

explicit

CIT Students' Union Magazine
Volume Seven - Issue

**CITSU Freshers Week
Guide Inside**

**Banking Advice
for Students**



**A Fresh Beginning
for CIT**

**Music and
Book Reviews**

**Admin Building
Opens to Public**



GET YOUR STUDENT TRAVEL CARD NOW & SAVE!

CHECK OUT OUR NEW ONLINE BOOKING ENGINE & FULL PROGRAMME LISTINGS

Cheap Airfares Worldwide
Sun & Clubbing Holidays
Work Australia Programme
Greek Island Hopping

J1 2006
H2B USA
Inter-Railing
Budget Beds

City Breaks
Adventure Tours
Bus Around Europe
EVEN Shark Cage Diving!



SAYIT Travel - 76 Grand Parade, Cork - 1850 487 283 - www.sayit.ie - Student and Under 26 Travel Specialists



CIT Students' Union

Rossa Ave,
Bishopstown
Cork,
Ireland.
Telephone: 021 493 3120
Fax: 021 454 5343
Email: info@explicit.ie

explicit Staff

Editor - Catriona Foley
Design & Advertising - Philip O'Reilly

Contributions

Dr. G Spratt
Séan F O'Leary
CIT Guild Society
Careers & Counselling

James Holland
Catriona Foley
CIT Animé Society
Financial Regulator

CIT Students' Union

President - Jeremy Ó Murchú
(supres@cit.ie)
Vice President Education - Michael O'Connor
(sueducation@cit.ie)
Vice President Welfare - Sinéad O'Connell
(suwelfare@cit.ie)
Entertainments Officer - Charles Daly
(suent@cit.ie)
Projects Officer - Wesley Kiely
(suprojects@cit.ie)
Communications Officer - Catriona Foley
(sucomms@cit.ie)

Print

Barnaville Print & Graphics LTD
Freshford, Kilkenny.

Advertising Opportunities

CIT has almost 17,000 full and part-time students with over 1,000 supporting staff. Why not use explicit to promote your business to this large audience?

Copy deadlines, advertising rates and technical specifications are available from our website www.explicit.ie or upon request from the Publications Office.

explicit magazine is published monthly by CIT Students' Union. The views expressed in the magazine are those of their authors and are not necessarily those of CIT Students' Union. All articles and pictures are the property of their respective owners and should not be reproduced without their permission.

We Need You!

If you would like to contribute to explicit please contact Philip in the main SU office (C143) or email: info@explicit.ie



explicit Editorial

"...I know things over the summer have been hectic for most of the world, what with bombs and everyday local tragedies, so I'll take this opportunity to let you all know, especially the freshers, that the Students' Union is here for your benefit..."



DON'T PANIC
CIT Students' Union
Your Union - Your Voice
www.cit/union.com

In the words of the great Bosco, "Well, hello boys and girls!". Hi everyone, a huge welcome back to all our returning students here and an even bigger welcome to the newbies (a.k.a the Freshers), hope you're all just as enthusiastic as I am on returning to this fine Institute of Technology (no sarcasm intended, honest). As some of you already know, my name is Caitriona, and I'll be your Communications Officer and editor of explicit magazine for the year. I'm really looking forward to the next few months, but I am sorry to say the summer's gone, and it's time once more to hit the books, the bars and the babes (or whatever order you'd like to put those in yourselves). I myself am returning to my 2nd year in the Crawford College of Art, where our campaign to save the college from falling down on top of our paintings and sculptures will be put back into full swing. Unfortunately it doesn't look like we'll be receiving any help from a certain government minister (I'm not one for name calling), but hopefully with the help of both our new site-president Calvin and that of the new CITSU, the problems will be solved soon.

Meanwhile, I know things over the summer have been hectic for most of the world, what with bombs and everyday local tragedies, so I'll take this opportunity to let you all know, especially the freshers, that the Students' Union is here for your benefit. The services that we provide in the Union are brilliant, so if you need some help, whether it's about accommodation, exam pressure or you just need someone to talk to, there will always be someone around to help you out as best they can. You've some great people representing you this year, Sinéad for Welfare, Wes for Projects, Charlie for Entertainment, Michael for Education and Jeremy as President (and don't forget little old me...).

So before I sign off for the month, I'm going to give you some tips...

For the boys - In terms of magazines, as a girl, the only one I will ever recommend is FHM. There you go, fellas, a lad's magazine with a woman's seal of approval.

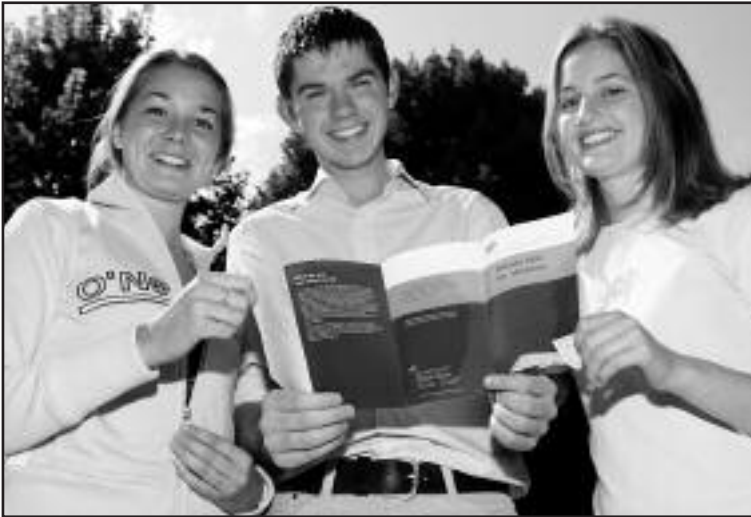
For the girls - If you're not already a member of Curves, join now. It's a great place to get fit, lose weight, make friends, and it's cheap for students.

Movies - Hitch-hiker's Guide to the Galaxy will be out on DVD soon, so if you haven't already seen it, see it!

Albums - Coldplay's x&y of course, also Foo Fighters' In Your Honor, and KT Tunstall's Eye to the Telescope - all fantastic records. (By the way, if you sign up for the lamrod Eireann Travel Card, you get a 15% discount card for HMV).

So for now I'm going to wish you all the best at settling in for the year and I hope Freshers week will be a blast (poor me was only 17 last year so I couldn't go to the Freshers Ball, well I'll be there this time, don't you worry! Don't think I'll get hypnotised again, though...) and we'll be back next month with all the news.

Adios, Au Revoir, Sayonara, Auf Wiedersehen, Slán...
Caitriona



Beware Credit Cards & Gimmicks Offered to Students by Banks!

“...many undergraduates focus on the special offers that they get with accounts and sometimes even open accounts with a few different banks to get these offers. Remember that if you have more than one account, you will pay stamp duty for every ATM and Laser card you hold...”

The Financial Regulator has warned students against using credit cards as a means of borrowing money. In the first survey of financial products available to students, the Regulator also warned students to be wary of promotional offers. Although most banks provide basic banking for free for students, the Regulator said students should fully understand the cost of borrowing.

Traditionally at CIT, the first few weeks at college are the times when new students are targeted by the Institutes two on campus banks. Allied Irish Bank and Bank of Ireland will compete to attract students using their teams of reps to entice as many students as possible to setup accounts with offers and free banking.

On 31 August 2005 the Financial Regulator published its first student cost surveys on bank accounts and credit cards. These surveys and the Money Tips for Students booklet highlight the different ways to bank and borrow and outline the cost of carrying a long-term student credit card debt.

The student credit card cost survey features a profile of a student who has paid for a holiday using her credit card. At the end of the holiday, she has a bill of €500. The survey shows that if she only made the minimum repayment amount every month, it could take her between five and eleven years to pay this off, she also could end up paying from €180 to over €400 in interest.

CITSU President, Jeremy Ó Murchú, said “I believe that students must look beyond the gimmicks that are offered by most banks. Although most services may be free for the first few years, the costs of banking will rise. They must also be made aware that each additional account setup with banking cards may draw extra stamp duty taxes”.

He added, “Students should look long term when setting up a bank account, and consider all the options available to them. Shop around and look for the best overall deal for your banking services. Locally there is also the Credit Unions and Permanent TSB Bank, with many more financial institutions available in the city”.

CITSU Vice President Welfare, Sinéad O’Connell, stated “Students are catching on that gimmicks aren’t the best reason to open a bank account but so are the banks, they are getting more serious about student banking. Please remember that for every account that you open that you will be charged €10 every year. Some people will be caught totally unaware by the letter saying that they are overdrawn”.

Consumer Director, Mary O’Dea commented, “Credit cards are a good way of managing your money but it is not a good idea to use them for long-term borrowing. It is good to understand how to borrow before you get a credit card as this could prevent you running into problems with credit card debt later on. Many people have learnt about credit cards the hard way. Credit cards are an expensive means of long-term borrowing and you could end up paying a lot through interest charges and late payment penalties if you do not pay the bill on time. Once you get into debt, it can be hard to get out of it, especially when you are in college and have a lot of expenses”.

The student bank account cost survey shows that students get free basic banking but outlines the fees charged if an account goes overdrawn without permission or an overdraft limit is exceeded. Interest is charged on overdrafts so students can use the survey to see what interest rate would apply if they are offered an overdraft facility.

Mary O’Dea added, “Because student banking is free, many undergraduates focus on the special offers that they get with accounts and sometimes even open accounts with a few different banks to get these offers. Always look beyond the special offers to see which product is best and use our surveys to help you. Remember that if you have more than one account, you will pay stamp duty for every ATM and Laser card you hold if you use them”.

The Irish Financial Services Regulatory Authority was established in May 2003 to regulate financial services firms in Ireland. Our mission is to help consumers make informed financial decisions in a safe and fair market, and to foster sound dynamic financial institutions in Ireland, thereby contributing to financial stability. We do this by monitoring the solvency of financial institutions, by imposing codes of conduct on firms in their dealings with consumers and by offering independent information about financial products to consumers in plain English.

The Financial Regulator’s student cost surveys and Money Tips for Students are available by phoning the consumer help-line on lo-call 1890 77 77 77, by visiting www.itsyourmoney.ie or by calling into the Consumer Information Centre at College Green, Dublin 2.

Extracts from Money Tips for Students is on page 15 of this edition of explicit magazine.



HAWKES ROAD PHARMACY



10% DISCOUNT
with Valid
Student ID!

- Passport Photographs €4.00
- Photograph Processing
- All Prescriptions Dispensed
- Stockists of Gosh, Vichy, RoC & La Roche Posay Cosmetics

Opening Hours:
Monday to Friday: 9:30am - 18:30pm
Saturday: 9:30am - 6:00pm



Hawkes Road Pharmacy, Hawkes Road, Bishopstown (Near DeansHall / Outpost Bar). TEL: 021 4348331

Construction to Commence on School of Music After Six Long Years of Government Delays (Seriously this time - We Think!)



The long awaited Cork School of Music project is finally set to go ahead after a six-year delay. A contract for the €60 million building was agreed on the 5th September between the Department of Education and German building contractors, Hochtief Developments Limited.

The new school of music, which will accommodate 400 full-time and 2,000 part-time students, is being built by public-private partnership and will be open for the beginning of the academic year in September 2007. The news that the project is finally to go ahead has been widely welcomed.

CITSU President, Jeremy Ó Murchú, said "finally construction will begin to give the students of the Cork School of Music what they have deserved for many years now. These facilities will enhance the educational experience and enhance the abilities of generations of musicians".

He added, "sadly this project has been a national and european disgrace over the past six years. This project was due to be completed years ago and was to be the show piece of Cork's European Capital of Culture. Government inefficiencies and red tape have caused unnecessary delays and cost the tax payers millions to house our students in sub standard educational facilities. I am comitted in ensuring that construction will be kept on its new schedule and we will fight the Governement should there be any further delays".

Under the public private partnership model, the new School of Music will be designed, built, financed and operated for twenty-five years by Hochtief Developments Ltd. It will accommodate approximately 400 full-time and 2,000 part-time students. The school will be built on the existing School of Music site on Union Quay and will be a significant and welcome contribution to the overall regeneration of the City Centre and docklands area of Cork City. Work on the project will commence immediately and under the terms of the contract the new CSM will be completed and available by September 2007.

"...Government inefficiencies and red tape have caused unnecessary delays and cost the tax payers millions to house our students in sub standard educational facilities. I am comitted in ensuring that construction will be kept on its new schedule and we will fight the Governement should there be any further delays..."

The CSM is a constituent college of Cork Institute of Technology and is an important educational institution that since 1878 has provided education and training in music, speech and drama for the cultural benefit of the State as a whole, and for the Cork region in particular. The School has a reputation for excellence internationally, nationally and locally.

Announcing the agreement Minister Hanafin said "the new building is designed to provide the staff and students with a high quality purpose built facility that meets the needs of a modern School of Music and provides managed and suitable accommodation that brings all of the Schools activities together in to one location. Facilities include specialised tuition rooms, lecture rooms, rehearsal hall, recording studio, drama suite and library. Prior to this project being launched the CSM operated from seventeen different locations around the City.

I am conscious of the importance of this project to Cork, and I am delighted to announce that the new School is finally going ahead.

I am very aware of the tremendous enthusiasm and commitment the Management and staff of both CIT and the CSM have brought to this PPP project. I would like to place on record my appreciation to all concerned - management, staff, students, parents and the Teachers Union of Ireland and other Unions for their support during the procurement process.

When the new School of Music opens its doors in two years time the people of Cork will have a right to be very proud of such fine facilities available for the students".

CIT Director, Dr Brendan Murphy said it was great the contract has been agreed during Cork's term as European Capital of Culture and that the new landmark public building will be part of its legacy. CSM teacher and campaigner Gerry Kelly said "it is incredible how many things have held up this project, but people kept the pressure on and it has finally paid off".

TRUST ME! - Wed 25th March 2004

Following intensive local campaigns by students of CIT / CSM with the people of Cork to highlight the disgraceful facilities of the CSM and years of delays, then Minister for Education, Noel Dempsey, assures students and staff that construction will commence shortly.

Pic by: Philip O'Reilly

Would you like to get involved with our magazine explicIT?

We are always looking for students to submit articles and photos for our magazine. If you are interested in submitting news, reviews, feature articles, photos, sport or societies info then please get in contact with us now!



Email: info@expliCIT.ie
Tel: 021 4933124
Meet: SU Shop - C143





CIT Hurling Project Outright Winner of International Sports Engineering Competition in London

"...The aim of this project is to design and build at CIT, a test rig capable of projecting a sliotar against a helmet at 100 km/hr to allow assessment of the helmet protection capabilities..."

From a large international entry, a Hurling Helmet Testing project undertaken by Cork Institute of Technology Honours Mechanical Engineering Degree student, Brendan Quirke, was declared Outright Winner of the ISEA 2005 Sports Engineering Project Competition in London.

The International Sports Engineering Project Competition took place throughout Thursday 30 June 2005 at the Head Quarters of the Institution of Mechanical Engineers, Westminster, London. From a large international entry of submitted Undergraduate and Postgraduate Engineering projects, three short listed finalists were selected by a committee of leading international experts in the Sports Engineering Discipline for each of the international competitions.

The short listed finalists were required to make a formal presentation followed by a question and answer session on their project before a distinguished panel of academic and industrial judges. The results of the International Sports and Medical Engineering Finals were announced by Dr. Anthony Bull, Imperial College, London, Chairman of the Judging Panel, with first place and Outright Winner of the ISEA Award 2005 going to Brendan Quirke, Cork Institute of Technology, for his Final Year Mechanical Engineering Degree project titled "Hurling Helmet Impact Testing" carried out in conjunction with

MycroSports Ltd., under the supervision of Dr. Keith Bryan

Prior to 2005, no Irish safety standards existed regarding hurling helmets. A recent survey at the Eye Casualty Department in the Waterford Regional Hospital, determined that, over a twelve-month period, 98 individual sports-related eye injuries were treated. Of these eye injuries, 30% resulted from hurling matches.

Under new legislation, MycroSports Ltd (a hurling helmet design and manufacturing company), are obliged to forward samples of all new hurling helmet designs to a testing centre in Canada for impact testing. The aim of this project is to design and build at CIT, a test rig capable of projecting a sliotar against a helmet at 100 km/hr to allow assessment of the helmet protection capabilities.

This rig comprises a sliotar accelerator, sliotar velocity measurement system, head form, high-speed camera attachment and caging to contain the sliotar during high-speed rebound. Further to the capabilities of testing to specified standards agreed by the GAA and NSAI, the test rig facilitates measurement of helmet deflection, calculation of coefficients of restitution between the sliotar and helmet, as well as analysis of specific helmet components such as the face-guard, chin strap and their attachment mechanisms.

Séan F O'Leary

CIT Blood Clot Project Outright Winner of International Medical Engineering Competition in London

From a large international entry, a Prototype Blood Clot Filter Design project undertaken by Cork Institute of Technology Honours Mechanical Engineering Degree student, John Geary, was declared Outright Winner of the 2005 International Medical Engineering Project Competition in London.

The International Medical Engineering Project Competition took place throughout Thursday 30 June 2005 at the Head Quarters of the Institution of Mechanical Engineers, Westminster, London. From a large international entry of submitted Undergraduate and Postgraduate Engineering projects, three short listed finalists were selected by a committee of leading international experts in the Medical Engineering Discipline for each of the international competitions.

First Place and Outright Winner of the Medical Engineering Award 2005 went to John Geary, Cork Institute of Technology, for his Final Year Mechanical Engineering Degree project titled "Vena Cava Blood Clot Prototype Filter Hook Design Analysis and Testing" carried out in conjunction with Boston Scientific Europe, under the supervision of Senior Lecturer Sean F. O'Leary

John Geary's winning project is concerned with analysis, testing and design optimisation of a Prototype Blood Clot Filter. The filter consists of a six-legged titanium structure, which is inserted, utilising minimally invasive surgery techniques, into the Vena Cava main vein, connecting the heart to the lungs. The filter works by filtering the blood passing through the vein and capturing any travelling blood clots (emboli), preventing a pulmonary

embolism. At the end of each leg of the filter, a specially shaped hook is formed. These hooks are critical to the efficient performance of the medical device. The hooks firmly attach the filter to the vein wall and stabilise the orientation of the device relative to the blood flow, while preventing excessive penetration and hence damage to the Vena Cava wall during operation.

This project involves optimisation of the hooks formation for a prototype filter design. The new design concentrates on reducing the overall dimensions of the filter hooks to reduce the size of the filter deployment cartridge required, hence reducing patient stress during insertion.

John's research work has discovered and introduced Knowledge and Technologies, which will aid more stable filter production, shorter lead in time for new products and development of superior filters including miniaturization for minimal invasive surgery. The major benefits of the John's project are to reduce patient trauma and stress and to optimise a life saving device.

John's project has previously won first prize in the HP Invent Competition, which is open to all Final Year Undergraduate students in Science, Information Technology and Engineering on the Island of Ireland. Since completing his final CIT Mechanical Engineering exams in June 2004, John has been working with Queensland University of Technology in Australia on the related topic of the development of Titanium Scaffolds for Bone Tissue Growth.

Séan F O'Leary

explicit

News in Brief



CIT Relaunches Graduates Association as the CIT Alumni Association

Cork Institute of Technology relaunched its Graduates' Association as the CIT Alumni Association on Monday 5th September at the National Maritime College of Ireland, Ringaskiddy. The Alumni Association enables graduates to keep in touch with developments at CIT and maintain contacts with friends, classmates and faculty staff from college days. The main aim of the Association is to provide a professional and social network that will be of mutual benefit to CIT graduates and the Institute. The responsibilities of CIT towards its students go beyond the delivery of academic programmes and it is part of the Institutes' Strategic Plan to forge closer links with its alumni.

Further information is available from Glynis Dennehy, Alumni Relations, CIT Alumni Association on 021 4326589 or email graduates@cit.ie

Staff & Services Begin Move to New CIT Admin Building

Within the last month, administration and support staff have begun their move to the newly opened Administration Building. The Registrar's Office, Student Services Officer, and Finance personnel where a few of the offices to first move. Other administration services, such as Examinations, Admissions and Main Reception, are expected to move shortly after the initial rush of students returning this month has been accommodated.

The Student Centre has been officially handed over to the Institute and measures are currently underway for the furnishing of offices and retail units. The offices on the upper floors are expected to open during the first half of this academic year with the retail units to follow shortly after.



CIT Students' Union President

"If you're like me, you won't remember everything you did here. That can be a good thing"

President George W Bush

Well it all starts here, welcome everybody to CIT and to the Students' Union whether you are returning or are here for the first time. This is our monthly publication 'expliCIT'. My name is Jeremy Ó'Murchú and I will serve as your Students' Union President.

What do I do as President?

My main role as President is to serve and help you in any way I can. To ensure you receive the best education possible through the best means possible. To represent you, on both a local and national level but most importantly to make sure your voice is heard. I have overall responsibility to lead the Union, act as its chief spokesperson and representative. It is also my responsibility to oversee finances and staffing, and ensuring Union development through student participation.

Student Participation

As soon as you registered in the college you automatically became a member of the Students' Union. So always remember every student in CIT is a member of CITSU You the student are our most important member and it is through your involvement that the Students' Union better itself and advances. A student can get involved in the Students' Union through entertainment committees, welfare committees and various campaigns that occur throughout the year so get involved. It is extremely important that every class elect their Class Representative. Class Reps come to us with any problems or issues that affect their class and then it is our responsibility to act on them in your best interests. So elect your Class Rep as soon as possible, elections usually occur early October and is always a good opportunity to get to know your class.

Student Centre

This year will see many changes in CIT with the opening of the much needed students Centre. For well over six years the students have been promised the construction of a Student Centre which will house the much needed services that a student requires. Currently the official opening of the Student Centre has been delayed by eighteen months, where the students of this Institute have suffered as a result of this delay. Well we have been assured that doors will open come November where a student will be able to avail of brand new services such as a bistro, mini – market, book shop, travel agents and socialise at the student bar. I have heard these promises before and in my experience I have learned to be careful how much weight I place in these promises. The Student Centre, when it does open, will be a major advancement in the facilities available to the student body.

Increase in Registration Fees

Once again the government in their ultimate wisdom have seen it fit to raise the fees in what they say is the best interests of the students. Students last year paid a total of €750, well this year the government have raised them to €775. We the Students' Union are outraged by this action. It has been recommended that the government introduce tuition fees so the Department of Education will proceed to rise the cost of registrations fees. This is not acceptable so the Students' Union will be pressing on with a hard line campaign over the next few months.

Grants

The current situation regarding the grant is ridiculous. Some students' applications may not be processed until next year, leaving many students without financial assistance for most of the year. Please don't be afraid to contact the Students' Union where all matters will be dealt with in a confidential and discrete manner.

H – Block

This year facilities in H -block must be improved. The Institute must provide better dining facilities for the students of H Block, and must decide whether H block is to be an educational facility which caters for architectural students or a gym. Two rooms are currently being used in H block where weight rooms have been placed instead. It is utterly insulting that even though students are provided with zero canteen facilities, the college places more weight on the provision of gym equipment for non CIT usage than on education. No longer will H block remain an issue which the Union are not willing to tackle.

Satellite Campuses

Cork School of Music

For the past three years students of the school of music have had their third level education scattered across three different locations in Cork City. For over six years students have been promised a sophisticated and futuristic campus so appealing that it would have served as the jewel in the crown for Cork 2005 Capital of Culture celebrations. Now students are facing their final year in college where they have yet to experience the basic campus life that every third level student enjoys. It is atrocious that students have to put up with lack of structure and problems such as noise pollution and scarcity of rooms. Much must be done to facilitate the students of Cork School of Music but any improvements will be too little too late for the current 3rd and 4th year students.

Crawford College of Art and Design

The situation in Crawford College of Art and Design is utterly disgraceful. Every day students are faced with leaking roofs, lack of computer facilities, crowded studios, no heating and dampness to name but a few. The situation is deteriorating every academic year where it is obvious that the Institute does not care for the well being of Crawford students.

But after years of waiting three solutions have been proposed:

1. A new city centre site
2. Development of the present site
3. Development on main CIT campus

Although the 3rd option is the cheapest from the college point of view it is the least appropriate for the students of Crawford. We call on the Institute to act on the appalling conditions in Crawford College at the moment and for once listen to the needs of the their students.

National Maritime College of Ireland

Our sea faring colleagues in NMCI. are the most detached from CIT campus. It is important for us as a Union not to let distance become a factor in the way we approach the needs of these highly valued students. While they have moved into a new campus it is still important for us to remember that they still have the same day to day problems of any other student.

Non – Affiliation to USI

Last years referendum secured our sovereignty from USI for another five years. The students spoke in a resounding landside yes vote to non-affiliation, a decision I stand firmly behind. I always felt that while CIT should maintain contact with other Students' Unions around the country with regards to national problems, we are more than capable of dealing with any issues that arise without wasting money on a national Union based solely in Dublin.

Jeremy Ó Murchú

Tel: 021 4933127

Email: supres@cit.ie

THE CIT PRIZE FOR INNOVATION

Sponsored by South Cork Enterprise Board

Prizes Valued at €5,000

Shed light on your ideas to harness a piece of the prize. Your invention/business plan can lead to a chance to earn a share of the €5,000 prize money. Dates and details will be announced shortly! If you have any queries, please contact the Development Office in the New Administration Building



CIT Students' Union Vice President Education

The summer is over and college is once more upon us.

First year students welcome to CIT and Explicit. To everyone else, welcome back and no matter where you spent the summer, be it America, Australia, Antarctica, Asia or Athenry I hope that you enjoyed yourself.

For those amongst you who are returning you have probably noticed the new Admin Building is finished and open. You have probably also spotted that the Student Centre isn't open, surprise surprise, but don't fret the building is all but finished with just some final work to be completed, we hope to be in our new offices in a couple months.

So what's going to be in this fabled building, well all the student services, the Medical Centre, Careers & Counselling, Chaplaincy, Sports and Societies, the banks, a mini-mart, a book shop, a sandwich bar, a common room, an art gallery, the radio station, the Students' Union and the bar. The new courtyard will be a huge improvement for gigs and we hope to host our first Rag Week there this year.

Studying, ahhh! Not yet, keep it away, run to the hills, OK I know its early in the year to mention it, but I am the Education Officer after all and we should start as mean we to continue. A lot of you will have just moved into new accommodation so I sug-

gest you read the article on study areas. Its easy to organise yourself now while things are quiet and you have the chance to plan ahead for the year, so avail of the time you have, a little work now can save a lot of work later. Some of you may find in the coming months that you need a hand with your studies, that's where we come in, we can organise grinds or direct you to other resources to help you on your way.

I hope everyone enjoys the entertainments we have lined up for Fresher Week, don't forget to get your ticket for the Fresher's Ball, first come, first served. I would like to take this opportunity to welcome Mick O'Mahony to the team as our new Entertainments Manager.

In the coming weeks the Union will be advertising for Class Reps. Class reps are the backbone of the Union, informing the executive of matters that require our attention and informing students of matters that are going on within the college. You can get a registration form from the SU prefab or online at www.citsu.ie. The executive will be doing class addresses to outline the responsibilities of the Class Rep in the coming weeks, so feel free to ask any questions.

As always feel free to call into the Union at any time to discuss any matters you feel relevant, no matter how big or small don't forget your Union and Officer are always there for you.

Until next time,
Mikey



CIT Students' Union Vice President Welfare

It's a new year; we have a new Students' Union and a new load of freshers coming into this fine institution.

Firstly I want to say welcome and welcome back to those of you returning. For freshers (and those of you who have forgotten over the summer) here's a quick recap of college life and how I will assist you with your time here. My remit is to cover your non-academic concerns (Mickey's there to help with that). For those needing advise on anything from accommodation difficulties, sexual (and general) health questions and everything between and beyond, my door is always open and my couch is always here so feel free to stop in for a chat.

This year will be a very busy year Welfare wise, firstly there will be Welfare Week, where organisations available to students come to

you to help you understand what they can do for you, also a SHAG Day will be held during the first term.

The Welfare Committee will be pivotal in the organisation of these and many other events, some of you have already been involved and I would love to see you back again but fresh blood is always good so anyone who is interested feel free to contact me. (suwelfare@cit.ie).

I hope that everyone enjoys Freshers Week, the entertainment line-up is top class but don't forget to take care of yourself, always stay with friends and know your limits.

I hope that you enjoy your experience here in CIT.

Sinéad

Please feel free to call to the SU prefab should you need any advice or even a quick chat over tea. 021 4933123



CIT Students' Union Projects Officer

Welcome to CIT and to the best years of your life, my name is Wez, I'm a Computing Student and I will serve as your Projects Officer for this year. I will be working on and coordinating various campaigns, projects and events that affect you as a student this year.

If you have problems which you feel may require the attention of the Students' Union or if you wish to create awareness over a certain matter, please feel free to approach me and I will be only too pleased to help you.

College is the best time of your life, so go out to the events such as Freshers Week and Rag Week, meet new people and make your time at CIT the most memorable moments of your life.

I hope that everyone enjoys Freshers Week, the entertainment line-up is great and hopefully everyone should have fun.

Wesley



Rochestown Park Hotel

The Management & Staff of the Rochestown Park Hotel would like to wish all new and returning students to CIT the best of luck with the year ahead. Thank you for once again making us your number 1 Ball Venue for 2005

Tel: 021 4890800 Fax: 021 4892178 Email: res@rochestownpark.com





This is it, you've moved out, be it into a dedicated student apartment or into a house with a few of your mates. You've made that big first step and now there's a lot that you need to deal with.

The first thing is to be aware of the rights and the obligations that you and your landlord have. Depending on whether you are dealing with a private landlord or a company the rules are the same.

The Residential Tenancies Act was passed on September 1st 2004 and it brought with it a lot of clarity on issues such as the period of notice that the landlord has to give the tenant. The full act can be viewed on the governments website <http://www.oireachtas.ie/documents/bills28/acts/2004/a2704.pdf>

The changes and clarifications in this Act will mainly be dealt with here.

Deposits

When the amount you will be paying per month/week has been settled, this will be the next subject to agree on. The usual amount is one months or four weeks rent.

This deposit is to protect the landlord from being left with any expenses, eg: repair work on damaged furniture (only beyond normal wear and tear) and unpaid bills. You should insist on seeing the proof of cost of these, as you are entitled to get your deposit (or the remainder after repairs etc) back at the end of your time in the property.

The landlord can also deduct all or a portion of the deposit if adequate notice is not given.

Notice to Quit

The Residential Tenancies Act states that notice periods to quit, which must be given by the landlord to the tenant or vice versa, are as follows:

Duration of tenancy	Notice Period
Less than 6 months	28 days
6 to 12 months	35 days
1 to 2 years	42 days
2 to 3 years	56 days
3 to 4 years	84 days
4 or more years	112 days

Landlord's grounds for terminating tenancy

- When the tenant has not complied with their obligations, the tenant has been notified of the breach and has not righted the breach.
- When the dwelling is no longer suitable to the needs of the tenant.
- When the landlord is selling the property.
- When the landlord requires the dwelling for his own occupation or for a member of his family to occupy.
- When the landlord intends to substantially refurbish or renovate the dwelling and planning permission has been obtained, if necessary.
- When the landlord intends to change the use of the dwelling and planning permission has been obtained, if necessary.

Welfare Guide to: Student Advice on Accommodation Rights & Obligations

"...If you want to leave before the end of the letting period you may be held liable for the rent for the remainder of the letting period. However arrangements can normally be made with the landlord..."

The landlord may terminate a tenancy with 7 days notice on the grounds of the tenants' anti-social behaviour. The landlord may terminate with 28 days notice where the tenant is in default. If the default is non-payment of rent, the landlord must notify the tenant in writing that the rent is owing and give them 14 days to pay the rent prior to serving 28 days notice to quit.

Leases

The lease is the document stating all of the rights and responsibilities you have as a tenant. A lease does not have to be a written document if one or all of the following occurs: key handed over, deposit given, rent paid.

Leases for fixed periods

These are the leases that most students will be familiar with. (eg 1 year or nine months). You can't be asked to leave the property during this period unless one of the conditions of the lease is broken, you are entitled to be given formal notice that you have broken the tenancy conditions and to be given enough time to set this right. Conditions of the lease can be very complicated and be sure to read the fine print, things such as displaying county flags can be expressly forbidden and you could be in trouble around All-Ireland time.

If you want to leave before the end of the letting period you may be held liable for the rent for the remainder of the letting period. However arrangements can normally be made with the landlord, eg: if you can arrange for another tenant to take over the rest of your lease.

Bills

Details of what bills are payable and by whom (egs if you must pay them separate to the rent or if it is included) must be set out in your rent book. Make sure that you check the dates of bills that you are expected to pay, that you aren't paying for past tenants or their arrears.

The main bills that you will be dealing with are: ESB, Gas, Refuse and TV licence (you have to pay that, look what happened to those poor people on the TV ads!)

Any other utility that you may introduce into the house, eg: satellite, broadband must first be agreed with your landlord (as there may be some installation that will affect the building)

Privacy

This is the biggest complaint in relation to landlords. You are entitled to "quiet and peaceful enjoyment of your home". The landlord is only allowed to enter the property with your permission, having given reasonable notice. If the property is put up for sale or a room is to be let out the viewing should be agreed with you first.

Any problems?

If you have any questions or concerns just contact:

Sinéad O Connell, Vice President Welfare.

TEL: 021 4933123

Email: suwelfare@cit.ie

Online: www.citsu.ie/welfare

Freshers Week 2005



Freshers Week 05 will kick off in two of the local Bishopstown pubs, the Btown a.k.a. Bishopstown Bar and The Outpost on Sun 18th Sept. Both Pubs will have a good line up of promotional giveaways, live music with both DJ's and bands so check out their ads on the back page and the page 12 for a complete listing.

The college entertainment will start off at approx 11.30am on Monday 19th Sept in the West Atrium. The West Atrium or the hall opposite the "Eating Canteen" is where all the daytime college entertainment activity takes place. You can check out the timetable on the next page for On-Campus activity during Freshers Week.

The three main nights in town will run on Tuesday, Wednesday and Thursday. Following a visit to a number of pubs in town, your college clubbing will start out in a club called BLU BAMBOO on Tuesday night. The theme of the night will be a Uniform Ball Disco. So get those school uniforms out.

Wednesday will see a THEME PARTY take place at REDZ on Liberty Street. The HIGHLIGHT of Freshers Week will be THE FRESHERS BALL Every year CIT Students' Union try to come up with new & fresh ideas for Freshers Week. This year sees THE FRESHERS BALL hit CUBINS on HANOVER ST including four different Rooms in action.

The MAIN STAGE will see music from Blue Moose and the cheesy sounds of the legendary DJ KG. The RNB ARENA will see the best of RNB and old skool classics. For those of you who like rock, upstairs sees THE RISING STAGE with Meotor Award Winners ANGELS OF MONS and Green Energy Festival heroes WALLMARK in action. The ANGELS have supported SNOW PATROL and played this years OXEGEN festival.

DJ sounds by Colm from Green on Red. If you preferred a more laid back scene, then check out THE SOUL ZONE where you can hear the best of laid back acid jazz and soul zones. If that's not enough you will also have the opportunity to have an Indian head massage. Tickets go on sale from the Students' Union Stand located In the main corridor from 1-2pm during Freshers Week. Please note that valid 18+ ID is required before you enter any of the college night-clubs. (Garda/Passport ID will be asked for).

Get Connected...

with Bishopstown Credit Union

Get an educational loan today and get
€20 FREE CALL CREDIT

CALL
TELE LOANS
ON
1850
924890

Terms and conditions apply.



Wilson Road, Curraheen Road,
Wick Shopping Centre
Tel: 021-460210 Fax: 021-460210
Email: info@bishopstowncu.ie
www.bishopstowncu.ie

Blue Moose - Back by Popular Demand!



Wed 21st Sept
West Atrium 1-2pm

Kindly sponsored by:
CIT Canteen Company

Bluemoose are a four piece Irish band based in Wexford. Bluemoose have been on the road for almost three years, entertaining crowds all over Ireland and the U.K.

If you were to ask, what is a Bluemoose show like? The simplest answer would be entertaining. The show is energetic, colourful and fully live.

With an ever-expanding repertoire, there is something to suit everyone's taste. In the time that Bluemoose has been on the road they have built up an enviable group of loyal supporters and friends who time and time again return to hear more from Bluemoose. And to whom Bluemoose are eternally grateful. For without that support the band would never be.

Above all Bluemoose are unrivalled in their show and performance. No pretence. What you see is what you get.

So if you've yet to catch a Bluemoose gig, you may come along and find out what all the fuss is about.



ANGELS OF MONS Live @ Freshers Ball

Winners of this years Meteor Award for 2FM best hope of 2005.

The band this year alone have released their debut album LAST OF THE DEAD EMPIRES, played Oxegen and supported SNOW PATROL, GOOD CHARLOTTE, Hollywood A lister JULIETTE LEWIS and signed a management deal with Big Life Management who look after the affairs of Snow Patrol and The Future heads and took THE VERVE to the top. They recently returned from the States where they did some showcase gigs and look to be doing an extensive UK tour soon.

Serrated, Edgy and angular; Angels Of Mons drag the glam of Bowie's cocaine 70's and feed it through a battered Seattle fuzz box.

Their sound is instantly accessible, while insisting those in the know will be forever smitten.

Angels of Mons are informed by the American underground. Drawing influence from band like The Pixies, Weezer, Pavement & The Breeders, while remaining high on the more decadent camp of The Stooges and The New York Dolls.

CITSU FRESHERS WEEK 2005

ALL DAYTIME EVENTS FREE & IN ATRIUM - LOTS OF DAILY PRIZES

Mon 19th Sept

11am DJ A Fleming
1pm Live Music- THE GLITTERBUGS
2pm DJ

Tues 20th Sept

11am DJ in Atrium
1pm Magician- AIDAN KANE
2pm DJ

Weds 21st Sept

11am Dj
1pm Live Music -BLUE MOOSE
2pm Dj

Thurs 22nd Sept

11am Dj
1am Hypnotist- ADRIAN KNIGHT
2pm Dj

FRESHERS TUES @ BLUE BAMBU

UNIFORM PARTY

TUESDAY 20th Sept Doors 10pm - Adm €5 - ROAR

FRESHERS WEDNESDAY @ REDZ

SHADES n SHORTS

WEDNESDAY 21st Sept Doors 10pm - Adm €5 - ROAR

Thank You to the Sponsors of Freshers Week 2005

The Outpost
AIB Bank
CIT Canteen Company

Bank of Ireland
CIT Societies Office
Mercury Lounge



Hypnotist Adrian Knight

**FREE GIG - CIT Atrium
Thursday 22nd September
Kindly sponsored by CIT Societies Office**

Adrian Knight is a master Hypnotist, popular in the USA as well as his native Ireland. He combines a unique blend of outrageous humor and his witty, mischievous style of delivery make him one of the best in the business.

He is a "Hip" Hypnotist! Adrian travels world wide presenting the funniest audience - participation live comedy stage hypnosis in Ireland.

He performs at major venues around Ireland and the UK - festivals, fairs, corporate events and conventions. He performed at the world famous Mirage Hotel Las Vegas as part of his 2002/2003 Spring Tour.

The show opens with a mixture of mind reading and levitation in order to relax the audience before some of them become volunteers to take part. Using hypnosis as a gentle tool he takes his participants on a Vacation of the Mind: From exotic tropical islands to distant planets, to movie theatres, to Disneyland, back to their childhood and into the future. Using anything from two

to 15 volunteers, he demonstrates the fascinating power of the human mind and hypnosis.

He has appeared in Las Vegas and Atlantic City showrooms, on luxury liners, at prestigious resorts, state fairs, dinner theatres, and major night clubs and on national television.

He offers superb quality, value and showmanship in entertainment. Adrian has a unique talent and gift of magic and suggestion - a legacy he inherited from his forefathers. He is a master of his craft and has perfected the artistry of hypnosis with ten years in the business.

His captivating shows will leave you begging for more as his subjects' minds are given a license to perform. Come and see for yourself the magic of the mind in the west atrium on Thursday 22nd Sept as one of the highlights of Freshers Week.



CITSU FRESHERS BALL 2005

Thursday 22th September 2005 Cubins, Hanover St, Cork

4 Arenas - Doors 9pm - LIMITED TICKETS BUY EARLY!

MAIN STAGE

BLUE MOOSE Live on Stage
DJ KG plays the cheesiest chart of today and yesterday

RISING STAGE

The Angels of Mons (Meteor Award winner 2005 for 2FM best hope of 2005)

Wallmark (Voted best band of Green Energy Festival 2005)

DJ Colm O Sullivan of Red FM plays the best of mainstream and alternative rock

RNB ARENA

DJ Stevie G of Red FM plays the best of Pump and Grind RNB with some Old School Classics

THE SOUL ROOM (The Make Out Zone)

Enjoy the best of Soul and trip hop with Indian Head Massages from 10-midnight

**Tickets Only €10 from SU
Stand in Hallway**

Over 18s only. Management of Venue Reserve Right of Admission.
Please read tickets for conditions of sale.

**CITSU WEEKLY DISCO - POP?
EVERY THURSDAY @ REDZ NITECLUB
STARTS THURSDAY 29th SEPTEMBER - CIT STUDENT DISCOUNTS!!**

FANTASTIC 5

Nights of Freshers Week 200



PREPARE FOR THE BEST WEEK OF YOUR LIFE!

Sunday 18th Sept

Massive Bud Auction
Lots of Prizes including
Wide Screen TV & DVD
Party DJ 'til Late

Monday 19th Sept

Spin the Wheel Competition
Prizes to be Won including
iPods, Phone Credit...
Party Dj 'til Late

Tuesday 20th Sept

BLUE MOOSE Live
on Stage Rockin!
School Uniform Party
Prizes for the Best Dressed
Naughty Boy n Girl

Wednesday 21st Sept

Pimps & Prostitutes Party
Prizes for the Best Dressed
Sugga Daddy & Mamma

Thursday 22nd Sept

Pre Freshers Ball Bash
Tickets to Ball **MUST** be Won!
Party DJ 'til Late

Thousands call it the Btown
Bar but to the students of
CIT it's called HOME!

Monday Texas Hold 'em Nights
Starting Mon 26th Sept

**Btown
BAR**



TEXT JOIN TO 087 2633326 to join our exclusive VIP Club

FREE Automated Responses with details of Party Packs, Events, Promos, VIP Nights

STUDENT MEAL DEALS ONLY €7

Week Nights 6pm - 7pm and includes can of mineral

Listen Up People!

FREE BANKING ADVICE

from the Irish Financial Regulator

“...Student accounts are not all the same. Shop around to find the one that suits you best...”

Money tips for students

Making your way through college can be tricky enough. You don't want to deal with money worries on top of exam stress. This guide gives you some useful tips on how to effectively manage your money when you're a student.

Banking

Student accounts are usually current accounts. These provide a safe place for you to keep your money while still allowing easy access to it and give you a choice of ways to make payments to other people. These accounts may include facilities like:

- free banking;
- interest on your current account balance;
- ATM cards; and
- debit cards like Laser.

Student accounts are not all the same. Shop around to find the one that suits you best. There is an annual Government tax or duty on ATM and debit cards of €10 per card. If you have a card that is both an ATM and debit card, the duty is €20.

What you need when you open an account

When you open an account, you need identification such as a driver's license or passport and proof of address such as a utility bill. If you are an international student, you will also need a letter from your college that says:

- you are a student at your college;
- the name of your course;
- your address in your home country, and
- your address in Ireland.

Borrowing

Sometimes you may need to borrow money. If you do, remember to include loan repayments in your budget. Make sure you have money for rent, food, books and other budget items after you make your loan repayment. There are a number of options for you if you need to borrow. Term loans are also called personal loans and are available from banks, building societies and credit Unions.

You agree how much you are going to borrow and how long it will take to pay it back with interest. Then you make regular payments, usually monthly. The interest rate may be fixed or variable and differs from lender to lender. You may be able to get a short-term loan while you are waiting for your grant cheque. Shop around to find the loan with the best flexibility and repayments. There may be extra charges if you miss repayments. So remember to think about when and how you will repay the loan. If you don't pay back the loan it will affect your credit record. This will make it more difficult to get loans and credit cards in the future.

Overdrafts are short-term loans attached to your current account. Your bank gives you

permission to spend a certain amount of money above what is in your account. Your bank charges you interest when you use your overdraft. Sometimes the bank will let you overdraw your account even if you don't have permission for an overdraft. They may charge you an extra fee and a higher interest rate. An overdraft is more flexible than a term loan, and generally cheaper than a credit card.

Credit cards are an expensive way to borrow in the long term. Use credit cards only for short-term expenses. Try to pay off your bill every month or before the end of the interest-free period. With some cards you may also have to pay a fixed annual charge to the credit card provider. You also have to pay Government stamp duty on a credit card. The stamp duty on credit cards and charge cards is €40 per year. You have to pay this duty for each account that you have. Your bank must apply these taxes to your cards and accounts. For more information about stamp duty, log on to the Revenue Commissioners website www.revenue.ie

Remember that every card has a different interest rate, interest-free period, and charges. So shop around for the card that is best for you.

Budgeting – how to make a budget

Start the year by planning ahead. Draw up a budget. List the income you expect to get and the money you expect to spend. You can budget on a weekly, monthly or yearly basis. Make sure your income is more than your expenses. This gives you some flexibility if you have unforeseen expenses or a drop in income. Review your budget regularly to make sure it still suits you. Keep your budget on track and you'll avoid money problems.

Do

- Do find out what fees and charges apply to accounts.
- Do shop around from time to time to check if other accounts offer better returns or cheaper facilities.
- Do shop around for the cheapest loan. Compare the annual percentage rate (APR) to find the best deal.
- Do try to pay off credit cards in full each month to avoid interest payments.
- Do review your debts from time to time. It may be possible to replace dearer loans with cheaper ones or use spare cash to pay off some loans.
- Do get in touch with the lender if you will miss any repayments. Or contact your local Money Advice and Budgeting Services centre www.mabs.ie
- Do complain if you are not happy with the service you receive.

Don't

- Don't be put off or impressed by financial jargon. Ask for a clear explanation if you don't understand a particular term.
- Don't sign a document that you have not read, particularly if you are signing a declaration that states you 'have read and understand' the terms and conditions.
- Don't be rushed into making a hasty decision.
- Don't take on more debt that you can afford. The repayments should not over stretch your budget.
- Don't use credit cards as a source of borrowing.
- Don't use your credit card to withdraw cash from an ATM or bank if you can avoid it. There is usually a transaction charge and a higher rate of interest.
- Don't exceed an overdraft limit. The penalties may be costly.
- Don't ignore letters from your lender.

If you need to find out more, contact our consumer help-line on 1890 77 77 77. You can register your name and address to receive copies of our publications. Or you can get them from our consumer website www.itsyourmoney.ie





The Cork School of Music Symphony Orchestra has been described in the national press as "the finest amateur orchestra in Ireland". Because of the sheer number of enrolments in the Cork School of Music, CIT, for orchestral instrument lessons (over 800), the School organises no less than 5 Bands (Jazz as well as Concert) and 7 orchestras (from Junior through Intermediate and Sinfonietta to Baroque and Symphony) to foster the development of ensemble music-making skills at every level. Initially under the direction of the School's former Head of String Studies, Adrian Petcu, the School's Symphony Orchestra has developed from relatively modest beginnings as a Chamber Orchestra more than twenty years ago to become hailed in the national press as one of the outstanding examples of the amateur orchestral scene in Ireland. In recent years, under the direction of the Cork School of Music's Director, Dr Geoffrey Spratt, both its membership and standards have been enhanced by the presence in the School of over 80 full-time BMus Degree students and more than 30 MA Degree students. Its regular performances in Cork are complemented by visits to venues throughout Ireland and abroad. The orchestra has twice taken part in the International Festival of Youth Orchestras held annually in Valencia, Spain, and successfully pioneered the concept of "Proms" concerts in Cork. Nineteenth- and twentieth-century masterpieces from the orchestral repertory form the core of its programmes, and it has commissioned works from a number of Irish composers – most notably John Kinsella, whose Symphony No. 7 it premiered in 1999. More recently it gave performances of an orchestral work by Séamas de Barra, a member of the School's staff, in both Dublin and Cork.

Every year the orchestra accompanies the winner of the Cork School of Music Senior Concerto Competition, and it regularly collaborates with the School's adult, mixed-voice Fleischmann Choir for performances of the oratorio repertory – most recently

Cork School of Music Symphony Orchestra Seeks New Musicians

"...Membership of the orchestra is open to any student who has passed Grade 8 and anybody who wishes to join should contact the School's General Office..."

for the choir's collaboration with the Irish Youth Choir to give performances of Berlioz's Grande messe des morts [Requiem] in both Ireland and Wales and Orff's Carmina Burana in Cork and Limerick. For the latter the orchestra was recently awarded the Irish Association of Youth Orchestras / Penney's Artistic Achievement Award for 2003.

In November 2002 it was engaged to accompany the Perm State Ballet's production of Adam's Giselle in the Cork Opera House, and in 2004 recorded the score Stephen Parker wrote for John Conroy's new film Poker Nights. Earlier this year the orchestra performed music by Honegger, Beethoven (the Violin Concerto with x), Bizet and Saint-Saëns (the Introduction & Rondo capriccioso with Siún Milne, winner of the 2004 Cork School of Music Senior Concerto Competition); it also joined forces with the Fleischmann Choir, Cologne Philharmonic Choir, Senior & Youth Choirs of the Cork School of Music, Robert Craig (Tenor), and Colin Nicholls (Organ), under conductor Geoffrey Spratt, to perform Berlioz's epic Te Deum for the opening of the 51st Cork International Choral Festival.

In December 2005 the orchestra will collaborate with the internationally-renowned soprano, Mary Hegarty, and the Fleischmann Choir (see overleaf) for performances of music by Brahms, Mozart, Beethoven, Verdi, and Bernstein in Limerick (University Concert Hall) and Cork (City Hall). In April 2006 the orchestra will showcase five of its own members in performances of Schumann's Konzertstück (for 4 French Horns and orchestra) and Serocki's Trombone Concerto (with soloist John Kinsella, winner of the 2005 Cork School of Music Senior Concerto Competition). The programme will conclude with a performance of Poulenc's exotic Gloria – again with the Fleischmann Choir.

Membership of the orchestra is open to any student who has passed Grade 8 and anybody who wishes to join should contact the School's General Office, Moore's Hotel, Cork (t021-4270076) or e-mail the choir's conductor, Dr Geoffrey Spratt (gspratt@cit.ie). **Dr G Spratt**

Cork School of Music Fleischmann Choir by Dr G Spratt

The FLEISCHMANN CHOIR was founded in November 1992. Initially called the Cork School of Music Symphony Orchestra Chorus, it sang in public for the first time on 22 April 1993 when it gave a concert with the RTÉ Concert Orchestra in Cork's City Hall to mark the opening of the 40th Cork International Choral Festival. The programme was of music by Aloys Fleischmann – one of the founders of the Cork International Choral Festival, and its longest-serving Director – who had died the previous year. Shortly after this concert, with the permission of the family, the choir was renamed in memory of the man who did so much to further the cause of choral music and choral singing in Ireland. Rehearsals for this large, mixed-voice choir take place on Monday nights from 7.45-10.15 p.m.; the founder-conductor is Dr Geoffrey Spratt, (Director of the Cork School of Music and Founder-Conductor of the Irish Youth Choir), and auditions are held if the number of applications exceeds the number of vacancies for any given section. This group specialises in singing large-scale works for choir and orchestra. In recent years it has performed Berlioz's Grande messe des morts [Requiem] (in both Wales and Ireland), Borodin's "Polovtsian Dances" from Prince Igor, Brahms' Ein deutsches Requiem & Nänie, Bruckner's Te Deum, Angel Climent's Missa solemne & Motet: Caro mea, Fauré's Requiem, Fleischmann's Clare's Dragoons & Song of the Provinces, Grieg's Incidental Music for Peer Gynt, Handel's Messiah & Chandos Anthem No. 1, Haydn's Missa in tempore belle & The Creation, Hummel's Alma virgo, Bryan Kelly's Africa, Mathias's Ave Rex, Orff's Carmina Burana, Stainer's The Crucifixion, Verdi's Missa da Requiem (in both Germany and Ireland) and Vivaldi's Dixit Dominus & Gloria, as well as music by J.S.

Bach, Beethoven, Britten, Donizetti, Elgar, Holst, Mascagni, Mathias, Parry, Purcell, Tchaikovsky, Vaughan Williams and Verdi, carols, folk-song arrangements, gospel arrangements, Negro spirituals and opera choruses. In addition the choir has accepted invitations as diverse as Songs of Praise for the BBC from St Colman's Cathedral, Cobh, Co. Cork, backing Johnny Logan during the Eurovision Song Contest broadcast by RTÉ from Millstreet, Co. Cork, and singing with Niamh Kavanagh for her RTÉ Christmas Show from Cork Opera House.

The FLEISCHMANN CHOIR is delighted to have been invited to give the Opening Gala Concerts of the 2004 & 2005 Cork International Choral Festivals – not least because in April 2004 it provided the opportunity to perform again the two Fleischmann works the choir sang for its inaugural concert in 1993. It was particularly pleased that the Cologne Philharmonic Choir - with which it had already given concerts in Cologne, Dublin and Cork – was able to join the combined choral and orchestral forces of the Cork School of Music to perform Berlioz's epic Te Deum for the opening of the Cork International Choral Festival in April 2005.

Although the FLEISCHMANN CHOIR has achieved an enviable reputation for fulfilling its mission to perform the large-scale repertory for choir and orchestra, it also has a great reputation amongst its members for the inclusive social life that goes hand-in-glove with the singing.

Lunchtime Recitals at Cork School of Music

Dates for your Diary



Tuesdays, 1.10-1.50 p.m., Crawford Municipal Art Gallery, Emmet Place. Part of the series Our "mEUsical" partners being promoted in conjunction with the Cork Orchestral Society for the Cork 2005: European Capital of Culture programme

6 September 2005

Cecilia Zilliacus (violin) and Bengt Forsberg, piano from Sweden performing Mika Pelo's Williamsburg Songs, Tor Aulin's Akvareller [Watercolours], and Fauré's Sonata in A

20 September 2005

Anja Gaberc (harp) from Slovenia performing Cigliä's Adigo amorosa, Fauré's Une chatelaine en sa tour, Hindemith's Sonate, Posse's Etuda No. 7, Rousseau's Variations pastorales sur un vieux Noel, and Srebotnja's Prelude No. 2

4 October 2005

Charlene Farrugia (piano) from Malta performing Schumann's Carnaval, Op. 9, and Joseph Vella's Scherzo, Op.10

18 October 2005

Toms Ostrovskis (piano) from Latvia

1 November 2005

The Ensemble Nordlys (clarinet, violin, cello & piano) from Denmark performing Mendelssohn's Piano trio in d (2nd movement), Martin Lohse's The Dying Child, Gade's Fantasy pieces (1st & 2nd movements), Brahms's Scherzo, and Raymond Deane's Ice Flowers

15 November 2005

Kadri-Ann Sumera, piano, from Estonia performing Lepo Sumera's Piece from the year 1981, Prokofiev's Sonata No. 5 in C, some Tchaikovsky song transcriptions, and Erkki-Sven Tüür's Sonata

29 November 2005

Artists from Greece or Poland to be announced

13 December 2005

Artists from Greece or Poland to be announced

Thursday Night Concerts

8.00 p.m., Aula Maxima, UCC, or City Hall

6 October 2005, Aula Maxima, UCC

RTÉ Vanbrugh String Quartet. Beethoven's String Quartet in Bb, Op. 18 No. 6, Piers Hellawell's Driftwoods on Sand, and Debussy's String Quartet. Promoted in conjunction with RTÉ & UCC

13 October 2005, 8.00 p.m., Aula Maxima, UCC

Callino & Carducci String Quartets. Featuring violinists Ioana Petcu-Colan, Sarah Sexton & Michelle Fleming, and violist Eoin Schmidt-Martin performing a programme of string quartets and Mendelssohn's Octet in Eb, Op. 20

Part of the series A welcome home for 2005 being promoted in conjunction with the Cork Orchestral Society for the Cork 2005: European Capital of Culture programme

20 October 2005, 8.00 p.m., Aula Maxima, UCC

Mary Dullea (Piano) performing a programme of music by Gyorgy Ligeti (Études), Nancarrow (Three Two-Part Studies), Pavel Szymanski (Two Studies), Simon Mawhinney (Batu - world première) & Joe Cutler (world première of a new work)

Part of the series A welcome home for 2005 being promoted in conjunction with the Cork Orchestral Society for the Cork 2005: European Capital of Culture programme

3 November 2005, 8.00 p.m., Aula Maxima, UCC

RTÉ Vanbrugh String Quartet, Boccherini's String Quartet, G 243, Bartók's String Quartet No. 3, and Beethoven's String Quartet in F, Op. 59 No. 1 ("Razumovsky"). Promoted in conjunction with RTÉ & UCC

10 November 2005, 8.00 p.m., Aula Maxima, UCC

Mariana Sirbu (violin) and Jan äap (piano). A Cork Arts Fest promotion in conjunction with the Cork Orchestral Society

24 November 2005, 8.00 p.m. City Hall

RTÉ National Symphony Orchestra with John Finucane (clarinet) conducted by Gerhard Markson. Programme: Mozart's "Overture" to Le nozze di figaro, a new work by Raymond Deane (world première of an RTÉ commission), Weber's Clarinet Concerto No. 1 in f, Op. 73, and Dvořák's Symphony No. 9 in e, Op. 95 ("From the New World"). Promoted in conjunction with RTÉ & West Cork Music

1 December 2005, 8.00 p.m., Aula Maxima, UCC

RTÉ Vanbrugh String Quartet with Antii Siirala (Piano) Haydn's String Quartet in C, Op. 33 No. 3, Stephen Gardner's Quartet No. 3 ("Don't push your granny when she's shaving"), and Franck's Piano Quintet Promoted in conjunction with RTÉ & UCC

8 December 2005, 8.00 p.m., City Hall

Mary Hegarty (Soprano) with the Cork School of Music Symphony Orchestra and Fleischmann Choir, conducted by Geoffrey Spratt

The art of Mary Hegarty: a programme of vocal and orchestral music showcasing one of the world's great sopranos Brahms' Academic Festival Overture, Op. 80, Brahms' "Ihr habt nun Traurigkeit" from Ein deutsches Requiem, Op. 45, Mozart's "Et incarnatus est" from Mass in c, KV 427, Mozart's "Laudate Dominum" from Vesperae solennes de confessore, KV 339, Beethoven's Scene and Aria: Ah! Perfido - Per pieta, Op. 65, Verdi's Overture to La forza del destino, Verdi's "Caro nome" from Rigoletto, Bernstein's "Overture, Westphalia Chorale, Battle Scene, and Aria: Glitter and be gay" from Candide

This concert will also be given in the University Concert Hall, Limerick, on Wednesday 7 December 2005

Part of the series A welcome home for 2005 being promoted in conjunction with the Cork Orchestral Society for the Cork 2005: European Capital of Culture programme

Cork School of Music Performing Groups

Saturday 29 October 2005, 11.30 a.m., Cork Opera House

Cork School of Music Jazz Big Band, musical director John O'Connor, with John Faddis (trumpet)

Monday 31 October 2005, 3.00 p.m., Gresham Metropole Hotel

Cork School of Music Jazz Big Band, musical director John O'Connor

Thursday 10 November 2005, 1.10 p.m., Performance Theatre, CIT Cork School of Music Jazz Big Band, musical director John O'Connor

Sunday 13 November 2005, 3.00 p.m., City Hall
Cork School of Music & Musicians-in-the-Making Annual Suzuki Concert

Thursday 8 December 2005, 8.00 p.m., City Hall
Cork School of Music Symphony Orchestra & Fleischmann Choir with Mary Hegarty (soprano) conducted by Geoffrey Spratt

Wednesday 14 December 2005, 8.00 p.m., St Patrick's Church, Rochestown, Co. Cork
Cork School of Music Wind Bands conducted by John O'Connor, Tony Neal & Emma Neal

Thursday 15 December 2005, 8.00 p.m., St Patrick's Church, Rochestown, Co. Cork
Cork School of Music Intermediate Orchestras, Sinfonietta and Junior, Senior & Youth Choirs, conducted by Candace Whitehead, Tomás McCarthy, Maria Judge & Alan Cutts

Saturday 17 December 2005, 11.30 a.m., Performance Theatre, CIT. Cork School of Music Jazz Big Band, musical director John O'Connor

explicit

Do you have any news or events to promote?

submissions@explicit.ie

or you can drop them directly into the SU office in C143





The Careers and Counselling Service is a free, integrated and confidential service available to all registered students of the Institute. The Head of Service, Careers Officer and Administrator are joined part time by six Career Guidance Advisers and Counsellors.

The integrated service is committed to supporting and encouraging students to reach their academic and personal potential and offers:

- Career Guidance
- Educational Guidance
- Counselling

A number of the services are delivered through class presentations and group workshops. The service organises visits to the Institute by employers, informs students of vacancies and organises other careers related activities such as seminars on interview technique and CV preparation.

The Service also has a Careers Section on the ground floor of the Library where students can take out up to date books on issues relating to careers.



CAREERS & COUNSELLING SERVICE

"...the integrated service is committed to supporting and encouraging students to reach their academic and personal potential..."

The Service advertises all job vacancies received on the notice board across from the shop as well as an interactive page on the Institutes website.

The counselling facility aims to provide opportunities for the individual to explore issues of concern, and to discover/clarify ways of living more resourcefully in a confidential environment. In short the service promotes self-development and self-awareness, and aims to enable the student take effective control of their lives.

The service operates on a 'drop in' and appointment basis, and is currently located at PF 33 (near F Block / Astro Turf Pitch). The service will move to the Student Centre during the middle of this academic year. Please see fliers & notices during moving.

Opening Hours

Monday - Thursday: 8.30am - 5.00pm
Friday: 8.30am - 4.00pm

Contact

Ms Shirley Gleeson
(021) 4326678

Administrator
sgleeson@cit.ie

INTERESTED IN MEDICAL RESEARCH?

WE REQUIRE HEALTHY MALES & FEMALES AGED 18 - 50 TO PARTICIPATE IN CLINICAL STUDIES. PARTICIPANTS ARE FINANCIALLY COMPENSATED FOR THEIR TIME AND EXPENSES.

FREE PHONE 1800-201365

TEL: (021) 4505933 (BETWEEN 9AM-4PM)
OR E-MAIL: jean.conway@shandonclinic.ie

www.shandonclinic.ie

Shandon
CLINICAL TRIALS LTD.

M.U.R.D.E.R. Study method for the month!

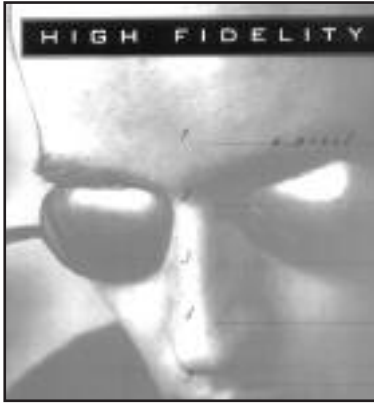
- **Mood:** Set a positive mood for yourself to study in. Select the appropriate time, environment, and attitude
- **Understand:** Mark any information you don't understand in a particular section; Keep a focus on one section or a manageable group of exercises
- **Recall:** After studying the section, stop and put what you have learned into your own words
- **Digest:** Go back to what you did not understand and reconsider the information; Contact external expert sources (e.g., other books or a lecturer) if you still cannot understand it
- **Expand:** In this step, ask two kinds of questions concerning the studied material:
 1. How could I apply this material to what I am interested in?
 2. How could I make this information interesting and understandable to other students?
- **Review:** Go over the material you've covered, Review what strategies helped you understand and/or retain information in the past and apply these to your current studies

The key to an effective study area is setup:

- Find a quiet place to study and work on assignments. You shouldn't listen to the radio or TV, as this will only distract you.
- Always study in the same place, preferably in a well-lit and well-ventilated area.
- Look at your room; be careful not to select an area that is going to soon become covered by your laundry pile.
- Assemble and keep your study supplies to hand. These may include a dictionary, post-its, refill pads, index cards, calculator and highlighters.
- Keep your study area clean, tidy and well organised.
- The library is a great place to study, but it will be really crowded around exam times, so come early to beat the crowd.

Remember no matter how good a study area you layout, if you don't use it its not worth the space in your room. For more information and advice, please contact **Michael O'Connor, CITSU Vice President Education.**

TEL: 021 4933125 Email: sueducation@cit.ie Online: www.citsu.ie/education



Book Review: High Fidelity by Nick Hornby

Some of you may know this subtle yet hilarious novel only by its film counterpart of the same name, which starred John Cusack and gave Jack Black his cinematic breakthrough, but as we all know, some of the best films out there originate from even better books.

The first novel by this brilliant British writer is a wonderfully written yet non-challenging love story, but it's told from the viewpoint of a man, so don't worry, no 'chick-lit' here!

Rob Gordon, our hero, is a failing thirty-something record shop owner in London who spends his days trying to figure out how to make his life better while reminiscing about old

girlfriends and trying to convince himself that he is most definitely not in love with his most recent ex, high flying city lawyer, Laura. The humour in this book is subtle and charming, never very obvious but always effective and always funny. Rob is an eccentric character, a little neurotic and very loveable despite his many flaws, and the music trivia is second to none. A must-read for romantics and music lovers alike.

If you like this, try some of Nick Hornby's other books, 'About a Boy' and 'How to Be Good'. Please send us in suggestions for books you have liked, or if you would like to send us your own review, e-mail us here at explicit!

Catriona Foley

Album Review: Behind Me Satan by The White Stripes



It would be an understatement to say that "Get Behind Me Satan" is diverse but, then again, the White Stripes are fairly f***ing diverse themselves. Jack White once claimed that they were brother and sister from a dysfunctional trailer park family. However, documents released on the Internet some time ago suggested that they married each other in 1996,

when Jack (whose surname is actually Gillis) took Meg White's surname, and then divorced in 2000. Jack White's obscure background story, in true folk style, has been likened to Bob Dylan's account of his upbringing when he first arrived in New York in the early 60s. The Detroit duo certainly ain't brother and sister by blood, since Meg was born on December 10th 1974 and Jack was born on July 9th 1975. Well, whatever the story is, they're a damn good combo and we'll agree to call them "stage siblings". Go Ricki...

The White Stripes have always had a stripped-down, raw garage feel but "Get Behind Me Satan" takes them to new levels of minimalism. Their fifth studio album has a softer folk sound compared to the heavily distorted sound of their impressive earlier efforts. "Elephant" was all about punk and blues, but "Get Behind Me Satan" has more depth and has a broader range of influences, borrowing sounds from soul, disco and classic R&B. The hybrid style sounds unlike anything I've ever heard and Jack & Meg have shown some guts to steer the band in a new direction.

That's not to say that there aren't any blues influences here. The amazing, aptly titled "Instinct Blues" wouldn't have sounded out of place on an early Led Zeppelin record and "Red Rain" has a guitar twang that Rory Gallagher himself would be proud of. Opener "Blue Orchid" is a cracker – it's a sleazy anthem with an absolute killer hook and is sung with a weird disco-like falsetto in which the lyrics don't disappoint. "You're given a flower/ But I guess there's just no pleasing you/ Your lip tastes sour/ But you think that it's just me teasing you". The three aforementioned tracks are the only electric guitar based songs on the album and the remaining ten are written around acoustic guitar, piano and marimba.

"The Nurse" is the most experimental and most bizarre song on the album and the unique marimba sound will have you wondering

what the hell is going on for your first few listens. As much as I dislike (and by dislike, I mean hate) bluegrass I still can't resist the infectious "Little Ghost."

"My Doorbell" is probably my favourite song from this album, emitting more nerve and verve than any other despite the obvious absence of electric guitar. Jack's vocals are delivered with his typical raspy fervour as he repeats: "I'm thinkin' about my doorbell/ When ya gonna ring it? / When ya gonna ring it?" and you just can't help tapping your foot along to the catchy piano and Meg's simple but as-ever-effective drumbeat (not to mention the seed-shaker).

The soft yet sultry "White Moon" and soulful "Take, Take, Take" are dedicated to 40s screen siren Rita Hayworth, who Jack seems to be obsessed with. His directness in "Forever For Her (Is Over For Me)" make for two memorable lines: "So let's do it, just get on a plane and just do it/ Like the birds and the bees and get to it."

Meg chills men everywhere in the short (and far from sweet) "Passive Manipulation" as she repeats: "Women, listen to your mothers/ Don't just succumb to the wishes of your brothers/ Take a step back, take a look at one another/ You need to know the difference/ Between a father and a lover". Watch your back, Jack!

"As Ugly As I Seem" is the most laid back and relaxing composition here and finale "I'm Lonely (But I Ain't That Lonely Yet)" is a beauty right from its tinkling piano intro.

In this age of musical mediocrity, too many bands have promising debuts and/or second albums and think, "that's it, we've done it!" only to rehash the same sound over and over again. Truly great bands need to evolve, changing their sound to stay fresh, rather than becoming repetitive and eventually stagnant. On that basis, I think it's fair to say that the White Stripes will be with us (thankfully) for some time yet.

"Get Behind Me Satan" is a very sexy, unique, experimental and ultimately more rewarding album than the excellent "Elephant" – **9/10**

"...it is a very sexy, unique, experimental and ultimately more rewarding album..."

**Behind Me Satan
The White Stripes**



What is the CIT Guild Society?



Unlike most societies in CIT, the Guild's name is not self explanatory. You have some idea, at least, what the film-making or chemical engineering society does. So what is the Guild? The Guild is CIT's society for, Role-playing, War-gaming and Card-gaming. Three non-members have just said "aha!" the rest of you went "huh?" We will discuss these three in turn.

A Role Playing Game (RPG Note: Almost everything the Guild does can be said in Three-Letter Acronym form) is a game where you play a role... of a character within the game world. Settings range from fantasy to the modern world to sci-fi environments. The Games Master gives the players a task, and it is up to them how to achieve it. The most fun often results when players disagree on the course of action to take.

Dice rolls are used to determine the results of many actions, swinging a sword, hacking a computer network etc. The better your character at a given task, the lower result needed on the die to succeed.

War-gaming, or Tabletop battle gaming, involves two or more players fighting out a battle using small models.

Players select armies of equal value and attempt to out-think and out-fight their opponent. Armies can consist of masses of poor troops, or a few elite units. A balance is normally best. Battles can be linked together to form a story, and massive battles with dozens of players are almost always fun.

Collectable Card Games (CCGs) are almost nothing like traditional card game. Players pick their cards before the game, and play to prove their cards are better, or work better together, or that they are better at using them. Decks are built around a strategy or theme, such as cards that allow more drawing of cards, or cards that allow you to see what's coming next. Again, a close match or a big multi-player game is normally the best.

"...The Guild is primarily a gaming society; which constitutes console gaming with a wide variety of games. We also do collectible card games, rpg's and war gaming, quizzes and meet ups..."

The Guild meets up at least once a week on campus. If you are interested in anything mentioned above, please come along. We also provide Stand-alone games (SAGs) and console gaming. Check What's On for details of our activities. By the time you read this we should have set up a page of links on the CITSU forums, be sure to check it out. Be on the look out for tournaments in the Atria, particularly during RAG week.

The Guild has hosted many conventions in the past and has built good relationships with gaming societies throughout Ireland and this will continue this year. If you consider yourself a gamer come along and check us out, and if not come along anyway, you might find something you like.

CIT Animé Society

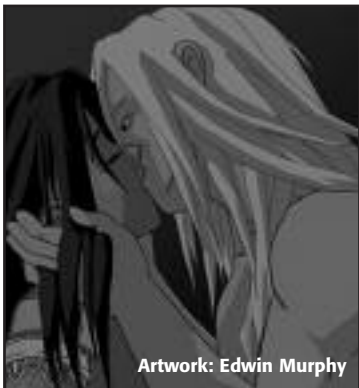
It's a brand new year and the Animé Soc is raring to go. First off, ours is a society that shows Japanese animated features, these cover all genres, be it romance, sci-fi, slapstick, action, horror, or deeply theological/psychological shows with giant robots piloted by fourteen year olds.

Over the last year the society has flourished, we had weekly showings in the theatre and even went on during the summer. Showings will continue this year, look out for our posters and check the website for dates and times. Speaking of which- we have a very nice looking website at <http://anime.citsocs.com> which has some wonderful fan art and reviews from society members. Last year we established ourselves as one of the stronger entertainment societies (winning the most improved

society award), and having social events such as our big night out, our library and our showings. We created a trend we hope to continue. Also this coming year we will be liaising with other Animé societies.

If you're about the college and feel like doing something different feel free to stop in. We will have a stand on Societies day where you can meet some of the members and take a glance at what to expect this year.

As per usual Akira will be our first showing, with the brand new (and as yet unreleased in Europe) Appleseed (2004) being the second showing of the year.



Artwork: Edwin Murphy

Album Review: X&Y by Coldplay

" You're in control, is there anywhere you wanna go?
You're in control, is there anything you wanna know?
The future's for discovering
The space in which we're travelling"

The first four lines to the blistering opening track of x&y, the latest offering from one of the world's most remarkable bands, seems to show us exactly how Coldplay stands in the world today.

It's something that has occurred in all three albums to date: the sweet innocence of 'Don't Panic' from Parachutes, the controversial power of 'Politik' from A Rush of Blood to the Head, and now 'Square One', which combines both of these elements to let the world know that Coldplay are here to stay.

Coldplay have matured in a way that some critics never thought possible, in a way that has let their songs become extremely powerful and influential but beautiful and emotional at the same time. Undertones of the epic work of U2 and Radiohead are evident in the exquisite melancholy of 'Fix You' (fans of The O.C should know this one), and in the energetic movement of the title track and my personal favourite, 'x&y'.

This album is a treasure both for long-time fans and for those just discovering the phenomenon that is Coldplay, and certainly one of the best albums of the year from one of the best bands of the 21st century. A sure thing for the Mercury Music Awards; if you don't already own this album, buy it now!

Catriona Foley



Would you like your Society or Review Here?

submissions@explicit.ie

or you can drop them directly into the SU office in C143



A BIG WELCOME TO COLLEGE FROM



Call your local store in Wilton Now!

021 4546666

We have a happy hour for students every Mon - Thurs, 5pm - 7pm when any 12" or 16" pizza can be purchased at

HALF PRICE!

This offer is valid until May 2006 as a dine in / carry out offer, on presentation of a valid student ID in any of our Cork Stores (not available for delivery)

FOUR STAR PIZZA
★★★★

IT'S ALL POLICE
PERSONAL PIZZA
WITH
2 TOPPING
&
CAN COKE
&
GARLIC PIZZA
BREAD
WITH GARLIC DR
ONLY €8
DELIVER & CARRY-OUT

INTRODUCING THE NEW PERSONAL PIZZA MEAL DEAL

MEAL DEAL FOR 2
9" PIZZA WITH 3 TOPPING + GARLIC PIZZA BREAD + SODA & DR €15

MEAL DEAL FOR 3
12" PIZZA WITH 3 TOPPING + GARLIC BREAD + 1TE COKE + WINGS & DR €18

MEAL DEAL FOR 4
16" PIZZA WITH 3 TOPPING + GARLIC BREAD + 1TE COKE €22

LUNCH SPECIAL
PERSONAL PIZZA WITH 2 TOPPING + CAN COKE €5

SIDE ORDERS

NEW CHICKEN WINGS €3.50

NEW SAUSAGE €3.50

NEW BEEF €3.50

NEW CHICKEN €3.50

NEW PASTA €3.50

NEW RICE €3.50

NEW SALAD €3.50

NEW BREAD €3.50

NEW DRINK €3.50

NEW SNACK €3.50

NEW DESSERT €3.50

NEW BEVERAGE €3.50

NEW SWEET €3.50

NEW SALT €3.50

NEW PEPPER €3.50

NEW SPICE €3.50

NEW OIL €3.50

NEW VINEGAR €3.50

NEW HERB €3.50

NEW GARLIC €3.50

NEW ONION €3.50

NEW TOMATO €3.50

NEW CUCUMBER €3.50

NEW CARROT €3.50

NEW POTATO €3.50

NEW BEAN €3.50

NEW CORN €3.50

NEW PEAS €3.50

NEW BROCCOLI €3.50

NEW CAULIFLOWER €3.50

NEW SPINACH €3.50

NEW KALE €3.50

NEW LETTUCE €3.50

NEW CABBAGE €3.50

NEW CARROT €3.50

NEW POTATO €3.50

NEW BEAN €3.50

NEW CORN €3.50

NEW PEAS €3.50

NEW BROCCOLI €3.50

NEW CAULIFLOWER €3.50

NEW SPINACH €3.50

NEW KALE €3.50

NEW LETTUCE €3.50

NEW CABBAGE €3.50

MENU

CHEESE
€5 €7.50 €11.50 €13.50

CREATS YOUR DREAM PIZZA
€9.50 €11.50 €13.50 €15.50

SET MENU
€6 €10 €13 €18

HAWAIIAN CLASSIC
€7 €11 €14 €19

AMERICAN CLASSIC
€7 €11 €14 €19

CRISPY BACON DELUXE
€7 €11 €14 €19

HOT & SPICY
€7 €11 €14 €19

DELUXE
€7 €11 €14 €19

VEGETARIAN
€7 €11 €14 €19

MEAT DELUXE
€7 €11 €14 €19

BBQ SLIMLINE
€7 €11 €14 €19

CAJUN CHICKEN DELUXE
€7 €11 €14 €19

SUPER DELUXE
€7 €11 €14 €19

THE SCORCHER
€7 €11 €14 €19

MANHATTAN CLASSIC
€7 €11 €14 €19

FREE EXTRA SAUCE, CHILI FLAKE, GARLIC & OREGANO

Word Search Competition

This Month's Prize:
Limited Edition explicit Rugby Jersey

Y G O L O N H C E T H E R X Q
V A S J C H M T T V O J F F G
F R R S L Y U D D C B G V K F
F E E B A T S U G I S Y H R E
F S I B I L R T S T E M Z G X
B W D T M Y C H U Q I R K T P
C O S M B E O R F D T E N C L
F N T W F P T M A Z E P L E I
I J A N S Q N P I C I N F L C
W I N T C O R K E K C F T E I
K N O I N U O K E S O D C S T
B W F R E S H E R S S I A T D
N C W P T B W W O J T U I Y U
B A V W G P A Q Y S R P X I B
B A A G A U A M U W W Z C P F

SEPTEMBER
FRESHERS
WEEK
CORK
INSTITUTE
TECHNOLOGY
STUDENTS
UNION
CITSU
CLASS
ELECT
REP
EXPLICIT
SOCIETIES
DAY
BISHOPSTOWN

Name: _____
Phone: _____
Email: _____
Class: _____

Competition Closes 5pm Monday xxth September 2005
Enjoy & Good Luck!





Competition Rules: All Entries to be returned by deadline to Students' Union Main Office (C143) on official form. Winner MUST be a CIT Student and one entry per person.

Kindly sponsored by CIT Societies - www.citsocs.com

The Outpost

Snakes & Ladders

Guide to Freshers Week 2005

 24 ALWAYS A WINNER AT THE OUTPOST	 AH! STUNG BY THE BEE	LIVE GAMES ON BIG SCREENS	ORGANISE YOUR CLASS PARTY HERE	AH! FORGOT TO DO CLASS PROJECT ON TIME!	SEE OUR ONLINE PHOTOS & EVENTS
THURSDAY: LIVE MUSIC AND PRE-FRSHERS BASH		TUESDAY SCHOOL UNIFORM PARTY		AH! LEFT STUDENT ID AT HOME!	
FOLLOW THE CROWD TO THE OUTPOST			LIVE MUSIC AND PARTY FUN EVERY WEEK!	YOUR LOCAL COLLEGE BAR	"STUDENT" FRIENDLY PRICES ALL YEAR!
STARTERS ORDERS AT THE OUTPOST	 MONDAY: LIVE MUSIC & PARTY DJ 'til LATE	CIT'S BEST & ORIGINAL STUDENT BAR	WATCH OUT FOR BBQ NIGHTS!	PARTY MAYHEM ALL WEEK WITH DJs 'til LATE	WEDNESDAY SHORTS & SHADES PARTY

Rules: For the Best Student Nights at CIT you MUST go to The Outpost!

THE OUTPOST BAR

CIT'S BEST & ORIGINAL STUDENT BAR

www.theoutpostbar.com

SEE POSTERS & FLYERS FOR DETAILED ENTS GUIDE

BOOK YOUR CLASS PARTY IN THE SU PREFAB NOW / BOOK ONLINE AT WWW.CITSU.IE
OR TALK TO ONE OF OUR STUDENT FRIENDLY STAFF AT OUR BAR.