

LINK-UP

GET THIS!



LINK-UP

Editors Note.

If this weeks issue was noted for anything- it would be the incredible rush we went to, getting it out for Week Two, when most contributors were hardly back. Special thanks are due to typists; Jack, Gillian, Cathal and John. Also thanks to John Fitzgerald (ITD) who made sense of the various packages available on our desk-top publisher, and then carefully explained them all to John Mangan, who's been working at them ever since. We are indebted to the Industrial Design students, Colm, Fergal, Don, Cara, Niall and Sean. And last but not least, to Maura, who spent most evenings last week cutting, gluing and sticking.

And finally, ALL contributions are always welcome. Ed.

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STOP PRESS: UNION GENERAL MEETING

CONCISE AND TO THE POINT

STARTS; 2.00pm SHARP

FINISHES; 4.00pm SHARPER !

BE THERE

WED. WEEK 4. JEAN MONNET.



UNIVERSITY OF LIMERICK STUDENTS' UNION ENTERTAINMENTS

PREVIEW



THIS WEEKS ENTS

This weeks Ents kick off on Tue. 3rd Oct. at 1pm. in the Students Centre, with the Zaney "Pretentious Productions". If you like the humour of Mouny Python, you will love this group who are based in the chemistry labs (chemistry lecturers and technicians). This is free. AT 9pm. At great expense we have from Tanzania, an excellent 11 piece African band, "Remmy Onualla" in the Stables Club. AT 11pm. As a special benefit gig for the victorious Hurling Club, there is a disco in "Cheers". Adm. £2. Free buses from Stables Club.

And on Thur. 5th Oct. "Aslan" play in the Parkway, + disco. Adm. £3. Buses from Stables Club.

On Friday Oct. 6th the "In-town" gigs start, kicking off with "The Black Velvet Band" + disco. Adm. £5.

WEEK 3 ENTS

MON 9th Oct. Here sees the start of our in-cabaret series, with alternative comedians, Kevin Mc Aleer and Oscar Mac Lennan. Kevin of "Night Hawks" fame and Oscar of "Friday Nights Live" fame. In Students Centre @8pm, advance tickets £2, at the door £2.50.

TUE 10th Oct. At 1pm in the Student Centre, John Hockedy, the highly rated classical guitarist gives a concert. At 9pm from the UK we have a very

interesting pop/rock group "Index Lynx", FREE in the Stables Club.

At 11pm, a special one off "In-town" gig in the Granary with "Marie McKee", who has come to major attention recently, with the International Music press, with double page features in "The Rolling Stone Music Week" and N.M.E. Her music style is like a cross between Tracy Chapman and Nancy Griffith. The last time she played Ireland, her bass player was none other than Adam Clayton of U2.

WED 11th Oct. Pat's Chem-Bio soc have a benefit disco (for the next visit to a brewery!) in Costello's @11pm.

Also note the Trad Session in The Old Tom continues from 9pm.

THUR 12th Oct. In the Parkway for all those Blues Brothers fans, we have a highly rated UK college act "The Bogus Bros". A fun band plus a disco from 11pm. Adm. £3.

FRI 13th Oct. UK band "Index Lynx" play "In-town" gig in the Granary.



IN-TOWN GIGS



Ents this year is split into 2 sections, one targeted primarily at students, the other targeted at local punter with students and their guests in mind. This section we call "In-town" and are co-promoted with Dreds promotions, who are commercial Ents. We encourage students to help promote this among friends. The gigs happen in "The Granary" and there will be a disco before and between every band. The DJs will rotate, so the music will vary from week to week. Any profits made will go right back into Ents, so it's still a case of supporting your own. The first gig starts on Friday Oct. 6th, with the excellent "Black Velvet Band". Although admission to this is a little expensive at L5, some special guests are expected.

TRAD SESSIONS

Starting this Wednesday in The Old Tom pup, (in the cave) at 9pm. Musicians please contact Rose or Ber ASAP.

SUPPORT YOUR OWN ENTS.

NATIONAL ENTS STUDENTS UNION

Sponsorship: Tom Humphries - (01) 757232 D.I.T., Public Relations Officer: Ser Argley - (01) 333644 U.L., Treasurer: Lorcan Fullam - (01) 653244 U.C.D.

STUDENT LIFE

This is a new entertainments magazine targeted at students in colleges all over Ireland, and controlled by "The National Ents Students Union" (of which Ber is the founder member). The mag will be distributed free and will have 14 tabloid type pages. The front and centre pages will be in colour. The mag will have 4 MAJOR interviews, the first issue including Tracy Chapman, Dolores Keane, Hot House Flowers with the centre pages carrying an interview with Tuesday Blue by Ber, (They shortly embark on a National Ents Circuit Tour). The magazine will be distributed free on Monday week 3. The magazine has a print run of 40,000 copies (Hot Press has only 19,000!). If you'd like to contribute anything for the mag contact Ber.

Dublin City
University
(D.C.U.)

Dublin Institute of
Technology
(D.I.T.)

University College
Dublin
(U.C.D.)

University of
Limerick
(U.L.)

University College
Cork
(U.C.C.)

Trinity College
Dublin
(T.C.D.)

Thomond College
Limerick

University of
Ulster

NIGHTLINE

What is NIGHTLINE ?

Most of you probably know, but for those of you who have just started at the University, and those who are just back from co-op, it is worth repeating.

NIGHTLINE is a telephone help line which is run for students by the students themselves. It is designed specifically to cater for your needs.

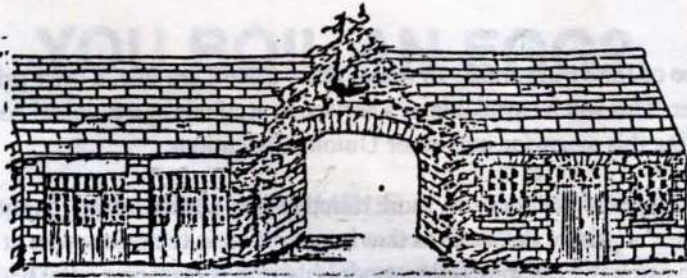
If you encounter any problems during your stay here at the university, whether they be academic or personal, then don't hesitate to call. There will always be a listening ear at the other end.

We believe that the only way in which people can come to terms with their problems is if they first admit to themselves that the problem exists.

As I said before this is your service. Use it - even if you just want a chat. Confidentiality is assured.

NIGHTLINE is available from 7pm to 11pm daily (including weekends). The telephone number is 336201.

ACHTUNG! The German Society is
back again: every Wed. 2.30pm A1-065
speaking German is not compulsory
- aber wer möchte, kann! 3



UNIVERSITY OF LIMERICK
STUDENTS' UNION

SUMMER
REPORT

Maura

My first week was spent wading through knee-deep piles of papers, rubbish and general miscellaneous, trying to make some sense of my new office. I was told some time later that, for the last two years, Steve had in operation what's technically termed the "Horizontal Filing System" (all over the floor, in laywoman's terms). In this job, Pat's help was invaluable. Fortunately for him, the office he inherited was spotless. In fact, you could say that Jim never touched a thing!

But, now that both our preceding officers have been equally slagged, let's get on with what actually happened. Ber nearly made me dizzy keeping up with all his entertainments plans for the year. He brought me along to a couple of "National Ents" meetings to suss out what he's up to - but you can read all about that in his own report. The net result is an impressive and varied line-up for all Ent's this year.

A lot of attention was given to the Student Centre; the tables and chairs have all been recovered, the stage extended and refurbished and the T.V relocated. In seeking to liven up the Student Centre, a number of lunchtime gigs have been planned (FREE) and also evening concerts. Student Centre gigs will be deliberately off-beat, accomodating alternative tastes such as comedy, traditional or jazz. A new food service is also planned in the next month so keep a look out. **THE STUDENT CENTRE IS NO LONGER THE SINGLE MOST FREQUENTED HAUNT OF THOSE 15 ENGINEERS BELIEVED TO BE LIVING THERE ALL LAST YEAR BETWEEN THE CRACKS IN THE WALL.** We've done our bit, now it's up to you to create your own atmosphere by using the centre.

The end of June was kept relatively busy with repeat exams, grade appeals and oral assessments for Prod. Tech.

It's hoped that changes in the student centre will help facilitate the changes still in progress in the student office. 10 out of 10 to you if you noticed a new counter in the office. Judiciously placed with Carmel's blessing, it's actually designed to keep out all those awkward people who hang around the telephone, feet up on the desk, reading newspapers or worse still playing golf! (No offence, Pat). With a perfectly decent Student Common Room, Carmel rightly feels that at long last she has the work space that she dserves. So, if she catches you lounging around inside the counter, don't be surprised to be the victim of shrill verbal attack. If Pascal's around (and particularly if you're female) this violence could escalate to physical proportions.

So, why does the S.U suddenly need so much office space - I hear you ask. The answer is that we're currently working on transferring all Union accounts to the computer. Accounts will be departmentalised in various files under a number of sub- headings such as shop, secondhand books, videogames and pool, stationery, Ent's, Bands, Free Gigs, Bar etc.

We'll be using the Pegasus accounts package familiar to Business Students which hopefully means that they'll be more easily understood by a greater number of students at A.G.M's etc. →

During the summer, under the guidance of John Fitzgerald - to whom many thanks are due, a laser printer was purchased to complement the computer. This will be available as a service to students at a nominal cost and also of immeasurable benefit in compiling this magazine and other Union publications.

I spent a lot of time weighing up various types of printers - or, more exactly - very sophisticated photocopiers. It's envisaged that the Union will "acquire" a printer the same as that in operation in the print room at the moment. They cost £35,000, however, we can buy a demonstration model (used in showrooms only) with a five year guarantee for £8,000. Research into our own printroom shows that, even ignoring the obvious benefits the Union would derive in cost-saving, in 18 months the machine would pay for itself through student use. The print room at present has to turn business away especially around project deadlines.

Unfortunately a sizeable part of my summer was spent pacifying people to whom last year's union still owed money. Some difficulties arose in getting Steve to return last year's financial records. Thankfully, he did about two weeks ago - but the net result is that last year's accounts are not yet prepared. This process might have been quicker if the S.U had employed an accountant last year. However, before rumours run rife, the picture doesn't seem too bleak. During the summer, Pat and I estimate we spent some £7-8,000 on unpaid bills we inherited - though exact figures won't be available until we get the accounts back at the end of next month. The good news is that we're still in the black - quite a feat during the summer when there's no income and all outgoings.

Another project which recieved a good deal of attention throughout the summer was the newly proposed "3 Year Development Plan for Societies and Arts" on campus. Jacinta Duffy has been of immeasurable help and support in this joint operation, aimed - as the title would suggest - at redressing the obvious imbalances which exist. But more about that later in the term...

EDITOR'S NOTE: At this point, we decided to cut Maura's report in case she spilled over into the entire magazine. If she's good, we'll let her print the other half in the next issue.

SMALL AD'S

NATIVE FRENCH STUDENT
will give grinds in written
and spoken French.
Beginners and Advanced.
Contact: Camille Hanauer
House 2
Plassey Village

COURS DE FRANÇAIS
DONNÉS PAR UNE
ETUDIANTE FRANÇAISE
POUR AMELIORER OU
APPRENDRE LE FRANCAIS
A Bientot.
Ask for : LANTO in
House 17
Plassey Village

FRENCH GIRL seeks
job as au-pair NEXT
summer. (July &/or Aug)
Contact: Nathalie
Lemarinel
House 24.
Plassey Village

DAMAGE

Unfortunately, there has been some damage caused during Freshers Week, which has already made some problems for us in Ents. It's YOUR campus, one of the nicest in the country, and it's your responsibility to ensure this does not happen again. Anyone caught damaging the campus will be severely dealt with by the disciplinary board.

CAN YOU BOIL AN EGG?

SAVOURY VEGETABLE CRUMBLE

Serves 1

You can use fresh, new root vegetables or use up cooked vegetables in this dish.

Preparation and cooking time: 45 minutes.

Topping

- 2 oz/50g/2 very heaped tbsp flour - wholemeal or white
- 1 oz/25g margarine or butter
- 1 oz/25g cheese - grated (optional)
- 1 oz/25g/1 tbsp chopped mixed nuts
- 1-2 tsp sesame or pumpkin seeds (optional)
- Salt

Filling

- 1 onion
- 4 oz/100g/1 full cup of any mixture of root vegetables, cooked or raw - 1 carrot, piece of swede, 1 parsnip etc.
- 1 tbsp oil for frying
- ½ tsp flour or cornflour
- ½ cup/2½ fl oz/70ml boiling water
- ½ vegetable stock cube
- Salt, pepper
- ¼ tsp curry powder or cayenne pepper (optional)
- Dash of tabasco or Worcester sauce (optional)
- 1 tomato, thinly sliced, for decoration

Heat oven - 190°C/375°F/gas 5-6.

For the crumble topping: rub flour and margarine or butter together with your fingertips until it looks like breadcrumbs. Add cheese, nuts, seeds (if used) and salt. Mix together and put aside.

For the filling: peel and slice onion, peel and thinly slice raw vegetables or slice cooked vegetables thickly.

Heat oil in a saucepan over a medium heat and fry onion gently for 3-4 minutes until softened. Add prepared vegetables and continue to cook, stirring occasionally for 4-5 minutes.

Mix flour or cornflour in a cup with a tbsp cold water to make a runny paste. Stir in the boiling water and crumble stock cube, then stir the flour mixture into the vegetable mixture and cook over a low heat until sauce thickens. Reduce heat and simmer for 5-10 minutes until vegetables are soft. Remove pan from heat. (If using cooked vegetables, remove pan from heat when sauce has thickened.)

Pour vegetable mixture into an individual deep pie dish, top with the crumble mixture and smooth over with a fork.

Decorate with sliced tomatoes, and bake in the hot oven for 15 minutes, until top is lightly browned.

This is good with new potatoes, green vegetables and gravy (see page 175).

Savoury vegetable crumble freezes well, it is easy to make double the quantity and is a useful quick meal to keep ready in the freezer.



TOP TIP - If crumble is too fiddley; slap on a packet of instant mash instead!



Forget Lauer 28/9/89

PROFILE

:DECLAN AHERNE :STUDENT COUNSELLOR



Q:HOW LONG HAVE YOU BEEN HERE?

A:I am three years at the university this month (and I still don't have a Q.C.A.)

Q:YOU SEEM TO KEEP A LOW PROFILE AROUND THE COLLEGE, HOW COME WE DON'T SEE MUCH OF YOU?

A:This is an important issue for me. My priority in this regard is that all students would know that I exist and how they might contact me. I meet all first year students during orientation, and have a noticeboard near the restaurant (opposite the sports noticeboard) where my photograph is exhibited along with details of my work. I hope to produce a brochure for all students informing them of the counseling service. However, I don't do 'walkabout' nor do I frequent the stables that often and so in that sense one is not likely to bump into me too often. I'm too busy? or maybe I'm just basically shy - relative to Ber Angley at least. Your question suggests that perhaps I should have a higher profile and be seen around more often. I'm interested in hearing your ideas on this. I can say that my profile at the University of Limerick is considerably higher than that of my colleagues at their respective universities.

Q:WHAT ARE THE FUNCTIONS OF YOUR OFFICE?

A:My main function is to provide a professional service to cater for the mental health needs of the student population. I do this through a 'treatment and prevention' program consisting of ongoing counselling with individual students who are experiencing personal difficulties. There are a number of group prevention programs also in operation.

Q:ARE YOU EASILY APPROACHABLE - DO WE HAVE TO FILL OUT FORMS, BOOK APPOINTMENTS ETC.?

A:I'm a real approachable guy. Obviously I have to have some sort of order with regard to when I see people and so I have four regular appointment slots daily. Sessions are usually one hour long. However due to demand these are nearly always booked up one week in advance at least. So if anyone just wishes to make a brief enquiry or needs to see me urgently then I have 4x1/2 hour sessions daily where I'm available to see such students. For details of actual times students can call to my secretary Frances McNamara CM072, where appointments can be made. No forms need be filled out to see me.

Q:IS YOUR SERVICE JUST FOR PRESSURE / STRESS / COUNSELLING ETC ? ARE YOU AVAILABLE TO DEAL WITH ORDINARY PRACTICAL PROBLEMS WHICH DON'T INVOLVE ANALYSIS ETC ?

A:My service is geared towards the psychological needs of students. Where this involves practical issues I certainly would address them. I am not an analyst.

Q:WHAT DO YOU CONSIDER TO BE THE MAIN PROBLEM AREAS FOR STUDENTS ?

A:The main problem areas for students can be divided into four categories, academic, personal, social and family.

E.G. These tend to interrelate in many ways, so what might appear to be the present problem is merely a symptom of other difficulties.

e.g. The most significant oppressor experienced by student is fear of failure with exams being the immediate fear. Now there's no denying the stressful nature of exams. However it's not exams per se that are the issue but rather one's own personality and coping skills, one's support network, health, lifestyle and fitness as well as the personal implications of individual failure for the individual that all influence how stressful exams are going to be for the individual.

Q:ARE THERE ANY AREAS/TOPICS WHICH YOU FEEL YOU HAVEN'T COVERED- OR THAT YOU WOULD LIKE TO COVER ?

A:Because of the limitations of having only one consellor and catering for almost four thousand students there are mant projects I would have to develop but just haven't got the resources.These include a much greater emphasis on the personal development of students within the context of groupwork.Again I ask have you any suggestions?

Q:HOW CAN YOU HLEP STUDENTS WITH PROBLEMS OUTSIDE OF THE ACADEMIC /COLEGE SITUATIONS ?

A:Most of the problems I deal with have to do with issues outside of the college situation.These sort of problems may demand merely a listening ear or in some cases more intensive rtherapy.The college I see as the catalyst for the

emergence of more fundemental issues.

Q:HOW DO YOU SEE YOUR RELATIONSHIP WITH THE THE STUDENT UNION WELFARE OFFICER ?

A:"I see myself as tthe professional consultant to the welfare officer providing the necessary backup in expretrise to handle the types of problems presenterted to him.I am very anxious to have a strong liason and referral system with yhe welfare officer.

Q:ARE YOU /WERE YOU A MEMBER OF OPUS DEI ?

A:I am not ,have not been and don't intend to be a member of OPUS DEI.Whats behind your question ?

Q:HAVE YOU ANY PREVIOUS EXPERIENCE WITH WORKING IN COLLEGES OR WITH YOUNG PEOPLE ?

A:Prior to here I worked at Bawnmore , which is a residential

centre for the mentally handicapped .

Prior to that I spent seven years at university as a student during which I was involved in various projects with young people.

Q:WHAT DID YOU SPECIALISE IN AT COLLEGE? (WHICH ONE ?)

A:Psychology. I did a B.A. in Psychology(double honours) an M.A. in Psychology both at U.C.C. Then I specialised in clinical Psychology at U.C.D. where I obtained my M.Psych.Sc Impressed? And yes indeed all the theory in the world is of little benefit without practical experience.The latter puts a whole new meaning on what it was you read about all those years.

Q:DO YOU GIVE / HAVE ANY STANDARD ANSWERS ?

A:No standard answers

Not even standard questions. ■

WHAT'S ON?

FILM

Thur 5 Oct 'My Life is a Dog' Film Society, Jonathan Swift Theatre 7.00 pm(see note below on prices)

IN-TOWN

Fri 13 Oct Index Lynx (UK Band) Granary 11.00 pm. Adm. £3.00

PIANO

Sat 14 Oct Balaz Szokolay (Piano) Jean Monnet 8.00 pm Students £1.00

FILM SOCIETY

£10.00 membership for three terms (51 films), £8.00 for two terms, and £5.00 for one term. Contact Colin at extn 2184, room D2037 for details.

BELLTABLE

Sun 1 Oct 'The Navigator' Belltable Arts 8.00 pm. Film from New Zealand. £2.00 per guest.

FILM

Thur 12 Oct 'Heavens Gate'. Film Society, Jonathan Swift Theatre, 7.00pm (see note below on details of cost)

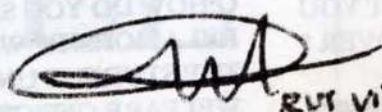
BELLTABLE

Wed 4 Oct to Sat 7 Oct 'What the Butler Saw' Belltable Arts 8.00 pm, play by Joe Orton, Red Kettle Theatre Co. Students £3.00

MY PART OF THE WORLD.....CATALONIA

Mireia

MIREIA APARICIO



RUI VILELLA

Hi! The University of Limerick is going to be more international than ever this year. Many foreigners (kind of aliens) are arriving to spend some months with you. Among the foreigners this year you can find two Catalan people. Their main problem is - to be recognised as Catalan - and not as Spanish.

Nowadays Catalonia is an autonomous community with its own parliament and government, within democratic Spain.

This has been a very, very, very simple explanation about Catalonia, but we hope that now much more people will have, at least once, about one place located somewhere in Europe called Catalonia.

So we are going to tell you something about this European country.... In Catalonia there's something for everyone; it's a land full of things to do and see: -mountains; the 'Prau' mountain chain of Catalonia is the Pyrenees, where in winter, you can enjoy twelve different skiing stations. -the sea; Catalonia's coastline stretches for some 400 kilometres. You'll find a landscape which changes from high cliffs with calm, sheltered coves - to long sunny beaches. -the people; Catalans have their own distinctive personality. Both European and Mediterranean, their customs, festivals and their delicious food are a faithful reflection of a people with their very own personality. -good times; Every town and city in Catalonia has its own festival when, for a few days, the whole populace joins in the fun and opens its arms to make the visitors welcome. In Catalonia, there's nightlife and entertainment all year round. Barcelona, (the great metropolitan centre of Catalonia) will play host to the 1992 Olympics.

But not everything is so happy as it seems to be. Catalonia is a land with deep historical roots and we could say that the history didn't treat the Catalans too well. Nowadays, people say that 'Catalonia is an oppressed nation'. Catalonia was born as a nation in 988.

In 1714, Barcelona fell in war of Succession which brought with it the abolition of Catalan political institutions and the imposition of the Castilian language. This situation has gone on until the last ten years, getting worse and worse during Franco's dictatorship (1939- 1975).

WHAT'S ON?...contd

PARKWAY

Thur 12 Oct The 'Bogus Brothers' Parkway 11.00 pm. & disco £3.00

FILM

Sun 8 Oct 'The Lonely Passion of Judith Hearne' Belltable 8.00 pm. Film of novel by Brian Moore. £2.50 per guest

PLAY

Mon 9 Oct 'Tarry Flynn' Belltable 8.00 pm. Play by Patrick Kavanagh. Torch Players.

TUESDAY

Tue 3 Oct 'Christ and Culture' John Holland Theatre 8.00 pm First of ten lectures

TRAD

Wed 11 Oct. Trad-Sess. (& every Wed) Olde Tom (Cave) 9.00 pm. Free!

RECITAL

Sat 7 Oct Philip Martin (Piano) Jean Monnet 8.00pm Students £1.00

FILM

Tue 10 Oct 'Drowning by Numbers' Film Society, 7.00 pm Jonathan Swift (see note below for prices)



UNIVERSITY OF LIMERICK STUDENTS' UNION ENTERTAINMENTS

Present

IN-TOWN GIGS

IN-TOWN GIGS ARE PRESENTED IN ASSOCIATION
WITH JUDGE DREDD'S PROMOTIONS

RIOCT.6th THE BLACK VELVIT BAND,THE GRANARY, 10pm
UE.OCT.10th MARIA McKEE,GRANARY,10pm
RIOCT,20th DORIAN MOODE,GRANARY,10pm
RIOCT.27th GHOST OF AN AMERICAN AIRMAN,GRANARY
AT.OCT 28th an emotional fish
HURS.NOV,16th THE TOM ROBINSON BAND.(VINUE T.B.C)
HURS.14th DEC. THE 4 OF US,TWO MILE INN

SEE THE LIMERICK TRIBUNE FOR INFO.

THURSDAY GIGS

THIS THURS.5th ASLAN,GRANARY ADM. 4 AT 11pm

BACK FROM U.S.S.R.
TUESDAY BLUE ∞ Two Mile Inn
On Thurs. 9th Dec.



Two Mile Inn, Thurs. 9th November. Gig starts at 10:30
pm with a disco. Buses 10:30pm, Stables. 11:00pm
Spaights.



DAVE HORNER

KIERAN KENNEDY

SHAY FITZGERALD

MARIA DOYLE

THE BLACK VELVET BAND



PLAYING THE FIRST IN-TOWN
GIG - FRI 6TH OCT. GRANARY