

GZ Calendar

Grizedale College Newsletter
For the students, by the students

Edition: 4 - January



January 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
				New Years day		
4 Vodfest @ Revs	5	6 Epiphany	7	8	9	10
11 Vodfest @Revs	12	13 Pre- Carleton Army Night	14	15	16	17 gZ qZ
18 Vodfest @Revs	19	20 National Penguin awareness day	21	22	23	24 gZ qZ
25 Vodfest @ Revs	26	27	28	29	30	31 gZ qZ

Happy New Year!

Hello Grizedalians and welcome back to a new year in the best college on campus – HELLO 2010! (Doesn't that just sound better than 2009!)

So, a new year, a new JCR and an improved and on-time newsletter (this was one of our New Year's resolutions!). We don't want any of you guys catching those pesky January blues so we've jam-packed this issue with fun and frolics, as well as the all important Gz news.

Make it one of your resolutions to get in touch! We don't bite!

If you have any suggestions please let us know. We want your movie reviews, TV reviews, album reviews, basically - your opinion on everything!
Contact us on: gzonit@googlemail.com
Or via our Facebook group page.

We hope you're all ready for yet another fantastic Grizedalian year!

Danielle, Jess, Natalie & Siân





The Team!

(L-R)
Danielle, Jess,
Natalie, Siân

This month @ GZ: January

- January is named after 'Janus' - the God of the doorway.

- The birthstone for January is a garnet.

- The birth flower is carnation.

- January is statistically the coldest month in Britain.

- January includes 'Burns night,' (in Scotland) on the 25th which is a celebration of the life of the poet - Robert Burns.

- The Saxons believed that 2nd January was the unluckiest day of the year. (Sorry if you were born then!)

- On January 14th 1986, the law was passed that made it illegal for motorists not to wear seatbelts.

Happy New Year all around the world!

(This is how to say it!)

Arabic - Kul 'am wa antum bikhair.

Dutch - GELUKKIG NIEUWJAAR!

French - Bonne Annee.

Hawaiian - Hauoli Makahiki Hou.

Turkish - Yeni Yiliniz Kutlu Olsun.

Chinese - Xin Nian Kuai Le

How we all doing? - Sports summary



Grizedale Men's Football A team

The horrible weather has recently halted play for the majority of matches, however, the boys are still eager to prove themselves once more and get to the top of the league. We're currently on 6 points sitting in second place behind a strong Fylde, who have won 3 out of 3 so far.

Grizedale Men's Football B team

The lads are currently 6th behind Grad college, having only won 1 out of 4 matches this season. However, we're sure that come next term, we'll be back to our best and re-living the 8-0 victories from earlier!

Grizedale Netball

The girls have won 2 out of their last 5 games, and yet again, it seems Fylde are setting the sporting standards and topping the league. However, every cloud has a silver lining...and we're above Pendle!! There's still plenty of time to get back to winning ways!

Note - please feel free to blame the LUSU online results tables for any incorrect details!

Check out 'Grizedale College Sports 09-10' Facebook page for all the relevant sporting 'deets.

The George Wyatt Trophy

Grizedale Men's Darts

Bowland appear to be the main contenders in the trophy this year, and are not only topping the darts league, but the men and women's pool too. So far the darts team have only won 1 out of 6 games, leaving us looking all sad at the bottom of the league. Sniffle.

Grizedale Women's Darts

Pendle are topping the league whilst we sit all the way at the bottom, all sad again. Sniffle. So far, we've won 2 out of 6

Grizedale Men's Pool A & B

Both teams have won 2 out of their last 6 games, and are both sitting in 7th place. However, we're pretty confident that once the momentum picks up, we'll be potting balls left, right and centre...preferably not our own!

Grizedale Women's Pool

The ladies have also won 2 out of their last 6 and are holding 7th place. But we're sure that all the pub visits and pool games over the Christmas holiday will have sharpened up our skillz.

Grizedale Dominoes

The team are currently 6th, winning 3 out of their last 7 games



PLAYING WITH



CARTER SHIELD UPDATE



Well well well you Grizedale sporting superstars!

Did somebody say 'top of the league?!

....Ok, so we're joint top, but these little details are irrelevant in the grand scheme of things!



Big shout out to Neil Rylander and Aimee Carr! All of those million and one Facebook messages worked in rounding up the troops and left us storming to the top (...joint top) on 48 points. Hoorah!



So to sum up the finals, Grizedale managed to dodge Bowland's balls and secure a movie-inspired 3-2 victory, which is said to be Rylander's personal highlight of the day. Volleyball and women's football saw us finishing second, and finally we came 3rd in the sport that is always followed by 'what??' - korfbal.



This term look forward to Pop Lacrosse, Men's Basketball, Aeroball and Kwik (with a k!) cricket. Get down to the taster sessions on the 17th and 24th of Jan to sharpen your skills!



Or if you fancy a bit of competitive banter, drag some friends along and support the college! Extra points this year for creative (and obviously CLEAN) chants. We are also able to distribute Neil Rylander's e-mail address for anyone interested in 'I'll play if you get the drinks in after' e-mails. It's worth a try, but obviously genuine interested in helping the college is preferred!



All over: January

So, the first official month with your new social secretaries! Exciting! And here's what they have in store...

Week 1: Pre- Carleton Army Night



Week 2: Live Band (hopefully)



Week 3: Speed Dating

All dates to be confirmed by your extremely organized and dedicated Social Secs!

GZ on the JCR!

The votes were counted, and new people were chosen! We are very excited for the new JCR, but sad to see lots of familiar faces step down. The people you have elected are as follows:

- President** - Jack Kenny
- Vice President** - (Melody) Danni Wilson
- General Secretary** - Ben Stanford
- Treasurer** - Christy Parkes
- Social Secs** - Matthew (Hammer) Thornley and Julian Jansen
- International Officer** - Emil Kjolner
- Men's EWD** - Daniel Kershaw
- Women's EWD** - Sarah Wiles
- AV Tech** - Paul Smith
- Comms Officers** - Pete Wharton and Patrick Molyneux
- Sports Reps** - Neil Rylander and Aimee Carr

JCR Profiles

We've dug a little deeper with a couple of the members of the new JCR to reveal some more about them...

<p>FACE: </p> <p>NAME: Daniel Kershaw. POSITION: Men's EWD. LISTENING TO: A beautiful combination of The Velvet Underground & The Spice Girls. 2010 AMBITION: Brewing his own wine/beer. INNY OR OUTY?: Inny.</p> <p>And remember: The future's bright, the future's orange...</p>	<p>FACE: </p> <p>NAME: Patrick Molyneux. POSITION: Comms Officer. NICKNAME: The Florist. AIM FOR GZ: Improvement and promotion of Grizedale's website. LISTENING TO: Ryan Adams. INNY OR OUTY?: Inny.</p> <p>Watch out for Patrick knocking on your door at 5am...</p>
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GZ on the BRAIN

Word Search

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t m s q c i t r d q j t s a u
y g w o n s a e g e o f c m p
h g l n c e e s a j f a a y y
p d y a y l q j k p t u r r f
f r c w w m g r r q o c f a p
e g e f x n e p l c d t k u u
s n t v r e t t e l s w e n o
d n i z p t g e o q r y l a s
o m i a y g b l e s p i e j y
i a k u r n b q q v g v z l t
l v z j g g l o v e s t n f a
s i m m q n s z d n a x f g z
g d t y l u e j q h w b f i g
u p t p d w h p f b x x h h m
y h f a n c k t q a b v k c y
    
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- cold
- gloves
- hat
- january
- newsletter
- newyear
- penguins
- rain
- scarf
- snow
- soup
- teapot

RIDDLE

*If you throw me from the window,
 I will leave a grieving wife.
 Bring me back, but in the door,
 and
 You'll see someone giving life!*

ANSWER

door - door
 widow - widow
 The letter 'r'

What am I?

GZ for Fun!

GZ Overheard

Guy: "Where's Waterloo?"

Girl: "Errr, in France? There was a batter there wasn't there?"

"Consuming" Gz.

Whatever your new year's resolutions are, we hope you're still allowing for a bit of fun! The "Merry" in "Merry Christmas" doesn't need to be date-specific.

All you need is an empty glass, and everyone needs their own drink.

- Place the glass in the middle of a table, with everyone sitting round. All place your finger on the rim of the glass.

- Going round the circle each player takes it in turns to predict how many fingers will be left on the glass when everyone has chosen whether or not to move their fingers.

- As the person calls the number out, everyone chooses to leave or remove their finger from the glass, and does so.

- If the person guesses the correct number, they are out of the game and 'safe' from drinking. If, however the person is wrong, they must drink as many 'fingers' from their glass as are left on the glass in the centre.

- It is then the next person's turn to guess. The game continues until only one person is left - this person must down the contents of their glass.

Did you know?

On every continent there is a city called Rome!

GZ-tube

Incase you were feeling brain-dead after the holidays, this should make you feel better...

http://www.youtube.com/watch?v=lj3iNxZ8Dww&feature=player_embedded



What do you call two Mexicans playing basketball?

Juan on Juan

Beat the January Blues!

The days look more like the nights, it's no longer exciting to don the chunky scarves, and to top it all off, even snow has become annoying! So to cheer you all up a little bit, we've provided some nifty tips to bring the love back into January.

1. Exercise

Don't be put off just yet. Not only will exercising help to maintain the many 'I WILL get fit' resolutions, but some lovely scientists have also discovered that the fitter you get, the happier you feel. Think of it as a win-win situation. And if a 7am morning run isn't your cup of tea, have a bash at badminton or aeroballing at ye old gym.

2. SING!

Karaoke and singing in the shower is now perfectly excusable, and if you have the voice of an angel - even better. Singing lifts the spirits, however it could also result in you being lifted out of the window by disgruntled housemates. We recommend 'Wonderwall' or 'Sex on Fire' for all your singing needs.

3. Hit the Sales

...Apparently, finding a bargain creates smugness, which will help make January seem that little bit better. However, be warned. Not only does scrambling through the sales racks significantly reduce the bank balance, it can also lead to injury. Women are feisty when it comes to 50% off.

3. And finally...PARTAAAYY!

A legit reason to socialise! What's better than being around all of your lovely chums with bucket loads of banter and some ca-RAZY dance moves?! Guess we'll see you at the bar!



in the kitchen



Lentil and Tomato soup

Returning to Uni after a month of homemade meals and a fridge full of food can be pretty depressing, especially when funds are low after festive gatherings with the friends from home and New Year's Eve parties! Full of antioxidants, this healthy, cheap and easy-to-make soup will warm you up after a walk from a lecture and last in your fridge for days!

Feeds 4, prep 10 mins, cooking time 25 mins

What you will need:

- 1 large onion
- 1 clove garlic
- 2 oz uncooked lentils (2 handfuls)
- 1 tin chopped tomatoes
- 1 pint boiling water
- 1 stock cube



How to do it:

1. To start with, chop up your onion, crush the garlic, and fry them lightly with some olive oil until soft.
2. Throw the lentils in and then the tomatoes,
3. Add the stock cube to the boiling water and mix in a jug
4. Add the stock to the mixture and simmer for 20 minutes.
5. If the soup is too lumpy for your liking then use a blender to make it smoother



in the Cinema

NINE



This film features an all star cast with the likes of Nicole Kidman, Kate Hudson, Penelope Cruz and Judy Dench. With a cast of such established and talented actresses such as these you would expect more than what you get!



The story follows Guido Contini (Daniel Day Lewis) struggling to produce a film and not even his wife, his mother, his muse, his mistress nor his whore can inspire him. The poor lyrics of the songs and the mediocre singing doesn't even explain or justify the reason why he can't write the script.

The whole thing is farfetched and convoluted. Do not worry if you can't make it to the cinema to see this film, in fact I suggest you don't bother.

For a rating out of 10, just take away nine!

Penguin Awareness Day

A very important day this month is the 20th - Penguin Awareness Day. The aim is to educate oneself about these waddling creatures, and to tell a few penguin jokes along the way. Whilst doing this, it is traditional to wear black and white in honor of the penguin - a tuxedo is a popular choice. So, if you are preparing to celebrate such an occasion, here are some interesting facts and jokes to impress your fellow penguin lovers!



Did you know???

- ❖ Penguins mate for life
- ❖ Most penguins can swim at about 15 miles an hour
- ❖ Penguins take small naps in the water
- ❖ They eat snow as a source of fresh water
- ❖ The male penguins place the eggs of their unborn baby penguins on their feet and cover them with their belly to keep them warm

How do penguins drink their cola?
On the rocks!

<http://www.youtube.com/watch?v=nrxmpihCjqw> - in preparation for April fools...

How to make you own Penguin Puppet!

What you will need:

- * Black Sock
- * White Felt
- * Orange Felt
- * Black Felt
- * Wiggly Eyes
- * Scissors
- * Glue



First, cut an oval shape out of the white felt and stick it onto the sock to make it into the Penguins White belly. Glue on the wiggly eyes above the white felt. Using the orange felt, cut out a beak and stick it below the eyes. Then, using the black felt, make two wings and stick them either side.

And there you have it - your own little penguin!

A taste of **GZ**

~ White Russian ~

If you liked 'The Gz' then we're sure you will love this cocktail too! Even creamier and delicious in our opinion!



Infamous in cocktail bars around the world, the 'White Russian' is the best coffee flavored drink around! Who wants Mochas and Lattes when this one can get you drunk! Here at Grizedale we like the best of the best - the crème de la crème - and instead of using your average semi-skimmed, they fill your glass with real cream, shots of vodka and coffee liquor. Perfect for those who love their coffee! (Though be warned - the 'Gz on it' Team recommends that you don't drink this one first thing in the morning!)



Rating 5/5



You gotta dig coffee
 Cos I dig coffee
 Gotta have coffee
 I love my coffee...



What's one of the first things we think of when it comes to New Year? The answer we all got was: resolutions. They might sound like a drag, but after some research we reckon they probably are a bit of a good idea, and you can definitely reward yourself if you stick to them!

We've listed a few pointers which you can use to inspire you in your successful resolution making. As well as including some resolution facts to keep you inspired.

So, this month you should tear out this page of 'Gz on it,' fill it in and stick it on your wall. And see if you don't feel a little glow of pride when you stick to something for more than seven minutes!

Firstly, what is a resolution?

Well, according to very official sources it is "is a commitment that an individual makes to a project or the reforming of a habit, often a lifestyle change that is generally interpreted as advantageous." We quite like the sound of that (and remember this when making yours!)

The top three resolutions in 2009 (to inspire you with yours)

- Spend more time with family and friends.
- "Tame the bulge."
- Quit smoking.

Some do-able and productive ideas:

- Read a book a month.
- Start a new hobby

And the more creative ones:

Do less laundry, and use more deodorant.

Start buying lottery tickets at a luckier shop.

Over to you (use these as a guide for your resolution(s))

- This year I will not _____.
- This year I will try my best to _____.
- In order to be healthier I will _____.
- So I can save money I will _____.
- When it comes to relationships and romance, I will _____.
- I will give up _____.
- I will try something new: _____.
- I'm going to kick my worst habit, which is _____.
- I will spend more time _____.
- I will spend less time _____.