



# The Woosta Source

Trinity 2014, Edition 1

Find it online at [jcr.worc.ox.ac.uk](http://jcr.worc.ox.ac.uk)

## **President's Address**

Hello everyone,

Welcome back to Worcester. It's Summer, which means it's the season of finalists watching other people having fun outside from inside the library. Those other people might be playing croquet or cricket, lying around on Nuffield Lawn (perhaps at Tea@3), going punting on the river (for those of you who don't know, Worcester rents a punt exclusively for the college which you can find out about at the lodge), having a BBQ on the Sainsbury terrace or just staring at the flowers around college. Basically, if you're not a finalist, there's a lot of different things you can only take advantage of in this term. So get out there and do them because you're going to be a finalist/graduate/dead soon.

Another thing that Summer means is rent negotiations (yay!). The government has acted in a reckless and provocative manner, both sides should put aside the rhetoric, get around the negotiating table and stop this happening again.

If you have any thoughts on rent (perhaps that it's too damn high), housing and balloting, or complaints please let me know asap so we can use them in the discussions. I know that for most of you rent is the key issue in college and I'm optimistic we can get a good result this year but the more college members who are actively involved in the discussions, the stronger our position will be and the more likely we are to get what we want.

Other than that, try and enjoy this term and get involved with as much as you can.

Alfie

Hello and welcome back Worcester! Trinity is here and make sure you make the most of it and enjoy the sun (that little bit of perpetual greyness that creeps in to the upper library through its 'windows' doesn't count).

Two especially exciting things about this week's source are that firstly, we have the first ever Jamie's Culture Corner on page 5! Secondly, be sure to flick to the peeking duck on page 2 to see the mysterious charity auction winner's peeking duck. (The new duck will make their debut in the next edition).

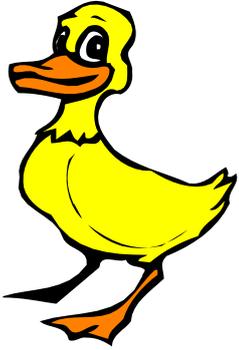
Anyway enough from me, Enjoy!

Seb

P.S. Please do get in touch ([sebastian.fox@worc.ox.ac.uk](mailto:sebastian.fox@worc.ox.ac.uk)) if you have anything you would like to contribute (however long!), and that goes to absolutely everyone, happy and open to all ideas!

*Editorial*

# The P(e)eking Duck



Peking duck is a famous duck dish from Beijing that has been prepared since the imperial era, and is now considered a national dish of China. The dish is prized for the thin, crisp skin, with authentic versions of the dish serving mostly the skin and little meat, sliced in front of the diners by the cook.

In some restaurants the duck is Sheeredded, making it nice and Sopht before it Joihns the other ingredients in a tasty Mixtzer. However, with some ducks, it Ys best to Seal the flavour in. This Will make it especially tasty - nathing can beat it. Some experts Speake of Hurbs being added - usually Rosamary is a tasty addition.

Many notable restaurants in BeiJang serve this meal Annd each produce their own special Marienade, often creating a dish with loud colours. The highest Rankin-g restaurants use berries in the sauce - a combination of Tilberries, Steaned vegetables, and Woy sauce make for a particularly prized dish. The duck dishes in these top restaurants usually require advance Brooking on busy Dais, especially if the sauce includes Tomatoes, which often add a tang or 'Buzz' to the sauce.

The origin of the name 'Peking Duck' is believed to come from an Oxford college magazine column, the 'Peeking Duck' [*peek-ing duhk*] which is famed for its extremely original puns and accurate depictions of late evening events in popular night-time venues.

# **Relationships**

I was in love once. It was beautiful and very special, and I still care about and respect my ex boyfriend so much, even though we had to go our separate ways. It is difficult when you break up with your best friend. But it does make you a stronger person, so I'd like to share some of my totally zen wisdom. This list isn't meant to reflect my relationship or anyone else's, but it's more of a general collection of thoughts on when it's time to re-evaluate your relationship and cope with heartbreak.

## **Some red flags:**

1. Learn to distinguish the general ups and downs of a relationship from more serious issues. Someone who loves you just won't gratuitously hurt you. An apology does not count if you have to hear the same one for the same acts, over and over again.
2. Insecurity. I'm not talking about 'do I look fat in this?' or 'do you think she's fitter than me?' Everyone has insecurities and the beautiful thing about relationships is that you help and encourage the other person to grow out of them, mature and be the best they can be. But you should not have to bend over backwards to convince someone of your affection for them.
3. You are unable to focus on the things you once found enjoyable. Not occasional sadness- I mean a general, day-in and day-out sadness and constant underlying anxiety that lasts for days and weeks on end. You spend time agonising over what you can do better to make the other person happy.
4. You are afraid to tell your friends about how your significant other is treating you, and you withdraw from your friendship groups. Deep down, you know your their behaviour is not acceptable, so you avoid putting yourself in a situation where you have to justify their acts. The truth is, they are unjustifiable.
5. Your significant other is very hot and cold. One moment they berate you, and the next they profess their love and devotion. Importantly, it is always in words and never expressed in actions. If you pull away, they make an effort to reach out to you, and when you get comfortable again, they pull the metaphorical rug out from under you. You are always in a state of flux.
6. You spend more time hoping being with them will be fun, than actually having fun.
7. He/She starts to talk down to you, to be dismissive of things that you say, to recite to you words and excuses that sound like someone else's. You begin to feel like they are making a real effort to find things to criticise about you.
8. Perhaps most importantly, you stop feeling good about yourself. You should surround yourself with people that inspire you and make you feel happy to be alive, not with people that constantly weigh you down emotionally and leave you feeling drained.

## **Coping with a breakup:**

### **DO**

1. Let out your feelings. Cry, sob, get one of those little stress balls. Acknowledge your emotions. Don't bottle up and internalise your pain- it's not healthy and will only make it more difficult for you to move on.
2. Reward yourself for milestones achieved. Set lots of small milestones, like reading one article or doing one question on a tute sheet a day. Make a list and check them off. Your self-esteem will come back gradually, but in order to move on you must not be hard on yourself, but kind to yourself.
3. Talk to someone you trust. That might be your best friend, or possibly even someone older, such as a tutor or the Chaplain. There are lots of support networks in College. It will give you some perspective, and will help you avoid replaying the same old hurts and grievances in your head.

4. Write a letter. This is just another way of letting out your feelings and giving free reign to all your thoughts.
5. Remember that the first week or two is the worst. But it does get better, gradually.
6. Try new things, or rekindle your interests in activities you pushed aside because you didn't have time for them. Use this time to explore and develop yourself.

### **DON'T**

1. Feel that you need to be friends with your significant other. You need to give yourself space to grieve and truly get over them, which cannot be achieved by maintaining close contact at the start. It only happens with time. It is okay to request space.
2. Drink, smoke or drug away your pain. Pretty self-explanatory, but worth mentioning. It numbs you, but doesn't heal you.
3. Make any life-changing decisions. You're probably too vulnerable to do anything like that right now, and you'll be in a much better place in a few weeks. Trust me. You could try a dramatic new haircut instead.
4. **Ex-sex.** It will only reawaken all the old hurts and pain that you have ever so diligently tried to bury. You know each other so well, and it's easy to get caught up in the cycle again. But it didn't work out for a reason, and if you keep going back it will be harder for you to move on. Deep down, you know that it is time to let go.

I think "Love after Love" by Derek Walcott is a good poem to read and re-read. Give all the love that you're capable of giving to the person whose opinion of you matters most- yourself.

*The time will come  
when, with elation,  
you will greet yourself arriving  
at your own door, in your own mirror  
and each will smile at the other's welcome,*

*and say, sit here. Eat.  
You will love again the stranger who was yourself.  
Give wine. Give bread. Give back your heart  
to itself, to the stranger who has loved you*

*all your life, whom you ignored  
for another, who knows you by heart.  
Take down the love letters from the bookshelf,*

*the photographs, the desperate notes,  
peel your own image from the mirror.  
Sit. Feast on your life.*

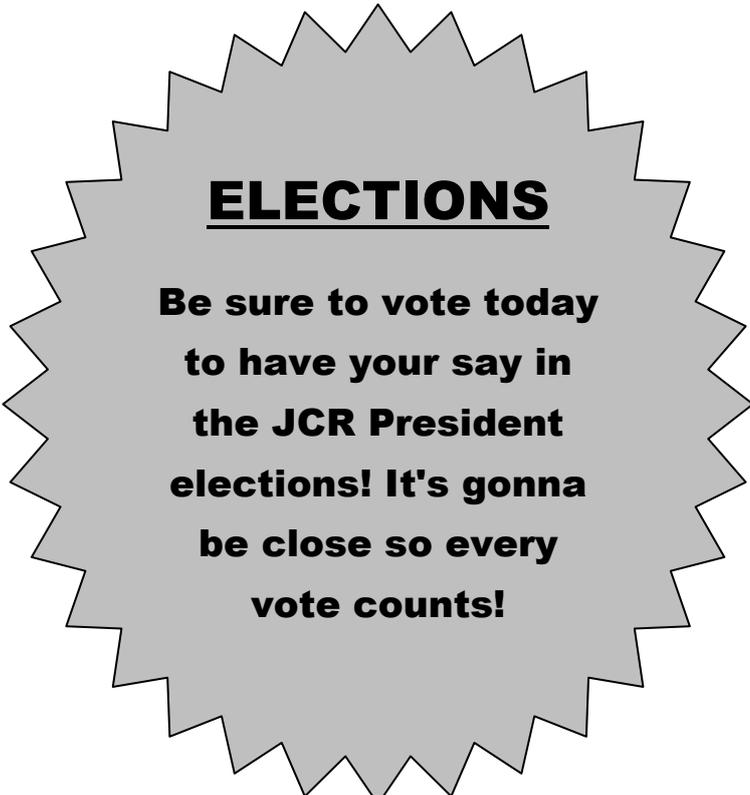
But alas, when all's said and done, you can't get through a breakup without some cheesy beats to pull you through. I've rounded up some of my youtube highlights.

**Immediately post-breakup:**

1. "This Love" - Maroon 5
2. literally any other Maroon 5 song- hooray for Vevo playlists
3. also anything Coldplay
4. "Can you love me again?"- John Newman
5. "Afterglow"- Wilkinson (mainly for the video)
6. "Unbreak my Heart"- Toni Braxton
7. "What becomes of the broken hearted?"- Jimmy Ruffin
8. "It must have been Love"- Roxette
9. "I need a Hero"- Bonnie Tyler
10. "Burn"- Usher

**"You're a new woman/man" playlist:**

1. "Survivor"- Beyonce
2. "No Scrubs"- TLC
3. F\*ck it (I don't want you back) - Eamon
4. "We are never ever getting back together"- Taylor Swift
5. "Since you been gone"- Kelly Clarkson
6. "That Don't Impress me Much"- Shania Twain
7. "Boogie Wonderland"- Earth, Wind & Fire
8. "Milkshake"- Kelis
9. "Bootylicious"- Destiny's Child
10. "Roar"- Katy Perry



**ELECTIONS**

**Be sure to vote today  
to have your say in  
the JCR President  
elections! It's gonna  
be close so every  
vote counts!**

**JAMIE'S CULTURE CORNER**

Writers throughout history have been enamoured with poo - James Joyce was famously obsessed with defecation, Jonathan Swift was said to be suffering from "*the excremental vision*", and T S Eliot's *The Wasteland* really needs no explanation.

So, in the spirit of these great wordsmiths, lets write some poems about poo. *Pooems*.

These can be whatever form you like – sonnets about scatology, haiku about turds, or even epic verse about the morning after you ate five Worcester Specials for a bet. We'll publish the best ones next time. Here's one to get you started:

**To His Porcelain Mistress** – (*an ode to the toilet at the bottom of staircase 15*)

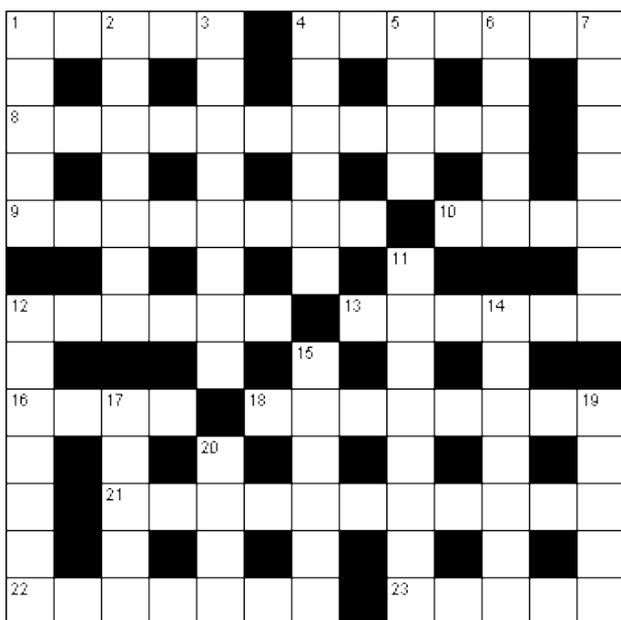
Had we but world enough and time  
(*and public shits were not a crime*)  
We'd travel wide, to places new-  
a man on shining horse-drawn loo

To India! To Kathmandu!  
*Just think of all the kinds of poo!*  
We'd taste the jewels of far-off lands  
I'd ride through Rome with flush in hand

But just a dream this dream will stay  
Since you are bound both night and day,  
To Staircase Fifteen's dirty floor  
My toilet, lover, mistress, *whore*.

How many men have kissed your cheek  
With buttocks bare and passions deep?  
I dare not think. So play the part  
that I alone can have your heart.

JO



### Across

1. Young person (5)
4. Sharp pointed implements (7)
8. Butterfly larva (11)
9. Exhilarated (8)
10. Yield (4)
12. Humble (6)
13. Ineffectual (6)
16. Movable barrier (4)
18. Drover (8)
21. Glorious (11)
22. Scaling devices (7)
23. Surface boundaries (5)

### Down

1. Luxury craft (5)
2. Articulated (7)
3. Innocuous (8)
4. Disturbances (6)
5. Snakelike fish (4)
6. Big (5)
7. Earnest (7)
11. Sudden unexpected event (8)
12. Sorcerous (7)
14. Mass of frozen water (7)
15. Furniture items (6)
17. Diffident (5)
19. Days of the month (5)
20. Fiend (4)

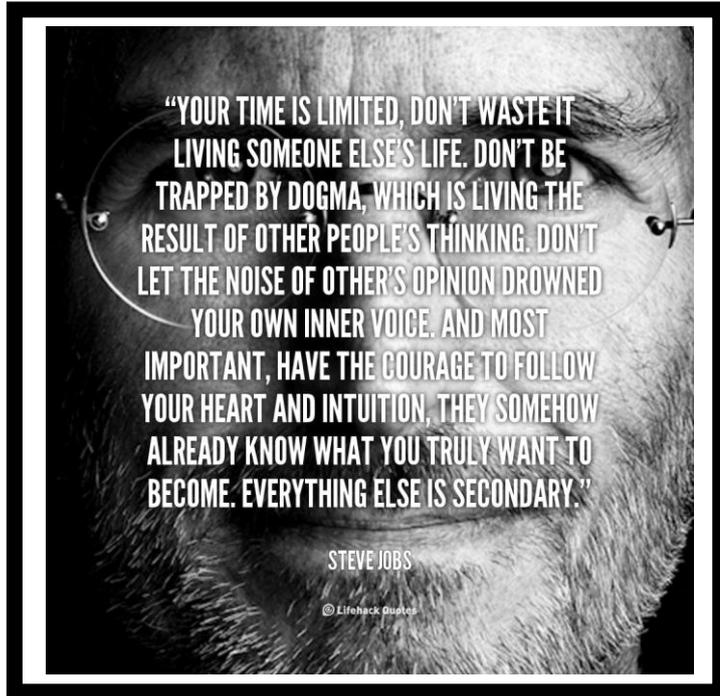
First correct answer to [sebastian.fox@worc.ox.ac.uk](mailto:sebastian.fox@worc.ox.ac.uk) wins a chocolate prize!!

Puzzle from [puzzlechoice.com](http://puzzlechoice.com)

## Charity task of the week

The educational landscape in Oxford is a dichotomy. Whilst the university students benefit from a world-class academic education, some of the local schools are struggling to reach the national average of 56% 5 A\*-C grades including Maths and English at G.C.S.E. The OxHub Education Conference, which is happening this Saturday, is a chance for students to develop their understanding of educational issues in their city and on a broader scale. If you are interested in developing your knowledge and ideas about educational disadvantage take a look at the conference online. In addition, there are so many ways that you can actively help to readdress the balance of educational opportunity in our city - including volunteering through Schools Plus, Jacari or Target Schools. Take a look at the OxHub website for more information.

# This Week at Worcester



## Quote of the week

"Choose a job you will love, and you will never have to work a day in your life" -

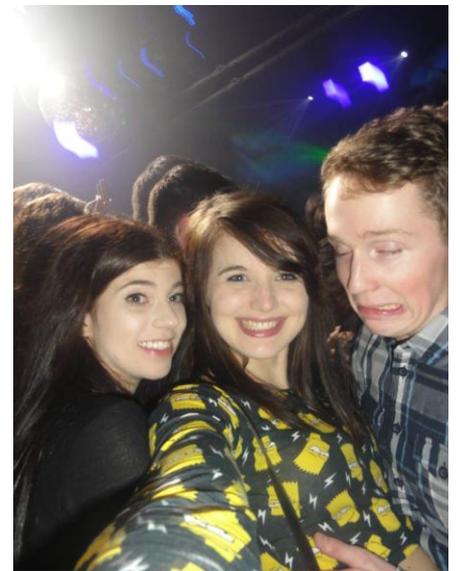
## Overheard at Worcester

"It was either Emma Watson, or a very, very pretty boy with a terrible haircut"

## **Facts of the week**

- The average person walks the equivalent of 3x around the earth in a lifetime
- The words written on twitter every day, would fill a 10,000,000 page book
- 10% of all photographs in the world were taken in the last 12 months

## Club Pic of the week



## ***Wood's Weekly Wisdom***

"We have a serious problem, my ice bucket is only big enough for one bottle of champagne at a time"



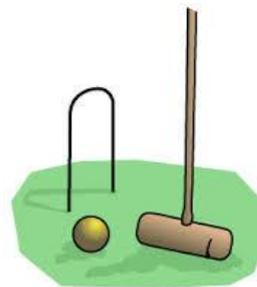
Email me on [sebastian.fox@worc.ox.ac.uk](mailto:sebastian.fox@worc.ox.ac.uk) if you have any ideas for anything on this page, or a good club pic of the week!

# Worcester Sport

## Highlights From Weeks 4 & 5:

- 1sts cricket off to winning start vs Keble
- Netball team unlucky to be knocked out of Cuppers
- Men's basketball win first cuppers game 35-26 vs Magdalen Hertford
- Worcester pair Paul Erdunast & Rory Brittain are seeded 1<sup>st</sup> in table tennis cuppers
- Croquet cuppers gets underway

## Sports Initiative for the Week:



Make the most of the sun and play croquet!

## Name the Sportsperson



### Winter Olympics True or False?

1. With 6 to win off the last ball, Australian Trevor Chappell once bowled a ball underarm.
2. Pink cricket balls were introduced to raise breast cancer awareness
3. Oxford's croquet cuppers is the world's largest croquet tournament.
4. Lionel Messi is shorter than Maradona.
5. A javelin that hits a judge's foot, goes straight through and makes a mark in the floor counts.

### Answers:

True or False: 1.T 2.F, 3.T, 4.F 5.T  
Name the Sports Person: Sally Pearson

## On The Sport

### Melissa Russon



Ex-Editor

Perpetual enthusiastic beginner

Winning my only ever cricket match for Oxford vs the Army

Perseverance

Talent

Hammadou Djibo Issaka

Sorry for bowling you over - I have poor hand-heart coordination

### Anna Dominey



Ex-Peking Duck

Attention Seeking  
Ex-Virgin

Playing for Worcester in the women's football cuppers final

Agression, Enthusiasm & Bad Puns

Stamina, speed, skill and all other attributes probably necessary for 'sport'

Vickey Helbert

Do you row? 'Cos I'd catch your crabs.

VS

Describe yourself in 3 words

Proudest sporting moment

What are your sporting strengths?

What are your sporting weaknesses

Sporting crush

Sporting chat-up line