

Port Betaald



Issue 4
October 2020

BULLETIN

Horror

Throwback - Hokhour: Iteawana



Throwback - Itinational dinner



Throwback - Itidrinks: Christmas



Throwback - Itiwana Gala: Magical Forest



COLOPHON

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

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HORROR

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Editorial

Personally, I love horror. Horror stories, horror films, horror musicals, all of them are great. As a child, I already loved reading R.L. Stine's Goosebumps books – Kippenvel in Dutch – and my admiration for horror only grew from there. To read what my all-time favourite horror film is, you'll have to go to the film review, but I will name a few honourable mentions for if you're looking for some good horror. Some of the best horror films, in my opinion, include: Get Out, Sleepy Hollow, The Exorcist, and Sweeney Todd. Not all of them are scary, but do they have creepy vibes? Definitely.

Horror is, of course, also linked to Halloween. I always celebrated Halloween as a child, but I haven't in a while now, and I doubt it will be celebrated this year. However, I hope this Bulletin edition will help you get ready for the spooky season, even if it's not as big anywhere in the world as it would usually be.

Throughout this issue, the theme Horror has been brought to the forefront. As always, you can find quotes, recipes, film and series reviews, and the playlist. You can also enjoy some activity reports again! In 'In the Spotlights', Lin has interviewed several people about the Black Lives Matter protests and the importance of this movement. In 'Tea Time with' Emma has spoken with both Tino and Maya. Last but not least, you can enjoy submissions from our members Max, Amber, and Anouk.

Do you want to write something for the next Bulletin? Send an email to bulletin@itiwana.org with your own submission, idea for an article, or a quote you heard, or DM Itiwana on Instagram. The theme for the next Bulletin is yet to be announced, so stay tuned!

Unfortunately, as this is the last edition of 2019-2020, this is also a goodbye from me as the committee's Chair. I hope you enjoy this final issue, and I am looking forward to what the new committee will bring to the table!

Mandy Huibregtsen
Editor-in-chief Bulletin 2019-2020

SCAVENGER HUNT



By Loes Moree

After months of waiting we finally had our very first real-life activity again on the 16th of June. Jet and I organised a scavenger hunt in Leiden. In this way, everyone could see a lot of members in real life again, without breaking the 1.5 meter distance rules. After hours of brainstorming Jet and I came up with rebuses, morse codes, puzzles and other mysteries to find all the hidden board members. They were all hidden in different beautiful and mysterious places in the city. And dressed up in a costume that was somehow related to the culture of Leiden.

Simone Luca and Simone van der Hoek were hidden next to the Pieterskerk. They were both wearing green. Their costumes symbolised 'Leidse Kots'. The translation of this weird dish is vomit from Leiden. This is a famous dish among students here. It is pasta with spinach a la crème and a lot of cheese. This dish is definitely a recommendation when you're a new student in Leiden who has just moved here and doesn't know how to cook a 'proper' meal. Eating Leidse Kots together with other students is a sort of participant observation to get to know the student culture of Leiden.



Wouter and I were sitting next to the statue of Rembrandt. This famous painter lived in

Leiden for a very long time. Wouter and I were wearing big vintage tracksuits. All the members that came by needed to guess what kind of group they symbolised. The right answer was 'tokkies'. This is very hard to translate in English, so ask your best friend Google about this interesting group of people. After they guessed this, they needed to do a short but intensive workout around the statue and take a photo. Jet and Hannah were sitting next to the faculty with a lot of beer. They represented all the students in Leiden and were wearing their student outfits from their associations. Seeing everyone in real life again felt really good.



The activity started and everyone was passionately solving puzzles. Some puzzles were hard and others were easy, just like this rebus that led to ...?

Unfortunately, after an hour of fun it started to rain with thunder and lightning. Wouter, Thirza, Joa and I performed the rain dance next to the statue of Rembrandt. And after this the activity was cancelled, because no one wanted to continue the scavenger hunt in this terrible weather. Both Covid-19 and the typical Dutch weather didn't really help Itiwana this year. We are hoping next year will bring a lot more real-life activities, because we miss seeing all the beautiful faces of our amazing members.

TEA TIME WITH... TINO AND MAYA



By Emma van der Plas

Tino

So Tino, could you tell me something about yourself?

"I am Tino, and I'm a hero. Haha no just kidding. So, I'm Tino, I'm a second-year cultural anthropology student and I'm originally from Spain but I have also lived in the US and Japan. I don't have particular hobbies I would say, but I do have things I really enjoy such as Pokémon, tap dancing, trees, cooking and meeting new people. I will also be this year's Education Officer of the Itiwana Board."

That's really nice! Was meeting new people something that already made you happy before moving to all these different countries?

"My dad is a university teacher, so that is why we have lived in a lot of different countries. He is specialized in contemporary histories and he is mainly interested in relationships between continents. My mom was taking care of me and giving me care directly, whilst my dad was able to do this differently. Because of his job, he was able to show and let me experience new parts of the world. Meeting new people and seeing so many parts of the world and being able to live another live over and over again, is a gift to me. As a kid I did not per se learn to be open-minded, but I did learn to open my mind to new stuff and to new people. For example, I joined some Christian people although I am not religious, this made me experience something new and made me value the way these people showed me this thing that was so valuable for them. I did not

feel many struggles when living in different countries. So, I think that this happiness that I feel when I meet new people and when I visit a new place, is something that has always been a part of me."

"Meeting new people and seeing so many parts of the world and being able to live another live over and over again, is a gift to me."

Since the theme of this Bulletin is horror, do you remember the best Halloween or horror experience you have had?

"I do not remember anything I experienced in this field in Japan, I did not celebrate Halloween there. But what I do remember is something I experienced when I lived in Boston when I was about 7 years old. My parents wanted to celebrate Halloween with me. Instead of doing Trick or Treat, we went to people's houses to sing a Latin-American song. I really appreciate that they let me experience this with them. When we visited a house of a young couple and we started to sing the song, the girl, who was Argentinian, started to cry because the song reminded her of her home. I really value the things, such as these, I was able to experience, and I am very excited for the new people I will meet and the new environments I will experience."

Maya

Hi Maya! Could you tell me something about yourself?

"So, I'm Maya Nölling, I'm almost 18 and I have lived in the US most of my life. I have lived in Tanzania for one year as well. I'm ethnically half Ugandan and half German. I'm really into reading, watching movies and drawing."

So why did you decide to study anthropology, and why in The Netherlands?

"I chose anthropology because I am really interested in understanding how cultures interact. I have a German passport and because The Netherlands has such a diverse society, I chose to study here. I have never seen a place as accepting as The Netherlands. I have seen multicultural societies but not the way the Dutch society is like. My parents are moving to The Netherlands as well. My mom lives in Rotterdam with some family members and my dad is still in the US because of his job and to sell the house."



Since you have lived in the US for almost your whole life, what are your horror or Halloween experiences?

"In the US horror is always associated with Halloween. I'm really bad at horror movies



because I love to watch them but they terrify me in the moment I watch them. Though, I think that they are fantastic. When I was a kid there was this thing called a Halloween run which basically means that one family in the street turned their house into a haunted mansion where me and my friends could run in. I was so terrified that I didn't dare to look back and I even dropped my phone once. Halloween is such a big thing in the US and even now I'm still very excited for it. To be honest, I will really miss it this year since there is such a comfortable fall vibe and spooky energy that I have never experienced elsewhere. It's so incorporated in the American society and I'm very excited for what The Netherlands has in stock for me this year."

"Halloween is such a big thing in the US and even now I'm still very excited for it."

RECIPE

PUMPKIN SOUP

By Mandy Huibregtsen

Ingredients

- ▶ 4 tbsp olive oil
- ▶ 1 sugar pie pumpkin
- ▶ 1 chopped onion
- ▶ 4 or 6 minced garlic cloves
- ▶ ½ tsp sea salt
- ▶ ½ tsp ground cinnamon
- ▶ ½ tsp ground nutmeg
- ▶ Ground black pepper
- ▶ Cayenne pepper
- ▶ 1 l vegetable broth
- ▶ 120 ml full fat coconut milk or heavy cream
- ▶ 2 tbsp maple syrup or honey
- ▶ ¼ cup pepitas (green pumpkin seeds)

Method

1) Preheat the oven to 220 degrees Celsius and line a baking sheet with parchment paper. Carefully halve the pumpkin and scoop out the seeds. You can roast the seeds if you'd like, but this is not necessary.

2) Slice each pumpkin halve in half to make quarters. Brush or rub 1 tbsp olive oil over the flesh of the pumpkin and place the quarters cut sides down onto the baking sheet. Roast for 35 minutes or longer, until the orange flesh is easily pierced through with a fork. Set it aside to cool for a few minutes.



3) Heat the remaining 3 tbsp olive oil in a large Dutch oven or heavy-bottomed pot over medium heat. Once the oil is shimmering, add onion, garlic, and salt to the skillet. Stir to combine. Cook, stirring occasionally, until the onion is

translucent, about 8 to 10 minutes. In the meantime, peel the pumpkin skin off the pumpkins and discard the skin.

4) Add the pumpkin flesh, cinnamon, nutmeg, cloves, cayenne pepper (optional), and a few twists of ground black pepper. Use your stirring spoon to break up the pumpkin a bit. Add the vegetable broth. Bring the mixture to a boil, then reduce heat and simmer for about 15 minutes.

5) While the soup is cooking, toast the pepitas in a medium skillet over medium-low heat, stirring frequently, until fragrant, golden, and making little popping noises. Transfer the pepitas to a bowl to cool.

6) Once the pumpkin mixture is done cooking, stir in the coconut milk and maple syrup. Remove the soup from heat and let it cool slightly. Blend the soup using a stand blender or immersion blender. Work in batches. Transfer the puréed soup to a serving bowl and repeat with the remaining batches.

7) Taste and adjust if necessary. Ladle the soup into individual bowls. Sprinkle pepitas over the soup and serve.

RECIPE

CANDY APPLES

By Mandy Huibregtsen

Ingredients

- ▶ 8 red apples
- ▶ 400 g caster sugar
- ▶ 1 tsp lemon juice
- ▶ 4 tbsp golden syrup
- ▶ A few drops of red food colouring
- ▶ 100 ml water

You will also need 8 chopsticks or lolly sticks, baking parchment, a heatproof bowl, and a saucepan.

Method

1) Remove the stalks from the apples, then put them in a heatproof bowl and pour over boiling water from the kettle to cover them. Leave for 3-4 minutes. Remove with a slotted spoon and pat dry. This removes the protective wax from the skin and makes the toffee stick to the apples better.

2) Push the sharpest end of each tick into the stalk-end of each apple. Make sure it's firmly wedged in. Put a large piece of baking parchment on a board.

3) Tip the caster sugar into a large saucepan, add the lemon juice and 100 ml water. Bring to a simmer and cook until the sugar has dissolved. Swirl the pan gently to move the sugar around, but don't stir. Add the golden syrup and simmer the mixture until it reaches a 'hard crack' stage or 150 C on a sugar thermometer. Be careful it doesn't boil over. If you don't have a thermometer, test the toffee by dropping a small amount into cold water. It should harden instantly and, when removed, be brittle. If it's soft, continue to boil. When it's ready, drip in some red food colouring, if you like, and swirl to combine. Turn off the heat.

4) Working quickly, dip each apple into the toffee, tipping the pan to cover it fully. Lift out and allow any excess to drip back off into the pan before placing on the baking parchment. Repeat with the remaining apples. Gently heat the toffee again, if you need to.

It's best to eat the apples on the same day. Enjoy!



QUOTES

"I have two small kids at home, but of course my first priority is the organization of classes."

"I am good at barking."

"It doesn't have to be super funny, as long as it's at least a little funny."

"Humans are not good or bad, they just are."

"Can we write in Comic Sans?"

"Do you want to make me mad?"

"It's giving me an itch in places I can't quite reach."

"Even though it's pass/fail, that doesn't mean I'll be handing out passes like candy."

"I need to be lived."

"We all need to be lived."

"Shouldn't have come up out of the ocean if you didn't want to be hit by meteors."

"I'll resume in a few minutes and I'll grab a cat."

"My dog Bobbi is off to the beach.

Will ask him to join classes later on."

"He basically died several deaths."

COINCIDENCE, OR...

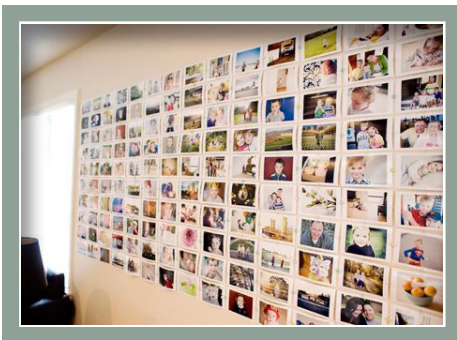
By Amber Rademaker

What happens to our souls when we die? Do they still exist somewhere? I personally don't believe that our souls keep on existing somewhere, but some things that happened to me after my grandparents died made me doubt this...

kind of signs back then, but something that happened when my grandfather died made me think about it again. My grandpa became sick in the same week that my grandmother had become sick 10 years ago, which was quite coincidental already.

"I personally don't believe that our souls keep on existing somewhere, but some things that happened to me after my grandparents died made me doubt this..."

When I was 8 years old, my grandmother died. She had been a lovely grandma for me and my siblings and she was very close to my mom. After her death, some weird things started happening in our house. Multiple times when we were sitting on the couch without the television on, the sound of the television would suddenly turn on. Also, the television channel would change out of nowhere when nobody was touching the remote control. These things all happened within the two months after she died and they never happened again.



The day after he passed away, I was sitting on my bed in my room. I was very sad and I was crying about my grandfather. One of the walls in my room has about 150 photos on it. Suddenly, one photo fell off of the photo wall. I looked up to see which photo it was, and the photo that fell was the only photo I had on that wall with my grandpa on it. My photos never fall off of my wall, but at exactly that moment, on that day, that specific photo with my grandpa fell... Coincidence... or not?



Was it coincidence, or was she giving signs to us? I did not really believe in some

PINBOARD

How is everyone
experiencing their first
week (back) at
university?



lots and lots
of literature
haha

My lecture was
chaotic



I'm already
behind on the
readings...

Exciting! Also a
bit overwhelming

Never thought I
would be craving
for lecture halls but
here I am



What is your
biggest fear?

getting paralyzed

fire

the deep sea

tryphobia

crippling debt

the dark

spiders!



the dark yet
comfy void of
anxiety

butterflies and
loose teeth



jellyfish

That there would be
a worldwide virus
and no one can
escape it, oh wait...

Having a stalker

INTRODUCTION ACTIVITIES



*By Emma van der Plas & Mandy
Huibregtsen*

It's raining again, which means that summer is over and a new academic year has started. A new academic year means new courses, new teachers and, of course, new first-year students. Due to COVID-19, the introduction activities were different than usual, the university, however, did her best to provide the new students with the best care possible.

On Monday August 31st, the first-year students were able to catch a glimpse of what the university and the lecture halls look like. The day started with an encouraging introduction of the bachelor by professor Bart Barendregt, followed by an introduction of Itiwana by Chair Lin Hovenga and an introduction of WDO by Chair Kira Nijland. After this, the students had to form their designated peer mentor groups. Once the groups were formed, the students went outside to lunch and get to know each other together with their peer mentor.



Two days later, September 2nd dawned, and after their first lecture, it was time for some activities. The first to organize an activity was WDO. Since WDO likes some debates

and discussions, they discussed some theses together with the first-year students to give them a glimpse of what it is like to join a WDO activity. Some of those theses created a good discussion, and it was very interesting to hear people's opinions on the different topics.

After WDO, it was Itiwana's to have some fun together with the new students. Activities Officer Simone Luca had planned for the first-years to play three games. First, the group of slightly less than 40 students were divided into two groups. The Name Game was played. The students had to pass a ball to someone they knew the name of, and that person passed the ball to someone else, and so on.

The second game was called Raise Your Hand. Simone had written down 15 statements, and if the statement applied to you, you had to raise your hand. These statements ranged from "you have brown hair" to "you live in Leiden" and "you play a sport". The idea was that the new students would find common ground, and when we got through the statements, the students thought of new statements themselves.

The third and final game was a quiz about Itiwana, to get to know the study association better, led by our very own Education Officer, Wouter. The quiz included 14 questions, like "what does 'Itiwana' mean?" and "who established Itiwana?". When the quiz was done, this day's activities were over and the students had gotten to know themselves and the associations a little better!

THE APPEAL OF HORROR

By Anouk Zilverentant

For as long as I can remember, I have enjoyed all things spooky, fantasy, and mysterious. From ghost stories during sleepovers, to visiting haunted houses, to watching scary movies late at night; I am in. But I couldn't help wondering why I, as well as many others, feel so drawn to horror and fantasy. Why are we so fascinated by the things that scare us? There are many theories about the appeal of horror, from psychologists conducting scientific research, to horror fans sharing their own reasons to love the genre. I don't think that there's one particular reason as to why people love horror. Different people like different types of horror, some people don't like it at all, and everyone responds to it differently. So, it only makes sense that the reasons why people like it differ too.



One of my favourite things about films and books is the ability to set foot into another world, even if it's just for a moment. There's no better genre than fantasy to momentarily escape our own world. Surreal settings, fantastical creatures, supernatural powers, ghosts, ghouls and monsters; feeding both our deepest desires and greatest fears. These worlds are so immersive that we forget about our own problems and lives

for a little while. Even an eerie horror setting may be a welcome change and – as odd as it may sound – a place of comfort.

“These worlds are so immersive that we forget about our own problems and lives for a little while.”

We don't only react mentally, but also physically to horror. Watching scary movies triggers a fight or flight response in our brains and releases all kinds of chemicals, giving us that adrenaline rush. Brains react differently to stress, that's why some people enjoy the feeling of fear that horror causes, while others would rather avoid it. Although I don't exactly understand how it works, I still think it's fascinating. The thrill we get from horror turns watching a movie into a complete, thrilling experience.

Horror directly confronts our worst fears, but also unanswered questions about life, death, and the supernatural. Whether it's a gory, bloody slasher movie or a ghost story, death is one of the most common themes. I think horror and thriller enables us to explore our fears in a safe way. The knowledge that it is fiction gives us a sense of control over the situation, and allows us to look inwards. We learn what scares us the most and how to cope with the things that frighten us. It personally made me embrace the darker sides of life, death, and whatever may or may not come after that.

2020

FALL

BULLETIN

FILM REVIEW

MIDSOMMAR

By Mandy Huibregtsen

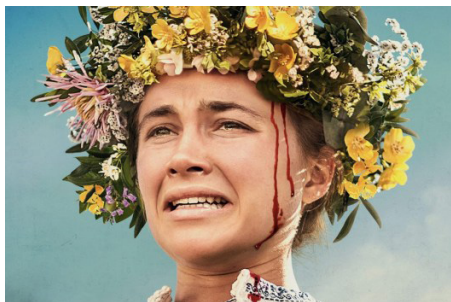
I had actually wanted to do an older horror film for this issue, but ever since I watched *Midsommar* back in July 2019, I can't stop thinking about it. So I felt like sharing this masterpiece with all of you that haven't heard of it yet, or have heard of it but haven't watched it.

Midsommar (2019) is one of the few horror films that takes place not in the dark, but in broad daylight – but that doesn't make it less scary. The film is about Dani (Florence Pugh) who is in a relationship with Christian (Jack Reynor), an anthropology student who has been planning a trip to Sweden with his friends Mark (Will Poulter), Josh (Willaim Jackson Harper) and Pelle (Vilhelm Blomgren) to visit Pelle's isolated commune Hårga. After Dani's sister seemingly kills herself and her parents, Dani decides to come with them. In Sweden, they will celebrate midsummer, as the commune does every 90 years.



Celebrating midsummer sounds in and of itself like a lot of fun, but really, the celebration

includes many cruel and gruesome rituals like senicide and other human sacrifices. The film is very graphic and shows all of the rituals in great detail. It doesn't shy away from either gore or nudity. However, even though it's kind of a gross film in terms of the murders that take place, it's also in some way a beautiful film that tells the tale of a break-up. Dani and Christian weren't in a good place before they left for Sweden and the film shows Dani coming to terms with the two of them drifting apart – in a cruel way, of course, but I won't spoil that for you.



Did this film scar me? Yes, yes it did. It is also one of the best films I've ever seen? Yes. There are not any downsides to this film that I can think of as long as you can handle how disturbing it is, not only in terms of gore and graphic murder, but also in terms of sexual encounters and mental health issues. It's a clear analogy of a break-up that stars a great cast, has beautiful cinematography, and includes a soundtrack that really complements the visuals. The film is available on Netflix.

AMERICAN HORROR STORY

By Mandy Huibregtsen

As the theme of this edition is horror, I immediately thought of the show *American Horror Story* – I mean, it has ‘horror’ in the title! The show is currently on its tenth season already, having begun airing in 2011. Created by *Glee*-creator Ryan Murphy (also the creator of *Scream Queens* and *The Politician*), the show is a perfect mix of horror, satire, and humor. It’s an anthology series, meaning that every season has a different theme and plot, and some seasons are definitely darker than others. The main cast is mostly the same for all seasons and consists, among others, of Evan Peters and Sarah Paulson. Season 5 and 6 even feature Lady Gaga!

Because *American Horror Story* is an anthology series, you don’t necessarily have to watch all of the seasons – but beware that some characters return in later seasons and that there are some overlapping storylines, mainly between *Coven* (season 3) and *Apocalypse* (season 8). I don’t have enough words to describe every single season (ten is a lot), but I’ll give a quick overview of my three favourites.

At number three we have *Murder House*. It tells the story of the Harmons, who move into a house that is haunted by the ghosts of all those who used to live there before them and have all been murdered – either by each other or by other ghosts. As this was the show’s first season, it’s also one of the best and really established the show as a classic. It’s definitely one of the darker seasons and includes many jump scares too.

At number two we have *Freak Show* in which

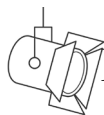
Elsa Mars leads – who would’ve guessed? – a freak show that stars many extraordinary “freaks” such as a woman with a beard, Siamese twins, and Lobster Boy. However, many people in the nearby town of Jupiter have their eyes set on these freaks, including a deformed killer clown called Twisty. I love this season because of the amazing characters and the fact that they all have interesting back stories – especially Twisty and Elsa.



Finally, my number one is *Asylum*. It’s the show’s second season and tells the story of Kit Walker, who is accused of being a serial killer called “Bloody Face” and is locked up in an asylum haunted by the devil, and a cruel doctor who performs experiments on his patients. However, as Kit isn’t Bloody Face, who else could it be? It’s the most dark and gruesome season of all, but has an amazing plot and even a fun musical number performed by Jessica Lange!

Overall, *American Horror Story* is a great show for fans of horror, and if you don’t want to scare yourself too much, you can also watch the less gruesome seasons that are *Coven*, *Cult* and *Hotel*.





IN THE SPOTLIGHTS

ROXANE, ARON AND LENA

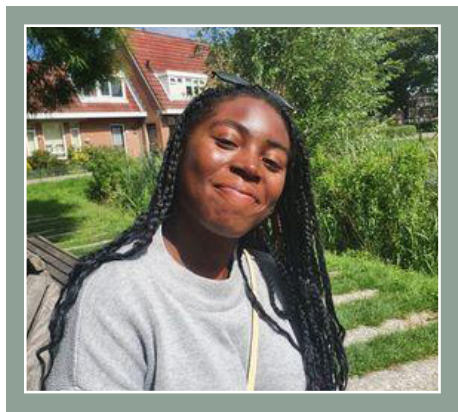
BLACK LIVES MATTER



By Lin Hovenga

The murder of George Floyd in May 2020 ignited a wave of protests in the months that followed. The events also hit closer to home, as there were Black Lives Matter protests across cities in The Netherlands. Below,

three students of Cultural Anthropology speak about their experience regarding the Black Lives Matter movement and the demonstrations.



Roxane Nyatangana

"I remember how I ended up knowing about the George Floyd murder: first thing I saw as I opened my Instagram app when I woke up. What a good way to start the day! I remember feeling sick to my stomach and disoriented. The only thing that came through my mind was 'Why?', but even though I knew the answer I just did not want to accept it.

I do not blame people who did not realize sooner about the situation but on the contrary, I blame those who chose to ignore it, claiming we are 'overreacting', gaslighting us and our experiences... It is sometimes hard to realize that despite how bad the situation is, I am still in a privileged position.

I always wanted to fight stereotypes even when I was young: go against misconceptions and prejudices but whether I liked it or not, and no matter the age I was, I could not fight them all. I do not wish to go deep into my own experiences, but one thing I have learned these past few months is that I am not alone. Even though it has been overwhelming, I am thankful that (finally) people are taking interest in what has been happening for years.

"Even though it has been overwhelming, I am thankful that (finally) people are taking interest in what has been happening for years."

BLM means to me that at a job interview, I do not have to 'act proper' so the recruiter sees me as the 'good black girl'.

BLM means to me that I do not have to be considered as an easy girl, be constantly

sexualized or be the last option when I want to date.

BLM means to me that people can stop saying things like “you’re ... for a black girl”.

BLM is not one sided, it is about respect for human lives, about the joy of representation and the end of killings of thoughts and aspirations.”



Aron Akkerman

“On June 14, I visited the BLM demonstration in Leiden together with friends. Due to the popularity, the demonstration was moved to a location outside of the center. I was impressed by the organization. In a short time span they managed to gather a group of 2500 people, at a sufficient distance from each other and all wearing face masks. There were young and old speakers on stage who gave motivational speeches but also shared their traumatic experiences with racism.

Institutional racism is, often unconsciously, a part of the structures of our society. Racism can be found at the police department, at job applications, in our language and traditions, and also at our Universities. For some of us, this message will be a shock and in contrast with the naive idea of a progressive and tolerant country. Unfortunately, this Dutch utopia is an illusion. The painful truth is that there are structurally disadvantaged groups. For too long, these groups have not

been listened to. A demonstration like the one in Leiden is a good opportunity to start listening. One can learn from listening, and on the basis of those lessons constructive change can take place.

“One can learn from listening, and on the basis of those lessons constructive change can take place.”

Demonstrations like this one seem to cautiously contribute to the ending of the annual Dutch children’s holiday where people walk around in blackface. A holiday that has, as a matter of fact, been criticized since the 1930s. Too often, there is a focus on the tone of the debate instead of the content. However, in the case of this demonstration, this was practically impossible because the general message of it was a constructive and optimistic one, despite the recurring problems with racism. The smooth and peaceful organization of the demonstration is proof against unfounded criticism of the BLM movement. I would like to invite everyone to attend one of the following demonstrations against institutional racism. For me, it was really an impressive experience to come together with so many people and to work on improving the society.”



Lena Kwakman

"As a black woman raised in Oegstgeest, I have a fair share of racist experiences. Racism has hurt me deeply, before I even knew it hurt me and has had an enormous impact on how I see myself and how I see the world. When I tried to explain this to some friends after what happened with George Floyd, it for some reason backfired and I ended up feeling even more rejected and unseen. For me, this was the last straw. I was so insanely done having to defend my experiences and pain and feeling utterly alone in this. So that is why I decided to join the Black Lives Matter demonstration in The Hague. And what an experience this was. Being surrounded by so many people who either feel the same pain, or even just acknowledge that the pain exists finally made me feel seen. Even though I didn't know any of them, I felt connected with everyone. The people who spoke on the demonstration were all black women of different ages, different backgrounds and different religions. But the way I could

identify with their stories touched my soul. I suddenly understood that even though my story is unique, the troubles I have faced due to my skin colour are similar in every layer or society. And in every layer of society, people were done and standing up.

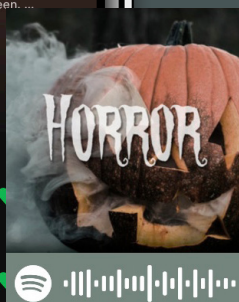
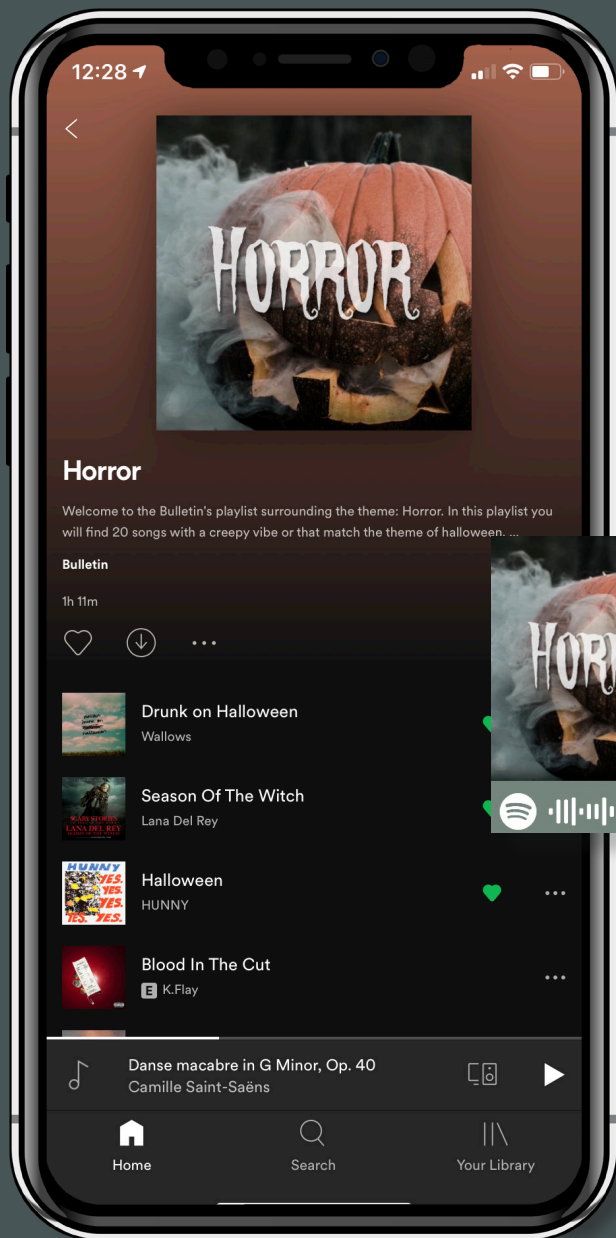
"Being surrounded by so many people who either feel the same pain, or even just acknowledge that the pain exists finally made me feel seen. Even though I didn't know any of them, I felt connected with everyone."

I've never been much of a screamer, but damn did it feel good to scream along with thousands of people who all are fighting for the same thing. It felt as if I could release all the anger and injustice from my body and fill it with empowerment. And that's what I still feel ever since I joined the demonstrations in The Hague & Leiden: empowered. I hope with all my heart that we as a society will finally take the problems of institutionalized racism seriously, so that we can actually make a change.

BLACK LIVES MATTER."

HORROR PLAYLIST

By Mandy Huibregtsen



RED LIGHT MURDER

By Max Kortekaas

*trigger warning
violence & assault*

*She opened up the curtains for another day
Every day, all the way
The red light turns on again
Some old, some young
Some fat, some skinny
Some rich, some poor
But all here to fuck, with her, a whore
That's what they call her, not by name
It makes her go insane*

*Her body is physically hurt
Her mind is not straight
How much is it worth?
She just feels afraid*

*She got choked
She got slapped
She got beaten
She got clapped*

*She got harassed
She got frightened
She got kicked
She just never feels enlightened*

*When she was young she wanted to be more
So much of life there was to adore
She wanted to reach the sky
But instead she is getting high
When somebody asked: 'What do you want to be when
you are old?'
She politely answered: 'a nurse, with a heart of gold'.
This all seems faded
Now she only feels so cold*

*She hopes, every day
That there will be one that takes the pain away
One man, that takes her out
One man that will stay
This is not a story like 'pretty woman'
This is a story about decay*

*She opened the door for the last time that day
A businessman it seemed
Those types are mostly nice
Seemed...
Because this one was a fiend
A psycho, more than mad
This would just end bad*

*While she opened up his zipper
All she thought was 'almost done'
Modern time, jack the ripper
Just 10 more minutes and he will be gone*

*When he went inside her, with a dash
She thought only about the cash
But the next push was not only with his dick
He was a madman, so sick
He stabbed her in her back
Then he stabbed her in her neck
12 times he stabbed her with a knife
There goes her dream of becoming someone's wife*

*She just lays there covered red
This is the end, so bad
A red bad dead
Horrific, it makes me sad*

 @makopoeticshark

2020

FALL

BULLETIN



HOROSCOPE



By Emma van der Plas

Aries

March 21st – April 19th

Be adventurous the coming months. While it's important to make enough time for your studies, it's also very important to keep in touch with nature. Try to go out at least once or twice a week. The forests and waters will welcome you like one of their own. Not only will it give you a great distraction from the boredom that home can be, but nature will also teach you many great things that humanity could never.

Unlucky day: October 15th

Taurus

April 20th – May 20th

Sometimes, you will be like the moon, and sometimes like the sun. Life will be a bit of a rollercoaster during the next few months. Some days you will want to be loved, attracting many people, maybe even finding a partner or two to spend your time with. Other days you will want to be on your own. Both of these are okay, but make sure to never push people away, even if you feel down. Sun and moon go perfectly together, you know?

Unlucky day: October 26th

Gemini

May 21st – June 20th

You might have been feeling a bit restless. To solve this issue, it will be good for you to gather new knowledge. Learn a new language, start reading more books, delve into the depths of Wikipedia, or take an extra course. Only then your mind will settle down. However, as a creative mind, it's also important to not focus all of your energy on studying. Practice the arts as well.

Unlucky day: November 22nd

Cancer

June 21st – July 22nd

The world might not understand you sometimes, Cancer. You may be sensitive and emphatic, but others may not. Understand that not everyone understands. It is important to find like-minded individuals who you can discuss not only political matters, but also personal matters with. It is important to let out your emotions instead of bottling them up, or there will eventually be an ocean of tears beneath your feet.

Unlucky day: October 9th

Leo

July 23rd – August 22nd

Don't let yourself be plagued by nightmares. It might be difficult for you to face reality when it's not always sunny and bright, but it will be even more difficult to bring this reality into what's supposed to be your night's rest. Face challenges head on to make sure that they don't drag on. It's hard, but if anyone can do it, it's you!

Unlucky day: November 21st

Virgo

August 23rd – September 22nd

This season, you will unexpectedly experience new things. This means you will need to take the center stage every once in a while, and while you won't like it, it will help you. It's not possible to always stay in the background and this time in your life will let you see that it's good to be visible sometimes. Your confidence will be boosted.

Unlucky day: October 17th

Libra

September 23rd – October 22nd

This back to school season hasn't been the easiest on you so far, but you know you're able to get your life back on track. As long as you stay calm, peace of mind will find its way back to you. However, don't let this peace of mind come to you in the dark. Make sure to rest at night to ensure that all will be okay, in the end.

Unlucky day: October 4th

Scorpio

October 23rd – November 21st

You will be slightly tested the coming months. As a natural leader, people might come to you for advice more than usual. Don't hesitate to help others out, but also don't forget to keep the secrets they will trust you with. After all people can be horribly mean when they've been betrayed, and you surely don't want to attract any voodoo magic this Halloween season. Be trustworthy and nothing can go wrong.

Unlucky day: November 13th

Sagittarius

November 22nd – December 21st

It will be of the utmost importance to you to stay in touch with your spiritual side this autumn. This might not help you find the meaning of life, but it will help you with all your daily tasks. Incorporate spirituality in your routine and don't be afraid to share any gathered wisdom with the world. It might not appeal to everyone, but you'll certainly be able to help some find the light that you found.

Unlucky day: November 8th

Capricorn

December 22nd – January 19th

Unfortunately, the time to relax is over. You've already made sure your head is in the right mindset, but if you don't take some time to reflect, it won't stay that way. Don't hesitate to ask yourself whether how you've been handling things is the best possible way. Talking with friends and family about any challenges you're facing will help you move on from any issues that might take you down a darker path.

Unlucky day: October 23rd

Aquarius

January 20th – February 18th

Don't lock yourself in, Aquarius! Time for yourself is good, but don't keep others at bay. People need people, including you. Whenever you may feel stuck in your own mind, it's a good idea to call up a friend and spend some time with them. Preferably, ignore any thoughts during activities spent with others. Dance, sing, laugh, and overall, distract yourself, to ensure that you will no longer worry when on your own.

Unlucky day: December 1st

Pisces

February 19th – March 20th

There will be many people asking you for help this season. Of course you want to help everyone, but it must be said that no one can do so. Everyone knows you're kind and selfless, but don't let people take advantage of that. It's good to say "no" every once in a while and choose yourself over others. If you don't, it will cost you.

Unlucky day: November 28th

NOT SO FUN FACTS

By Anouk de Jong

...if the sun exploded right now, you wouldn't know about it for another eight minutes?

Did you know that...

...back in the 1960s, the skeletons in the Pirates of the Caribbean ride at Disneyland were real?

...in the movie Poltergeist they used real skeletons instead of fake ones (because real ones are cheaper)?

...in the Czech Republic, there is a church called The Sedlec Ossuary that has decorations made entirely of human bones?

...there are over 200 dead bodies on top of Mount Everest?

...the dead outnumber the living 15 to 1?

...everyone has tiny mites living on their eyelashes?

...after a stroke or some sort of brain trauma, some people can develop "prosopagnosia," also known as "facial agnosia"? This is when someone loses the ability to recognize faces, including their own.

...each person will shed about 40 pounds of skin in their lifetime?



Throwback - FSW Party: Social Science Superheroes



Throwback - Bob Ross painting course



Throwback - Open mic night



Throwback - Hangover brunch



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