

RESUS

magazine

ISSUE 2

NOV 08



Meeting Sean Connery

Making your loan last 'til Xmas

Interview with Hot Chip

Fashion on a budget

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Editorial



Hey hey!

Thanks for picking up another copy of RE:SUS

We've managed to feature some fantastic, high-profile interviews for you this issue; with Sean Connery, Alan Fletcher (a.k.a.

Karl Kennedy from Neighbours) & the electro gurus Hot Chip all gracing our pages.

Not only that, but two of our much-loved features are back by popular demand. Chuck Norris facts can now be found on pg. 11 and the embarrassing but funny Hall of Shame is on pg. 47.

I hope you all enjoy a read and a giggle.

Your comments and contributions are always welcome!

Harvey

Editor in Chief

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The content expressed by individual contributors does not reflect the opinions of Solent Students' Union or Southampton Solent University

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"We're here to represent and support you throughout your time at Solent."



Note from the Pres!

Hello again,

This is my second instalment for you this year and there are a couple of matters I would like to report and a few favours to ask.

After such a positive start to the year both with participation levels and also financially we are now starting to look towards the democratic side of the Union, the side that really does make a difference to your University life. The first thing I would like to report is that the Students' Union held the AGM on Thursday the 23rd of October, unfortunately we missed the target number of members by a tiny amount. This is my first favour, we are going to run a second meeting, instead of it taking a general meeting format we would just like to have a discussion with our members and would really like to have as many of you there as possible.

The second area to report is events based. Due to the popularity and size of the Freshers Ball, we have arranged another awesome event for you; The Snow Ball. Check out the Facebook group and I am sure you will all be pleased.

The final point from me at the moment is to offer a big thank you to those who have supported the Union since the start of the year. Your presence has been noticed and appreciated. The Union is a great community to get involved with and something I feel every student should benefit from.

Thanks for Reading
Much love
Chris Brady (President)

Liberty Living in Southampton - Smarter student living...

Southampton Solent University have made exclusive arrangements with LibertyLiving, one of the largest student accommodation providers in the UK, to offer students new to Solent University accommodation at one of our residences in Southampton, Mercury Point or Orion's Point.

Both residences offer a wide range of en-suite accommodation and studio apartments which are located close to the university and Ocean Village Marina with its many bars, cafés and cinema.

Boasting excellent amenities in a highly secure and comfortable environment, Mercury Point and Orion's Point would be a great place to base your student life no matter where you choose to study.

For more information
 call 02380 228 713
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www.libertyliving.co.uk

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- ✓ All rooms en-suite
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- ✓ Spacious common room
- ✓ On-site laundry facilities
- ✓ Electric entry systems
- ✓ internet access*
- ✓ CCTV coverage

*Available at an additional cost



Hello from the Advice Centre!

We have some great campaigns and events lined up for you in the run up to Xmas.

Firstly there's the Pink Party in the SU on Friday 21st Nov to raise funds for Breast Cancer Awareness (get your pink shirts out!).

Secondly, myself and our Student Adviser, Joan, will be visiting Halls of Residence on the 24th & 25th Nov for our 'Moving On' campaign, where we will be on hand to talk to those of you looking for accommodation next year.

December 1st-5th is SHAG week (Sexual Health And Guidance) so look out for various information stands and activities in the SU and on campus!

It's been great to meet so many of you so far this term, I look forward to seeing more of you soon.

Stuart Ward - Vice President Student Support



HOW TO MAKE YOUR LOAN LAST UNTIL CHRISTMAS

Now you've got your loan you need to know how to make it last. Read on and you should even have some left by the end of the year!

Having your first loan installment hit your bank account can make you want to splurge, but if you want your money to last until Christmas then you have to learn how to budget.

The main chunk of your loan will go on rent; usually this is about three quarters of your loan so it will make a dent in what you think you have. If you're staying in halls they usually include electricity, gas and water bills etc. but if not, you will have to remember to put money aside for bills.

Along with your lovely new student account comes a lovely large overdraft. But remember, just because it's there that doesn't mean you have to empty it. Some banks only start you off with a £200 limit and it's up to you to extend it, so try to put it off unless you really need to. You will however, have to pay off your overdraft after you graduate, and that's when it stops being free.

The weekly shop is a necessity and can seem daunting to those who are doing it for the first time. Depending on who you live with, the others may be happy to all chip in on certain items that are cheaper in bulk. You can never go wrong with buying four-kilo bags of pasta as they will always be used and are by far cheaper to buy in larger quantities than smaller bags.

You can also save money by cooking together and using each other's ingredients, this way you can make dinners in bulk and freeze some. Supermarkets are full of offers and 'buy one get one' offers; this is a great way to stock up on meals so you'll always have something in your freezer.

Having a social life at Uni doesn't always come cheap, but there are ways to make sure it won't break the bank. Your student union is also a great place to go if you don't want to start the evening at home, the drinks are cheap and there's always something going on.

Basically you just have to use your common sense, it's not about spending, it's about living. So buy what you need, not what you want. Budgeting isn't easy, but if you don't have the luxury of having rich parents, it has to become a way of life if you want your loan to last until Christmas.

By Nicola Lombardi



Sexual Health Service

Every Monday 11.30am-1.30pm
In the Union Committee room (1st floor)

Providing you with a confidential sexual health service including Pregnancy testing, chlamydia testing, pills and pill check, emergency hormonal contraception, DEPO injections, condom distribution, treatment for chlamydia positives, general sexual health advice.

Term time only.

Working with 
Southampton City
Primary Care Trust

The Students' Union Advice Centre has an open door policy.
Please visit us at any time for free independent and confidential advice.

Vice President Student Support Stuart Ward
T. 023 8038 6665 - E. susupport@solent.ac.uk

Advice Centre Coordinator Joan Martin
T. 023 8038 6664 - E. suadviser@solent.ac.uk



www.solentsu.co.uk/advicecentre

BULLYING at university

By Ayla Iskender

Everyone comes to University with the perception that it will be the best time of their lives and for the majority of people this is true, but for some, they have to deal with depression, anxiety and deep insecurity because of bullying. November 17th is the start of National Anti-Bullying Week; it promotes awareness of bullying not only at school but within the workplace and especially at University.

Bullying is described as a negative internal behaviour; physical, verbal or psychological, displayed by one or more persons towards another. It occurs in all professions, amongst all ages and in all social groups and it can lead to psychological trauma, illness and even death.

In a recent NUS survey on bullying, a huge 63 per cent of respondents said they had been bullied or still are being bullied at University or college. This high figure is simply not acceptable in this day and age. Technology has only exacerbated the problem with electronic bullying emerging as a phenomenon threatening every age group, but students in particular. Emailing and text messaging is used to harass, abuse and scare people which has resulted in suicide. Cyber stalking via computers also exists; people receive unwanted threats, abuse or other forms of comments via the Internet on web-sites such as Facebook, MySpace or even on MSN Messenger.

Another form of electronic bullying is cyber stalking via computers; when unwanted threats, abuse or comments are posted via the Internet. According to website, Wired Teens, at least 15 percent of new Internet users have received messages that made them feel uncomfortable. At university, bullying is not intervened in the same way that it is at school and it makes life a whole lot more difficult if you are being bullied in Halls of Residence. If a bullying situation arises, it can be difficult to escape from but there is help for those who are suffering. There is a huge network

of support for students at Solent who can help you with a whole range of problems – not just bullying.

Students 1st is the first point of call for any difficulties you are having adjusting to University life. You can call Students 1st on (023) 8031 9427; email at students1st.infocentre@solent.ac.uk; or drop in at RM050 in the Andrews Building (the main site, near the I.T. Centre).

Counselling is available for every student, which allows you to talk through your difficulties and concerns with a professional trained counsellor. Bullying can result in feelings of depression, loneliness, lack of confidence, stress, anxiety, eating disorders, drug use, excessive drinking and perhaps affect other relationships you have with people. Counsellors do not tell you what to do, but can work with you to explore the issues and possible options for a positive change.

If you feel counselling is not for you, there are workshops and groups available. Other students, who are suffering from similar problems join these groups and gain from each other's experiences from sharing their problems. This can be beneficial as you can exchange encouragement and support with each other in a safe environment.

The Chaplaincy is available for all students and staff regardless of their background, gender, nationality, ethnicity, gender orientation, faith or absence of faith. Inclusive and confidential support is offered by a drop in service or by booking an appointment. Contact Students 1st for more details.

Each faculty has a Student Support Network (SNN) Officer that offer support to students, in particular, relating to academic concerns. It is quite common for someone who is suffering from depression due to bullying or for any other reason, to get behind on attendance and with assignments.

Faculty Contacts:

Faculty of Media Arts & Society:
Geraldine Johnson, room JM101, (023) 8031 9360 or via email at fmas.support@solent.ac.uk

The Business School Faculty:
Dr Ann Bingham, room RM205B, (023) 8031 9380 or via email at ann.bingham@solent.ac.uk

Faculty of Technology:
Liz Williams, room A310, (023) 8031 9917 or via email liz.williams@solent.ac.uk

To all students who are being bullied – do not stand for it. Help is always available at Solent.



FRESH Student Offers

@ THE UNION SHOP 'TIL FRI 12TH DEC

2 x **Cadbury's Roses**
mini cartons for just £1.50

2 x **Ribena** 288ml cartons 99p

FX-83 Calculator £6.49

2 x **Oasis** 500ml £1.20

2 x **McCoys** 75p

**Daim, Milk Choc Orange
Bar, Toblerone** Any 3 for £1.00

☀ MORE OFFERS BELOW ☀

Volvic 1l 70p, 2 x Feel Good Still Juice or Spritz drinks £2, Brecon Carreg 1.5l 55p, 2 x Tyrrells Light Sea Salted/Cider Vinegar & Sea Salt/Sweet Chili & Red Pepper 99p, 2 x Doritos 60p, any 2 x Cadbury's Dairy Milk/Twirl/Boost/Double Decker/Crunchie 79p, 2 x Cadbury's Magical Elves 50p, any 2 x Revels/Maltesers White/Maltesers standard/M&M's Crispy/M&M's Peanut/M&M's Chocolate/Mars Planets/Minstrels 70p, 2 x Divine Bars £2, 2 x Kinder Bueno 70p, 2 x Mini's or Jaffa Cakes Grab & Go 75p, 2 x Nutri-Grain Strawberry or Apple bars 70p, FX-85 Scientific Calculator £7.99. While stocks last. Terms apply. See shop assistant for details.

www.solentsu.co.uk



Facts about **Chuck Norris** and...

Christmas



When Chuck Norris looks in the mirror nothing appears. There can never be a second Chuck Norris

When there's a fire, you stop, drop, and roll. When there's a Chuck Norris, you stop, drop, and die

We don't know if Chuck Norris enjoys a good fight. He's never had one

Chuck Norris bites the hand that feeds him and eats their entrails

An apple a day keeps the doctor away. A Chuck Norris a day kills

Chuck Norris can unscramble an egg

When Chuck Norris wants popcorn, he breathes on Nebraska

Chuck Norris has a vacation home on the sun

Chuck Norris uses red hot lava to moisturize his skin

Chuck Norris invented the apple

Chuck Norris Built Mount Everest with a bucket and spade

Chuck Norris does not age. Every birthday, it's just another year added to his existence, which sucks for you

Chuck Norris can chug a gallon of milk and not throw up

Saint Nicholas of Myra, the original Santa Claus, was the patron saint of children, thieves and pawnbrokers

STAY SAFE & HEALTHY AND IN ONE PIECE IN SOUTHAMPTON!



Last year my flat mate came home in tears to tell me she had had £3000 stolen from her bank account due to bank fraud. This was all the money she had to pay for accommodation and generally, to live. Sure, she got it back eventually, but that's not the point. Living away from home means unfortunately we're more vulnerable than ever to situations like these.

Good health becomes a distant memory, replaced with what feels like a never-ending cold and things may feel like they're going wrong just for the sake of it. Here are some tips to stay safe, healthy and generally in one piece throughout the year!

- Don't walk through the parks by yourself at night, you may not live that far away, but it makes you even more vulnerable to potential attackers.
- If you do get in a situation when you have to walk home by yourself as a last possible resort, avoid using your mobile so you stay fully alert.
- Resist the urge to climb things after you've had a drink, it'll only end in scars!
- Never leave your drink unattended in a club.
- Always wobble the slot where you put your card into a cash point to check it's not dodgy, and always cover your pin!!
- Invest in vitamins! These will get you through your first year in amazing health.
- Invest in a First Aid box (i.e.) Ibuprofen, plasters, throat medicine etc. You won't realise how handy this is until you're ill!
- Try not to leave your halls door unlocked when you go out, it's so easily done when you're only popping upstairs to see a mate.
- Try taking out room or home insurance; this covers laptop and TV damage with a company such as Endsleigh who offer cover for around £16 a year.
- Don't give all your personal details out on Facebook (i.e.) address, date of birth, workplace, mobile number etc, it's easier than ever for someone to commit fraud.
- Speaking of which, always have your bank's phone number handy in case you lose your card when you are out, this way you can cancel your card quickly and easily.

By Gemma Nash

FREE STUDENT SHUTTLE SERVICE



The Student Shuttle service runs Monday to Friday between the Library, Student Residences and the Polygon.

The shuttle picks up at the Library

Library 7.05pm

Library 10.05pm

Library 8.05pm

Library 11.05pm

Library 9.05pm

Library 11.45pm

Library -----> Student Residences

Library -----> Polygon

If you miss the shuttle please phone 07597 952006 for pickup.



www.solentsu.co.uk

This service is brought to you by Solent Students' Union in conjunction with Southampton Solent University.





MEETING SIR SEAN CONNERY

By James Davies

Getting up at 4am is not the start most people would choose on a Bank Holiday Monday, particularly when you have been on a booze cruise the night before and outside, it is dark, cold and pouring with rain. I, however, haven't jumped out of bed faster.

Although it is often said you should never meet your heroes, I took the risk when I hopped on a plane and, met James Bond. Well, the finest actor to play Ian Flemings "00" agent, anyway.

Ever since I saw the film, 'Dr No', at the tender age of six one Christmas and heard Sir Sean Connery utter the words 'Bond, James Bond', during that famous casino scene, the Hollywood legend has always been someone I have greatly admired, and

someone I have always wanted to meet.

Bond made Connery a cultural phenomenon, up there with the Beatles, he's a sex symbol, a multi-millionaire and a worldwide superstar. Therefore, arranging ten minutes with this highly sort after star wouldn't be easy.

After receiving a couple of rejections from official channels I thought it really was 'Goodbye Mr Bond'. However, after reading 'double 0, several' articles, I came across a name; Murray Grigor. Murray, a lifelong friend of Sir Sean, and co-writer of his long awaited book, simply entitled 'Being a Scot', was quick to respond to my email.

At first it would seem even this attempt had failed as the first lines of his email read, "Your timing couldn't have been any worse". By

this, Murray was referring to the terrible press Sir Sean had received and been unfairly subjected to over the last couple of weeks. Although, it seemed a full blown interview was unlikely, a meeting wasn't, after Murray kindly invited me to Edinburgh, the Scottish capital, and the place of Sir Sean's birth, where he was making a special appearance at the city's International Book Festival to give a talk on his (00)78th Birthday.

After arriving in Edinburgh, the city where life began for him back in 1930 and where he rose from humble beginnings to become a Freeman of the City, early on Monday 25th August I excitedly made my way to the hotel, where both Sir Sean and Murray were staying. Walking through the revolving doors, I tried to run through what I would say to the Oscar winning actor. Perhaps, 'Ah, Mr Bond, I've been expecting you'. On second thoughts, maybe not.

After gathering a couple of realistic thoughts, I proceeded through to the elegant stairwell which looked into the dining room. There sat Sir Sean with his wife, the beautiful Micheline, whom he met playing his beloved golf. To be honest, it seemed somewhat strange to see Sir Sean eating breakfast, and doing something we all do. But why should it, he's human. Soon after I met Murray, he thoughtfully introduced me to Sir Sean.

The aura that exudes the proud Scot is incredible and one I have never experienced before. His confidence and self assurance was clear to see.

Murray said, "Sean this is James. James, Sean". Although I had worried about what I would say, I really didn't need to. Sir Sean immediately put me at ease, making me feel welcome instantaneously. Far from

saying "Do you expect me to talk?", like he tells his nemesis Goldfinger in the 1964 epic, Sir Sean was a gentleman with an un-denyng presence. 'The last great movie star' put out his hand and lifted that famous eyebrow, saying in his broad Scottish accent, "Ah, nice to meet you James".

Sir Sean, 78, dapperly dressed in a white sweater, navy blue jacket and smart tartan trousers with matching scarf, oozed all the sophistication and charm he showed during the 60's while playing the Martini drinking, British agent. After a short chat, Murray, Sir Sean and I made our way to the book launch. Surprisingly there was no driver waiting to take us. Sir Sean rather humbly opted to walk through the city streets where he once delivered milk.

"Sir Sean immediately put me at ease, making me feel welcome instantaneously"

On seeing Scotland's most famous export, people just stopped and stared. After all it's not every day you see a Hollywood star. Sir Sean laughed and joked the whole way and told me all about the wonderful dinner he had,

had the night before, and how a street cleaning device had kept him awake most of the night! Once we arrived, we were all ushered in through the back entrance, where the world's press were waiting. It was time for Sir Sean to disappear. But before he did, he turned to me and said, 'Thanks for coming James', raising that eyebrow once again that often doubles as a smile.

Far from being the 'overgrown stuntman' Bond's creator Fleming once called him, Sir Sean was a star who made my day.

Read more articles like this at: jamesdaviesmedia.co.uk

MENTAL HEALTH AWARENESS

Stress balls, massages and electronic tennis were all common sights on campus recently, as the University announced it's revamped mental health policy with a little more zeal than customary.

The five-day event was designed to raise awareness of Solent's new approach, which was the brainchild of Sue Edser, Manager of Counselling and Disability services and key figure in the universities' revamp of it's mental health strategy. She was on hand to answer questions and offer advice where needed.

The event itself was borne of Sue's assessment and replacement of existing policy, and the expanded role the university now plays in looking after the mental wellbeing of it's students. As Sue puts it, the event was there to engage people and de-stigmatise mental health issues, it attempted to be interactive and encourages all involved to have "a bit of a laugh."

The University wants to be as supportive as possible; the leaflets keen to pass the message on that no-one will be labelled or singled out, whatever their difficulty may be. Students see other people being happy and getting on really well, and they think they're the only ones struggling", says Sue.

Sport Solent were on hand to measure the weight and body fat percentage of anyone brave enough to step onto the metal scales, as well as offering a relaxing massage, blood pressure checks and a health walk, with the promise of free Yoga and Pilates courses to come.

Alison Golden, the Student Advice Manager worked closely with Sue and helped devise the University mental health policies. She has pointed advice for the student body at large; "At this time, particularly, students are experiencing the highs and lows of starting a new academic year – including meeting new friends, moving into new accommodation and managing finances and academic pressures. Looking after their mental well-being is as important as making sure they are eating enough and paying the rent."

By Neil Ross

Much of the new policy is about emphasising new and creative ways to help suffering students, and aims to remove some of the stigma surrounding mental health issues. This includes the introduction of an NHS practitioner, hypnotherapy sessions and group work – which the University believes will encourage people intimidated by the traditional image of the mental health professional, and is keep to emphasise that seeking help doesn't necessarily mean one-to-ones on dusty leather couches.

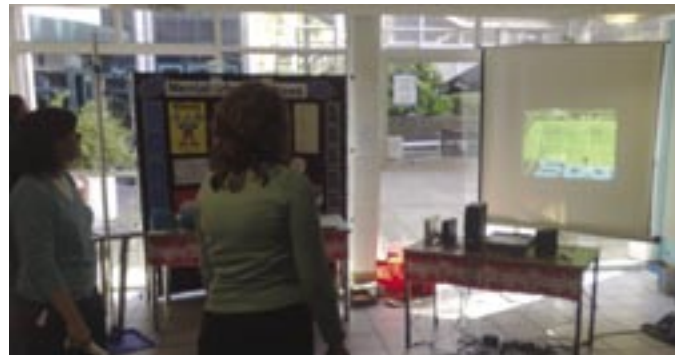
The event's centrepiece was undoubtedly the Wii. Running on a large projection screen in the Michael Andrews building (just opposite the uni shop!) the challenge was laid open to all comers, the invitation to work off a little mid-week stress with some games of Wii Tennis, Boxing or Bowling proving an irresistible attraction for both staff and students.

Throughout the day a constant stream of visitors appeared at the stands, some in groups and others by themselves and it was interesting to see how different people responded when approached by Sue, Alison or one of the Student Support Network Officers.

Some welcomed the attention, while others were more reserved. However, even the most sarcastic of individuals couldn't help but be won over with the team's practiced good humour and approachability.

Sue turned to me after a particularly Wimbledon-worthy Wii session: "No matter how big or small the problem may seem, it is always worth seeking help."

The University certainly seems to believe that is the case.



Mental Health support contacts within Solent University:

Counselling Team tel: 02380 319730 or email: counselling@solent.ac.uk

Mental Health Practitioner (Terry Ward)
Tel: 02380 319427
Email: terry.ward@southampton.gov.uk

Student Advice Manager (Alison Golden)
Tel: 02380 319254
Email: alison.golden@solent.ac.uk

Students 1st - Sally Harris, Helen Briers and Karen Smith

Email: Students 1st. infocentre@solent.ac.uk
Tel: 02380 319427

Students' Union Advice Centre - Joan Martin
Email: suadviser@solent.ac.uk
Tel: 02380386664

WHAT THEY DON'T TELL YOU IN WELCOME WEEK:

Part Two: Pulling - For Girls

By Joseph Jenesse

On Valentines Day last year this magazine ran a lonely-hearts article. The best response? Turn ons: Big or Average Sized Breasts. Turn offs: N/A. Ideal Date: N/A. Point made. Romance is dead. Romance (at university) is dead.

So, you've been here a month (two by the time this is published). Chances are you've been out, got drunk, and seen a new halls block - if you know what I mean! This is university. If you're a girl, you're out with the girls you met off your course, you've sat in the kitchen, drinking rose (Tesco's own) and been watching High School Musical. You've gone out, bought ten Marlborough lights to look a bit cool, and then hit the dance floor. Ten blue WKDs later you feel a little bit drunk, when suddenly you feel a hot sweaty presence behind you. If you're lucky, it's that hot Sports Science guy you saw at the cash point, or that lovely, sexy, lost-puppy art student from the canteen, though chances are, it's some drunk w**ker with beer related flatulence.

Now, depending on which side of drunk you fall on will determine what happens next. But be warned, this small indiscretion could possibly shape the next 3 years of your life.

Regardless of who it is, you kiss. All drunken tongues, gnashing teeth and slobbering, a bit like kissing a shaken up coke can. What happens next, I don't need to explain, but the seduction will either involve a Neyo CD, a book of poetry or a bucket of fried chicken. Next day you wake up, go home, and wash the smell of fags, booze and guilt out of your hair, and your life goes on.

And that's not a crime! We are all young, we all want fun, but be warned because now a can of infinite worms has been opened. Yes, someone will be upset (your boyfriend/his girlfriend/Baby Jesus etc), but maybe you'll find love (unlikely, most people view this period of life to do their best impression of a rabbit) or a lovely stalker (more than likely). It can lead you to new friends or maybe influence every night out decision you make!

I don't want to appear preachy, just appreciate that every snog or 'one night stand' always has knock on effects, and the fall out will always appear when you least expect it to. Just make sure you pull a fitty!

Next time...Pulling for Boys



Russell-ing up some stand-up

By Christopher Atewelle-Hughes

You may have seen him in such panel shows as Mock the Week and....erm...well that's probably about it actually. But still! It's Russell Howard and definitely not Russell Brand. Memo to self: stop confusing the two. One resembles the cheeky 12 year old from next door while the other resembles a startled chicken.

I'm not quite sure if he has one lazy eye, two or neither, but either way they're quite piercing. I suppose all comedians do better with some form of difference about their being. Bill Bailey has his mad hair, Alan Carr has his teeth, Joe Brand is robust and Russell has his peculiar eye configuration.

Personal remarks aside, Russell does a man proud on stage. He's a bit mad, a bit crazy and he has his peculiar little way of doing the average 'idiot' impression. It's a touch like Lee Evans' 'idiot' impression, but with less of the cringe factor.

By far the best tale of the night was on involving a self-righteous old woman tackling four yobs in a minuscule car with pounding base in Ipswich. Howard apparently

witnessed the four discarding an empty drinks can out of their window, which enraged said old woman. Said old woman then proceeds to educate the four that, while they no longer had any use for the offending item, Ipswich didn't want it either. She then sharply threw it back through the open window. Point one for the octogenarian.

While the majority of the evening was a romp of sheer hilarity, there were moments of sobriety brought on by Russell's ranting about causes he, no doubt, feels passionate for. And while the audience cheered on with enthusiasm, those less easy to impress looked on in po-faced boredom.

Although, Howard is yards better on Mock the Week, he does come into his own on the stage. It's hard to imagine him doing the scan and pack in Sainsbury's whilst uncomfortably mumbling something about 2p off petrol. So what do I ultimately think of Russell's night of comic anecdotes? Occasionally and momentarily, we're left sinking into the void, but for the majority of the time we're trying not to laugh so hard we actually vomit.

Fantastic Fletch

By Laura Ball

For some people, turning 50 might encourage them to relax and slow down a bit. But actor, musician and photographer Alan Fletcher has more ambitions than ever.

“I’d love to go back to my acting roots and play the lead in a music theatre production, and I’d love to come over to England to perform a lead role on the West End. Musically I’m looking to produce the perfect pop song,” says Alan, or Fletch as he likes to be known.

The Perth-born performer is best known for his long running role as Dr. Karl Kennedy in Neighbours, but recently he has been gaining huge popularity in the music world with his band Waiting Room. Set up in 2004 with Melbourne-based musicians Tommy Rando and Chris Hawker, and later joined by drummer Jeff Consi in 2006, they released their first single So Wrong as a solo track on itunes.

“We never intended to bring out an actual album, or have a hit single like Kylie,” says Alan. “But after the success of So Wrong we started compiling more and more material.” The band’s first album In the Waiting Room was released in 2005, and since then they have completed four sell-out UK tours.

Alan cites UK bands as his inspiration: “I love indie rock music, and a lot of my favourite bands are from the UK. I love Ben’s Brother, Fratellis and particularly Kaiser Chiefs. We tend to cover I Predict a Riot at most of our shows and it always gets an enormous reaction from the crowd.” Waiting Room’s live shows consist of a mixture of songs from the album, cover versions, and new music they have been working on. “I love covering fantastic songs by other bands, but it’s much more exciting to play new music. Nothing beats getting a great reaction to new material.”

Alan admits that his role on Neighbours has brought the band its fortune. “Without Neighbours people wouldn’t know who I was, or who the band are, and it would have been a lot harder for us to break into the industry.”



The producers of Neighbours first cast Alan in 1987 as Greg Cooper, a role which lasted three weeks. Seven years later he assumed the role of Dr Karl Kennedy, who moved to Erinsborough with his family including wife Susan played by Jackie Woodburne.

Despite his wholesome ‘family man’ image, Dr K has managed to rack up an impressive number of scandals, including a couple of affairs, an illegitimate child, and a career with a dodgy drugs firm. “Karl is a very flawed man, but that’s what makes him such an interesting character,” says Alan. “It’s much more interesting to play a character like that than to play the general hero or baddie.” Indeed, Dr Karl is one of the most popular characters in the show – there is even a Facebook appreciation group with over 40,000 members, entitled Dr Karl Kennedy: Gynaecologist, Psychiatrist, GP, Master of the Universe. “I know a lot of medical students love the fact that Karl can diagnose and cure any illness,” laughs Alan.

The popularity of Neighbours, especially with students, is something Alan understands well: “I think the show provides a release from the pressures of study, and helps break up the day. I think it’s great that with the move to channel five there is now an omnibus, as people who work can now catch up on what they miss during the week.”

Unlike his former on screen son Jesse Spencer, who has had great success in US TV series House, Alan has no plans to pursue a Hollywood career: “If I were to move anywhere it would be the UK. I’m such an admirer of British film, theatre and TV.”

With Alan’s Neighbours contract up for renewal this year, the future of Dr Karl is uncertain. “If Karl was to leave, I’d like it to be scandalous – maybe people find out that he faked his qualifications and was not a qualified doctor. Everyone he’s diagnosed, treated – all of them would be shocked and appalled, and Karl would leave in horrible shame.”

In addition to his acting and music work, Alan is also a successful photographer, running an impressive portraits business in Melbourne. His main priorities lie with his family, though. “As I work so much I tend to be quite time-poor. It’s so important for me to spend time with my family. I’m going to Vietnam with my wife later this year. It’ll be my first holiday in five years so I’m really looking forward to it. My kids are 10 and 13, and so being there for them and watching them grow up – that’s probably my greatest ambition.”

More information about Alan and Waiting Room can be found at www.alanfletcher.co.uk



HALL OF FAME



Day	9-11am	11-1pm	1-3pm	3-4pm	4-5pm	5-7pm	7-9pm	9-11pm
Monday	Dan Windle's Sports World	Radio-Vision	Jamie & Mike's Monday Blues	The Music Crossover Show		Future Classics	Time Warped	Elektracule
Tuesday	I haven't got a clue	Nick & Joe	iMusic	Oscar & Mark's Rock of Ages		Mel's Sin Sessions	The James Keith & Sarah Show	Sub-Sessions
Wednesday	DJ Del & TBA	Dan Williams	Matt Holley	Politically Incorrect	The Film show	The Rich & Kris Show	If you're into it with Lou & Mike	The Tom & Dan Show
Thursday	The Early Show	DJ Ford's Century Hits	Dom & Jim's Happy Hour	DJ Yummy's Japanese Takeaway		Cristal Radio	Dave Hartley's Metal Militia	Chaos Room
Friday	Friday Morning Celebrity Juiced	The Anthony Green Show	Daisy & Millie	Short Circuit Comedy Show	The News Show	Air Out The Road	Steve Middleton's Funky House	The Black Catalogue
Saturday	Saturday Morning Hangover	Living on the Frontline						
Sunday								

Sin Radio Schedule 2008/09 - Semester 1

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HANGING WITH HOT CHIP

By Adam Parker



Hot Chip are a phenomenon. They have three albums plus a compilation album via DJ Kicks. They have remixed an insane amount of songs for other artists as well as remixing and retuning their own songs. They now have a fourth album on the way and they don't ever seem to stop touring. I got the chance to ask two of them, Owen Clarke and Jo Goddard, about their insane tempo and, amongst other things, dancing, Fleetwood Mac and producing for other bands.

They claim their energy comes from 'isotonic drinks', with Owen claiming to have drunk 'a baby's weight worth of Gatorade' at one point. If such talent comes from Gatorade, we should be passing it out to the masses. The two showed relentless energy, humor and enthusiasm, even after a long day driving and sound checking, telling me about their 'brand new dances in the work to accompany the album', one of which concerns the 'mime of being in the shower with the temperature changing'. At times, some details leaked through the laughs about the upcoming album and future projects. A new song titled 'Alleycats' was mentioned, and played on the night, and they

claim the new album will have 'Fleetwood Mac' allusions, claiming they 'studied every one of the millions of records' sold by the band. Owen also claimed the songs will be for 'sad dancing, when you have been left on a club in your own', hinting at some low-key moments on the new record. I also managed to coax them away from jokes long enough to discuss a new compilation for Bugged Out', containing 'double the fun', with two discs of songs that influence the band. Jo also mentioned his new production intent, working with new band titled 'Little Boots', claiming he was 'biting the neck' of the group and working on their new songs. The band seems to spread themselves out to such an incredible degree with producing and remixing for the likes of Kraftwerk and Kylie, it was amazing to see how lively and lovely they were in the flesh. Hot Chip seem to have this unbelievable vigor that shows in their music and their live shows. They went on to produce a dazzling live show, literally blinding half of the audience with their incredible light show. If the sheer energy, frenetic fun and brightness of the gig and band members is anything to go by, the fourth album from Hot Chip will easily be the best yet.

KIDS IN GLASS HOUSES

Talking to drummer Phil of Kids In Glass houses, it's difficult to believe how unfazed the pop-punk Welsh band are by their recent thrust into the circle of musical popularity. Yet another Welsh band emerging onto the music scene, Kids can count Funeral For A Friend, Lost Prophets, Attack!Attack! and The Blackout as old chips off the Welsh block.

Their recent headline tour of the UK has seen sell out shows and their best show yet at the Astoria. Judging by tonight's penultimate performance it's easy to see why the kids are crazy for Kids In Glass Houses. "This tour I can safely say has been the best tour we've ever done. The reaction that we've been getting has been insane," Phil comments on the tour.

Being torn away from photos and meeting fans on the way into our secluded talking area he tells me how much down time there is until a few hours before show time. "It's strange because every tour we've done so far we'd drive ourselves, set up ourselves and then we used to pack our gear away ourselves, sell all our own merch...and as our band has progressed those responsibilities have been taken away." "Today to pass the time what have I done? I didn't even

know there was a swimming pool around the corner. I would have gone swimming if I had known. We like to watch films on the bus. We go shopping. I guess that's what we do. Shop, buy shoes."

Besides retail therapy the boys do have their moments: "We get loads of weird strange things from fans. Someone gave me a kiwi fruit wrapped up in a gift bag. There was a little message saying please open, and then I opened it and there was a kiwi fruit..."

Other 'moments', if you will, include when "Aled fell over at the Astoria onstage, it's on Youtube now" and Phil's pre-show ritual confession, "I always have to make sure my teeth are clean, I like the, I dunno, minty freshness?"

As well as front man Aled revealing his comedian within, Kids rocked out songs from their current album, Smart Casual, as well as covering the oh-so-popular Sex On Fire by Kings of Leon.

Next up? "Directly after this tour we have one day at home and then we're going to Europe for 4 weeks." Sweet. In the words of KIGH, "Peace out snake b*tches".

To hear this interview & many others listen to the Crisis! Show on Sin Radio every Thursday, between 7 and 9pm! www.sinradio.co.uk



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SOLENT STUDENTS' UNION ENTERTAINMENT

TUESDAY

Energy Without the Sun

Energy Without the Sun formed in late 2007, through a shared love of wanting to express themselves through music. Many bands these days are afraid of originality, but what Energy does is something completely different, something fresh and exciting.

The band is made up of four twenty-something guys, who have always been good friends, playing together and apart. Influenced by the bands' wide tastes in music, from folk to indie; they have a really catchy, lively and exciting sound that is both easy to dance to and easy to chill out to.

From their four track EP "Girls and Matches", which they recorded at the beginning of this year, it's clear that they just want to focus on the music. This makes it such a treat to listen to. With a really live sound to it, it hasn't been messed around with, like they've stripped back the layers. From the lyrics it feels like they want to share their feelings, past experiences and even mistakes, "I'm no saint, this is me" allows everybody to be able to relate to their views on life.

A standout track from their EP is in "Which weighs out".

It's folk undertones combined with the gruffness of the singer's voice work equally well with harmonies and complicated guitar riffs in "Energy Without the Sun".

This EP showcased their original songs and their talent, helping them to secure a place in a local town's Battle of the Bands. They competed for six months and were voted for by the public and local music journalists through three rounds and grabbed victory by winning the competition in September.

They won the chance to record in a studio and will be releasing their debut album later this year. A big jump from playing acoustically in their garage! It's looking good for them, they've played lots of small gigs in their local area, but are looking to expand their fan base and play bigger gigs. They recently played as part of John Peel Day, which was an amazing opportunity for them.

If you like the sound of them, their single "Being Dragged by Your Hair" will be available to download from 10th November on iTunes, as part of a promotional CD released by Lakeland Records.

Check them out on:
www.myspace.com/energywithouthesun

BURN THE FLEET

By Mel Lewis

Southampton's local music scene has always been bursting at the seams with natural talent. The city undoubtedly provides vast opportunities for upcoming musicians, hosting the likes of The Streets, You Me At Six and Tonight IS Goodbye earlier this year. RE:SUS magazine takes an in-depth look into the next big thing to emerge from the south coast- Southampton Solent's very own, Burn The Fleet.

Featured on Sin Radio's Sin Sessions show; the band Andy, Jack, James and Ross are an exciting alternative emo rock quartet, bringing together influences of Thrice and Alexisonfire to create an atmospheric unique musical dimension.

Burn The Fleet have already found themselves playing top venues such as Joiners and Hamptons alongside well known local acts Dividing The Line, Lioness and Guildford based All Forgotten.

I caught up with bassist Andy Convey to discuss the speed in which the band reached high acclaim within the city, and plans for the next coming months. Dressed in usual attire of checkered shirt and sporting Dallas Green-esque facial hair, Convey provides the necessary insight into this month's local unsigned act.

You guys have moved up the music food chain (so to speak) at speed; explain to me how you became so well known locally so fast?

I don't have any idea why but it's extremely humbling and nice that people are getting into it. A lot of our friends listen and are pretty supportive. We're just four guys who wrote some songs together and it's music we enjoy listening to.

What has been Burn The Fleet's best achievement to date?

Recording our four track EP. I guess it's because they are all songs that we are happy with as a band and extremely happy with the way it sounds.

EP?

EP is available now and it's called 'the mistress'. Check it out www.myspace.com/burnthefleetband

Local gig you recommend for the month?

Four years strong are at the guildhall in November supporting new found glory which should be good as well.

What's the plan for both the near and far futures?

Nothing concrete as yet carry on doing local gigs write some new songs see where it takes us!



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SOLENT STUDENTS' UNION ENTERTAINMENT THURSDAY

TRICKBABY

CHOR BAZAAR

By Jamie Skey

Culturally mixed music can be invigorating when executed with precision. Asian Dub Foundation are a fine example: their sonic belting of genres was remarkable, yet few crossover acts have had that sort of vitality since.

Relatively unheard of London based Trickbaby return with their second album Chor Bazaar, a head-on collision of traditions and styles.

Working at the heart of the production is Saira Hussain (vocals) and Steve Ager (guitar/bass/keys, programming), who blend a fistful of flavours into their musically mixed cocktail. Asian beats, tabla, sitar, electronic grooves and sultry female vocals mingle to form a sparkling, eclectic brew.

The overall sound has been tailored to a high standard, but ultimately lacks the venom ADF were armoured with. Never mind, there is enough ammunition here to ignite the dance-floor.

Deep grooves roll beneath platters of hipshaking beats. 'Fighter' is a robust slab of dance mania with Hussain singing, "I'm an angry girl/ you gotta be a fighter in this

ugly world". Her lilting melodies drift over a two-step beat which will instantly have you shaking your thing.

Among the strengths are phases when the band struggle to keep their fire power up. 'Nine Parts' sounds like it could be the reformation of All Saints all over again.

Slower track 'Crisis' breaks the album's run of dance numbers, however, annoyingly, the guitar and string lines are laced with commercialised cliché.

The vibrant moments keep Chor Bazaar afloat. Guest appearances from Gogol Bordello's Eugene Hutz (vocals), Sergey Ryabtez (violin), Yuri Lemshev (accordion), and Marcella Detroit (harmonica) help to shift the dynamics nicely.

The title track could sit comfortably on a Bollywood soundtrack. Bursts of accordion and violin disperse a folksy vibe into the silver-screen soundscape.

Chor Bazaar is worth a listen but it's certainly not revolutionary. Despite it being, at times, a solid, polished album there is an underlying lack of attitude, which allows it to sag in the credibility department.

The View - 5 Rebbecas

Everyone has a crucial point in their lives of which they dread. For boys it could be the tangled web of love, females and the fast approaching car crash of hormonally charged puberty. For girls, perhaps it's whose heart to break next - who knows? But for bands it would have to be the monumentally important second album. The deciding factor in their musical career. And in many cases, the approach of a second album will be accompanied by a music critic pointing a fully loaded gun or slander themed adjectives right at the head of the musical mind behind either the monstrosity or the masterpiece...

In this case I feel that I am going to lower my cynical weapon of words doused in negative connotations for it is the return of everyone's favourite Dundee vagabonds, The View. Although we

are only at the first single stage I feel confident in these boys. The double-dutch foursome have returned from their smoke filled odyssey with around four minutes of anthemic, riff-fuelled, junkie drama.

New single, 5 Rebbeca's, begins like the illegitimate love child of Wasted Little DJ's. It scurries down the well-trodden path of overdosed distortion that the carnage causing Scof's have taken before. And as they dip into the first verse, the melodically organised ramshackle becomes chaotically poetic as the problem-posing dialect of Kyle Falconer begins to flow from his tongue.

The mixture of grubby rock and roll and beautifully melodic pop is an insight into the hard work that has gone into making this tune. After around three years of touring and making their debut album, "Hats off to the buskers", the boys have had a wee break and are to release their second album in January 2009, with the intriguing title, "Which b*tch?"

According to Falconer and guitarist Pete Reilly, the new album is "darker" and more "experimental", a step away from their successful pop-charged debut, which leaves me wondering...if "5 Rebbeca's" is a taster of things to come, well then we are in for quite a treat.

It's a drug inspired snippet of rock angst, depicting the trials and tribulations of a young female, "Rebbeca", apparently based on a real person. Nonetheless, "5 Rebbeca's" is not only caked in a new found musical maturity, but also a cluster of chant worthy lyrics, which like the debut, are sure to engrave themselves into the long list of View lyrics that already echo the towns past played. Dark and Experimental seems to have paid off, and believe me, The View are still very much "On Fire!"

By Dan Jones



The original all- Female hard rock band 'Girlschool' return with their brand new album "Legacy". This is their 30th anniversary and the occasion is marked with some of their hard rockin' friends lending their talents to the album. Such well known names include Lemmy Kilmister and Ronnie James Dio. Also appearing on this album is the deceased ex- lead Guitarist Kelly Johnson.

As you would expect with Girlschool this album is a foot stomping, head nodding powerhouse romp. No more so

Girlschool - Legacy

is this evident then on the opening track 'Everything's The Same'. Ex- Girlschool lead guitarist Kelly Johnson makes a 'Ghost' appearance on this track. The band use her ashes as a percussion instrument as a final send off, which is a morbidly great idea.

Girlschool cleverly mix their old school style of classic rock with more modern influences. The next two tracks could quite easily have jumped off the latest hard rock band's album. 'From The Other Side' is a more upbeat rock song and has a really catchy chorus. You start to forget that these lovely ladies are pushing 50, when all the songs have all the power and vigour of young 20 something's. 'I Spy' concerns the modern ideal of 'Big Brother' watching us all the time. This is a nice dark and dirty tune.

Many of the tracks on the album feature guest spots from various musical 'chums' of theirs. You're in a pretty good position when you can get artists like Ronnie

James Dio and Tony Iommi to make guest appearances. Tracks with guest appearances that stand out are 'Just Another Day' featuring Phil Campbell from Motorhead supplying a great guitar solo. This song has one of the best choruses I've heard in a long time. Another one that stands out is 'Whole New World' (No not the Disney one) featuring Phil Campbell on guitar again and Neil Murray on Bass guitar.

But if you're looking for a great guest appearance it has to be on the final track 'Don't Talk To Me' featuring Lemmy Kilmister not only on vocals and bass, but also on triangle. When you can get one of metal's greatest Gods to play a triangle on your album, you know you've done something very right. If you didn't know any different, you would assume they were young bloods just starting out. Excellent album.

By Mark Gale

AUTUMN/WINTER 08
SCREENINGS



24/25
S E P BATMAN: THE DARK KNIGHT

06/09
O C T HANCOCK

20/23
O C T INDIANA JONES
AND THE KINGDOM OF THE CRYSTAL SKULL

03/06
N O V HALLOWEEN SPECIAL
THE STRANGERS

17/20
N O V STEP BROTHERS

01/04
D E C XMAS SPECIAL
THE MUPPET CHRISTMAS CAROL

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UWE BOLL'S BLOODRAYNE

BY KEVIN TOMES

If you don't know who Uwe Boll is, Google him, and you'll find hundreds of websites all saying roughly the same thing:

"Please stop making movies"

BloodRayne was a Playstation game about some leather-clad, redhead, bimbo dhampir (half-human, half-vampire) with serious PMT issues. (Whenever she gets angry enough she falls foul of her 'blood rage'. There really are only so many conclusions you can draw from that.)

The cast list is damn impressive: Kristina Loken, (Nee: The Terminatrix, in her first appearance beyond T3) Michael Madsen, Michelle Rodriguez, Meatloaf, Billy Zane and Ben freaking Kingsley. God only knows what movie they thought they were doing.

The movie is about an incompetent woman who decides to use weird swords that she can barely lift to take on an army of vampires, who apparently live alongside humans and are prolific enough that the occasional staking of one barely causes those around to raise an eyebrow. Yet despite this nonchalance towards vamps, Rayne's own vampire abilities are spectacular enough to make her a fairground attraction.

The blood rage makes a single appearance and does nothing to forward the story and none of Rayne's half-vampire

abilities give her a single edge at any time. Rayne uses, as her weapons of choice, a pair of swords so badly designed that they simultaneously look as though they could fall apart at any second, yet seem to weigh about 45lbs each judging by the amount of effort it takes Rayne to swing them.

The script and execution are so poor that it is at times difficult to understand just what is going on. For example: Uwe wanted to have vampires be just like humans in terms of speed and strength, just with the need to drink blood and keep out of the sun. The movie, however, fails consistently to deliver these points of information. There is an argument for the director of a movie to 'show, not tell', but when you're breaking so many vampire conventions you really need to 'show' a little harder to get your point across.

To sum up, this movie has bumped Halle Berry's 'Catwoman' off the top of my 'worst movies EVER list. Never have I seen a movie with a Hollywood budget, Hollywood actors and Hollywood advertising completed so poorly.

EUROGAMER

On October 28th-29th, Eurogamer hosted a massive consumer videogames show in association with the London Games Festival in Brick Lane, East London. A few of us from the Computer Games Development degree course were lucky enough to score press passes to the event - and played some of the biggest games releases this side of Christmas, on every major format, before anyone else.

Amongst the exhibitors were highly-anticipated titles such as Valve's Left 4 Dead, Bethesda's Fallout 3, and Epic Games' Gears of War 2, as well as games nearing or recently released such as Media Molecule's Little Big Planet on the Playstation 3. Being a huge Valve fan, I made a beeline for the Left 4 Dead queue as soon as we arrived, and after around half an hour's excited queueing we were treated to the game's unique survival-horror-cooperative multiplayer gameplay.

Four of us, playing survivors of the game's zombie apocalypse scenario, went up against the game's AI "director", a new technology Valve have developed to add excitement and replay value to their game; the director monitors the players' progress through the level and chooses the right moments to add enemies to surprise, scare, disorientate and eventually



EXPO 2008

overwhelm the players. This makes for a very exciting, dynamic game, and no two games on the same level play out the same way.

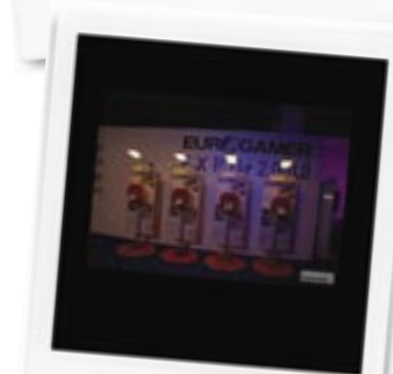
Minds suitably bombarded with zombie horror action, we took the opportunity to slow things down with developers Media Molecule's Little Big Planet - a cutesy platformer with robust community features and a level editor so detailed that a fan playing the closed beta managed to design a working, 8-bit calculator using the switches and physics objects in the game. Cool. Although the level editor wasn't on show on the day, we did have the chance to try our hand at a pre-made puzzle level, and found it to be both challenging and at times very funny too.

The event was attached to the GamesIndustry.biz careers fair - a great chance for students to talk to industry buffs about personal career development and the kind of skills and portfolio the best games development companies are looking for in graduates.

All in all it was a great chance to get some solid careers advice, rub shoulders with some industry pros, and kick back with some great games, weeks before their scheduled release date - roll on Eurogamer 2009!

By Bill Deal

<http://illogicalgamer.co.uk>



Fashion on a budget

As the autumn season is fast approaching it's time to update your wardrobe with a few key pieces to keep you warm through those cold winter months. However, the cost of being a student doesn't come cheap so we're here to show you which fashion essentials will keep you looking good and saving even more!

"Here come the girls"

Leggings

First of all let's get the basics right. Whether they come with zips, are high-waist or electric blue, leggings are a must-have this season. Our biggest tip to you would be to own 2 pairs; one cheap pair to wear with boots and under dresses and another pair for when you feel a little more daring on a night out! The worst thing is being able to see through someone leggings and that won't help with keeping you warm.

Leather

Leather jackets are everywhere this season from Primark to Prada and are a season essential. The best we've seen is in New Look, it comes in 3 colours and is £50 but with your student discount of 20% this piece will get you through the whole of the winter and maybe even stay in your wardrobe until next year. Team with basic knits, jeans and pumps and you've got an instant daytime look you can wear over and over.

Knitwear

There's nothing better than wearing a cosy jumper with a glass of wine in one hand and the DVD remote in the other on a winter evening. Most of the high street chains are brimming with knitwear; it's just about finding the right one for you. H&M has a whole array of pieces suited to any size and start at just £10. So before you turn up the heating invest in a jumper, you'll save more money!

Dressing up

Let's not forget going out, after all, come Christmas you'll have lots of parties to go to! The puffball skirt is a must have for this season and what's great about this piece is that every time you wear it you can achieve a different look! Mix it with different tops, belts and jewellery and you're sure to get your moneys worth. American Apparel have one for £22, a bit pricey but it will last you all season and it comes in 8 different colours so there will surely be one for you.

"Boys will be boys"

Wool/knit

These fabrics have been incorporated into the new season, as we all know that British autumn and winters are quite chilly! However, the cozy fabrics have been transferred on to the good old cardigan. These can be brought from all major high street stores, especially Topshop, who always have a 10% student discount but at the moment has 20% off on menswear, therefore you have no excuse!

Nylon jackets and double-breasted coats

As autumn is upon us we all need to think about keeping warm but still looking stylish. Depending on which style suits your personality go with either the nylon jacket, which you can pick up for £25 in Topshop, or the double-breasted coat, which will be a little more expensive but if you have a look around you can pick one up for £35 in New Look.

Check Shirts

Even though the check shirt has been a standard wardrobe piece over the last couple of seasons, the fashion experts have decided that it should be carried over to the autumn. So if you have already got a shirt you could save some pennies, however if you don't have one or just feel like a change there are some great offers around.

Boots

The boot theme may sound a little out there to most people but if you're not a fan, you'll be glad to know that the classic plimsoll is still in. If your adventurous boots will be perfect for you, they start at around £50-£60 in River Island and Topshop.

As long as you keep looking around for the bargains and deals you'll be able to stay stylish on a budget. Now we've given you some of the autumn trends there's no excuse for anyone not to be looking good this season!

Love Emily and Tiff

Customising Your Style

By Samantha Booth

Do you want to keep up with the latest trends but after rent, bills and food, your student loan isn't stretching far enough? Well, I have a few solutions. Charity shops and customising clothes are two of the main ways to save those pennies!



Customising clothes is a really easy way to save money. Before buying a new outfit, think about whether you could simply customise something old. Cutting, sewing, adding items and dyeing fabrics are relatively simple ways to update your wardrobe.

For example, that plain black vest top may not seem very exciting, but with a large tartan flower sewn to the bottom of one of the straps, your old top is now ready to be worn on a night out!

Try buying clothes that are multifunctional. By this I mean, reuse a long patterned skirt by turning it into a little strapless dress. Simply belt at the waist, team up with tights or leggings and off you go! Another good customising trick is cutting an old pair of jeans, fraying the edges and making a vintage style mini skirt!

Charity shops can be like unknown gold mines, with shops such as Oxfam selling brands such as Diesel, River Island and Zara. The only difference? The price!

I have put together a list of tips for that day out charity shopping. Bear these tips in mind when trying to find that perfect bargain.

- Go to charity shops in more expensive areas. The area usually reflects the clothing and accessories you will find in the shop.
- Wash everything you buy.
- Shops usually only stock decent clothing, but check for stains and holes anyway before you buy.
- Be prepared to hunt! You will often have to hunt through lots of junk before you find that one off Gucci gem.
- And don't forget that some charity shops now have websites, so it's now even easier to shop!



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ACTIVITIES



Jess Lee
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www.solentsu.co.uk/activities

So far sports and societies have had a great start to the year! The participating Solent Sports Clubs dominated the first ever Winchester Varsity and the Solent Students' Union Societies have made a powerful impact with their presence within the University.

The BUCS leagues have started and all sports clubs seem to be performing well, results and fixtures can be found on the board outside my office.

Wednesday nights have returned to their former glory with Netball and Rugby in particular showing their freshers how it's done! Every Wednesday night the match results from that day have been announced and so has each team's man of the match and dick of the day.

I am now running an injury time gallery on www.solentsu.co.uk/activities. One random person will be selected from the week's photos and will win a jug of snakebite the following week!

So far Basketball, women's rugby, men's football and men's rugby have hosted very successful injury time nights and this is a list of what's in store for you next!

Sports Night Hosts:

- 26th Nov - Equestrian
- 2nd Dec - Trampoline
- 7th Jan - Basketball
- 14th Jan - Kickboxing
- 21st Jan - Hockey
- 28th Jan - Badminton
- 11th Feb - Vixens & Stags
- 18th Feb - Surf Club
- 25th Feb - Squash
- 4th March - Boat Club
- 11th March - Climbing
- 18th March - Wakeboarding

Although most societies are well on their way to having a successful year it's still not too late to start your own society up for that invaluable experience! (See list)

The You Project is still being worked on but I hope to issue a launch date soon and I am beginning to organise the activities for RAG, so if you wish to be involved in charity fundraising please email me!

I am also looking into launching a campaign in order to keep Wednesday afternoons free for volunteer work, group study, matches and any other activities, if you are interested in getting involved in this campaign please also get in touch!

Societies

High Interest Societies

- Green
- Fashion and Photography
- Poker
- Psychology
- ROC
- Circus
- Aim and Rock
- Catholic
- Asian
- Drama
- Comedy
- Islamic
- LGBT
- SociaMare
- 1st Degree Records
- Performing Arts
- Writing
- Polish
- DJ
- Paintballing
- Breakdance
- Music
- Oriental

Active Societies

- Arts
- Anime
- Secular
- Bellydancing
- Wing Tsun Kung Fu
- Afro Caribbean
- Christain
- Mooting
- Officer Training Corps
- Trippers Travel
- St Johns Ambulance
- Snowboarding
- Film
- Sin Radio
- Outdoor Adventure
- Hellenic
- Film Production
- LGBT
- Dance
- Air Soft
- Socia Mare
- Windsurf

We have a database of people who are interested in the above societies. If you would like to start up a society which is currently inactive, you may collect their details or you may leave your details with me - V.P. Activities



LADIES FOOTY

By Charlotte Maeland

More girls, more skills, more integrity. That's what womens football is all about this year!

Last season, coach Chris Wheeler was happy to see many new faces at the trials, new faces that wanted to play football and who could play a higher level of football to what he was used to. This season started the same way, and Wheeler hopes that this will be the season when his team finally takes the big step up.

"As a coach, you get used to having your regulars on the team, and then players that from time to time fall in and out at training and matches, so it's always good to start off the season with the known and familiar", said the coach before the first game this season.

And that's how the 2007/08 season started as well, but some of the newcomers soon showed what they were good for and the coach couldn't keep them out of the team. He saw a team who won the first matches until they had two unfortunate draws against Bournemouth University and Southampton University. The first loss of the season came halfway through when the team lost to University of West England away and then to Bournemouth away in their last game, which left them losing two, drawing three, winning the rest of the matches and then summing it up with winning the cup. A very good season indeed, but the team is aiming higher in the 2008/09 season, with a hope to win the group and get promoted to the next stage.

This season has started maybe even better, with a clean sheet in three matches and 12 scored goals all together. The girls are showing a great passion for the sport and the team and the freshers are stronger than they've ever been before, with five of them becoming regulars in the starting line-up. The competition is getting

stronger and some of the girls are already feeling the pressure to constantly perform, both at training and in the matches.

On the team is Female New Comer of the year 2007/2008, Donna Sutton, who missed the first game, but was back as the same good old in the next two games, scoring twice in both of them. Together with Becky Finch, the team might have found a dangerous pair up front.

"I was gutted to miss the first game, but hope to start the way I finished, especially since the competition this year seems to be much harder" said the striker before her first game.



You can come and watch the ladies when they play home matches at Hardmore, or the Trojan Cricket Club grounds, and help them on their way to win the league!

Dates:

January 28th – Home against Bristol, 14.00 k.o.
February 4th – Home against Winchester, 14.00 k.o.

March 18th – Home against Southampton University, 14.00 k.o.

Work and travel in the



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- **Work America** allows flexible work and travel anywhere in the USA
- **KAMP** sets you up with a summer placement in the USA helping with the day-to-day running of a children's camp.

Summer Camp USA Interviews
Southampton - 18th January 2009

For more information visit

www.bunac.org 020 7251 3472
enquiries@bunac.org.uk

Access All Areas

The University has a number of policies relating to equality and diversity, and currently has 3 active equality schemes covering race, gender and disability.

We are currently developing a Single Equality Scheme in order to reduce barriers to the participation of students, staff and visitors.

Support for disabled students

Students are encouraged to declare whether they have:

- specific learning difficulties (eg dyslexia)
- chronic or long term medical conditions
- physical or sensory impairments
- mental health conditions

Get help at Solent

There is plenty of support available; including staff awareness, exam provision, assistive software, notetakers, specialist study skills tutorials and academic mentoring.

Please e-mail study.help@solent.ac.uk or telephone the Helpdesk on 023 8031 9201 to discuss support you may need during your studies.

Access SUAt

The Students' Union invites your feedback on the accessibility of their services. Whether it concerns representation, societies, social spaces or student media, let them know what they're doing well and what you think could be improved. Feedback to your Student Support Officer, Stuart Ward on susupport@solent.ac.uk or 02380 386652 ext. 3440

Coming Soon - Equality Consultations

This is your chance to feedback on the accessibility of the University from a variety of equality perspectives: age, disability, gender, race, religion and belief, sexual orientation and gender re-assignment.

If you would like to be notified of these consultations and other participation opportunities, please e-mail andrea.peoples@solent.ac.uk and I will add to you to the Student Voices mailing list.



Solent LGBT Society

Solent's society for Lesbian, Gay, Bisexual and Trans students;
make friends
meet like minded LGBT students
find help, advice and support
attend regular meetings and activities
campaign against discrimination
travel to other Universities & meet other LGBTs
attend local LGBT events

facebook: 'Solent Lgbt'

e-mail: solentlgbt@googlemail.com

what ??????????????
do you want
??????? Warsash

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events

what
activities

what
can
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organise for you?

email wma.events@solent.ac.uk

www.solentsu.co.uk 

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minibus runs
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night.

The service leaves Warsash Campus
main reception at 7.30pm.

To book a space please reserve a FREE
ticket via www.solentsu.co.uk/warsash

Spaces are limited so please book early
to avoid disappointment.

www.solentsu.co.uk

This service is brought to you
by Solent Students' Union.



'twas the last day of term..

Fri 12th Dec

drink the bar dry

from 7pm

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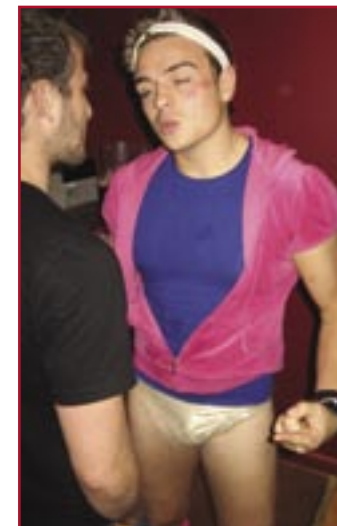
A message from Solent Students' Union:
Santa won't deliver to naughty kids, so
please drink responsibly this Christmas!

www.solentsu.co.uk



HALL OF SHAME

Smile for the camera...



Uh oh, been caught on camera recently?! You might appear in next month's issue! Shame your mates by sending your photos to sucommunications@solent.ac.uk



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[GET THERE EARLY AND DON'T MISS OUT!]