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Graduates face paying thousands more 01

The cost of a university degree has more than tripled in 20 years as thousands of teenagers are priced out of higher education.

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Enterprising times at SWC 02

Budding entrepreneurs at SWC are currently benefiting from a series of enterprise activities that are aimed at increasing awareness of what it takes to set up a successful business.

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The 350 square metre facility is led by a dedicated team of STEM experts and is the only dedicated, purpose-built STEM centre of its kind in the UK and Ireland.

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Creative cooking impresses celebrity chef 09

Six students from South West College competed recently in a cooking challenge at the Enniskillen Campus, aimed at creating a new dish, worthy of featuring on the menu at The Catalina Restaurant

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Chelsey wants more after games experience 12

Chelsey Wilson, a Higher National Diploma in Sports Studies student at South West College Enniskillen Campus, recently returned from the

Graduates face paying thousands more for degrees under new Government proposals

In fact the cost of a university degree has more than tripled in 20 years as thousands of teenagers are priced out of higher education, according to research (Guardian Newspaper).

by Clair McKenna

Students from average households were expected to pay £6,360 in living expenses and tuition fees last year compared with just £1,545 in the late 80s, figures showed. It was also claimed that the rise was considerably higher than corresponding increases in family income over the same period.

The University and College Union (UCU), which represents lecturers, warned that further sharp increases in tuition fees proposed by the Coalition would represent the "final nail in the coffin of affordable university education" for many young people. The comments came as thousands of students took to the streets all across the UK in October as part of mass protests against a rise in the cost of a degree recommended in Lord Browne's Report.

"The government has asked students to pay three times as much for an education that is likely to be no better than what they are receiving now and perhaps worse

Aaron Porter, President, National Union of Students



Study local for less: Students studying HNDs and Foundation Degrees at the College pay on average £1320 per year for University of Ulster and Queen's University accredited courses, with limited travel expenses and no accommodation costs.

It will represent the first major show of opposition to major rises following Coalition plans to increase the cap on fees from £3,290 to £9,000.

Sally Hunt, UCU General Secretary, said; "Politicians have consistently let students down over the years. However, these latest set of proposals go too far. If implemented, the government's plans will completely change the landscape of further and higher education."

Malachy McAleer, Director, South West College said; "South West College is very understanding of the current economic climate and wishes to assure students in the South West region and beyond that the College is a viable alternative to studying away from home. This year alone the College has a total of 218 Full-Time Higher Education students undertaking a wide variety of HNDs

and Foundation Degrees. Students studying at the College pay on average £1320.00 per year for University of Ulster and Queen's University accredited courses, with limited travel expenses and no accommodation costs. Hence, the demand for places is set to increase during the forthcoming academic year, so students are advised to get their

application forms in early to avoid disappointment."

For further information on courses available at South West College log on to: www.swc.ac.uk, Tel: 0845 603 1881 or drop in to the Admissions Office at any of the College Campuses in Dungannon, Enniskillen or Omagh.

You do the maths:

South West College

Fees: £1320.00 per year

Other Universities

Fees: Between £3290.00 and £9000.00 per year + living expenses + travel



echo BUSINESS

Enterprising times at South West College

Budding entrepreneurs at South West College are currently benefiting from a series of enterprise activities that are aimed at increasing awareness of what it takes to set up a successful business.

by **Camilla James**

The Advancing Enterprise project, funded by the Department for Employment and Learning is being run in other colleges across the province and led by Belfast Metropolitan College.

The overall aim of the project is to enable students to gain valuable support and guidance from experts in the field of enterprise. There will be a number of exciting competitions being held in the forthcoming months that will encourage students to become creative in generating business ideas.

The project also offers help to those that have already taken some steps towards being their own boss, with expert guidance aimed at assisting them in turning their dreams into reality.

Curriculum Manager, with responsibility for the project, Camilla James claims that 'this project provides a wonderful opportunity for students to gain a valuable insight into what it takes to become a successful entrepreneur, from those that have already earned success in this field. It is hoped that the



South West College Health & Social Care and Media students pictured at the launch of the Advancing Enterprise project, with Michael McAlister Deputy Director and Head of Business and Curriculum Development, and Camilla James Curriculum Manager SWC.

activities will also inspire those students that have never thought of setting up a business as a potential career option, to give the idea some thought.

With small business activity becoming of increasing importance to the Northern Ireland economy, this project will go some way in

helping furnish the entrepreneurs of tomorrow with the necessary skills, knowledge and inspiration needed to be a success in business."

The project will run until the end of March 2011. For further information on the range of activities available, contact Camilla James, Curriculum Manager. camilla.james@swc.ac.uk

It's a piece of cake for South West College students!

Art and Design students took part in a 3D design project called 'Piece of Cake' with Kooki.

by **Clair McKenna**



L-R. Aiste Paulauskaite, Ciaran Stewart of Kooki and Mark Robinson.

The Art and Design Foundation students took part in a collaborative 3D design project called 'Piece of Cake' with a local eatery called Kooki in Enniskillen.

The aim of the project was to allow the students to engage in the entire design process of creating and making a 3D object from start to finish. The fundamental question put to the students was "What is cake?". The

students worked in teams to be creative in designing cakes that would tempt any palate. The first two weeks of the project involved the students pitching their cake creations to Ciaran Stewart (proprietor of Kooki) with the hope he'd incorporate some of their creations on his menu. The final stage of the project will now see the students create bespoke designs and ideas which have been inspired by the needs of Kooki, such as new packaging for cup cakes to abstract installations for attracting new customers.

Advancing Enterprise Project - Upcoming events:

Advancing Enterprise workshops at South West College aim to create entrepreneurs through developing skills, knowledge and ideas.

by **Laura Casey**

The Tayto Challenge:
During December 2010 Business studies students in each of the 3 campuses will compete to create a new brand of crisps that will fit within the Tayto product line. The competition will be judged by the Tayto Marketing team and the winning team will get a tour of Tandragee Castle where the crisps are made.

Enterprise Enrichment Programme:
10 week programme to be delivered in the New Year across all campuses to students who have a strong interest in setting up a business in the future. The programme will provide all the necessary advice and information

about the process involved in turning an idea into reality.

Enterprise Conference:
Proposed for Thursday 10th February at the Dungannon Campus.

Beat the Recession Competition:
To be held across all 3 campuses in January. South West College students will compete against students from the other 5 FE Colleges in Northern Ireland to come up with the best 'Recession Busting' business idea.

Check out the College website and Facebook page for further info.



Congratulations to Rose McMahon and her National Diploma in Business students from Dungannon Campus, who have been awarded the top UK IAB (International Association of Book-keepers) Centre in the June 2010 examinations of the Level 1 Certificate in Computerised Book-keeping. Rose will travel to The House of Commons later in December for a special reception and presentation of the award.

Frank Quinn's £ saving tips

Frank Quinn, South West College's newly appointed Resource Analyst shares his top 10 money saving tips for a prosperous new year...

by Frank Quinn



out items for sale and set up a new income stream.

Don't be Hallmarked!

Christmas, valentines, birthdays, mothers/fathers/second child in line's day...where does it stop? Commit to letting those that you love know it every day, that way you won't need to spend so much on these occasions! Seriously what does a big card say to you?

Join a Credit Union:

The CU is designed to genuinely support those within your community. Sacrifice a few quid every month and watch it grow.

Then if you need a loan it's available at rates that would make banks blush. Plus bask in the glow of knowing your support is providing someone with much needed assistance.

Cook and freeze:

You're just in, it's gone six and there's no dinner. Chances are you'll snack on junk or buy in/eat out. Spend time at the weekend preparing dinners then freeze. A few 'bing bings' later and you'll be eating away at a fraction of the price.

Never pay for a phone call again:

If you've got the internet, install MSN, Skype, social networking...whatever. Use the power of the web to communicate rather than landline or mobile calls. Not only will it save you money but you can even have video calls... better yet Australia or Augher, it will cost the same.

The 5 Ps:

"Paying Prices on Principle Prevents Profit". These are difficult times, right? The good news is because our money is tight shops are having to do more to prise it from us! It's a buyers market folks.

The days of buying local on principle are over and it's all about getting the best deal. There's simply nothing you cannot get over the internet and usually at a cheaper price. If saving a few quid doesn't ease your conscience, head down to the local supplier and see if they'll price match, conscience clear... happy days!

Review of Telecoms/Internet providers:

These companies are notoriously bad at reviewing your original deal. They won't call you but if you call threatening to leave it's amazing the deals they'll find you.

Online Grocery Shopping:

Product placement in stores is designed to make you impulse buy. Shop online and compile a list of your core items and you can be sure you won't stray too often. Better still they'll deliver, saving you fuel. Speaking of fuel...

Summer Fuel:

Fill your fuel tank in the summer when buying power is greater and companies are only too willing to take your business. Oil prices increase steadily from September onwards, funnily enough just when you need it most!

Cancel Gym and hoof it:

Double saving. Do away with expensive gym memberships and franchise dieting. Both are designed to keep your custom. Change your lifestyle slightly by walking every day and try to eat less junk.

Turn trash into treasure:

There are a number of online facilities to flog something of worth. Spend one day per month picking

In Profile: Marcus Isherwood

Staying with the entrepreneurial theme, Marcus Isherwood, Managing Director of Creative Media, a local multi award-winning design agency, talks about his experience as an entrepreneur.

by Laura Casey



“

It's good to get back to the office before everyone leaves to see what has been going on

evening normally brings an hour or so of work time after the children go to bed. Approximately 1 evening in 5 I spend away at meetings, events, dinners or client meetings.

Most satisfying moment in your career to date?

Winning a successive number of new pieces of business in a row.

What 3 pieces of advice would you give to college students who want to become entrepreneurs?

Do it
Believe in yourself
Have pride in your ability

How do you generate new ideas?

Creative Media have a fantastic team of people. When faced with a challenge we have a process that we go through that extracts everyone's thoughts and brings them together in a cohesive way.

If you could talk to one person from history who would it be and why?

Albert Einstein – 'A person who never made a mistake never tried anything new'.

Who inspires you?

Nelson Mandela – for his never ending belief and determined work that lead to multi-racial democracy in 1994.

If you were not in business what would you be doing?

Probably a job that made a difference to people, travelling the world or a sales role. Truth be told, I would be in business.

How do you like to relax?

I live for time with my family – be that travelling, swimming, going to the cinema or just listening to their woes. Spending time with the family is what it's all about for me. I also like to keep fit and try to run 3 times a week.

Did you always want to manage your own business?

When I finished school I worked in a family business for 2 years before venturing out on my own. I always had a hankering to own my own business.

Tell us more about the work you are doing with South West College and also your role with Omagh Chamber of Commerce?

Creative Media is currently working with the College to supply and develop marketing and communication materials, with the goal to promote the College as a premier education institute highlighting its programme offerings and services to the target audience. I have also served two consecutive terms as President of Omagh Chamber of Commerce and Industry and currently chair the lobbying committee. I have enjoyed the time spent with the Chamber, both in terms of the people I have met and the differences made. It can be testing at times to balance commitments but also very personally rewarding. The big projects I have been, and still am

involved in are: The new Lisanelly Educational Village, the new A5 road and the Hospital. All of these will play a pivotal role in the development of the community.

Top 3 skills needed to do your job?

Energy
Vision
Belief

Describe a typical working day in the life of Marcus Isherwood?

I have two young children so a typical day starts at 6.30am helping with the domestic duties and then into work normally before 8am. I like to be in the office in the morning time to deal with any issues that need answered that day. Beyond that a typical day includes being out and about meeting clients – both existing and new prospects. I put great value in networking in the right networks – they reap great personal and business rewards over time. It's good to get back to the office before everyone leaves to see what has been going on, however, as anyone who knows me will testify I am addicted to my iPhone so always contactable. The

echo TECHNOLOGY

New STEM Centre at South West College

The STEM Centre at South West College is a specially designed state-of-the-art teaching facility and exhibition space. It is focused exclusively on delivering educational and instructional activities in the areas of Science, Technology, Engineering and Maths (STEM).

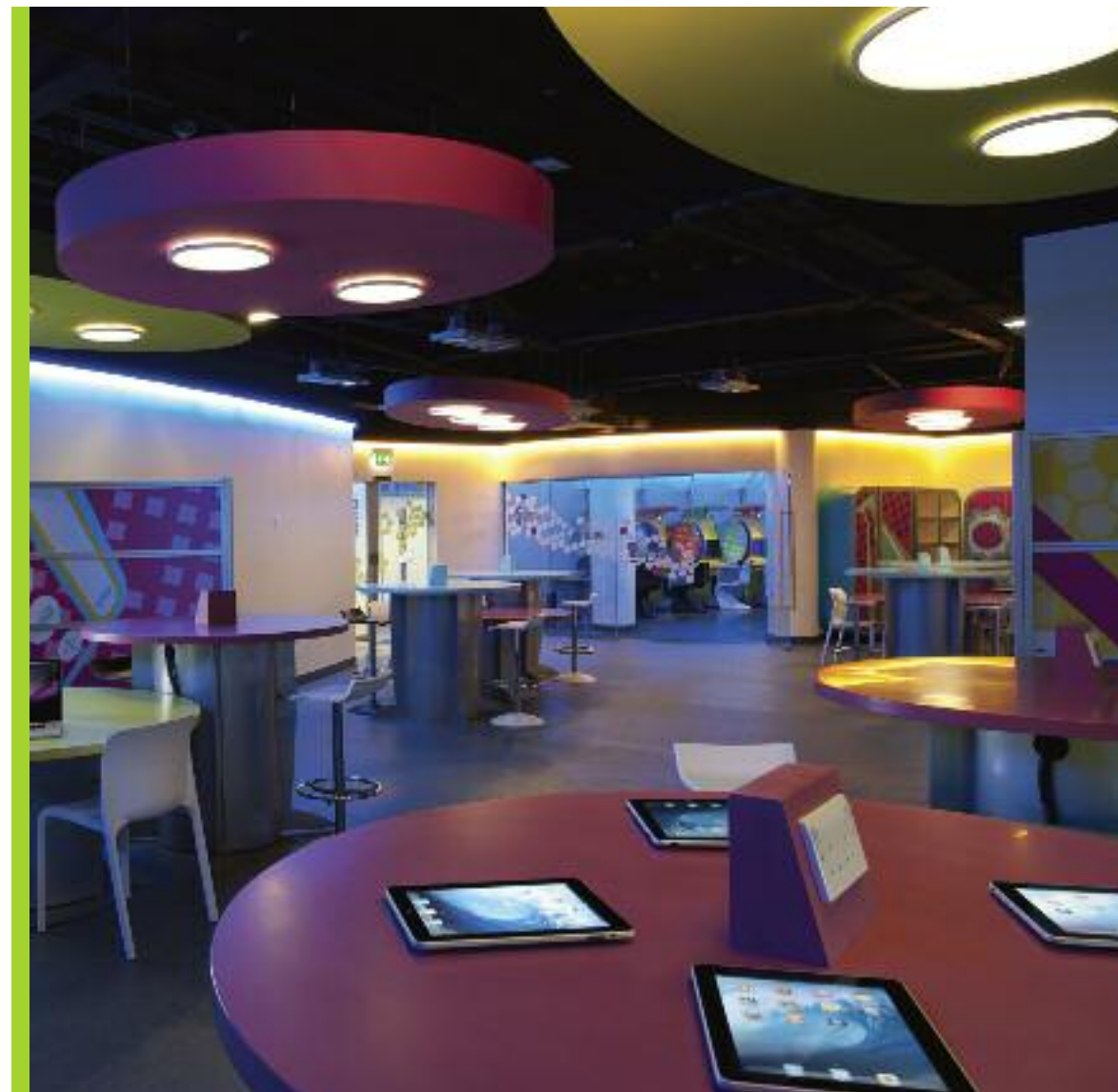
by Shirley Lamont

Located at the college's Dungannon campus, the 350 square metre facility is led by a dedicated team of STEM experts and is the only dedicated, purpose-built STEM centre of its kind in the UK and Ireland.

The stylish and relaxed environment is designed to capture and attract the imagination of young people and promote interest in the vast range of

career paths and options available to scientists, technologists, engineers and mathematicians.

The facility and its activities have been developed in partnership with international STEM specialists and industry representatives and the centre offers a unique platform for employers to lead, engage with and shape the next wave of skilled workers.



The STEM Centre aims to help accelerate interest in STEM careers by fostering enthusiasm for scientific investigation and introduces students to the rewards of scientific discovery with a range of activities and innovative technologies.

The multi-purpose centre is fitted with state of the art equipment including:

- A fully immersive theatre featuring 3D projection and surround sound
- 30 iPads loaded with educational applications
- A modern Demonstration area equipped with a 60-inch touch screen television to enable greater interactivity
- A Laboratory with multi-purpose, custom-built workstations for practical sessions
- A dedicated Multimedia Studio equipped with 10 pod-style workstations – each fitted with a state-of-the-art computer, webcam, wireless headset and USM microscope for specialist activities
- WI-Fi and opportunities to engage in cloud computing

“The stylish and relaxed environment is designed to capture and attract the imagination of young people and promote interest in the vast range of career paths and options available”

The STEM Centre is designed to bring a 'wow' factor to STEM education and generate impactful learning experiences through hi-tech interaction and collaboration.

The focused activities delivered through the centre support the teaching and learning of STEM

continued on next page >>





subjects within a real world context and are compliant with STEM curricula. Designed to nurture and grow innovation and interest in technology the activities include:

Director's Cut

Students will learn about the science behind visual animation and will become familiar with the tricks and techniques of the industry and even make their own DVD to take home.

CSI:NI

This activity invites students to combine analytical thinking with scientific evaluation to solve a crime scene scenario by examining clues and forensic evidence with a range of tests.

Red Planet Mars

Students learn how scientists are using technology to examine Mars and explore the potential for human colonisation by altering the temperature, atmosphere, surface and ecology to make it more habitable.

Titanic

Students investigate how science, technology, engineering and mathematics were used in the production, sailing and discovery of the R.M.S. Titanic. This activity offers an understanding of how disasters,

like the sinking of the Titanic, can be avoided through the use of new technology, science and engineering.

Stylist to the Stars

This activity is specially designed to encourage and increase girls' interest in STEM by showing how the subjects are essential in the style and fashion industries. Participants will use specialist design packages to produce magazines and discover how cosmetics are made.

Additional activities are planned to coincide with important events and leverage further opportunities to advance the promotion of STEM subjects. It is also envisaged that the facility will also provide extra training teachers in the latest technologies and specialist techniques for STEM education.

Due to launch in January 2011, the STEM Centre will operate from Monday-Friday. Its services and resources will be available to all schools and colleges in Northern Ireland. The STEM Centre provides school children with a dynamic, exciting and technology-rich environment that generates unique learning experiences and encourages development of STEM skills.

Top 5 gadgets for 2011

Everyone knows that men are just big kids really and that the Xbox was really a present to himself and not his 3 month old son.

by Troy Prenter



Imagine the glee on his face as he tosses another pair of socks to the side only to discover the 'quadricopter'. So in celebration of big 'weeans', I give you the top 5 most wanted gadgets this Christmas and beyond, with a couple for the rest of the family.

1. Parrot AR (Augmented Reality) Drone

The ultimate piece of technological gadgetry, this 'quadricopter' combines the latest Augmented Reality software with your smartphone to produce the future of gaming technology. It needs to be seen to be believed so go to <http://ardrone.parrot.com> to find out more.

2. i/phone/pad/touch

There are many types of smartphones, tablet computers and mp3/4 players on the market but Apple quite simply make the best. For one thing if you're a technophobe by nature these multimedia tools are perfect. Intuitive design and little or no need for instructions these are a guaranteed crowd pleaser. A little more expensive than other similar products but I'm a firm believer in you get what you pay for.

3. The 'O' Heated Curlers

Not to be leaving the ladies out, I thought I'd throw in a girl gadget. From the makers of the infamous GHDs comes The 'O' - a heated roller system. It heats The 'O' rollers up in less than four seconds and thanks to the unique induction heating system,

they heat from the core, so they're hot in the hair, not in the hand.

4. Wireless/Motion Gaming

Unless you've been living in a cave for the last few months or all you read is 'I Love Telly', you'll be aware of the sudden release of wireless/motion gaming products. The Wii has had this market to itself for a while but now it has the added competition of the PS3's 'Move', Nintendo's '3Ds' and the Xbox's 'Kinect'. Some have been given a lukewarm response due to their lack of decent games but all are guaranteed to keep the whole family entertained over the holidays.



5. Gorillapod Camera Tripod

Not a new gadget by any means, but a classic all the same. Gorillapods are flexible little tripods that can be used anywhere. With its ultra-bendy legs and flexible rotating joints the Gorillapod is capable of stabilising a camera on all kinds of uneven surfaces - sand, rock, whatever. It will also cling on to anything you'd care to think of - from branches and chair legs to railings and bannisters. Superb stocking filler.



echo ECO

New 'green' courses portfolio launched at South West College

The first-ever prospectus detailing the diverse range of 'clean and green' courses offered by universities and colleges across Northern Ireland, has been unveiled by Carbon Zero NI.

by Clair McKenna



(L-R) standing: Sam Knox (Invest NI), Dr John Harrison (Carbon Zero Research Lecturer, Clean Energy Storage, SWC), Dr John Gilliland (Chairman, Rural Generation Ltd) and Michael McAlister (Curriculum and Business Development Manager, SWC). Seated: Malachy McAleer (Director, SWC) and Dr Lorna Lawrence (Carbon Zero Research Lecturer, Energy from Waste, SWC).

The comprehensive prospectus offers full details on courses ranging from intensive one-day workshops designed to enhance skills and knowledge of senior managers, to four-year long full time degree courses.

It also details a range of industry-led training programmes in the areas of Energy Awareness, Renewable Technologies, Management, Responsible Sourcing of Materials and Sustainable Construction.

Dr Lorna Lawrence, Research Lecturer at Carbon Zero NI said the easy-to-use guide would help potential students and trainees explore the full

range of study and training opportunities available to them. "The development of innovative 'clean and green' technologies is off to a promising start in Northern Ireland – and that should be no surprise. These new industries require a highly skilled knowledge-based workforce and this guide is designed to help match local talent with courses that address industry needs.

"Spanning all universities and colleges in Northern Ireland, the simple design of the prospectus enables potential students to quickly and simply review the courses, which enable them to advance green collar careers and play a role in accelerating the development of exciting new technologies."

Compiled and published by Carbon Zero NI, a Further Education sector programme led by South West College, the authoritative portfolio was unveiled at the College's Cookstown Campus by a panel of sustainability and renewable technology experts on Wednesday 8th December.

David Surplus from B9 Energy Group said many of the courses were developed in partnership with industry, to ensure that the emerging workforce would be optimally skilled and qualified to enter the renewables industry and provide valuable capacity for research and innovation. "Northern Ireland's colleges and universities have established strong

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This will be critical to ensure we can accelerate Northern Ireland's position as a market leader

links with industry and commerce. Working closely with local industry,

the University and FE College network has shaped its curriculum in line with the forecasted needs of the local market to optimise their offering and help produce a workforce with high employability."

"This will be critical to ensure we can accelerate Northern Ireland's position as a market leader and prepare the workforce with the best skills and training available," he said.

To obtain a copy of the Carbon Zero NI Prospectus visit www.carbonzeroni.com or alternatively email enquiries@carbonzeroni.com or telephone 028 8676 0493.



L-R Paul Cairns (SWC InnoTech Centre), Tom Brennan (Rural Generation Ltd), Aaron Black (SWC InnoTech Centre), William Robinson (B9 Organic Energy Ltd), Christian Pointner (Bioenergy 2020+, Austria), Mark McGuigan (SWC), Martin Sturm (Caphill Community Clanabogan), Celine Mc Cartan (SWC), Dr John Moore (SWC), and Wolfgang Gabauer (BOKU - University of Natural Resources and Applied Life Sciences, Austria)

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While there are clear advantages to be had by firms working directly in the sector, bioenergy also has the potential to contribute towards fuel security, reduce carbon emissions and provide support for other industries

Green Energy Conference at South West College

“Clean and green technologies offer Northern Ireland firms the chance to secure growth, jobs and profits”, a panel of experts said at a special conference held at the South West College in Omagh to help companies compete in the fast-growing bioenergy sector.

by Clair McKenna

The event was designed to identify opportunities for local organisations to capitalise on biogas and biomass technologies and help build a platform for growth. These technologies are used to generate both electricity and heat from biological sources such as wood or farm waste and are already creating thousands of jobs across the globe.

Organised by the InnoTech Centre and funded by the Department for Employment and Learning, speakers at the event included renewable energy expert Wolfgang Gabauer from the University of Natural Resources and Life Sciences in Austria, Tom Brennan

from Londonderry-based Rural Generation Ltd., Christian Pointner from Bioenergy 2020+ in Austria, a European leader in biomass technology, Martin Sturm from Caphill Community Clanabogan, and William Robinson from B9 Organic Energy Ltd..

Aaron Black, Conference Chairperson and Head of Sustainable Technologies at the InnoTech Centre, said if new technologies are applied, the bioenergy sector has the potential to generate a large percentage of our power requirements and support business growth.

“Renewable energy is a long term priority for the InnoTech Centre and

for Northern Ireland. Many of Europe’s strongest economies are already tapping into the potential of bioenergy as an important economic driver and its uptake in the UK and Ireland is growing at a rapid pace. So much so, for example, that the National Grid estimates biogas could make up nearly 50% of domestic gas by 2020.

“Unsurprisingly, companies in Northern Ireland have been quick to respond to the new lucrative opportunities and locally-based firms such as B9 Organic Energy Ltd. and Rural Generation Ltd. have successfully clinched major contracts at home and abroad. By acting now companies here have the chance to

gain a strong position in a fast-growing global sector.”

Tom Brennan, Managing Director of Rural Generation Ltd., said government-led incentives for heat installations would provide a major boost to the renewable sector and beyond.

“It’s an exciting time for firms operating in the bioenergy sector. Demand for renewable heat installations are continuing to increase and with government-backed reward schemes, such as the Renewable Heat Incentive (RHI) announced recently by Arlene Foster, provides new opportunities for local companies to make gains in important markets.

“While there are clear advantages to be had by firms working directly in the sector, bioenergy also has the potential to contribute towards fuel security, reduce carbon emissions and provide support for other industries – particularly agriculture in the case of wood biomass fuel.”

The Opportunities in Bioenergy Conference took place on Tuesday 12th October at the South West College in Omagh and was delivered in partnership with European biomass specialists from the Intelligent Energy Europe funded BioEnerGIS programme and the Department for Employment and Learning’s Connected & Innovation Fund programmes.

For further enquires about these conferences or for further information on upcoming seminars and events please visit www.theinnotechcentre.com or telephone 028 8225 5223.

echo ARTS & CULTURE

Movie Reviews

It's dark, cold and wet outside (probably), participating in any outdoor activities for most of us in these conditions would feel more like purgatory than pleasure.

by Troy Prenter

Most of us are only too aware how much misery January will supply, so with that in mind it's time to put the feet up crack open the Pinot and light up the fire to create some perfect movie conditions.

I've tried to gather up a wide variety of movies*, films worth spending time on this winter. I think I've covered all possible Christmas gathering scenarios, although Tom Bradley could probably advise me of some other variations.

**some of these films may require sustained attention which may prove difficult for x-factor fans.*

A. The Guys

Easy-peasy, the general ingredients for a successful bloke movie usually

consists of guns, girls, glory, with maybe a dash of explosives and an additional sprinkling of more girls. If you haven't seen these movies yet, sort it out!

1. *La Haine* – It's French, but it's good.
2. *Assassination of Jessie James* – Great Western.
3. *Taken* – Good Bone Crunching Craic from our Liam.
4. *Full Metal Jacket* – Bird, Bird, Bird, Bird is the word.
5. *Scarface* – Say hello to my little friend.

B. The Girls

I don't pretend to understand what goes on in a woman's mind enough to try and fathom why you watch the movies you do, but below is my attempt at selecting suitably worthy girl films. I'm also trying to avoid the

“*the general ingredients for a successful bloke movie usually consists of guns, girls, glory, with maybe a dash of explosives and an additional sprinkling of more girls.*”

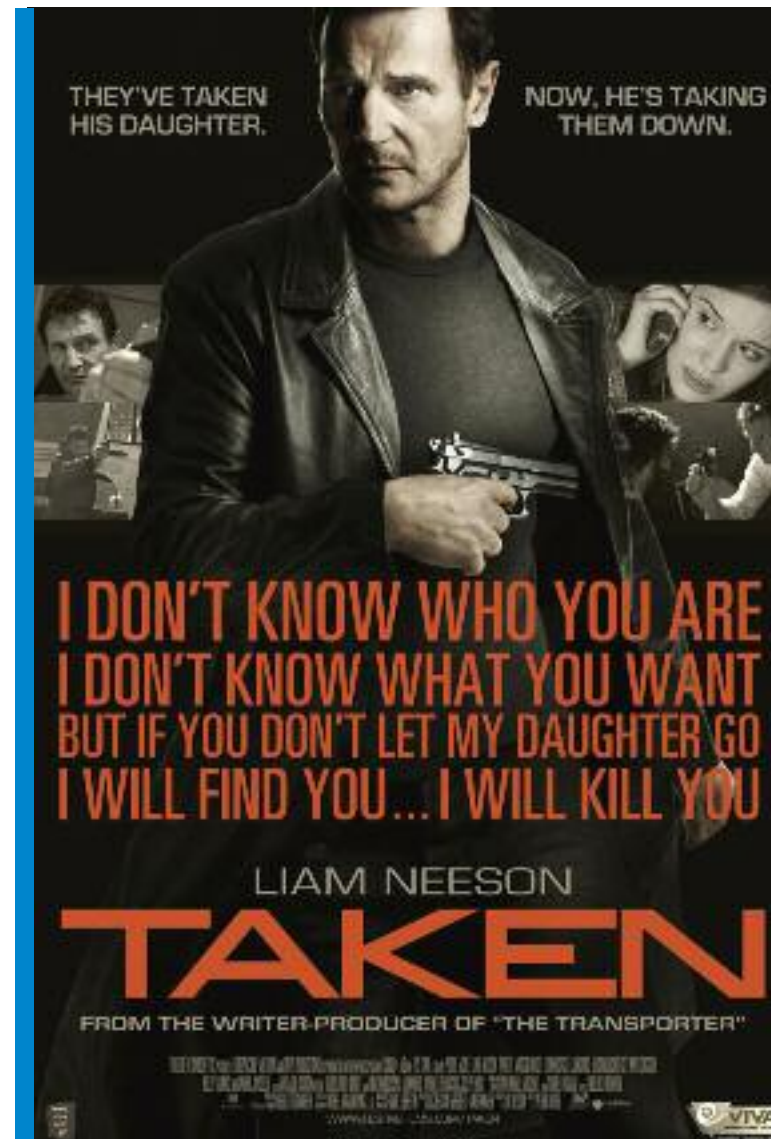
obvious *Dirty Dancing*, *Pretty Woman* stuff.

1. *The Devil Wears Prada* – I managed to watch this without vomiting, unlike some of the cast. Meow.
2. *Mean Girls* – Again, Meow.
3. *Thelma & Louise* – Girl power.
4. *What Women Want* – Let's face it, you don't have a notion either.
5. *Muriel's Wedding* – Weddings had to make an appearance on this list somewhere!

C. For the Kids

Sit Down! Give it a rest! Get up those stairs! You know it's futile and you'll give yourself a sore throat in the process, so stop yelling and plonk them down in front of these movies. You'll get at least 90 minutes peace. Guaranteed.

1. *The Secret of Kells* – An Irish Saga nominated for best animated film this year.
2. *The Nightmare Before Christmas* – Just the right amount of scariness.
3. *James and the Giant Peach* – From possibly the best Children's writer of all time.
4. *The Jungle Book* – A Classic.



“*I don't pretend to understand what goes on in a woman's mind enough to try and fathom why you watch the movies you do*”

5. *Chicken Run* – Like *Wallace and Gromit*, but with chickens.

D. For the Family

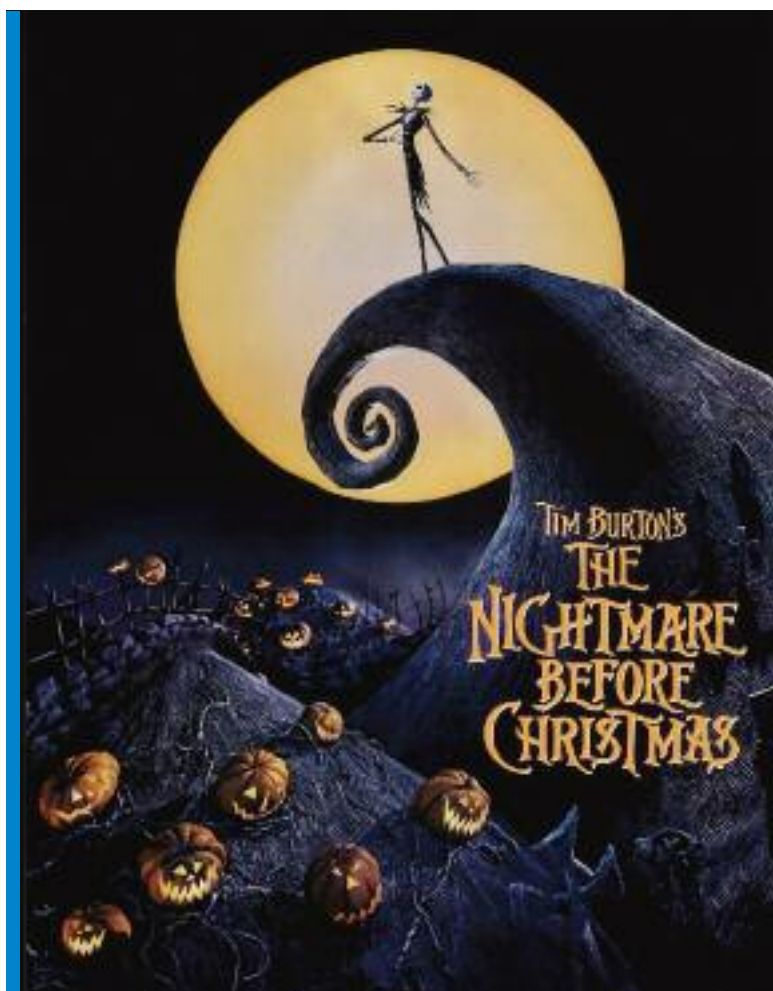
If you're sick to the back teeth of re-runs of 'Only Fools and Horses' or you can't stomach another sitting of 'Home Alone' check these out to keep you awake a little longer after stuffing yourself with way too much food.

1. *Empire of the Sun* / *Close Encounters* / *E.T.* – Any Spielberg epics.
2. *The Goonies* – Nostalgia for you, fun for them.
3. *Up* – This animation has a little something for everyone.
4. *Any Toy Story Film*
5. *Back to The Future* – 25th Anniversary this year, as good a reason as any to watch it.

E. For the Couples

Not an easy market to please, most of the time the guys have to put up with some third rate, rom-com, life robbing schmaltz, starring Jennifer Aniston or Matthew McConaughey (usually both), but not anymore. There are plenty of films out there that can actually be made without Matthew's help.

1. *Vicky, Christina, Barcelona* – Great advertisement for Barcelona, not for monogamy.
2. *The English Patient* - Epic.
3. *Cinema Paradiso* – A 'must see before you die' film.
4. *Eternal Sunshine of the Spotless Mind* – A romance, but not as you know it.
5. *Once* – Won an award for best original soundtrack, but it's not a bad film either.



What's on guide

Echo's guide to what's on in local arts centres

by **Laura Casey**

Strule Arts Centre www.struleartscentre.co.uk

Date	Event	Price
1st December	Country 1st Starring Hugo Duncan & Friends	£16
2nd December	Your Place or Mine? Symposium on the Plantation	FREE
3rd December	National Disability Film Festive Day	FREE
3rd December	Strabane Concert Brass with Omagh Academy	£8/£5/Conc./£20 Family Ticket
4th December	James Huish & The Michael Buble Tribute Band	£16/£14.50 Conc
9th December	The Chronicles of Elvis McGonigle	£8
9th December	A Christmas Garland	£7
11th December	Tom Sweeney's Children's Christmas Cracker	£6
11th December	Conal Gallen – 'Ya Have to Laugh'	£20
15th December	The Frank Mitchell Christmas Show	£19.50
17th December	The Giant Carol Sing	£9/£6 Conc.
18th December	Clubsound – The Very Best of 40 Years of Comedy	£15
22nd December	Lunchtime Christmas Concert	£5
29th December	Flash Harry	£16
30th December	Brian Kennedy & His Band	£25

Ardhowen Arts Centre www.ardhowentheatre.com

Date	Event	Price
2nd – 4th, 6th – 10th, 11th December	Enniskillen Light Operatic presents: Carousel	£12/£8
16th December	The Frank Mitchell Christmas Show	£19.50
17th December	Clubsound's 40 Years of Laughter	£16.00
28th December	The Drifters	£17.80/£16.50
29th December	Robert Mizzell in Concert	£20.00
30th December	Flash Harry – The Music of Queen	£16.00

Burnavon Arts Centre www.burnavon.com

Date	Event	Price
4th December	Christmas Crooners	£15.00
8th – 10th and 9th & 10th December	My Fair Lady	£10.00/£8.00
11th December	Christmas Country Showtime	£15.50
14th & 15th December	Alice in Wonderland	£6.00/£4.00
16th & 17th December	A Choral Christmas Cracker	£10.00/£9.00
18th December	Carol and Jimmy's Christmas Cracker	£10.00
21st December	Frank Mitchell's Christmas Show	£19.50
30th December	Country First starring Hugo Duncan and Friends	£16.00
7th December – 22nd January	Peter Pan	£10.00/£8.00

echo FOOD

Creative cooking impresses celebrity chef!

Six students from South West College competed recently in a cooking challenge at the Enniskillen Campus, aimed at creating a new dish worthy of featuring on the menu at The Catalina Restaurant, one of the dining experiences available at the 5 star Lough Erne Resort.

by **Clair McKenna**



Noel McMeel, Executive Head Chef at the Lough Erne Resort pictured putting Andrew Leonard NVQ Hospitality and Catering Student from SWC Dungannon Campus through his paces during the competition.

The competition was organised as part of an Advancing Enterprise project, being delivered in a number of colleges across Northern Ireland, which is funded by the Department for Employment and Learning.

The aim of the competition was to enable the students to demonstrate their creativity and enterprising skills in order to help improve their employability potential for the future. Two students were chosen as overall winners by the Resort's Executive Head Chef, Noel McMeel and Executive Sous Chef, Michael Mooney, who were impressed with the quality of all six finalists. Noel commented that he was 'inspired by the creativity and skill of the students who all produced a very high-quality dish. The winners stood out for their knowledge of seasonal produce, flavours and for reflecting the ethos of the food we provide at the resort. They also demonstrated a high level of skill and showed a passion for cooking. I am delighted to feature both dishes on The Catalina Restaurant menu.'

Speaking on behalf of South West College, Camilla James, organiser of the competition, commented that 'it was an excellent success for all concerned and provided a wonderful opportunity for the students to

“inspired by the creativity and skill of the students who all produced a very high-quality dish

impress and learn from such highly-acclaimed chefs, namely Noel and Michael. Both winners will have the prestige of seeing their dish feature on The Catalina's menu and will also have the opportunity to work, for a week, at The Resort, under the expert tutorship of both chefs. Working with industry professionals adds such value to what we do at the College and enhances the overall learning experience of our students.' The competition winners were Stacey Scott from the Enniskillen Campus and Andrew Leonard from the Dungannon Campus.



Lecturing staff from South West College pictured with the NVQ Hospitality and Catering students from the College's Dungannon, Enniskillen and Omagh Campuses that took part in the Lough Erne Challenge. Also pictured are Executive Sous Chef, Michael Mooney (Left) and Executive Head Chef Noel McMeel (Right) from the Lough Erne Resort, Enniskillen.

echo TRADES

Brickwork apprentice Conor Nevin wins at UK Skillbuild finals

The Skillbuild competition is the largest multi-trade competition in the UK for young students and apprentices. It covers nine crafts including carpentry, joinery, bricklaying and plastering.

by Clair McKenna

Conor Nevin (employed by Downhill Enterprises) from South West College Dungannon Campus competed against some of the best young people in the UK to win a silver medal in the brickwork category of the UK Skillbuild competition held in North Wales recently.

Following on from recent success at the Skillbuild NI National Competition held in May, students Conor Nevin (South West College) and Phillip Green (Belfast Met) were examined on complex test pieces in order to display skills within set timescales. David Cooper, Chairman Skillbuild

said, "Congratulations to Conor and Philip in achieving silver and bronze at the Skillbuild UK national finals.

Skillbuild demonstrates the expertise that is involved and is an excellent opportunity for young people to compete against each other at the highest levels. By putting forward their most talented students, colleges can also show off their talent and enhance their reputation by demonstrating their construction training is top quality."

The highest performers in each of these competitions then compete against each other for the opportunity to represent the UK in

WorldSkills, the biggest skills competition in the world, which is held every two years in different cities across the world. London will host the WorldSkills 2011 competitions.

Following on from the bronze medal success gained at last year's WorldSkills event held in Calgary, Canada by South West College's Enniskillen Campus joinery student Trevor Woods, a team of eight construction apprentices from across Northern Ireland has been chosen to participate in rigorous training and practical trials prior to potential selection to represent the UK with Phillip representing brickwork.



Back row: Tony McGartland (SWC), John McAvoy (SRC), David McNulty (Snickers Workwear), Alan Stewart (SERC). Front row: Shauna Mullan (DEL), Philip Glasgow (SWC), Luke Hawthorne (SERC), Wayne Cully (SRC).

Carpentry apprentices do a 1,2,3 at national skills competition

For the first time ever 3 local carpentry apprentices have been awarded gold, silver and bronze medals at the Skillbuild UK National Finals, held in North Wales recently.

by Clair McKenna

Following on from recent success at the Skillbuild NI National Competition held in May, students Luke Hawthorne, South East Regional College (employed by H.J O'Boyle), Wayne Cully (employed by CC Developments) from Southern Regional College and Phillip Glasgow (employed by R.L Scott) from South West College achieved gold, silver and bronze medals respectively.

David Cooper, Chairman, Skillbuild NI, said, "To win gold, silver and bronze in the one category is a fantastic achievement and the first of its kind for the Skillbuild Northern Ireland team. The students should take pride in their accomplishment and it is also a credit to the trainers and colleges. Luke, Wayne and Phillip worked hard to develop their skills in preparation for this competition and we must also thank their lecturers for time spent training and preparing the students."



Back row: Tim Devine (DEL), David McNulty (Snickers Workwear), Barry Nielson (CITB-ConstructionSkills Northern Ireland). Front row; Shauna Mullan (DEL), Alan McKee (Belfast Met), Conor Nevin (SWC), Phillip Green (Belfast Met), Gerry Hughes (Gilbert Ash), Jim McAlinden (SWC) & Geraldine Keenan (DEL).

Good News Story – Steps to Work

I was referred to the 'Steps to Work' programme in South West College, Omagh Campus to complete my NVQ Level 2 Refrigeration and Air Conditioning qualification as I was unable to secure a suitable work placement due to the economic downturn.



The College was aware of my desire to secure employment and my keen

interest in fishing and managed to identify a suitable work placement with a retailer who sold fishing equipment. South West College then contacted my Personal Advisor in my local Jobs and Benefits Office who issued a referral for the 13 week Back to Work Provision so that I could avail of this work placement with C.A.

Anderson in Omagh. During the placement, I developed retail and customer service skills and I was also given the opportunity to demonstrate other employability skills such as excellent attendance, time keeping, using my initiative and teamwork. As a result of this, I am currently employed with C.A. Anderson through the

employer subsidy option of the Steps to Work programme. I would recommend the Steps to Work programme as it has enabled me to secure employment in a vocational area that previously I had not considered.

For further information on the Steps to Work Programme, contact jackie.mcdowell@swc.ac.uk

Get fit and feel great

It's cold, wet and dark outside and the perfect time of the year to start thinking about the summer holidays. We all do it - 1st January arrives and we have a list as long as your arm of things we are going to do for the New Year.

by Mark McGuigan

The usual resolutions normally revolve around getting fit and eating healthy but unfortunately our efforts fade by 2nd January, or never get off the ground at all. Well this year, let's make that New Year resolution stick by starting early.

Healthy living should be a way of life and not just a fad. We have to get it ingrained into our everyday lifestyle, not just when we feel like it. The problem is as soon as we fail or revert back to old habits, we immediately throw our arms up in the air and say 'oh well I knew it would never work'. So to help us achieve that toned and healthy body on the beach this summer I have thrown together some hints and tips for a healthy New Year...and beyond.

1. Childs play

Start by finding out what you enjoy doing. We are all children at heart and we all love to play so what made you happy when you were younger could make you happy now. Getting fit should be fun.

2. Early to bed, early to rise

At this time of the year our bodies want to hibernate or at least get more sleep. Try getting to bed an hour earlier even if it means reading a book for a while. I can guarantee you will

get up feeling much better and don't hit the snooze button as you will end up feeling much worse. A healthy body will rise when it wants without an alarm clock.

3. Big breakfast, small Lunch, tiny dinner

We all know breakfast is important so enjoy it. Give breakfast as much thought as your dinner. The great thing is that you can eat almost as much as you like because you have all day to run it off. I used to hate porridge but now love it as I add manuka honey (wards off colds), flax seeds (aids natural weight loss), raisins and a sprinkle of cinnamon (helps regulate blood sugar and lower cholesterol). Think of food as medicine, not just fuel to fill you up.

4. Find a friend

It's easy to give up when you're not accountable so make a pact with a friend to support each other. This helps you to commit to your goal. If you fall off the horse then they are there to pick you up. It doesn't have to be the same goal but having someone to talk to every now and then really helps. Compare notes and give each other a pat on the back occasionally.

5. Use a full length mirror

Take a good long hard look at yourself in a full length mirror (clothes optional!). We have to be honest with

ourselves first before we can make the change. Decide what you want to achieve and start taking baby steps towards it. Keep going back every now and then and if you are still making the changes, you should see results.

6. Forget the scales

I hate scales. They only tell you one small part of the story. How you feel and even how you look is more important. Having a nice glow to your skin and a twinkle in your eyes will get more heads turning.

7. Eating chocolate can be guilt free

The best thing about exercise is that it gives you permission to eat more. The simple equation of, calories used must equal calories consumed, is great. There's nothing better than a good work out and then enjoying a hot chocolate or peanut and banana sandwich. The good news is that chocolate is good for you, well cocoa is good, so try the darker variety like Green and Blacks 60% - 85%. One square is often enough.

8. Get your space

Finding your own space these days can sometimes be difficult. 'Me time' is important and getting out can be a great way of catching up with yourself. I love to run. No ipod, no watch, no heart rate monitor, just shorts, tee shirt and a good pair of trainers. In our inclement weather,



doing each month and you'll be surprised how quickly you can improve.

9. Set goals and keep track

It's always good to see something on the horizon so plan for the next big thing. For myself, I have the Greencastle run on Boxing Day. Great event. It's important to be flexible and don't beat yourself up if you don't get to where you wanted to the first time. The important thing is to keep trying. It's also good to keep track. Have a set walk, run, swim distance or whatever. Use this to gauge how well you're

doing each month and you'll be surprised how quickly you can improve.

10. Pamper yourself

After a good warm down and stretch, reward your efforts with a nice long hot bath or a good massage. Remember that the most important part of exercise is rest. Always leave a day between a good workout to allow the muscles to recover or do something different. I love a hot shower when I come in from a good run in cold wet weather. You just feel so invigorated.

South West College

OPEN DAY

TUESDAY 22ND FEBRUARY 2011

10.00AM - 4.00PM & 6.00PM - 9.00PM

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echo SPORT



Chelsey Wilson (HND Sports Studies student Enniskillen Campus), Leo Murphy (Enniskillen Campus Manager), Arlene Brock (SWC Sports Lecturer), Tom McBride (Head of Professional Studies SWC) and Mairead Boyle (SWC Sports Lecturer).

Chelsey wants more after brilliant games experience

Chelsey Wilson, a Higher National Diploma in Sports Studies student at South West College, Enniskillen Campus recently returned from the Commonwealth Games in India, where she competed in team Northern Ireland's swimming challenge.

Extracts courtesy of Impartial Reporter

Chelsey has a strong record competing at this level, having previously taken part in the Youth Commonwealth Games back in 2008, where she won silver in the 200m backstroke and bronze in the 100m backstroke.

At this year's event, Chelsey competed against some of the strongest swimmers in the world and managed to achieve two semi-final appearances and two personal best times, which ensured she came away from her Commonwealth Games debut happy with her performance. Her first event was the 100m backstroke and Chelsey posted a time

fast enough to make the last 16. In the semi-final she rose to the occasion, posting a personal best time to finish 14th overall.

It was a similar story in the 50m backstroke. Chelsey once again qualified from her heat and set her second personal best of the Games in the semi-final of the shorter version of the race, again finishing fourteenth. "Since the suits have been banned I haven't been close to the time and this was the first time I was on my PB," she said. "In the 100m I was happy to get to the semi and then in the semi I did a PB so I was very happy with that. In the 50m I was on my PB too, so I was happy with that one as well."

Her biggest disappointment of the competition however was her final performance in the 200m backstroke. "It didn't go as well as I wanted it to and I was actually quite upset with that one," she admitted. "It was at the end of the week and we were getting up at 5.30 in the morning and racing at 8.30, and I really wasn't used to getting going at that time of the morning."

Usually back home you can cruise the heats and then sprint the final, but over there you have only one shot and I found it really hard to go for it so early. It didn't go to plan. I was 11th which was okay but it wasn't what I hoped for."

“
you have only one shot and I found it really hard to go for it so early”

Despite the late disappointment, her overriding emotion was one of elation at having proved she is not out of place among the world's best. Even the early scare stories about the

reputed poor conditions in the village proved to be unfounded. "I don't have a clue what the fuss was all about because the conditions were really good," she revealed.

"The apartments we stayed at were amazing and even the food was great. Just the whole atmosphere was the best thing. Everyone was so happy all the time, both at the pool and the village. It was really good."

Since returning to Fermanagh, Chelsey scarcely took time off before she was back in the pool, training for her next gala and hopefully a future filled with many more memorable performances.