ball, there has been much speculation about the dress-code and whether to stay traditional or embrace the festival theme. Academi released a statement on Facebook, addressing the dress code debate.

"There's been a lot of speculation on the dress code and times for this year so don't panic! Let us clear that up for you guys!

This year's event is none stop! It

starts at 2pm and doesn't finish til 5am the next morning! Don't panic though – we want you guys to make the most of the continuous event but if you need to pop home then you can do! You can come in and out of the event right up until 10pm – after 10pm you won't be let back in if you leave.

This year is a festival! So get out that glitter, throw some tassels on and come in full force festival mode! HOWEVER – if you do want to go home for a quick change then you're more than welcome to, but we do encourage the festival vibe to keep going strong through the night! We also know how much you guys LOVE to get all dressed up, so if you want to get your black ties out then feel free to do so! It's YOUR Summer Fest, so what you wear is YOUR choice!"

BUT, instead of choosing an option, I'm going to show you can combine

both festival and formal and do both!

Glitter Up

Arguably the simplest way to transform any outfit and make it fit for a festival. And it is true what they say, there is no such thing as too much glitter! However, remember to be mindful of where you buy your glitter from. More than 60 festivals are planning on banning glitter from their sites as of 2021, due to it being made primarily from microplastics. However, it is easy to source environmentally friendly alternatives. Check out 'In Your Dreams' or 'The Gypsy Shrine' who sell planet-friendly biodegradable versions.

Wacky Suits

Harry Styles has been crowned by the style-gods as master of flamboyant suits. He's appeared on stage in glittery suits, floral suits, even purple silk suits with dragons on! He's even

featured in Gucci's Men Tailored campaign, posing with various farm animals in his wonderfully vibrant two-piece suits. Women's patterned suits are also a huge trend this year, with stores stocking tailored coordinates in every colour under the rainbow. This trend is the perfect way to achieve festival and formal and still look super suave.

Have a Boho Ball

If you're a fan of the maxi dress - this one's for you! Flowing floral dresses are a great way to look elegant but with a Woodstock era vibe. This style is easy to achieve on a budget, as vintage dresses work great! Choose natural tones and fabrics, mix fitted with flowing and experiment with fun patterns and fabrics: lace, crochet, suede and leather all welcome!

Get Ahead, Get A Hair Piece

Get ahead and get a hair piece! Ful-

fil all your dream hair fantasies and experiment with the boldest, brightest wigs. Wigs are the perfect way to make a statement, throw a bright pink wig on with a black ball gown or black two piece suit and you're good to go!

Neon Is The New Black Tie

Pastels have timelessly been the go-to colours for May, however runways this season have featured the brightest sherbet colours. Neon is the new black tie. Highlighter pinks, oranges, yellows and greens are a fun way to stand out from a crowd. With the colours so on trend this season, there are a limitless amount of vivid dresses online and on the high street and a plethora of neon accessories available at Sparx - including tights, bow ties and 'rave paint'.

Here are some of our editor's finest festival moments...

Ugly, But Make It Fashion



by ISABELLA TIMPANY

From dad trainers to pool slides, the recent 'ugly fashion' trend hasn't gone unnoticed, sparking controversy worldwide. But, love it or loathe it, it's everywhere and it looks like it's here to stay. Balenciaga's triple S's have become a staple in the wardrobe of fashion-lovers since they were released in the September of 2017 and following the acceptance of these albeit, 'unconventional' trainers, the industry have embraced all things ugly.

As well as the Triple S platform trainers, Balenciaga also unveiled an official footwear collaboration with Crocs at Paris fashion week. The risky 'platform clogs', which come in pink, black, yellow and 'toast' (a beige/nude colour), retailed at \$850 and, surprisingly, were a roaring success and sold out before they were even released. Balenciaga's Barbie-pink Croc stiletto also went viral which were equally as unique and equally as insane. Crocs, once the butt of all jokes in the fashion industry, instantly became a designer must-have – making us wonder, is there anything Demna Gvasalia, Chief Creative Director of Balenciaga, can't make cool? Balenciaga's eccentric trends haven't been favoured by all however, criticised for 'trying too hard' and lacking in taste.

Post Malone has also been a huge advocate for the Crocs trend. In 2018 he collaborated with the rubber shoe brand, releasing The Post Malone x Crocs Dimitri Clog and the Barbed Wire Clog both with 6 personalised Jibbitz charms. The clogs were a huge hit, with his first collection selling out in just 10 minutes. The collaboration came after Post Malone tweeted "U can tell a lot about a man by the Jibbitz in his Crocs". Post religiously wears Crocs, reporting he wears them everywhere from the bar to the stage. The Dimitri clog is a white shoe, stamped with the Devil Posty Co. logo and including Jibbitz that recreated his famous 'Stay Away' face tattoo and floating eyeball. Crocs Chief Marketing Officer Terence Reilly said "Post

Malone is a beloved creator and represents what it means to be comfortable in your own shoes, so collaborating on product design is special".

The popularity of Crocs with the young generation has skyrocketed. Once deemed as 'lame', the shoe, according to Piper Jaffray's biannual survey of teen preferences, Crocs now rank 13th out of all footwear brands in terms of teen popularity, whereas in 2017 they ranked in at 38th.

The point is, in this era of ugly fashion, the industry is always striving to turn heads. You don't have to like it and you don't have to wear it, but everyone reacts to it and provoking a reaction keeps fashion relevant. By embracing ugliness and celebrating individuality, we create a sense of liberation and empowerment. By breaking down the boundaries of what is regarded 'attractive', we are showing authentic women and men that you can look and feel your best when you're expressing your true, innermost self. Dries van Noten once mentioned that he bases many of his collections on a colour he doesn't like, "nothing is as boring as something beautiful".

Geraldine Wharry comments on the trend "I think inclusivity and diversity plays a role [in why] the ugly beautiful trend is [in why]. Notions of what's attractive, feminine [and] seductive are being redefined along with gender perceptions. [It] makes for a very experimental time in fashion in terms of pushing boundaries in colour, shapes, unisex fashion or gender-bending fashion, leading [designers] to thrive within the notion of ugly beautiful. Their models are no the conventional idea of beauty and their concepts on catwalks are both odd, repulsive and fascinating."

The ugly trend isn't new and it wasn't always as accepted. Marc Jacobs' Spring/Summer 1992 show at New York Fashion Week, for example, presented a Perry Ellis grunge tribute, where Jacobs put Kate Moss in a pink pair of Birkenstocks and paired chiffon dresses with Dr Martens. It was a controversial show that got him fired

from the brand. Legendary fashion critic Cathy Horyn wrote "Grunge is anathema to fashion" in her review. "Rarely has slovenliness looked so self-conscious, or commanded so high a price."

18 years ago, Britney Spears and Justin Timberlake graced the red carpet in one of the most memorable denim looks of all time. Their matching denim ensembles are unforgettable and the famous double-denim trend has been recurring ever since.

We find that with the new 'ugly' trend, ugly often means practical and, more importantly, comfortable. UGG boots, arguably the most comfortable shoe in history were a huge trend in the 00's. In 2000, Oprah Winfrey announced UGG boots were her favourite things on her prime time talk show. UGG gifted 350 pairs of the teddy-like Australian surf shoe, kick starting the noughties boom. In 2018, style icons, Rihanna, Gigi Hadid and Sienna Miller were all spotted digging out the noughties cult favourite.

There are many perks to ugly trend, it could be positive step forward in eco-fashion. The fashion industry had come under worldwide criticism as it is one of the most unsustainable, polluting industries. According to Zuzanna Skalaska, a seasoned trend forecaster, the ugly trend is sustainable. "Ugly should be a new black if we want to save our planet. We have too many things, too many perfect-made things. Instead [we should focus on] 'less is more' – less beauty, more function and more reused material should be a production standard." We should all make more effort to recycle forgotten about staple classics, not of-the-moment pieces: vintage boiler suits and dad trainers are a great way to look on-trend and be more sustainable. The ugly aesthetic is better than pretty when it comes to re-usability.

Overall, the ugly trend may not be loved by all, but it's making big steps in creating a more dynamic, inclusive and sustainable world, and we could all make efforts to embrace it for these reasons.



ARTS & CULTURE

Discovering The Paget Papers



by LAURA PATARI

The Archives and Special Collections are celebrating the Year of Discovery during 2019. Their aim is to present "inventive individuals, adventurous Welsh men and women and new exciting resources for researches in the Archives".

As introduced in the previous issue of Seren, the Archives are in the process of acquiring a new collection titled "The Paget Papers" and are helped by myself, an Archives intern, to process the new accession. As three months have passed so far, and in the theme of discovery, I want to talk about a few 'discoveries' that the Paget Papers have revealed to me.

Before that it is necessary to highlight the pivotal role of the Archives to historical record-keeping and preservation of many local collections. Bangor University holds many large collections of the local Estates, including Penhryn Castle, Mostyn Estate and the Plas Newydd Estate to which the Paget Papers belong. Archiving these collections preserves both local history and the very people behind it.

One of the most central discoveries I have made from the Paget Papers is the value of personal items to local history and setting. Documents ranging from invoices to diaries, personal and private correspondence and news cuttings to photographs reveal the Pagets and their everyday lives being tightly tied to the local area and businesses. Whether one is looking into London's Harrods or Bangor's local grocer in the 1800s, the collection has a capacity to reveal historical records that span far wider than the immediate family history.

It's surprising how personal documents, seemingly mundane such as a flyer or a meeting agenda, can weave and reveal a rich history of both the person and the world around them.

Another discovery that I have made from the Paget Papers is that these seemingly mundane items can sometimes into surprising treasures. Recently I was going through a box of miscellaneous correspondence, and stumbled upon an empty, large envelope. Looking bleak and yellowed in time, the front of the envelope did not reveal what lay behind on the other side: a handwritten family tree, in neat cursive, going all the way back to the 17th century. This mundane item became a treasure as I placed it within a plastic pouch. It now rests next to other treasures such as handwritten letters from Queen Elizabeth (then Princess).

Joys of working within the Archives are these kind of discoveries. It's very exciting how history is transferred through these personal items. Out of the dusty boxes they are transformed; we can now discover their worth.

After Record-Breaking Sale, Leonardo Da Vinci's Painting Confuses the World: Where Is It?

by LAURA PATARI

In 2017, Christie's auction house sold a record-breaking bid for the Leonardo Da Vinci painting titled *Salvator Mundi*. With the value of \$450 million it was the highest-selling bid at the British art dealer and auction house, with an astonishingly high price inflation since its sale in 2005 of only \$1,175. Presumed to be bought for the Saudi prince Mohammad bin Salman, the painting changed owners towards Saudi-Arabia.

In late 2018, *Salvator Mundi* was set

to be put on display at the Louvre Abu Dhabi. It was deemed to be the new *Mona Lisa*, to attract a tidal wave of international crowds. However, the Louvre Abu Dhabi abruptly rescheduled the reveal without explanation. The painting has thus not been seen in public since its sale in 2017.

In early 2019, we still don't know what happened to that exhibition. Speculations have since circulated on the painting being lost or misplaced, but the museum has not confirmed any of the possibilities - perhaps for the best. However, the question remains of the museum's reasons to not

disclose information, which is the reason why the painting has gained new fame within the last few months.

The Louvre (Paris) is preparing for its large Leonardo Da Vinci exhibition in late 2019. They have requested *Salvator Mundi* for a loan but reportedly the query has not received an answer from the Louvre Abu Dhabi.

Salvator Mundi is one of only 20 works known by Leonardo Da Vinci and has long been shrouded in uncertainty; whether it be its many various versions circulating about (speculated to be painted by some Leonardo's students and followers) or its long

history of conservationist overpainting which hid the original, intended artwork for decades and continuously fooled many professional appraisers of its origins and worth.

Extensive restoration of the painting was undertaken in 2010 by the New York University restorer Dianne Dwyer Modestini. The painting has previously been on display at the National Gallery in London in 2011.

The future of the painting is currently unknown, including future exhibitions.



BAFTA Nominated Writer & Actor Coming To Colwyn Bay

by LAURA PATARI

BAFTA nominated writer and actor Celyn Jones will visit Colwyn Bay next month to introduce his new film *The Vanishing*. The thriller, starring Gerard Butler and Peter Mullan, will be at Theatr Colwyn, Colwyn Bay on the 20th of May.

The Vanishing (based on real life events) tells the story of three lighthouse keepers on a remote Scottish isle. Upon arrival, they discover something fateful: a rowboat, wrecked, and a chest full of gold.

As a mysterious boat is seen heading towards the island, the men must make a choice - and survive in their fate, tangled in a web of greed, paranoia and murder.

The evening consists of an introduction of the film and a chance for audience questions after the screening.

Celyn Jones has received national and international acclaim in both film and TV. His writing and portrayal of Dylan Thomas in *Set Fire to the Stars* alongside Elijah Wood was BAFTA-nominated for Best Screenplay. More

recently Jones has been seen in the film *Submerge* alongside James McAvoy and Alicia Vikander, as well as ITV's *Manhunt* as the serial killer Levi Bellfield.

He is no stranger to Bangor University either - the filmmaker visited the University in 2017 for a talk about *Set Fire to the Stars*, discussing his experiences of the film industry, writing for the screen and building a creative career.

In Venue Cymru's press release, Jones tells of his affection for North Wales: "Theatr Colwyn is a real treasure and an amazing cinema. It's also in my beloved North Wales which is an extra bonus."

"I'm really looking forward to screening *The Vanishing*, sharing the process of filmmaking and answering audience questions. Let's fill the place and jump & scream together!"

Tickets for the event are £6 and are available from <https://theatrcolwyn.co.uk/shows/the-vanishing> or via the Colwyn Bay box office.

Film Festivals: Are They Worth The Effort?



by SIAN BILLINGTON

When you're an ambitious filmmaker, but you're busy with your degree and your student life, a question hangs over your head - is it worth the effort to submit my work to film festivals? If industry experience and a wide-ranging portfolio is what people are looking for, are awards - or the chance of an award - worth the effort of submission?

But it turns out it's not that difficult after all. A service called filmfreeway.com, a festival-access portal, allows you to submit films for awards locally, nationally and even internationally. There are awards available year-round via the site specifically for student films, but there are no bars against student work being judged against industry professionals. The awards are also not limited just to the overall film - there are opportunities to credit writers, actors, composers and anyone else involved in the making of the film by nominating them for an award.

Film festivals are also a great opportunity for everyone involved in the film. A nominated film is going to be far more widespread and be seen by far more people than a submitted film, and it benefits everyone to have been involved in a film nominated for

an award, via becoming award-winning, or even just via exposure. Being nominated from films carries a level of authenticity and gravitas that people respect and listen to, and it could potentially open many doors.

Recommendations for submissions are generally that films running for student awards should run no longer than five minutes, due to film festivals wanting to give exposure to as many students as possible. This is not to disregard or discourage student-made films that are longer than recommended - just be wary that festivals often have specific guidelines due to want to showcase as much work as possible.

Finally, the gratification that can come from an awarding body recognising your hard work is incredible, and there could be no better reward for anyone involved in the film than someone totally independent from you or your film saying, "this was worth seeing."

All in all, despite the trepidation your might feel about sending your film away to be judged, the benefits of submissions vastly outweigh the risks, and there is nothing gained from keeping the good work you produce in the dark.

SEREN REVIEWS:

HORRIBLE HISTORIES

TWO SHOWS
LIVE ON STAGE!

by CAITLIN RILEY

If you've ever seen the award-winning children's TV show *Horrible Histories*, you will know all about the blood, guts and gore that come alongside it. Although, many of the famous sketches don't appear in the stage show, there are numerous other ways that the audience are entertained and educated. This fun, family show is not one to be missed!

The show surrounds the age of the Tudors and mentions many historical events such as Henry VIII's wives, Bloody Mary and the Spanish Armada. The show initially begins by introducing the three people taking us through this exciting journey and what we will learn throughout. There were only three actors in this performance - Simon Nock, Izaak Cainer

and Lisa Allen, and they all did an exceedingly good job as entertainers. The three cast members played so many historical figures in the show that I struggled to keep count.

The interactive show keeps everyone interested while also teaching us key facts about the period. I especially found the Henry VIII wives song competition very effective, as it pitted to audience against each other and forced us to sing as loud as we possibly could.

Another way that the show was able to keep everyone on their toes was the 3D element in the second act. During the interval, all the audience members were given 'Booglevision' glasses and told to wear them throughout the second act. Doing as we were instructed; the second half commenced, and we were quickly in-

troduced with many 3D effects such as bits of broken boats and fireworks appearing to narrowly miss our faces. This was incredibly popular with the children and adults alike in the audience, all of them 'oohing' and 'ahhing' and even a few delightfully screaming as debris came flying towards them.

However, one 3D effect was quite the contrary, as it upset quite a few young audience members. This was when a picture of a fallen queen turned into a skeleton, the music became eerie and the skeleton moved closer to our faces. After this, I heard a few cries in the room, and looking around a substantial number of children opted for a seat on their parent's lap for the rest of the show. That being said, this was the only effect that I believe wasn't well received, and quickly after the show got back to being lively

and comedic again.

The costuming for this show was accurate for the time, yet also very hilariously outrageous, as one would expect. One example of this was in the 'Tudor punishments' section when they started to cut off Izaak's big, stuck-on ears. Simon Nock was sporting a bald cap in this scene attempting to convey an elderly judge. However, a few scenes along, Lisa Allen recited part of the Queen Elizabeth I's 'heart of a lion, stomach of a king' speech wearing a very convincing Elizabeth I costume and wig. As soon as she walked out onto the stage everyone already knew who she was without having to say a word. I highly praise the costuming in this scene.

I have to say that I walked into the theatre with very high expectations due to my love for the TV series and

I do believe they were met and, in some areas, exceeded. However, it was to my disappointment that just before the curtains closed, instead of some final funny anecdotes, the cast shamelessly plugged their other show currently on tour. They even went as far to say that their other show was better than the one that we had just spent our evening watching. It was a shame that they felt the need to downplay their performance to advertise another, although, I still thoroughly enjoyed the show and it did intrigue me about what their other performance would be like.

Overall, *Horrible Histories: Terrible Tudors* was a comedic family show, so if you're looking for an entertaining evening and to learn something new about something old, this is most definitely the show for you!

NT LIVE: ALL ABOUT EVE

by LAURA PATARI

Gillian Anderson and Lily James appear side by side in the new National Theatre production of *All About Eve* (directed by Ivo Van Hove).

Maybe best known for her role as FBI Agent Dana Scully from the series *X-Files*, Gillian Anderson, who plays Margo Channing, is nevertheless no stranger to live theatre - having appeared in numerous shows and tours, most recently at the Young Vic's production of *Streetcar Named Desire* in 2014. Lily James stars alongside Anderson as Eve Harrington. James is well-known for her role as Lady Rose in the series *Downton Abbey*, and has appeared in live theatre as Juliet in *Romeo and Juliet* in the Garrick Theatre at the West End.

From an adoring fan to a showbiz threat, Eve (James) steps within the life of Margo Channing (Anderson), whose glory days in the theatre are shadowed by age, temper and pressures of the industry. When Channing meets her young and beaming fan and invites her to be a personal assistant, Eve gains a chance to be the likeable Eve - the lovely Eve who everyone talks about.

Anderson's portrayal of Margo is like looking at a veteran of the theatre - in both fictional and realistic

sense. Her acting is mature, yet impulsive as she successfully follows the complex and troubled Margo's character. However, and perhaps this is an artistic choice by the play itself, Anderson's portrayal of Margo de-intensifies as the play progresses past the second half.

For a character who grows increasingly paranoid of the young actress overtaking her, Margo's character development unexpectedly mellows, as if she suddenly grows up.

In many ways Margo's (Anderson) impulsiveness is transferred to Eve (James) without much else left in.

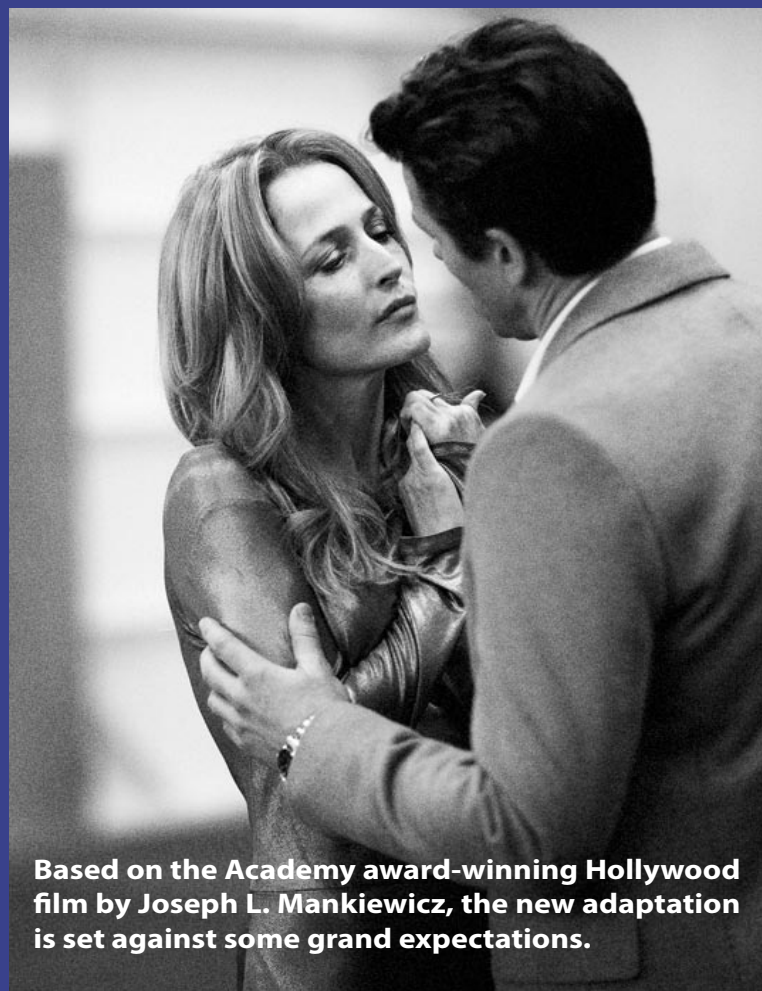
James portrays Eve Harrington with equal, if not overflowing energy to Margo. The young, nervous and wholesome character is like a peer into a classic young Hollywood heroine stereotype. James's use of voice is breathy with smooth up and down intonation recalling old Hollywood actresses like Greta Garbo or Katherine Hepburn. James is an effective choice for the role, and brings much energy to the stage.

The play carries impulsive energy throughout, and from the beginning the audience is introduced to this energy via the hustle of backstage life in a theatre. Clever solutions are used to convey this aspect of theatre: the set extends from the stage itself to opened three "backstage" spaces surrounding it. Within this

space is an enjoyable blend of fiction and reality: giant posters of Margo Channing, as well as sofas and a bar, with furniture for further set-pieces to appear in the show waiting aside. Fictional - or real? - stagehands rush about. Overall the space that is created is successful and highly creative while still grounded in the reality of theatre.

An interesting aspect of the play is its frequent use of live and recorded video. A large projection appears often to provide us with aspects that we might be missing - most prominently, these are instances when a character exits to a kitchen area, a bathroom, which are separate areas of the set nearly invisible to a live audience. Not only does the use of technology create an aesthetic, but it allows the play to both show inaccessible areas, as well as dive into a film storytelling - a dynamic nod to its film and Hollywood origins.

The use of video also elevates a rather suitable aspect of the play's themes of fame, scrutiny and the presence of the public eye which eats away at the characters' privacy and self-image. Neither Margo nor Eve can escape these cameras - not even when they are faced with their back towards the audience to look in the mirror. This aspect of the show is very touching yet also mildly disturbing at times.



Based on the Academy award-winning Hollywood film by Joseph L. Mankiewicz, the new adaptation is set against some grand expectations.

ARTS & CULTURE



REVIEW: Joseph And The Amazing Technicolour Dreamcoat



by LAURA PATARI

Every spring for three years, the Bangor Musical Theatre Society has arrived in Pontio to bring in their main show of the year. Looking back to *Fame* (2017) and *High School Musical* (2018), the previous Pontio shows have paved the way to family-friendly feel-good musicals. The auditorium full, we have grown to expect flashy group songs, sentimental solos, lovably humorous chorus characters and at least two confetti cannons in the finale.

However, moving from the American high schools to Ancient Near East is no easy feat. Joseph is the brainchild of Tim Rice's penmanship and Andrew Lloyd Webber's musical mind, and goes as far back as 1968. Originally based on the 'Coat of many colours' from the *Book of Genesis*, the show was the first joint production by the veteran duo of musicals. After versions of the scripts were produced mainly in high schools and theatre festivals, the modern version of the extended script was taken to the West End in 1974, and later to Broadway in 1982 - the latter sparking the era of revivals, tours and the 1999 film starring Donny Osmond.

In this sense, SODA's 2019 production of *Joseph* (directed by Sara Wilson) is 51 years in the making. The choice of show seems to nevertheless be spot-on, given its accessibility to students and adaptability to all kinds of venues.

Upon the show's opening, we meet the Narrator (Daniel Fay), whose central place in the story is by no means shadowed by the mystical entrance - popping up from the theatre floor, he rises and hovers in the air only to nonchalantly transition upstage and deliver the introductory song to the audience. The Narrator's songs are delivered with comfortable and expressive vocals; Fay's stage presence

is active and humorous especially in interaction with the chorus - and Joseph, of course.

Speaking of, another surprising entrance strategy is revealed as Joseph (Olivia Young) joins us, walking and singing 'Any Dream Will Do' through the auditorium. Young portrays the title role with ease and strength especially in the friendly interactions with the Narrator. Her vocals, despite having to adapt to the classically tenor role, are compelling and bring softness to the well-known songs.

Supporting the leading duo is SODA's large cast, who successfully form the foundation of the performance. Joseph's 11 brothers lead spotlight to many plot points of the show, and provide us with plenty of comic moments, some captivating hats and stunning solo vocals - the many fresh faces will surely be coming back as future leads.

Other gems of the chorus group include Mr. and Mrs Potiphar (David Keeble and Caitlin Riley), who entrance us with comic scenarios early on in the show, as well as the Pharaoh (Terrence Wang). As some of the most memorable comic moments of the show, the Pharaoh's impressively Elvis-like vocals as well as his excited and dynamic dancing steal the show - receiving thunderous applause after his solo 'Song of the King'. Finally, a special mention must be granted to the Sheep, strutting to the stage only to be killed by Joseph's brothers - and having to strut offstage in her comical afterlife.

Overall, the chorus delivers their responsibilities of choir as well as dancers with confidence and positivity. Group numbers, such as 'One More Angel in Heaven' and 'Go, Go, Go Joseph' are active, joyful and make the audience wish they could join in. The choreography (by Farah Spiers) is enjoyable, impressive and well-suited to the production, with a variety of

moves suitable for all actors who go through many choreographed numbers with stamina.

The staging of the show has remained bare - which is well-suited to the large cast production. Funlily enough, the colourful cast fill the stage to its brim with only a few back wall sets behind them. The staging and choreography includes all areas of the stage and keeps the show feeling new and exciting. Techwise, the show includes some excellent atmosphere via the light design. The colours and lights adapt to the scenes well. For example, the projected spots symbolise the bars of a prison cell in 'Close Every Door' which elevate the scene even further.

The music of the performance is brought by an impressive in-house student pit band (Musical Directors: Daniel Greaney and Tim Hawkes). Instant transitions to timed musical numbers are seamless, which shows a fine level of interaction with actors and the stage. While an off-tune violin might have sneaked into the overture, the pit band still offers a highly professional and enjoyable musical show.

As for the final reception, one can safely say the audience loved the show. Friends of the cast were in standing ovation, and everyone else closely behind - all thoroughly immersed by the end of the show. SODA's repertoire has seen a shift towards larger musical productions ever since Pontio was opened to societies' use - and with *Joseph*, it is easy to see why this move has paid off. Year after year, fans of musicals find their way to join the society, and each new cast grows. Stakes are up next year for SODA to find new, exciting musicals for their members, as well as the eager audience in Bangor.

And what about the confetti cannons in the finale?

Four! It seems the stakes have upped here too.



INTERVIEW: Ram Skank Radio



by TOM QWEN

Introduce us to Ram Skank Radio?

The simplest way to describe Ram Skank Radio is an underground radio station; attempting to provide a platform for all the uniquely talented individuals along the North Wales Coast line and the surrounding areas. Our broadcasting is currently audio only through our website, alternatively, we do have some live sets streaming through Facebook.

The ideology behind it is to support everyone in the music scene: from established party starters to the bedroom producers looking to get their music out there, there's room for everyone! The top priority for us is to engage the community and have the public to be able to access these new found talents at Ram Skank Radio.

On a broader perspective, we see Ram Skank Radio being used as a networking platform in an effort to

link North Wales to their musical creators. North Wales is a big beautiful backdrop, rich in both community and spirit. The people support all local events trekking from Ty Coch to Ruthin and onto Anglesey. It's really humbling to be a part of something so engraved into the identity and culture of North Wales.

How did the idea come about?

I'd like to say it came out of a necessity to provide this type of platform. A thought progressed into more along-side well researched process, but like all good things, the truth is it came from having a few mates over for drinks.

How much has your course and experience with societies/extracurricular activities equipped you with the skills to start Ram Skank?

Geraint really inspired me in the first year with his clear love and passion for radio. Unfortunately I had to make

the call early on that I'd focus my academic attention on film. While Storm would give me the experience in radio that I wanted, part of me really regrets not being able to continue with the radio modules in later years - his classes were by far some of my favourite I've taken at university!

What is your future vision for Ram Skank?

In the short term, I think we would like to begin by expanding the variety of genres on the station. When we first launched with just DJ's we had a great response, yet, last month we introduced our first MC on, Phorecite, to promote his recent album launch. Boy did it go down well! Plans are being made to get him back on as well as more MC's and rappers from the North Wales region.

Moving on from that we'd like to get bands on over summer, understandably this would be more complex in terms of logistics and equipment. But we're plugging away each day to

make this possible. Similarly, we're also in talks with venues, promoters and sound engineers to start live streaming events as there happening. Of course, this is an entirely different kettle of fish, but we're more than confident that it is achievable with the right people! If there's one thing North Wales isn't lacking, it's talented individuals.

Aside from the radio content - we're currently working on the next version of our website, ideally, we'd like to establish the site as a tool for the community in itself. Somewhere people can find and interact with artists and event organisers in the region. If all goes well we'll be opening sign-ups for beta testers in June, users will be able to create their own profiles, discover music from the area and of course post content themselves.

In the long term, we're hopeful to obtain funding for dedicated studio space so we can entertain live acts at all hours and a possibility even provide a space for creators to record

their music. While this may seem a stretch for now, the priority will always be to provide a networking platform for local artists and audiences. The future for Ram Skank Radio will always be dictated by the community, we're here to serve.

To what degree do you think North Wales needs something like Ram Skank?

Judging from the feedback already collected, North Wales has been screaming out for it. Music's a huge part of the community and aside from the main stream stations or very niche stations, there's very little out there. This will be the first attempt of its kind to provide a platform for the entire of the North Wales underground music. Everyone we've had in the station has been just as thankful for us, as we have for having them. The support so far has been unreal.

INTERNATIONAL



LIBBY SHAW

INTERNATIONAL
SUB-EDITORinternational
@seren.bangor.ac.ukA Note From
The
International
Sub-
Editor

When I started writing for Seren, I was unaware of the massive team of people behind it's creation. All of them work so hard and are immensely dedicated to creating a quality piece of newspaper-age. I feel incredibly proud to have been a part of all they have to offer, as it not only pushed me to test my own creative limits, but also to meet a diverse range of people, with which I may never have otherwise interacted.

This is my final year at Bangor University. Whilst I am sad to call this my first and last year with Seren, I'm grateful to have even had the opportunity to work with this talented group. It goes without saying that working for the newspaper has provided me with fantastic journalistic experiences.

A highlight for me (and of my entire University experience) was covering Varsity. It was a very long and tiring day, but ultimately, the camaraderie that I felt between Seren members was amazing. Who wouldn't love snooping around Aber campus, swanning into events as the important reporter team, mini-bus sing alongs and ending the day watching the footie, pint in hand.

It's been stressful at times, but always worth it. I'll miss you, Seren!

Do Welsh Students Feel
Displaced By The English?

by LIBBY SHAW

In 1847, the infamous Reports of the commissioners of enquiry into the state of education in Wales (carried out by three English commissioners), better known historically as The Treachery of the Blue Books, was published. Its purpose was comparable to that of Ofsted, but what it instead turned out to be was a less than favourable view of the Welsh people, their language, 'nonconformity' and their general 'immorality'. The result of this was an obvious uproar from the Welsh. It was simply snuffed by the English authorities, who commenced with total eradication of the Welsh language from the schooling system. Only English text books were allowed

and discussions, whether formal or informal, had to be in English. The resulting punishment for nonconformity was 'The Welsh Not'. This came in the form of a piece of wood, a stick or a ruler. Students were given the ruler (usually inscribed with 'WN') if they were caught talking in Welsh. Any student who was in possession of the ruler at the end of the day would be subject to being whipped. This time of intolerance to the Welsh language and people has left a lasting impression on the Welsh communities of today. The Welsh Language Use Survey from 2014 estimated that only 11% of all people aged 3 or over living in Wales could speak Welsh fluently.

One interesting aspect of this part of history to consider, is how this has affected Wales' students of today. Do

It is no myth that the relationship between Wales and England is one full of turbulence and oppression.

Throughout the 18th, 19th and even beginning of the 20th century, the education system was used as means to manipulate the Welsh population through controlling the use of their mother tongue, or perhaps in more precise terms, through the eradication of it.

they still feel marginalised? Especially considering the high volume of English students that attend Bangor University and have no level of Welsh. To what extent, might a Welsh student actually feel like a minority in Bangor? I spoke to a Bangor law graduate, Twm Jones, to give a Welsh perspective on the matter:

"Being a student in Bangor, I can say I have nothing but happy days to reminisce over. I thoroughly enjoyed being a student. In terms of being a Welsh student among so many mixed others, I must say at times I felt a little alien. Beginning to start a conversation in Welsh only to daftly remember that no one you live with speaks it was a funny thing I had to adapt to. Another instance is the slightly different things we had to relate to; some

were from cities, some from small towns and some from the country, all with different attitudes and motivations towards certain topics. However that being said I'm grateful for it all, as they say, 'variety is the spice of life' and being around so many different views broadens your own, as well as vice versa."

Naturally this is only the viewpoint of one Welsh student, however I believe that the same could be said for many young Welsh students. That which I have heard, unofficially, from Welsh friends and acquaintances begs the viewpoint that yes, there are discrepancies, but that this is only natural when two cultures meet. It ultimately serves to produce the type of open-minded students which Bangor are so proud to represent.



International Tidbit: New Zealand

by LIBBY SHAW

Defining identity requires a multifaceted approach; it is seldom categorised as simply personal characteristics and beliefs, rather an amalgamation of national, cultural and historical identities. For many Italians, identity means a strong familial bond and a relationship with cuisine that goes beyond what tastes good. For the Japanese, identity means respect for the hierarchical systems in place and favouring the majority over individual desires.

Indigenous to New Zealand, Māori make up 14% of the country's population today. Despite there only being

a small percentage left who represent this true indigenous heritage, the features central to Māori identity have been passed down through generations and are at the forefront of what it means to be 'kiwi', regardless of whether citizens are Māori or not.

One defining characteristic of this culture is called 'Tā moko' which means 'tattoo art'. It is an aspect of Māori culture that defines individuals, through skin markings, based on their ancestry, achievements, status and tribal affiliations. The process of creating moko was seen as sacred when it was at its height of use. Unlike modern tattooing practices, tools made of teeth and bones were used as im-

plements to create shapes within the skin, giving moko its defining quality of being rough to the touch.

In recent years, such big names as Robbie Williams and Jean-Paul Gaultier have adopted Māori moko designs. Appropriation of these designs is deemed offensive, especially when there is little to no consideration of its historical significance and what it means to proudly display tā moko. Hence a new term has been coined by the generation trying to revive tā moko; kirituhi. According to the organisation 'Te Uhi a Mataora', artists who are devoted to developing and preserving tā moko as a living art form, they state that: "Kirituhi trans-

lates literally to mean—"drawn skin." As opposed to Moko which requires a process of consents, genealogy and historical information, Kirituhi is merely a design with a Maori flavour that can be applied anywhere, for any reason and on anyone".

The Māori connection with tā moko goes far deeper than simply symbolic tattoos – hence why appropriation is seen as so disrespectful. The links moko holds with an individual but also collective identity are one of a kind; especially given its visual nature as an overt expression of belonging and identity and the carving and permanent scarring of the skin that results in tā moko.



Greta Thunberg: Adolescent Activist

by LIBBY SHAW

What had you accomplished at 16 years old? Perhaps the most daring thing I had ever done at that age was to have faked swine flu to get out of school or one occasion when a teacher of mine foolishly left out a 'Christmas Hits' album for my thieving little hands to swipe (only to be found out a week later). To call either of these events 'monumental contributions to society' would be quite an untruth. Greta Thunberg, on the other hand, has captured the attention and hearts of the nation and indeed, the world. At the tender age of 15, the climate change activist gave her first (and I doubt her last) TEDx talk concerning the rapid effects of climate change and the not-so-rapid response from us and our governments to deal with its consequences. With an unwavering and valiant voice,

she announced: "The climate crisis has already been solved. We already have all the facts and figures. All we need to do is wake up and change." Just 3 months before, Thunberg hosted a school strike outside the Swedish parliament. Commenting on those 'adults' who had told her she should be in school, learning how to become a climate scientist to aid the field of study, she commented: "why should I be studying for a future that soon will be no more when no one is doing anything whatsoever to save that future? And what is the point of learning facts in the school system when the most important facts given by the finest science of that same school system clearly means nothing to our politicians and our society?." Perhaps hearing this black and white perspective from the mind of a teenager is the catalyst needed to push society into a revaluation of our climate-damaging ways.

The Unseen Population of Iceland



by LIBBY SHAW

Iceland is a country whose cultural history was founded on folk belief. One of these, which has come to be a stereotype surrounding Icelandic identity, is the belief in elves. Contrary to popular culture and cinema, these elves are not the kind of that are small and dwell in trees, but look similar to humans, wear 17th century clothing and attend church etc. Even though a 2007 study carried out by the University of Iceland confirmed that only 8% of the population definitively believed in elves, a further 54% would not deny their existence! This faith in an elvish presence is so embedded within the culture, that it is tradition on New Year's Eve to leave candles outside of the house to help elves find their way in the night, as it is believed that this is when they change

locations.

Throughout history, there have been many times when this devotion to their folk belief has manifested itself into real world issues. The moving of large boulders considered to be sacred and the home of elves has happened on several occasions, so as not to disturb their natural habitat. One of the best known cases is Álfhóll (meaning 'Elf hill'). This hill lay between the capital city and another city called Reykjavik. In the 1930s, the government began plans to create a road between the two, and upon their competition, the then construction company set out to destroy it. But it proved to be a monster of a task, and with the passing of time and no further action, the plan was abandoned. In a second and third attempt in the 1940s and then 80s, it seemed that Álfhóll was immovable. Tools kept

going missing, machinery broke, and as the news of this hill spread and garnered media attention, the media companies were finding that attempts to get near it resulted in faulty camera gear. In a quote from the Icelandic Road and Coastal Commission, the company declined to answer whether their employees believed in elves or not, however, construction work had been delayed so that, the elves could, at some point, move on.

For many of us the notion of elves is cute and mythical. And in almost every culture, if you go back far enough, there is some kind of creature that could be synonymous with 'mother nature'. Not every Icelander believes in elves, but even the most cynical of them would rather be safe than sorry when it comes to disturbing their unseen population.



by LIBBY SHAW

The year is 1977 in Buenos Aires, Argentina. A small group of a dozen like-minded and determined mothers march into the Plaza de Mayo square in the city centre. They are immovable, resolute, but above all, angry. The sole purpose of their knowing one another is the shared disappearance of their children. However they claim there to be another 30,000 desaparecidos ("the disappeared") who between 1970-80 have seemingly dropped off the face of the earth. Public records of each of these individuals had conveniently ceased to exist and yet, it was simply not discussed.

Introducing the 'Mothers of the Plaza de Mayo'. A band of mothers who came together to bring an end to the abduction of children

by the then military dictatorship that ruled. Argentina was in the full throws of state terrorism, during which time the government were kidnapping babies and performing illegal adoptions to military families or citizens devoted to the regime in order to bring up a generation of subservient youths. The Mothers of the Plaza de Mayo would demonstrate weekly outside of the presidential palace hoping to gain information of the location of their children, ripping apart the blanket of silence that had smothered Argentina for so long. Their distinguishing feature was a white headscarf, used to symbolise the nappies of their lost children, which they would wear whilst demonstrating against the human rights violations carried out by the tyrannical government.

The bodies of many mothers and "the disappeared" themselves (which included both children and adults) were often found, with clear indication of torture markings and whose bodies had been discarded in rural areas, in unmarked graves or in other known cases, kept alive and drugged only then to be thrown from a plane into the sea. With increasing acknowledgement of the Mother's demonstrations came more and more participants fighting for the same cause. Fearing the growing prominence of the movement, the government labelled them las locas – the madwomen.

In 1983, at the end of what was known as the Dirty War, ex-military officers began to step forward and reveal the extent to which the humans rights of the

people had been violated. The events of this period had caused a stir worldwide and demands were made to the United Nations to investigate the abuse suffered by the people of Argentina. Fortunately, help was at hand and from around 2005 onwards, teams specialising in DNA identification were beginning to analyse and identify (rather grimly) the remains of bodies that were found or washed up on shores, providing closure to the families of those disappeared.

Many of the missing children were in fact still alive, and working with the 'Grandmothers of the Plaza de Mayo', the Mothers worked to identify an astonishing 256 of the missing children who were illegally put up for adoption. Not all of their mothers were still alive, however 137 of those

children were reunited with the biological mothers in 2018. Sadly for the Mothers and Grandmothers, not all of the children wanted to know this history and refused to be involved. An outcome that I think most people would agree functioned as a lasting representation of the damage done by the dictatorship.

Despite investigations going on until as late as last year, in January 2006 the Plaza de Mayo Associations both announced that they would carry out their final march of resistance. In a fitting final statement, they announced that: "The enemy is not in the Government House anymore.". Weekly demonstrations still continue however their efforts are focused on other social causes and on ensuring that their own history is never repeated.

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

#CaruNeuaddau
#LoveHalls

 **ailgylchu** dros Wynedd
recycle for Gwynedd


PRIFYSGOL
BANGOR
UNIVERSITY

SWYDDFA
NEUADDAU
HALLS
OFFICE

 Y Lab Cynaliadwyedd
The Sustainability Lab


PRIFYSGOL
BANGOR
UNIVERSITY



ABI
ROBINSON

SOCIAL SUB
-EDITOR

socialpage@seren.
bangor.ac.uk

The end of the academic year is upon us and I can't be the only one who thinks this year has gone faster than a speeding ticket! With the end of University approaching that can only mean deadlines are imminent, the sun is more social (and so are we because of it) and another year of Seren has come to an end. When I was assigned the new role of Social Editor, I was given the flexibility to do what I willed with the page. Agony Aunt and Secret Admirer columns were trialled and thoroughly enjoyed, but the thrill of a blind date column was too hard to ignore! After a (kind of) successful three months of playing Cupid, it is time to hang up my bow and arrow and allow the next hopeful Social editor to take their stand.

Now onto May's blind daters: Emily and Dylan. Dylan is third year Business and Marketing Student originally from London but resides in Spain. Emily is a second year English Literature and Creative Writing Student from Lancashire. Let's see how the two of them got on...

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

socialpage@seren.
bangor.ac.uk



Emily Brown



Dylan Hannigan

Where did you go for your date?
We went to Belle Vue at around 7pm on a Friday.

What were your first impressions of each other?
First impressions were good! He dressed well and looked friendly.

Was there any awkwardness to begin with?
It was just the normal first date awkwardness but it wasn't too awkward! We soon started to feel comfortable around each other. Dylan seemed very confident so he did most of the talking.

What did you talk about?
We talked about our degrees and societies we are part of- Dylan is the captain of the tennis team. He is also from Spain which I thought was pretty cool because I can speak a little bit of Spanish. We talked about Bangor night life too and what are plans are for after Uni.

So, did you have a lot of things in common then?
We both enjoy going out. I think this is the main thing we had in common.

Were there any clear differences between the two of you then?
He thinks Nicki Minaj is better than Beyoncé but I disagreed on that.

Is there anything you would like to add about your blind date experience?
We had a lot of mutual friends so that was a good ice breaker. It was funny how as the night went on we got progressively more drunk. We exchanged details and he has sent me a message the day after. I'll just have to watch this space and see how things go.

Would you like to see Dylan again?
I would like to see Dylan again he was a nice guy.

What where your first impressions of each other?
My first impressions were that she dressed well and she looked very inviting.

Was there any awkwardness to begin with?
It wasn't really that awkward as I already had a few shots beforehand to get rid of the nerves. The only awkward part was when I had to go for a tactical chunder and then pretend I hadn't afterwards.

What did you talk about?
We spoke about University life, our plans for after Uni, although I must admit I don't really remember what we spoke about if I'm being honest. By the time the conversation was in full swing, so was the alcohol, so who knows what I was saying...

So, did you have a lot of things in common then?
I'd say the main thing we had in common was that we both like a drink.

Were there any clear differences between the two of you then?
I wouldn't say we disagreed on much, most of the conversations went pretty well, I would say there were only minor disagreements like whether Nicki Minaj is better than Beyoncé.

Is there anything you would like to add about your blind date experience?
I had a good time. It isn't often I do things like this so it was nice to get myself out of my comfort zone. I did ask her for her number after it and messaged her too. She replied so I think she'd be interested in a second date. I'd recommend the experience to anyone really. If nothing comes from it I can say I've met a nice friend and that's still a positive gain from the situation.

Would you like to see Emily again?
I would like to see Emily again, yes.

I would like to thank all previous participants of this year's Seren's Singles: Georgia, Andy, Rachel, Daniel and this month's new blind dater's: Emily Brown and Dylan Hannigan.

SEREN INTERVIEW FEATURE



SIGNING OFF: Editor Finn & Deputy Editor Jack Talk Seren

by JACK HOLLINSHEAD

For many of our large committee, this is the final few weeks of not only their time at Bangor University, but the of their time with Seren.

Whether it has been one year or more, the attachment we have all made with the newspaper is special. The skills we have learnt, memories we have made and friendships that have been forged, which will undoubtedly last long into the future.

As Editor and Deputy Content Editor, Finn and I have spent a vast amount of our time over four and three years respectively in different roles, sat in the office, writing articles, editing pages and producing the paper with great pride and admiration. When we took on our roles at the start of the 2018 academic year, the plan was set as to what we wanted to achieve, and ultimately, as we conclude the year and our final issues, it has been all worth it.

So with that being said, we thought it would be a fun idea to sit down, and ask each other what we have thought about our time with Seren.

Jack: So Finn, the end is unfortunately nigh as we put together the May issue. What has been your highlight of this year?

Finn: So hard to pick, mainly because we've done too much for me to remember it all. But, as you're asking for a general highlight, I'll choose a moment which was a nice mixture of achievement and enjoyment: the 'Super 80's Party' in Academi. It felt so sweet, mainly because the odds were completely stacked against us.

We swapped the established '90's Night' brand - which previous Editors had kept going for 5+ years - for a brand new theme. We were given a Friday, a day which Academi is now

mostly closed for. Then, we realised about a month prior to the night that our event would fall on a reading week. To top it off, we couldn't find a DJ, so I ended up on the decks in my Elmo costume.

I was in the booth, looking out to the dancefloor. It's about 11:30PM. At that point, we probably had about 50 people come through the door. I thought: "Oh sh*t, we might not have this, you know." I'd almost resigned myself to the fact that circumstance was against us, and the event was going to be a write off. The next 30 minutes was divine intervention. I don't know how or why, but 200 people just rocked up. By the end of the night, we got just under 400 people in the building.

Credit goes to Paige Brook and Charlotte Thomson, who put a ridiculous amount of hours into filming all the promo videos and willingly embarrassing ourselves in front of the student body. So yeah, that's my biggest highlight of the year. What about you?

Jack: I think as well, the reason for that many people is down to collaborating with so many societies this year. They wanted to come and support us, just like we have to them throughout the year, which is nice to see, especially with all the hard work you, Paige and Charl put into promoting the event.

For me though, it has to be covering Varsity. From the 5:30am start, all through the bus journey, the laughs with the team, the livestreams and seeing everyone so excited and willing to contribute through score updates and photos was special.

And then for us both to be stood in the gantry, doing what we love, talking nonsense about football for 90 minutes and watching the display Bangor put on was a sight to behold; a true highlight of university. It not only

capped off a fantastic day for the us as a team, but capped off a fantastic three years of Varsity in the best way possible. It's been our best coverage of Varsity by far with a reporter and photographer at every event, plus the livestreams and commentary in between.

Finn: For me, Varsity solidified the way in which we've gone about things this year. The whole ethos has changed. In the past, I think we've approached things with a "let's get this bl**dy over with" kind of attitude. This year, we've actively set the goals. We've wanted to be the best we can be. We've wanted to smash our own records. I can remember, before we even started our Sabbatical Election coverage, there were conversations about trying to push towards breaking the voting record. It's no coincidence that it happened. Of course, I think we were helped by the amount of candidates that ran. However, the 13,000+ video views on Seren's Sabbatical Election content certainly had a major role to play.

Jack: It really did, because without that coverage, the student body wouldn't have seen what those candidates had to say before turning up to vote. But what it has all been down to is what you've mentioned; setting the goals and the ethos. We spoke over the summer, and then again with some of the committee after the freshers issue and set the stall about what we wanted to do outside of the actual, physical copy of the paper, really for the first time in a few years, and that has been the difference. The team have bought into that mentality, so naturally, we have been able to cover more events and reach our audience on all platforms for everyone to enjoy.

Finn: There's a phrase my Dad always says to me - the sum of all parts. That's what Seren is. There's 25 people on this Editorial Team. If we're not all up for it, then it's not happening. Because everyone is integral to the process. From day one, we've had nothing but hard graft from them. This team has secured itself in Seren history, and they owe it all to themselves.

Jack: They really do. With all the commitments that university life bestows, they all turn up with their content from either themselves, or from one of the many, many contributors we've had this year, and done their pages to an outstanding level of quality, all whilst going the extra mile covering society shows, sporting fixtures on a Wednesday, taking photos and more. Without them, the society wouldn't be where it is at the end of a recording breaking year on so many levels.

Finn: It's been special. Three 64 page issues in a row - never done before. Finishing on a 80 page issue - never done before. National Societies Award nomination - never done before. Winning an AU Award - never done before.

No doubt about it, it's going to be hard to beat. I think that, if 10 years from now, a future Seren Editorial Team is looking back at our year, saying: "Bl**dy hell, how did they do it?" We can say that, in some strange way, we have won.

Jack: Without question. Looking back on the year, we've achieved so much in a relatively short space of time, having lost 9 weeks of the year with the Christmas and Easter breaks, has been tremendous. To see what all of us have accomplished is truly re-

markable.

But what is perhaps the nicest thing of all, is seeing how much our readers have enjoyed the year along with us. Whether it be by picking up an issue from one of our stands, or interacting with us on social media, it goes to show that the content we have created has been interesting and insightful; and that means a lot.

Finn: I'll miss it. Seren has been at the heart of my university experience, my main source of pride, and, truthfully, a key reason why I stayed on for a Masters. The banter in the office; seeing freshers play Twister when we deliver the paper to Halls; giving my liver a good kicking at our socials; covering all the student events from the start of the year to the finish.

Most of all, I'll miss the team. We've been a real unit. The nature of Seren means that we can't fall out really. We've all got to work towards that single goal of getting a paper out. But, this year, there's been a genuine comradery. We build each other up. We carry each other over the line. It's been a pleasure to work alongside everyone.

Jack: Couldn't agree more mate. To look back from semester 1 of 2016, to finishing an 80 page issue as Deputy Editor has been a dream of epic proportions. Seren has been an unforgettable journey, one that has been at the centre of my university life too, and I wouldn't change it for the world, especially this year. You're right, it has been a genuine delight to work with everyone, and it's extremely sad that it's all coming to a close. But none of it could have been possible without you, my friend. The laughs we shared, the blood, sweat and tears that have gone into it; what a pleasure it has been. So thank you.

Review 2018-19: What Did We Think?



by JACK HOLLINSHEAD

It has been a wonderful year for the English language student newspaper. We've covered countless events, taken endless photographs, hosted our very own 80s night at Academi, brought you all things Varsity, live coverage of the Sabbatical Elections, kept you up-to-date with the situation regarding the Vice-Chancellor, the financial budget, and the Student Union campaigns regarding sexual violence.

The hardwork and dedication of the team this year has been phenomenal. Not only from our sub-editors and members, who have worked tirelessly to collect articles, design their pages and deliver the paper across Bangor, but from the host of people we have collaborated with, including Photosoc, BEDS, The Athletics Union and Volunteering Projects; without them all, producing 7 issues, alongside content for our website and social media, could not have been possible, owing you a great deal of gratitude for your efforts.

This has been aptly rewarded with individual Gold & Silver awards and the VP Award for Societies at the Volunteering and Society Awards, the Open Award at the AU Dinner for dedication to covering sports, and our first ever nomination at the National Society Awards for Best Media Society. This goes to show that all the ef-

fort the team has put in this year has paid off, and that our peers across the university recognise what we have achieved in a record-breaking year.

Upon reflection, while putting together, for what is most of, the last issue we'll make as part of Seren, I asked the team a question as to what they have thought about their time with the newspaper, along with those who are remaining with the society next year.

What have you enjoyed most about joining Seren this year?

Corrie (Sport): Reporting on sports that are usually not familiar to other students, so I've enjoyed giving them the exposure they deserve for all their hard work.

What has been your favourite moment from Seren?

Paige (Food & Drink): Seeing how much the society has grown over the past three years has been a joy. To see the recognition we are getting as a result is very nice to see after all the effort we have put in. Also, coming in to the office and doing my pages along with everyone is always fun.

What will you miss the most about Seren?

Beth (Books): The team. I've had such a laugh over the past 3 years, making the paper and socially at events, so I will miss that bonds we

have made during my time here in Bangor.

What would you say has been the best part of Seren this year?

Charlotte (Social Media Officer): The best part of Seren this year was probably going to Varsity. It was our final big event and we just had a boss day and night. Going to Unibrass was really fun as well

What has been your favourite article you've both wrote and enjoyed reading?

Jordan (Film): My favourite article to write was definitely my 'Sit down for cinema, stand up for film' piece! My favourite to read was the 10 years looking back on the MCU piece from yourself last year. It was a great read as a fan, with a lot of passion and perceptive journalism all wrapped up in a celebration of the cinematic event of the year!

Doing such a vital role as Head of Proofing, what has been the most challenging thing this year?

Arron (Head of Proofing): The most difficult thing has been time management and coordination. Trying to make sure everything is proofed come the deadline is difficult, especially if doing it alone, it takes a lot of time. So having other proofreaders was always a massive help. Other

than that, ensuring everything is coordinated and communicated efficiently is massively important, mostly it was me desperately messaging the editors. Other than that, it has mostly been straightforward. Thanks to all those who helped proofread throughout the year.

What skills has Seren given you to move forward with after university?

Laura (Arts & Culture): Seren has been an incredible stepping stone for me to connect with a buzzing arts and culture sector in North Wales. I've met new people working in the industry and partaken in opportunities that have built my confidence. Seren has given me some vital experience to put on my CV too: from IT skills to professional and journalistic writing experience of course!

As editor next year, what do you think will be your biggest challenge?

Alec (Creative Corner): My biggest challenge will be guiding the new team into a seemingly tumultuous year; upcoming events both nationally and here in Bangor will need good coverage, and I've got to be confident in my myself and my team that the student community can count on its newspaper.

What are you most looking forward to in your new role as deputy editor?

Sinclair (Games): Working closely with a lot more people. I really enjoyed coordinating with writers and societies and Sereners this year- always feels like being a cog in a big machine that's going to make something proper. Everyone has something to contribute, and I find it so satisfying to see those contributions unite into a Seren issue Voltron. So yes, with cliché acknowledged-teamwork, and more of it for me.

Even though it is coming to a close, I personally couldn't think of a greater curtain call than an 80 page issue; our biggest ever. A testament to the team, who during a busy assignment and exam period, have wanted to end the year with a bang.

Don't worry, we haven't forgot to say thank you to you, the readers. As you'll see from our stats pages (72-73), we have had a lot of interaction with you this year, and that makes it all worth while, knowing that you enjoy the content we are putting out and are supporting the society.

Best of luck to Alec, Sinclair and the team next year, we know you'll do great!

And to those leaving with myself, thank you for making Seren the best part of my university experience. Truly unforgettable.

FILM



Cream Of The Streams

by JORDAN KING

Unicorn Store – Netflix

Brie Larson and Sam L. Jackson team up for the second time this year, sans spandex and eye-patches, for Netflix Original Unicorn Store. Following the travails of failed artist turned office temp Kit (Larson), Unicorn Store is a quirky comedy-come-fantasy in which, unsurprisingly, our leading lady finds herself in the surreal position of being offered a unicorn from a store, run by the ever-magnetic Sam L. Jackson – here masquerading as ‘The Salesman’. As Kit sets out to fulfil the

necessary requirements for getting her dream unicorn, her faith in her passions and herself are tested by the hurdles thrown up by the everyday. A rousing tale of aspiration and inspiration, what Unicorn Store lacks in slick execution and clarity, it makes up for in intention and spirit, reminding us in the process of how so very often it is art that imitates life just as much as vice-versa.

Bigfish & Begonia – NOW TV

With a deft combination of 3D and hand-drawn animation and an ocean-load of mythological magic, Chinese

animation Big Fish & Begonia tells a traditional tale of sacrificial love and caring in a refreshing and fantastical way. With a sumptuous palette of vital reds and soul-enriching greens, tempestuously stirred in aqueous blue hues, the film is an aesthetic marvel that has the tender composition of a great Chinese tapestry. Though frayed at the ends and imperfect, occasionally overzealous in its endeavours to dazzle and wax profundity, the emotional heft of the story and the surprising, incredibly welcome embrace of selfless love and the power of an unrequited romantic longing is ex-

ecuted with a genuine sense of care. The directors’ commitment to mining their culture’s rich folkloric tradition results in a piece that is powerful and stirring and ceaselessly enchanting. If you like The Little Mermaid and Ponyo, you’ll almost certainly adore this.

Suspiria – Amazon Prime

As hypnotic and beautiful as it is sickening and intoxicating, Luca Guadagnino’s Suspiria reimagines Dario Argento’s giallo masterpiece of the occult as a nose-breaking body-cracking reckoning with post-holocaust guilt and the consequences of tradition

and legacy in late 70s Berlin. Dakota Johnson is mesmeric as young American ballet dancer Susie Bannion, who finds herself immersed in a world of witchcraft and bloodshed at the prestigious Helena Markos Institute, a dance academy run by the serpentine Madame Blanc (an unearthly Tilda Swinton). As the bodies pile up and the spells of sanity are broken, Thom Yorke’s insidious score ensures we all surrender ourselves to the dance, leading us wilfully towards a climax that sent Suspiria straight to the number one spot in terms of 21st century horror films. A true masterpiece.

In Memoriam: Peter Mayhew 1944-2019



by JORDAN KING

Shortly before my final issue here with Seren was due to go to print, news broke that Star Wars icon and universally loved gentle giant Peter Mayhew had passed away at his family home in north Texas, aged 74. Across three generations of Star Wars fans, Mayhew was known best to us as Chewbacca, the crossbow wielding Wookiee with a huge heart and the finest hair in all of the Galaxy. From his first appearance in 1977’s Star Wars, to his last at the start of the saga’s Disney birthed revival three decades later, Mayhew poured his heart and soul into embodying a character that has become synonymous with the series and a hero to millions.

Diagnosed with gigantism - rapid-growth inducing condition - at a young age, the staggering 7’2” actor found his way into cinema by chance rather than design, spotted in a photograph by the producers of the legendary Ray Harryhausen’s Sinbad and the Eye of the Tiger at a time where he had been working as an orderly at King’s College, London. Having played the formidable Minotaur in Harryhausen’s film, it was only a matter of time before the peculiarly physiqued but magnetic Mayhew attracted yet more attention, and when a young director by the name of George Lucas found himself looking for someone to play a gentle giant co-pilot in a space-opera called Star Wars, a match made in heaven occurred and the rest, as they say, is his-

tory.

Be it his janky, wardrobe-like walk, his knee-knocking run, his puppy-like nodding and head-cocking, or the iconic roar that Mayhew himself didn’t create but has nonetheless become legend in pop culture, Chewbacca has captivated rapt audiences young and old for four decades now. The way in which he looks after Leia, grounds Han, helps Luke, and co-pilots the Falcon, drawing on both brute strength and emphatically sensitive characterisation to do his bit in the name of the Rebellion and the extremely humble and honourable Wookiee race, has solidified his place in the annals of cinematic history. Not only has he been a manifestation of the most wild of fantasies and a source of pure wonderment

but, thanks to Mayhew, Chewie has come to stand as a representation of the truest and most decent of humanity’s capabilities, a figure whose unbecoming size and strange appearance in no way stops him from being a hero for his and all peoples. And whilst the character’s look and story came from the mind of George Lucas, it was in Mayhew’s fearless and bold portrayal that Chewie truly came to life.

Having lost in recent times the inimitable Carrie Fisher and the cantankerous Kenny Baker, our Leia and Artoo respectively, it is easy to find ourselves in mourning for childhood heroes lost and in morbid expectation of heroes yet to be lost. But in their lives richly lived, and their art so painstakingly crafted and gener-

ously given to us, and the reels of film that crystallise their essence and the peak of their powers, the words of the great Jedi Master Luke Skywalker himself ring true. No one’s ever really gone. And as we journey further out and into and beyond that beautiful galaxy far, far away on screen, I’d like to think that out there somewhere a few new stars have found their place in the night sky, watching over and guiding us as the heroes of our lifetimes have been from the very start.

Rest in peace Peter, and thank you for giving your all to give us more than we could have ever possibly asked for. RWGWG-WARAHHHWWRGGRWRW

Pontio Presents: Wild Rose



by JORDAN KING

Whilst it is *Avengers: Endgame* that is stealing all of the headlines this month at the cinema (see our spoilerific review on the next page), the month of April also just so happened to close out with possibly the most beautiful British film in recent memory, Tom Harper's *Wild Rose*.

Starring Jessie Buckley, who rose to cinematic prominence with an intoxicating performance in last year's twisted rural drama *Beast*, *Wild Rose* follows the story of Rose-Lynn Harlan, a young working-class mother fresh out of prison and desperate to make a name for herself as a country singer.

The film opens with her pinning up a map of Nashville, the Vatican of coun-

try music, before being thrust back into the realities of having two young mouths to feed, an overworked and overbearing mother (a stoic and formidable Julie Walters), and a tag that stops her from leaving the house in the evenings to sing at her local country music hall.

When Rose-Lynn takes a job working as a cleaner for middle-class mansion owner Susannah (Sophie Okonedo), who though rich in finance feels she has lost the fiery spirit of her youth, a friendship forms that gives Rose-Lynn a chance to fulfil her life-long dream.

Armed with a sensational voice, a foul mouth, and a wicked sense of humour underpinned by a profound sense of poverty, Rose-Lynn is a flawed protagonist who is so well-written and honestly embodied by

Buckley that, though the Oscars will no doubt let *Wild Rose* slip under their radar, could easily see the young Irish powerhouse nominated for a second time at the BAFTAs. There is a moment in the film's second act where Rose-Lynn - realising how much of a stranger she has become to her own children - sits in the twilight reading all of their schoolbooks and certificates, and in its simplicity and raw emotion it speaks volumes for the plight of the young women who are left to fall by the wayside in the working class.

It isn't just Buckley however who shines, as both Okonedo and Walters affect their roles with just as much honesty and integrity, creating a trifecta of strong female leads who are each glorious in their own inglories.

Backing up the sterling perfor-

mances and screenplay is a truly barnstorming soundtrack - I'm talking *A Star Is Born* levels of consistently beautiful work. 'Glasgow' and 'Peace in this House' in particular show off both Buckley's phenomenal voice as well as the lyrical beauty of the film - when Buckley belts out 'Ain't no yellow brick road running through Glasgow / But I found one that's stronger than stone' / 'Ain't no place like home', the goosebumps are real.

And that, ultimately, is what this film is all about - home. It's about the necessary journeys we all must take to realise what we have had all along, the absconsions and mistakes and leaps of faith that make us who we are and show us who we could be before reminding us where we came from. The drunks in the pub and the

slanging matches on the street and the struggle to survive is something that, for those who have known it, you are always running from and inevitably running back to. It is who you are, and you should never try to deny it because above the grey stones the sun still shines in a way it never could elsewhere.

Wild Rose tells a universal story of hopes and dreams in the most personal way, and armed with three incredible leading ladies and a beautiful soundtrack, it truly does deserve the highest praise. Rose-Lynn has a tattoo that sums up country music - 'Three chords and the truth'. *Wild Rose* is three acts and the truth, and it is incredible.



by JORDAN KING

Gemini Man

Will Smith takes on Will Smith in the straight out of left field first look at Gemini Man, the latest film from visionary Brokeback Mountain and Life of Pi director Ang Lee.

20 long years in the making, Gemini Man follows Henry Brogen, an elite assassin on the brink of retirement tasked with taking down a younger, cloned version of himself.

The trailer promises a healthy dose

of cerebral philosophic questioning alongside several almighty cans of whoop-ass, and if nothing else, the sight of a spookily authentic de-aged Smith promises to garner a lot of attention for this sci-fi thriller.

Joker

Taking cues from Alan Moore's seminal 1988 DC graphic novel The Killing Joke as well as both King of Comedy and Taxi Driver, our first true look at Todd Phillips' Joker starring Joaquin

Phoenix was a real buzz builder. Hauntingly set to the sound of 'Smile', the trailer sees Phoenix's Joker pre-makeup and maniacal laugh as a down and out comedian named Arthur Fleck. As his mental stability degenerates and his grip on life loosens, we hear the early machinations of the Joker's nihilistic philosophy in the narration - 'I used to think my life was a tragedy, now I see it is a comedy.'

Teasing a young Bruce Wayne as well as his father, this 80s set charac-

ter study looks set to turn on its head all previous conceptions of the Clown Prince of Crime in cinema, and we in the Seren office cannot wait for October to arrive.

Sonic The Hedgehog

Gangsta's Paradise. Humanoid hedgehog. Jim Carrey as the iconic Dr Robotnik. Just as we began to come to terms with a live-action Pokemon film featuring a Ryan Reynolds voiced Pikachu, Paramount this past week

decided to confirm our worst collective fears and provide trailer proof that Sonic The Hedgehog The Movie is actually happening. Whilst the baby-stealing gag and the grim sight of a hairy, realistic Sonic do nothing to quell viewers' groans, Jim Carrey at least looks set to catch the eye once more as Sonic goes on the run from the US Government. I am very thankful I won't be the one tasked with reviewing this progeny however, it must be said.

FILM



SEREN



by JACK HOLLINSHEAD

A vengers: Endgame, along with its many Disney cohorts such as Star Wars: The Rise Of Skywalker, The Lion King and Toy Story 4, is one of the most anticipated films of the year. The conclusion to over a decade long saga for the MCU (Marvel Cinematic Universe) was bound to have countless anticipation set upon by those who love it so dearly; no one more than myself, with the 21 prior films, treasured characters, brilliant directors, tireless, hardworking cast and crew, Kevin Feige and the late Stan Lee, all closing chapter of 'The Infinity Saga', it was always going to be something special, and by Odin's beard, wasn't it just.

For me, what I adored about this film is that it is purely for the fans. The Russo Brothers - Anthony and Joe, having directed Captain America: The Winter Soldier & Civil War, as well as Avengers: Infinity War, knew exactly what the task at hand entailed, executing a perfect game plan. Having an already established ensemble of characters, the ability to just purely finish a story was done brilliantly. Writers Christopher Markus and Stephen McFeely, collaboratively with the Russos and Feige created an ending which is befitting, resonant and appreciative, much to fans and critics the world over, who were elated with not only the arc of the film, but the bits in between that the MCU conducted so beautifully.

The pacing of the film is superb. With a run time of 3 hours, it could be easy to get lost. But it flies by in the best possible way. You are pulled from pillar to post as you watch on, your

The visual effects are stunning. The swift movement of the camera throughout puts you right at the centre of the experience.

emotions not knowing where they are at. The visual effects are stunning. The swift movement of the camera throughout puts you right at the centre of the experience. The balance of colour is superb, making it very easy on the eye, which helps given the runtime. When you combine these features with the mesmerizing score by Alan Silvestri, it encapsulates you. The acting is superb by all, with Josh Brolin's Thanos performance being as scarily, menacingly epic as the previous. and how that character has been

portrayed physically, expressively and creatively has made him perhaps the best comic book 'villain' of all time.

First off, turning Clint's family to dust is as cold an opening as you'll ever see anywhere. Not only does this set up the Ronin arc of Barton's journey, but gives you that gritty reminder as to what people can lose and have lost as a result of Thanos' actions. Then with the five year time gap, it highlights how seismic the shift has been. The comedic segments changes the pace nicely, but still has the undertow of seriousness, blending the two nicely, as Ant-Man, Thor and the newly blended Professor Hulk provide the outlet. Survivors guilt is very real, and seeing how they all handle it differently shows that even the mighty can fall, but still get up. Seeing Thor larger seemed odd at first and purely down to get a laugh in the early stages, but when we get to the final act, and he's ready to face Thanos once more, the attire returns whilst holding both Stormbreaker and Mjolnir, his hair and beard becoming platted; a nod to the King Thor character, and he looked the part.

To say the final act was predictable would be unfair and unjust, but what is fair to say is that the predictability comes from the feeling they were going to bring back the fallen heroes, it was just how they would avenge them. And didn't they do just that. Time travelling to alternate realities not only made sense with its explanation, but was a fun to watch. Going back to beloved sections of the MCU, throwing back to scenes like the elevator scene from Winter Soldier, using past knowledge to get the Infinity Stones and look at America's ass.

When Natasha and Clint travel to Vormir, we all know the price, so you have a 50-50 guess as to who you think it is that makes the ultimate sacrifice. For me, it is the right call. Natasha's end is perfect, because not only has she always known what is at stake, and been willing to do so in the past, she knows about what Clint would do to have his family back, and as although Barton wanted to do it, she knew he couldn't let him. The cat and mouse like chase they played over the

cliff made your heart race; a clever, well worked ploy by the writers.

Most importantly though, it all made a logical step to the third act, and there was no break in story or explanation, which is key with so many plot elements. So when Hulk snap's to bring everyone back, and it doesn't happen immediately, you are unsure as to whether it'll happen. But when you hear the infamous "on your left" from the Falcon Sam Wilson, and portals begin to open courtesy of Doctor Strange, releasing all the fallen heroes, alongside along with a vast army of Wakandan warriors, Asgardian's, sorcerers and ravagers to combat Thanos and his troops, it makes for a wonderful conclusion.

Without a doubt, my favourite part of the film, and maybe the MCU, is Captain America wielding Mjolnir. A moment that's been in the works since Age of Ultron, and I'm happy they waited for the perfect opportunity to use it. Thor saying "I knew it" made it all the sweeter, because we always knew he was.

In the closing stages of the battle, the women of the MCU united to help move the Infinity Gauntlet away from Thanos, and it was a sight to behold. Seeing all of these inspirational characters that mean so much to so many women will hopefully see a shift in the tide with regards to future films, with more hopefully taking on a title role to continue their influence.

One of the main roots of the plot, and for me, the pièce de résistance, is Tony and Steve's relationship dynamic. It is magical in its execution. Having yet to see one another since Civil War, fans were eager to see how their first encounter would unfold. It was fierce

and powerful with how Tony blames Steve for not being there; the gravitas of the scene leaves you stunned. However, when the stakes are high, they're back at their best. The reuniting of Cap's shielding is moving, and makes you feel like Steve Rogers is complete. When they infiltrate S.H.I.E.L.D for the right reasons, the heartbreaking moments begin to ensue. Seeing Tony speak to his dad and Steve look on helplessly at Peggy, you can't help but be reminded of what they've both

sacrificed or missed out on.

The finale of the film played out perfectly, with not a dry eye in the house at the midnight release. After a wonderfully choreographed battle, Tony Stark cemented his already concrete legacy by wielding the Infinity Stones to reduced Thanos to dust was the ultimate, heroic sacrifice. His arc across 10 films from arrogant genius, billionaire, playboy, philanthropist, to putting everyone safety before

For me, the pièce de résistance, is Tony and Steve's relationship dynamic. It is magical in its execution.

his own self interest has been a sight to behold, giving up Pepper and his daughter Morgan, is heartbreaking.

While Steve Rogers handles the task of putting back the Infinity Stones from their alternate realities, his decision to stay there and live out a life with Peggy Carter is magical. The closing images of them reunited to the sympathy of Harry James' 'It's Been A Long Long Time' is the most poetic way to end this journey. When he returns to the present as an old man, he passes the mantle of Captain America to the Falcon, Sam Wilson (Anthony Mackie). The debate was between whether he or Bucky Barnes, the Winter Soldier (Sebastian Stan), would get hold of the shield, and giving it to Sam is a step in the right direction for both story and diverse roles in films, as it will be fantastic to see another black superhero on the big screen in a title role, following on from the inspiring Black Panther and Spider-Man: Into The Spider-Verse. What will also be interesting to see, is the way the commissioned Falcon and Winter Soldier series that will feature of Disney's new streaming service Disney+ in the future will develop from a story perspective, rather than feature films.

Alas, for, as the cast themselves put it, the 'OG Six' of Robert Downey Jr. as Iron, Chris Evans as Captain America, Scarlett Johansson as Black Widow, Chris Hemsworth as Thor, Mark Ruffalo as Bruce Banner/The Hulk, and Jeremy Renner as Hawkeye, and introducing his darker alias, Ronin, their time together on the big screen has come to an end. With Tony and Natasha deceased, and Clint most likely returning to his family life, we won't be seeing them in a post-Endgame storyline, with the rumour Black Widow solo

film most likely being an origin narrative. The source material does allow for Steve to return in his older state, which will be interesting to see if they take that route. Given that Thor has teamed up the Guardians, it will be interesting to see whether Vol.3 is pre or post Endgame, especially with the alternate reality version of Gamora roaming the galaxy. As for Hulk, who knows, but there is always options with Marvel.

What the original Avengers have done, is etched these beloved characters into the history books. Their performances as these beloved, matured characters steal the show. The emotion they portray is staggering, especially with the circumstances bestowed on all of them; perhaps the best they have ever been; a testament to them as actors, wanting to still give everything to these characters that have really been a part of not only our lives, but theirs.

Any criticisms? Even though it's three hours long, I wouldn't of minded if it was longer, especially with the heroes returning, I would of like to have seen a bit more of the dynamics from those who are reunited. I felt as if Cap and Bucky's were rushed slightly, given the significance between the pair.

But all of this begs the question, what will Phase Four hold? Spider-Man: Far From Home has already been confirmed to wrap up Phase 3, being released on July 2nd. Casting has reportedly been done on an Eternals film, and with sources stating that there are some untitled, yet commissioned films, could we see another Black Panther, Captain Marvel or Doctor Strange film?

The most interesting feat will be; what will become of the Avengers title? Will the group move forward with new members, or is that it? Story wise, of course there is countless possibilities given the source material, but nothing is ever 100% in the MCU until Kevin Feige says so. Until then, I'm just going to keep enjoying Endgame, and the films that have come before it, because the legacy created will be everlasting, however expansive it becomes. I loved this film 3000.

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.

BBC iPlayer

News From The Small Screen

by CIARAN GRIFFITHS

BBC announces major iPlayer shake-up

In exciting news for TV streamers, the BBC has submitted plans to Ofcom for a major shake-up of its streaming platform. The proposed plans will provide much more content to the platform allowing streamers more access to their favourite shows, with certain titles being available as box sets. The plans also suggested that shows would remain on the website for up to a year rather than 30 days, as is the current arrangement. Charlotte Moore, the BBC's Director of Content, had this to say about the proposed plans. "Audience expectations have changed dramatically, viewers are now used to being able to watch what they want when they want, and they expect much more from BBC iPlayer. We want to make the best UK

programmes available to audiences for longer and provide a range of series and box sets for everyone to enjoy. This will bring the BBC iPlayer in line with what other services already offer and give audiences even greater value for their licence fee." While these changes are not set in stone, with Ofcom still needing to give the go ahead, consumers should see the updates later this year.

Netflix potentially losing the U.S Office

The U.S office started in 2005 and ended in 2013, yet it is still hugely popular, being the most watched show in Netflix history. It was acquired by the streaming service in 2016 during the platform's monopoly, before multiple other platforms emerged. Yet Netflix's contract expires in 2021, and the Wall Street Journal is reporting that NBC Universal is eager to snap up its former property, with rumours

that they are about to launch their own streaming service. This would be a significant blow to both Netflix and TV fans, with consumers having to pay for yet another streaming service to access their favourite shows. This seems like a return to traditional 'cable TV', hopefully Netflix will be able to cling to their golden child, but only time will tell.

WandaVision Disney TV show starts filming this autumn

With the final Avengers film making huge waves in box offices this month, Marvel and Disney are beginning to look towards a post-Endgame future. Interestingly, their future plans involve a significant amount of TV shows, with one of these being WandaVision. This new show will star both Elizabeth Olsen as Wanda Maximoff A.K.A Scarlet Witch, alongside Paul Bettany as her love interest, the android Vision. In a Variety interview, Olsen revealed

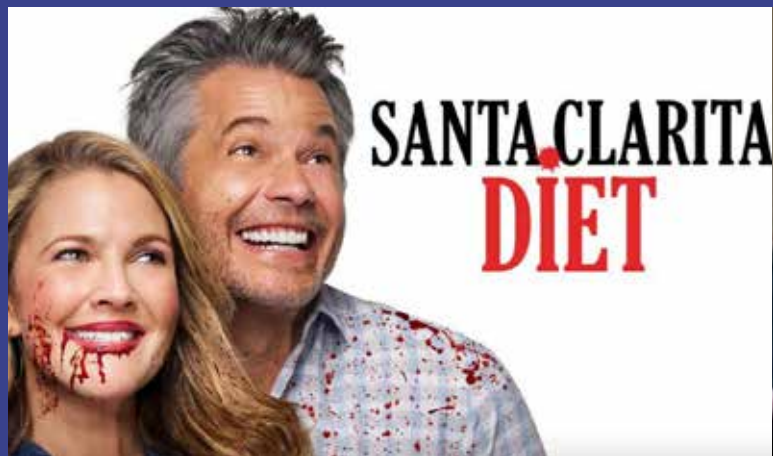
that WandaVision would potentially set in the '50s, stating "There's quite a few other comic books that we're pulling from and it's going to be Wanda and the Vision... they showed a photo of us in the '50s." This will be an interesting setting for both Scarlet Witch and Vision, and could hopefully lead to both characters receiving more screen time. This is not the only TV show from Marvel and Disney, with the studios producing a limited series focusing on Loki and a separate series focusing on everybody's favourite Captain America sidekicks, Falcon and The Winter Soldier. All three shows will premiere on Disney's recently announced streaming service, Disney+.

Tina Fey reveals former U.K PM asked her to fix the British TV industry.

Those are words I never thought I'd write, but in perhaps the weirdest

news this year, Tina Fey revealed on David Tennant's podcast that former British Prime Minister David Cameron asked to meet with her in New York to discuss a plan to revolutionise the British TV industry. His groundbreaking plan was to have Tina Fey, the Oscar winning actor, writer and director come to Britain and tell the TV industry to make series longer than 6 episodes. This doesn't seem like the best use of time for either Fey or Cameron. Perhaps the former Prime Minister was a huge Sherlock fan and wasn't happy with the short number of episodes per season? The meeting never happened, which is probably a good thing considering the current state of British politics; I'm not sure we needed our politicians to be anymore distracted than they already are.

Student Picks



by CIARAN GRIFFITHS

The unseasonably warm weather has left Bangor, replaced by cold rain and howling wind, a wind that carries upon it the worst words a student can hear. Words that herald the end of the semester, and leave many with a profound sense of dread. Ladies and Gentlemen, exam season is upon us. But never fear Seren Readers, I have the cure! 5 TV shows to distract during your revision breaks.

Santa Clarita Diet - Netflix

Netflix's cherry offering on the Zombie Apocalypse is a refreshing take on the genre, something helped by its two excellent lead actors, Drew Barrymore and Timothy Olyphant, who portray a realistic married couple with real chemistry. The oddball comedy,

mixed with some real emotional heart combines to make a compelling watch, standing out in a crowd of grey, dreary Walking Dead clones. It's the perfect show if you're searching for an easy watch with an undeniably gripping narrative.

Schitt's Creek - Netflix

I'm going to be honest, when someone first described Schitt's Creek to me, I was sceptical as to whether I would enjoy the program. But after watching the first few episodes I was hooked by its dramatic, over the top characters. The premise of the show is definitely a unique one, featuring the Roses, a rich socialite family who lose their fortune after their business manager steals it all. The only asset they keep is their deed to a small rural town;



Schitt's Creek. The Roses are forced to uproot their lives and relocate to the rural community, with their high society ideals clashing with the townspeople's 'simple' way of living. I'm not doing it justice in this write-up, but its short 20 minute episodes are perfect for revision breaks, especially if you're looking for a quick laugh.

Derry Girls - 4OD, Sky Go

If you haven't been watching Derry Girls you need to catch up. Channel Four's hit sitcom explores the life of a group of young Irish girls, and one English 'fella' living in Derry in the mid 90s. It's rip roaringly funny, perfectly 90s, all while making some subtle comments on 'the troubles' and Irish society in general. The short runtime, low number of episodes and general light-heartedness

make this a quick and easy watch, one that will help fend off the gloom of exam season.

How I Met Your Mother - Netflix

The American classic sitcom may be a bit dated these days, and some of the jokes may land on the wrong side of the fence, but How I Met Your Mother is a great show to fall back on if nothing else catches your eye. Its ensemble cast have great chemistry, with no combination of characters falling flat. While the ending does leave a little to be desired, the previous 8 seasons are a great example of mid 2000's comedy, with some genuinely brilliant jokes.

The Rookie - Sky Go

I've got a bit of a soft spot for Nathan Fillion, perhaps it's the cheeky grin or the fact he was in

Firefly, the greatest Sci-Fi show of the past 20 years, but there's something about him that's undeniably charismatic. This hasn't changed in his latest show, The Rookie. Fillion's character is a middle aged man starting a career in the LAPD amongst a group of younger trainee cops, following a traumatic event in his life. The show's premise is an interesting one that isn't afraid to explore the prejudices within American police, not shying away from topics such as race, gender and age. Typically cop shows focus on detectives, so this is a good chance to observe the day to day life of a 'beat cop', and is perhaps one of the show's main strengths. It's a solid watch if you're looking for something a bit more dramatic for those nights you need a breather, and more Nathan Fillion is never a bad thing.

REVIEW:

GAME OF THRONES

SEASON 8

by CIARAN GRIFFITHS

It's here. After two years of long waiting, and countless trailers, interviews and promo shots, season 8 of HBO's hit fantasy show has finally arrived. Before we get stuck into this review, quick spoiler warning. I will be discussing some relatively big story moments from the first two episodes so if you haven't watched them yet, best to stop reading this article and check out the one below instead.

At the time of writing, only two episodes have aired, with the third being the climactic Battle of Winterfell. These two episodes have been all about gathering the various characters into Winterfell, leading to some heart-warming reunions and tense confrontations. From Arya and Jon, who haven't seen each other since the first season, to Jaime and Bran, who haven't seen each other since Jaime pushed Bran out a window, paralysing him. There were

also some interesting introductions as the Daenerys' army and the Northerners met for the first time, which led to a tense clash of cultures. These interactions were well written, with almost every character getting a significant interaction at some point in either episode.

One of the stand out moments include Daenerys' first interaction with Sam, whose family she had burnt in the previous season for refusing to bend the knee to her. A special mention has to go to John Bradley for some excellent acting during this scene as his new Queen slowly came to the realisation that she had killed both his father and brother. Something made even more dramatic by the fact that Sam was unaware he was meeting the women who had condemned his family to death by dragon fire. Bradley managed to expertly express his shock and grieve at learning of his family's fate, while

also maintaining a façade of deference towards his new monarch. Another great interaction was the fireside chat between Jaime, Tyrion, Brienne, Davos, Podrick and Tormund. A group of characters who work excellently together despite being the first time most of them have ever met. It's a shame many of these characters will likely die in the upcoming episode. Seeing Brienne finally earn her knighthood was a great moment, well executed by Gwendoline Christie and Nikolaj Coster-Waldau. The friendship between Brienne and Jaime has been one of the show's best relationships, with both characters learning from the other. This moment was made all the more emotional by Pod's song which followed, a song which received a cover by Florence and the Machine, which honestly has been my favourite song this week. If Academi do a Game of Thrones night I will be there, requesting this song on repeat.

I can't end this review without addressing the big moment of both episodes. After several seasons worth of teasing, Jon Snow has finally learned of his true parentage. Episode one saw Sam tell Jon about his Targaryen heritage, something that he took surprisingly well. In the last few minutes of episode two, Jon told Dany about his true parentage in front of the grave of his true mother, after avoiding Dany the entire episode. This revealed an interesting trait in the new Queen that may hint towards the pair's future. Rather than being shocked and horrified learning that her new boyfriend was actually her nephew, the formerly last Targaryen was more concerned with Jon having a higher claim to the Iron Throne than her. Could Daenerys attempt to murder Jon, whose real name is Aegon, to protect her claim?

This was a solid pair of episodes, reminding the audience just why

we love these characters, giving us some truly emotional moments in preparation for half the cast to be brutally massacred by the army of the dead. Speaking of the army of the dead. The dead lord Umber was terrifying and I might have let out a very manly scream. My predictions for the next episode, which will have aired by the time you read this, are that Bran will turn himself into a quasi Night King, hence the Weirwood location he helpfully chose to position himself in. He will then be locked in a struggle with the original Night King for control of the White Walker army, something that will happen throughout the rest of the season until both are destroyed, leaving the remaining living characters to squabble over the remains of Westeros. Of course, this prediction could be completely wrong and you'll be reading this laughing at how wrong I am!

WGA VS Hollywood Agents



by CIARAN GRIFFITHS

For the first time in 43 years, the Writers Guild of America (WGA) is seeking a better deal for its members with their agents. If you follow any Hollywood star on social media, you may have noticed them publishing open letters to their agents, effectively firing them until they reach a deal with the WGA. The WGA, which represents screenwriters, released a statement earlier this month stating, 'Talent agencies have represented Hollywood actors, writers, and directors for almost a century. But what began as a service to artists in their negotiations with film studios has become a cartel dominated by a few powerful agencies that use their control of talent primarily to enrich themselves.'

The main issue at the heart of the conflict is the increasing number of agencies partaking in the practice of packaging. Traditionally agents would take a 10% cut of their clients pay, ensuring they were motivated to get their client the best wage possible, enriching themselves in the process. This system makes sense, the more money the writer earns, the more commission the agent receives.

Yet recently, agencies have begun to deal directly with studios, bringing

on multiple clients to a project and earning a percentage of the budget and profits of the production. This is problematic in two ways. First it cuts into the budget of a show, meaning productions have much less money to actually create the TV show. Secondly it means agents may no longer have their client's best interests at heart, having no reason to ensure they get paid as much as possible. If anything, agents now have an incentive to ensure their clients get paid as low as possible so the agents themselves can take a bigger cut of the productions profits. This issue is made even more problematic as in many cases, writers are not informed of these package deals.

The WGA argues that while the industries profits have doubled, earning \$53 billion a year, writers have seen an average decline in salaries by 16%. This situation is obviously unacceptable, and something has to change. The people making the TV shows we love are being paid the least, while the middlemen who find them the work get rich through dodgy deals. The WGA's report makes for an interesting read and dissects the issue far better than I can in this short article, so if you're interested in understanding this issue I recommend you give it a read.



REVIEW:

by CIARAN GRIFFITHS

Season 1 of Amazon's quick talking comedy was a huge hit, gaining a lot of attention for its 50s New York setting and rapier-sharp wit. Season 2 is more of the same as Midge (Rachel Brosnan) and Susie (Alex Borestein) journey deeper into the New York comedy scene, encountering misogynistic comics, a dreamy doctor (Zachary Levi) and even more of the brilliant Lenny Bruce (Luke Kirby).

The first season was bright, flashy and quick, but now the audience has been introduced to the characters, season 2 can spend some more time exploring the relationships and attitudes that make this show. Midge's parents, Abe and Rose (Tony Shalhoub and Marin Hinkle) receive a lot more attention this season as they establish a new dynamic in their relationship.

Midge's brother (Will Brill) also comes into the spotlight, as the secretive nature of his work is revealed to the family.

But first and foremost this is a show about Midge's comedy career, and she makes some significant strides this season, going on a small American tour following her Catskill Mountain summer vacation. One particular gig that stands out is the moment her father discovers her comedic career, sitting front of house when Midge talks about both her sex life and that of her parents, which is a nightmare scenario to both her and her father.

One of the things this season does best is balancing serious issues while still maintaining the razor sharp comedy it's known for. As Midge becomes more and more popular on the comedy circuit, she begins to realise she really will have to abandon

her previous life, and the possibility of marrying Dr Benjamin Ettenberg. This is a concurrent theme of women pursuing their own lives is something explored throughout the season from Midge's mother running to Paris and refusing to come back, to Susie taking on a high profile client as her management company grows.

This season ends on a bittersweet note, setting up season 3 for Midge to go on a European tour as she opens for singing super star Shy Baldwin (Leroy McClain). But it also ends on Midge watching as a depressed and down-on-his-luck Lenny Bruce performs a routine about his loneliness stemming from his comedy career, something that Midge realises may be her future. The show has been renewed for a third season, with filming starting later this year, so there's plenty more to look forward to.

MUSIC



INTERVIEW: Winter Hotel

by JORDAN MCEVOY

Over the past year, Bangor's underground metal scene has flourished into a multi-headed beast, with a number of growing bands emerging and taking the alternative crowd by storm. One of these bands, Winter Hotel, are beginning to expand into new territories to deliver their unique blend of death metal. We sat down with Warren, Liam, and Martin from the outfit to talk all things metal, local music, and musical influences.

For someone who hasn't heard of you guys before, or isn't particularly in the scene around here, how would you best introduce and describe yourselves?

Liam: I'd say it's a fusion between the lightest and darkest side of metal. The range of our influence is anything from post-hardcore to the kind of stuff Warren listens to - slamming brutal death metal, and stuff like that.

There are a lot of different styles which are incorporated into Winter Hotel. Could you all talk about your individual influences?

Martin: I suppose, as a drummer, there's lots of different styles. For me, lots of jazzy styles, jazzy beats, but the standard metal aspect as well. Heaviness and noise.

Warren: Well, I fell in love with Cannibal Corpse at a pretty young age, and hearing Chris Barnes and Corpsegrinder's vocals so young helped me develop what I wanted to sound like. Not long after that, I found bands like Vulvectomy, Cephalotripsy, and just got really heavily involved in the slam realms. After hearing those bands and seeing bands like that live, it really made me want to get that guttural tone and experiment with how far you can push the voice to sound as inhuman as you can. The gore aspect of it captivates me too.

Liam: For me, I just used to listen to bands like Hawthorne Heights, went to a few shows, and went I was about 14 I picked up a guitar, learnt a few basic power chords and started jamming along to what they did. That was pretty much it.

It's cool how that's quite an eclectic mix, and you've all come together to create something progressive, slamming but also with elements of deathcore, metalcore etc. in it. Regarding lyrics and the actual songwriting, how do you go about that?

Warren: Liam and I are 50/50 with the lyrics. Most of the songs are half me, half him. Sometimes it'll be more

him, less me, and other songs it'll be more me, less him. I've written lyrics for a band from Texas called Diminished, I've written lyrics for a band originally from Florida but now in Colorado called Extremely Rotten, I've written lyrics for a band out of Los Angeles called Stages of Decomposition. I'm currently working with a few bands here in the UK, and another band in Germany writing lyrics for them. They just tell me what they're looking for, and I try my best to articulate what I think they want. Studying poetry at the University, they just walk hand in hand, so I try to write the lyrics the same way I write poetry; just have to be a bit more melodic and combine it with the music.

With Winter Hotel itself, could you give a little backstory on how it came to be?

Liam: How it started... I went along to one of the BRAMAS (Bangor Rock and Metal Appreciation Society) meetings as part of the Uni around September time 2017, and I just kind of found Warren sat on his own in the corner. We got chatting, and then started talking about music and he said he was a drummer, so initially we set up something with me on guitar and him on drums, but while we were at the studio he did a few gutturals and I thought "No, you're wasted behind the kit, let's get you on vocals!". So, we put up an ad and met Martin through that, and started jamming with him and it kind of fell into place pretty quickly.

Martin: I got in touch with them, and we set everything up.

Liam: I think we started gigging as a three piece for a few months, and then we met Alwyn who, at the time, was part of a band called Lyberty. He offered to play bass for us, but I heard him play lead guitar and I thought "No, we'll get you on that". Just recently, we met our bassist, Aiden, at another of the shows for a band called Dystopian Sun, and we were really impressed with what he did.

How does it feel to go from Bangor, which has a strong but relatively small scene, to a gig in Manchester supporting huge slam bands?

Warren: Me, being a slam nerd, I am superexcited. I saw Coprophilic Mutation, they're the band who asked us to join them, I saw them when they played Fall In The Brawl this year which blew me away, they just have that really low-end, deep underground slam sound that I fell in love with. Being able to now be offered shows to play with them in Manchester with other bands from the Slamchester scene *laughs*.

Martin: It was a pleasant surprise when it popped up.

Did you expect it so soon?

Martin: Well, I suppose I expected some stuff because we were talking about trying to get Manchester shows, and it just came on its own. It's good.

Liam: We certainly thought we'd have to fight a lot harder for a Manchester show. We never thought one day we'd check our DMs and there'd be an offer to play a show!

Martin: I suppose it's to do with how nonspecific what we play is.

Liam: Yeah, that's one thing I like to think is that we've got of versatility. So, we could be offered a slam show but equally we could be offered to play a metalcore show, or a post-hardcore show. It's got that range.

Definitely part of your appeal and why you've escalated so quickly. It's not one true cut style, and people like that especially today when music is becoming more and more diverse. You see styles coming together to make something completely new, especially in Manchester. With this, how do you approach writing your songs, instrumentally first?

Martin: I guess we trial certain beats, just play through stuff and work through ideas. Liam will come up with stuff and bring it to the table, sometimes I'll have a few ideas but usually it's guitar first. Yeah, and obviously with Aiden and with Alwyn, they just bounce off the ideas that were originally created by Liam.

Liam: Yeah, I mean, we always go lyrics first. I think we write music to fit the lyrics, rather than lyrics to fit the music.

Could you talk through the themes of your single, Exit Strategy?

Warren: Yeah. Exit Strategy is a mixture of Liam and I's past experiences with people in general, relationships between... whether it be partners or friends or family members who have just kind of crumbled. Just kind of how it feels and what it's like to go through something like that. It's something everybody goes through, something relatable, but still painful regardless of how many times you feel it or how many people go through it, it's still unique every single time.

And what was your initial reaction to how well you were received in Bangor? It's quite an eclectic scene with a number of different bands, but as soon as you started there was an immediate demand.

Liam: Absolutely blew us away, didn't it? Like, I never really expected

Winter Hotel to be anything more than a jam band that we'd just go to practice or do the occasional gig. The fact we're as well received as we are... I never expected it.

Martin: Yeah, it was a nice feeling.

Warren: It really caught me off guard. I grew up in a small farm town in Michigan back in America, so I tried to do some research to see what metal bands were from around here, and I found a few death metal bands but they were all from Cardiff, Swansea, southern Wales areas. So I thought, "Aw, man, there's not going to be much girth up there!" [laughs] But, I don't know, when I came here I went to Serendipity and saw the BRAMAS booth, they invited me to see Krank and The Headaches play one of the first shows of the academic year. Then when we started, it kind of all came together. My appetite for slam had been fulfilled by the stuff we were making, people like it so we'll keep on chugging I guess.

Liam: Yeah, it's quite a uniquely enthusiastic music scene around Bangor I'd say. I've never really been anywhere like it before, it's such a small place but people really do care about the local scene. I've done gigs around a lot of the north of England and stuff before, and I've never been anywhere like Bangor. The appreciation for it is really cool.

The size really helps, along with the venues we have around here. Rascals and Skerries are arguably the most important ones for underground music, and you've played a lot in Skerries over the past year. How do you feel about the change in management, are you concerned about how it could affect the scene?

Warren: A bit, yeah. Since all of us have been here for a short amount of time, we've still gained the idea and know that it's a venue for all people. Like, everyone can go there for a good time, whether it be for the music or atmosphere in general. So, with the new management, perhaps they see that too and will keep that intact.

Martin: They might see it in a different way.

Warren: Yeah, exactly. And I think the people who dig music will still go and find the music, whether it be at Skerries or elsewhere.

With the growth of the scene, especially with you guys, Dystopian Sun etc. all coming up, what do you think Bangor could benefit from to keep growing?

Warren: I think a festival would be really nice. I mean, there are festivals, but other festivals that include more

of the local scene as opposed to like, the Battle of the Bands where it's a competition. Music, overall, I don't think it's about the competition. It's about expression, having fun. So if you get all of the local bands all together, that would make a really diverse catalogue of music. The Headaches, who are punk, Celtic, and metal in a way; Krank, who are their own entity in a way I think; us, with our alternative extreme metal dealio. I think just the local North Wales bands in general could form something really unique if we did a North Wales festival.

Going back onto your material, you're on the cusp of releasing your EP...?

Liam: Sort of, yeah. With our original release, Eclipsing Us, we kind of found that we left a lot of things to be mixed and mastered that couldn't really be fixed. Last year, we were on a really tight budget and we ended up just recording it ourselves in Alwyn's attic. You know, we made a lot of choices on that recording we couldn't go back on. For example, instead of tracking the guitars and then adding effects, we just popped a mic in front of the amp, and then when we sent it off to be mixed and mastered, that's something that can't be changed so we couldn't get a good tone out of it and things like that. We will be releasing that, but I think what we'll be doing instead is releasing that for free, and we're not really too sure when that's going to be out. We've got Exit Strategy out at the moment, we're expecting our songs 19 and Embracing Exile to kind of drift in at some point, but we are kind of planning something else that's going to be done a lot more professionally and pretty big.

What's next for Winter Hotel and what would you like to achieve in say, the next year?

Warren: I'd say still doing what we're doing now, just on a larger scale. Continuing to play the music that we want to hear, want to play, and want people to hear. Record new stuff, have new merch available, more shows in North Wales and outside as well, and see how far we can take this daddy boy!

Lastly, is there anything you'd like to say to anyone reading this?

Warren: I'd say just have an open mind when it comes to music, check out what we have to offer. If you like it, radical. Check out the rest of the scene, listen to the other local bands and support the little guys, because we're not up there yet!

Celebrating Dilys Elwyn-Edwards

by ZACH READING

Originally scheduled for the 1st March, Pontio's celebration of the music of composer and former Bangor University tutor Dilys Elwyn-Edwards took place on Saturday 27th April. Spearheaded by Pontio's Artistic Director Elen Ap Robert, who was a close friend of Elwyn-Edwards, the concert featured a number of songs cycles, one of the composer's favourite forms, alongside works for choir as well as recitations and anecdotes from the poets who inspired her work. Soprano Elin Manahan Thomas, who amongst a plethora of career highlights can boast singing at the wedding of Prince Harry and Meghan Markle in 2018, was accompanied by Jocelyn Freeman and they were both joined onstage by the National Poet of Wales and Crowned Bard Ifor Ap Glyn.

The concert began with the song cycle *Songs of Gwynedd* with words by T Gwynn Jones and Hen Benillion. Elwyn-Edwards, who was born in Dolgellau, wrote this set to commemorate the unification of Gwynedd and Cader Idris and chose texts inspired by the Menai Strait and Caernarfon's walls. What became obvious through these works is the composer's keen sense for harmony

and her ability to enhance the meaning of the texts through this. The music is full of British pastoral sensitivities but is also free from the shadow of her teacher Herbert Howells and the likes of Ralph Vaughan-Williams. This was directly shown in the cameo performance of Bangor University Chamber Choir (of which the writer performed with), conducted by Dr Guto Puw, who performed three of Elwyn-Edwards works preceded by the carol *Here is the Little Door* by Howells. The chain of influence was clear, but Elwyn-Edwards works were at once recognisably individual. The performance continued after the interval with the charming *Six Songs for Children* with words by I D Hooson, magical *Songs of Nature* and beautifully evocative *Songs of the Three Birds* featuring the popular sonnet setting *Mae Hiraeth yn y Môr* by R Williams Parry. The concert concluded with a premier written in memory of Dilys Elwyn-Edwards, who passed away in 2012, by Geraint Lewis with words by Ifor Ap Glyn. The piece certainly conjured the memory and spirit of the music heard earlier in the concert and was a fitting way to end an evening of pleasant reflection for one of North Wales' finest artists.

REVIEW: East Meets West at Pontio

by ZACH READING

Put together by Bangor University's Head of Performance Richard Craig, the East meet West concert held in Pontio's Studio contained a programme of contemporary works bridging the gap between Eastern and Western classical tradition.

The concert began with two works for Guzheng performed by Yiwen Guo. *Autumn Night Thoughts* and *Fishing Boat in the Sunset*, by Yuguo Zhou and Shuhua Lou respectively, showed the fantastic colour and expressive ability of the guzheng. This was furthered in *Landscape* by Guanren Gu, a similarly expressive work that was well controlled by Guo whose enthusiasm and personality lit up the performance. Japanese composer Toru Takemitsu's *Air* for solo flute and *Toward the Sea III* for alto flute and harp showcased his unique blend of 20th century modernist techniques and Eastern tradition with works of complex harmonic sound-worlds with a rooting in natural imagery. *Air* is inspired by the natural element involved in the act of flute playing while *Towards the Sea III*, commissioned by Greenpeace

for the Save the Whales campaign, references Meville's *Moby-Dick*. The playing of Richard Craig and Mared Emlyn in the latter was transparent and sympathetic to the post-tonal sound-world of the work. Emlyn and Craig also showcased their ensemble chemistry in Salvatore Sciarrino's *Fauno chef ischia a un merlo* which depicts the mythical figure of the Faune imitating and conversing with a blackbird.

Birdsong, and nature in general, formed a secondary theme to the programme of this concert and was further shown in Andrew Lewis's *Earthline*. Lewis, a Professor of composition at Bangor University, combines the distinctive timbres of the alto and bass flute with slowed recordings of a blackbird's song. The result was a series of alien but evocative conversations that showcased Lewis's expert ability to blend electronic and acoustic elements. R. Murray Schafer's *The Crown of Ariadne* also pushed the boundaries of a solo instrumentalist by having harpist Mared Emlyn, a Bangor University graduate, employ a battery of percussion to depict scenes from the tale of Ariadne and the Minotaur. The most immediately evocative movement was the *Labyrinth Dance*

in which the harpist performed with a pre-recording, giving the sense of the maddening familiarity of the mythical maze.

The concert also showcased two works by Bangor University PhD student Katherine Betteridge and alumni Sioned Eleri Roberts. Roberts's *Dŵr y Mynydd* for Harp, Bass Flute and Bass Clarinet brilliantly evoked the natural motion and sound of water through the textural and timbral colours of the three instruments. *Stjörnublik* for clarinet and harp, by Katherine Betteridge, is a sonic representation of twinkling starlight. The true quality of the writing was in the ability to play at an absolutely minimal dynamic, something that was brilliant achieved by Roberts and Emlyn. In the acoustic space of Studio the music came to life with the dim imagery of far off stars. East meet West was a wonderfully devised showcase of contemporary music not just in the aforementioned regions, but here in North Wales.

A huge thank you to all of the contributors to the music section this year.

REVIEW: Featured Albums

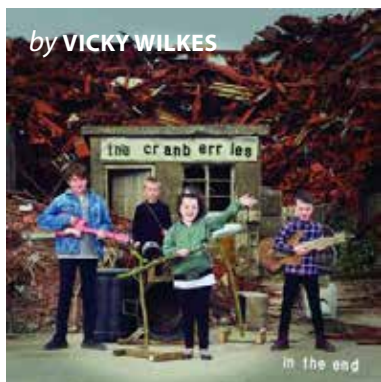
by JOSH CAIN



When We Fall Asleep, Where Do We Go - Billie Eilish

Starting with a bang, Billie Eilish has released her debut album featuring her uniquely melancholic tone. This follows on from previous singles such as 'Ocean Eyes' but contains more of a sinister and chilling sound – evident in the album's first single 'You Should See Me in a Crown'. The album contains relaxed sounds like 'Listen Before I Go' alongside upbeat songs like 'Bad Guy' and 'Bury a Friend'. At only 17 years of age, Billie Eilish had made an impact in the alt-pop scene, and hopefully this will continue.

by VICKY WILKES



In The End - The Cranberries

Released on 26 April, 'In The End' the Irish alternative rock band's eighth studio album. The album is the band's first release since the death of Singer Dolores O' Riordan who passed in January. O' Riordan's vocals do feature posthumously, and it is evident that her presence casts over the album with tracks such as 'All Over Now' and 'Lost'. The track 'Wake Me When It's Over' is reminiscent over the 1993 hit 'Zombie' with the lyrics: "fighting's not the cure / It's eating you like cancer". Overall, the album is a chillingly beautiful tribute to O' Riordan's timeless voice and The Cranberries' success.

LOVE + FEAR +



Love and Fear - MARINA

'Love + Fear' is an album of two halves and its stripped back pop serves only to highlight MARINA's raw vocals. The title 'Love + Fear' is exactly what MARINA gives us: bittersweet married with melancholic. The album tracks the artists journey which is seen in the upbeat lyrics: 'We've come so far' in 'Superstar' and 'Flowers in my hair / I belong by the sea / Where we used to be sitting be / Sitting by the orange tree' in 'Orange Tree', 'Too Afraid' however, presents a more vulnerable side to artist. This record moves away from the artist's former pop persona as 'Marina and the Diamonds' and it is evident that in losing her diamonds, MARINA finds herself (BBC).

by STEPHEN OWEN



Doko Mien - Ibibio Sound Machine

The third album of London-based electro and funk group Ibibio Sound Machine is an energetic release that flows cohesively through its 41-minute length. When listening to the band, it is immediately easy to see there is a wealth of influences that the band is drawing from. Whether that be the vocalist Eno Williams' lyrics often drawing from folk tales in her families' native tongue of Ibibio or the dense percussion recalling artists such as Afro-beat pioneers Fela Kuti or renowned world music band Osibisa (who guitarist Alfred Bannerman has been a part of) the band has a distinct and unique niche. Doko Mien kicks off with the opener 'I Need You to Be Sweet Like Sugar', one of the strongest songs on the album with its sequenced synth melody, sudden stabs of guitar and triumphant brass. It showcases the band's ability to fuse

languages and genres, with the verses sung in Ibibio and the chorus in English under a mixture of afro-beat's relentless rhythm section and the synth textures of electro. Many of the tracks follow this broad blueprint, with some living up to the standard set in the opener such as 'Wanna Come Down' or 'Tell Mewhilst' tracks like 'Kukaflatter to deceive'. The consistency of the album is to its strength however, keeping up the breakneck pace the album begins on. That being said, the mould is broken a couple of times throughout the album, with the more solemn slow-burners 'I Know That You're Thinking About Me' and 'I Guess We Found a Way' being good changes of pace. An innovative and vibrant release, Doko Mien is an excellent gateway into African music, fusing a number of different styles whilst still being grounded in a strong identity.

VOLUNTEERING



Hergest Project

by ELLEN MANGAN
and ELIZABETH STANSFIELD

Hergest 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



My 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

Bangor'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

In 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!

BOOKS



Women's Prize For Fiction 2019 Shortlist Announced

by BETH SMITH

On the 29th of April the UK's most prestigious annual books award which celebrates the works of fiction by women announced its shortlist. The list consists of:

'The Silence of the Girls' by Pat Barker

The ancient city of Troy has withstood a decade under siege of the powerful Greek army, which continues to wage bloody war over a stolen woman—Helen. In the Greek camp, another woman—Briseis—watches and waits for the war's outcome. She was queen of one of Troy's neighboring kingdoms, until Achilles, Greece's greatest warrior, sacked her city and murdered her husband and brothers. Briseis becomes Achilles's concubine, a prize of battle, and must adjust quickly in order to survive a radically different life, as one of the many conquered women who serve the Greek army. When Agamemnon, the brutal political leader of the Greek forces, demands Briseis for himself, she finds herself caught between the two most powerful of the Greeks. Achil-

les refuses to fight in protest, and the Greeks begin to lose ground to their Trojan opponents. Keenly observant and coolly unflinching about the daily horrors of war, Briseis finds herself in an unprecedented position, able to observe the two men driving the Greek army in what will become their final confrontation, deciding the fate not only of Briseis's people but also of the ancient world at large.

'My Sister, the Serial Killer' by Oyinkan Braithwaite

When Korede's dinner is interrupted one night by a distress call from her sister, Ayoola, she knows what's expected of her: bleach, rubber gloves, nerves of steel and a strong stomach. This'll be the third boyfriend Ayoola's dispatched in, quote, self-defence and the third mess that her lethal little sibling has left Korede to clear away. She should probably go to the police for the good of the menfolk of Nigeria, but she loves her sister and, as they say, family always comes first. Until, that is, Ayoola starts dating the doctor where Korede works as a nurse. Korede's long been in love with him, and isn't prepared to see him wind up with a knife in his back: but to save one

would mean sacrificing the other...

'Milkman' by Anna Burns

In this unnamed city, to be interesting is dangerous. Middle sister, our protagonist, is busy attempting to keep her mother from discovering her maybe-boyfriend and to keep everyone in the dark about her encounter with Milkman. But when first brother-in-law sniffs out her struggle, and rumours start to swell, middle sister becomes 'interesting'. The last thing she ever wanted to be. To be interesting is to be noticed and to be noticed is dangerous.

'Ordinary People' by Diana Evans

South London, 2008. Two couples find themselves at a moment of reckoning, on the brink of acceptance or revolution. Melissa has a new baby and doesn't want to let it change her but, in the crooked walls of a narrow Victorian terrace, she begins to disappear. Michael, growing daily more accustomed to his commute, still loves Melissa but can't quite get close enough to her to stay faithful. Meanwhile out in the suburbs, Stephanie is happy with Damian and their

three children, but the death of Damian's father has thrown him into crisis – or is it something, or someone, else? Are they all just in the wrong place? Are any of them prepared to take the leap?

'An American Marriage' by Tayari Jones

Newlyweds Celestial and Roy are the embodiment of both the American Dream and the New South. He is a young executive, and she is an artist on the brink of an exciting career. But as they settle into the routine of their life together, they are ripped apart by circumstances neither could have imagined. In this deft exploration of love, loyalty, race, justice, and both Black masculinity and Black womanhood in 21st century America, Jones achieves that most-elusive of all literary goals: the Great American Novel.

'Circe' by Madeline Miller

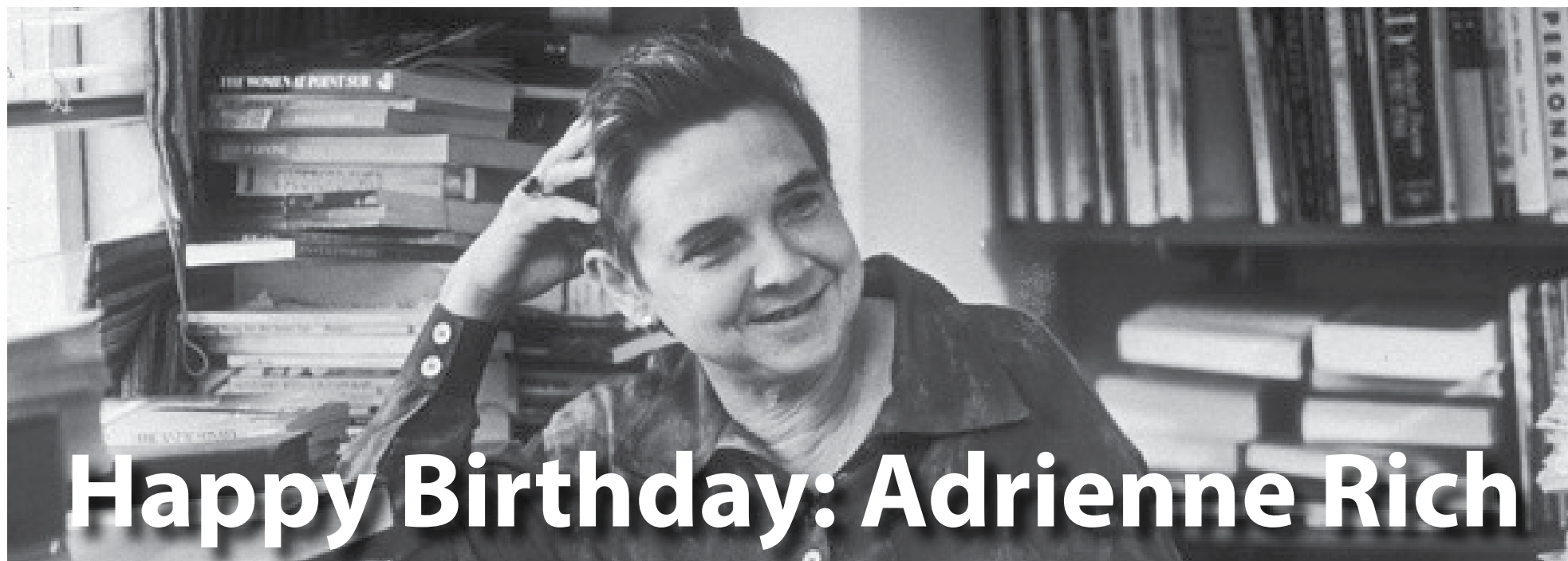
In the house of Helios, god of the sun and mightiest of the Titans, a daughter is born. But Circe is a strange child—not powerful, like her father, nor viciously alluring like her mother. Turning to the world of mortals for companionship, she discovers that

she does possess power—the power of witchcraft, which can transform rivals into monsters and menace the gods themselves.

Threatened, Zeus banishes her to a deserted island, where she hones her occult craft, tames wild beasts and crosses paths with many of the most famous figures in all of mythology, including the Minotaur, Daedalus and his doomed son Icarus, the murderous Medea, and, of course, wily Odysseus.

But there is danger, too, for a woman who stands alone, and Circe unwittingly draws the wrath of both men and gods, ultimately finding herself pitted against one of the most terrifying and vengeful of the Olympians. To protect what she loves most, Circe must summon all her strength and choose, once and for all, whether she belongs with the gods she is born from, or the mortals she has come to love.

With its 24th year the judges are University of Reading alum, Professor Kate Williams, best-selling author Dolly Alderton, journalist Arifa Akbar, psychotherapist Leyla Hussein and entrepreneur Sarah Wood.



Happy Birthday: Adrienne Rich

Women have been driven mad, “gaslighted,” for centuries by the refutation of our experience and our instincts in a culture which validates only male experience. The truth of our bodies and our minds has been mystified to us. We therefore have a primary obligation to each other: not to undermine each others’ sense of reality for the sake of expediency; not to gaslight each other. Women have often felt insane when cleaving to the truth of our experience. Our future depends on the sanity of each of us, and we have a profound stake, beyond the personal, in the project of describing our reality as candidly and fully as we can to each other.

by BETH SMITH

Adrienne Rich was born on the 16th of May 1929 in Baltimore, Maryland, U.S. and died March 27, 2012 in Santa Cruz, California. She was an American poet, scholar, teacher, and critic whose many volumes of poetry trace a stylistic transformation from formal, well-crafted but imitative poetry to a more personal and powerful style.

She attending Radcliffe College and during her time there her poetry was chosen by W.H. Auden for publication in the Yale Younger Poets series. This poetry collection, *A Change of World*, reflected how she had mastered the formal elements

of poetry. The *Diamond Cutters and Other Poems* was followed by *Snapshots of a Daughter-in-Law: Poems 1954–1962*, published long after her earlier volumes. This third collection exhibited a change in style, a movement away from the restrained and formal to a looser, more personal form. In the mid-1950s Rich began to date her poems to give them a historical context. Her fourth volume, *Necessities of Life: Poems 1962–1965*, was written almost entirely in free verse

In the 1960s and 1970s Rich increased her commitment to the women’s movement as well as to a feminist and lesbian aesthetic politicised by a lot of her poetry. Her

collection *Leaflets: Poems 1965–1968* includes a number of translations of poetry from other languages as well as a series of poems echoing the Middle Eastern ghazal genre. Such collections as *Diving into the Wreck: Poems 1971–1972* and *The Dream of a Common Language: Poems 1974–1977* express anger at the societal conception of womanhood and further articulate Rich’s lesbian identity. Her later volumes *A Wild Patience Has Taken Me This Far: Poems 1978–1981*, *An Atlas of the Difficult World: Poems 1988–199* and *Dark Fields of the Republic: Poems 1991–1995* pay tribute to early feminists and warn the reader to recall the lessons of history, often through the use of

different voices.

Later collections like *Midnight Salvage: Poems 1995–1998*, *Fox: Poems 1998–2000*, and *The School Among the Ruins: Poems 2000–2004*, cover more social problems like cell phone usage and the Iraq War with more elliptical and fragmented forms than those present in her earlier work. The poems in *Telephone Ringing in the Labyrinth* and *Tonight No Poetry Will Serve* continue to experiment with form and include more reflective passages on Rich’s sharp observations on the cultural climate of the day. *Later Poems: Selected and New, 1971–2012* is a posthumous sampling of her oeuvre that includes 10 previously unpublished poems.

Collected Poems: 1950–2012 contains her entire oeuvre.

She also wrote several books of criticism. Her first one *Of Woman Born: Motherhood as Experience and Institution* combines scholarly research with personal reflections on being a mother. In all of her criticisms she addressed many problems that plague humanity as well as the role of her art form in addressing them.

Rich turned down the National Medal of the Arts in 1997, publicly claiming that the politics of the Bill Clinton administration conflicted with her ideas about art. Rich taught at numerous universities across the United States, including Stanford and Cornell.

THE
BAME
SHORT
STORY
PRIZE

Guardian Bame Short Story Prize Open

by BETH SMITH

The hunt is now on for the fourth winner of the £1,000 prize, which is open to black and minority writers aged over 18 and based in the UK or Ireland. Among this year’s judges is Niki Chang, a literary agent based at the Good Agency, set up to seek out writers of colour at a time when the publishing industry is struggling to increase its diversity. She will be joined by 4th Estate publishing director Helen Garnons-Williams, novelist Michael Donkor,

author and broadcaster Emma Dabiri and associate editor for culture Claire Armistead.

looking for fresh and compelling stories of no more than 6,000 words, which must be submitted by 7 June through the prize website. The winning author – to be announced at a ceremony in London on 10 September – will receive £1,000 and a one-day workshop with 4th Estate’s editorial, publicity and marketing teams, and their story will be published on the Guardian website.

Although there is only one winner, the six shortlisted stories will be published on 4th Estate’s prize website, providing an eye-catching showcase for talent scouts. As the previous lists show there is no shortage of talent out there: shortlistees have included Guy Gunaratne, whose debut novel went on to make the longlist of the Man Booker prize and the shortlist of four other awards.

LINK: <http://www.4thestate.co.uk/prize-2/>

GAMES

REVIEW: Imperator: Rome



by SINCLAIR DAVIS

Imperator: Rome, the newest grand strategy from Paradox Interactive, was released on the 25th of April. At the time of writing, it is the 26th of April, and I have logged 12 hours in the game. So, without further ado, a review.

What is familiar?

As always, loading up a Paradox grand strategy for the first time results in overwhelming confusion-but this is a universal experience in these games- if you are new to the genre, I recommend watching some gameplay before jumping in, unless you are a bastion of patience.

On the other hand, for someone who has played other Paradox titles you will quickly start finding recognisable mechanics. The game does share a lot with the Europa Universalis series, which is less of a surprise when learning that it is a spiritual successor to 2008's Europa Universalis: Rome. You play as a country (instead of a dynasty, although you can be game-over-ed by civil war), armies sit in

permanent stacks, and fabricating a claim on a conquerable neighbour is relatively easy. Countries are differentiated by taking ideas (unique bonuses, in this case in culture-wide groups instead of country by country), government types, and a short selection of decisions. The ruling religion and culture of a country can also be different, but these only affect unrest in provinces which do not conform and lacks unique mechanics.

The player is not entirely detached however: a country's government is populated by members of leading families, and each character has their own statistics (determined by a Crusader Kings-esque pool of traits). The player must balance appeasing the leading families with appointing skilled governors, researchers, and generals. This mechanic is not very in depth and mostly consists of pressing a bribe button when loyalty is looking peaky. Yet, it adds a layer of flavour to country management. Generals are the most interesting part of this dynamic as their loyalty can vary, as can the loyalties of their army.

In the game, provinces are large chunks of land, split into individual

cities (the traditional 'province' as far as moving armies etc). Within each city is a micro-manageable Victoria-reminiscent population system, consisting of slaves, tribesmen, free-men, and citizens, each with different benefits. I enjoy the state system, as it prevents expansion from stagnating against larger foes- although the game is reasonably adept at punishing large, careless empires.

Unfortunately, Imperator: Rome is also accompanied by the occasional crash or desync in multiplayer, an ever-present difficulty for Paradox games.

What is new?

The setting, both graphically and era-wise, is beautiful. Starting in 304 BCE, it is an exciting map for anyone with an interest in the historical side of things. There is a vast selection of nations- however, many of them lack their own character, and in fact the lack of historical events is slightly disappointing. This will almost certainly be rectified by DLC, as most Paradox games do, but this review isn't based on potential aspects. The best advice I can give graphically is to reduce the

size of the UI in the settings, so you can actually see the art.

The main thing Imperator: Rome does though, is make combat much more interesting, and wars less predictable. The standard Paradox vision of army size, terrain, and generals is expanded to great effect. There is a much larger array of unit types, each with different strengths and weaknesses to other unit types, as well as several which require specific resources to acquire (the trading system of manually exchanging goods is more like Civilization than a Paradox, and is also fun). The skill of a general has a massive impact on battle, and can turn the tide in even a hopeless situation, and I already mentioned the loyalty system for generals. As for terrain, attrition is a real killer and even a powerful empire can be brought to its knees by a long stay in an inhospitable desert. All of this contributes to wars which feel uncertain, and could swing unexpectedly, and battles in which even a smaller country could bloody the nose of an invader. In my opinion, this is the single best aspect of the game, and rightfully so, in a game where most players aim for

conquest.

Another improved system is technology. Technology gain is based off of the country's proportion of citizen population, alongside some modifiers. Each tech unlocks new inventions, modifiers which can be gained permanently by spending their own separate pool of monarch points. This means technology can be customised to fit the country you are playing, which is much more enjoyable for the player, and can have unpredictable variations.

In conclusion

The technology and the combat are the two most major changes; in conjunction with a fantastic setting, they make for a very enjoyable game. However, the game mostly improves mechanics and mixes mechanics from earlier games at the moment as opposed to creating new ones. At the moment it feels like a cohesive, enjoyable, expanded version of Europa Universalis 4. If you're looking for a totally new game, perhaps look elsewhere. But if you're just looking to scratch a Paradox grand strategy itch, this will do it well.

Pit People: A Brief Word

by SINCLAIR DAVIS

Rleased in March 2018 by The Behemoth (that's their name), Pit People is not a new game. Nor is it particularly taxing or advanced. But what it is, is very fun. It is a tongue-in-cheek strategy game in which players simply control the positions of their team on a hex-based board.

Positioning is the only control a player has on their turn- their characters will randomly select enemies in their range to attack. This is a very simple mechanic, but is more

interesting in the game than on paper- it becomes a matter of placing your team in such a way that their only option is to do what you want them to. The game is not difficult (in normal mode- higher difficulty is an option) but it requires just the right amount of thought to stay interesting without generating the stress of a larger strategy game.

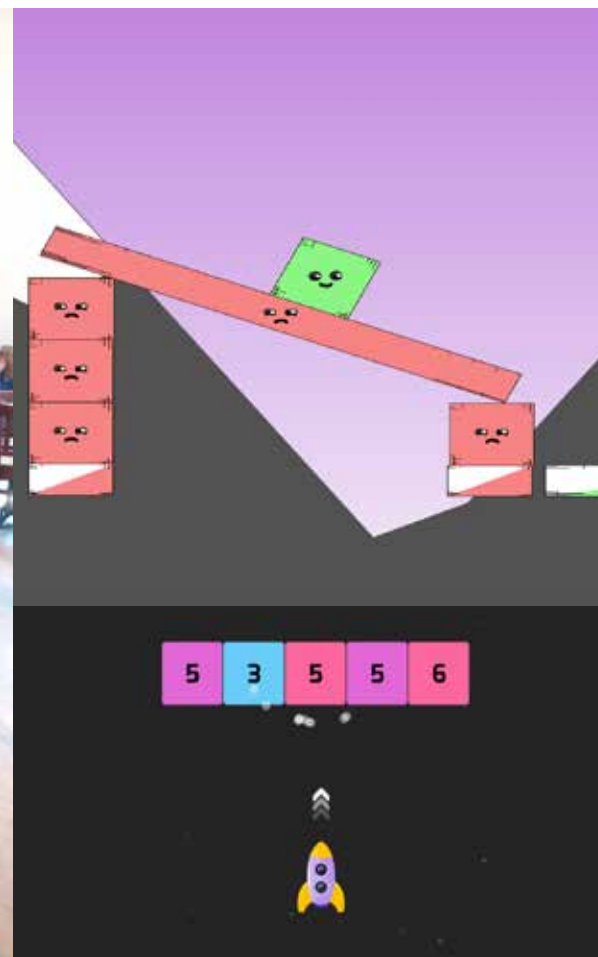
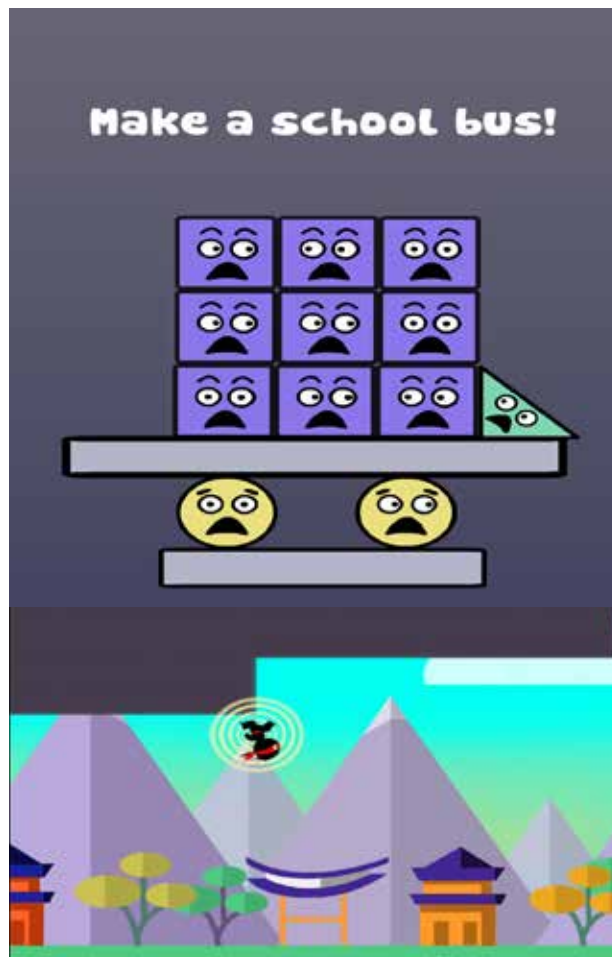
Players choose their team beforehand, can capture new members during combats and can go home to assign their characters ridiculous hats looted on their journeys. The game has a good sense of humour- it does not take itself seri-

ously. I found the fast-paced trailer for this game a little misleading, as the turn-based combat and cheerful style makes for a minimum of stress. The music is more fast-paced, but is upbeat enough that it never causes pressure. The cooperative multiplayer is also very enjoyable- players teams are imported from their single player world and the game plays exactly the same, just with the quests scaled up a little, and a friend to hang out with.

It's a fun little game, especially with a friend. That's all it is trying to be, and it does that fabulously.



INTERVIEW: Gaz Thomas - The Bangor Graduate That Conquered Free Gaming



by SINCLAIR DAVIS

Gaz Thomas, 36, is a local from Llandudno Junction who started making games as a hobby in 2008, while studying at Bangor. His website, freegames.org, is now the first-ranked free games site in the United States, and his most popular creations can be found embedded in over 14,000 others. Sitting at a little table in a lunch-rushed Bangor café, he told Seren how he got to this point.

How did you get into game design?

"I spent 7 years in Bangor University as a student. I was doing electronic engineering, and then I started doing a biochemistry PhD, and I was struggling with that.

If I start from the beginning, I started making websites first. So I was trying to make some money in my spare time. I'd read an article about internet millionaires and I was like 'Well, I want to try that', so then I started googling how to make a website. I made a few websites- I think I made about a dozen and then one of them was called the GameHomepage.com, where I'd collected my favourite flash games from around the internets. And I go, 'I've got a cool site here but I need to promote it- I don't have any money to promote it, so that's when I learned how to make games. I googled 'how do you make a flash game' and then made Tangerine Panic, that was it! I was hooked.

Back then I used to publish them on about three different websites: my website, Congregate, and New-

grounds and I'd add a little button in the corner of them 'add to your sites'. I did it full time for about 8 years or so, and then a year and a half ago, I was feeling a bit cooped up at home. And so I now currently do a part-time job as an enterprise officer. But it's picked up so much now I think I'm going to have to do it full time again."

How did you find the experience of being self-employed?

"When I first started, it was very difficult. I'd get up in the morning and be like 'Oh, I need a bit inspiration', so I'd start my PlayStation, I'd play on it a bit, and then I'd hear my wife coming home from work, the key in the door and I've been playing it all day. So that's where I started. But then you've just got to become disciplined, you've got to say 'I'm going to work on this between now and then' and just get on with it.

It was years before I even met another game developer. And that was at a conference and I was really surprised. Because I just make the whole thing- I come up with the idea, I draw everything, I make all the levels I do all the coding. So then I went to a games developers conference in London about 3 years in, and I thought 'Ah, it'd be cool meeting all these other game developers.' But then when I'd talk to them I'd be like 'Oh, so what do you do?' And it's like 'Oh I worked on the new Halo game' and I'm like 'That's amazing! What part of it, like what did you do? Did you make levels or something?' and it's like 'Oh no, my job was making the teeth and mouth movements more realistic.' And I was thinking 'Huh, is he really a game de-

signer, or is he a mouth designer?' And then I met somebody else who just made trees. So I thought it was quite interesting, because I always thought I wanted to go bigger and be in a bigger company, but then I realised, actually, I like doing the small stuff because I can just do everything. Full creative control, the variety of working on all the different areas of it.

I can afford to be more creative than some of the bigger companies, which have so much money invested in this game, it's got to meet these criteria, don't want to be too adventurous. But I can just do whatever I want. That's my favourite kind of game to make as well- weird ones. Stuff where it's just a bit... strange."

Do you feel there was a major turning point in your career?

"The game I made that's been the most popular was Super Stacker 2. I was through a period where I was really struggling for money at the time and I come up with this idea of instead of trying to make a fully formed game and I'd release that, I started making just little snippets of games and I was releasing them in rapid succession. And then one of them was this idea called Super Stacker where you stack shapes on the screen, without anything falling off and people loved it, so then I spent the next six weeks, just every second, spare time I had, I was just working on Super Stacker 2. I released it and I've tracked over 235 million plays on it."

How do you choose ideas to develop?

"Previously it was that whole trial

and error thing- releasing little game ideas, putting them on the internet and seeing which ones people liked. But I was doing it for a really different audience then. I was mostly doing it for teenage males which was what these game portals were really popular with. So they wanted fresh, interesting, new ideas. But these days, freegames.org- most of the visitors are over the age of 65 and most of them are female. They like to play real life games but put onto the computer- so things like mahjong and solitaire. 80% of my visitors are over the age of 55, in total, so that's what I'm catering to mainly, at the top of the page. But I've got self-indulgence projects too where it's little games I want to work on, which is not so well suited to them, but I'm just putting them elsewhere on the page so that the people that like those kind of games can find them there too, and I get to make the stuff I want to make."

Do you think you would have found a degree in game design useful?

"There's times when I've been stuck on things and it's like 'huh, I really wish I did some training in this stuff, it would be really helpful now.' Another way I look at it though is that because I don't have any training in it, that maybe I've approached things a little bit differently, which has made me stand out a little bit, a bit different. I always think of Kurt Cobain- he learned how to play guitar just by trying it and he plays a right-handed guitar left-handed, or he did. You know, he did it different and his sound was different, so in a way maybe my games feel a lit-

tle bit different because I don't have any training.

Another thing I've always done, is I've not sat down, and learned things just for the sake of learning. My very first game, I was using code examples and tutorials to make my own game, so I've never made anything that was just a practice.

I try making things that experiment, rather than the whole thing of sitting down and setting a game brief. If I'd done a game development degree, they'd have told me you need to make a game brief, everything needs to be defined before you start the project. I don't do that, I just start making. I'll just be messing about, seeing what works. I've got folders with more unfinished games than games I've published, because I'll stop halfway through and think 'eh, no.'"

Is there a piece of advice that you would give to your younger self, or to someone looking to follow a similar path?

"To be honest, all I really needed to was keep going. There was lots of times when the business didn't seem like it was going to work out or when it wasn't making much money but I kept going anyway. Perseverance. But then, not just forward perseverance all the time because you've got to change direction lots of times. So always be looking out for new options and new routes and new ideas. So persevere, but also don't be afraid to pivot your idea and change things a little bit."

FreeGames.org

CREATIVE CORNER



Photos by Jade Taylor

by SIAN BILLINGTON

When Henrik Ibsen's *A Doll's House* first premiered in Norway in 1879, it played to a sold-out audience throughout its entire first run. BEDS's first show of the second semester, directed by Alec Tudor, certainly upholds that stunning legacy.

A Doll's House is a difficult play by all accounts- hefty expositional dialogue at a crawling pace, with the domesticity of the Victorian middle-class drama that can feel alienating to modern audiences. Despite the play's pitfalls, Tudor has managed to escape the potential for this classic play to become a long drag of petty squabbles. One of the more interesting directions taken was to update the time period of the play- which was not without controversy. In 1879, it was unheard of for a middle-class wife to leave her husband to "find herself", and it is thought that this is what cements the play in the dramatic canon. In the modern day however, 42% of marriages end in divorce, and it was thought that an update of the setting would cheapen the ending of this classic work. Whilst many of the changes in dialogue were purely superficial, Ibsen's dramatic core of a woman struggling to fit within the constraints of her role as a wife and mother still shone through. For instance, an update to the relationship between Torvald Helmer (Barnaby Omar) and Niels- now Nicole Krogstad (Megan Haf) was extremely welcome, and far more comprehen-

sible to a modern audience than the original. Instead of begrudging Krogstad for using his given name at work, the update instead implies that Helmer is uncomfortable with Krogstad due to them previously being on "intimate terms", only reinforcing Torvald's deep discomfort around the women in his life whom he cannot control. Despite misgivings, the update was not unwelcome, and very interesting to see. When asked for comment, Tudor said; "Despite many challenges and difficulties encountered throughout, I'm pleased to see this production come to a good end. Despite many objections from people regarding adapting this play, I am still by the belief that if it were to stay in the 19th Century, it would mean that the societal problems that it communicates would stay in the past. It would be lie to claim misogyny is not as turbulent as it was in the past, as every day in the world there is a Nora in tears and Nora in open revolt against such hate."

Whilst one very much must praise the direction of Tudor, along with the efforts of assistant director and stage manager Jade Taylor, the stellar cast of both BEDS regulars and newcomers must also be acknowledged. It is a testament to Barnaby Omar's acting ability that one leaves the theatre genuinely wanting to punch Torvald in the face, as he gives an infuriating performance as a sleazy, controlling husband who does not acknowledge his wife's personhood. Newcomers Alice Williams and Gwen Dien brought a sense of wider scale to the world of *A Doll's House* via their constant

comings and goings, and incoming President Alma Nordstrand gave a delightfully warm and sentimental performance as Anne, the aging nursemaid to the family. Megan Haf was wonderful as the desperately cunning Krogstad, and Calee Sears gave her best performance to date in BEDS as the childhood friend to Nora, Christine. Sears plays excellently off the conflicted nature and flightiness of Nora (Chloe Watson), bringing a cynicism and bitterness to the part with a deep sense of regret- though not without a comic touch. Sears has always had a talent for the silent reaction, and it was on full display here as she observes the dysfunctional Helmer family dynamic. In one scene, they way she radiates silent judgement against Nora's obliviousness to the feelings of family friend, Dr Rank (Jamie King) is palpable, and her realism opposite the earnestness and exuberance of the rest of the cast is a breath of fresh air.

Special mention must be made to Chloe Watson and Jamie King as Nora Helmer and Dr Rank. Watson especially is remarkable, being almost never offstage throughout the whole ninety-minute play. She brings life to an exceptionally complicated character who is equal parts childish and mature, desperate and resolute. Watson portrays the complexity of the character as if she was her, and her mounting frustration and pain as the play enters the third act is exceptionally tense. Watson takes the character from flighty, to desperate, to terrified, to judgemental, to apathetic and self-

reflective. She gives an absolutely stunning performance and she will hopefully be an equal delight in the future.

Jamie King's performance as Dr Rank is equally stellar. In a surprisingly flamboyant and comic take on a typically gloomy character, King brings the perfect modern take to the man who cannot wait to die- a postmodern look on the same, depressing outcome. Notable is the scene where the good doctor staggers into the Helmer's flat with a rainbow feather boa and a bottle of Old Mout- and transitions seamlessly into contentedly announcing his upcoming appointment with death, in a coded but sad conversation with Nora, declaring, "Next costume party, I shall be...invisible." But nowhere is King as great as when then say, "not to be able to leave even the most wretched token of gratitude behind; hardly even a passing sense of loss; only an empty space, to be filled by the next corner." The tired pathos of this statement brought genuine involuntary tears to one's eyes. It is said of art that it anything that invokes a reaction- and even though that reaction may have been a personal one- there was no denying that King's performance was anything but art.

All in all, this has been one of, if not the, best BEDS show of the year. The tech by Ayesha Hesketh was deftly handled despite rigging difficulties, the text was interpreted in a perhaps not new, but important way, and the cast delivered that text with marvellous performances guided by dedicated directing.

Puppet Shaped Box

by RYAN STEPHEN WRIGHT

I kept my heart in a box,
Because to me, romanticism
isn't lost,
But what I didn't know and
didn't count on,
Was that not everyone felt the
same,
And what they would find were
ways to pull the strings,
So that each time I felt alive
again I was dancing to a tune,
I'm not quite sure I liked even
once,
I put up with it for months until,
Eventually, I scream,
I won't being a marionette,
And I'm back to blind love and
hand me down compliments,

I'm in the generation that can
get love at the touch of a button,
But instead of pushing mine I
want someone,
Who can build a coat and keep
us both warm in winter,
It doesn't have to be my style,

I don't need to see the world the
same way as before,
So show it to me through glass-
es built from memories of yours,
Tell me things that are true to
my face,
Instead of Instagramming the
perfect set of bullshit,

Instead of Basic how we about a
conversation,
That takes us basically from
strangers to lovers,
Without puppet shows for
friends of yours,
I never want to see again,
I have no need and they have so
many,

I don't take the advice that
comes for free from Facebook,
I don't care if weeks or months
have come before the last,
The time that it took too long
to leave the guy that broke your
heart,
With wayward words and com-
pliments that never seemed to
come,
Cigarettes and disappointment
finally gone,
You're ready to be free and so
am I,

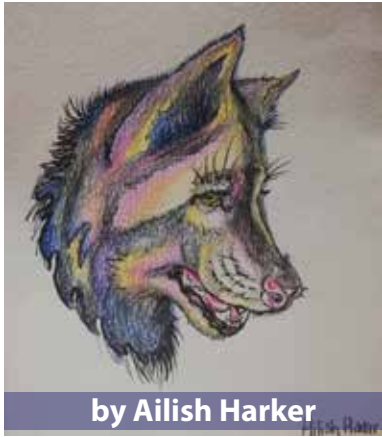
I take myself to conversations,
Try to find the smile behind dif-
ferent coloured eyes,
Who sing Harmoniously 'There
is plenty of fish in the sea; I hope

Spring Cleaning

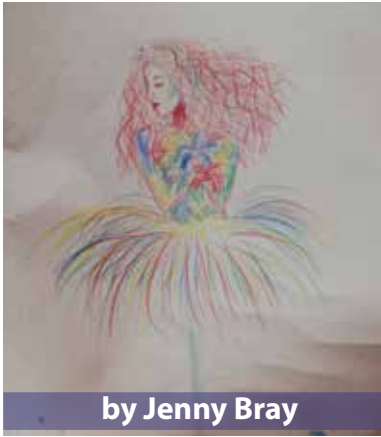
by HOLLY PECKITT

Dust peels away from my lungs,
like charcoal, building in the bitter-
ness of winter;
the black gathering of dark nights
now swept away with a
clean hand, breathing in the newly-
stitched colours of spring.

Artwork By ArtSoc



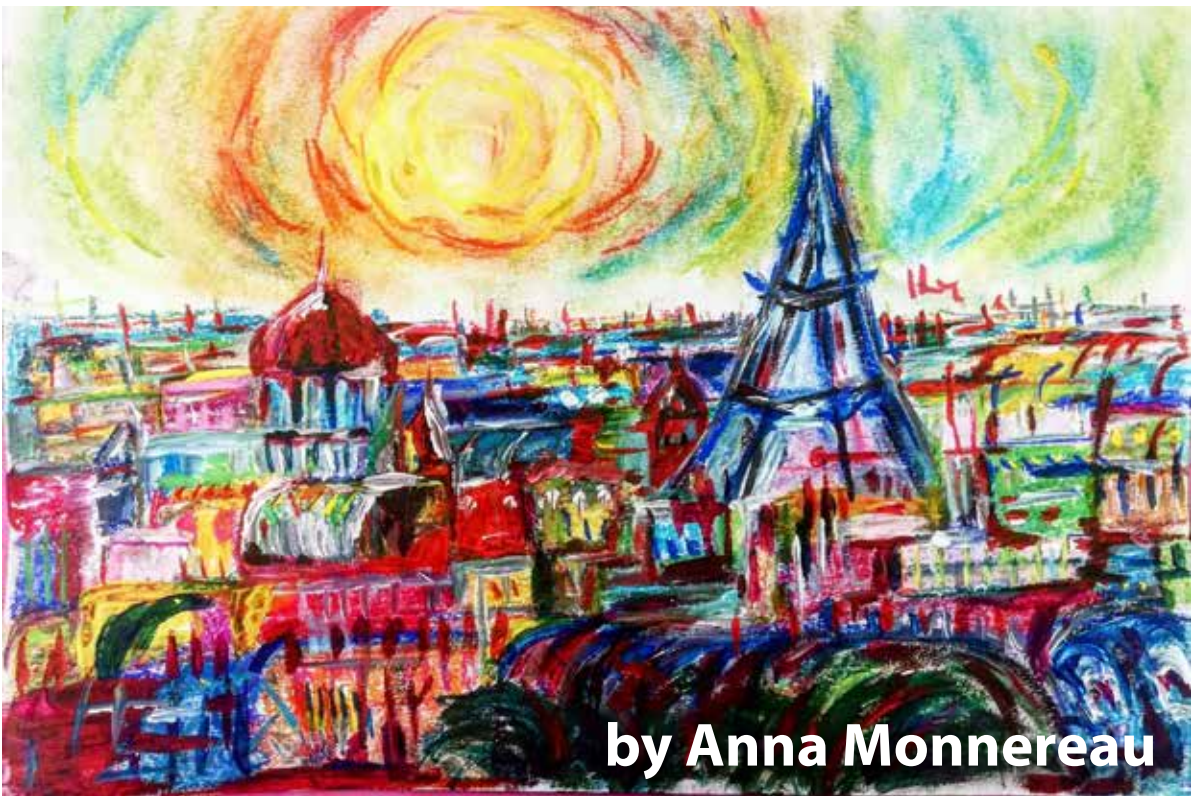
by Ailish Harker



by Jenny Bray



by Laura Labno



by Anna Monnereau



Photos by Lloyd Griffith

CREATIVE CORNER

ALEC TUDOR



CREATIVE CORNER SUB-EDITOR

creative@seren.bangor.ac.uk

Ironically, this is the most difficult issue I've done since joining Seren. It's not that I don't know where to get my content; I have the benefit of receiving emails and constantly getting contacted by students about what they create. I've gotten some experience, know the ins and outs of typing up things on a page and make them look good; that's not it. I've been thinking how to end this year for the Creative Corner; a section which has brought to light much of this student community's creativity, and has allowed many writers, artists and creators to have their work published and received by peers. So what better way to end this than shine light on all those

who have contributed? Here's to all of them, and here's to you for reading this!

Creative Corner Contributors Poets

Ryan Stephen Wright
Charlie Whiteside
R.D. Wilson
Muhammad Fadzil
Tessa Ast
Emma Richards
Erin A. Louis
Holly Peckitt

Artwork

Anna Monnereau
Laura Labno
Ailish Harker
Oli Taylor

Zoe Faiers
Jimena Alcala
Emily Davie
Daphné Genatio
Hannah Eccles
Masuma Payamon
Elisabetta Engel
Lois Parry
Niamh Fretwell
Sonja Reinke

Prose

Phoebe Castle

Photos

Lloyd Griffith
Jade Taylor

Interviews & Reviews

Sian Billington

INTERVIEW: Susan King - Animation



by ALEC TUDOR

Susan King is just finishing her third year undergraduate degree in Creative Studies with the School of Music & Media. Earlier in March, Susan did an animation for the Youtube channel Psych2Go video called "5 Reasons Introverts Like Being Alone".

When did you start animating?

I did a module called Animation & Motion Graphics last semester. It was the first time I've ever done any animating. I did quite well; I got a lot of A's. So, at the beginning of this year I saw an advertisement on Facebook where they were looking for animators to join their team and animate for this Youtube channel, Psych2Go. I applied for that, and I had to give them a snippet of animation, and when they liked that, I completed my first project for them and then I was part of the

team, animating for them.

How was the experience?

It was good! I really enjoy animating. It really helped doing that module last semester because of all the skills I learned from that that I've applied to this job. It's a bit hard at the moment, because I've got my dissertation and other modules, and I'm currently working on a bigger project for Psych2Go. Once I get my university work out the way, it'll be a lot less stressful.

What are your favourite things about animation?

I like drawing it all up; I always liked drawing and things like that, and bringing things to life with animation is just really really cool.

What are your favourite animations?

I like quite a lot of different animations. I quite like a Youtuber called il-

lymation; her Youtube channel's quite successful and she's an animator who uses the same software as me, and I'm quite inspired by her.

Do you want to go forward into animating for such channels as Psych2Go?

Yes, I really do! I really like what they're all about; it's really something I support, and I feel lucky to have been chosen to animate for them. I do think it's really good what they do.

Do you want to try other forms of animation?

I don't know yet, it's a bit too early to think about it. I don't even have that much experience animating, I'd just like to see how it goes, really!

Do you keep in touch with your lecturers?

I talked to my lecturer the other day; he taught me animation and motion

graphics, and I told him that I got a job in it and he was really pleased about that, so I'm submitting some animated work to him so he can put it in some sort of creative corner for Bangor University.

Any new animations with Psych2Go?

I'm working on a video on relationship mistakes at the moment. There's quite a lot to do for that; that's just sort of relationship advice, what not to do, how to make your relationship work.

I've already been given the script and the audio file, and it's going to be called Ten common relationship mistakes. It says all the things, like you shouldn't take your partner for granted, and it will be completed soon!

What advice would you give to students who might be interested in going animation?

Build up a portfolio with your sort of animations and stick a bunch of them on Youtube. I've chosen Youtube for portfolios because it's big. It's really a good place to start.

You might start to get yourself noticed. Always keep your eye out online as well. I saw where they were recruiting animators on Facebook, so always keep your eye out for animation jobs and just go for it.

Any other advice?

Always keep your eyes peeled for work opportunities. You'll find if you do animate for a channel, they will give you credit, and you will get noticed; I got noticed by another Youtube channel after I animated for Psych2Go. I do think it's quite tough to get that first notice; you've just got to keep trying, keep building up your portfolio, and hopefully it will get noticed and you'll find something.

Beth welwch chi nesaf? What will you see next?

Lleuwen a'r Band

+ Cywion Cranogwen

PYST

Theatr Bryn Terfel

10 Mai	10 May
7.30pm	7.30pm
£11 myfyrwyr	£11 students

Seann Walsh

After This One,
I'm Going Home

Theatr Bryn Terfel

15 Mai, 8pm	15 May, 8pm
£15 myfyrwyr	£15 students

Cyngerdd Gala Diwedd Blwyddyn



Neuadd Prichard-Jones,
Prifysgol Bangor

30 Mai, 7.30pm £5 myfyrwyr

End of Year Gala Concert

Prichard-Jones Hall,
Bangor University

30 May, 7.30pm £5 students

balletcymru

Romeo a Juliet



Theatr Bryn Terfel

4 Mehefin	4 June
7.30pm	7.30pm
£11 myfyrwyr	£11 students

Pontio
Cabaret

Gareth Bonello
Georgia Ruth
Toby Hay



Theatr Bryn Terfel

7 Mehefin	7 June
8pm	8pm
£10 myfyrwyr	£10 students

Shakespeare's Globe

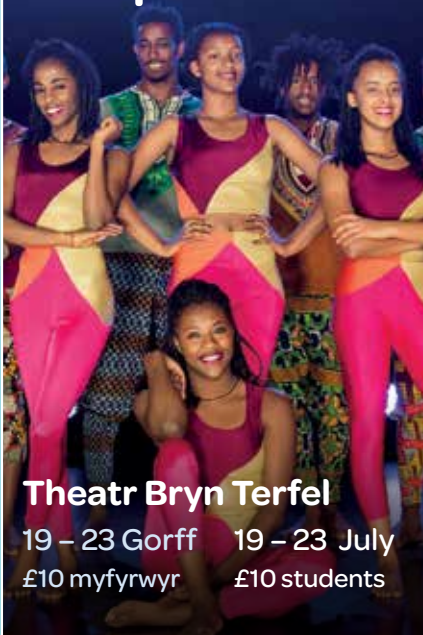
ar Daith on Tour



Theatr Bryn Terfel

5-7 Gorff	5-7 July
£7.50 - £18.50	

Circus Abyssinia Ethiopian Dreams



Theatr Bryn Terfel

19 - 23 Gorff	19 - 23 July
£10 myfyrwyr	£10 students

SINEMA CINEMA

PONTIO BANGOR



Avengers: Endgame

3 - 19 Mai May
£6 myfyrwyr students

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



01248 38 28 28
www.pontio.co.uk



SOCIETIES

Best Of Societies Coverage

We've had a great time covering your society events this year, here's some of our best shots!



Bangor Pride - LGBT+ Society

Joseph And The Amazing Technicolor Dreamcoat - SODA



Undeb Bangor Variety Show



FilmSoc Showcase

**Holi Colour Party -
Indian Society**



**Rosencrantz And
Guildenstern Are Dead - BEDS**



UniBrass 2019 - BUBB



**The Importance Of Being
Earnest - ROSTRA**



BU Jazz Band @ Menai



VOLUNTEERING

Headway Volunteering Project

We have been successful in securing funding for a total of £5,000.00 that is to be split between the two projects, Headway Healing Gardens and Headway Friends from The Drapers' Charitable Fund.

We are extremely grateful for the support and this means we can open up the befriending service to more members who live in Gwynedd and Mon. We will be able to fund the disability accessible path in the allotment in St Mary's, Bangor, where we have an allotment with HOGSOC (horticultural society).

The Drapers' Company has evolved over the years to achieve a new relevance through its philanthropic work. We regularly review our approach to grant making to ensure our activities remain suitable for the modern world and make a real difference to the lives of people in the 21st century.

Cemlyn Project

by KA NAM SIU

The Cemlyn project is a mental health volunteering project running in collaboration with Student Volunteering Bangor and Cefni Hospital in Llangefni, Anglesey. This project is relatively new compared to other volunteering projects run by SVB, but it is definitely just as rewarding!

Cefni Hospital is a centre dedicated for older people with memory impairments, mainly dementia and provides support for them such as assessments services, treatments and inpatient service on site.

This project is quite flexible. There is no specific date and time to visit the ward, so it can be dependent on your own schedules, as long as you let the staff know beforehand. Our sessions mainly involve spending time at the ward with dementia patients, running activities, or just simply having a chat with them.

As the patients there are mainly elderly, you will find it fun talking to them and listening to their stories. I still recall a patient who was in the police force before and he shared with me the whole afternoon talking about how he solved a case.

He also shared how he feels about being in the ward, suffering from dementia and how we, as volunteers are able to make his day when we come visit. He has moved to another ward now (we both cried on his last day before moving out) but I will always remember him as a friend of mine!

These people remind me of why I started to do Psychology, and how I developed my passion to help people. This is literally the reason why I love this volunteering project; it is so rewarding not only to us but also the patients there, and you definitely learn a lot from it!

In addition, we also work along with ABA (Applied Behavioral Analysis) Master students, so you will get a chance to learn more about ABA as well as dementia. It is a great opportunity to learn more about the how it's like to be in a ward environment and the daily life of dementia patients.

YHA Residential Volunteering At Bryn Gwynant



by, JOLYNE LEOW

On 8th April, seventeen Bangor University students met outside Pontio, ready for our week ahead volunteering at one of the YHA sites in Snowdonia. We left in two Unideb mini vans, where we headed to Tesco's to get groceries (and lots of snacks) for the week. It was only a 45 minute drive along the lush greenery until we reached YHA Bryn Gwynant.

Being truthful, the site looked a little different from the pictures, nonetheless the advertised view of Llyn Gwynant was accurately beautiful. Over the next few days, we did a variety of work from painting radiators to planting potted plants to getting rid of old furniture and basic ground clearance.

The highlight was probably spend-

ing two days' worth of work on an area behind the main house, where we removed an insane (INSANE!) amount of brambles and giant branches, lay down a gravel footpath, remove moss from surfaces (where we met some new 'crawly' friends), scrubbed clean the 'story circle' and existing slate pathways, created bug hotels, toad abode and flower beds.

The place looked completely different at the end of our time there, and it was a good feeling to know we had a part in beautifying it. Through all this 'adversity', everyone immediately bonded, and it felt like we were friends for months.

I mean, we all did look especially attractive and cool in our hi-vis vests, orange gloves and holding various garden hand tools. How can we not want to be friends with each other?



We had a good mixture of interests among the group, that would always lead to interesting conversations (and secrets; looking at you Lynn).

Aside from the 'working', we had free time in the evenings where some of us would go down to the lake (a few for a quick dip) or just enjoy being among nature.

There was no cell service, and WiFi was only available at the main building, so it was a great opportunity to unplug. On one of the nights, we made a bonfire, where we gathered to make s'mores and enjoyed the clear night sky full of stars. We even had an unorthodox way of putting out the fire (thank you Elliot for your contribution; and good effort Baz), which had us pissing ourselves laughing.

For food, we made our own respective meals in the morning and after-

noon, but our evening meals were a delight with Baz and Luke as our designated chefs! After evening meals, most of us would chill in the dining area together, and either play card games or chat. All in all, it was a wonderful week, where the people there definitely bump up the rating of this experience, for me at least.

Finally, thank you to all our volunteers; Bazil Shahrman, Luke Earnshaw, Lynn Tan, Elliot Grundy, Brandon Craven, Sreya Chattopadhyay, Kimberley Stanford, Kathryn Admans-White, Nicole Cawthorne, Grace Leonard, Catarina Barreirinho, Holly Portz, Amber Khan, Zoe Hall, Lucy Hudson, Kayleigh Hunt and not forgetting Ruth Plant for probably already memorising the route to and from the site.



What A Year It Has Been



by JOE GRAHAM

From Canine Calming to Runderpants, First Dates to the Kilimanjaro Trek, the RAG team have had a busy year and it looks like they're only just getting started.

Bangor RAG, the fundraising and charity section on Undeb Bangor, has taken every opportunity to raise money for some great causes over the past academic year and has worked to bring the importance of these causes to student attention. Headway Gwynedd & Mon, Hope House, St John Ambulance Cymru and Alzheimer's Society were the charities students chose for this year, each a worthwhile cause in their own right but together, giving RAG something truly great to work for.

Taking on The Poppy Appeal for Bangor at the start of the year started them off with a bang raising almost £6,000 over the 2 weeks, and the pace didn't seem to slow down. Once the Kilimanjaro Trek Team was set they got to work fundraising over £100,000 for MIND with bucket collections, bake sales and everything else they could think up, never stopped their amazing work.

Canine Calming came back to Bangor once again helping students to take a break from their university work and relax with some of the cutest guide dogs in North Wales whilst

raising money to help fund the program. Whilst these events have been running behind the scenes RAG has been working with Bangor's amazing Sports, Societies and Volunteering projects to aid them in any way they needed to do incredible work fundraising for charity.

Once the new year came around RAG carried on strong with Bangor's First Dates matching up students over Valentine's Day helping people find love (if not then certainly friendship) and all for the great causes that students voted for! The Three Peaks team got to work following the great example the Kilimanjaro Team set this time fundraising for Meningitis Research Foundation, working hard to reach their goals in half the time challenges usually have!

Not long after that the pier was crowded with people in their brightly coloured funky underwear for Runderpants round 2. With an even bigger turn out this year for Nerve Tumours UK, the mile fun run, followed by a trip to Tap and Spile and Academi, was a great way to show what RAG can do and round off the events for the year.

RAG has had amazing successes throughout the year raising over £11,000 for their charities, only made possible by the great position it was left in from the year before, dedicated volunteers working tirelessly to make it all hap-

pen and the support of the incredible Undeb Bangor Team. The other thing that makes it happen is the generosity and kindness of Bangor University Students, without which RAG wouldn't be a success at all.

The VP award for Volunteering 2019 was given to RAG at the Societies and Volunteering awards dinner in early April to recognise the great year they had and they're looking to do it all over again next year. The goals they set themselves were smashed at every opportunity all from the dedication of their volunteers, each of which, as students, may not have been in the position to give their money but recognised that giving their time through volunteering was as valuable if not more so.

As we look to what they will be doing next year with a fresh committee, the excitement they show to get stuck in fills those leaving with hope that RAG will not only develop on in the way it has been but speed up and grow to be a RAG recognised for its innovation and hard work not just in Wales, but throughout the UK. All students are encouraged to get involved with volunteering as it's one of the many ways Bangor is an exemplary University, and RAG seems to work to bring laughter, great experiences and amazing charity work under the roof of Undeb Bangor.

Ty Llwelyn

by CARYS HYETT AND ALISYA BOYRAZ

Ty Llwelyn is a volunteering project which provides service users at a medium security psychiatric ward, with regular rest-bite and activities. Our volunteers visit the ward on a weekly basis to carry out activities such as arts and crafts, games, basic cooking and seasonal exercises. We provide friendly conversation for the guys at the ward and a nice change of face to their usual daily routine.

It is really rewarding to volunteer here as the service users really appre-

ciate our visits and the time we can dedicate to them, even if they don't join in the activity of the day, they always come and say hello and ask about our weeks. As there is a slight negative reputation of the ward in the local area, it's important that we change this and show what a supportive environment it is for the service users and how this will benefit the local community.

It's a really great project to volunteer for and can help to prepare volunteers for a number of caring roles in the future. If you would like any more information please contact the SU or the project leaders.



My Journey In Sbectrwm Project

by JOLYENE LEOW

When I was in year 1, I was looking for an opportunity to keep myself busy throughout the year by volunteering. In my mind, I thought, well the safest thing is to volunteer with children right? They're innocent, adorable, fun, probably wouldn't remember or take to heart if you accidentally did something wrong.

I found myself applying for the Sbectrwm Project, not really knowing what to expect. I was really intrigued as coming for a rather conservative culture, I have to admit that I've never really spent time before with children with special needs. The label Autism is something I hear and read about, or even seen videos about, but I don't personally have any first-hand experience. I had my interview, and it dawned on me how this was not a casual kind of 'work' as I heard about the mandatory DBS check, the Safeguarding training, and the Autism Awareness training. I left the interview, thinking I did not make much of an impression and probably would not get the place as I seemed a little too inexperienced. To my surprise, I was offered a volunteering role which I accepted gratefully.

I remember how nervous I was in my first session. The project does a 1 child to 1 volunteer ratio, and in my mind I was freaking out about being placed alone with a child. But turns out I was to shadow for the first couple of weeks, which I breathed a sigh of relief. I soon realised how different the children were, despite holding the same label of 'Autism'. It definitely took time, but I soon eased into the role. The people in the project definitely contributing making this experience more than just 'work'. The seniors I

met there, Maisie, Amelia, Conor and Andy were definitely people I looked up to and aspired to be.

Fast forward, I have had the opportunity to serve as a Project Leader for 2 years now, and the experience I've gain here can't be described in words. The children that I've come to meet and love in this project, seeing their developmental and social growth has been so heart-warming. A little girl who used to hide and cling on to her mother every time she walks in now runs ahead of her mother bursting through the doors to greet us, a non-verbal boy who is able to use his communication book to tell me 'Thank you' or 'I love you' after I give him a biscuit, a mother who tells me that her 5 year old boy had never asked to go anywhere before now looks forward to our project session every week. These experiences have been one of the greatest thing this project has given me; which is the realisation that I want to do this for a career. No doubt, there's been challenging moments, but that just provides an opportunity for personal growth in managing and solving it.

Being awarded 'Project of the Year' again this year gives all the passionate volunteers in this project the recognition of their hard work and commitment. I am ever grateful to be working with such a good bunch this year, whom I have learnt so much from and will definitely miss when I leave. So, thank you to my other Leaders; Lou, Caitlin, Ali and the volunteers; Amor, Kyra, Ellie, Pippa, Silvia, Kate, Jasmin and April who have made my last year in Sbectrwm so great!

Lastly, a shout out goes to all the other volunteers from other SVB projects who have hearts of gold, making a difference in the Bangor community.

SEREN STATS

SEREN STATISTICS

Number Of Issues: 7



Number Of Pages Per Issue

FRESHERS ISSUE:	OCTOBER ISSUE:	NOVEMBER ISSUE:	DECEMBER ISSUE:	FEBRUARY ISSUE:	MARCH ISSUE:	MAY ISSUE:
40	56	56	64	64	64	80

Number Of Articles Per Issue

FRESHERS ISSUE:	OCTOBER ISSUE:	NOVEMBER ISSUE:	DECEMBER ISSUE:	FEBRUARY ISSUE:	MARCH ISSUE:	MAY ISSUE:
65	134	123	137	122	115	113

Seren's Team 2018/19

809 Articles Written, 987 Working Hours, 424 Pages, 158 Contributors, 25 Members Of The Editorial Team.

THANK YOU TO EVERYONE WHO HAS BEEN PART OF
SEREN THIS YEAR!

SEREN STATISTICS



4,269 Pages Likes (Up From 3,637 September 2018)

Average Monthly Reach: 10,389 People



4065 Likes Across 105 Posts

Up To 800 Followers (Up From 300 September 2018)



1943 Video Views

All Social Media Accounts: @serenbangor



51,454 Website Hits Since September 2018

Varsity 2019 2825 hits	Redundancy Article 1839 hits	Fire At Pontio 1666 hits
Vice Chancellor To Retire 1631 hits	Cuts To Your School 1426 hits	Chemistry Cuts 1409 hits

Events Covered: 58

Photos Taken: 3,301



SUPER 80'S PARTY

397 Attendees



Individual & Team Honours



VP Award For Societies

AU Open Award

National Societies Award Nominees 'Best Media Society'

Gold Award:
Finnian Shardlow
Alec Tudor

Silver Award:
Corie Shorrock
Arron Williams
Paige Brook

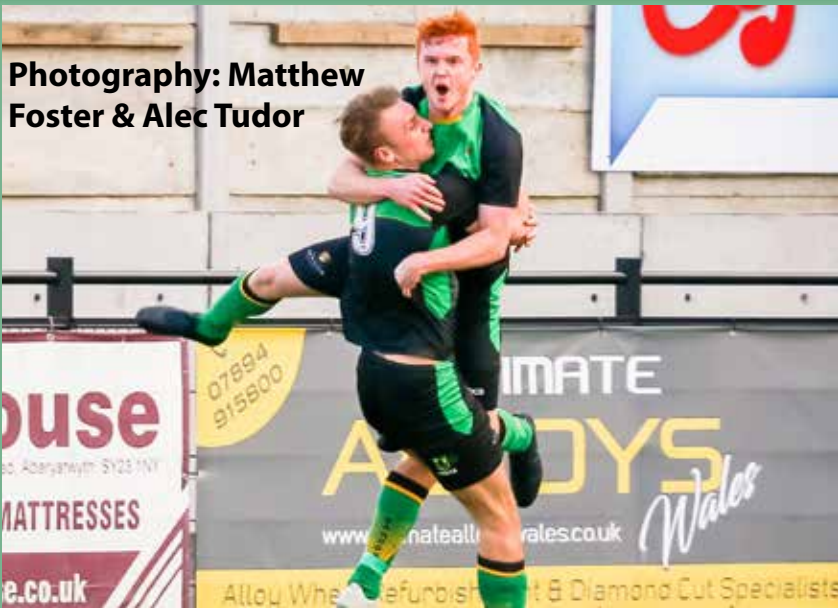
VARSITY ROUND-UP

ABER 15 - 28 BANGOR

American Football ABER 0 - 18 BANGOR	Archery ABER 12 - 7 BANGOR	Athletics BANGOR WIN
Badminton (M) 1st ABER 1 - 7 BANGOR	Badminton (M) 2nd ABER 3 - 5 BANGOR	Badminton (W) ABER 4 - 4 BANGOR
Basketball (M) ABER 67 - 52 BANGOR	Basketball (W) ABER 34 - 38 BANGOR	Cheerleading ABER WIN
Climbing BANGOR WIN	Cricket (M) BANGOR WIN	Cricket (W) BANGOR WIN
Dance ABER 1039 - 994.5 BANGOR	Dodgeball ABER 2 - 0 BANGOR	Equestrian ABER WIN
Fencing (M) ABER 114 - 105 BANGOR	Fencing (W) ABER 129 - 95 BANGOR	Football (M) ABER 0 - 6 BANGOR
Football (W) ABER 0 - 5 BANGOR	Futsal ABER 3 - 11 BANGOR	Hockey (M) ABER 3 - 2 BANGOR
Hockey (W) ABER 0 - 3 BANGOR	Karate ABER 4 - 20 BANGOR	Lacrosse (M) ABER 3 - 13 BANGOR
Lacrosse (W) ABER 16 - 0 BANGOR	Mountain Bike ABER WIN	Netball 1st ABER 39 - 52 BANGOR
Netball 2nd ABER 35 - 59 BANGOR	Octopush ABER 7 - 1 BANGOR	Rowing ABER 1 - 4 ROWING
Rugby League ABER 26 - 28 BANGOR	Rugby Union (M) ABER 27 - 0 BANGOR	Rugby Union (W) ABER 30 - 22 BANGOR
Sailing ABER 47 - 33 BANGOR	Snow Sports ABER 4 - 3 BANGOR	Squash ABER 2 - 3 BANGOR
Surf BANGOR WIN	Swimming ABER 10 - 15 BANGOR	Tennis (M) ABER 5 - 7 BANGOR
Tennis (W) ABER 3 - 5 BANGOR	Ultimate Frisbee ABER 5 - 15 BANGOR	Volleyball (M) ABER 1 - 2 BANGOR
	Volleyball (W) ABER 1 - 2 BANGOR	

BANGOR WIN VARSITY FOR THE 5TH YEAR IN A ROW

Varsity Photo Highlights



Photography: Matthew Foster & Alec Tudor



Photography: John Farnworth



Photography: Chloe Glover



Photography: Chloe Glover



Photography: Matthew Foster & Josie McInnes



Photography: Alec Tudor

INTERVIEW: Henry Williams VP For Sport 2019/2020



I am grateful to be where I am, and fully committed to making sport here even more special.

by FINNIAN SHARDLOW

How has watching Louise in the closing few months of her tenure preparing you for life as VP Sport?

I've been very fortunate not only to be very close to Louise as a person, but also to have worked closely with her throughout the whole year. The handover has been straightforward so far, and I know Louise is always happy to answer any questions ahead of me officially starting the job on my own. I think Louise has been an exceptional advert for Bangor University sport, and the sense of unity throughout the AU is credit to her efforts. I know how much pride she takes in her role, and is fully committed to making the transition between her and myself seamless.

How has appearing in a more official capacity at Varsity and the

AU Dinner been different for you? What kind of insight has it given you about all the clubs in the AU as a whole?

I love how Louise has been sharing a lot of those official appearances with me, such as lifting the trophy alongside her at Varsity and AU dinner. Public speaking can be a little daunting at times, but thankfully I have grown pretty accustomed to it since campaigning! It makes me very proud to be a representative of the great sport here in Bangor. I believe the fact we have over 60 sports clubs and have won the whatuni award for best clubs and societies for 3 years in a row speaks for itself regarding how amazing our AU as a whole is.

How eager are you to get going?

Extremely so. It's been a little

frustrating at times since the elections to remember I have a degree to finish! I'm really keen to get going with the job, however I have had to be reeled back slightly at times to finish my studies. I've been counting down the days to my last exam on the 20th May, where I can finally put all of my focus into preparing for September and making sport in Bangor as best it can be!

How do you think you and Louise will differ?

Aside from not being able to shout quite as loud as Louise, I think I will have a stronger focus on commercialisation and furthering the financial stability of the AU. I also aim to work closer with societies and volunteering to increase engagement with sport, aside from performance. Despite having different personalities and perhaps different

leaderships styles, I would say Louise and I are extremely driven and focussed on our goals.

What kind changes are you looking to make?

I want to continue the great year we have had and take that positivity straight into the start of next year. I will follow through on my manifesto points, and importantly always be around for any support students may need. My overall objective is to leave the AU in a better position than I found it, and I believe this can be achieved by increasing engagement in sport across the university, putting emphasis on student welfare, further supporting our competitive sides, and increasing access to sport.

Now it's been a few months

after the election and you've got a better idea of what you're getting into – how proud are you to be the AU President?

Personally for me, being successful in the student elections to become the next AU president was one of the biggest achievements of my life, especially when up against three other fantastic candidates. I am immensely proud to be an elected representative of Bangor University sport, and becoming the AU president was something I aspired to do since I fell in love with the AU back in first year. Sport has been the highlight of my university life, and I know that has been the case for many other students past and present. I am grateful to be where I am, and fully committed to making sport here even more special, and the highlight of more student's university experience.

Rugby Union 2nd's Force Wrexham To Quit At Half Time After Scoring 52 Points Past Local Rivals



It was another beautiful day in God's country as Bangor 2nds hosted Wrexham. The boys knew that this was the chance to get what we had all been dreaming of precious win.

With a few cheeky offloads from the backs and a lot of flair from George Redwood, this dream became more of a reality. 2 early tries from an in form George Redwood followed by a couple of easy kicks put Bangor in a comfortable 14-0 lead at only the 10 minute mark. However, this was not a one man show as Bangor 2nds had

finally managed to get the ball out to their curly haired speed demon, Michael Berry, who glided through the Wrexham defence and placed the ball over the line for his first try for Bangor, again followed by another kick from Mr Redwood making the score 21-0.

However, Wrexham fought back and after a prolonged period of defensive play from Bangor, Wrexham managed to sneak the ball across the line for their first and only try of the game making the score 21-5. Bangor quickly retaliated, as they attacked from a line

out on the half way line Callum Queen was able to break through on the wing and score for his first try for the club making the score 26-5. From the kick, Bangor attacked in numbers again and as a result of a number of great carries from Cameron Railton and Jack Cornish, Bangor was able to make ground on the weary Wrexham defence. Following on from this, Michael Berry was again able to break through the Wrexham defence leaving an easy run under the posts, and, after receiving some encouragement from the side-

lines, attempted a cheeky dive over the line – his feet didn't get the message and our curly haired friend ended up with his face in the dirt, making the score 33-5.

A relentless Bangor attacked in numbers again and again leading to tries for Alex Narbonne and another for Callum Queen making the score 47-5. Towards the end of the half, Harry King decided to get involved as he turned up the flair factor and ran past a number of defenders. With a dummy offload, he ran the ball across the line making the

score 52-5 at half time.

At this point, Wrexham conceded the game and gave Bangor 2nds what we had been dreaming: the win. The second-half was played with a mashup of both teams and was taken more seriously by some than. Our very own Club Captain Henry Williams managed to bag himself a try, despite his injuries. Further tries from George Redwood and Lewis Pierce saw the second-half come to an end with a score of 10-5.

Men's Cricket Hit Off Their Season In High Spirits



BUCC arrived at Colwyn Bay nice and early for their 2nd BUCS preseason game of 2019. The Bay kindly let us bat first on a typically good Colwyn Bay deck and we put on 155-5 in

our allotted 40 overs. This was mainly due to a classy 84 not out from Sean's 17 year old Brother Owen, who had played as a non-student member as we were short of top order batters. Jack

Metcalfe made a patient 35 and Joe Harding contributed nicely with 18.

In a tight affair, we bowled Colwyn Bay out for 145, with 3 overs to spare. Some gas up front from

our Zimbabwean overseas Jack Karenga led the way (3-10 off 7). Sharaiz Kazi bowled well for no reward, before the skipper Reilly took 3-34 off 8 overs. Jon, Kartik, Nishanth all took 1 before Kar-

tik finished the game off in style with a Hollywood direct hit.

Dominic Knight Taking Frisbee to New Levels With Great Britian U24

Good luck to Dominic Knight who recently made the Great Britain ultimate frisbee squad. He will be heading to the U24 ultimate world championships in Heidelberg, Germany to compete in July 13th-20th. He had his trials back in December with a team of 24 players being picked, 12 men and 12 women. Fortunately he played well enough to get picked! It's still very early days so far, they have only trained 2 times so he is still has no idea where they'll stand against the rest until they get into some tournaments and start playing. Dominic will attend 2 tournaments scheduled before the world championships, Mixed Tour in Durham, England at the end of April, playing against various UK teams. With his 2nd warmup tournament is Talam-paya in Geneva, Switzerland, where he'll get a chance to compete against other U24 teams from across Europe. With his goal always to win the tournament, but it will be hard to dethrone the likes of the USA and Canada, so the dream is to medal in Heidelberg.



Bangor Basketball Player Earns MVP In Regionals

Well done to Bangor Basketball Badgers player Abraham Makanjuola for being the MVP, in the NWBA Senior League game for Caernarfon Kings. Unfortunately they lost 38-62 to Wrexham Warriors, but Abraham still managed to show he class in this game and being awarded MVP.

Unfortunately they lost 38-62 to Wrexham Warriors, but Abraham still managed to show he class in this game and being awarded MVP.



Bangor Cheerleader Selected For Wales



This is Sophie Armitage She's the first Dragon to compete for a World's Team while still cheering with us, and the only Dragon in our clubs history to have represented her country at worlds!

She was a side base for Team Wales

Paracheer who placed second at the ICU Cheerleading World's today.

Being on Team Wales really demonstrates her strength and talent as she's been traveling all over Wales once or twice a month since September to train, and is one of around 35 people that get

selected for this particular team, and one of around 65 who get chosen to make up Team Wales - long story short she's the top of the top! We're so proud of her and she did a phenomenal job.



Octopush – Hockey, Just Different

Underwater hockey, aka Octopush, first started in 1954 in the UK, originating from Portsmouth. It was invented by the local Sub-Aqua club to keep their divers fit during winter, and soon caught fire worldwide, spreading to South Africa, Canada, Australia and the Philippines amongst many others. The name Octopush came as it was originally an 8-player sport, with the short stick used for handling the puck being called a pusher. The heavy puck starting in the centre of the pool was referred to as a

squid, and the goals, two trenches on either side of the pool, were nicknamed cuttles. Apart from the name Octopush, all original names have however been lost over time. Apart from that, the game gets played with mask, snorkel and fins, as well as mouth guards, hats and gloves used as safety measurements. Both teams, nowadays teams of 6, start at either edge of the pool with the forward sprinting to the puck when the signal gets given. After that, the aim is to sink the puck into the opponents' trench using various techniques such as

curling, flicking and spinning, to keep the puck with one's own team.

Amiable training and casual games are often on the agenda in our university club, although once in tournament spirit we do tend to get a few occasional fatalities, especially when other teams show their best shot and pucks accelerate up in the water column.

At Bangor, the competitiveness usually ever only peaks when racing to the shower - with training, matches and various games thrown together to loosen up the weeks and make it fun

and diverse for everyone who wants to give it a shot. We being a multicultural lot, exploring the UK is always on the agenda when planning for tournaments. Each year we mix up the locations and have explored from Aberdeen up north to Plymouth in the south, as well as numerous other sites such as Oxford, Coventry, Liverpool and New Port - sightseeing naturally not only being restricted to the poolside.

If you are keen in water sports, but find swimming too monotonous, we're your club! If you want to keep fit, but

can't be motivated to exercise with continuously draining weekly routines, we are definitely your club! Or are you just interested and want to meet new people and try out something new? Then that is certainly us!

At Octopush, fun is guaranteed; and that tint of crazy uniqueness. We are after all, the only sport in which the coach shouts at you for breathing.

Powerlifting: 15 Athletes Taking Nationals By Surprise



The Hard work put into training, and making weight has finally paid off, with all 15 of our strong lifters giving it their all and absolutely smashing it the British university powerlifting championships.

Even despite some injuries and missed lifts, PBs have been made and records have been broken.

Luke Cummings broke the under 93kg university bench-press record with an incredible 172.5kg. Edrick Velicaria managed two unexpected PBs granting him 3rd place on the podium in the under 59kg weight class. Club

captain, Hannah Graham, wasn't supposed to be compete due to injury, but ended up making the last minute decision to compete on the day without training for months. With full support from the rest of the squad she accomplished an outstanding total of 302.5kg, landing her 4th and just 5kg away from taking a spot on the podium, despite having to sacrifice her squat to prevent any increased injury. Despite this she still has the highest wilks score in her weight category under 84kg. Even though she didn't win on paper, she won in our hearts.





Bangor Karate Union Martial Artist Qualifies For European Championships

Theo Shoebel will compete in European competition after Bronze Medal at BUCS Nationals

by TANYA RILEY

The Bangor Karate Union (BKU) started the year off the back of a few successes from the previous year. However, the team had lost many of its members through graduation but were determined to make this year the best yet.

The new committee made the ambitious decision to attend more competitions and the new BKU squad did not disappoint, gaining a total of 26 medals (7 gold, 8 silver and 11 bronze) from 3 competitions. However, no one in the club expected what happened next. At the BUCS Karate Nationals, Theo achieved a bronze medal. This

meant that he had qualified for the European Championships that will be held in Zagreb, Croatia during the summer. This was an achievement that had always appeared impossible for the club. The competition at BUCS is of an extremely high standard and for a club with comparatively inexperienced coaches - compared to universities who had coaches with titles, 30yrs+ experience and are severely higher graded - appeared almost impossible to medal in.

The feelings and emotions that filled the club after the timer rung and Theo had won are indescribable. It is a moment that I feel everyone who was there will remember for a very long time. I can still remember the cheers,

screaming and hugging by everyone and of course the tears of joy. The success was made even more emotional by it been attained on the club's 3rd year anniversary.

I've been asked by many, since then, if I ever thought, when I started the club, would we be where we are now. I can say that never in my wildest dreams did I imagine that when I opened the club, more for my own benefit, that it would grow into what it is now. I can also say that if you had told me 3 years ago that I would be taking one of my members to Croatia for the European University Championships I would have certainly called you mad. The club is more than what it started out as and more than just a Uni club... it is a family and one

that we all cherish.

Moving forward the club has already held one fundraiser which raised £200, as well as setting up a go fund me page. These are to help raise the funds needed to cover the costs of attending the Europeans for Theo and coach, as well as the purchasing of specialised kit needed at higher competitions. Additional funds will be put towards the cost of attending additional competitions in preparation.

As a final push before the year finishes and a little exam distress, the club is holding a pub quiz night, with raffle and tombola at Belle Vue on Monday 13th May starting at 6.30pm, with the quiz beginning at 7pm. Last year this event was a huge success and had a first prize

of a summer ball ticket. Keep your eyes peeled for the event on the AU page and come down for a fun night and the chance to win some awesome prizes.

The backing from the rest of the AU and university throughout the BKU's development, from a club with barely 10 members that no one had heard of, to what we have become this year, is one that means a lot to everyone who is a part of the BKU. The support from everyone, throughout the club's new endeavours has been immense and we are thankful to all of those who have supported us thus far, both within the club itself and those not a part of it.

AU MATCH
REPORTS
INSIDE



UNDEB
ATHLETIC
UNION

UNDEB
BANGOR