

explicit

MTU STUDENTS' UNION MAG



MTU CORK
STUDENTS'
UNION

INAUGURAL WELLNESS DAY
W/DR. KAREN WEEKES

FLYNNER'S FLYING
COLUMN: LONDON

BODY & MIND WEEK
VISUAL ROUND-UP

SOCIETIES INTERVIEW:
DIKSHITABHARAT GOHIL

HAPPY CHRISTMAS

FROM ALL OF US
AT THE MTU CORK
STUDENTS' UNION





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were there

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Christmas Greetings!

Just a quick word lads! I hope you all have a lovely Christmas and a wonderful New Year. Thanks to everyone who contributed to the mag over the last twelve months.

Hope you enjoy this pic of my brother and I with some lad that called himself "Santa".

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Inaugural Wellness Day

NMCI held its inaugural Wellness Day on Wednesday the 9th of November 2022. In his opening address, Cormac Gebreuers, Head of College, extended a warm NMCI welcome to the large attendance present. He welcomed Deirdre Creedon and Keith Ricken from Student Services, Siobhan Kangaratan and Ellen O'Shea from EDI and of course Oísín Gahan and Kelda Mac from the Students Union.

By Paul McCarthy

Cormac outlined how happy NMCI was to be hosting the event for our students and that he looked forward to the presentation ahead.

Paul McCarthy and Honor Carroll from Student Counselling followed with a presentation titled "Where we are at and where we are going in counselling in the NMCI". Paul outlined how he was the first counsellor appointed to NMCI in 2015.

Due to a fear and stigma that students were attending a counselling service it was suggested to him to come up with an alternative name to counselling, and so began "The Maritime Life Skills Programme".

Seven years on, reflecting where NMCI is now in relation to Mental Health, Paul cancelled "The Maritime Life skills Programme" and officially renamed it NMCI Counselling.

Paul detailed the current challenges we as a society are facing, the crises that we have endured in recent years and an adolescent mental health crisis.

He outlined how suicide is globally the second biggest killer of people in the

world, anxiety disorders are at a very high level and depression had been at epidemic levels for the last 20 years. Everything has been exasperated by the Covid-19 pandemic.

Furthermore, we have become a very perfectionist DRIVEN society which has been influenced by social media. Ironically, our young people have never been more isolated, lonely and afraid.

However, to counterbalance those challenges Paul also outlined how in his professional experience students as a cohort are the most engaging, honest, resilient and open-minded cohort of individuals to engage with, contrary to the cheap accusation of "the snowflake generation."

Paul went on to talk about the unique challenges NMCI students face in the maritime industry particularly because it's a male dominated environment. He stated that it would be particularly important for our young male students to come forward and seek help. Finally, he spoke about his hope that NMCI will continue to further collaborate with sponsoring companies to promote good mental health and to address areas like bullying, harassment and sexual harassment at sea.

Honor made a very interesting point that while students face unprecedented challenges, never have we had so many resources available to address these challenges.

In her presentation she took participants through the various mental health resources available to students some of which are maritime specific, including the access to a 24/7 helpline for all students at sea. Honor further outlined how the Silver Cloud Mental Health platform would be a really important resource for male students because it reduces the stigma of going to counselling as it would be anonymous.

ural ss

The next speaker was captain Dennis O'Donnell from Seapeak which is a sponsoring company in NMCI. Dennis (NMCI graduate) had recently been promoted to a ships Captain.

He gave a very interesting talk on the mental health challenges of being at sea and what his company have done to assist students with mental health issues. Dennis outlined how most staff have some training now in mental health awareness.

Interestingly they've also put in place a "buddy buddy" system onboard. Dennis reiterated the importance of having fun and creating a positive onboard environment. Interestingly, he outlined what cadets really want to know when they come onboard initially is the pragmatics of "what time is dinner, what do I have to wear, where is dinner".

And finally, we kept the best wine until last where our keynote speaker was our MTU colleague Dr. Karen Weekes. Karen as you may know has become the first Irish woman to row across any ocean in the world. Last summer she rowed cross the Atlantic single handedly.

Karen has a history in endurance sports and regaled the audience in her warm humorous style with tales of her adventure. She mentioned the many challenges she faced over the 80 days at sea including the "Trade Winds" not cooperating with her plan.

We witnessed some video clips from an upcoming documentary on her voyage and it really gave the audience a vivid sense of what it was like to be in a small boat and being thrown around the place in rough seas. Karen also imparted a few words of wisdom for any future adventurers including how it was not her greatest move to inadvertently hit a bottle nose shark with her oar! Karen focused on a lot of mindset skills she had to draw on to get her through, particularly when she was averaging four hours maximum sleep a night.

It would be fair to say that her extremely engaging presentation left the audience aghast in their admiration of what she achieved and how she went about it and the resilience she showed to meet her goal. One of her key take home messages was no matter how bad

it was during the day that tomorrow would be another day. Karen finished her presentation with a questions and answer session which participants greatly appreciated.



HAVE YOU GOT THE **EDGE**?

EDGE is a new graduate development framework for all MTU students in recognition of your extracurricular involvement and achievements within and outside the college. As you engage in new activities, completing the award will help you to step outside your comfort zone and enhance your personal attributes and skills; as well as the ability to communicate these skills. Industry employers are also contributing to EDGE, and MTU are making sure the EDGE framework highlights those key skills and attributes they look for most.



Bronze: Discover and Explore everything that MTU has to offer, like joining a society or trying a new sport.

Silver: Experience and Develop by completing activities that require extra commitment such as part-time work or an industry programme.

Gold: Challenge and Prepare yourself further and contribute to the university and society. You could participate in a university programme or study abroad.

ONLINE AND READY TO GO...

The great thing about EDGE is that the award is recorded fully online; you can log on to the website edge.mtu.ie to add your activities and track your progress. Each activity reflection submitted will need to be aligned to a Theme of graduate skills and attributes for MTU. Each theme is set to provoke and position itself alongside your chosen activity. The themes of EDGE are the main pillars of the award.

Once you have completed your activities and reflected on them you can download your certificate in each category and post it on your CV or LinkedIn.



The EDGE programme is a great initiative in helping graduates prepare for their working career. We are delighted at Pfizer to collaborate with MTU on promoting this excellent graduate development framework.



T. Daily, Manager, Pfizer, Cork.

WHAT'S IN IT FOR YOU?

- Enhance your communication and networking skills.
- Get recognition for and evidence your initiative.
- Develop the skills that employers are looking for.
- Be an active member of MTU and your community.

You have the power to elevate your career in college, so why not take part in EDGE to get you that step further! Register with your student email address and password at edge@mtu.ie Follow us **@mtuedge** on Instagram EDGE is a programme of AnSEO The Student Engagement Office



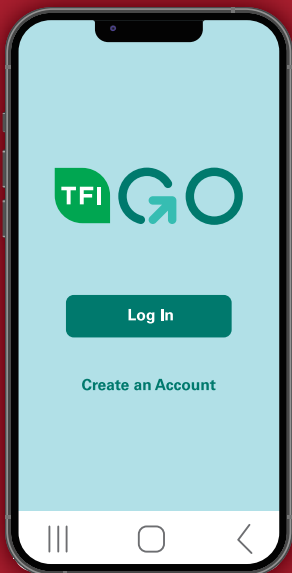
EDGE is developed in partnership with the Graduate+ programme of Birmingham City University.



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Recently, I headed on a 4-day trip to London. The whole purpose was to visit good friends of mine and have the catch-up with them. Trust me, you cannot write a Flights Of Fancy about a city the size of the British Capital; its sense of diversity is too great and besides I had done the sights of Jolly Auld a long time ago.

FLYNNER'S FLYING COLUMN

FLIGHTS OF FANCY

| By James Flynn



However it was very interesting to tour around London during the day and see how the city, like the rest of Britain, has been coping since leaving the EU in 2020, especially since I had written about Brexit in Explicit before. When I got off the train in The City – believe me, the tickets are as increasingly pricey then as they were pre-Brexit – I decided to stroll down towards Westminster. On the outside, things are the same now as they were then. But I am under no illusion that plenty of British citizens and families are suffering swinging cutbacks and deteriorations in their standards of living and all the championing of Brexit by the right-wing Brexiteer press will not cover that up, nor will it re-open the large number of boarded-up shops and premises closed down as a consequence of both that and the recent pandemic. Looming strike actions by much of Britain's industries is an ominous consequence.

Never mind, I decided to turn down towards trendy Soho, London's bastion for Inclusiveness, Equality and Diversity. While having lunch in a bar, I did notice how the LGBTQ flags seemed to be serving a new purpose symbolising defiance against the incompetent British Government as they have been in their more traditional role for Equal Rights.

Afterwards, I went down towards Piccadilly Circus then strolled into Hyde Park, where it was fun to look at the ducks and visit the free galleries. But turning towards South Kensington, I spotted the Iranian Embassy; famous for its 1980 Siege, it was about to be besieged again by Human Rights Protesters getting ready to protest against the regime's inhumane treatment of its women.

Strolling down again past Harrods, I stopped for some dinner (it now being late evening) at an Ale House before I headed on back to Piccadilly. And all around the statue of Eros, there were tons of buskers flocking the joint. I decided to check out Leicester Square (was it really trashed by disaffected England youths the night of the Euro 2020 final in which England lost on penalties?) where the queues flocking to visit the Lego and M&Ms shops were unreal – at least the appetites of consumerism have far from diminished. A quick stroll up Chinatown saw the place absolutely mobbed with both people and Chinese restaurants atop of each other (with an Irish bar sandwiched in between!), so it was down to Trafalgar Square I went.

The Trafalgar Christmas Markets may have been in full swing, but amid all the statues of the figures of British History vandalised by Human Rights Protesters, there you see by Nelson's Column a massive art display for cultural diversity while peoples from all over the world continue to flock to the capital. The protest for Iranian Women had meanwhile loudly made its way there by now and turning around I saw a protest outside the Ugandan Embassy against Human Rights Exploitation in which Brexiteer MPs Rees-Mogg and Dominic Raab have been involved alongside the Ugandan Government. Heading back home towards the Houses Of Parliament Underground, The Cenotaph and the other Whitehall Memorials are still commemorated with the Remembrance Day Poppies, many in the same British Nationalist.



Spirit as those who drive around in (mainly German) motors with the UK replacing the EU on the left of the car regs while a flock of tourists waited outside 10 Downing Street to catch a glimpse of the PM – whoever the new one might be. And all along, the late Queen Elizabeth II is still held in high regard by many, even if The Royal Family may be facing an uncertain future, like the rest of the UK.

What did I think of being teleported to something of a remake of the politically-charged video for The Pet Shop Boys' 'West End Girls'? Surreal to see a nation suffering an identity crisis in the World, seeing that Brexit actually made the UK even more attractive for foreigners than ever before; a Geo-Political Version of 'The Passion Of Saint Tibulus'!

With Westminster in turmoil, Scotland making second bids for Independence and tensions in Ulster at an all-time high since 1998, is it possible that Britain is already filtering its way back into the EU, and like that opening, previous-season-erasing episode from Dallas Season 9 (1985), it being like Bobby Ewing reassuring Pamela

that "it was all a dream"? Let us see what post Queen Elizabeth II Britain has to say about that one!

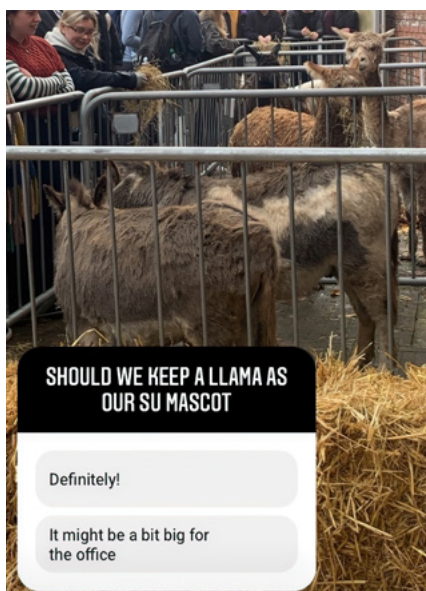
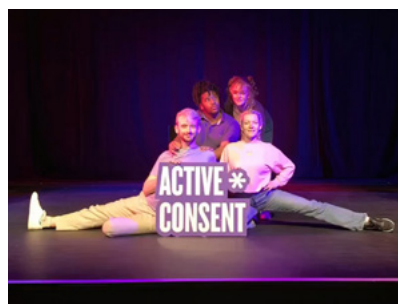
A QUICK DETOUR FROM ALL THIS DERE...

The following day did see me take on London's biggest treat; The London Shard. Getting off at London Bridge Station, the tallest skyscraper in the continent of Europe located next to the station just told me to come on up and therefore I decided not to say no!! After passing through admission/security, it was up on the lifts and then for the panorama. The View From The Shard has not one, but two viewing platforms. The first one is fully enclosed and heated, with plenty of seating and tables, along with a fancy bar and piano, as well as generous viewing windows.

The second is the highest point of the building which is that bit bigger of a draw for visitors. It is semi-opened to the elements, which allow the air, temperature and weather enter the platform which has an astro-turf carpet, but it also has a fancy bar, piano and seating, as well as a red phonebooth (for photo-ops); the openings allow a view of the highest pieces of The Shard's structures. The views are magnificent, affording views of all Greater London, including the River Thames, Canary Wharf, The City, Westminster and South London, as well as Essex, Surrey, Kent and other parts of South-East England. It took me nearly two hours before I finally headed back down!

So during semester break, if you are in London, be it tracing my above tale, VFR, following your Premiership team or just for a good time – Hit The Shard, you will not regret ticking this off your bucketlist there!

Mind & Body Week





@indie4thesoul just won 6 weeks PT with a record of 10 minutes planking 😊 Well done Kit ❤️

Cian won nothing he just wanted to get into the picture 😊



Sleepy piggies

WOULD YOU LIKE TO SEE THE PET FARM COME BACK AGAIN?

Absolutely 93%
playbe not this year 7%



To wrap up our Positive Mind & Body week we are giving away FREE ice cream* outside the library 😊

8°C

Baby it's cold outside but it's about to get even colder

1111

HAPPY CHRISTMAS

FROM ALL OF US AT THE
STUDENTS' UNION



...AND A HAPPY
NEW YEAR

Y
AS



By Emma Muldoon-Ryan

What You Need To Know About Cervical Cancer

Sadly this November saw the cervical cancer campaigner, Vicky Phelan, passed away. Kilkenny born, mother of two, was diagnosed with cervical cancer back in 2014.

WHERE IT ALL BEGAN: A TIMELINE

In 2008, the government made the decision to outsource the smear tests to a US company. Although concerns were expressed, they were ignored.

In 2014, an audit of Phelan's 2011 smear test showed an inaccuracy. She was diagnosed with cervical cancer.

In 2018, over 220 women were given false negative results for cervical screening tests in Ireland by the CervicalCheck Screening Programme. 17 of the diagnosed women were dead. 162 women were not told about the revised result. By April, Phelan settled a High Court case against the US laboratory, subcontracted by CervicalCheck. She was awarded 2.5 million but refused to sign a non-disclosure agreement with the HSE. The Minister for Health at the time was Simon Harris.

WHAT IS A CERVICAL SCREENING?

Cervical screening is the process of detecting and removing abnormal tissue or cells in the cervix before cervical cancer develops. Its purpose is to find precancerous cell changes when treatment can prevent cervical cancer from developing.

Cervical screening is one of the best ways to protect yourself from cervical cancer. Cervical screening checks the health of your cervix. It is not a cancer test, but a test to help prevent cancer from developing.

HPV (HUMAN PAPILLOMAVIRUS)

With over 100 different types, many people will get some sort of HPV during their lives. Some types of HPV are at an elevated risk for causing cervical cancer. Two of the fourteen types of HPV can cause 70% of cervical cancer.



Usually, HPV is asymptomatic. You may not even know you have it. For many, it goes away by itself and causes no harm. Thanks to your immune system, the infection can be cleared within 18 months (about 1 and a half years). HPV can stay dormant for years.

You may have picked it up years previous. It can take 10–15 years for active HPV to develop into cervical cancer. If you have had the HPV vaccine, as many of us received in the first year of secondary school, you may still be susceptible to some types of HPV.

WHAT IS CERVICAL CANCER?

Cervical cancer is a cancer of the cervix (neck of the womb). Those with a cervix between the age of 25 – 65 are recommended to schedule regular screenings.

HPV is checked for more regularly between 25 and 29, and therefore there is a 3-year gap between screenings.

The wait stretches to 5 years from 30 to 65 as your risk of developing cell changes is lower. It typically takes 10 to 15 years for a HPV infection to develop into cervical cancer.

Around 290 women are diagnosed with cervical cancer each year in Ireland, 31% will die from it. It is most common amongst women aged 25 to 39 and is the second most common cause of death due to cancer.

WHAT ABOUT A HYSTERECTOMY?

A hysterectomy is the removal of both the uterus and cervix. If you still have a cervix, you may need to still attend screening tests.

As CervicalCheck does not have access to your medical history, they can never tell you if you should have cervical screening after a hysterectomy. If you have had a total hysterectomy, you should continue with screen tests. This is called a “vault smear.”

If abnormal cells were found before or at the time of the hysterectomy, you should continue with the tests.

TRANS MEN AND CERVICAL SCREENING

If registered with welfare services as male, you will not receive cervical screening letters, but fear not, you can consult your GP about this.

HIV (HUMAN IMMUNODEFICIENCY VIRUSES)

If you have HIV, you will be invited back for checks every 12 months, regardless of your age. Over time, HIV attacks the immune system. The immune system fights infections and diseases in a person’s body. When this barrier is weak, it finds it difficult to fight diseases and cancerous and life-threatening viruses can develop. HIV can lead to AIDS.

WHAT HAPPENS DURING A CERVICAL SCREENING TEST APPOINTMENT?

Taking less than 5 minutes and no longer than 15, a small sample of cells is taken from your cervix for testing. In many GP practices and clinics, you can ask for a female GP or nurse. You are also allowed a friend or family member in the room with you for support. There is a step-by-step guide to how the screening process is done available on the hse.ie website.

Although most women find the screening pain-free, some may find it embarrassing or even uncomfortable. You are always allowed to ask the GP or nurse to stop. They can try to reduce any discomfort. You can also ask the GP/nurse to use a smaller speculum (swab).

Many questions can be answered by your GP. You can also book a free STI test in the MTU Student Health Centre by calling **021 4335780**.





SOCIETIES

Societies are a great space for creative, enthusiastic students to grow their ideas and seek people with similar interests.

Societies are student-led, which means the ideas and the planning come from Student Committees, who are funded and supported by the Societies Office.



WHAT IS DIWALI?

Diwali is an important religious festival originating in India. People often think of Diwali as a Hindu festival, but it is also celebrated by all the communities in India. Diwali takes place annually and lasts for five days, marking the start of the Hindu New Year. Also known as the festival of lights it is a celebration of good triumphing over evil.

Today, this fascinating festival is celebrated by thousands of people in countries all around the world. During Diwali, Hindus outside India gather at places of worship called mandirs to leave offerings to deities, watch fireworks, and eat yummy food together!

WHEN DID INDIAN SOCIETY CELEBRATE DIWALI?

We celebrated Diwali on 14th November 2022

WHAT DID YOU DO?

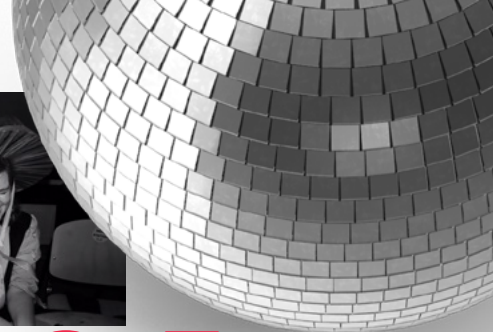
We started the event celebration with a short prayer, followed by incredible performances of dances and singing by our own masters and honours students. We played fun games and burned sparklers along with a Bollywood DJ and a delicious vegetarian meal. Everyone was dressed in traditional Indian attire.

HOW MANY ATTENDED THE EVENT?

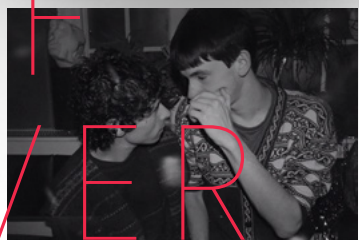
85 people attended this event.
(This includes Indians and Non-Indians)

WHAT WAS THE BEST PART OF THE EVENT IN YOUR OPINION?

The performances were like a cherry on the cake, to make it a great success with good food tagging along.



OUTBREAK OF DISCO FEVER



ON CCAD SHARMAN CRAWFORD STREET CAMPUS
(SYMPTOMS INCLUDE FUNKY FASHION, GOOD VIBES AND UNCONTROLLABLE BURSTS OF SONG)

Long-running Crawford Open Mic Society was revived by a brand new committee last year after the time lost over the pandemic as a way to extend the fun of societies from MTU Bishopstown to CCAD; with a reputation for filling the Crawford Canteen with music and good energy, on Wednesday 16th November they lived up to that reputation with their funkily-titled 'Disco Fever' event. The canteen (and the people) were covered with glitter, sequins and colourful fabrics in homage to the glorious decades of the 70s and 80s.

Ronnie Cogan, who runs Crawford's Canteen, catered with homemade pizzas and snacks were provided by the Open Mic Society Committee, who have representatives across all four years of the BA in Fine Art and BA in Contemporary Applied Art. A raffle held on the night saw winners receive a highly coveted prize; vouchers for Cork Art Supplies.

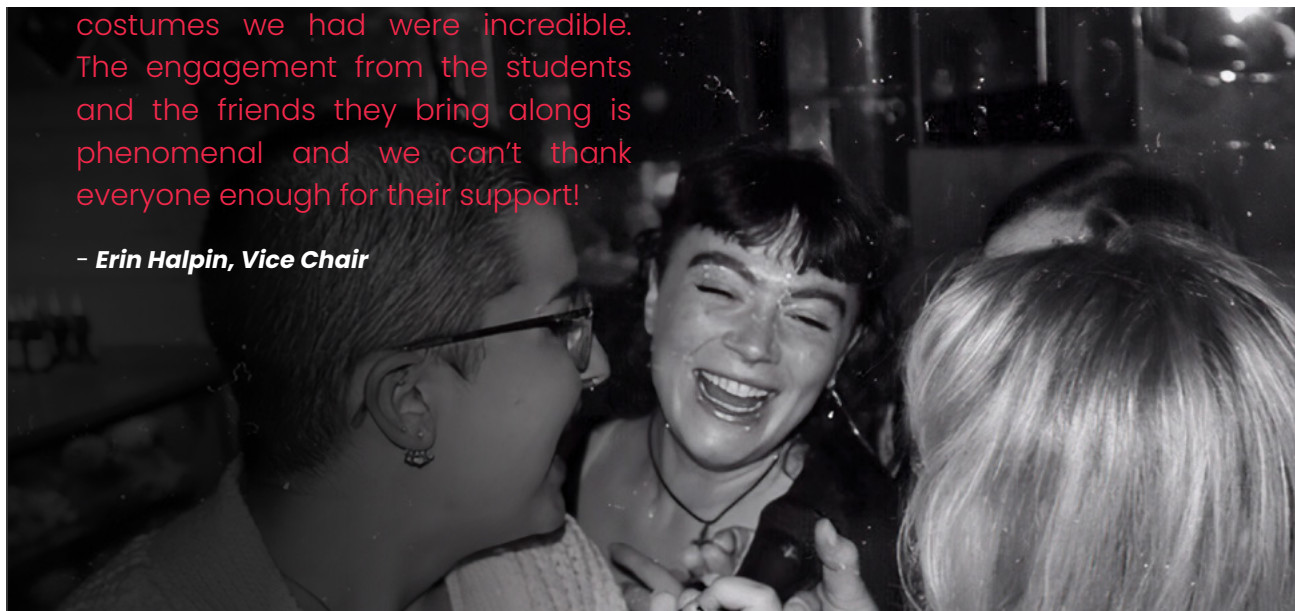
If you fancy attending an Open Mic, keep an eye on the society's Instagram page; [@crawfordopenmic](#) for details of the next event!

 **Photographs by Ruthy O' Donnell.**



Each Open Mic we hold we try to have a theme on the night to really bring another level of engagement to the events, and our members absolutely exceed our expectations every single time. We had a massively successful Halloween event last month and the costumes we had were incredible. The engagement from the students and the friends they bring along is phenomenal and we can't thank everyone enough for their support!

- Erin Halpin, Vice Chair



I By Erin Halpin and Sarah Kelly

By Miriam Deasy

SPORTS ROUND UP



AFL-LADIES

On Wednesday 9th November, the "Leeside League" in Cork kicked off, with the university teams UCC Crusaders and MTU Crows Women's going head-to-head. It's brilliant to see so many new players in MTU and the standard is impressive.

MTU Crows managed to secure their first win over the Crusaders with a close fought game. With two more rounds to go, we can't wait to see what these girls have to offer.

AFL-MENS

In Round 1 of the men's side of Cork's "Leeside League", MTU took on the UCC 1 team, and the Leeside Lions played UCC 2.

With a huge number of new players, mixed in with some familiar faces, it was a very enjoyable competition to watch, with great potential shown in every team. UCC A defeated MTU, whilst Lions defeated UCC 1.

With two more rounds to go, it's only going to get more interesting to see how the Cork teams fare against each other!!

Well done to all who took part in a wonderful festival of AFL action hosted in MTU.

BADMINTON

Well done to our Badminton Club who had two teams playing in the Student Sport Ireland League, with one of our teams qualifying from the group. Great practice for the intervarsities in semester 2.

KAYAKING

Congrats to our Kayaking Club Treasurer Felix Millner, who passed out as Atlantic 85 Lifeboat Helm.

The role of Helm is an important and responsible role often having to make life or death decisions to keep their boat and crew safe while going to assist those in peril. This role does not come easy and requires a very high level of competence and hours of training. Well done Felix. Weekly Kayaking club training continues in Leisureworld on Tuesdays and river trips on Fridays.



EQUESTRIAN

Weekly lessons continue in Hop Island Equestrian centre on Wednesdays at 5pm & 7pm. Beginners and experienced riders welcome. Book your place by calling to the Sports Office before 3pm on Wednesdays and paying the reduced fee of €10.



KARATE

Congrats to our Karate Club Chairman Hieu Power, crowned Irish Champion over the weekend of 8 & 9th of October! Keep up the good work! MTU Karate Club training every



POWERLIFTING

This club is open to beginners and experienced members. Training every Monday & Wednesday 6.30pm in Melbourne Gym.

SAILING

Well done to members who took part in both the Northerns and Eastern competitions. Plenty more action to come so keep up the team training.

TAE KWON-DO

Congrats to our Tae Kwon Do Club Chairperson Amy Sullivan, who claimed silverware at the Munster Tae Kwon Do Championships in Tralee on the weekend of 20th of November. Tae Kwon-Do Club training takes place Tuesdays 6pm in the Sportshall, beginner and experienced members welcome.

TENNIS

Training continues on Tuesdays 8-9pm for beginners and 9-10pm for experienced players in the Sportshall. Additional training takes place Sundays 6pm in Bishopstown Lawn Tennis Club.



VOLLEYBALL-MENS

Well done to our Mens Volleyball team who have played several Student Sport Ireland League games in Semester 1, great practice for the intervarsities in semester 2.



VOLLEYBALL-LADIES

Congrats to our Ladies Volleyball team who following some great results in the SSI League, reached the Student Sport Ireland quarter finals in Dublin.

REBEL RUN

Well done to each & everyone who took part in the annual Rebel Run 5k & 10k on Sunday 23rd of October, not a drop of rain & lots of smiles! Fantastic to see huge numbers taking part in this event which is now remarkably in its tenth year.

SPEAK OUT

The Speak Out Anonymous Reporting Tool is LIVE!

Students and staff of MTU can now report incidents of concern on the platform at <https://mtu.speakout.ie>

Check out the video [here](#)

- [More details can be found at https://www.cit.ie/edi/speakout](https://www.cit.ie/edi/speakout)

- [Please use the platform to report any incidents of bullying, cyberbullying, harassment, assault, stalking etc. so that we can support all in our MTU community to feel safe and heard.](#)

“This is a very exciting project which has been in development for some time. We are delighted that the students and staff of MTU now have a platform on which to report incidents of concern and we, in turn, look forward to tailoring supports and services to meet their needs. We would encourage staff and students to use the Speak Out reporting tool and we thank all who had a hand in bringing Speak Out and its ethos to fruition.

DR HONOR CARROLL,
MTU CORK'S HEAD OF STUDENT COUNSELLING

For further details of The Student Counselling Service at MTU Cork, check:

<http://www.mycit.ie/counselling>

You can contact the Student Counselling Service at: counselling.admin@mtu.ie

