

# explicit

MTU STUDENTS' UNION MAG



### GOOD START 2022 @ MTU

Your friendly introduction to life at MTU

### FRESHERS' WEEK EVENTS TIMETABLE

A summary of Freshers' Week events.

### 2022 STUDENTS INC PROGRAMME

A celebration night dedicated to student business innovation

### FLYNNER'S FLYING COLUMN

Michael Collins, Oasis & Trainers - *We know you're Intrigued!*



# 2022-2023 STUDENTS' UNION OFFICERS



**Isobel Kavanagh**  
**PRESIDENT**

Representation // Organisation // Press & Media  
Chief Spokesperson // Campaigns // National Issues  
Facilities & Services

*Isobel Kavanagh*



**Oisín Gahan**  
**VP EDUCATION**

Academic Issues // Grants Information // Education Campaigns  
// Grinds List Management // Class Rep Organisation

*Oisín Gahan*



**Kelda Mac**  
**VP WELFARE**

Well Being Campaigns // Financial Issues // General Student  
Support // Accommodation // Safety // Equality

*Keldamac*



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## ARE YOU THE RIGHT PERSON TO REPRESENT YOUR CLASS?



- INTERESTED IN STUDENT REPRESENTATION?**
- WANT TO IMPROVE YOUR COMMUNICATION AND NEGOTIATION SKILLS?**
- WANT TO LEARN HOW TO ORGANISE SUCCESSFUL EVENTS?**
- DIFFERENTIATE YOURSELF ON THE JOBS MARKET?**

**THEN BEING A CLASS REP IS FOR YOU!**

For more info, please contact the Students' Union.

Email: [sueducationcork@mtu.ie](mailto:sueducationcork@mtu.ie)  
or head to: <https://www.mtucorksui.ie/>

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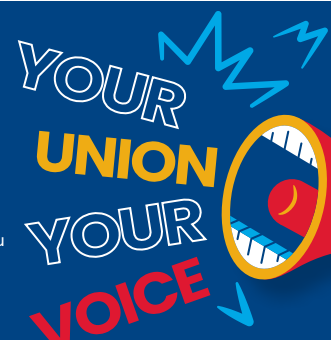
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MTU Student Inc participant  
Divyashree Srinivas




Prof. Maggie Cusack speaking at the event



 *MTU Student Inc participant Idowu Akinyimika*



 *Student Inc. participants 2022*

# 2022 STUDENT INC PROGRAMME

| **Carole O' Leary**

The 2022 Student Inc programme came to a successful conclusion on Wednesday 24th August with a showcase event in Vertigo, Cork County Hall. The event was attended by approximately 100 people from the academic and business communities.


Student Inc. provides MTU students with a business idea or an invention the opportunity to turn that idea into a reality in a safe and learning environment.

The programme commenced on May 30th and ran for 13 weeks. During that time the students were based in the on-campus business incubation centres, Rubicon and Tom Crean, attended one to one mentoring sessions (110 in total), training sessions and workshops (52 in total), worked with the other students on the programme, got the opportunity to interact with more seasoned entrepreneurs from a broad range of sectors across the region and pitched to a panel of Angel Investors. They also received €4,000 in seed funding over the summer.

The 2022 MTU participants came from a number of programmes: Data Science & Analytics, Software Development, Biomedical Engineering, Fintech Innovation & Business.

The guest speaker at the event was MTU graduate Vincent Forde, Founder of Gascon Medical, himself a Student Inc participant in 2015. Gascon Medical is an award-winning start-up medical device company, based in Cork, Ireland, developing innovative fluid management products for the clinical market.



 *Guest speaker Vincent Forde*

**OPENING HOURS**

**MONDAY-FRIDAY**

7:00am-9:00PM

**SATURDAY**

9:00am-4:00pm



**GET FIT WITH**  
**MTU GYM**  
**CORK**

**NO ID NO ENTRY**

First time users of MTU Gym will need to register their staff/student card.

Please ask instructor on duty.

**CONTACT**

**E:** [gymcork@mtu.ie](mailto:gymcork@mtu.ie)

**Ph:** 021-4335778

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# SOCIETIES

Munster Technological University

Tuesday  
27th  
September

SIGN-UP

10am - 2pm @ The Nexus

WEDNESDAY  
28th SEPTEMBER



# SPORTS

SIGN-UP



# GOOD START 2022

Congratulations on getting your place in MTU. We are delighted that you have become part of our community. The first week of college is finally here and I'm sure you're all feeling anxious/excited/confused and many other mixed emotions. All of us here at Good Start would like you to know that this is perfectly normal while you settle in.

## SO.. WHAT IS GOOD START?

Good Start, an exciting programme from **AnSEO** – the Student Engagement Office, is a support system for new and returning students, run by students for students.

Good Start aims to help you find your way in MTU by focusing on success, belonging, motivation, and independence; the full student experience. We strive to ease the process of familiarising yourself with the MTU Cork campuses, settling in, meeting new people and honing your academic skills.

Good Start ambassadors provide information and opportunities to get to know your fellow students and the supports available in MTU, helping to make your first few weeks a positive and exciting experience.

## WHO ARE THE AMBASSADORS?

If you haven't already met us, you'll get the chance to chat with us during our "Get Connected" Icebreaker sessions. We have plenty of games planned to help you get to know each other, make friends and settle into your new class environment.

## WHEN ARE WE AROUND?

Good Start Ambassadors are always milling about. Look out for the red hoodies floating around the different campuses, and don't be afraid to approach us with any questions you may have. After all, we chose this role because we are passionate about helping you adjust as easily as possible to college life. What resources can they share?

The **Just Ask!** desks are a perfect place to go with any queries you may have about college, including the campus, lectures, transportation, gym, clubs and societies, and much more. You can find one on every campus. Feel free to approach us with any questions or queries you may have, big or small, and we will only be happy to help!

The Good Start team also provides online content as detailed below, written articles like this one, and various events and workshops to help first year students to settle in.

If you're ever stressed about college life and work, we know who can help. We would only be thrilled to guide you in the right direction for any support you may need.





## DIGITAL LINKS

You can keep up to date with Good Start events, Q&As and giveaways on our Instagram, Facebook and TikTok accounts: @mtugoodstart.

Remember to check your emails for our weekly newsletters, tailored to help new students settle into the world of third level learning here at MTU.

## FOR MORE INFORMATION:

check out <https://studentengagement.cit.ie/goodstart>.

AnSEO offers other useful services, which includes the Academic Learning Centre and Academic Success Coaching, to assist your studies, free of charge.

For more information on this, please check out the AnSEO website at <https://studentengagement.cit.ie/> and the MTU AnSEO Facebook Page @mtuanseo.

Any more questions? Get in touch and we'll get back to you as soon as possible! Our email is [good.startcork@mtu.ie](mailto:good.startcork@mtu.ie).



# LET'S TALK ABOUT ASTHMA

By Dr. Scullion



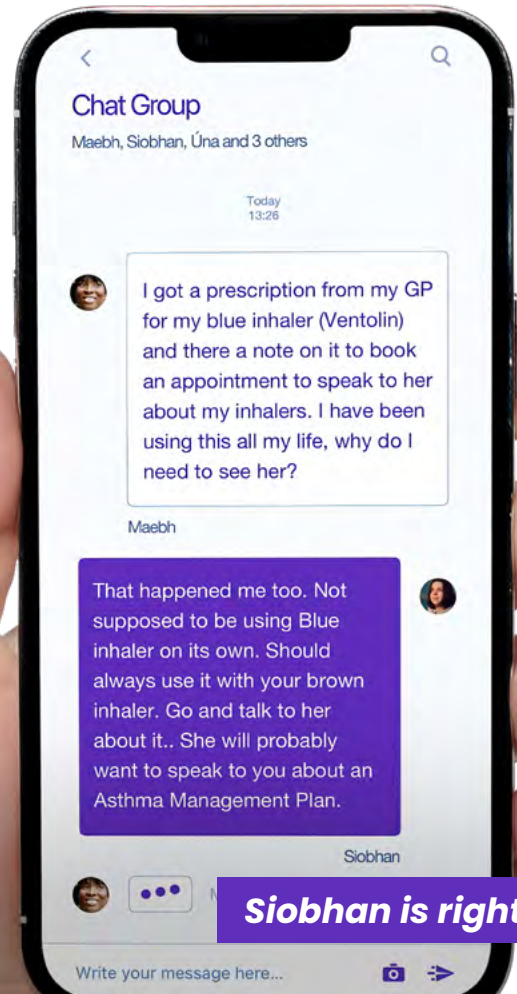
**Pat:** Mark, will you wait for me I forgot to bring my inhaler?  
**Mark:** Why do you need an inhaler?  
**Pat:** For my asthma  
**Mark:** What's that?  
**Pat:** It is a condition affecting my breathing. I sometimes feel wheezy, chest feels tight and I can cough a lot. If I use my inhaler properly, it normally doesn't annoy me. Come on, we're late....

Asthma is a condition that affects the airways – the small tubes that carry air in and out of the lungs. In asthma, the airways become over-sensitive. The muscles in the walls tighten up and then the lining of the airway then become swollen and produces mucus. All of the above changes leave little room for air to flow in and out.

Asthma cannot be prevented or cured but the clinical symptoms can be effectively controlled with appropriate treatment.

## DID YOU KNOW?

- 1 in 13 people in Ireland currently have asthma.
- Asthma is the most prevalent health condition among young Irish adults.
- One person dies every 6 days in Ireland because of Asthma.
- Four minutes: How often someone visits A+E with Asthma.



**Siobhan is right!**

There have been a lot of changes recently in the approach to management of asthma.

It is extremely important that preventer medication (Brown inhaler or combination inhalers) is taken regularly and as prescribed. If there is need to use the reliever inhaler then the preventer inhaler should also be taken at the same time.

Using your blue inhaler only may give some immediate relief to symptoms but will not control them. Overuse of the reliever inhaler on its own increases the risk of asthma attack.

If you have to use your blue inhaler more than twice a week then your Asthma is not controlled. All asthmatics should have an Asthma Action Plan.

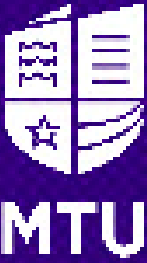
If you have any questions or concerns about your asthma, please make an appointment to see one of the doctors or nurses in the MTU Medical Centre.

The Irish Asthma Society have good resources and information on Asthma.

## WHAT TO DO IN THE CASE OF AN ASTHMA ATTACK:

1. **Follow the Irish Asthma Society's Five-Step Rule**
2. **Stay calm. Sit up straight – do not lie down**
3. **Take slow, steady breaths.**
4. **Take one puff of your reliever (blue) inhaler every minute.**
5. **Call 999 or 112 if symptoms don't improve after 10 mins.**
6. **Repeat step 3 if an ambulance has not arrived in 10 minutes.**
7. **Remember, if someone is having an asthma attack, do NOT leave them on their own.**





# FRESHERS WEEK TIMETABLE

# 2022

3RD-6TH OF OCTOBER

MON - THURS

# 3

# MON

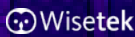
- 10am MARKET STALLS outside Student Centre
- 11am COCA-COLA ZERO SUGAR Sampling
- OUTDOOR DJ by Gym area
- 12pm DJ MC FLEMING in the Student Centre
- 1pm HYPNOTIST ADRIAN KNIGHT in Student Centre

- 9pm KEEP IT LOCAL in Bishopstown Bar (whole building open)

OVER 18S ONLY - Age ID and Student ID required  
Adm €2 before 10pm, €5 afterwards

FREE buses back to Bishopstown student complexes afterwards

SPONSORED BY



# 4

# TUES

- 10am MARKET STALLS outside Student Centre
- 11am OUTDOOR DJ by Gym area
- 12pm DJ PATRICK AHERN - (80s vs 90s) in Student Centre
- 1pm MUSIC BINGO in Student Centre - lots of prizes to be won

SPONSORED BY



Adrian Knight is one of Ireland's foremost comedy hypnotists. This is his first visit to MTU in five years. He has delighted and excited audiences for more than 15 years, playing to packed shows, entertaining tens of thousands of people every year.

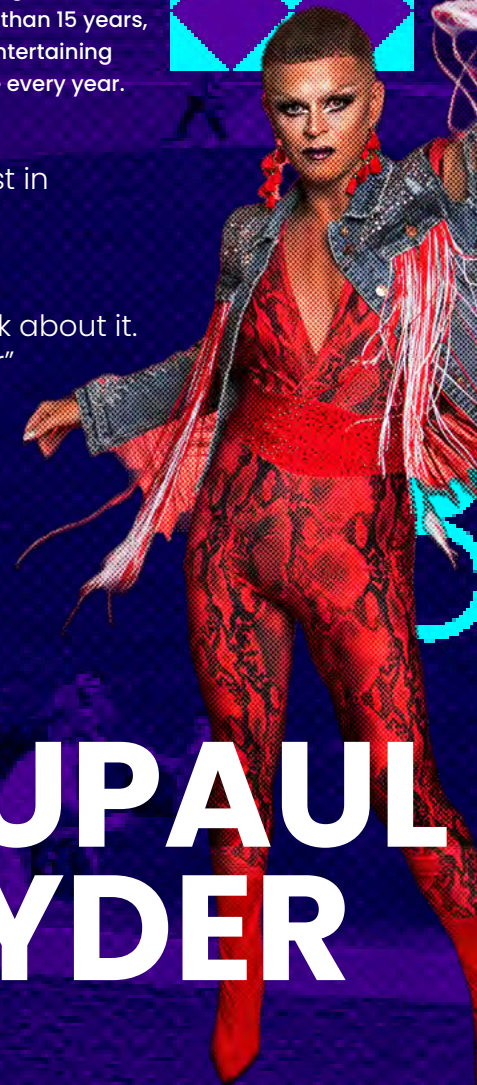
The best and funniest in the business!"

- Daily Mirror

"Amazing. We still talk about it. A night to remember"

- RTE

# ADRIAN KNIGHT



# RUPAUL RYDER

For night time events (see flyers, posters & online for full details)

Over 18 only. Age ID and Student ID required.



# MUSIC BINGO

# 5

## WED

**10am** MARKET STALLS outside Student Centre

**11am** PEPSI TASTE CHALLENGE

OUTDOOR DJ by Gym area

**12pm** DJ MC FLEMING in the Student Centre

**12-3pm** Freshers Week **SOCCER TOURNAMENT** at Astro Turf Pitches

**1pm** LIVE MUSIC with **THE VIOLET CLUB** outside in Circle area

**8pm** Freshers Week **TABLE QUIZ** at Wetherspoons Linen Weaver Pub- vouchers to be won

SPONSORED BY ///////////////



# 6

## THUR

**10am** MARKET STALLS outside Student Centre

**11am** HOT PRESS promotion w/ free smoothie ice cream

Eleven Australia shampoo and conditioner promotion outside library

OUTDOOR DJ by Gym area

**12pm** DJ MC FLEMING in the Student Centre

**1pm** DRAG QUEEN KARAOKE with RUPAUL RYDER in the Student Centre

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# THE VIOLET CLUB

This is an out door show by the student centre at the circle. Arriving hot and fast on the clubs and pub scene in Cork City, Violet Club have already garnered an enthusiastic following among Cork's youth. The seven piece band boasts a wide reading repertoire of hits, both new and old, and their own lively compositions.

The high standard of music combined with the effervescent stage presence has earned them both acclaim and infamy in their native city. They have been featured in The Irish Examiner and The Evening Echo, and went viral on TikTok and Instagram having been featured on LadBible and IrishDaily. The only way is up for this band.



# SAFE DAY

# SAFE

# SAFE



## **SAFE GIGS**

Running competitions.

## **SEXUAL VIOLENCE CENTRE**

Raising awareness about sexual assault, spiking on nights out, and more.

## **THE GUARDS**

Giving information about the dangers of antisocial behaviour including the aggressiveness that is often displayed when alcohol is involved.

## **THE D.A.S.H. UNIT**

To provide rapid STI tests to students!

**DATE:**  
27th Sept 2022

**TIME:**  
11am - 3pm

**LOCATION:**  
Main Corridor




# Fáilte chuig d'Aontas. Welcome to your Union.

A bhuioch le d'Aontas, tá tú mar bhall d'Aontas na Mac Léinn in Éirinn. Le 63 bliain anuas, táimid aitheanta mar ghuth na mac léinn in Éirinn agus táimid láidir mar gheall ar rannpháirtíocht na mball, cosúil leatsa.




Thanks to your SU, you're a member of the Union of Students in Ireland. For 63 years we've been the recognised voice of Ireland's students and we're strong because of members like you getting involved.

Is tusa AMLÉ. Tá líúchair orainn tú a bheith linn.  
You are USI. We're glad you could join us.

## Ceard a chreideann AMLÉ | USI's beliefs

-  **Access to education**  
*Is a fundamental right of all people in Ireland*  
**Rochtain ar oideachas...**  
*...mar bhuncheart ag muintir na hÉireann uilig*
-  **Tá cearta ag mac léinn...**  
*...maith le tacaíocht airgeadais, tithíocht chuí agus poist shébhéite.*  
**Students have rights**  
*to a decent standard of living including financial support, decent housing and decent safe jobs in Ireland, among others*
-  **Rannpháirtíocht na mac léinn...**  
*...I gcur chun ainn agus cosaint cearta deonna agus deontaeche uilig*  
**Students should be active**  
*in the promotion and defence of all human and democratic rights*

## Oibríonn AMLÉ ar do shon | What we do for you

-  **Guth láidir amháin ar do shon...**  
*...stoaíreacht, faochtasíocht agus idirbheartaíocht le polaiteoirí Rialtais agus eagraíochtaí oideachais.*  
**A strong unified voice for you**  
*lobbying, campaigning and negotiating with government, politicians and education bodies*
-  **Ag tacú le d'Aontas Mac Léinn**  
*Ag oiliúint d'offíseirí Aontas Mac Léinn agus ag cabhrú leo ionadaíocht a dhéanamh ort ar bhonn áitiúil, náisiúnta agus idirnáisiúnta.*  
**Supporting your Students' Union**  
*Training and assisting your Students' Union officers to represent you locally, nationally and internationally*
-  **Freastal ar riachtanas na mac léinn...**  
*...Faichíochais mhheabhairsháirte, aolais ar sháirte ghnéis agus oibríochais ar an inbhuanaitheacht, tithíocht agus tacaíocht airgeadais.*  
**Meeting students' needs**  
*Mental health campaigns, sexual health info and work on sustainability, housing and the environment.*



Union of Students in Ireland  
Aontas na Mac Léinn in Éirinn

**1 NATIONAL UNION**  
**374,000 STUDENTS**



Caoimhe Walsh  
Vice-President for the Southern Region of USI



Eith O'Reilly  
USI President



Isabel Kavanagh  
President, MTU Cork SU  
member of USI Connaught & Midland

# CAREER SERVICES AT MTU CORK



**Q** Caitriona, can you tell us a bit about the Career Service in MTU Cork Campus and how students can access a Careers Advisor?

**A** **CAITRIONA HORGAN (CH):**  
 The Careers office here in Cork is based on the Bishopstown campus and we work with students and academic staff across all Cork Campuses, all disciplines and all levels of study, in both one-to-one and group settings and both online and in-person supports. We also run numerous Careers events throughout the year such as employer talks, lunch time clinics, drop-in sessions, seminars and specifically tailored careers programmes, as well as the annual Careers Fair, we also work closely with academic departments to deliver tailored Careers workshops and talks to students on relevant careers topics. In addition, we have a range of online resources and careers eLearning programmes. On that point of online resources, MTU will also launch an exciting new suite of online career tools and resources called 'MyCareer' this Autumn. This is a comprehensive software package which includes an Artificial Intelligence [AI] CV scan with personalised score and feedback, [AI] mock interview with personalised feedback, support in building an elevator pitch and LinkedIn profile and a library of bite sized, career focused, e-learning. This will facilitate students to access online career support on their phone or device as and when they need it 24/7 – 365 days a year. Ultimately the Careers team are passionate about working with our students in the context of careers expertise and current data to bring the very best information and opportunity to them. We encourage students to find all things careers by connecting with us on the CAREERSconnect platform.

**Q** Tell us more about CAREERSconnect – what is on there?

**A** **CAITRIONA HORGAN (CH):**  
 For full access to all things careers, students can go to <https://careers.cit.ie> or use the QR code below, log in and fill up a short profile to personalise the experience. We also encourage students to follow us on social media to keep up with all the news.

On CAREERSconnect, students can book a one-to-one appointment with a Careers Advisor, find useful Careers related resources, view and register for the many career's events. They can find out about events such as the Careers Fair, specific Careers programmes and numerous employer talks throughout the year, as well as view and apply for live jobs and opportunities.

[CareersCork@mtu.ie](mailto:CareersCork@mtu.ie) 021 4326232 [www.mycit.ie/careers](http://www.mycit.ie/careers)

**Q** I know that there are several specialised careers programmes available too, will you tell us more about them and how students can register their interest?

**A** **CAITRIONA HORGAN (CH):**  
 Yes, we have a number of specialised programmes offered on specific themes which we run in collaboration with other departments across MTU. Students who are interested and eligible across all disciplines and campuses can apply. More information on each can be found at the following links.



# BUILDING FORWARD

Career Development Programme for MATURE Students.

Applications are now open All full-time undergraduate Mature Students from all degree programmes, across all Cork campuses, are eligible to participate. The deadline to register your interest is **Friday 30th September 2022 at 4pm.**

- Application form, session dates for semester 1 and more information can be found here: <https://bit.ly/3xm6Zlv>
- All queries can be emailed to [buildingforward@mtu.ie](mailto:buildingforward@mtu.ie)

**A**

**CAITRIONA HORGAN (CH) CONTINUED:**  
**BUILDING FORWARD:** A Career Development Programme for Mature Students, (applications open until 23rd Sept. If you are a mature student and interested – take action now!) further information and the link to the application form can be found here – <https://www.mycit.ie/careers/building-forward-mature-student->

Design Your Future Career Development Programme for Researchers is a 10-credit elective module.

Contact: [graduatestudiescork@mtu.ie](mailto:graduatestudiescork@mtu.ie) for additional information

Joint Mentorship Programme, <http://www.mycit.ie/careers.mentorship-programme>

There is also Ready Steady Work Programme for students registered with DSS, which has just been completed and was a huge success. Email [rsw@mtu.ie](mailto:rsw@mtu.ie) for further information.

**Q**

Can you focus in on the Building Forward Career Development Programme for Mature Student and how a mature student can enroll for this coming year??

**A**

**CAITRIONA HORGAN (CH):**  
The Building Forward Career Development Programme offers a chance for mature students to take some space to participate in thought-provoking sessions which are grounded in careers theory and experience. Past participants have found that they became more confident in bringing together their own personal careers story and joining the dots between their experience, their developed skills, their studies and their future direction. Identifying their career related strengths, interests and motivations greatly informs the development of a focused career development plan.

The programme is offered online over four evening sessions in semester 1, to facilitate students across all campuses and one session in Semester 2.

I'd encourage any Mature Student considering the programme to contact myself at the Careers Service or Christine Nolan at the Access Office or email [buildingforward@mtu.ie](mailto:buildingforward@mtu.ie) for more information.

**Q**

Tell us about the upcoming Careers Fair – this is a date that every student will want to mark in their calendar!

**A**

**CAITRIONA HORGAN (CH):**  
Yes, we are so excited about returning to an in-person careers fair this year after the pandemic lockdowns. The online careers fairs over the last couple of years were a fantastic success and there were certainly lots of engagement and advantages to the remote fair, but there is nothing quite like the physical buzz on the campus on the day of the careers fair. We look forward to welcoming many leading employers on campus who are interested in meeting MTU students and graduates on the day.

The Careers team have numerous supports in place in the lead up to help our students and graduates become ready so that they can bring their best to the opportunities on the day. Here is a link to a really useful short video to help students think about how best to prepare for the Careers Fair. We look forward to meeting all students on the day and to working with them in the lead up as they prepare.

### [2022 Careers Fair Animation](#)

Huge work has been put in over the summer to put everything in place with over 100 Leading employers to be represented on campus. All the details as they are updated can be found on the events tab of CAREERSconnect. We look forward to seeing students and colleagues there!





**Q** Christine, can you give us an outline of what the Mature Student Support Service is about and a broad sense of the profile of the mature students here in MTU?

**A** **CHRISTINE:** My role as Mature Student Officer is to provide support and guidance to full-time undergraduate Mature Students to allow them to achieve their educational goals. Returning to education after a break or entering it for the first time as a mature student can be very exciting but also quite daunting. Mature Students bring with them life experiences along with determination and focus, all of which are conducive to successful learning. As Caitriona mentioned earlier, juggling life as a student as well as work and family commitments is a big undertaking. I offer a wide range of supports from pre-entry initiatives for prospective mature students, such as information sessions and maths sessions, to entry supports for newly enrolled mature students in MTU Cork Campus such as the Mature Student Orientation and Preparatory Maths Programme to post-entry supports which all registered MTU Mature Students on the Cork Campuses can avail of- personal, academic, social and financial- as well as a weekly drop-in service. I also liaise with the Careers Team, MTU Societies Officer, the AnSEO team and members of the Mature Student Society to run social and academic events for mature students such as coffee mornings, mature student breakfasts, cinema trips and a variety of workshops and programmes.

No two mature students are the same and each student's educational journey will be different. Mature students are aged 23 upwards- all lifelong learners! Mature Students are registered on practically every course on offer in MTU. My role is to support students as they progress through their educational journey and assist them when required. MTU's student focused approach helps students on the path to achieving their qualifications. MTU sees the value in having a diverse student population and Mature Students as non-traditional learners are an important cohort of students here on campus. I strongly believe that mature students must have input into the supports on offer to them as a cohort- 'with, not for'. This ensures that all initiatives are implemented with students at the centre.



*You begin to dream, talk, study, read and do whatever you are studying in every aspect of your life. I would not change what I've just completed for anything. Give it a go, take your fear and put it aside. It'll be forgotten the moment you start at MTU!*

Gerard Daly  
**Contemporary Applied Art (BA Honours),  
 MTU Crawford College of Art and Design (MTU CCAD).**

**MTU Cork Mature Student Support Contact Us**

- 021-4335138
- mature.studentcork@mtu.ie
- Access Service, MTU Bishopstown Campus
- www.cit.ie/maturestudents
- twitter.com/MTUCork\_MSO
- instagram.com/mtucork\_access

# SPORTS

## SIGN UP DAY



- AFL
- ATHLETICS
- BADMINTON
- BASKETBALL
- BOXING
- CRICKET
- DARTS
- EQUESTRIAN
- GAA
- GOLF
- HOCKEY
- KAYAKING
- KICKBOXING

- MMA
- POWERLIFTING
- RACQUETBALL
- ROCKCLIMBING
- ROWING
- RUGBY
- SAILING
- SOCCER
- SURFING
- SWIMMING
- TAEKWONDO
- TENNIS
- ULTIMATE FRISBEE
- VOLLEYBALL

# WEDS

Sept 28th  
10am - 2pm

## NEXUS STUDENT CENTRE

MEMBERSHIP IS FREE

SCAN OR TOUCH QR CODE  
TO SIGN UP FOR CLUBS

Contact Us  
[sportscork@mtu.ie](mailto:sportscork@mtu.ie)



SCAN ME

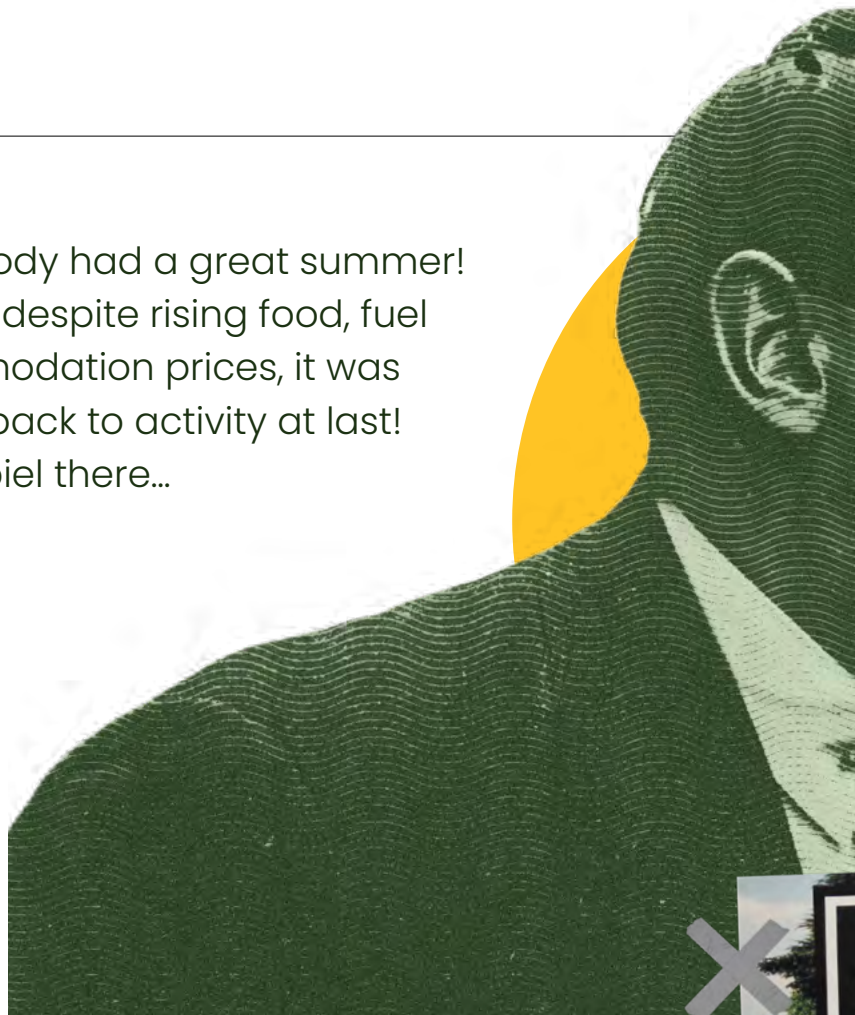


# FLYNNER'S FLYING COLUMN

EXPLICIT MAG

By James Flynn

Hope everybody had a great summer! After 2 years, despite rising food, fuel and accommodation prices, it was great to get back to activity at last! Here is the spiel there...



Monday August 22nd 2022, 100 years to that fateful day when General Michael Collins met his tragic end at Beal Na Blath, I made a quick detour from my route to work (Cork Airport) to pay my respects to The Big Fellow. I had the nearest thing to a 'Back To The Future' moment when, at the village junction, a Garda stopped me from driving down; the Army were removing heavy stands that were laid down for the official State ceremonies held the day before. I was allowed to park my car on the roadside and walk down to the monument, which I ran due to my schedule; it felt as surreal as it must have been for Mick when he and his column were driving down to meet his fate a century ago. Small trickles of people were passing to and fro for the same reasons as mine. Alas, I made the site after 1km and it was great to pay my tributes at the monument, which has been revamped and restored for the occasion and future visitors to enjoy.

Brisking back to my car, I stated to the Garda still manning the checkpoint: "If only we had a time machine to throw you and your checkpoint back to 100 years ago today; The Big Fellow would have appreciated that luck! Yes, the country would be a very different place today." The Garda agreed with me as I hopped into my car and headed to work. Here is hoping that commemorating the loss of our iconic revolutionary and statesman will continue to inspire and enhance the importance of reconciliation for generations to come indeed.

When I drive, I usually listen to the radio stations, whether it is for Music, News, Traffic or Sport. I was always a fan of RedFM-104/106; it has a good mix of tunes that can relate to us all, and I enjoy the latest releases that top the charts. But what I find very surprising is how some tunes can survive the test of time. Beatles, ABBA, U2, Bruce et al have all proven that but on Midsummer this year, as I was listening on RedFM Drivetime to the classic Verve hit from 1997 'Bitter Sweet Symphony', the next tune thought me that.

1997, and the anticipated album from Oasis that proved to be a flop of sorts called 'Be Here Now' would be floor-mopped by Gala's 'Freed From Desire', the dance anthem of 1997. Indeed it brought me back to 25 years ago when I was at a nightclub in Killarney and in my amber Adidas T-Shirt and corresponding Adi-prene trainers (I'll get to that one in a min!) my 19-year-old self was fixated, then transformed along with the rest of my posse. Great memories.

But to hear that iconic dance anthem, a quarter-century later, still gaining airtime on the main radio programmes along with ever-popular demand in pubs, clubs and events and attaining sports-terrace chant status demonstrates how a sound basic design in music will forever appeal to generations to come. So much so that I turned up the tune and left the window down for all to hear! Freed From Desire, Our Innocence is Purified by that classic tune.



## DA FULL MUNSTER DERE...

Indispensable for the college year... Trainers, Sneakers, Runners, Rubber Dollies, whatever you call them... it was once that simple. Yer mam kitted ya in all sorts of snide market trainers till your mates made life unbearable. Solution; get her to buy you a pair of Adidas\* Kicks. The evolution had begun, and before you knew it, you'd have about 10 pairs of Gazelles/Spezials in different colours along with a few cross-trainers for the gym or 5-aside. Not so anymore. Trainers have become a selling point as you see those mooching about in €250+ space hoppers with go-faster stripes. They can be inspired by sports and rock stars, and even nature, but since mountain goats are not usually found in Bishopstown, there is no need to get too all-terrain either. Again, if one knows the score, the choice is classic trainers, timeless footwear from yesteryear that ever-stand the test of time.

### Look out for:

#### SOLE

Durable rubber outsoles won't provide the same cushioning and energy absorbing qualities as modern lightweights but will survive years of campus tension.

#### UPPER

Can be made from fabric/leather/similar synthetic materials. Suede is smart for summer but best avoided during winter if you don't want to end up completely waterlogged. Wipe-clean leather is the choice of sensible college-going feet.

#### BRANDING\*

All-important. Your brand allegiance can say more about you than you realise.

### And here are the options:

#### Adidas Gazelle/Campus/Samba/Spezial

All trainer legends, but how they managed the test of time remains a mystery. You see, suede and rain go together like Liam and Noel (Oasis being pioneers of all these). Great for festivals and holidays.

#### Adidas Superstar

Run DMC made them durable shell-toes popular in the 80's – they even wrote a song about them.

#### New Balance 500 Series

Boston brand, a well-built, comfortable, durable trainer.

#### Reebok Classic

Ideal if you need something airy and lightweight.

#### Nike Cortez

A popular, old style shoe with the Swoosh to go.

#### Nike Air Classic

With its Air Bubble, ideal for the gym and complex events.

#### Nike Air Max 97

An 90's icon, the best for foot comfort.

**Asics Gel Series ///** Designed for the gym and complex, extremely well built, comfortable and stylish.

**Converse Taylor ///** More about statement but being Americana about it them classic sure knows how to make one stand out, especially in the alternative scene.

**Vans Classic ///** Once the abode of the skaters, its Off-The-Wall statement is unbelievably now the niche for people of all genres. Still, durable, cool and relaxed to go.



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# September 2022

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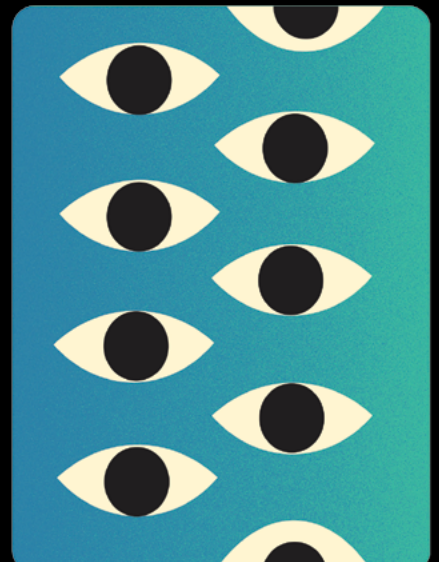
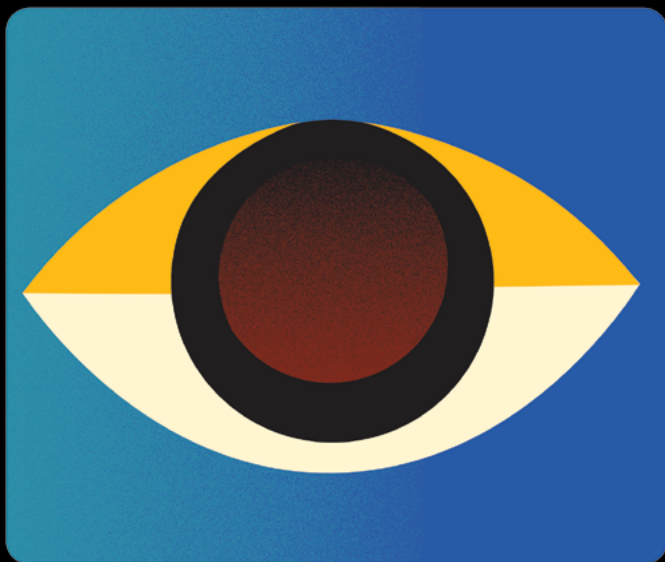
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