

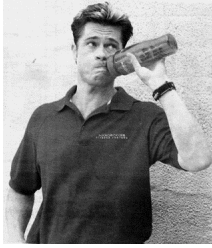
Bijlage VMBO-GL en TL

2014

tijdvak 1

Engels CSE GL en TL

Tekstboekje

Burn After Reading ★★★★★ <i>Comedy/Romance starring George Clooney, John Malkovich, Frances McDormand, Brad Pitt.</i> <i>Cert 15A</i> THE PLOT: While not classic Coen brothers material, Brad Pitt keeps us smirking as the dim-witted gym employee who, with co-worker Frances McDormand, tries to blackmail a former CIA agent (John Malkovich) to fund her plastic surgery needs.	 THE VERDICT: After the agonising tension and brutality of their Oscar-winning opus <i>No Country For Old Men</i>, writer-directors Joel en Ethan Coen return to comedic territory with this pithy tale of espionage and infidelity.
Eagle Eye ★★★ <i>Action/Thriller starring Shia LaBeouf, Michelle Monaghan.</i> <i>Cert 12A</i> THE PLOT: Shia LaBeouf stars in director DJ Caruso's ludicrously-overblown romp about two strangers drawn into a web of murder and deceit by an unseen puppet master who ultimately wants them to commit mass murder.	 THE VERDICT: The would-be assassins find themselves on the run from the cops and FBI as Eagle Eye barely pauses for breath between each slam-bang action sequence.
The Rocker ★★★ <i>Comedy/Romance starring Rainn Wilson, Josh Gad, Emma Stone.</i> <i>Cert 12A</i> THE PLOT: Failed drummer Robert 'Fish' Fishman is given a second chance at fame when he hears that his nephew's high school rock band ADD is looking for a new drummer.	 THE VERDICT: Strumming to the same beat as 'School Of Rock' – although for a younger target audience – the new film from director Peter Cattaneo hits some of the right notes, but there's nothing we haven't seen or heard before.

Mutant Chronicles ★ <i>Action/Thriller starring Thomas Jane, Ron Perlman, Anna Walton.</i> Cert 16 THE PLOT: Twenty-third century soldier Major Mitch Hunter leads a fight against an army of underworld NecroMutants in a futuristic action-adventure that locks and loads, but only shoots blanks.	 THE VERDICT: The film mimics the look and relentless gore of a noisy arcade-machine game, and labours under the illusion that a few snazzy visual effects will satisfy thrill-seeking audiences for the best part of two hours.
City of Ember ★★★ <i>Family/Drama starring Saoirse Ronan, Bill Murray, Tim Robbins.</i> Cert PG THE PLOT: ‘Monster House’ director Gil Kenan brings Jeanne DuPrau’s vision of a subterranean refuge to life – imagining a world cocooned against the threat of nuclear war as food stores are dwindling and machinery failing.	 THE VERDICT: A group of feisty students plan to find a solution to the growing nightmare, but the film feels a tad sluggish even at 94 minutes. Bill Murray does a lifeless turn as a corrupt official.
How to Lose Friends and Alienate People ★★ <i>Comedy/Romance starring Simon Pegg.</i> Cert 15A THE PLOT: Based on Toby Young’s memoir, director Robert B Weide’s film outlines the misadventures of an unfortunate British writer who unexpectedly finds himself at the centre of New York’s social whirl.	 THE VERDICT: All of the barbs in Young’s confessional are filed down to make a romantic comedy, replete with outlandish set-pieces. Simon Pegg is a dislikable anti-hero – he grates from the first smug grin.
Fly Me to the Moon ★★ <i>Family/Comedy featuring the voice of Trevor Gagnon.</i> Cert PG THE PLOT: ‘Fly Me To The Moon’ re-imagines one of the proudest moments in modern American history – the Apollo 11 space flight – through the eyes of three young houseflies with a proboscis for trouble.	 THE VERDICT: Director Ben Stassen employs 3D technology to jaw-dropping effect, but the film has no comedy or drama to engage younger viewers or their parents. The impressive visuals cannot sustain our interest.

Professional Dog Walkers Face Backlash over 'Packs' on Heath

based on an article by London Correspondent **Fiona Hamilton**

(1) Professional dog walkers are to be brought to heel in one of the country's most popular open spaces. The managers of Hampstead Heath in North London are considering **restricting the number of dogs** that can be exercised on a single occasion at the heath, where up to 20 dogs at a time are sometimes walked together and let off their leashes. Other **users of the heath** have complained that they are unable to enjoy themselves because they find **the packs of dogs intimidating**.

(2) The City of London Corporation, which controls 10,000 acres of open space in the capital and its surrounding counties, says dogs are fighting each other and loads of animals are being dropped off for exercise. It is considering a restriction on the activities of professional dog walkers, across all of its open spaces, **to alleviate the problem**.

(3) Under the proposal there would be a **limit – likely to be six – to the number of dogs** that commercial operators could walk at any time. All professional walkers would have to **gain a licence** by undergoing assessment to prove that they could control their dogs. The corporation said that a professional licence, to be considered in the autumn, would restore peace on the heath, where there has been increasing tension



between dog owners and other users. **The suggestion has angered professional walkers**, who claim that they are being unfairly blamed for trouble caused by individual dogs whose **private owners are not properly controlling them**.

(4) Simon Lee, the superintendent of Hampstead Heath, told *The Times* that complaints about packs of dogs had been increasing steadily over the past two years. "When people bring in excess of eight or ten dogs – and some people bring significantly higher numbers than that – it is putting some people off enjoying this open space. The dog walkers may have good control but when dogs start acting in a pack manner, their playful behaviour can be intimidating." **The number of professional dog walkers has surged in recent years because they offer a convenient service to owners who are unable to exercise their pets regularly**. Hampstead Heath, near some wealthy neighbourhoods, is one of the capital's most popular walking spots.

(5) Heather Pope, who has been a professional dog walker on the heath since 2005, said that a licensing system was a 'knee-jerk reaction'. She said that most of the dog walkers on the heath were professionally trained and made sure that the animals in their group were well-suited and under control. "If someone doesn't like dogs they will complain even if you are walking an anorexic Chihuahua. People just won't live and let live." Ms Pope questioned the fairness of an assessment regime and was sceptical that the City of London would be able to police such a system.

(6) The Kennel Club expressed concern that an 'anti-dog' climate was developing around Britain. A spokeswoman said that councils had been given powers to control dogs in 2005 and were becoming increasingly strict. "The problem with restrictions is that every dog is different. To say that walking six Chihuahuas and walking six Dobermans is the same thing is really quite ludicrous. There are factors such as control that the walkers have and their relationship with the dogs, and these are different in every circumstance."

The Times, 2009

Drumming: Give it Some Stick



Pounding out your frustrations on the drums is a perfect, healthy family activity, says **Lucy Atkins**

(1) Rock drumming lessons may not seem an obvious family activity, but an hour with teacher Nigel Ralf turns out to be the best entertainment money can buy – not just for adults, but for children too.

(2) The **benefits** of rock drumming are **8**. First, there is the simple, **therapeutic** joy of hitting. Then there are the newly discovered **health** effects. Researchers recently studied Clem Burke, the drummer from Blondie, and discovered that he **burned off up to 600 calories** per hour. His fitness, they found, was similar to that of a professional footballer. The researchers now plan to develop rock-drumming programmes in schools as an **ingenious way to get either chubby or non-sporty**, computer-obsessed children to **9**.

(3) Ralf, of course, is already doing this. “Drumming is seen as cool,” he says, “and although you work up a

definite sweat, no child thinks of it as exercise.” They are, after all, still sitting down.

(4) There are also many psychological **10**. For example, drumming is used to **treat depression** and other **mental illnesses**, as well as in drug rehabilitation programmes and as an **aid to stop smoking**. The idea is that banging a drum activates the brain’s pleasure centres, tackles stress, takes you out of your self-obsessed routine and promotes a sense of community.

(5) Best of all, it is enormous fun – for all ages. I first discovered this at the school summer fête, where Ralf put on a drumming competition for children. I became hooked. My children may have been **11** to see their mother wildly hitting the drums, **but** they **still agreed** to come to a family lesson.

(6) Our hour-long session begins with maths. Not a good start – I see my children turn pale – but, says Ralf, “in drumming, maths is easy”. It is all about recognising multiples of four so you can go at different speeds. We are using electronic drum sets, which are more compact and, **12**, have volume control (you can even plug in headphones **to avoid upsetting the neighbours**).

(7) Next, Ralf introduces us to the basic ‘four-beat rock rhythm’. This involves a surprising degree of mental flexibility: two hands and a bass-drum foot, each doing

something different 13 your brain keeps a one-two-three-four rhythm. It is a brain-aching exercise in coordination, which, he points out, must have knock-on benefits in sport, 14 boosting sluggish brain cells.

(8) “Virtually any child – or adult – can get some sense of achievement from drumming,” says Ralf, who left a job in electronics to teach drumming in primary and secondary schools in Oxfordshire. “It’s also a great way to get people interested in other musical instruments.” Though he offers private lessons, most pupils come to group tutorials after school or to holiday rock schools. “I get lots of mad mummies wanting

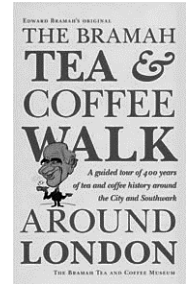
a go,” Ralf says. “The dads are often more 15. Perhaps they don’t want to look as if they don’t know what they’re doing.”

(9) It has been brilliant learning something new. All in all, our family rock-drumming lesson is a roaring success. We leave relaxed and smiling, energy spent.

Nigel Ralf runs Drum Beats in Oxford. One-hour private lessons cost £26; group lessons from £8 per child, ages eight and above. (www.drum-beats.co.uk; 07910 433265)

The Guardian, 2008

The Bramah Museum of Tea and Coffee, only two minutes from London Bridge Station, is the world's first museum devoted entirely to the **history** of tea and coffee. It tells the **commercial** and **social** 400-year-old history of two of the world's most important commodities since their arrival in Europe from the Far East and Africa.



Since the British played a major role both in the China trade and development of production in India, Ceylon and Africa, the museum naturally tells the story from a British perspective. The museum, through its ceramics, metal ware, prints and displays, answers all those questions that people from around the world ask about British tea and coffee.

The museum believes everything possible should be done to maintain and, if possible, improve the quality of tea and coffee offered to the public.

The London tea trade has, for generations, conducted the business of unloading ships, marketing, blending and packing on both sides of the Thames close to London Bridge. Although the tea auctions were held **north of the river**, the South Bank boasted many prestigious warehouses. Also nearby is the George Inn with its original seventeenth century coffee room.

For 200 years the East India Company sailing ships returning from China would unload their cargoes on the Thames. Although the steam ships bringing teas from India, Ceylon and Africa frequently berthed further down river, their cargoes would be brought up by barge as far as London Bridge. Some Clipper sailing ships however, came as far as London Bridge in the 1860s.

Menu

The ceremony of English afternoon tea was popularised throughout the world by the British and is kept alive in our authentic tea room. The five minute wait for the tea to infuse is the heart and soul of English afternoon tea.

Cream Tea

Scones with clotted cream and jam, cake and tea of your choice £7.

Afternoon Tea

Cucumber sandwiches, hot crumpet, tea cake, cake and choice of tea £9.

Guided Tours available.

Pre-Booking

Your table can be reserved for either cream or afternoon tea by emailing us at: bramah@teaandcoffeemuseum.com.

We can accommodate a quiet table for two and groups of up to 45.
Group booking is a specialty.



You did *what*?

I Walked the Length of the USA



Andy's Top Trek Tips

- 1 Get up early to avoid lightning storms – they generally roll in around midday.
- 2 Avoid carrying unnecessary clothes by posting them ahead, and picking them up from local post offices when you need them.
- 3 Plan and train thoroughly before you go.

Andy West hiked solo from Canada to Mexico

(1) It was a spell of sick leave that finally made Andy West realise that, if he was ever going to achieve **his dream** of trekking the Continental Divide Trail – the 5,000km north-south route along the Rockies from the Canada/US border to Mexico – he was just going to have to get up and do it. So Andy sold his house, gave up his job and devoted almost a year to planning his mammoth hike, as well as using the challenge to raise money for CHASE hospice care (www.chasecare.org.uk) and the Stroke Association (www.stroke.org.uk).

(2) **His schedule was exhausting:** It took Andy five

months, trekking around 32km a day, six days a week, with just one small backpack, to complete his goal. So why did he do it? “The **rewards** came from completing a section each day,” explains Andy. “**And being so high up that you could see for miles at a time.**” My number-one memory is hiking through the snow, high up on a mountain ridge, in the cold air and under beautiful blue skies.” So, what was a typical day on the trail? “I’d get up early, before dawn, and cook myself some breakfast before setting off. **By the end of the day I’d be trekking in the dark with a GPS and a light on my head!**”

(3) It could be lonely: “I’d go a long time without seeing anyone – I trekked 650km through Montana and didn’t see another person!”, Andy admits. But he also met hunters every now and then and sometimes their prey. “People often joked that I was going to get shot because ‘hunters will shoot anything’.

However, the hunters were really friendly and offered me food and water – which was a life-saver,” Andy recalls. “And once I saw a grizzly bear, which I scooted around!”

(4) Andy had more to contend with than just the odd grizzly. As well as fighting against snow and a trip-threatening leg injury, he also endured a forest fire and the odd lightning storm. Despite these challenges, Andy is not deterred from more trekking adventures and is planning to try the Pacific Crest Trail this year. His advice to anyone thinking of doing their own mega trek? “Just get on with it!”

For more on Andy’s adventure, see www.andywestactive.com.

Wanderlust, 2009



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distance without fatigue and keep a faster sustainable speed – **even uphill or with the wind in your face.** Engineered and made in Germany, you can be assured by the impeccable build-quality which translates into a more stable, safer and enjoyable ride.

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- 3 Long-life lithium-ion battery securely fixed to frame with key lock
- 4 Fully charged in 3 hrs
- 5 Maximum speed of 15 miles an hour
- 6 Travels up to 50 miles before next charge
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- 8 Comfortable gel saddle
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- 10 Handy parking stand & integrated rear luggage rack

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A Chance to Shine

Professional dance training as a condition of community sentences is helping young offenders in Bradford and Leeds find their feet.

Helen Carter

(1) It is less than five hours to go before *Dance Unite's* performance at the Alhambra theatre's studio in Bradford and all is not well. The young dancers are behaving very nervously and giggling when they should be concentrating on their performance. Tara Herbert, the artistic director, tells one of the girls to stop scratching. The girl loses her temper, swears, storms off in a huff, and is ordered out of the studio. Undeterred, the company continues its dress rehearsal.

(2) *Dance United* uses dance to engage young offenders. Its academy offers an intensive 12-week programme, 25 hours a week, in which young people are treated as trainee professional dancers and receive a certificate in basic practical performance skills.

(3) Last year 33 young people were referred to *Dance United* from the Bradford and Leeds youth offending teams as a condition of their community sentence. In this area, more than three-quarters are expected to reoffend within 12 months –

higher than the national average. Of the 33 referred to *Dance United*, 19 stayed on the programme and only half reoffended.

(4) A report out today by New Philanthropy Capital (NPC), analysing the most cost-effective youth offending programmes, highlights the work of *Dance United*. The report estimates that by stopping even one person reoffending, the charity can save the community from spending about £82,000.

(5) *Dance United* relies on the Arts Council, the lottery and youth offending teams for funding. NPC says that because the criminal justice field is averse to risk, fearful of tabloids and keen to look tough on crime, the voluntary sector – which is not stifled by a sense of what is 'publicly acceptable' – has a particularly important role to play. It explains: "By targeting support at organisations that are making a real statement, charities and funders can save children from a life of crime and get offenders back on the straight and narrow."

(6) Back at the dress rehearsal, the dancer who quit is back. Everyone sits in a circle and she apologises for her behaviour. "Thanks for having me back," she says. "I just want to make my mum proud." She hangs her head, embarrassed by the attention.

(7) After three weeks of training the young people will go into primary schools to help deliver dance lessons. Rob Lynden, head of programme development at *Dance United*, says the training is about people reintegrating with their families and picking up the pieces of their lives. "The young people are taken out of their comfort zone. When they first come along the kids will moan and scream about everything, and then they start to realise it is

something they actually enjoy," he says.

(8) Connor (not his real name), 19, was permanently excluded from school because of his poor behaviour. "I used to find it very difficult when I began dancing and tried to focus, but now I just blank everything out. I am applying for university when I finish my course. I have met some amazing people who will be friends for life."

The Society Guardian, 2010

Appeal of the Cycle Routes

Sir: A leaflet which accompanied my copy of the 23 July edition of *The Independent* invited me to contribute towards the cost of building the National Cycle Network by the charity Sustrans.

I am **appalled** that I even received the leaflet.

Have we really become so **car-obsessed** that the **Government is not prepared to invest** in such a worthwhile project? What will happen if the National Lottery and individual contributions are insufficient?

I don't recall receiving requests for support for the further development of the National Road Network.

Hayley North,
Leeds

Get to See a Whale Soon

You may want to describe it to your grandchildren.



Many great whales like the humpback have been so brutally massacred by mankind that **whalers consider them commercially extinct.**

Whales are still over-exploited

Typical is the blue whale, the largest animal that has ever lived on this earth – 100 feet (30 metres) long and weighing 160 tons. Since 1900 we humans have killed well over 300,000 of them and **there are only a few thousand left.**

Despite international demands to stop the slaughter, whalers – mainly Japanese and Russian – are destroying four other species of great whale; some have already been reduced to 20 per cent of their former population. Whalers can turn to other trades but the great whales can never be recreated.

They have much to teach us

These peaceful creatures have highly developed brains and close family and social organisation.

They can communicate over great distances, and dive to great depths. We cannot yet explain their full role in the ecology of the seas, but if they are wiped out and we find their role was a vital one, it will be too late.

The World Wildlife Fund is campaigning to save the life and resources of the seas – for our own sakes and those of our children