



MRC Zephyr

the students feed



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ISSUE 5, College Edition

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Dear Reader,

Happy new year to you all!

Hope you had a lovely festive season and took time out to participate in other events that sparked joy in your lives besides working and studying hard.

I would like to take this opportunity to thank all the contributors and readers for your support during 2019.

Massive thank you to Mont Rose staff and all students.

Hope you all have a lovely year and stay safe

Happy 2020!!

Chief Editor

Tsitsi Marima

Meet Editorial Team

Folashade Omoniwa
Top-up Hospitality
Editor



Margaret Alalade
Top-up Hospitality
Editor



Martin Oluleye
Top-up Hospitality
Editor



Denitsa Dianova Chobanova
Business Foundation
Photographer



MRC HOT NEWS

Coronavirus

Protect yourself from and other Coronavirus by always carrying tissues with you and use them to catch your cough or sneeze. Bin the tissue to kill the germs wash your hands with soap and water, or use a sanitiser gel. If you have arrived back from China within 14 days follow the specific advice for returning travellers on gov.uk/coronavirus

Brexit

If you are EU national, ensure that you apply for settlement, for legibility check at <https://www.gov.uk/settled-status-eu-citizens-families/applying-for-settled-status>

Christmas Party 2019

This years` Christmas Party was held on the 6th December at Mont Rose House. It was the first was such an amazing and fun party that was attended by special guest, MRC staff, and students.

Assignment submission

It is the beginning of the year, however there are some submissions that are due soon while some will be due towards the end of the semester either way, remember to submit by the given date. Good Luck!!

Raising money for Charity

On the 31st of October MRC raised £360.00 for a charity called Livability who support disabled and vulnerable people. Thank you to everyone who participated.

Calling all ALUMNI

College is encouraging all students to join the MRC Alumni. College assures all alumni, that they will be supported in their career development and professional enhancement. There are various workshops that Alumni can attend throughout the year. Those who are about to complete their studies can join the alumni network. It will also help them to stay in contact with fellow alumni, share ideas and continue your relationship with Mont Rose College.

Email *Rukhsana Yunas* at sa@mrcollege.ac.uk

MRC Active Club

MRC Active Club is members group for mainly senior student. The club encourages members to be involved in various academic activities, networking and socialising platform. The club is seeking for all those interested to contact

Olubisi Email at a.o.

obidipe@mrcollege.ac.uk

Call 02085565009 extensions 1023

Student Union 2019/2020

The Student Union representative committee has been selected. MRC would like to congratulate

SU President - Ms Oluyemy Akinola

SU Vice President – Adolphus Osigwe.

Writing for Zephyr

The lines are now open for the next Zephyr Edition. Remember to write and email your articles.

Email to competition@mrcollege.ac.uk

Entrepreneur of the
Semester
Ola Alaka

Editor "What is the name of your business?"

Ola ""Olashotpeppersauce".

Editor "What is the business about?"

Ola "The business is about producing hot sauce.

Editor "How did you start?"

Ola "olashotpepper sauce 17 years ago."



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sauce



Editor "How long have you been running your
business?"

Ola " I have been running the business for less
than 3 years."

Editor "How long have you been running your
business?"

Ola " I have been running the business for less
than 3 years."

Editor "At what stage of running the business
are you at?"

Editor "At what stage of running the business are you at?"

Ola "The samples of the sauce at the moment is with few high street
supermarkets, waiting for approval"

Editor "What made you start the business?"

Ola "I love cooking and I have worked with top chef in the hospitality industry.
This gave the creative ideas to start my business.

Editor "Where do you operate from?"

Ola "I operate from home at the moment."

Editor "How many staff do you have?"

Ola "None at the moment. Only help from family."

Editor "What inspires you to run the business?"

Ola " I have been a chef for over 25 years which enabled me to observe and push me on how to introduce my creative ideas to people from different cultures.

Editor "What challenges have you encountered?"

Ola "My main challenge is finances and machinery to fulfil my dreams."

Editor "How have you overcome those challenges?"

Ola "I haven't ? But I pray I will soon."

Editor "How has Mont Rose College`s helped you in your business?"

Ola "I have learnt a lot about food production and business management from Mont Rose College. The teachers have been so helpful and encouraging me all the time. Mont college also helped me in marketing and branding of my business.

Editor "What skills have you got from Mont Rose College?"

Ola "I have gained various skills that enabled me to be able to conduct presentation, marketing and promoting my business.



Newbies Corner by Dr Maria Iyеkekpolor

Is "According to me 2019: a new referencing format?"

At the beginning of each academic semester, students study academic skills module. This module develops and enhances academic writing skills. Harvard referencing is a unit which is part of the academic skills module that student have to learn. This unit enables students to understand how, why and the consequences of not acknowledging resources used in the assignments when writing. As a teacher, giving formative feedback to new students that I was teaching is not always straight forward.

Academically students have to use Harvard Referencing however sometimes students use other forms of referencing which are not Harvard. I sometimes struggle to understand where students learnt those format or maybe some students have formulated a new format of referencing. An example of this was when a student wrote a statement and reference was

"according to me 2019"

Either way, I found this hilarious. These are the peaks of teaching newbies. If anyone knows the answer please email the Editor, as I and other lectures would like to know. If in doubt of how to reference, please attend the academic skill class which are offered in the college.

Quote of the Semester

*"The capacity to learn is a gift;
the ability to learn is a skill;
the willingness to learn is a choice."*



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Thank you

Greetings Tsitsi!

I am very thankful for your kind words yesterday and I am very proud of myself that I made you fully enjoy my project. In my whole life of 24 years I have never been so proud of myself. I am very thankful for the great and huge opportunity you offered me yesterday. I am forward looking for the next information!

Best Regards
Antonio Stoynev

Hi Tabassum,

Thank you very much.

I appreciate your desire and motivation to see us complete the course. I hope by the grace of God that we will not disappoint you.

Thank you very much.

Kind regards

Yinka

Tabassum

Thank you so much for all your encouragement.

I will always be grateful and appreciate your kind tutorial nurture and patience to impact knowledge on us.

Thanks, for still under your winsome capacity you've continued to doing so, even when it seems all your efforts, honesty and genuine intentions are been misunderstood; however answering this call which is to impact knowledge.....to teach; remains the best call!

Once again many thanks as always.

Regards

Chukwuemeka Victor Uzomah

Painting by Lina. Price per request call 07846036003



What is Personal Licence?

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Olugbemiga Olusola

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Wassup in MRC

January

21st Jan - Harrison Catering is having a talk on their 1 week structured work-experience. There are two vacancies.

27th Jan - Communication Workshop by Valentina - room and time TBC

February

10th Feb - CV writing workshop by Valentina - room and time TBC

14th Feb Love is in MRC Valentine Special time TBC

21st Feb - Interview Skills Workshop by Valentina - room and time TBC

25th Feb - Interviews for work experience @ Harrison Catering - room and time TBC

March

09th March - Passion for Hospitality - offsite careers fair (hospitality) free for students to attend - contact Valentina

11th March MRC Angel Business Competition Final in Montrose House at 12:30

12th March - The Fresh Career Fair- (offsite) - for hospitality students - free for students to attend - contact Valentina

Workshops coming soon

Work skills Workshops Coming soon:

- Problem solving
- Critical thinking
- People management
- Emotional Intelligence (E.Q)
- Decision making
- Negotiation
- Cognitive flexibility



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- * Advise you on how to complete forms and statements.
- * Accompany you to meetings and panel hearings to provide support.

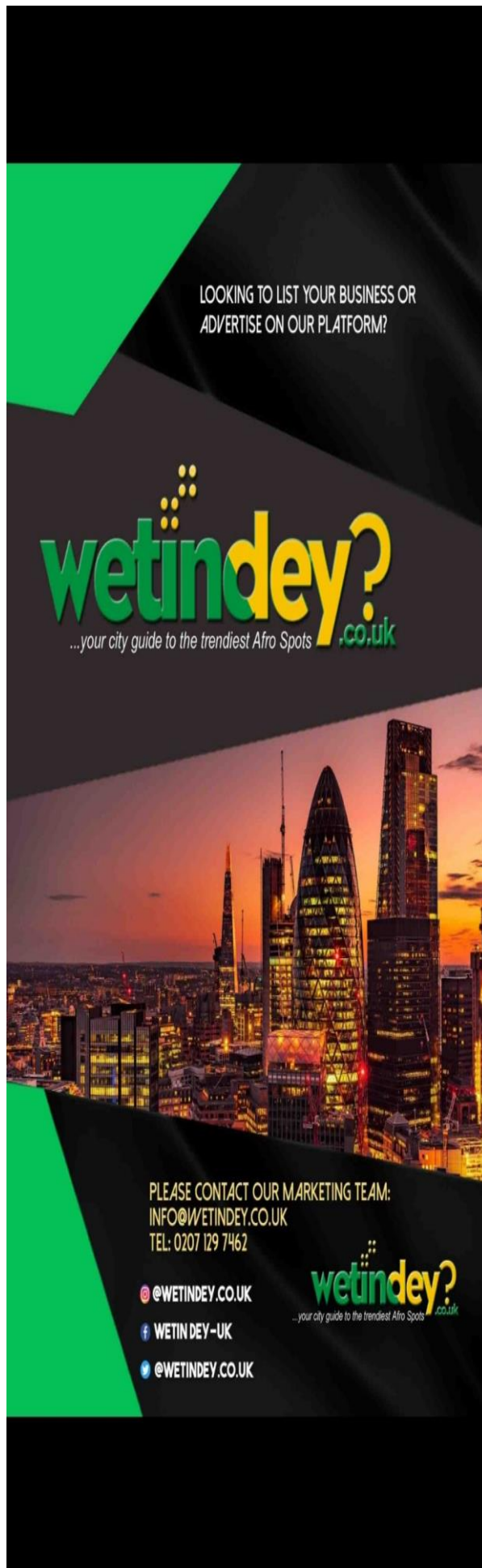
Drop-in sessions:
Tuesday - 14:00 to 16:00
Wednesday - 12:00 to 14:00



Contact Mont Rose Student Union on:

☎ 0208-556-5009 extension 1023

✉ mrcsu@mrcollege.ac.uk



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Health and wellness - Benefits of using Sauna

Sauna is a steamy bathhouse which is full of dry heat which induced perspiration. The sauna house is usually made out of wood. Steam is produced by water thrown on hot stones. Sitting in a steam room might significantly improve cardiovascular health. A study of older individuals showed that moist heat improved circulation, especially in extremities. Improved circulation can lead to lowered blood pressure and a healthier heart. Steam can also promote healing of broken skin tissue and minimise joint pain. It cleans the skin by opening the pores and giving a healthy glow, soft skin that looks and feels amazing. Being inside a sauna induces endorphins hence reduction in stress level and people feel calmer and look younger. It is recommended that the time spent in the sauna room must be around twenty minutes. Sauna users are encouraged to drink plenty water as they will sweat a lot. Another benefit of using a sauna is that the heat opens up the sinuses making breathing easier. Good exposure to steam improves blood circulation inside the body. Steam enables capillaries inside the bodies to slightly expand therefore allowing free flow of blood and oxygen. This results in tension and muscle pain relief which is essential post-workout. This is the reason why using sauna post-workout is recommended.

by Vesi 23942

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Last modified: 11:50



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Thought of the semester :

"Oh my God it's already the middle of the semester where is my life going?!"

By Sergey Tsvetkov

JOKES

Q: Why did the student throw his watch out of the school window?

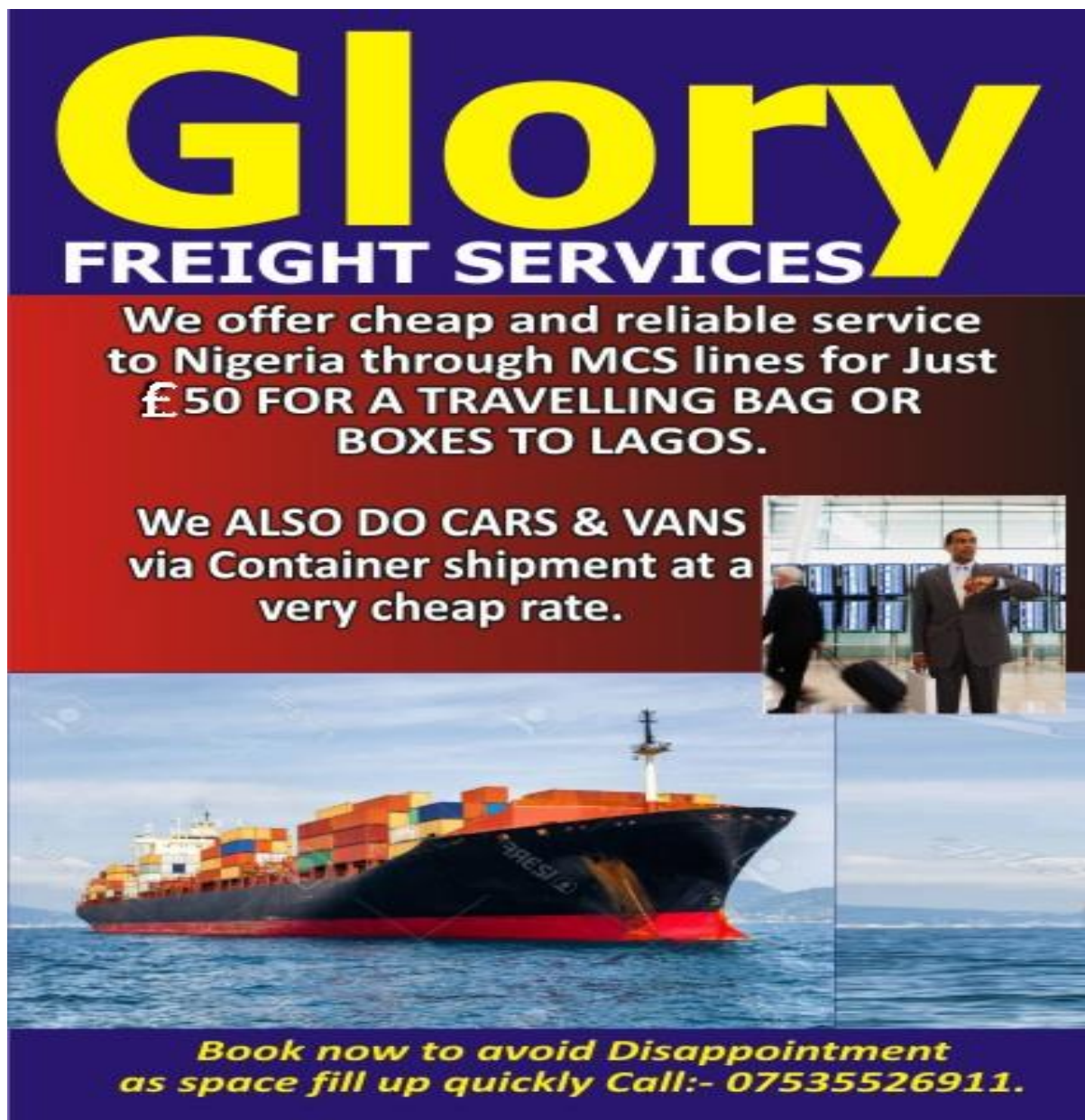
A: He wanted to see time fly.

Q: What happened to the plant in math class?

A: It grew square roots.

Q: If H₂O is the formula for water, what is the formula for ice?

A: H₂O cubed.



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Dear Proffy

Hope you enjoyed the Christmas party this year, even though the choice of venue was in college this year. You know, it strikes me as odd that for the last few years Montrose Christmas parties has taken place in unique banqueting venues such as on a boat, London Dungeon and so on. What happened to 2019's distinctive festivities? Many students look forward and enjoy the experience of attending this yearly event and for some, it is the highlight of the holidays; so, with that being said, should students at the college not have a say on the choice of venue? Would tickets sales not rise if students are included in the planning process? Think about it.

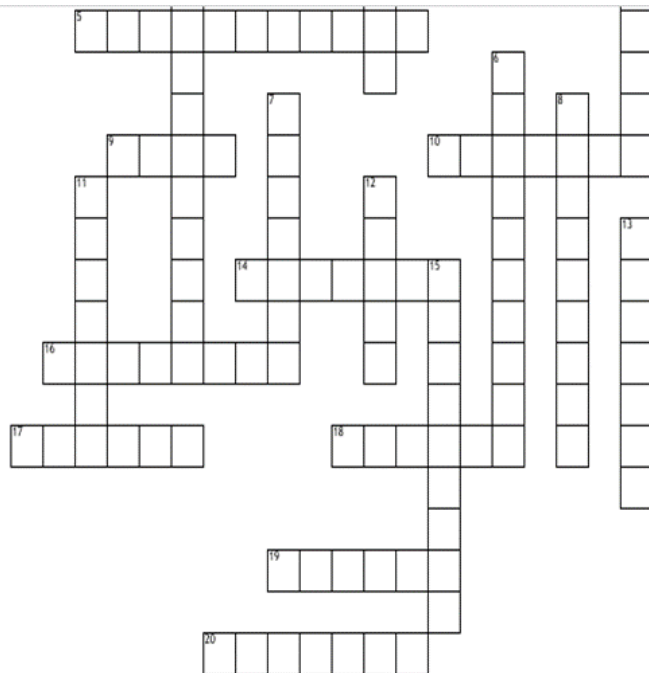
From Student

Dear Student

Thank you for your constructive feedback and your food for thought. Hosting Christmas Party in MRC created opportunities for various personnel to organise events and utilised the huge space we have in the college. Going forward, we intend to alternate venues, between the college and unique venues outside the college.

There was a good turnout at the Christmas party and we would like to think that the party was the highlight of the festive holiday for everyone who attended. For those who were disappointed, please give use feedback so that we can learn from it. We always involved students in planning of events. This is done via the class reps, student union and sometimes there is a call out for volunteers.

From Proffy



Across

- 3. a person skilled in public speaking
- 5. to misinterpret; to misunderstand
- 9. marked by haste and lack of caution or consideration
- 10. to ask earnestly; to beg
- 14. the space of time that exists between events
- 16. to break up and send in different directions; to scatter
- 17. the claimed antagonist
- 18. a desire to hurt another person
- 19. empty and dreary; without life; desolate
- 20. to speak highly of; to praise

Down

- 1. The claimed protagonist
- 2. dejected; mournful; unable to be comforted
- 4. secret; hidden
- 6. an important project or undertaking
- 7. to make very angry
- 8. untruthful and cunning; false
- 11. lacking self respect; behaving as if other people were superior
- 12. exposure to harm or danger
- 13. irritable; bad-tempered
- 15. a feeling of doubt; apprehension

Puzzle answers

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Puzzle answers

Commend
Misgiving
Disconsolate
Peril
Brutus

Servile
Malice
peevish
Covert
Interim

Rash
Barren
Deceitful
Enterprise
Orator

Misconstrue
Incense
Entreat
Disperse
Caesar

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*Kids party organiser, for more details please don't hesitate to call me on 07946059225
My name is Alina and we can discuss what type of party is, what theme how many children
Thank you! It's my pleasure to help*

SHOUT OUT!!!!!!



September Baby

Adewunmi Titilope Agoro
Kehinde Christopher Oluronbi
Gideon Olugbemi Oyetunji
Lovinda Chizoba Okoro
Dumitra Cerban
Antonio Plamenov Stoynev
Bukola Beatrice Anthony
Mariana Adriana Blaje

December Baby

Anota Idowu Olayinka
Olakunle Olabambo Alaka
Ileh Doris Okafor
Constantin Alin Rata
Doris Akua Arthur
Felicia Afrifah
Ana-Maria IamandiAntonio

October Baby

Arlene Marie Sadler
Funmi Margaret Alalade
Ayotunde Ola
Videlin Petkov Sabev
Rosemary Shindoya Arumoi
Gheorghita Valentin Hartescu
Adetutu Folashade Afe
Lidia- Mariana Sora
Frank Ikponmwosa Iyase
Ellen Mensah Boadu
Petya Dimitrova Dimitrova
Boris Spasov Sulakov
Mamaka Bility
Samuel Akindolu Leshi

November Baby

Michael Omowale
Arobieke
Julius Kayode Kolawole
Althaf Hussain
Arnold Pratt
Ionut Dochioiu
Nadejda Iacub



Lovedey Chidi



MRC in Pictures

Hospitality Students



Christmas Party held Mont Rose House

6th of December 2019

