

"There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all time, this expression is unique.

And if you block it, it will never exist through any other medium and will be lost."

Martha Graham



o F SELF

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"The best art is that which affects you as an individual. First it must catch your attention, then draw you in, then move you in some way – whether it makes you think or changes the way you think or, like great music, just makes you feel so much better for having become involved."

**Hugh Moss** 

## Foreword

This year's Anthology, the 18th edition, is titled 'Out of Self' and invites our students to showcase some of their creative work, to express and manifest those sides of themselves less visible in their academic work.

Problems are best solved by creative, divergent thinkers solving problems in new, unexpected and different ways, by people who have the ability to develop multiple ideas and concepts, to free their imaginations and explore new combinations and possibilities.

Creative thinking is not some mysterious talent bestowed at birth – it is a learnable skill and like all skills, some will be better at it than others and those that are will enjoy competitive advantage. We want our BIS students to enjoy that advantage.

Research also shows that creative people are happier and more confident – better equipped to cope with all life's challenges. We believe that part of our remit in a University is to help to prepare our students for life, develop confidence in their abilities and themselves, critically analyse, determine a position and take positive action to make a meaningful and lasting impact for themselves and others.

We are very proud of the work created here by our students.

Patricia Lynch and Ciaran Murphy

BISI



I decided to shoot these photographs as they illustrate the true beauty of nature and are undoubtedly beautiful.

My theme is to simply and honestly communicate what the pictures are . . . nature at its unadorned finest.



Irish Sunsets 1

Out of St



I felt these were the most mesmerizing images that I've ever taken of sunsets and I do believe they are beautiful and picturesque.

It really emphasises how nature can be so beautiful but we just need to take a moment to acknowledge this.



Irish Sunsets 2

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Simply BIS

E N M

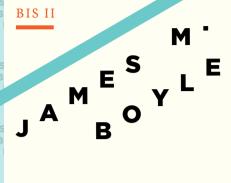
BIS II

I was inspired to do this piece by the phrase "A wolf in sheep's clothing". This is my own interpretation of the quote and I developed it to encourage people to rely on their instinct in any given situation.

I chose to do this art piece in ink as it compliments that theme of intuition and instinct. How? If you make a mistake with ink you learn to work with it, around it or start again. I believe you should always learn from your mistakes and trust in your own ability.



Friend or Foe?



I was inspired to do this by our very first introduction in first year - a talk by the SU (Student Union) president. After he finished speaking one of his last sentences was 'the four years go by pretty fast, trust us, we know'. I was also bothered by the amount of graduates I have heard saying that they "wish they were where we are now". So after hearing it one too many times, I thought this was a good idea!

This piece's theme is Youth and the title is 'You're Living It'. The main reason I wrote this was because I felt there was a need for more reality checks in college. It's easy to just let college pass you by or think that you stay this age forever and my hope is to help more undergraduates realise and appreciate where they are, because unfortunately college is a short chapter that only comes around once!

### 'You're Living it'

It's often we hear quotes about youth, how people miss it and wish they were young again or that youth is wasted on the young or something along those lines. Problem is these quotes mean nothing. The focus should be on trying to get young people to appreciate where they are. We're the envy of generations past, older and our future selves.

But what would 40 year old you say to your 20 year old self? This is what some of the reddit.com community had to say:

'Because other people expect me to' is a very poor reason to do anything.

Do that exciting thing before you have too many responsibilities to not be able to do it.

Travel you idiot!

Buy as much Apple stock as you possibly can!

There are a million people out there just like you, with as much talent as you (probably more) and dreams as big as (or probably bigger than) yours. Stop expecting it all to fall into your lap.

Don't become a journalist. Just keep being a lifeguard. You enjoy swimming, you won't enjoy journalism.

Don't waste this last year of college, stop caring about other people's reactions and go for it. I would just punch him in the face, he's not going to listen to anyone anyway.

Just have fun! You have the rest of your life to worry about stuff that doesn't matter. I know because I've beenworrying about stuff that doesn't matter since I was you, and there's no end in sight!

Have a good laugh every day.

You're an idiot.

Everything is going to be ok, eventually.

'Time travel isn't real kid. Grow up.' He'd appreciate the joke.

It gets better.

You are a better person than you realise.

Go and hang out with your friends more, studying isn't everything.

You think that you have time. You do not have time.

It may not all be one hundred percent relevant to you personally but hopefully you get the idea. Don't waste your youth growing up. Rather than complain that your youth is gone in 20 years, realise right now that you're living it. CAROH MAN

I was inspired by the changes we experienced, how we had to adapt from first year, the new modules and the challenges that are associated with them.

The challenges that we were presented with this academic year enabled us to grow, as we accepted and overcame them. This poem is a follow on from my experiences and feelings as a first year student which I addressed in last year's anthology titled "NOBODY TOLD ME". This year along with the new modules, came new outings and social gatherings, all of which help to form college life as a whole, which I depict in my second year poem titled "THE NEXT STEP".

#### The Next Step

Into second year I have arrived,
I'm really thrilled to have survived

We were told the class would begin to blend And just like other years, We followed that trend

Friendships forming stronger and stronger Which I hope will last,
For longer and longer

The GEP project was harder than expected With such detailed requirements,

And deadlines dreaded

Tuesday and Thursday nights are still on the go, But all we can do is go with the flow

The New bar, Old bar or into the city
The morning after is when,
Our parents have no pity

Finally things are coming together As I dream of travel,
In the amazing sunny weather

J1 this summer, we head off in May
It will test our abilities,
But nothing to stop me, I'm on my way

Until next year...

BIS II

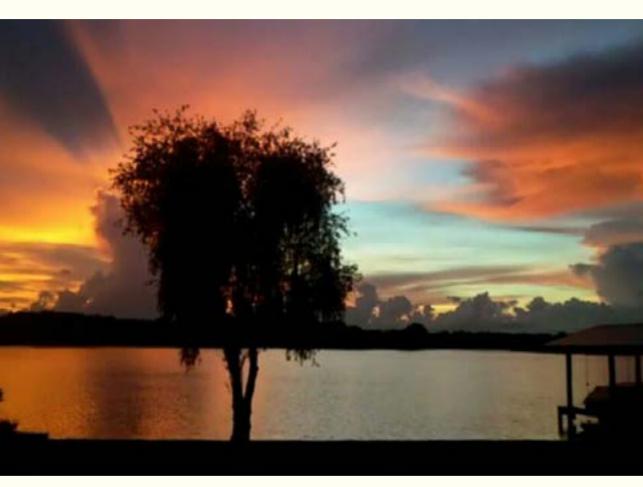
I spent the summer in Orlando, Florida, and I met a girl who lived in Tampa. She brought me to her house which is where this photograph was taken.

OUT OF SELF

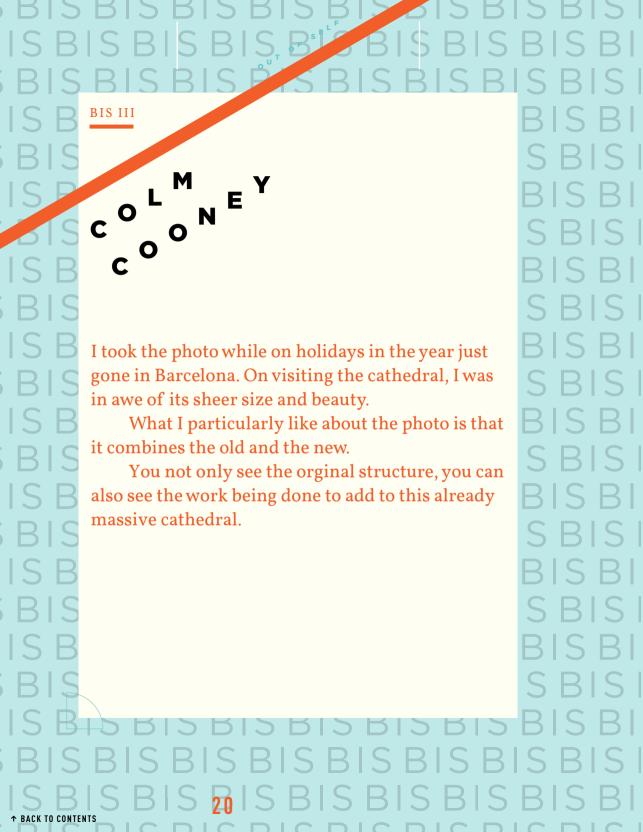
She lives on a lake and one evening as we were out in her back garden, the sunset began. It was so breathtaking I had to capture it.

This photograph sums up my summer. I got to experience a variety of different things and the different colours in this sunset remind me of that.

It is also a very peaceful picture, a word I would most definitely use to describe my summer. Florida is not a typical destination for students to spend the summer, but I feel if they saw the beauty within this picture it may change some of their minds.



Sunset Peak



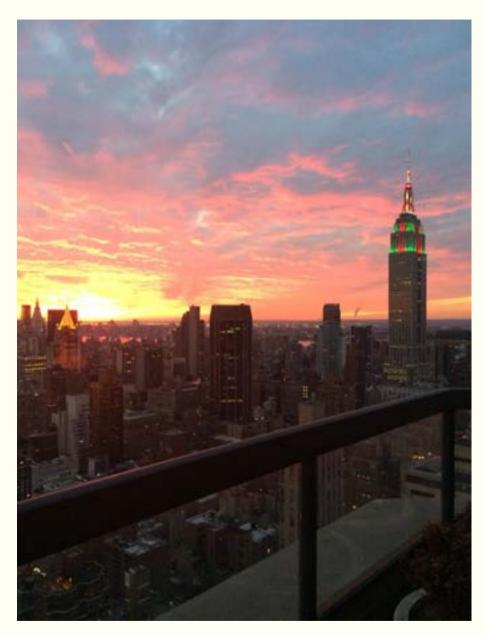


A Work in Progress

BIS II

I was spending Christmas in New York, this photo is taken from the balcony of the Irish Consulate there. It was a particularly beautiful sunset that evening and I was compelled to record and photograph it.

I submitted this image to the anthology because it speaks of my love of travel and I chose this particular photo because I think it is the best quality and the most unique in my gallery.



Christmas in New York

BIS IV

# K I E R C I S K I A N C I Y F R D A

There were a few of us driving around the area and we came across the pond and stopped to admire it.

One of the guys even jumped in but said it was disgusting, so the water looks much nicer than it actually was.

I took lots of photos during my time in America but as soon as I took this photo and saw the results, I thought it was the best landscape photo I have and probably will ever will take.

I even set it as my desktop background on my laptop I'm so proud of it!



Moxie Pond, Maine, Memorial Weekend

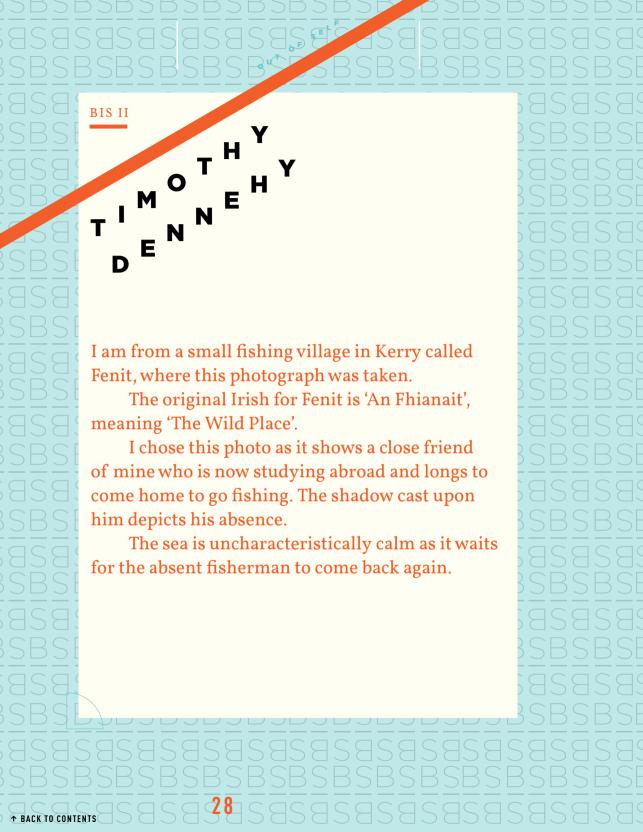
BIS II

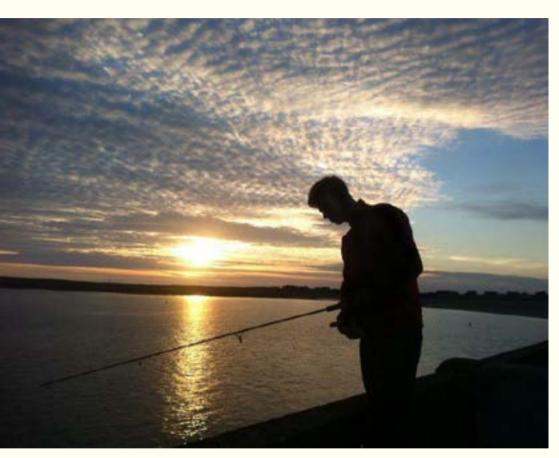
This is the beautiful landscape of Kerry, a place I love visiting with friends.





Derrynane, Co. Kerry





An Fhianait

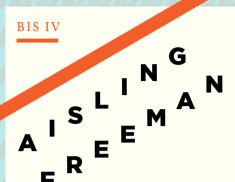


I have always had a big interest in photography and while I was on placement, I purchased my first professional camera.

This photo was taken from the Prudential Tower in Boston - a wild storm had just passed and then this magnificent sunset appeared. There was no better place to see it than from the top floor of one of the highest buildings in Boston, and I was there . . . right place, right time.



 $Sunset\ over\ Boston\ Taken\ from\ the\ Prudential\ Tower$ 



This photo was taken on a very hot summer's day in New York - Ground Zero which is awe-inspiring and I think the photo speaks for that.

I had hundreds of photos to choose from but I wanted to pick one from Boston and one from New York, as they were both places I spent a lot of time over my six months on placement.

Both my pictures selected were taken at a particular time of day - just as the sun was setting- and especially for the Ground Zero photo, I think the sun adds a little more life and hope to somewhere considered a place of sadness.



9/11 Memorial Site, New York

oF SELF

P A L L Y

I do a fair amount of outdoor activities such as hiking, mountain biking and kayaking.

I like to share my experiences with other people by taking photos.



Summer Spent Surfing

BIS IV



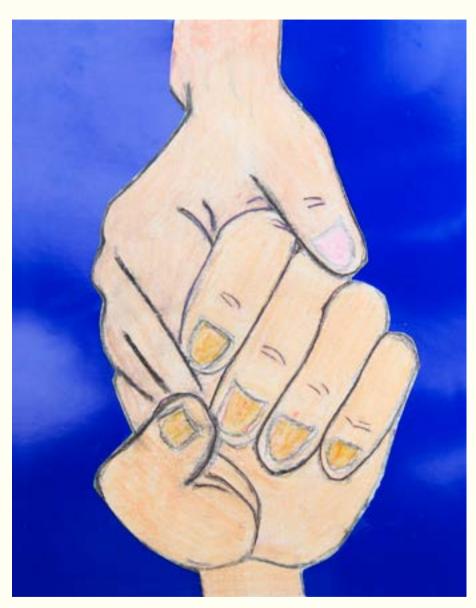
This bird represents the wide range of possibilities and adventures ahead of my class and I, as the graduands of 2016.



Free as a Bird

LAURAVER LANO HA

The friendships I've gained through my time in BIS inspired me to produce this piece.

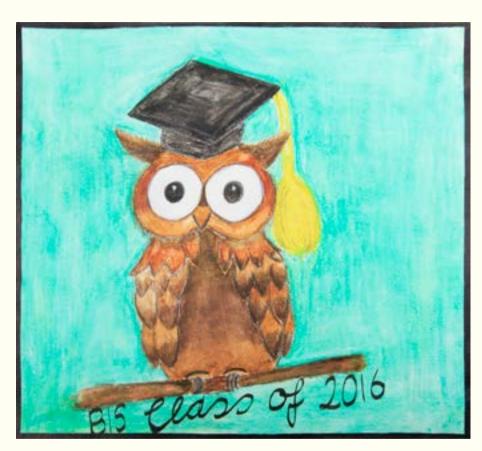


Friendship

BIS IV



The inspiration for this piece was brought about through reflecting on the knowledge and experience BIS has offered me over the past four years.



Class of 2016

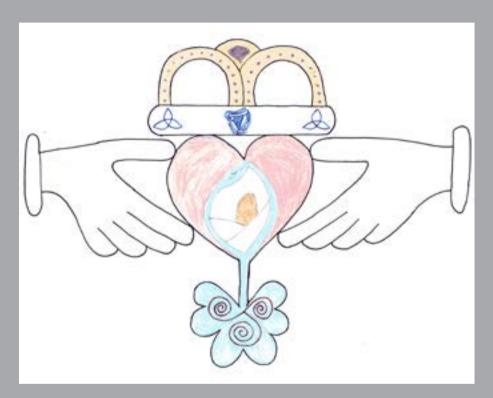
BIS IV

KARES HAYES

As 2016 is the 100th anniversary of the 1916 Rising, I wanted to commemorate this historical event by drawing something that represented symbols associated with Ireland.

By researching the different symbols such as the lily, shamrock, claddagh ring, etc., I learned what each symbol meant.

I wanted then to find a way to combine these meanings together to create a new composition that would represent the new spirit of Ireland and which would be a suitable commemoration for the 1916 Rising and what our ancestors fought for.



All Things Irish

R A R E S K A A H A

I visited my cousins in Maryland for the first time last August/September before I returned to college after my placement. I wanted to experience American culture and meet my extended family. This photograph was taken at the University of Maryland which two of my cousins attended. It was lovely to see how different it was to UCC.

I learned that Jim Henson also attended this college. The statue there is to commemorate his most famous work - creating the Muppets.

It portrays the fact that if you work hard enough and do what you love, you can achieve great success. College is a stepping stone to achieving goals that you set out for yourself.

↑ BACK TO CONTEN



Kermit and Jim Henson

B B B B<sub>S</sub> E B
I I olf I
S S TS S

BIS II

Niagara Falls is one of the most spectacular sites in the world, and thankfully for me it's almost impossible to take a bad picture of such a stunning location.

I felt this photo expressed both the power and beauty of the world around us.

Of all the photos I took over the course of last summer, this one really stood out.





Niagara Falls in Panorama

BIS III

The inspiration for this photograph is discovering tranquil corners of Ireland.

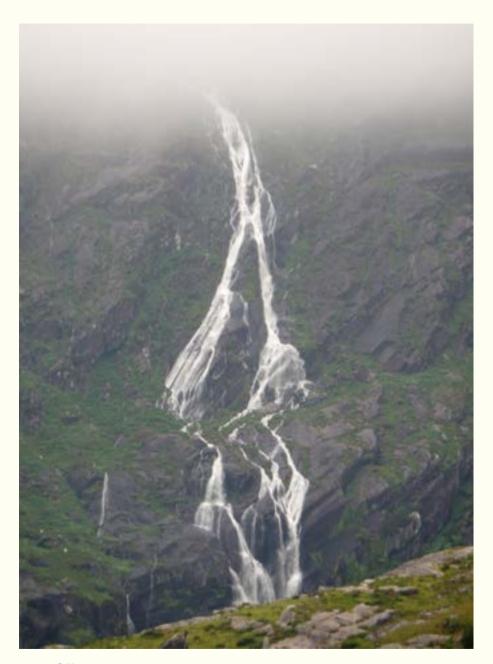


Kylemore Abbey

BIS II

I came up with the theme by embracing the relaxed feeling in West Cork and try to show how we can take that for granted sometimes.

I think both this photo and the next one really show that whether you choose to look up close, or from a distance, nature will always show you something incredible and surprising.



Waterfall





I was definitely inspired by the scenery and nature in West Cork, how calm and relaxed it is there.



Foxglove

BIS II

My grandad used to take me to Bishop Lucey Park every December to see the Chrismas lights. I thought it would be nice to honour those memories...



Bishop Lucey Park

## K E V I N N E

I've been taking macro photos of my bees for a while now, in particular photos of bees returning to the hive with pollen because I can post the photos to a Facebook group (which has over 1700 members) and find out what flower the pollen came from. Also when I first started beekeeping, I wasn't sure if what I was doing was right and putting up pictures and asking the more experienced beekeepers if everything looked alright was a great help.

OUTOFSELF

There is so much that goes on in a hive it was hard to narrow it down to just two photos but I decided to submit these particular photos as everyone who starts beekeeping get excited when they see the Queen, the mother of the hive, and I was the same. These days, I still like to see her but if I don't, I don't mind. As long as I see eggs laid I know she is there. I also now rear my own Queens, from grafting very young larvae to when they emerge from their Queen cells to putting them in to their own hive.



A Queen Bee Walking on Comb

BSB SEL

BIS I

This photo of the bees at the hive entrance shows what life is like in a hive; it's all GO during the spring/summer months with bees returning with pollen (pollinating flowers and our food in the process). The bees coming back with their abdomens looking heavy are actually full of nectar which is stored in their honey sack -you can see where the saying "busy as the bees" came from! I know that UCC is the world's first green college but wouldn't it be great if we were to plant more pollen/nectar rich plants to help bees and other pollinating insects?

I'm also working with the UCC Environment Society involved in the UCC community gardens about placing a hive or two there. I'll be showing them how to open/inspect/control the bees and how to avoid swarming in the coming year.



Entrance of a Hive in Full Flow During the Summer with Bees Bringing Back Pollen and Nectar

o v T o F s E L F

BIS II



I really enjoy drawing and wanted to take part in the BIS Anthology project.

I prefer to draw still life compositions and I really liked this combination of colour and shapes.



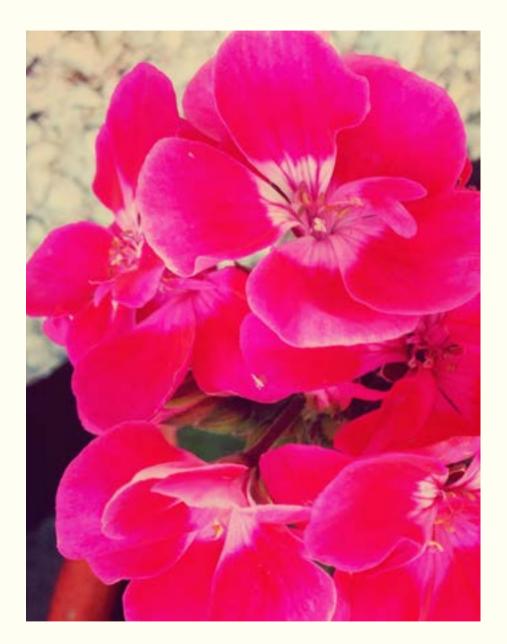
Flowers



I took this photograph using my iPhone which I believe is the perfect camera for nature photography in many situations as I always have my iPhone with me.

The beauty of the natural surroundings in my garden inspired me to take this photograph.

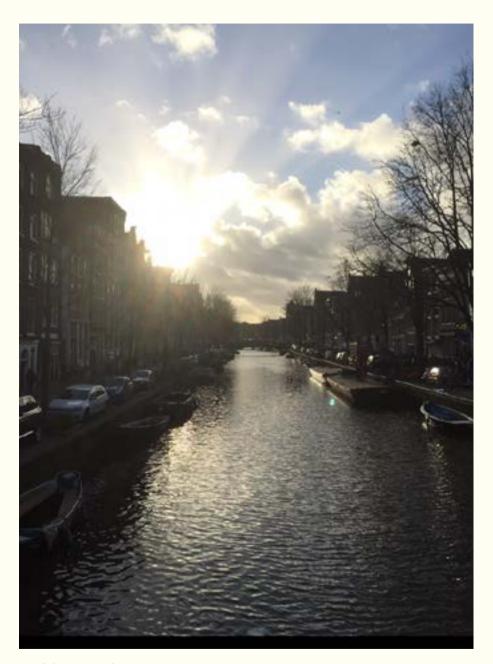
During summer there are many variations of colourful flowers everywhere you go.



Flowers Bring Colour to the World

BISI

SELF



Dusk in Amsterdam

BISII

ROBERI ROBERDTER GERLES

I used to write quite a lot while I was at school and also for a time after I left. I was always interested in creative writing but over the years it was just something I forgot about.

Funnily enough for this particular poem I was studying in the library, something I do during the breaks between lectures, specifically at that time for a management accounting MCQ and my mind just seemed to want to do everything but management accounting.

I didn't have a theme or a plan, it was quite off the cuff. I showed it to a few class mates who said it was funny.

## Business Information Systems: to the tune of 'Greased Lightning'.

Grey hairs the're multiplying and my java ain't compiling. Http ya you know me but VB won't accept me.

Economically sound except for the contribution limiting factor
I'm sure if you divide that by mature
you will get Peter Drucker.

I'm in the library night and day
however systems analysis still causes dismay.
Project management seems so nice,
if only i could persuade them to pay me
twice.

Now I'm not bias for a BIS degree
but as a mature student V lookup will be the death of me.
do you think i have included enough references
to warrant a 1H degree.
Statistically speaking I'm sure you will disagree

Statistically speaking i in sure you will disagree

Now it's time to submit this to the BIS anthology.

There will be no SQL to this ad hoc poetry.

BIS II

DAR RANE







Untitled

o F s E L

BIS II

I was inspired to make this piece by watching other speed arts on YouTube and viewing other photo manipulations posted online. This image is not a photograph, but rather a photo manipulation produced in photoshop using a series of effects and renders. If you want to know more, here is a link to a video showing the production of this piece:

https://www.youtube.com/watch?v=7rmu9owy7ZQ



Sunset Peak



Normally my inspiration comes from a number of sources and never just one alone.

When I was a bit younger in school, I was always inspired by artists of the past, particularly Salvador Dali and his portrayal of surrealism.

His artwork represented the madness of his dreams and hallucinations through vivid colour and symbolism - both of which inspired my watercolour painting.

72



Rose Hues

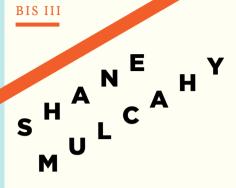


lots of colour and unrestrained expresssion.

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Smokey Eyed Girl



I took this photograph in Barcelona's famous covered market, La Boqueria. I really liked the colours and fine detail in how everything was meticulously arranged.

I also really liked the colours, variety and warmth of this image as it really shows off a different culture and way of life.



La Boqueria, Barcelona



During my Leaving Cert, I got up at six each morning to study before school. This particular winter morning the sunrise filled my entire room with these stunning orange and red tones. I managed to capture this beautiful moment just in time.



6 am in Macroom in Cork

ou<sup>T</sup> o<sup>F</sup> se<sup>L</sup> F

E V A N A S C O L L A R A R O D R I S C O L L

I was inspired by the beautiful yachts I saw on a trip down to Kinsale. I thought a maritime theme would be interesting and challenging to paint.

I spent some time researching different types of yachts to make sure the shape and scale were accurate; I made up the rest of the sea and background.



Off West Cork (Painting, watercolour and ink)

ou<sup>T</sup> o<sup>F</sup> s<sup>EL<sup>F</sup></sup>

BIS II

This conceptual photograph was an unexpected idea, I was photographing the sunset from the window of my house and then I thought 'would this look more interesting through glass?'

I tried with glasses at first and then I decided to try with a lightbulb which was in a lamp beside me, and I liked the result.



Bright Spark



For anyone who was lucky enough to have clear skies on the morning of March 20, 2015, they will understand why I was inspired to take this picture.

When the eclipse was at its maximum it resembled a broad smile. Knowing that the Sun and Moon would only look like this for only a couple more minutes I rushed to pick up my camera.

One of the most exciting and memorable days of my 2015.



Solar Eclipse

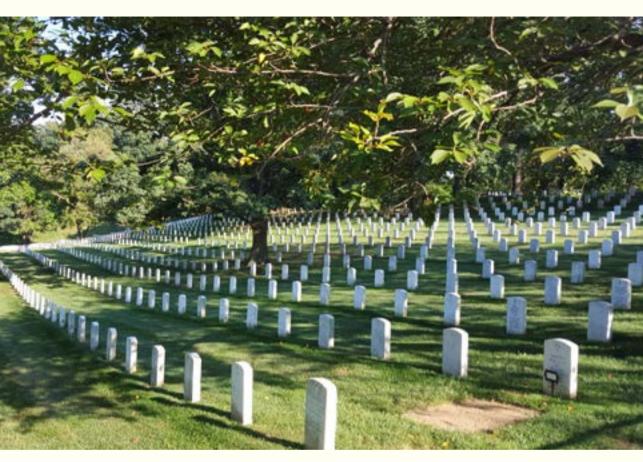
BIS IV

S H A U G H N E S S

I have a passion for travel and visited a lot of different cities and countries in 2015. I selected photos from two of my favourite places which I travelled to: New York and Washington DC.

These two cities left a lasting impression on me.





Arlington National Cemetery, Virginia



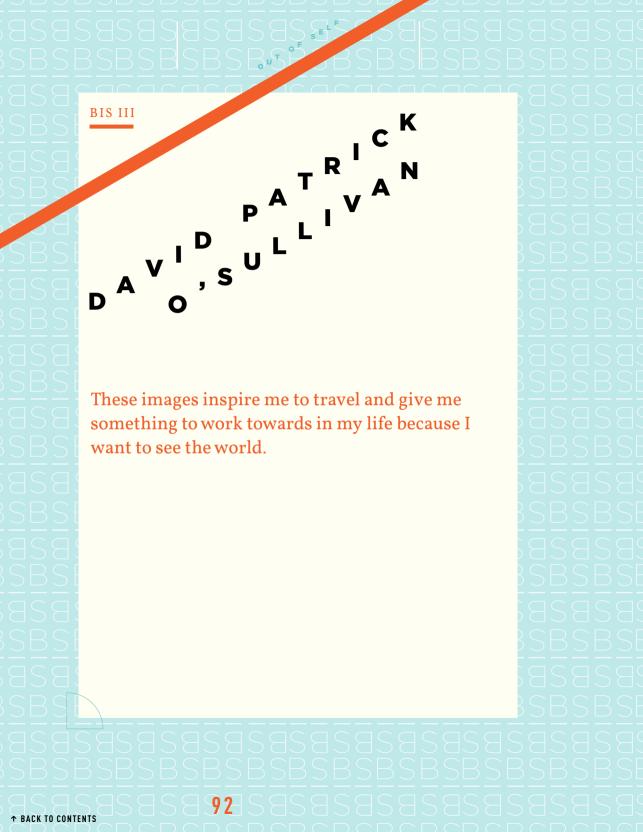
Manhattan, from Liberty State Park, New Jersey



Some beautiful pictures taken in a beautiful part of the world.



Monk in Prayer





Koh Phagon

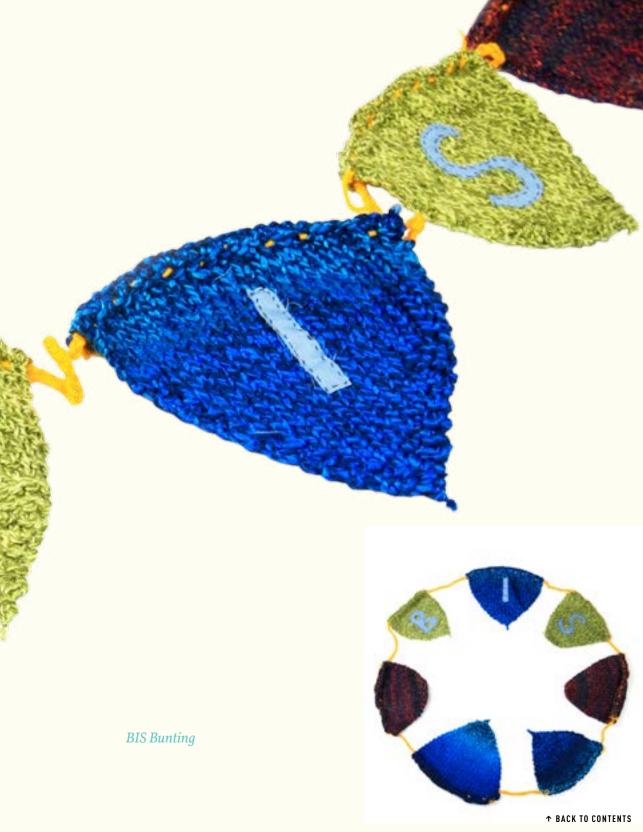


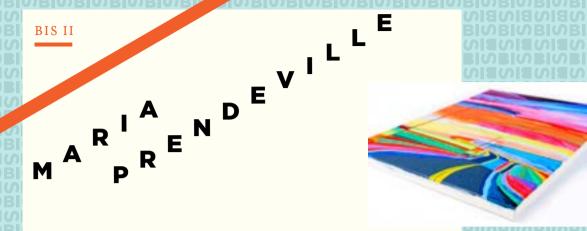
My sister gave me a knitting book for Christmas, and bunting was one of the projects that really appealed to me so I decided to start it over the Christmas holidays.

I thought the pieces looked a bit boring on their own so I thought I might as well sew on some blue material for the anthology!

Blue also reminds me of BIS so I thought the blue material would suit. I also crocheted the string attached to the bunting as I just learned how to crochet, so that was fun!

The project was a great boost to get me into crocheting and trying different styles of knitting.





I only just started painting using acrylics on canvas back in September when I took up art classes. We were advised by our art teacher to look for inspiration. I like the idea of American highways, they're just so vast and empty! I came across a picture with a few different colours so I decided to reinvent the picture with all of the lines of colour in my painting.

I don't like typical, boring landscapes with the snowcapped mountains and rivers running through a valley. I like pictures where you don't really know what's going on or what you're supposed to feel while looking at the picture and it's just so colourful, it makes me happy.

I also like how even though the lines are clearcut it all comes together when you can make out the road and the sea.



Colour of the Sole (Painting, acrylic)

BIS III

The fact that the sky was so beautiful and peaceful compared to the rush hour traffic going over the Brian Boru bridge inspired me to take this shot.

I was feeling tired and cranky after getting the early train to college, this red sky gave me some happiness for my long day ahead - I couldn't but take a picture really! I get the train to college every morning, walk the same streets and same route to UCC usually tired and groggy after getting up early and joining a packed commuter train!

I usually look right and left going over the Brian Boru bridge just for a 'sconse' but that morning I could only look left due to the smashing sky! I'm not one for romantic sayings but I suppose it represents how lucky and fortunate I am to be able to get out of bed each morning, get that packed train and walk them streets to UCC to get a top class education!



Sunrise Over the Lee

BIS II



My inspiration is derived from nature in general; the shapes and light gradients naturally made that catch my eye - tempting me to replicate them albeit not in colour.

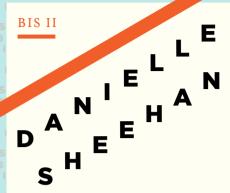
The theme is nature again - a jungle affluent in foliage, but the difference is the denseness of the forest although considered impenetrable can still be infiltrated by light. Light which illuminates aspects such as the river but not the dark crevices in the rock formations. This prompted me to attempt to complete my artwork in black and white.



Impenetrable Jungle (Pencil)



An Assortment of Colour



The theme of this work is carefully planned out. It describes the journey of a person on the path to self discovery; each individual sketch represents a stage on their journey. The skulls represent the people that can't look past false pretenses, to find what's real about the person; the eyes are the window to the soul; the shoes with the laces tied together represents the person stumbling through life trying to find themselves; the hand and bird represent that the person has decided to



let go of their insecurities and trust themselves to find their own way. The piece ends in the centre where the heart is now filled with colour. It is significantly the only piece of colour represented in the sketches.



An Array of Sketches

o U T



In this 'City of London' photo I wanted to try and get the distinctive skyline of London Bank, the Tower of London and Tower Bridge together in the same photo. A panorama was the eventual solution.



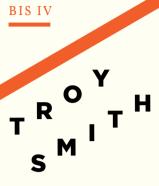








City of London



I had bought a new brush and had an urge to do some painting.

But what would be the subject? I was jogging by the Lough and the swans looked very well in the moonlight.







Night Swan (Oil Painting)

50150

#### BIS Ist YEARS

# BNCP's Christmes Album 2015

#### **Vocals**

Ciarán Brennan
Mary-Kate Forde
Martin Healy
John Herbert
Sarah Keating
Julie Kelleher
Eoghan Keniry
Robbie Kidney
Ciara McCarthy
Ben Morris
Chloe O'Donovan
Shane O'Riordan
Enda Sugrue

Produced and Recorded by Ciarán Williams Recorded in the Deloitte Innovation Zone, UCC https://bis2015.bandcamp.com/releases

### BIS C#'s Christmas Album 2015

### TRACK LISTING

Baby, It's Cold Outside

Mistletoe

Winter Song

O Holy Night

Little Drummer Boy

Driving Home For Christmas

Christmas Lights

Last Christmas

Fairytale Of New York

Enfa Kair

#### BIS Ist YEARS

#### Contributors

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Twas the night before Christmas when all through UCC, not a creature was stirring not even Jeremy.

The stockings all hung by the ORS with care in hopes that the Professor soon would be there,

The students were nestled all safe in the lab, with visions of VB and Dutch gold in a slab,

With Gave in her kerchief, and Ivan in his cap, we just settled down for a long winters nap,

When out on the Quad there arose such a clatter, I sprang from my computer to see what was the matter.

Away to the stairs we caught the tutors off guard, tore open the door with our new smart card.

The moon on the breast of the new fallen snow, gave the lustre of midday to object below,

When what to my wandering eyes should appear, but a miniature sleigh and eight tiny reindeer,

With a little of driver who was a snappy dresser I knew in a moment it must be the Professor,

More rapid than eagles his courses they came, as he whistled and shouted and called them by name,

Now dasher now dancer now prance now vixen on comet on cupid on donner and blitzen,

He sprang to his sleigh to his team gave a whistle, an away they all flew like the down of a thistle,

To the top of the porch to the top of the wall, now dash-away dash-away read your papers, all,

But I heard him exclaim as he drove out of sight, Happy Christmas to all and to all a goodnight.

## BIS Design Project 1



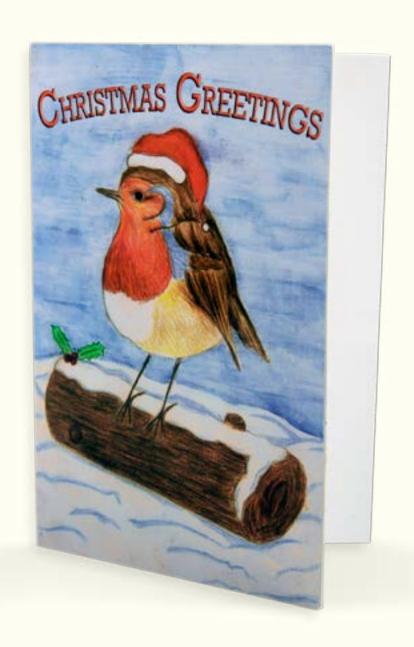
#### BIS Ist YEARS

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## BIS Design Project 2



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Patricia Lynch and Ciaran Murphy

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is one of the most powerful means of expressing that which the intellect cannot cope with adequately, as well as a means of expressing that which it can at a number of satisfying levels. It is an infinitely flexible language, and can act, once recognised as such, as an efficient vehicle in moving from the normal, everyday, intellectual mode of knowing to the transcendent."

Hugh Moss, Theorist







