



Hello Worcester!

In this edition....

Schools +

*It's a Worcester
Life*

Duck Makeover

Hashi—the
bridge-building
challenge

**A response to
Chloe**

...and much more

The time has finally come for me to pass on the mantle of the JCR Presidency. First up I'd like to say thank you to all the committee, who've been consistently great throughout the year, and made my job far easier than it could have been. Thanks as well, to everyone else; it's been a brilliant three terms and a pleasure to do. True to form, they've gone incredibly quickly, despite freshers' week and the subsequent clashes with the Dean in Michaelmas seeming almost impossibly far away. I hope I've represented you all well, and that being subject to my meandering thoughts in the form of a dozen "President's Addresses" didn't get too tiresome.

Far bigger changes are afoot in our little community, though – namely the departure of a third of our members next week. If you are going, I'm sure I speak for everyone who stays when I wish you all the best in the (so-called!) real world, and invite you to come back as soon as you possibly can. Be it for the opening BOP, a cheeky Wahoo, or even just an idle Sunday afternoon, we'd love to have you. The rest of us will still be here, and while there'll be a horde of wide-eyed freshers necking stings, racing through Worcester challenges and creating general havoc, I like to think Worcester will still be the home from home it has been since we first arrived.

In the meantime, though, we all have three months of holidays to enjoy, starting with the BOP on Friday. Having been cooped up in the library far too long, I'm absolutely buzzing for it. Let's hang out, catch up.

All my JCR love,

Will xx

THE PEEKING DUCK

My dear Worcesterites,

I hate to end the term on such a sour note, but due to your negligence (or possibly - even worse - monogamy!) I have been deprived of even tiniest morsels of gossip and as such have nothing to report. So all that remains is for me to bid a fond farewell to the finalists: thanks to everyone whose antics ever filled my annals, and I wish you the very best of luck as you finally fly the nest: may your achievements reach new heights while your depravity heads to new depths...

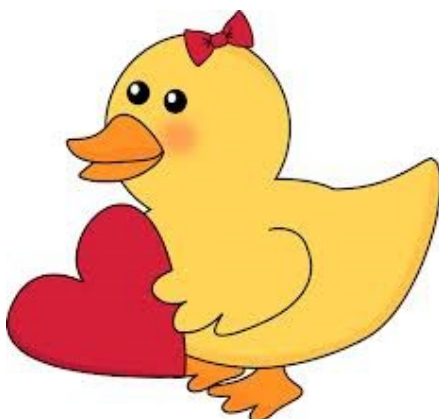
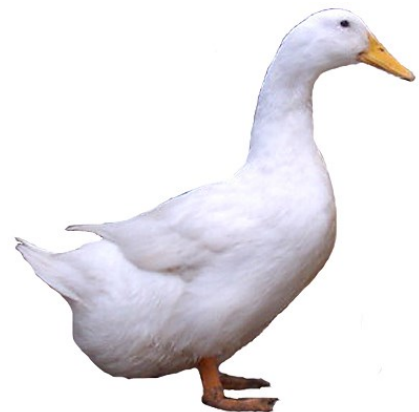
And to those of you who are intending to return in October, I implore you: please don't hesitate to get acquainted with your college children in as Freudian a manner as possible, so that the barrenness is only temporary. Meantime, if you choose to have a holiday romance, why not do so with a fellow college-goer, preferably in hilarious and/or incriminating circumstances so that it may be shared for the entertainment of all? Go on, indulge me...

PD xxxx



Editor's note: I took the opportunity to call on Mr Duck and found him, not surprisingly, looking a bit unwell (see photograph, left). To cheer him up I offered him a free makeover for next term. As his prime audience, he thought you should have a say... Clockwise from top left: Tender meet; I see you; Farmyard Friend; Gangnam Style; Back to the Future; The Love Duck. (To reassure you, there is NO QUESTION of changing his name. Ever.)

What do you think? melissa.russon@worc.ox.ac.uk



Thank you to everyone who donated to Worcester's charity fundraising this year! This includes giving a yearly donation on your battles and coming along to any charity fundraising event that has happened this year, even getting drunk at Pink Drinks has benefited our chosen charities! I am happy to say that as a JCR, **this year we have raised over £8000 for charity**, which is amazing! This is going to our 4 chosen charities (Against Malaria Foundation, Action for Young Carers, OxPat and MIND) as well as Helen & Douglas House and Children in Need.

Also remember that next term you will have the **opportunity to nominate charities** for which you think the money fundraised raised should go to, so get thinking about that! Have a great summer, and keep on being charitable! x



WHAT'S HAPPENING BEHIND THE SCENES?

1. One major college initiative over the last few years has been to work with the Collegiate Carbon Reduction Commitment process to ensure that electricity and gas consumption throughout the site is measured accurately
2. Towards this end, old electrical meters have been replaced by 40 new ADR meters that send consumption data every 30 minutes. This is a big step towards establishing an energy profile for each building as the old meters only provided monthly billing data that was always retrospective
3. In addition, in the hope of reducing our non-recyclable waste output to a minimum, college has begun to collect waste reports from Departmental Managers to monitor the volume and types of waste produced
4. Over the next decade or so the college also plans to undertake a major repair programme of the majority of buildings in college, including internal refurbishments that will improve energy performance through better insulation
5. The new Lecture Theatre project will also comply fully with various buildings regulations and so should have good thermal performance – it is also likely to use ground source heat pumps, which extract heat from the ground



WHAT CAN YOU DO THIS WEEK?

This week you will be pipped a bag to fill with items you no longer need but can be resold (clothes, accessories, DVD's etc)

The British Heart Foundation will then collect all the bags at the end of term and distribute the contents to their stores

All proceeds will go towards funding medical research at Oxford

The project was piloted last year and saved 15 tonnes of rubbish

This year we're hoping for 25 tonnes – help make it happen: keep the bag on hand whilst packing this week and give what you can

(More info. to follow in JCR email)

It's the Worcester Life

Ian Chan reports on a day in the library

7 45: The first of my phone alarms goes off. I refrain from crushing my phone with the oversized textbook lying next to me and instead, jab at it multiple times in hopes of prodding the snooze button.

8 10: I finally crawl out of bed and hit the shower. I attack the wispy tufts of facial hair with a razor, brush my teeth and rush down to hall.

8 35: Breakfast- definite highlight of the day. Standard assortment of goodness: beans, hash brown, egg and bacon. I down multiple cups of coffee chasing the caffeine buzz. Poulson, Eagle and Juniper are near. Poulson signals for the daily song. We clear our throats and begin serenading the rest of hall with the 'Breakfast Song'. Everyone nearby pretends to be embarrassed, but we all know they love it.

8 55: We traipse out of hall and up the winding staircase towards the upper library. 62 steps. Inside, I immediately set up camp at the end of the long table by the back window. I empty the contents of my bag onto the table and find a box of Coco Pops saved from breakfast the other day.

9 15: I watch as the library begins filling up. The regulars go to their favoured seats. A library novice walks in and sits down in a 4th year finalist's favourite booth. Several people gasp. We all know he's in for a world of pain when she finally arrives. The latecomers are forced to sit by the computers. Everyone else sits quietly, smiling smugly.

10 30: Work has been going slow. More minutes have been spent on Facebook and Buzzfeed than on colouring-in and my bladder is almost at peak capacity. Toilet break in Staircase 3.

11 58: I hear footsteps. I recognize the sound of European flair- Shepard approaches. I predict his words and get them right. 'Hall 12 30?' I nod in approval.

12 30: Sitting in hall with finalists, conversation has run dry. Everyone is exhausted. Lunch is mediocre- very carb deficient. I contemplate doubling up on lunch. No way is this amount of food going to sustain my mental prowess throughout the day.

14 58: I realise I'm at the peak of productivity for the day. Freshers have scuttled off. They obviously don't have the mental stamina I do. I'm feeling smug. As I reach out to grab my highlighter, I realize today is a Tuesday. Crap. T@3.

15 01: I arrive at the JCR panting and drenched in sweat. Worst fears are realized. Freshers swarming around the JCR table like vultures over a dead gazelle. I barrel in attempting to nudge out the weak. They are strong. I finally end up in the front of the crowd and survey the table. Only carrot batons and scraps of humus remain. I catch Chess and Devereux's eyes. They shake their heads in sympathy.

16 30: I look down at my protruding belly. Thank the lord for T@3's second wave. The library is empty, with

good reason. Sun's out. I decide it could be time for a little wander around the lake. I Whatsapp Miss Knight who's in the lower library to join. Armed with a camera, I walk a lap around Worcester. I refrain from pretending to be part of a tourist group and seeing if I can follow them back into their bus. I sure did look the part.

18 00: Hall. I realise I'm catching a cold and need to up my fruit intake. I grab an apple and sit down next to a group of finalists. They shout insults at me, disapproving at my choice of dessert. I want to make up for this, so I bring my apple back in hopes of exchanging it for a piece of chocolate cake. My proposal is quickly declined. Everyone's staring and I am very embarrassed.

20 00: Crashing. Definitely crashing. Time for a cheeky coke. A can not a line. I make my way to the bar. Spencer, Edwards and Sinclair are by the quizzie. Anyone could tell they were in for a fruitful night- questions tonight were kind. More people arrive. A group of quizzie novices forms around the nucleus. Spencer is thrown off his game with all the yelling. He makes a mistake, the game is over- the ships have failed to be sunk.

22 00: Finally time to pack up. I wave good-bye to the few people still remaining: Cesar, Patel and Rao. They've been great company today. As I walk down the spiral staircase, I turn back. A tear rolls down my cheek. Final exam's tomorrow. It's a bitter-sweet moment. I bid farewell to the place I spent the majority of my last 8 weeks in.

Till next year .

Schools⁺

Oxford, a city of 'dreaming spires' and famous worldwide for its exceptional education. **Yet 12/85 areas in Oxford are amongst the most deprived in England.** Few of us feel the need to leave the safety of the city centre, a trip past Magdalen being a step too far. Wrapped in our Oxford bubble it's easy to miss what's going on right in front of us.

Last year I heard of a scheme called '**Schools Plus**' through ex-Worcesterite Katie Braham who is now the Education Programme co-ordinator. The scheme brings together university students and local school pupils in target groups. Students then tutor for one hour a week in numerous subjects:

English	Science	Reading	Languages
Maths	History	Languages	Sports
Geography	Politics	Music	

I became an English Plus tutor. Once a week I visit the Oxford Academy for a one-on-one mentoring session with a year 11 student. The Academy is located in Blackbird Leys. **46 % of people aged 16-74 in the Blackbird Leys/ Littlemore area have no qualifications** . In a lot of the cases the students don't get the attention they need at school. The Academy for instance has over 900 pupils. I've just completed my first year as a tutor and I've enjoyed every single session. As cheesy as it sounds the role is massively rewarding especially in terms of the small amount of time given.



Why become a tutor?

- It's only one hour a week— make a big difference by giving minimal time.
- Help out a struggling student at a formative stage of their education.
- Develop your own skills and confidence.
- Promote Higher Education. Many of the pupils will not know a University student. Amidst governmental cuts to access schemes your presence alone can make a great difference in increasing the aspirations of students.
- Socials—Schools Plus run events including quizzes, charity runs, the chance to meet new people (and lots of free cake).
- Learn more about education and how you can be involved in now and in the future

Recruitment opens again in September for the year 2012/13. You can fill in an application form now or then to be involved. Check out the website for more information (www.studenthubs.org/schoolsplus), then sign up to the mailing list or ask any questions by email-zara.pollard@worc.ox.ac.uk.

A Response

I was deeply moved by and grateful for Chloe Cesar's article in the last edition of the Woosta Source, in which she described her experience of clinical depression. A friend of mine commented that it was perhaps a little heavy for a college newsletter, but the fact is that mental illness is extremely prevalent in this college and in every other part of the world, so discussions of it should be too.

Depression isn't manifested in any physical 'deformity', so many people don't realise that it's a serious condition and even a disability, insofar as it can be disabling if people suffering from depression don't seek the help they need. You can spend whole days in bed, doing nothing but staring at the wall and crying because of some strange sadness you can't understand and can't shake off. You can feel uncomfortable around even your closest friends, and want to withdraw into your room and into yourself. You can lose all hope and see the outside world as a hostile enemy, void of all compassion and promise. I'll admit that I used to have misconceptions about mental illness myself, but I was challenged to reconsider those misconceptions when I displayed all these symptoms myself and was diagnosed with clinical depression.

To break it down in layman's terms: everyone has what I like to call an 'emotional pain threshold', and some people's thresholds are lower than others due to a chemical imbalance in their brains which means they don't hold on-

to the serotonin responsible for feelings of wellbeing as well as they should. As a result, when they undergo traumatic or stressful events, or experience emotional pain of any kind, their brain chemistry makes them less apt to deal with that pain than people with higher thresholds. It's when that threshold is breached that depression sets in, but the breach needn't be one catastrophic event – it can equally be lots of little things that build up and slowly tip the scale in the wrong direction.

The important thing to remember is that there are so many different ways to treat depression, and if you suspect you might be suffering from it then please, I beg you, seek help. Even if it's just talking to a friend, that makes such a difference and for me it was the first step towards recovery. Life isn't and never will be easy, but it's at least possible provided I take my anti-depressants religiously. I'm not claiming they'll work for everyone, and they're definitely not simple 'happy pills' that'll make you instantly feel on top of the world. What they're designed to do is help the brain to hang onto the serotonin it naturally produces, thereby lowering that threshold so that you can deal with more. Over time, I've come to realise that requiring that little boost to help me function *isn't* a weakness or a failure. It's just another fact of human life we sometimes have to contend with and make allowances for. In two months time, I'll be living and working in Paris for my year abroad, and it just happens that part of my preparations for that include stocking up on anti-depressants as well as booking

flights and renting a room.

I know exactly what Chloe means when she refers to an overwhelming sense of gratitude: the best thing to come from all of this is the support I've received from a handful of close friends. You know who you are, and I'm so glad to have been surrounded by such beautiful people.

There was, however, one sentence in Chloe's article that I wasn't so sure about, and that I thought jarred slightly with the rest. It was the sentence where she invites anyone going through a similar experience to 'commiserate' with her. Chloe – I deeply empathise with you and I thank you for giving me the courage to write this article, but I won't commiserate with you. I'd rather *celebrate* with you, because we run a mental marathon every day and we triumph not in *spite* of our depression but *because* of it.

Nevertheless, it's still been difficult to write this article, and even more difficult to submit it. After much thought I finally decided that in a way I have a responsibility to submit it, not just to remind Chloe and others in college suffering from depression that they're not anomalies, but also to further aid proper understanding of mental illness. I have no right to complain when I'm met with misunderstanding if I don't make every effort I can to combat it. And if you look at me or treat me differently after reading this article, then I'd say that reflects more on you than it does on me – and I invite you to reconsider your misconceptions the same way I did. After all, one day you might have to.

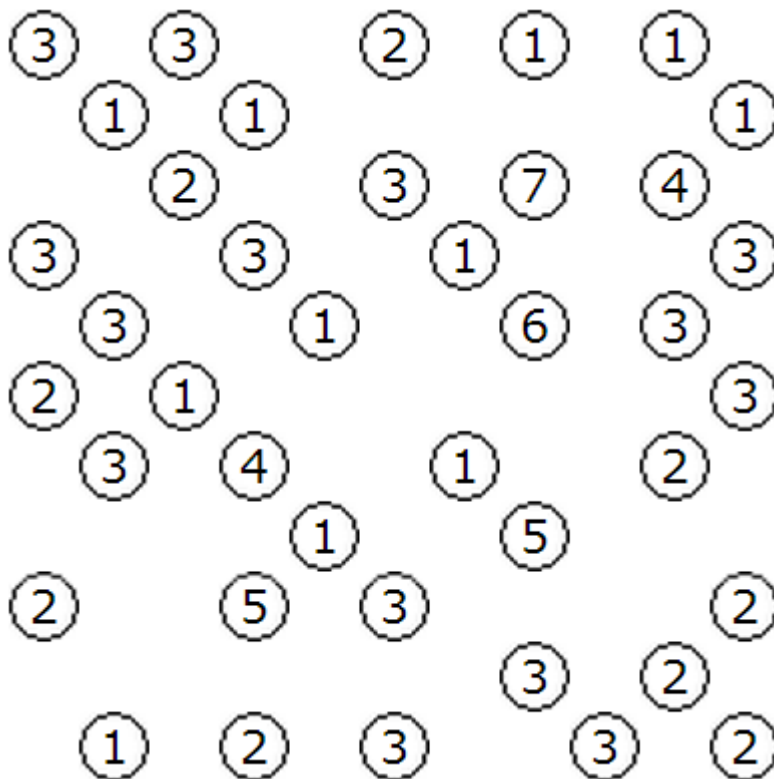
Lucy Welch

The Puzzle

This week's puzzle is a Hashi.

Rules:

1. Each circle with number must have as many lines from it as the number in the circle.
2. It is not allowed to have more than two lines between two circles.
3. The lines cannot cross each other.
4. All the lines must either go horizontal or vertical. It is not allowed to draw lines diagonally.
5. All lines must be connected.



First correct answer to Melissa.russon@worc.ox.ac.uk gets a chocolate prize (alternatively, stick the completed puzzle in my pidge and drop me an e-mail to let me know).

Well done to Rhys Dore who was the first to complete last edition's Kakuro.

SPORTS NEWS

MIXED NETBALL CUPPERS

On a sunny Saturday afternoon in 6th week, Worcester's mixed netball team set off for LMH with Cuppers glory set firmly in our sights. Admittedly, we only had five players at this stage, the post-Wahoo hangover having claimed at least one of the guys on our teamsheet. However, in the end, a lot of pleading phone calls and a bit of luck in recruiting one of the tournament organisers (who happens to play University netball) allowed us to field a team with impressive strength and depth. We certainly out-stashed everyone else, with the boys really working the netball dresses despite the boob supports initially causing them some confusion.

We beat St Hugh's comfortably in our first match then drew to the Oxford University Australia New Zealand (OUANZ) Society in a game that we deserved to win. After a nail-biting wait (/pimms break) once the group stages were over, we were delighted to discover that



we were through to the knock-out stages. Although we narrowly missed out on victory in the semis, the fact that the final was played between the 2 OUANZ teams – whose eligibility for cuppers is perhaps more than a little questionable – meant that our '3rd place play-off' against Lincoln would in fact decide who would be

champion of all the Oxford colleges. We had everything still to play for, spurred on by the hope of an invite to the Provost's Worcester Wonders party if we were to win.

Knowing that we had to step up our game, we decided to make some tactical positional changes. Andrea came in as centre, with Ed Stone providing some valuable height in the shooting circle. At half-time we had a one-goal lead but our determination and sheer superiority in all thirds of the court allowed us to pull away from our opponents in the second half and finish as worthy winners. It was a fitting end to a fantastic tournament that showcased the very best of mixed netball, including a very loose interpretation of the non-contact rule (and in fact, most other rules). We look forward to our invite from the Provost with anticipation and will be back to defend our college title next Trinity.

CRICKET

On a glorious afternoon, St Catz visited Worcester in a battle for 3rd place in Division 1. Worcester were invited to bat, on a good pitch and a cloudless sky, and went about their innings with patience against a spirited (read loud and irritating) Catz side. Kyte fell early for 8, before Walter (22) and Wilks (94) built a solid platform for the innings ticking over the scoreboard. Walter was caught just before the halfway mark with the score at 74-2 and a modest total looking most likely with neither side looking in charge. The middle order came in assisting Wilks as he accelerated; picking up a handful of runs each. The openers returned hoping to finish off the innings, however before they could complete that Wilks managed to lose 3 balls in quick suc-

cession with impressive timing including a straight drive into the lake which seemed to quiet the visitors enthusiasm as Worcester finished on 197-9 and feeling confident of the win.

In reply Catz got off to a quick start, after getting to 38-1 after 6 overs before Worcester made a double bowling change. Walter slowed the run rate down considerably with his first 3 overs taking one wicket without a run being scored, finishing on 8 overs 4-6. The Catz innings then revolved around Rink (38) who picked up ones and twos consistently along with numerous wides when the opposition captain, stubbornly umpiring at both ends, decided the best chance for his team was to not play LBWs and enforce T20 style wides rules. Tempers started to fray a little towards the end as Worcester failed to kill the game off after getting Catz to 100-7. The last few batsman kept Catz just still in reach of the target. When the penultimate wicket fell in the 34th over, late call up, and tics player Hirst had a lot on his shoulders requiring 60 off 36 balls. Worcester played defensive with Kyte (1-36) and Sutton (1-26) taking away the boundary option leaving Catz still needing 24 with 6 balls to go when Davies took the final wicket. Catz finished on 175 all out, the spirit cricket was not the winner on this occasion, but fortunately Worcester was!

This leaves the 1st XI 3rd in Division 1 with a chance of making the top sport with 2 games next week. The 2nd XI is currently atop of the 2nd XI league, with a tie VS Catz and a Win VS Wolfson this week, looking to cement this with a top of the table clash with St Peters on Tuesday.

Message from the Editor

Thanks to everyone who's contributed to the Woosta Source this term, be it by writing an article, submitting a photograph or simply joining the race to complete the puzzle first! Thanks especially to those who've contributed personal stories; to our dedicated Duck*; and to the JCR Committee, particularly President Valori for his inspirational addresses and Green Rep Rosie for her practical advice on doing Worcester life the green way.

If you've not yet **got involved** in the Woosta Source, take the opportunity to prepare something this summer!^ You can write about pretty much anything college-related, but contributions are not restricted to writing. I'm particularly looking out for anyone who'd like to become WS Cartoonist (alternatively known as Ye Olde Cartounift of the Right Riveting Woofa Soyrce) and for anyone who wants to write a crossword.

Please **get in touch**—I'd love to receive your suggestions, contributions, and presents!

*name changed for security reasons

^regular and occasional positions available; apply by pigeon post to Melissa Russon, Variable Location, including a cover letter and your CV in nonuplicate (or better, just drop me an e-mail)