

Port Betaald



*Issue no. 4
October 2021*

BULLETIN

Aqua's Folklore



COLOPHON

Bulletin is a quarterly informal magazine created by study association Itiwana of Cultural Anthropology and Development Sociology in Leiden.

EDITORS

Des van Binnebeke, Mai-lu Ensink, Annika Krüger, Thirza van 't Rood and Anouk Zilverentant.

LAY-OUT EDITORS

Annika Krüger

THIS EDITION'S CONTRIBUTERS

Thirza van 't Rood, Scott Leesberg, Natasha Pittet, Des van Binnebeke, Photocom, Mai-lu Ensink, Annika Krüger, Anouk Zilverentant, Charlotte van Straten, Donna van Uffelen and Wouter Keijzer.

COVER PHOTO

Praveen Sundarajan - Unsplash

PRINT

Printing company Orangebook.

RIGHTS

The editors have the right to shorten articles, correct them or choose not to publish them. Copying (part of) an article is only allowed when the editors have been consulted.

EDITOR-ADDRESS

Study Association Itiwana
T.a.v. Bulletin-editors
Wassehaarseweg 52
(Kamer SB07)
2333AK Leiden
Bulletin@itiwana.org

Aqua's Folklore

In this edition you will see...

4 Editorial

5 Activity Reports

7 Photo Page: Good-Bye Hok Hour

8 Introducing: Board XXIX

10 Out of Context

11 Interview: A Call With...Lila, Bente and Elisa

12 Rubric: Water In and Around Water

14 Recipe: Chamchi-Jjigae

15 Recipe: Xi-an Biang Biang Noodles

16 Wall: Weird Did You Knows

17 Rubric: The Significance of Water

18 Review: Witte Wieven

19 Submission: My Favourite Sailing Experiences

20 Rubric: Sacred Water Flowing

21 Submission: Poem

22 DIY: Water Experiments

24 Playlist

25 Submission: Series Review - Community

26 Photo Page: Back-To-School Drinks

27 Photo Page: GA and Change of Board Party

Editorial

By Thirza van 't Rood

Dear reader,

This is a special Bulletin. For me, because it is the last thing I am doing in my iti board year; for the Bulletin committee because it is the previous Bulletin they have crafted this year; and for you, because it is the last Bulletin you will see in this form and shape. We chose the theme of water for this edition already a year ago, in October 2020, when fall came, and rain clattered on our windows as we Zoomed from our homes. Now, I see the theme of water both as a seasonal reference and as a metaphor for things that come and go. The Bulletin as it is will not disappear entirely; it will merely transform into a series of blogs and videos posted on our website and periodically bundled into a magazine. I would lie if I said that I find it easy to let the Bulletin magazine go and to see it transform, so that is why this editorial probably sounds very mourning and serious to you. I considered writing something very fun, but that is not the overwhelming feeling that I have with this edition, although it is definitely there too. I'm sad to see the Bulletin go as I have known it over the last two years - a personal, thoughtful, and fun set of rubrics in a beautiful magazine. Yet, for those who have not been at Itiwana for a long time (including myself), it is good to remember that the Bulletin started as a way to promote activities, and only years later slowly turned into a polished 'magazine'. As such, publishing rubrics on itiwana.org as blogs is in a way going back to the roots of the Bulletin: a super informal way of connecting.

The title, 'Aqua's Folklore', at first sight, might seem disconnected from this core idea of the Bulletin to connect students. I have thought about this a lot: isn't it too ICA-ish, too formal? But I think, in the end, it is exactly what this committee and I wanted to do - publish something both personal and deep, a series of four interesting Bulletins that each build on the previous. Aqua's Folklore is about how we connect to our (very Dutch) environment, how we tell stories about this, and how we tell stories to each other, while hopefully (!!!) still being a light read, apart from this editorial, I guess.

So: welcome new first-year, minor, exchange, and master students, welcome back returning students, and enjoy the amazing Iti ride!

Thirza van 't Rood, chair of the Bulletin Committee 2020-2021

LOGO CHANGE REPORTS

By Thirza van 't Rood

Part 1: Itiwana Day

On July 2nd, Itiwana organised our very first 'Itiwana Day'. The reason for this day was that 'Itiwana' is a name taken from the Zuni language and that our logo, a colourful mask, was also suspected of being cultural appropriation. We (board 28) found it pretty difficult to organise an event to talk about these things - who should we ask for advice? Which voices are valuable in this discussion? Should it even be a discussion?

We decided to invite Kenny Bowekaty (guide, religious leader, archaeologist in the Zuni Pueblo), Shannon Burke (expert on cultural appropriation and researcher in indigenous studies), and Igor Boog (co-founder of Itiwana and anthropologist). Igor, first, elaborated on the early days of this study association and the origin of the name and logo; Kenny, then, introduced us to the Ashiwi (Zuni) tribe with its rich history and told us about the origins of the name 'itiwana.' I can't summarise that, so if you're interested, go check out our website under 'report and policy' for an extensive report! The last guest speaker of the day was Shannon, who critically looked with us at cultural appropriation and what it means. We finished the evening with the showing and discussing the many logos our members created to use instead of our current appropriating logo - they all looked amazing! I think that what we learned from this evening is to listen to those who have extensive knowledge, think critically about it and come to a conclusion (or not) together. More of this in part 2: the General Assembly of June 16th!

Part 2: General Assembly June 16

Usually, there are no reports on General Assemblies in the Bulletin, as they are long and can be boring. This one was not just a GA, though - it was the Logo Change GA. Here follows a report on what happened:

First, the 28 people present to discuss the order of voting on the logo change. There is a lot to vote on: discarding the old logo, choosing the next logo/going logoless, only discarding the old logo if we have a new one... We decided to start by presenting the logos made by the talented Iris and Wilke, which comprised several of the sent-in logos made by members.

A discussion follows on what we want to see in Itiwana's logo. Some feel disconnected from the new designs; others argue that a logo should be timeless and doesn't need to be super personal. The topic of the process of changing the logo comes up - we agree that it was chaotic and rushed, done without much collaboration with all members themselves. The logos were made individually, while there is a need for creating the logo together. We decided to create a logo committee (now called Logo Think Tank) that will organise brainstorming sessions and anything else necessary to keep the process towards a new logo going.

Currently, we are still using Itiwana's 'old' logo, although we are not using it actively anymore (such as on merchandise). A logo think tank has been created, and the very first meeting was on September 24th. We (the members) encourage everyone to join one or more logo meetings, send in your input and ideas to our email, and become actively engaged in issues like cultural appropriation. I feel like this General Assembly and the logo think tank has been and will be a great opportunity for us to put our anthropological skills to practice.

I'm looking forward to its outcome.

COMMITTEE THANKS AND INFO DRINKS

By Scott Leesberg

On September 15th, 2021, Itiwana could organise the second physical Itidrinks after 1,5 years of lockdowns and restrictions! It was a surreal experience to finally see so many people together, having drinks like we used to before the COVID-19 pandemic. This Itidrinks was devoted to Itiwana's committees; people were invited to come together to hang out and ask questions about the newly formed committees. For example, this year, a new committee is being introduced: the Media Committee! This committee is a merger between the Bulletin and the Photo Committee. It will create opportunities to creatively work with all kinds of media, like photo, video, writing, and audio. The options are unlimited!

I sincerely enjoyed seeing so many people come together to have a good time and ask questions about the committees. It felt incredible to see the enthusiasm of people signing up to become committee members. I'm excited to have many more Itidrinks with as many people as possible. I'm really looking forward to the many activities these amazing committees will organise. :)



FIRST YEARS WEEKEND

By Natasha Pittet

The first years and survival committees decided to collaborate for a big weekend to include both the first and second years. The weekend was movie-themed, and many activities were according to this. On Saturday, a fun Divergent game was played at the beach where groups could discover the fraction or if they were divergent. In the evening a scary hunt including various scary movies such as Midsommar and Birdbox was organised by second years to give a fright to first years before the big gala! On Sunday, district 6 won the Hunger Games with determination and agility. Between morning gymnastics, musically accompanied Corvee, or late-night dance lessons, everyone got a chance to meet their peers. On Saturday, the chaos game brought new connections and lots of laughter around the absurd but hilarious things people had to do. Luckily the weather was wonderful and allowed us to spend some time at the beach swimming or enjoying the sun. Overall, people had fun in the little moments, such as sharing a marshmallow around the bonfire, singing together, bonding over cards against humanity, or just deep talk with someone they just met. If this sounds exciting to you, don't forget to join other activities or the trip organised by Itiwana!



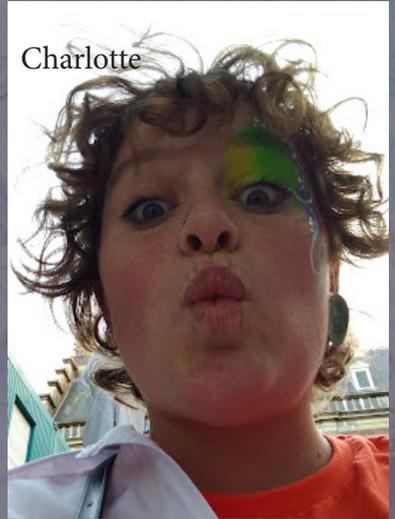
BOARD XXIX

By Mai-Lu Ensink

Charlotte ...

- is crazy (about plants)
- wants to get 2 tattoos, can you guess what they are?
- only ever draws and paints portraits
- has such bizarre dreams that you could probably base an entire book series off of just one dream

Charlotte



Scott...

- was born in Leiden, but never actually lived there except for a temporarily short 6 months.
- once got accidentally locked up at his old high school together with his best friend, unknowingly tripping the alarm, and somehow ended up on the roof of the school looking over the city.
- collects crystals, coins, and those glass cubes with bubbles inside of places his been to.
- did not sit still during lockdown and drove thousands of kilometres together with friends on nightly road trips across the country.

Scott



Donna



Donna...

- has just 3 tattoos now but she want to be covered in them
- has a movie ticket collection going back 5 years
- has a scented candle addiction that is almost getting out of hand

Annika...

- did ballet longer than school
- has had a heart operation
- wanted to be a fighter pilot but decided Anthropology was (is) cooler
- shaved her head in February 2021 and donated her hair

Annika



Kim...

- can touch the tip of her nose with her tongue
- played in the Dutch chess championship
- did circus for more than 10 years
- owns more Christmas socks than non-christmas socks

Eva...

- is obsessed with spicy food
- favourite lunch food is Subway
- has played soccer for 14 years
- is really cool



Marthe

Marthe...

- made a video about barbies that went viral on youtube
- is learning Swedish, just because she likes the language
- wants to become a pirate, just like her dad
- is very excited to be a part of the 29th board of Itiwana!!!



Out of Context

I love me some pillar talk

‘I never thought I’d sleep under Nicki Minaj’

whispers between students
‘Ah whispers of happiness’

‘Board XXIX reported a crime’

I am sauce

‘Culture is a mental illness’

‘With that wess at poopy’

A CHAT WITH... LILA, BENTE AND ELISA

By Thirza van 't Rood

This edition features Bente, Lila, and Elisa, who are first-year students of anthropology.

Hello! Welcome to anthropology! What do you think of the studies and the people so far?

Our fellow students are so open-minded and interested in each other's stories and cultures, so you keep meeting new people and having super interesting conversations with them. The studies are really interesting because you discuss topics that are present in your life but you hadn't given it much thought before.

It does take some time to get used to the new way of studying because it is a lot of work, preparation, and reading.

Which course are you most looking forward to?

We're excited for everything except for the mind dumps (Social Theories). We're also looking forward to more practical courses, like journalism and making documentaries.

If you could change one thing in the faculty or studies, what would you change?

We would create more quiet study places! Right now we just study either in one of those red boxes or at that long table on the third floor, but there's a lot of noise from the hall. In the library you can't study in little groups, so more specific rooms for studying with small groups would be pleasant. If they are in the FSW building but we don't know about them yet, please tell us.

And lastly, what are your favourite bedtime stories?

Bente: Jip & Janneke.

Elisa: This one Spanish book 'Uy, portate bien'. It's about a bad-mannered alien that comes to earth to a boy's home and learns about etiquette.

Lila: that one book with all the stories about bears.

WATER IN AND AROUND LEIDEN

By Anouk Zilverentant

Water plays an interesting role in the Netherlands. For a small country, we have quite a lot of it – the canals through cities like Leiden and Amsterdam, the port of Rotterdam, the scenic coastline, structures like dams and dikes protecting the country from flooding, and Flevoland – an entire province that did not exist a mere 100 years ago. In fact, roughly 17% of the total land area of the Netherlands is land reclaimed from either sea or lakes. It could be said that the Dutch have dominated the water.

If the water in the Netherlands is something you are interested in, there are a few ways to enjoy it! Of course, it is possible to visit the beaches near Leiden – for example in The Hague, Scheveningen, Noordwijk and Katwijk – to hang out with friends in the summer or enjoy the breeze and smell of the ocean on a brisk walk during the colder seasons.



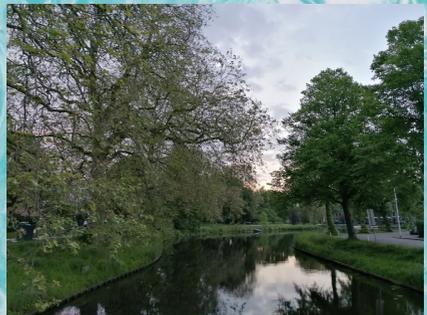
A bit further away is the Dutch water museum, Nederlands Watermuseum, in Arnhem. It is a museum with an ancient mill and interactive exhibits about water and water management and supply. But one does not have to travel far to enjoy the waters of the Dutch landscape.



There are routes to walk across the canals surrounding Leiden ('de singels'), taking you across picturesque parts of the city and through parks and natural areas. More detailed information about the parks, canals, routes and other activities can be found on <https://www.singelpark.nl/>. It is a Dutch website, though.



Other ways to enjoy the water are by boat, paddle boards – which you can rent in Leiden! – and with a little bit of luck, the canals will freeze over again this winter, and people will be able to go ice skating on natural ice! For those who want to escape the city for a bit, there is the park Cronesteyn – a big park in Leiden where you can walk and cycle in a polder landscape with many natural habitats and biodiverse areas rich with plants and birds.



RECIPE

CHAMCHI-JJIGAE (SPICY TUNA STEW)

SUGGESTION BY CHARLOTTE - FROM MAANGCHI.COM

Charlotte: 'My sister tried it, and she said it is very tasty.'

Ingredients (serves 4 - all ingredients should be available in (Asian) supermarkets)

- 450 grams canned tuna
- One large onion
- 4-5 normal sized green chili peppers
- 2-3 tablespoons gochujang (Korean hot pepper paste)
- 2 tablespoons gochu-garu (Korean hot pepper flakes)
- 1 tablespoon soy sauce
- 4 garlic cloves
- 2 green onions
- Lettuce
- Apple ssamjang
- Optional: rice

Prepare your ingredients:

1. Cut the onion in chunks, slice the green peppers, mince the garlic, and chop the green onions.
2. Put the onion and half of the green peppers in a pan.
3. Add the tuna, hot pepper paste, hot pepper flakes, soy sauce and 375ml water.
4. Put a lid on the pan and cook for 10 minutes on medium high heat.
5. Stir and mix with a wooden spoon.
6. Stir in the rest of the green peppers, the green onions, and the garlic.
7. Cook for another 5 minutes or until the stew has thickened a bit.
8. Remove from heat and serve immediately with rice, lettuce and ssamjang.



XI-AN BIANG BIANG NOODLES

SUGGESTION BY DONNA - FROM REDHOUSESPICE.COM

Donna: 'This is amazing.'

Ingredients (serves 2)

- For the noodles:
- 250 grams all purpose flour (protein content 10-11%, to make it less elastic)
- 125 ml water
- A little bit of salt
- Cooking oil
- For the seasoning:
- 3 tablespoon cooking oil
- 1 tablespoon scallions
- 2 teaspoon garlic, minced
- To taste: chili flakes
- To taste: chili powder
- To taste: salt
- ¼ teaspoon sichuan pepper
- 2 teaspoon light soy sauce
- 1 tablespoon black rice vinegar
- Other:
- Leafy veggies such as pak choy, spinach etc.



Preparation:

1. Mix the flour, water and salt by hand, and knead until well combined and smooth. If it doesn't get smooth, leave it to rest for 15 mins and try again.
2. Divide the dough in 8 pieces. Knead each separately and roll into rectangular balls.
3. Coat each piece with oil, place on a plate or in a container, cover with cling film and let rest for one hour.
4. Pulling the noodles: I suggest you look up the recipe on the website for this, because they made a handy nice video for this part.

WEIRD DID YOU KNOWS:

Found by Annika on the world wide web

- All water on earth has been recycled through animals, plants, rocks, oceans, and clouds.
- If all the water were evenly spread over the Earth's surface, it would have a depth of 3,700 metres.
- 6. Water is the second most common molecule in the universe. The most common is hydrogen gas, H₂.
- The biggest known cloud of water vapour was discovered by Nasa scientists around a black hole 12 billion light-years from Earth. There are 140 trillion times as much water in it as all the water in the world's oceans.
- A five-minute shower uses 200 litres of water.
- The earth is a closed system that rarely loses or gains extra matter. Essentially, this means that the same water that existed on earth millions of years ago is still present today.

Facts about water in the Netherlands:

- The Dutch coastline is 230 kilometres long, and 75% is made out of dunes which can be a couple of kilometres wide.
- The mainland is also very rich in water: 17% of the total surface consists of water.
- The waterways are in total over 6,000 km long.
- The floods of 1953 were caused by 20 hours of a north-westerly storm, which pushed the waters of the North Sea up to a height of 4.20 meters above Amsterdam ordnance zero.
- During the floods of 1953, over 150,000 hectares were flooded, and almost two thousand people lost their lives.
- The Delta Works were designed after the floods of 1953 to protect the province of Zeeland and the Rhine-Meuse-Scheldt delta.
- The Delta Works are also known as the eighth wonder of the world.
- Since the Delta Works protect the province of Zeeland, it is estimated that the risk of flooding has been reduced to less than once every 4000 years.
- The Delta Works used concrete with a 200-year guarantee and 45-meter wide steel doors.
- The Wadden islands are unique in the world because of their intertidal zone. This means land is exposed to air during low tide and under water at high tide.
- Only a restricted area - a so-called "dike ring" - would be flooded if a dike breaks. But if, for some reason, all dikes would break simultaneously, roughly one half of the Netherlands would be flooded

- Sources:
- BuzzFeed (<https://www.buzzfeed.com/tomchivers/fascinating-and-strange-facts-about-water>)
- Holland.com (<https://www.holland.com/global/tourism/information/general/dutch-water-facts.htm>)
- AquaMaster (<https://www.aquamaster.ca/blog/item/15-amazing-facts-about-water>)

THE SIGNIFIGANCE OF WATER

Water is constant. It is everywhere around us; in the air, in the ground, even in our bodies. Dew-drops on the spider web in the early morning, mist rolling in with the waves over the beach, over the dunes. Perhaps that is why humans consciously look for that connection with water. I know I do. Not just for watering my plants (which I sometimes forget to do, hence my one-and-a-half plant corpses outside my window) or keeping myself from dehydration. Other than the essentials, we are all drawn to water for different reasons: the beach for a sunny day, a swim in the sea, or surfing when the waves allow it.

Most of my fondest childhood memories have something to do with water - finding a little stream in the woods after heavy rains, almost losing a ball in a lake, having a tumble in the waves while trying to get out. While there are a lot of places I associate with water, there is one place, in particular, I think of. A small lake with an even smaller stream feeding the lake, somewhere in the middle of rows and rows of pine tree plantations. It is quiet, and it always smells like crushed pine needles.

There is a bend in the lake, which means you cannot see the point where the lake and the river meet. The water carves out its own path, chooses the way it wants to flow. With a canoe, everything is possible. I remember gliding over the surface, leaving nothing but ripples in my wake. The hills covered with pine, stretching out on the side of the lake, the rhythmic slap oar on water, calming every nerve, forcing me to breathe again and again.

It is different being on the water and being in the water. While the sight and sometimes the smell of a body of water can be calming and peaceful, it is something else to just float. To be entirely surrounded by water, every part of you - without judgement. I prefer the weightlessness that comes with being in the water. The sounds you hear while floating on your back, looking up at the cloudless sky, ears just below the water. Somewhere a child calls for their mother, muffled by the water in your ears. You hear the water lapping against the jetty on the edge of the lake; you hear the faint duh-duh of your heartbeat.

Being in the water is an escape, whether in the bath, a lake or the ocean. To hear yourself think, or just not to think at all. Water gives me peace. It gives my life and fills me with energy when I am running low. Water is constantly moving, always changing, always somewhere to go next. It seems like a familiar race with no end. But water does what water does. While one molecule can serve a multitude of reasons for being. Perhaps that is the lesson, after all, when those existential questions come tumbling in. There doesn't have to be just one reason.

WITTE WIEVEN

By Des van Binnebeke

One of the most well-known water-related myths in the Netherlands is the Myth of the Witte Wieven. Witte Wieven or “white ladies” are beings that originate in the folklore of the East and North of the Netherlands, where waves of mist and thick fog are a common occurrence.

In prehistoric times Witte Wieven were seen as the spirits of spiritual women within communities that would, even after death, roam around their gravesites to help those in need with their gifts.

However, with the start of the middle ages, the Witte Wieven began to get a more negative connotation. The Witte Wieven was believed to be the ghosts of witches or women who had done evil deeds and roamed through the woods or over heathlands dressed in white. They would convince the unlucky travellers that had to cross these parts in the early morning or late at night to stray off the known path and kidnap them.

They would not pick their victims at random; however, if you had behaved with ill intent or greed as a motive, there was a big chance the Witte Wieven would haunt and chase you the next time they saw you.

The Witte Wieven were known to make things disappear; they could kidnap you and take your belongings, but they could also steal your life. There are numerous stories of men who got arrogant and promised the Witte Wieven things they could not deliver. They insisted on dancing or dining with these ladies when the Witte Wieven wanted to be left alone. All these men were found dead the following day at the spot they had made their promise or where they had invited the Witte Wieven.

Another thing the Witte Wieven are famous for are baby-related crimes that took place around the witching hour. These women were believed to steal babies from their cribs and replace them with ‘Changelings.’ These changelings were exact copies of the children they stole but would have evil in their hearts and were bound to bring the family all sorts of trouble. Witte Wieven also stole pregnant women and either returned the woman without a child or would keep the woman but return her child.

Because the Witte Wieven caused people to go missing, they were seen as omens of death that should not be messed with.



MY FAVOURITE SAILING EXPERIENCES

This might not be the most exciting thing to happen to someone, but for some reason, this day has stayed in my memories for over three years.

It all happened on a sunny day in early summer. In typical Dutch fashion, the small beaches along the lake we were on were littered with families trying to soak up as much sun as is humanly possible before the Dutch weather turns cold and rainy again. On the lake, the water scouts were learning how to sail in tiny boats that look a bit like bathtubs, and every once in a while, you could hear their coach shout directions. Everything was perfectly peaceful.

Then, in the almost perfect blue sky, a tiny cloud began to grow larger and larger. We didn't really pay attention to it, but the families on the beaches started looking worried. Did this mean they have to pack up yet? Or would they be able to enjoy this weather for just a bit longer?

Some hardcore sunbathers frantically looked at their phone's weather app, and Buienradar quickly became the topic of every conversation. 'My app says we will stay dry' 'Mine says there will be a light shower' 'The sun is shining on this side of the lake'.

The scouts were told to put on their coats, and even in our own boat, we started digging through our bags to at least have a coat near us if the rain would indeed start falling.

Up, high above us, the tiny cloud had started to form a thick dark blanket, blocking the sun from reaching the beaches on one side of the lake.

Then there was a moment where everything turned silent. All faces were turned towards that big cloud.

The wind slowly picked up.

And the rain started to fall.

At first, just some tiny drops fell, but soon they were replaced by bigger ones.

Suddenly, everyone ascended into total chaos. People in sailboats tried to get their coats on while keeping their boats steady in the hard wind. Families now stuck in the downpour of the century hurriedly gathered their belongings and tried to make it to their cars. The brave souls that decided to stay (because there are always at least three Dutch people that are stubborn enough to do that) threw on rain gear and moved out of the way of the hurrying families.

Among this chaos, I noticed a certain beauty. Both in nature and in interactions among total strangers.

The cloud had managed to cut the lake in half perfectly, and the tiny sails of the scouts formed bright shapes in contrast to the dark sky. On the sunny side of the lake, you could see how the rain swoops down as if it were falling in slow motion and how the lake formed tiny waves that danced across the surface.

People on the rainy beaches helped each other as much as they could. I saw a man help an elderly couple fold their lawn chairs, two women whose families were next to each other deflate floaties together, and kids help each other collect their toys. For those few minutes, the world reminded me that we were connected to each other. Regardless of family or age, we all share the same space, a space that we should cherish.

The beaches emptied, and the quiet peacefulness returned once again. It was orchestrated by the rain that slowly moved further over the lake.



SACRED WATER FLOWING

By Mai-Lu Ensink

Ganges or Ganga is a river that flows through India, from Rishikesh to Farakka and through Patna and Kanpur. The river is a personification of the goddess Ganga in ancient Hindu art and texts. The ashes of cremated Hindu's were often spread above the Ganges. Ritual bathing in the river was an essential part of the Hindu pilgrimage.

It is said in the Hindu myths that the Ganges was created when Vishnu's big toe accidentally created a hole in the universe while spilling water from the River Mandakini. There were many deaths, and Vishnu wanted them all to go to heaven. The great God agreed for Ganga to go to the earth where she could wash over the ashes of the ones who died, purify them, and permit them to ascend to heaven. But there was a problem: if Ganga merely dropped from heaven, her waters would do untold damage. Therefore, Shiva offered to lower the goddess in his hair. When arriving on earth, Bhagiratha guided Ganga across India. She split into many sub rivers and successfully washed the ashes away.

The Ganges is therefore considered a crossing point between heaven and earth. This phenomenon is called a Tirtha. At a Tirtha, prayers and offerings are given to the gods, so the dead descend with blessing.

The river is one of the extraordinary Kumbha Mela ritual locations, where Hindu pilgrims of all social statuses perform ritual bathing in the river, which is thought to purify body and soul. You can wash away karma and bring good fortune. Waters from the Ganges are also collected by believers and taken home to use in rituals and as offerings. Drops from the river are also dropped into the mouth before a body is cremated.

SUBMISSION

1

Circles on water
Colder than yesterday, they
grow in reflection

Then when the rain stops
I will go back home and dry
myself and bake bread

2

The fall
For some heavier than for others
But all with their own impact

The growth fostered by natural love
Climaxes with the timer's noise
And the flirty smell of freshly baked divinity

EXPERIMENT 1: LAVA LAMP

By Mai-Lu Ensink

You know the lava lamp? The lamp with weird coloured bubbles in liquid? Well, you can make one of those at home!

What do you need?

- A glass
- Water
- Oil (for example, olive oil)
- Salt
- Kitchen spoon

If you want a cool colour effect, you will need food colouring.

1. Fill the glass 3 quarters full with water (add colouring for the colour effect).
2. Pour a layer of oil on top of the water (amount: approximately $\frac{1}{4}$ th of the water).
3. Wait till the oil lays on top of the water (oil is lighter than water, so it will float to the top).
4. If there are 2 layers, you grab a kitchen spoon and pour salt on it.
5. Sprinkle the salt into the glass.
6. Salt is heavier than water and oil, so it will sink to the bottom. The oil is gonna stick to the salt on its way to the bottom.
7. This is like the effect in a lava lamp!



EXPERIMENT 2: WATER CLOCK

By Mai-Lu Ensink

Do you know you can measure time with water? It is called a water clock, and it works similar to an hourglass!

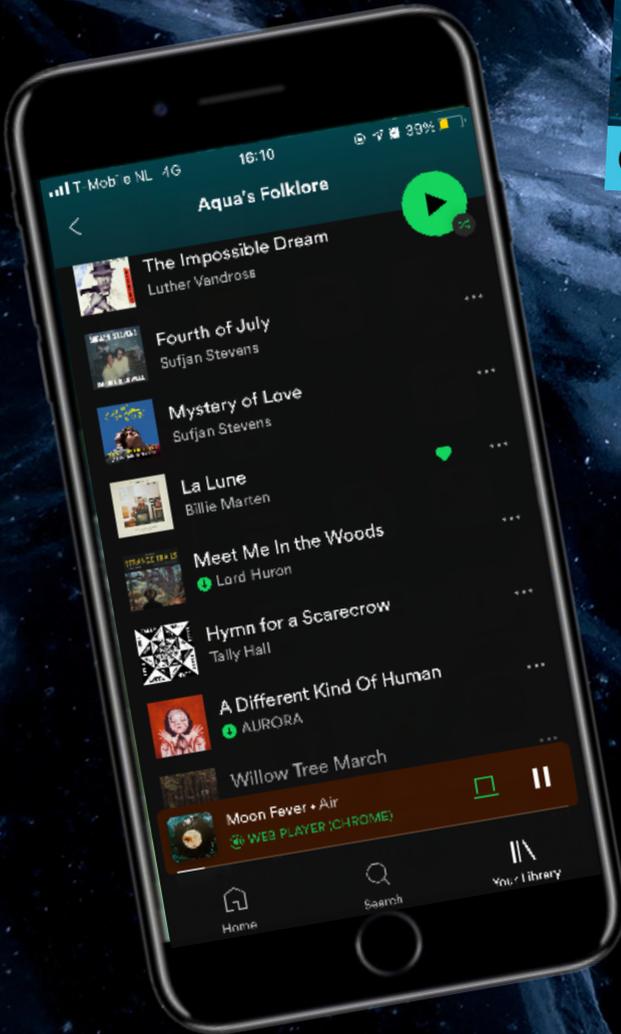
What do you need?

- Plastic bottle (preferably 1,5 litre)
- Scissors
- Timer (on a mobile phone)
- A can with water
- Marker
- Ruler

1. Cut the bottle in half with scissors. Make sure the top half fits into the bottom half. And that there is enough space for the water to flow through.
2. Make a hole in the centre of the cap with a sharp point (the hole should not be larger than 3 millimetres). It is important that you do not make the hole too big or too small. Otherwise, the water flows too fast or too slow.
3. Place the upper part, cap down, in the lower part. Make sure the cap does not touch the bottom.
4. Set the timer to 5 minutes. Put water in the water clock. Pay close attention now! After one minute, mark the level of the water. Do this also after 2, 3, 4 and 5 minutes.
5. The water clock is ready! If you now pour water into the top half, you can see how much time has passed from the dashes.



PLAYLIST



SERIES REVIEW: COMMUNITY

By Wouter Keijzer

Those who've seen it know the show is - still - streets ahead. You may have seen it occasionally on Comedy Central years ago, but for some time, it's on Netflix too. Community is a show about a study group in Greendale Community College. The group of seven people, each with very different backgrounds and reasons for ending up in a community college, are an unlikely strong team. There's a heartwarming friendship between a stereotypical 'shamanic' autistic person and a formerly popular high-school football player. (Disclaimer: all the characters are stereotypical in their own, lovable way.) There's an anarchist cat owner (people tend to think she's the worst, but she's the best), an insecure ex-lawyer who can talk his way in and out of (almost) everything, a strong and independent yet bigoted black mother of two, an easily stressed perfectionist (who's pretty young, so they try not to sexualise her), and a racist homophobic and overall morally terrible old guy. All of which is deeply entertaining and add much value to the other characters.

Once you've found your way through the first episode, which is cliché-filled and cheesily written, you're in for a treat. One that keeps on giving. Season one is a goldmine of light-hearted storytelling full of witty jokes, character development, and pretty much everything you'd want in a show with 20-minute episodes. Each episode's story arc is admirable too. Every single one is an adventure on its own. And when I say light-hearted, it really is just that. The characters tend to come across many different types of challenges, themes, and subjects. Still, always in a respectful, entertaining way that ends in wholesomeness at the end of each episode. As a bonus, Ken Jeong is playing a psychopath, and the dean's a pansexual master of puns. Also, Annie's Boobs lives in the air vents.

Also, on youtube, there's a ton of compilations of people's favourite scenes and moments in the show (per episode, etc.). So you know it's a good show. It's full of surprising one-liners that you'll end up using in your daily life.

At least, the first three seasons. I haven't made it past the mud of season four yet. But those three seasons are worth rewatching many times over! :)



PHOTO PAGE: BACK TO SCHOOL DRINKS



PHOTO PAGE: GA AND CHANGE OF BOARD PARTY



Bulletin
Studievereniging Itiwana
Wassenaarseweg 52 (Kamer SB-07)
2333 AK Leiden
Bulletin@itiwana.org

