

Queensmill college

POST 19
PROVISION



THE YOUNG ADULT FANZINE

LEISURE / ART / FASHION

YEAR 2021-2022



Damon



Ty



Kate



Nasser



Matthew

Meet the students

RAVENSCOURT



Ali



Jack



Salem



Emanuel



Finn



Kamy



Conor

Meet the students

GOLDHAWK



Kris



Omar



Oliver



Ben

Meet the Staff

RAVENSCOURT - GOLDHAWK



Rachel

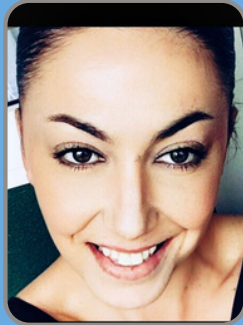
Head of college



Ritza - Teacher



Pesh - Teacher



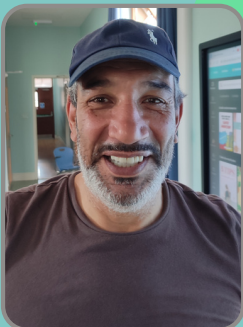
Mara - Lead



Queensmill College



Angela - Lead



Kadeer - TA



Guillermo - TA



Chantelle - TA



Daniele - TA



Kealey - TA



Camila - TA

THE CHILLING VIBES

The best music listened at Q6



Scan the QR or Click on my face to start vibing



chill out

By Salem



WONDERLIST



MATTHEW



CONNOR

TOP PLACES FOR TOP PEOPLE FROM TOP EXPLORERS

Wormholt Park

Our Explorers have spotted one of the best places of white city. It is very close to Q6 and it has everything you can ask of a park. Two great playgrounds, basketball court and lots of green trees.



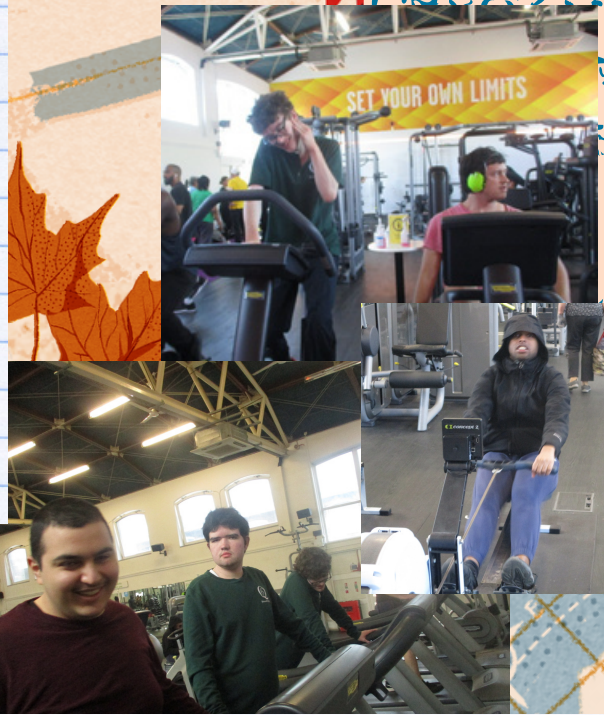
Sainsbury's

Bloemfontein Road has one of the best Sainsbury's in town. Great products for a very reasonable price. The staff is kind, helpful and always willing to have nice conversations with us! Whether to get a snack or buy ingredients for cooking, it is our favorite.



Phoenix fitness centre

Want to go for a swim after college or get fit before summer? The Phoenix fitness centre is your place to go! They offer a wide range of activities like spinning, aerobic or swimming lessons for a great price! The treadmills are a great adversary and the rowing machine won't disappoint you.



Hammersmith Park

Another great park very close to Q6. It is the perfect place to go for a picnic next to the Japanese pond or read a book under the trees. There is only one playground but it has a huge slide and a trampoline!

Eating locally

There are little things better than food. Our favorite places near College include Tasty Wings and Crispy Plus if you want some chips and nuggets. If you fancy something some exotic, we recommend the falafels from Al Damasqui. Delicious!



DATE AND TIME:	GATE	SEAT	FLIGHT
	28	A62	B-2366

NAME:

Jack's Tip

Best plan? Grab a take away at Uxbridge road and go to eat in Wormholt Park



Green planet

WITH DAMON, OMAR AND NASSER



The visionary masterminds

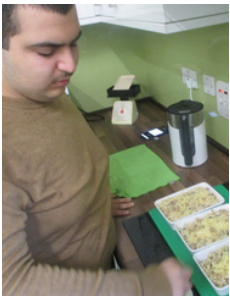
Meet the team:



Damon

Head Chef

Knowledge, precision and passion it is all it takes to be a great chef. Luckily for us, Damon has it all.



Omar

Saucier

Do not underestimate this young man of few words. The patience and dedication of Omar could outshine the greatest chefs.



Nasser

Patisier

Precision is what makes the difference between the butcher and the surgeon. Precision and constancy are two things that Nasser does not lack.



RECIPES

- Pasta bake - 1
- Tacos al pastor - 2
- Banana Pancakes - 3



We all help here!

Pasta Bake



Difficulty level: Easy

Ingredients

400gr	Boiled pasta
2 Cups	Onion and garlic
1/2 Pc	Violife Cheese
1 Packet	THIS bacon
250 ml	Alpro Cream
4 Spoons	Garlic
To taste	Salt and Pepper

1. Fry the vegan bacon until it is golden brown.
2. Toss the vegetables in the pan until they soften.
3. Add the cream and cheese to the pan. Adjust of salt and pepper.
4. In a preheated oven at 200 °C, bake a mold with the boiled pasta and the sauce for 15 minutes.



Jack's Tip

Why not add some bread crumbs and paprika on top?



Tacos al pastor



Difficulty level: Medium

Ingredients

200gr	Seitan
8 Pc	Mini tortillas
1/2 Pc	Red Onion
1 Slice	Pineapple
230 ml	Mole
8 Spoons	Coriander
To taste	Mexican Spices

1. Stir fry the seitan 5 minutes and add the mexican spices. Keep frying until brown and crispy.
2. Toast the tortillas on the grill.
3. Cut the pineapple slice in little cubes and grill them both sides.
4. Build tacos by spreading mole on the tortillas, placing seitan, the red onions, the coriander an grilled tortilla on top.



Jack's Tip

Why not try cheese and grilled mango on top?



Tacos al pastor



Difficulty level: Easy

Ingredients

2 Pc	Mashed Bananas
1 Cup	Milk Alternative
1 1/2 Cup	Self Raising Flour
1 Slice	Pineapple
2 Tsp	Vanilla Extract
1 Spoons	Baking Powder
4 Spoons	Sugar

1. Mix all the ingredients in a bowl until they integrate well.
2. In a hot pan, add a scoop of the mix.
3. Flip the pancakes when the surface is full of bubbles.
4. Serve with syrup and blueberries.

Calvin Klein Jeans

Jack's Tip

You don't like fruit? Add chocolate chips on top!



JUMP!



With Kate



Our fitness expert will help you get fit with the determination of a meteor.

Before starting any kind of exercise we need to warm our body up. In the same way we do not get up from bed with a big jump, we have to give some time to the body to get used to physical activity.

Today we are going to remember the basics warm up exercises for one of my favourite activities: dance!

Remember! Take it easy in the beginning. It is always better to do it slow and steady rather than do it fast and hurt ourselves.





Stretch our back by rising our arms up holding our hands. Then slowly swing your upper body to both sides. It is very important to not move our heels during this exercise.



Cross your arm from one side to the other and hold it with the opposite hand. Press a little bit and keep it in that position for ten seconds. Then, swap arms.



Hold your knees in front of your chest by ten seconds. Then grab your leg and hold it behind your back by ten seconds. Once you finished, swap legs. Try to keep your back as straight as possible while doing it.



*Well done,
Damon!*



STAR COMICS

HERE ARE MY TOP RECOMMENDATIONS OF THIS YEAR!

ALSO HERE I LEAVE A VERY SPECIAL ARTWORK FOR YOU TO PRINT!
EXCELSIOR!

CHAMPIONS, FROM MARK WALD AND HUMBERTO RAMOS



PAPER GIRLS, FROM BRIAN VAUGHAN AND CLIFF CHIANG



THE NEW WARRIORS, FROM DANIEL KIBBLESMITH LUCIANO VECCHIO





LINEART CREATED BY CARMEN CARNERO (MARVEL, DC, ...)
COLOURS BY TY
INKED BY GUILLERMO ARIZA

Ben's Gallery

CRITIC VS ARTIST: NATURAL ENEMIES

Bella is the most ruthless Art critic of the modern world. Her glass is filled with artists tears and sprinkles the avocado on toast with their despair

And his amazing masterpieces

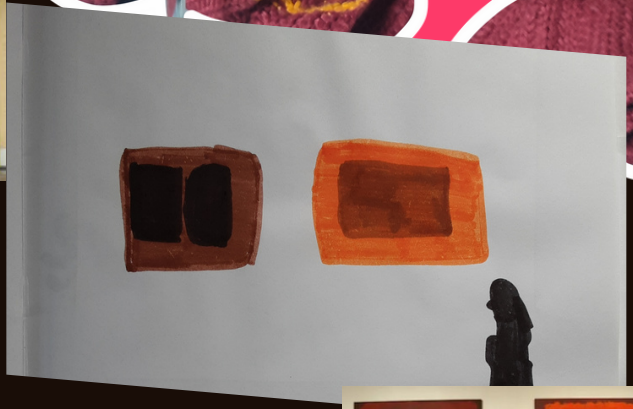
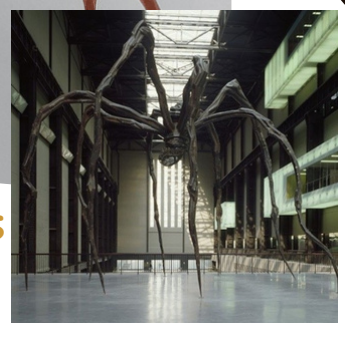
the finest art of London, revisited by the most awesome artist in this side of the Thames



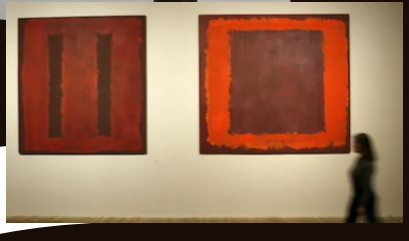
Amara por Dios



Louise Bourgeois



Rothko



Henri Matisse



C215



Latest

The summer is coming and our fashion ambassador is ready to guide us in the unknown path of banging aesthetics and jawdropping drips



fashion

Long oversized coats are never out fashioned, never forget. Complement it with some neon lime green to pop up that contrast and there you go: a timeless look for your friends to enjoy!



"I am not extra, you are just basic"

trends

Style with Ollie

Today a hopeless teaching assistant came to me with a very bad look but there is nothing I can not fix!

Make up



I had to fix his hair with wax, hairspray and some personality and use my special face paintings but sweat paid the price!

It just took me half an hour to transform somebody that looked like a beggar to a quite fresher and way more actual look. Say goodbye to that rusty 90s trand and welcome the vibrant and fun vibe of alternative festivals and vegan food!



Streetwear



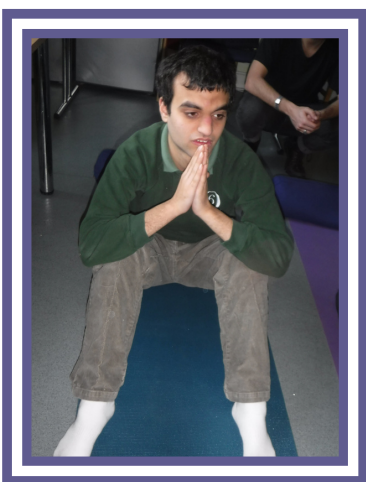
NAMASTE

WITH YOGI KAMY

YOGA AT COLLEGE

THE BENEFITS OF MEDITATION IN LIFE

In this busy world we tend to lost our path and fall into the noisy valley of stress. One of the activities that has helped thousands of people is yoga and meditation. Create yourself a nice space filling it with scents and relaxing music. Breath deeply... and try to copy us!



Namaste!



Flexibility is key!



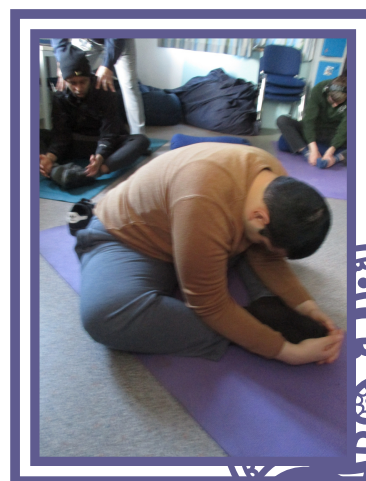
Dog facing down. A classic



Try to touch your feet!



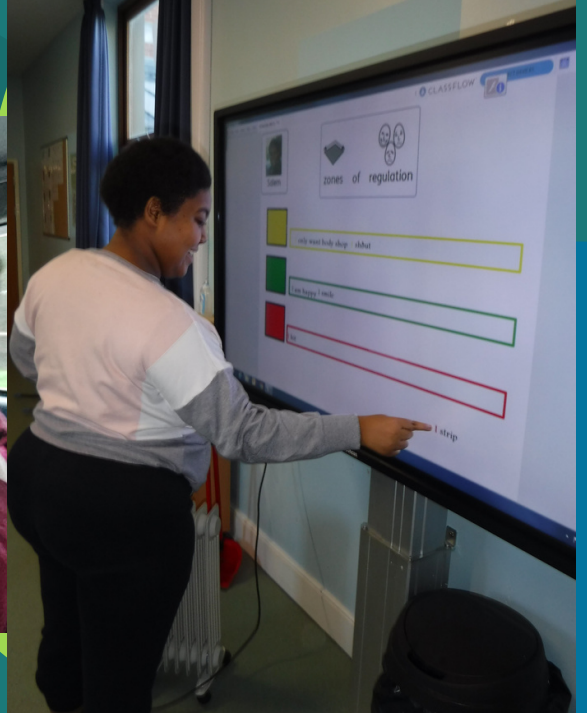
Careful to not tickle your own feet!



Look at Omar's butterfly

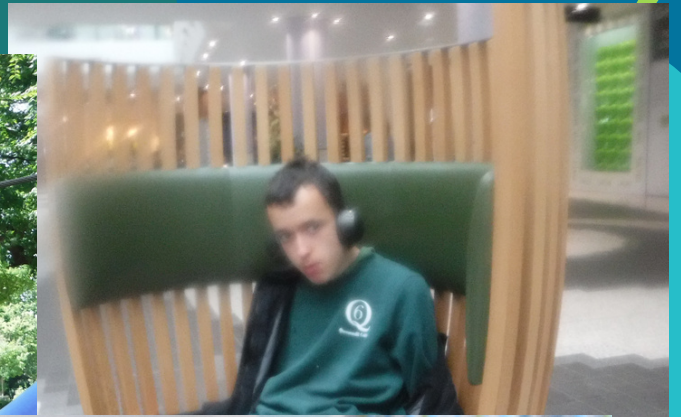


Gallery







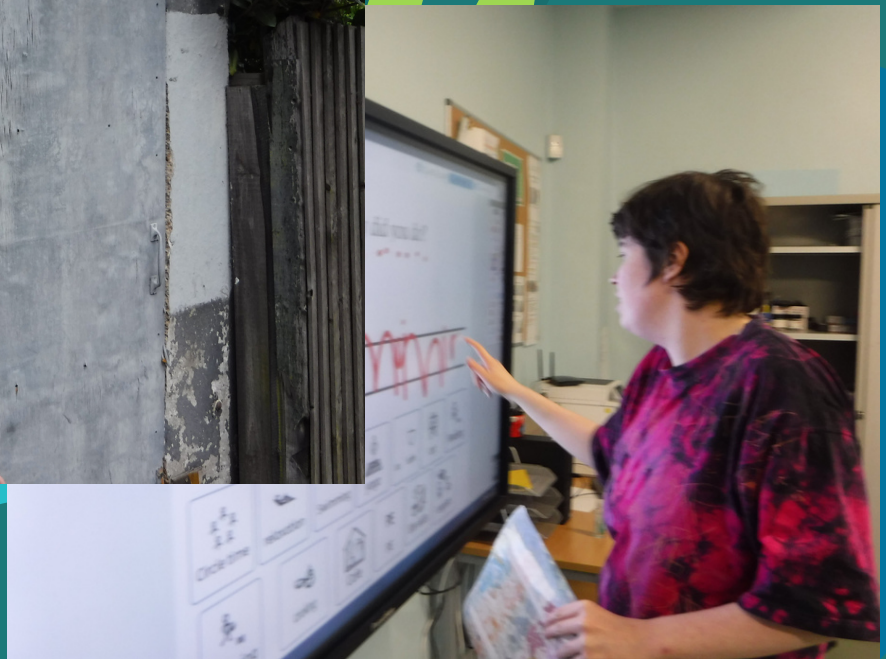






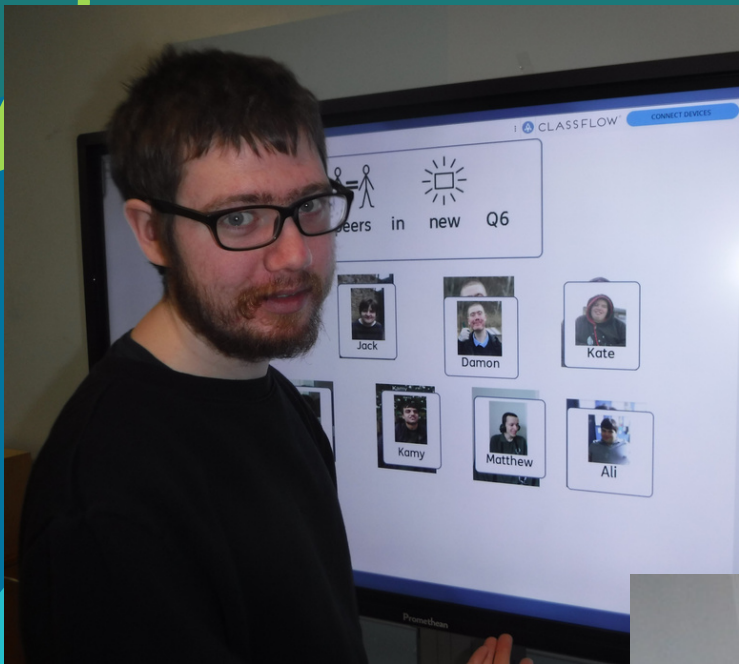














Special thanks

Sainsbury's

MARVEL



®



Adobe