



# Clubs & Societies NEWS

Aontas na Mac Léinn University of Limerick  
Ollscoil Luimnigh Students Union



## UL's Greatest Clubs Ever?



UL Ladies Rugby had another remarkable season retaining their League and Varsity title which they have won almost every year since the competitions began 12 years ago. UL's Varsity record is the most impressive winning it 12 out of its 13 year history. They were also crowned 7's champions in October. ULLR now hold every trophy available in Division 1 Colleges women's rugby. The key to this club's success is their ability to recognize what aspects of their club and team need to be improved upon. This was very evident this year in various different aspects of the club. We entered 2 teams into the Autumn 7's competitions both in LIT and in Cellbridge to give new members a taste of the action. We retained a vast proportion of fresher's that joined this year and we put a greater effort into the social side of our club by running themed nights, table quizzes, Christmas parties, cinema nights and much much more. Every week was a jammed packed week of fun and games for all at UL Ladies Rugby!! The team bonding and post Christmas 2 day training camp which was held in Dungarvin Co Waterford was the most beneficial initiative that was afforded to the team. This proved to be very beneficial and definitely succeeded in bringing the team together and focusing everyone towards the league and varsity titles.

The League final was held on March 25th in Trinity College, UL has a fresh faced team with a

total of 10 players on the 22 who joined the team this year. They got the chance to step up to the mark due to many familiar faces unavailable to play due to injury, illness or Co-op. The reigning champions made hard work of the game with uncharacteristic errors throughout, but their experience and great defending ensured victory. The final score was UL 7 UCC 5. Laura O'Mahony was the try scorer in the second half with Ailish Toner converting. Many of the fresher's shone including; Oonagh O'Brien, Aoife Bennett and Emma Wilson. The experience of some old faces including Sarah Jane Cody, Mary Rose Flanagan, Laura O'Mahony and Captain Fiona Reidy showed throughout and this spurred the team on to succeed over their arch rivals.

The Varsities were held in Carlow IT and was undoubtedly the highlight of the year for all who went. UL had a strong first day at the varsities last Thursday beating NUIG 35-10 in the first game before beating UCC 12-0. Ashling Hutchings was the star of

the show on the first day, scoring 6 tries in two games with her trademark display of deadly pace and vision of the game. Sarah Jane Cody, Bronagh O'Donovan and Laura O'Mahony also scored with Ailish Toner kicking the conversions and penalties.

In the final vs UCC the UL forwards dominated at scrums and lineouts which set up the pacy backline. UL ran riot in the first half with tries from Cody, Claire Keohane and Hutchings. Toner converted one and also scored a penalty. UCC failed to score in the first half but the wind was a major factor. UCC piled on the pressure in the second half scoring 3 tries but UL held out to win once again with the final score of 20-15. What a remarkable end to a fantastic season for UL Ladies Rugby who still have one more 7's competition to compete in during week 13 and also an awards night which will add even more to the social element of the club which has brought this team closer together than ever before.



### LADIES PROVIDE THE HIGHLIGHTS FOR THE UL SOCCER CLUB.

In a rather one-sided, successful season for the UL Soccer Club it was the Ladies who provided the silverware and honors in 2010-11.

The Men's team won the CUFL West Regional Futsal Final but could not secure any other titles in a very exciting season where we had 3 Men's teams competing in League and IV events. For the Ladies however they were going into the season having won the WSCAI Premier League and Senior Intervarsity for 3 years running and were looking to make history by retaining the double for a fourth consecutive year. In a tightly contested league it was Sligo IT and UL that finished at the top on 27 points each. Under the league rules the title was to be decided by a play-off which took place in Terryland Park in March and the UL Ladies showed class and style to retain their League title with a 4-2 win on the night. At the WSCAI Senior Intervarsity competition held in CIT in March, UL battled to the final without conceding a goal. It was again Sligo IT that contested the Senior Inter-

varsity Final against UL but the UL girls showed great determination and heart in coming from 2-1 down to win 3-2 to secure a fourth senior IV in a row. During their run of 4 doubles, the girls have played 57 games and lost just once. The Ladies also competed in the WSCAI Futsal National Final held in UL in January. Inevitably it was UL and Sligo IT that went all the way to the final here but UL proved much too strong running out 7-1 winners and securing a place in the EUSA 2nd Annual European Futsal Final taking place in Tampere, Finland in July. A clean sweep of WSCAI events firmly established this team's place in history as one of the greatest University sides ever. Other achievements included, 11 UL players winning the WSCAI Inter-provincial title with Munster, 6 players being named to the WSCAI Premier League All-Star team, Lynsey McKey being named Premier League top-goal scorer and 3 players, Julie-Ann Russell, Ruth Fahy and Jenny Critchley being named in the Irish Senior Squad for a training camp in Spain in March. All in all it was a tremendous season for the Ladies of the UL Soccer Club and one that shows the continued development of Ladies Soccer in Ireland.



# Welcome

## “Bedrock of all success is a solid system of administrative support”

There is no doubt about it but this has been an incredible year for all involved in Clubs & Societies in term of success and growth.

At the start of the year we launched our on-line system for membership and having recently submitted an article for the next UL prospectus 2011/12 under the banner headline claiming that Clubs & Societies is the “THE Largest Social Network on Campus in terms of REAL human interaction”. At the end of this academic year we can now quantify this in terms records as of May 2011. We now know that we have over 4619 unique memberships and a combined multiple memberships across all 62 Clubs & Societies of 7070. Don't take my word for it though in our first ever survey of our Clubs & Societies members in March 2011, now that we can clearly identify exactly whom our members are we had 826 respondents who have powerfully endorsed the merit of this Social Network 84.3% stated that their

primary reason for involvement in Clubs & Societies was to “make new friends/social outlet.” When asked had they benefited personally from their involvement in Clubs & Societies, the largest response rate of 79.1% reported an “increased number of friends” When asked “In General has your involvement in Clubs & Societies been a positive experience” 95.7% answered “Yes”.

We are particularly proud of the reputation we have built for Clubs & Societies over the last decade here in the Students Union because unlike other Universities and third level institutions all Clubs & Societies are treated equally, we don't split Clubs and Societies into separate groups, run by separate departments OR allow the primary sports of this island to dominate the funding with arbitrary undisclosed funding systems to the detriment of all others. It is 100% transparent and the rules to obtain funding are very fair and approved or altered ONLY with the

approval of the parliament of Clubs & Societies, known as the “Clubs & Societies Council”. So whether you are an inter-county GAA player or an amateur dramatics enthusiast the funding system simply rewards the competence and organisational capabilities of the committee in running the affairs for its members as per their aims and ambitions and the C&S stipulated criteria.

So when you see the success rates this year and people wonder about all the factors that contribute to this success, yes it is the athletes, yes it is the coaches, yes it is the members BUT the bedrock of all success is a solid system of administrative support which we have been refining here in the Students Union for the last decade. All the less glamorous stuff which does not make it to red carpets ceremonies and general speech making, like budgets, fundraising, insurance, health and safety, policies and procedures, advice, support, administration seminars, vehicle acquisitions - but to

touch the surface of this administrative machine - is reinforced by genuine student buy-in and participation in this system. That is what is really empowering the creativity and drive of the University of Limericks Clubs and Societies. If further proof was needed such has the development of this administrative culture been that we required to hire Liz Gabbett last March 2010, as the administration had become so enormous. Collectively Clubs & Societies committee's have benefited from this as we have further enhanced our service to the students and our one-to-one contact time has now been doubled. We have broken the 60 barrier to the number of Clubs & Societies on campus this year for the first time in a considerable number of years and in addition there are at least half a dozen more making plans to roll out new societies and clubs in Septembers recruitment drive, the future is looking really good.

Hope the exams are going



well and whilst we will see many of you over the summer we will see the rest of you in September. Enjoy the time off.

Slainté

Paul Lee  
Clubs & Societies Development  
Officer  
ULSU



A Chairde,  
Paul asked me to write an article for our newsletter and after just over a year in my role as club and societies liaison officer there is a lot for me to

write about but I will be brief. My over whelming feeling is that I love my job and that is all to do with the people I work for, you the students, and the people I work with. It is great to be able to say that.

I started at the end of March 2010, it was a quiet week due to the Easter holiday and maybe it lulled me into a false sense of calm. I spent the summer getting to know you, my colleagues, the general workings of clubs and societies and assessing BUDGETS. Paul was always on hand to answer my questions - there were lots of questions and still is! All of this was very manageable. There were a few bumps along the way but that was to be expected. Then came September - OMG! Even in my time working in the IT industry getting through software releases I don't

think I have ever put down such hectic days, weeks, and months as in Semester 1. At times it was overpowering but I got through it with a lot of help and support from Paul, all the SU staff, Sabbatical officers, CS Exec and the understanding patience from many C&S members as I continued to learn the ropes and delivered support to your committee members.

Paul has said it often: no day is ever the same as the previous in this place. Sometimes I say I work in a crazy house but don't misconstrue the word crazy as a negative in this instance. There are days when I come into work and there is a string of knickers and jocks across the reception area, another day a man in wolf clothing with bunny ears will walk past my door, delicious bake

sales will be on, trophies with painted jocks and garden gnomes will appear in my office, emails detailing achievements from the weekend and then there are the conversations I overhear. I am not eaves-dropping, I have no option but to hear what is being said. I am always being educated, amused, shocked but never bored.

Then there have been you amazing achievements in competition, the performances, the guest speakers, workshops, debates, and qualifications achieved that you report back to Paul, Neasa, Patricia and I. What you do is inspiring and I feel so proud of you.

Two weeks ago I went to Galway for BICS - Board of Irish College Societies - awards. I was on one of the adjudicating panels. It taught me

a lot of what other societies are doing in other colleges and confirms that we have very good structures in place for our Clubs and Societies to thrive. Structures are important but ultimately it comes down to the people involved, your enthusiasm, innovation, hard-work, appreciation and compassion for your fellow club and society members.

I hope you all did well in your exams and you have plans/adventures for the summer. To those who are not coming back to UL next year I wish you the very best of luck and hope you have fond memories of your time in Clubs and Socs. Don't be stranger, come back and visit. To all of you returning I look forward to seeing you in September.

Liz Gabbett  
Clubs and Societies Liaison Officer

## UL Basketball Club

With the influx of talented first years, this year was always going to be a productive one. The competitive year started in October with League games and the first big tournament of the year being the Fresher intervarsity's. The UL Ladies coached by Noreen O Connell and the Men's team coached by Davy Keogh and David Parker were both looking sharp. Both teams ended up in their respective finals both playing DCU. It turned out to be a superb day with both team victorious. UL Ladies won on a scoreline of 41 - 39. The UL Men won 37 - 32.

The league continued until after Christmas with preparation for the Intersvarsities also built in. The league campaign for the Ladies was going fantastic having yet to drop a game. The men were having a mixed year but were still on track for reaching the Semi final. In February the Ladies drew Dublin IT in the Semi's and made light work of it winning 114 - 39. The men drew UUJ one of the powerhouses of college basketball and had to travel to them for the game, this result was not as favourable and the men's team would not be in the final. The Ladies played UCC in the Final

and they came away with the All Ireland League Trophy.

The intersvarsities were the next stop for both teams and so the first weekend in April the squads were bound for UCD. The men were in the pool of death and the pressure was on to win games to ensure that they played in the “A” competition next year. The men played Dublin IT first and won comfortably and then it was the turn of hot favourites DCU, The UL lads were superb and overcame DCU playing some wonderful basketball. Next was UUJ and unfortunately this proved a step too far as the lads were denied a place in the semi finals on score difference after a three way tie. The Ladies played Waterford IT in their first game and won easily enough, next was DCU and this was a close encounter with UL getting the better of them in the end. Last pool game and it was TCD this again was comfortable for UL and a place in the Semi final secured. UL played UCC in the semi final and it was a very entertaining game with only a few points between the teams throughout, however it was not to be for UL this year and UCC went on to win out the competition.

A good year for the club with lots more to come in the future .... © Next year the Intersvarsities are in UL, and preparation is already underway. Watch this space !!!!! Keep up to date with via our website [www.ulbasketball.skynet.ie](http://www.ulbasketball.skynet.ie).





# Haiti Annual C&S Fundraiser 2011

As you can see from the Haiti Update March 2011 from Mr. Jonathan Power the fundraising Manager for Concern, the challenge to rebuild Haiti is an immense undertaking and the Clubs & Societies are but one small cog in a huge operation. That said the Clubs & Societies 2nd Annual Haiti Charity Fundraiser took place on the 11th of April not to mention that the International Society had already contributed over €1000 from their fundraising James Bond themed night as part of International week.

I know this year in particular has been a very devastating year for natural disasters and no doubt into the future there will be more BUT we acknowledged this last year with Haiti and chose that because of the UL links with Haiti and that normally when something is out of sight it is out of mind and its whatever disaster is in the public eye at that time. However we wanted to stay the course with Haiti for a number of years and see if our collective efforts over a real time frame of a number of years would actually have an impact on the lives of ordinary Haitians. YOUR money in particular has been directed towards the Educational programs on the logic of students (you) helping students (Haitians), and Johnathan Power, Concerns Community Fundraising Manager has agreed to provide updates and track our contribution as to the progress made in real terms.

The total as it stands for the C&S Concern Haiti Appeal from your collective efforts this year is €1943.19. Given the fresher's ball, the student race day (attended by

3500 UL Students!) preceded our event that week and putting this off by a week due to Cian Cleary's fundraiser – we have to be very proud of the collective efforts. My sincere thanks to the following Clubs & Societies for their terrific efforts

1. Anime & Manga
2. Airsoft
3. Choral Society
4. DJ Society
5. International
6. Music Society
7. Archery
8. Outdoor Pursuits
9. Tae Kwon Do club
10. Ultimate Frisbee
11. Windsurfing

I would like to thank also the Limerick Radisson SAS Hotel and the UL Alumni Office for the support of the spot prizes and indeed those who donated prizes voluntarily for prizes 5 and 6.

Winning Tickets on the night in the Stables for the prizes are

1. Nigel  
(no surname but mobile provided)
2. Naomi Balmer
3. William Kennedy
4. Pat Hayden
5. Blaitthin Dalton
6. AN Other  
(No name but mobile provided)

I will be making contact with above very shortly

Paul Lee  
Clubs & Societies Development Officer, ULSU



During the academic year 2010-2011, the badminton club competed in the local Limerick league, the Irish Intervarsities, the International Student Badminton Tournaments (ISBT) and one day tournaments. Apart from the Intervarsities, all these tournaments are open to club, experienced and advanced level players.

In the Limerick league the advanced players finished third in the county and the club level players have reached the final (still to be played at the time of writing). Bridie Welsh and James Power won the mixed doubles Limerick Championship and Bridie won the Ladies doubles with Rachel Harrison (club level). Richard McEvoy and Phil Brown had to pull out of the men doubles experienced final due to injury. A win at Limerick level qualifies players for the Munster competition.

In student tournaments, the UL team reached the quarter final of the Intervarsities after finishing top of their group in the round robin part. The club also found success in the two ISBTs

played so far this year. In the Limerick ISBT, Virge Pesti was runner up in ladies' doubles (advanced), Harry Van Haaren was runner up in the mixed doubles (experienced) and Colm Cunniffe was runner-up in men's doubles (club level). In the Enshede ISBT (Netherlands), Bridie Welsh mixed doubles, Rachel Harrison ladies' double, David Hayes and James Power were runner-ups in the mens doubles and mixed doubles competitions (all club level). Note in the ISBTs tournaments double teams players must come from different clubs.

In one day tournaments, there was a series of wins by Rachel Harrison, Bridie Welsh, Michael Moore and James Power in the Clonara tournament and The Muster day open. Five double titles in total.

Overall, the 2010-2011 season was very positive for the club and we hope to confirm these good results next year.

Jean Charpin, PRO badminton club



THIS year has been quite a memorable year for the UL kayak club. From events such as the election of this year's committee to our great win at the intervarsities, there was never a dull moment.

The second semester of this year began with a bang as the club travelled to the cold waters of Wales. The annual trip was not to be missed. Not only did we paddle down the regular rivers such as the Tryweryn, it was the first year we travelled to the Cardiff International White-Water Centre. This is a world class, man-made, 500 metre stretch of river that had even our most experienced paddlers challenged. It was an unbelievable experience and surely will not be the last. This great trip was quickly followed up by an even better

trip to Cork where ULKC took home the Intervarsities trophy. In a competition set over three days, ULKC proved to be the better club by mere points. There was brilliant sportsmanship from everybody involved and there was a friendly atmosphere all weekend. UL put in their best performance and it proved successful in the end as a massive four first place prizes were accepted in the long distance event. It was definitely one of the best trips of the year so far.

Next up was Sligo for one of the clubs regular surf trips. It was great fun and many paddlers gained valuable experience. For anybody who didn't sit their level 4 assessment, surfing was on the agenda. The rain didn't stop

ULKC getting on the water by any means. In the choppy waters our kayakers battled to control their boat, and if they could, they did it in style.

With the task of organising a trip to Slovenia and Italy on the books, the new committee have their hands full. Every year, ULKC travel to the heart of Europe to overcome some of the massive rapids. This year is no different. With some of the hardcore kayakers going for a training week and skills course, and everybody else flying out in late May, this is sure to be a trip to remember.

Looking forward to next year, as a club, we can only hope to get as many dedicated new paddlers as we have this year and in previous years.

By Mark Barrett  
ULKC PRO



# Concern Worldwide Haiti

University Limerick Update  
March 2011

## GENERAL SITUATION

### One Year Commemoration

The 12th of January 2011 constituted the 1 year anniversary of the fatal earthquake that affected 3 million people, causing over 222,570 deaths and 300,572 injured across Port-au-Prince, Léogane/Gressier, Petit and Grand Goâve and Jacmel. Widespread destruction in Port-au-Prince left over 1.5 million people homeless, many of whom resettled in over 1,354 spontaneous settlement sites across the earthquake affected areas while 661,000 people fled the capital for other regions. At present, nearly 850,000 people live in 1,150 spontaneous and organized sites. Response activities amounted to 1.5 billion USD, which are currently funded at 72%, excluding pledges. The earthquake compounded pre-existing problems of structural problems, severe poverty and low development, very limited access to education, health and sanitation services.

Commemoration activities organized by the Government of Haiti and the international community were ongoing throughout most of the week of the 12th. Activities included tributes, ceremonies, church services, moments of silence in churches and public areas, inaugurations of a new town hall and the Iron market, unveiling of artistic monuments and statues in honor of victims, exhibitions displaying video and pictures of the aftermath of the earthquake and football games between teams of people injured during the earthquake. This comes in addition to numerous press conferences, briefings and media visits from the many journalists visiting to report on the progress in Haiti during 2010.

## CHOLERA RESPONSE

As of 24th of January, the Ministry of Health and Population (MSPP) reported 4,030 deaths, 209,034 cases seen and 117,930 hospitalizations since the beginning of the cholera epidemic, 21st of October 2010. Fatality rates have decreased or stabilized since 1st of December 2010, but are still high in the South-East (10, 2%) and the Nippes departments (8, 7%). The national CFR (dead/cases seen) is estimated to be 2.13%. The Port-au-Prince metropolitan area has the lowest fatality rate in the country (0.9%). On a national level, the number of seen cases continues to increase although the overall fatality rate has decreased. This seems to indicate that hygiene promotion

and cholera prevention measures are starting to have effect and people increasingly are seeking treatment and overcoming the stigmas related to the disease. There are still major gaps in terms of community mobilization for awareness and prompt treatment, access to clean water and latrines and access to health care. Nutrition partners have reported decreased attendance in nutrition centers during November and December 2010, which is assumed to be due to the population's fear of the cholera epidemic. It is therefore necessary to maintain a focus on improving water and environmental health in order to contain the epidemic. For information about Concern's cholera response, see 'programmes' section.

## CAMP TRANSITION AND RESETTLEMENT

The effort is ongoing in terms of resettling the approximately 850,000 IDPs who remain registered in camps. The number has gone down from 1.5 million as reported in June 2010. Draft no. 13 of a national resettlement strategy authored by IOM has been approved by cluster leads. The document still needs to undergo further approval procedures and be consolidated with the Interim Commission for the Reconstruction of Haiti's Housing Recovery and Reconstruction Framework and thus, no fixed resettlement plan exists to date. According to a survey done by IOM, 55% of the IDPs left camps because of an option given by a service provider but as such, there is no information as to why people have chosen to move or where they have relocated. The CCCM Cluster and the Interim Commission for the Reconstruction of Haiti estimates that at least 230,000 people will still be living in camps by the end of 2011.

## CONCERN PROGRAMME UPDATE

A brief overview on what we are doing?

### CHOLERA RESPONSE

Cholera training – Training in cholera prevention and hygiene promotion took place starting January 20th as part of the Saut d'Eau education programme. The objective is to train 2 teachers and 1 school principal from each of the 41 schools along with partners and staff. A similar training is schedule for Port-au-Prince.

Sanitation - 50 hygiene promoters/ volunteers have visited 4,900 households to disseminate messages, monitor hygiene status and identify and report any suspected cases.

## CAMP CO-ORDINATION AND CAMP MANAGEMENT

Transition and resettlement - Camp management is currently in the process of mapping a return plan for IDPs living in Concern managed camps. The plan will be piloted in a smaller camp, Ocart, starting in February and case workers will be assigned to the camp to work with residents on assisting them with finding solutions to leave the camp. The Shelter team is liaising with Camp Management in creating flexible shelter options for IDPs to facilitate returns. If successful, the plan would be presented to donors for funding additional camp returns.

## EXIT FROM CAMP MANAGEMENT

Concern will phase out camp management during the next 3 months and by the end of March will no longer have a permanent presence in the camps. A team of roving community workers will continue after March for a definitive period to build the capacity of existing community structures such as camp committees and women's protection groups. A communication strategy has been created to facilitate the transition process which includes partners and beneficiaries. However, Concern will stay committed to these camps in terms of providing existing services, facilitating returns and responding in the event of a natural disaster during Hurricane season.

## EDUCATION

TLS Port-au-Prince – There out of five Temporary Learning Spaces (TLS) opened early January. Attendance was not complete as many children were not in the habit of going to school in early January. There are currently 80 teachers and 5 principals engaged in the TLS. Students received school materials, including school bags, pencils, erasers, pencil sharpeners, crayons/colored pencils and note books. The number of students amount to the following:

Daniel Fignolet: Opened on January 4th with 375 enrolments (181 girls and 194 boys).

Foyer de Nazareth: Opened on January 4th with 364 enrolments (175 girls and 189 boys).

Place de la Paix: TLS under construction and discussions are ongoing as to whether concrete ground is needed. Classes are expected to begin by the end of January or in February.

Former Caroussel Hotel: Opened on January 4th with 514 enrolments (248 girls and 266 boys).

Asile Communal: Enrolments

ongoing with 600 registered students so far. Classes are expected to begin on January 24, 2011.

School construction in Saut d'Eau - Schools under construction in Morne Cassave and Rondo, Saut d'Eau, are almost finished. The construction of Notre Dame de Fatima is ongoing but it was interrupted by a water way which blocked the access for the truck with building materials. The school located in Laine, has been completed apart from class room inventory which is expected to arrive later this week.

## CASH FOR WORK

The Cash for Work project aims to create short-term jobs for people living in the area of St. Martin while clearing houses that were damaged during the earthquake in 2010. The Cash Transfer programme aims to facilitate economic and social reintegration of women victims of the earthquake. A community meeting was held January 14, in order to officially launch the project. 30 community leaders were present. Activities for the following weeks include forming recipient working groups as well as training of trainers for Cash Transfer facilitation. Cash transfer facilitators will also undergo training in hygiene, social behavior and business management. Rubble removal activities have also been scheduled to start next week with a monthly turnover of 250 workers. Target beneficiaries of the project are residents of Boliman Brandt camp, a forced eviction case, in order to facilitate creating solutions such as income generation and rubble clearance for camp residents to return home.

## WASH

Port-au-Prince

Water supply - Approximately 10,000 cubic metre of water is supplied to 70,000 people, achieving a mean per capita coverage of 8.5 litres per day

Latrine and shower construction - 24 new latrine tank blocks have been completed and are ready for use in camps. The objective is that camp residents eventually will take over latrine maintenance themselves. 20 shower blocks have been completed for 6 camps, creating access for 5,000 people at a ratio of 1:50 shower to users. The ratio was previously 1:200 or 1:300.

## LA GONÂVE AND SAUT D'EAU

Water cisterns project - The la Gonâve 11/47 project has started which has the aim to build water cisterns for harvesting rain water.

# DANCE

IT'S BEEN a great year for Dance UL this year, now in its third year, and we only have our great members to thank for this. We had a range of new classes from Salsa to Irish Dancing to Ladies Hip-Hop which all got a brilliant response from the many people who attended every week over the two semesters.

Our new committee consisting of Brige Newman, President, Christelle Oliver-Dussault, Vice-President, Rebecca Daly, Class Co-ordinator, Hazel Hodgins, Treasurer/Secretary and Emily Maree, Public Relations Officer pulled out all the stops this year to try and make it the best year yet for Dance UL and everyone involved. We competed in the Annual Dance Interschools in UCC in March, arranged swap classes and Surprise Thursdays. We also performed at events for the UL Fashion Society and Out in UL among others and on Wednesday 6th April, we'll be holding our annual end of year show in the Jonathon Swift Theatre in UL.

Our most proud achievement this year was attending Interschools in the Mardyke Arena, hosted by UCC on Thursday 3rd March. The run-up to the competition in the few weeks beforehand was hectic, with auditions and rehearsals almost every night. We brought down two squads to compete in the Alternative and Jazz categories and our Hip-Hop squad to perform at the interval. The squads were competing against eight other universities including DCU, NUI Maynooth and our formidable hosts, UCC. The Jazz category began and our four amazing dancers Jenna, Ariel, Christelle and Maria took the stage to Bloc Party's 'Hunting for Witches', choreographed by our class co-ordinator, Rebecca Daly, and dazzled the crowd and the judges with their performance.

Soon it was halftime and the UL Hip-Hop crew wowed everyone with their brilliant routine choreographed by Kate Hamilton, Dance UL's resident Hip-Hop teacher. With Diversity worthy moves impressing everyone, especially the judges, we proved that we can definitely bring home the title next year. As the second half started, the alternative squad took to the stage to Hawksley Workman's 'Addicted' and their moving performance earned them a standing ovation from the crowd. After an agonising wait, the results were announced. Dance UL placed in both categories, second in Jazz and third in Alternative. We're fiercely proud of all our performers and will be back to bring home the first place trophies next year!

We can't wait for our fundraising end of year show on April 6 and are expecting a big turnout of both students and faculty members. The show is being organised by our fledgling committee for next year and will be a great night for all who participate and attend. We're wishing our new committee for next year the best of luck and are leaving our members in their very capable hands!

Emily Maree, Dance UL P.R.O



# UL Handball Review of the year

The 2010/2011 term proved to be one of great success for the UL handball club with some great achievements recorded by our members.

The year got underway with the 60x30 teams and singles intersvarsities which was held in Kilkenny venues on the weekend of October 22nd to the 23rd. This tournament saw UL begin the year with silverware as the C team of Eamon McNicholas, Colin Clarke, Rob O'Hara, Laura-Anne Furlong and Áine Brislane brought home the title. UL was also well represented in the singles and doubles events with Colin Clarke and Laura-Anne Furlong bagging silver in the Mens C and Ladies B singles respectively, Laura -Anne then teamed up with Áine Brislane to again win the silver, this time in the Ladies B doubles.

On the weekend of the 26th of November the 40x20 teams' intersvarsities took place in Dublin. The tournament which was played out in Croke Park as well as other surrounding courts again saw members of the UL club emerge victorious with Deirdre Donohue and Laura-Anne Furlong claiming the Ladies A plate doubles title. Strong performances were also put in by the Mens B team of Fiachra Hayes, Paul Holden, Damo Healy and John FitzGerald. This event provided great encouragement and preparation to all members, whose attentions now turned to the showpiece of the Irish collegiate handball calendar, the 40x20 singles intersvarsities in Kingscourt co. Cavan. This year saw the inauguration of the Girls Only handball tournament

which was held in county Mayo over the January break. This tournament further prepared our female representatives for the all-Irelands. Action in Kingscourt proceeded on Thursday afternoon, February 3rd with further games being played in Ulster and north Leinster venues during the weekend long tournament. Come Saturday evening UL had two finalists with Lisa Loughnane and Paul Holden qualifying for the Ladies B and Mens contender deciders respectively. The final round of play saw Lisa defeat Linda Connolly (RCOS) while Paul succumbed to DCU's Stephen Travers. UL's defeated semi-finalists included Cathal Hannon (Mens A), Deirdre Donohoe (Ladies A) and Laura-Anne Furlong (Ladies Contender). The USHA world collegiates from February 23rd-27th were held in ASU Tempe Arizona. UL had five representatives here, all of whom placed highly and brought home



silverware! The five strong contingent were Laura-Anne Furlong (Ladies D2C semi-finalist) Eamon McNicholas (Mens D3A semi-finalist) John FitzGerald and Colm Ó'Lúing (Mens B doubles runners up) and Paul Holden (Mens D2 Contender Champion). To bring the year to a close UL hosted their annual one wall tournament in the PESS building and Bohermore. The event saw a record number of entries and success was achieved by UL members Podge O'Carroll (Mens A

Plate winner), Rob O'Hara (Mens C Plate winner) and Deirdre Donohoe (Ladies A runner-up).

The UL Handball club would like to thank everyone who supported us during the year. A special word of thanks must go to the Stables Club and Roadbridge for their sponsorship and to Bohermore Handball club for the use of their court for the one wall tournament.

*John FitzGerald, Secretary UL Handball*

# UL Sub Aqua Club

This year, the UL Sub Aqua Club enjoyed one of its most active, rewarding, and significant years yet. Perhaps the most obvious (and expensive!) development since our conception was the acquisition of our new RHIB (Rigid Hulled Inflatable Boat) the Plassey Bird, last April. She is the culmination of year after year, committee after committee of dreaming, researching, planning, budgeting, and fundraising - as well as the generous Ulster Bank Enablement Fund. Before we even had her keys, we had some of our most dedicated members on the water honing their powerboat skills. To date, seven of our members have trained for and received their ISA power boat handling and Diver Coxswain qualifications, allowing for frequent semi-local dive trips. One of the wonderful things about ULSAC is that it tends to attract people who are genuinely invested in learning and then continuing their education. It is very common for our members to pursue higher diving and safety qualifications, including Rescue Diver, Master Diver, Technical and Cave Diver, Divemaster, Diving Instructor, and Emergency First Response (EFR). Members even help with Irish marine wildlife surveys and underwater cleanup.

Club trips this year included a week in the Red Sea, scouting and training trips around the West coast with the Plassey Bird, shore dives, and inland lough and quarry explorations. While the warm water-lovers were enjoying the 30C Red Sea, many of our hardier members packed their drysuits and headed for the icy waters of Scapa Flow, Scotland to explore extraordinarily preserved WWI and WWII wrecks.

With such an eventful year nearly behind us, we are looking forward to an even busier summer and year ahead. Plenty of local and foreign trips are in the works, and we look forward to continuing to enjoy our lovely Plassey Bird year-round.



## The New Guy

The new guy, standing at the back, trying his damndest not to trip up, can sense the justification in feeling intimidated by his company; he is after all clad in black T and muddy shorts, surrounded on all sides by clean white dogi. Despite the nerves, it's somehow comforting to be among the cream of the Irish Shotokan Karate crop. (ICHI!)

The club features more medals than any members it could ever enrol. John English is the man leading the traditional reverent bow; both to sensei and dojo. Despite his colourful antics and witty remarks, he has the metal to complement the skill. Two recent bronze medals attend his desk, the Carlow international Invitational in October, and the LaPuppet Memorial Classic Invitational the previous summer. To his left, Ruth Callinan, silver medallist in the same Carlow event. Centre to the fore stands two drastically distinctive figures. One tall and the other small. Silver and bronze medals awarded respectively to Will English and Shane Fraughen at the Piltown tournament, the club's future sensei and his future technical director, who was granted the honour of joining the Irish Karate team this past month. (NI!)

I have yet to pass the first line in front of the hall tonight, and yet am already in awe. Between all the members present, no less than 16 medals have been awarded from competing in intersvarsities. "It's a club record!" I'm told,

"never got that many in as little time before!" No wonder; the black belt team itself received third overall in team fights. (SAN!)

Speaking of medals and intersvarsities, the club itself received 3 gold medals, one of which awarded to a white belt fighter, a grade none too far from where I stand, ungraded. Not that I am bitter... Deb Daly herself tells me that she has caught the Karate bug, and dreads the day she would miss training and advancing on. I wonder what it takes to grab a hold of someone's life like this. (SHI!)

Grading wise the club fails only to disappoint. 12 people graded in the last year. From Amy, one of the more recent black belts, to the 3 double grades, and everyone else who

passed, or in some cases who were welcomed to the world of Shotokan, grace à la tutelage they received in this club. (GO!)

Training over for the night, I mingle among those present and chat for a bit, whether white, purple, green or black, each has snippets of advice for the beginner. Going to Will I ask how I did tonight. He smiles saying "not bad man. Keep it up!" he twigs his nose nonchalantly. In his cheerful complement he forgets the tenderness of broken cartilage. I wince for him, but realise that these guys don't shy from the hurt... the Karate bug is the dedication needed to win so many medals and attain so many new heights. Safe to say I think I've caught it. (KIIAAAAA!!!)

*Evan O'Grady*







**Seminar with ZE'EV COHEN**  
UL Krav Maga Club had organised a seminar with Ze'ev Cohen, Expert Level Krav Maga Instructor, from Israel.

Mr Cohen is an Israeli Krav Maga Instructor, Expert Level 4, which is the highest achievement in Krav Maga. He is situated in Tel Aviv in Israel, where he is teaching Krav Maga in his club, but also as a member of "KMG" (Krav Maga Global) Group, he has to travel a lot, and teach Krav Maga on

seminars around the Europe and the rest of the world. He served with Israeli Army Forces for a certain period of time, and also he trained a large amount of Israeli Police forces, Israeli Army officer's, and many other foreign army forces, all around the world throughout the years.

The seminar took place in PESS Building, at the University of Limerick Campus, on the 10th of October, 2010. The seminar was attended by 50 people. Including around 25 of our own

students, and the rest of people attending the seminar been students from different Krav Maga clubs all around Ireland. The seminar was 3 hour long, and incorporated a "Knife Defence Techniques". It was a proper "work shop", for all of the students, and they learned a bit more on self defence against knife treats. After the seminar Mr. Cohen has done a grading for some of the students. We are proud to say that our two students who done the grading,

passed with flying colours, and took two top places from the grading group. At the end of the session, we as a hosting club, organized food and refreshments for all of the people attending the course.

Mr. Cohen was very pleased with the University of Limerick Krav Maga Club and the level of organization of seminar, with the members and also with the committee that is running the club. Mr. Cohen was especially impressed, when he heard of the

amount of students that we have in the club training with us, and learning Krav Maga.

It was a pleasure to do the course with Mr. Ze'ev Cohen, and to meet him in person. Also it was nice to see so many familiar faces and few new ones too, attending the seminar and grading with us.

Regards,  
Srdan Kovacevic – Sergio  
President of UL KMC



This past academic year has been jam-packed for Parkour UL. We have crammed several national and international trips into our short existence as a club. In September members of the club went to Edinburgh to compete in the Survival of the Fittest contest. Our guys mastered the urban obstacle course finishing in the top 20percent. Parkour UL is focused on developing and advancing our training sessions to achieve results and maintain interest. Part of this involved the club sending members to London to attend a specialist training course. Our club travelled to Parkour clubs in Foxford and Dun Laoghaire to use their facilities and help strengthen the Irish Parkour community.

Parkour UL teamed up with several other clubs

## Parkour

throughout the year for trips and training. Outdoor Pursuits Club and Parkour UL travelled to Glendalough together. Glendalough provided the perfect environment for Parkour members to use their new skills in a completely different environment. The Gymnastics and Trampoline Club and the Tae Kwon Do Club both took part in swap days with Parkour, where both clubs took turns leading a training session to introduce each club's members to the sport and to add variety to our training sessions.

Fundraising was top priority this year and our Slave Drive in the Stables in February was a great success. We fundraised over €1000 from ticket sales and by auctioning off our members along with sponsored



lunches, cinema tickets and lists of chores they would do. Not only was the night a monetary success for the club, the event also helped in promoting Parkour around the college, a constant goal for our club.

Recently Parkour UL gathered in Dublin for a 'jam' of over 60 people. Jamming is what Parkour is all about; lovers of the discipline gathering to display

their techniques and get to know other traceurs from around the country. Parkour UL is breaking new ground, not only as a club in Limerick but by raising the Parkour profile nationally. Parkour is great for people on a personal level as you develop your own body and confidence, and Parkour UL takes that one step further by welcoming members into an exciting and ambitious community.





## UL Rowers perform against tough competition in London

The UL senior rowing crew travelled to London on the weekend of the 2nd of April to compete for the second year running at the Head of the River Race for eights. The eight rowers and their coxswain were determined to improve on the good result from the previous year. The competition would always be tough as overseas crews must race in the top level Elite category.

This category contains British Olympic gold medallists from Beijing 2008 such as Andrew Trigs-Hodge and Peter Reed as well as many other well established international medallists. The UL crew were placed 54th in 2010 of a field of

420 crews in total.

The nine students were Coxswain - Damien Penkert (MTech CIM), Paul Noonan (MEng Comp Eng), James Brinn (GradDip Proj Mgt), Stephen Penny (BSc Sports Science), Mark O'Brien (BEng Bio Med), Conor Doorley (BSc Sports Science), Simon Breheny (BA Joint Hons), Neil Prendiville (Bus. Studies), Fergus Melligan (PHD candidate).

The crew, not together long, raced hard in the tidal water on a tough windy and gruelling course. The water was choppy which made the race even tougher. The mens senior eight eventually finished

the course in an excellent time of 18:03 in forty ninth place, enough to ensure the ULRC start in the top division next year 27 seconds faster than last year.

Intersarsity hopes

The students will now prepare for the intersarities in the National Rowing Centre in Cork where Queens University will be favourites for the blue riband event - the Mens Senior eight as well as a much fancied UCD boat. Three times national champion Liam Rice (BEng Mech Eng) will take the place of Neil Prendiville for this event. The UL Seniors will compete strongly in this event as well as the mens senior

four. Other ULRC boats will expect to perform strongly in this important race fixture at the start of the rowing regatta calendar including Jamie Dougherty and Shane Haugh in the Mens Novice Double scull and Kate O'Sullivan and Nicola Griffin in the womens equivalent. Barry Murphy and Colm Hamersley will compete the Mens Intermediate double sculls event.

Similar crews will race at Skibbereen regatta the day after the intersarities with one exception that Mark O'Brien will return to his own club (St. Michaels, Limerick) and compete against his ULRC crew mates in the Mens Senior

Eights and Coxed fours.

International aspirations Killarney native Neil Prendiville will focus on his single scull event as, still being a junior, he is gearing himself up for national trials in Cork in a few weeks time where he has aspirations of hopefully making the Irish team boat for the Junior World Championships later this year. We wish Neil the best of luck in his trialling and hope to see him standing on the podium in foreign lands wearing the green one piece but knowing that the navy, maroon and gold of UL is in there somewhere D. Penkert - ULRC.

## Anime & Manga Bake Their Way To The Top!

The last year has been a good year for Anime and Manga Society. We continue to upgrade and improve our events by buying more art materials for our Creative Workshops, sourcing non-mainstream anime for our screenings, brought a fourth year student in Japanese to teach our Japanese Classes and have also held many more events than previous years. We have held bakesales for Charity (gaining an unofficial reputation for having some of the best food for sale), many themed sleepovers in the Student's Union where we showed movies, played games and just had fun throughout the year. We've welcomed back absent members, bid goodbye to those leaving for coop, and unfortunately will have to bid goodbye to one of our founding members, Sophie O'Gara who is our current president as she leaves on her adventure in the big bad "real" world. We'll miss you Sophie, and hope we can continue the high standard you drive us to achieve.

Our outstanding moments for us this year include our trip to Eirtakon, which was bigger and better than ever, with us taking 45 members up to Dublin for a weekend packed full of anime, merchandise and fun! Our Nerd Ball, held in conjunction with Chess, Computer Society and Games Society was a big hit, held in the Carlton Castletroy, where food, drinks and fun were served to nerds of all kinds! However, our most poignant event was held on the Wednesday the 23rd of March, where we held a large fundraiser to raise funds for the Japanese Red Cross in the aftermath of the earthquake and tsunami that devastated the country we hold so dear. We showed two films in the Jonathon Swift and held a raffle and bakesale as well as selling paper cranes, raising €875. As Japan is where Anime and Manga are made, and therefore the source of our interests, we felt it was important we do all we could to help. On a final note, we're immensely proud to be part of the spirit here on campus. Clubs and societies rock!

Jennifer Allen, Public Relations Officer  
Anime & Manga Society

## Celebrating the New Year with some snowy mountaineering

Katherine Davis, Public Relations Officer

For a lucky few from the Outdoor Pursuits Club, this past January meant a bit more than cramming in the rest of their vacation before college started again. January meant it was time to find our waterproofs and thermals, pack up the bags, and journey up to Fort William, Scotland for some friendly winter mountaineering. Some traveled by car, others came to Scotland by plane, but for the majority of us, January 11th started off our eleven day adventure with a nineteen hour bus trip in the SU minibus, filled to the brim with people and gear, and followed along by our trusty trailer full of rucksacks and ice axes. "We were off to Scotland, to experience what winter mountaineering has to offer. Extreme unforgiving weather, daring peaks, steep terrain..." Conor McCarthy, a Scotland veteran, describes the trip.

And then it began, nineteen mountaineers all staying in what we'll call a cozy little bunkhouse for over a week, where your bunk was most likely

two feet away from the dining table. By a stroke of luck the entire stay went on without any major hitches or cabin fever. It's safe to say we all came back better friends and filled with experiences and skills we would not have been able to find anywhere else.

Since the skill levels of everyone were varied, the training days were designed to cater to everyone, with an Advanced and Beginner group. The first day of training welcomed us with a bit of Irish weather- it rained like nobody's business. The Advanced group went to go improve their skills with Abacus Mountaineering guides while the rest of us ventured out to get our first experiences walking with crampons and trying out ice axe techniques. Returning to the bunk house after an exhausting day, everyone began to really get into the mindset that we all had a common goal: to summit Ben Nevis, the highest peak in the British Isles, topping out at 1,344 metres (4,409 feet).

After a week of improving our

mountaineering skills, included by a pep talk about how to successfully avoid avalanches, summit day was finally upon us. Waking up nice and early we were on the trails just in time to watch the sunrise. As we approached the mountain itself we split into three teams and roped up for the rest of the journey up. Reaching the summit, a lot of emotions were in the air. For many of us, this was our first time accomplishing anything like Ben Nevis. Exhaustion, excitement and a feeling of achievement made their way through the group as we looked around and realised the goal we had just accomplished.

The Outdoor Pursuits Club had a very successful year, consisting of numerous hill walking, caving, orienteering and climbing trips ranging all around Ireland. With two more international trips planned for Easter break, to Yorkshire and Spain, and an Alps trip for the summer, the OPC plans to continue prove why we won Club of the Year!





# Another Successful Year of Bed Hopping!

Natalie McSharry Co-Captain ULTGC



2011 has proved one of the most exciting years yet for the University Of Limerick Trampolining and Gymnastics Club. This year has shown a huge increase in the number of higher level competitors and for the first time ever we have people competing in the elite category.

The competitive year started off with a trip to Cork for the Munster University Trampoline Open. This 'warm-up' event was founded last year by UL in order to make freshers comfortable with the nature of competition.

The big competition started in November with ourselves hosting the Intersarsity Competition. The Arena played host to over 180 competitors from Ireland's Universities. The competition proved to be a resounding success, both on and off the beds.

The nights were spent in The Stables on campus and Trinity Rooms with one night sporting a Disney theme with many carrying the theatrics throughout the weekend.

The competition itself saw a huge surge in talent across all levels as well as giving opportunity for the first double mini trampoline competition in the history of the event.

The club had major success on the national circuit also this year. This was the first year that the club participated in a serious way and managed to bring home 11 regional medals and 7 national titles. In the 2011 round qualifiers we also obtained 10 medals, with 4 qualifying for the

national finals.

March was a very eventful month for ULTGC. In the first week we travelled to Scotland. Sadly we did not bring home any medals but our gymnasts certainly held their own against the outstanding abilities of the UK clubs and a hugely enjoyable social side of things.

Two weeks later the troops hit Dublin for the largest student trampoline competition in the world with fire in their bellies and glory in their eyes. DCU was the venue for over 800 gymnasts with some traveling from as far away as Germany. With the standard so high we are very proud of our Co-Captain who claimed silver in the Elite mens category.

Our biggest project of the moment now is our Record Breaking attempt this summer where we

will attempt to complete the most amount of 360 degree rotations in 24 hours. The event is run in conjunction with Delta Soccer Dome in Ballysimon and could perhaps be one of the biggest things to ever happen in not only the Club but UL's clubs and societies on a whole.

To make this event work we are enlisting the help of elite competitors from all over the UK and Ireland. The targeted 100,000 somersaults in 24 hours with proceeds going to Milford Hospice. Follow the 24hourbounce event on Twitter or find us on facebook.

It's been a fun packed and fulfilling year and we only hope next year can be as entertaining. Thanks to everybody who supported us over the last two semesters!



## The Most Successful Fencing Season

UL Fencing this year has definitely been the most successful for the fencing club in every respect. We finally purchased electronic scoring equipment something any club worth its salt needs. This better prepared our beginners and even established members for competitions during the year. In these competitions the club performed very well and had a competitor or team at every event during the year, a first for the club. Club Captain Miriam Cashman won the Student Nationals, an exceptional feat. At the Intersarsity's in Galway our women's team came third and the men's team came 6th ahead of some of the more established clubs. The biggest achievement at the club this year by far was the competition we hosted in early April. The National Team Championships is the biggest club competition in the country and UL fencing club did a fantastic job hosting it. It catered for all three of the modern fencing weapons, Épée, Foil and Sabre, not just Épée which is done at UL. There was a representative team there from nearly every club in Ireland, some of the best fencers in the country attended. The standard of organisation was excellent and everyone remarked on how well it was run and how much fun it was. The attached jpeg is a picture of the weapons and the Darius Veseghi memorial trophy, awarded for the winner of the men's foil competition.

*David, Secretary, UL fencing club*



## UL ULTIMATE FRISBEE

For the 2010/2011 season the plan was simple: Keep doing what what was started 5 years ago and the results will take care of themselves. This meant recruiting a group of enthusiastic new novices, getting them hooked on the pace and flow of Ultimate and teaching them the skills they need to be part of the best UL Ninjas squad yet.

Once hooked our new players tasted success right away at DCU's beginner tournament, "Whacking Day" in October. Here our women's team won their division while our two men's teams finished 4th and 5th. Our full team also played tournaments in Cork and Galway in first semester, with

particularly notable performances in Galway. Come semester two it was straight into the first Intersarsity of the season, IV League. We finished 5th in very difficult conditions in Waterford. A month later it was time for our Development Squad (2 years experience max.) to attempt the retention of their first ever IV title. Unfortunately we had to settle for 2nd best this year, UCC taking the title after an epic final. In April we achieved our best ever finish at Open IVs. We came 5th which is one place better than last year and is a fair reflection on our progress this year.

We also had two of our new players make the Irish Junior Team, Barry Walsh and Jamie Chambers. They will represent their country at the European Junior Championships in Poland this Summer. For next year it will be more of the same. Recruitment will be a big focus as always and since we lose no core squad members to graduation, we can't help but feel optimistic about becoming one of the top four college teams in Ireland.





# Individual Fencing Nationals

10th April 2011

By Miriam Cashman (UL Fencing Club Captain)

After a poor performance in the pool stage (where I fenced 5 others to 5 hits), after which I was ranked 11th out of 12, I had a very tough route ahead of me to reach the final. The direct elimination (DE) rounds follow the pool and these are matches to 15 hits (or whoever is ahead after 3 rounds of 3 mins, with 1 min breaks in between), and you are knocked out of the competition if you lose it.

In my first DE I came up against a left-handed fencer from UCC, Erin, who had beaten me well in the pool stage and it was a tough battle that I eventually won out 15-12. The quarter-final saw me up against another left-handed fencer from UCC, Aoife O'Laughlin, the women's sabre champion from that morning! Always an extremely tough opponent, I managed to read her well and stay in the lead throughout, but she managed to keep me from victory until the last 20 seconds (final score 15-13), tiring me out for my next opponent.

My semi-final match was up against the very experienced 2009 champion from the north Bronagh Keppler. It was an intense match, with neither of us willing to make any mistake. I took an early lead and at the first break the score was 5-3 in my favour. Bronagh is never one to be written off however as she is tactically brilliant and although I had been leading for the entire match (by 1-2 points), she managed to draw level with me on 13-all in the last 5 seconds. In fencing, when opponents are level after full-time, a coin is tossed to see who will have "priority" for a 1-minute sudden-death match. I won the toss so if neither of us scored within the minute, I would be into the final. A minute is a long time in fencing... Knowing she had to attack, I made sure I didn't make any silly mistake, and with 10 seconds to go, she had to go for it and I made a quick parry and riposte (deflection of her blade, hit) to get the win, I screamed with delight!

And so onto the final, where I faced one of my best friends and fellow pentathlete, Natalya Coyle from Trinity College. 'Tal' is currently in intense training for pentathlon, with extremely likely chances of qualification for the

London Olympics next year. She receives funding from the OCI to compete and train abroad and to allow her to do this full-time she has split each year of her (BES) course in two. She always says that she finds it very difficult to fence against me and never knows what to do! I know this is because I can read her actions better than anyone and make successful counterattacks, but I don't tell her this! So we were to meet on the final piste, we joked about how our pentathlon coach would be proud, us beating all the "pure fencers" to reach the final, and about how she would buy the winning hoodie from me if I won.

But we both knew the day would be hers. I had reinjured my toe in my first DE and the pain was worsening and I was very tired from such a tough route to the final, which Tal knew because she had been on the sideline cheering me on the whole time! Tal had a relatively easy route to the final because she fenced well in the pool, with just one loss to Erin from UCC, therefore only had to get through two relatively easy matches to reach the final.

The crowd and the referee were waiting. We tested weapons and joked with the referee. On with our masks and it was game on. Complete tense silence except for the touch of blades. After 40 seconds, she got the first touch with a beautiful lunge to arm. Tal took an early lead of about 3 points and kept this up until just before the second break, when I got 2 single lights in ten seconds, drawing it to within one with the score 10-9. I managed to draw it to level at 11-all after the break. But in the end Tal had more in the tank on the day and got the final touches to win 15-11, to the loud applause of a respectful audience. Her consistent fencing led to her well-deserved victory, and her hard work with her sports psychologist paid dividends.

We stayed long after everyone else had left to catch up. She jets off to Sardinia on Tuesday for ten days for the pentathlon world cup, I head back to Limerick for my last ever week of college. I couldn't have asked for a more worthy opponent and champion.



## UL Krav Maga Club "Trip to Israel"

UL Krav Maga Club had an opportunity to send 14 of its members to the birth place of Krav Maga - Israel, in January of this year.

We left Ireland on Monday the 10th of January, and arrived in Israel in the early morning hours of Tuesday. On the same day we had a meeting with our friend and host for the week Ze'ev Cohen, Krav Maga Instructor Expert Level 4, which we met a few months back on the seminar that he done with us on UL campus.

The meeting with Zeev passed with conversation about our training schedule and also with few words of wisdom by him about Tel Aviv, where we stayed, and the Israeli people. The rest of the day we had the liberty of using to sightsee around Tel Aviv. It is a great city with a very positive tourist vibe. A place with long streets, loads of shops, small markets, and a large mix of people from all around of world. Of course not to forget, we checked out the gorgeous beach that was just a block away from our hostel, and the place of rest for us whenever we had opportunity to stroll down during that week.

For the next two days our club members had trainings with

Ze'ev and his "Impact Krav Maga Team" instructors. The first part of the training session was conducted in Kfar Saba, one of the oldest city parts of Tel Aviv, by Ze'ev Cohen and Lior Offenbach, one of the highest graded instructors in Ze'ev team. The idea of training was awareness and knife defence fighting against one and multiple attackers. The second part of training session was in new part of Tel Aviv city, where we had a chance to work and train with Israeli guys, and do some friendly sparring with them. We fought well, and gave a good account of our own Krav Maga skills. Also we had a great deal of evening and night training on the beach, where we become a local attraction for the week. To be honest we didn't mind at all, because we had a great time developing our skills.

After such a very hard two days of training came Friday, our first day of rest. But the rest didn't last long, because we had a scheduled day out in Jerusalem. The city of Jerusalem is story in itself. It is beautiful, very bright with a mix of white and sand-gray colour all over the city, but in the end it is a mad place to visit, because of the three main

religions coexisting and mixing together in the same city. We arrived without the knowledge, that Friday was a big praying day for the Muslim community, but also the Jewish community had a weekly celebration called "Shabbat" at the same time, so the city was just buzzing with people and religious believers. The group took a long walk all around the city of Jerusalem, and also did the same route through the city as Jesus Christ did, when he took his last walk to Golgotha, the place where he was crucified.

The last two days in Israel and Tel Aviv were a mix of trainings on the beach, and when resting we enjoyed the atmosphere of the local market place, which was full with clothes, small gifts and loads of tourist memorabilia.

In the early hours of Monday morning the 17th of January we left Tel Aviv and Israel. It was a trip that we will never forget, one of the best weeks of our lives, and hope that one day we will be back again and be able to do the same with the next generation of UL Krav Maga members.

Regards,  
Srdan Kovacevic  
President of UL Krav Maga Club





# ULSC retains Varsity title for the third year in a row.



St. Patricks Weekend saw ULSC's biggest challenge of the year when they travelled to Mullaghmore, Co. Sligo, to compete at the annual Irish University Sailing Association Intervarsity Championships being hosted by UCD.

Thursday morning dawned with typical west coast Ireland weather, howling wind and a monstrous swell. After getting all the boats rigged and ready the call was made at lunchtime to postpone racing for the day and try get it all done over Friday and Saturday. Instead of racing the IUSA AGM was held and our own sailor Billy Clarke was elected Co-Chairman of IUSA for the next season.

On Friday the racing started early with first gun at 9.00 sharp. UL1's first round robin went well, easily beating the five other teams in their group to progress into the Gold Fleet for the following day. UL2 suffered a few defeats and progressed into the Silver Fleet with a shot at making it into the Gold.

Saturday morning again started early in tough conditions of little wind yet plenty of swell and short chop. UL1's first race against UCD1 got off to a poor start with UCD1 holding a first and second off the startline and protecting that all the way to the finish. UL1 had no problem defeating all other teams in the fleet and with the breeze dying and light fading it went straight to semifinals.

UL1 went up against UCD2 in a best of three semi. The first race was won with ease and the second went similarly putting UL1 in a comfortable position heading into the final. UCD1 defeated Edinburgh in the other semi to progress into the final as well. Over the year UL1 had managed to beat UCD1 only once out of the six previous events before the Varsities so as one can imagine there was a daunting task ahead in the best of five final. Unperturbed UL1 went on to dominate the first race with a first and a second off the start line and held it until the finish. The second race came closer but UL1 still managed a comfortable second, third and fourth across the finish to win the race. UL1 came within inches of making it a landslide by getting a second, third and fifth across the finish line in the third race only to have a jury decision go against them as they crossed the line losing them the race. A woeful start by UL1 in the fourth race left them chasing the whole way along the course but to no avail as UCD1 took that race as well. That left the last race to decide the final and nerves were raw. With another bad start UL1 looked set to loose yet managed to come back into it at the first mark putting them into a second, third and sixth. A manoeuvre at the bottom mark put them into a second, fourth and fifth, a seemingly losing position. At the last mark all hell broke loose and there was carnage between five of the six

boats with UL1 coming out of it onto the last leg with a winning combination of a second, third and fifth only to have their fifth place boat penalised by the jury putting them into a losing combination. All seemed lost yet through some fantastic and rarely seen team racing the second and third place UL1 boats managed to hold back the fourth and fifth placed UCD1 boats long enough to allow their penalised team mate get back up into third place in order to snatch victory from the jaws of defeat and cross the line with inches to spare in a second, third and fourth combination winning them their third Intervarsity Championship in a row!

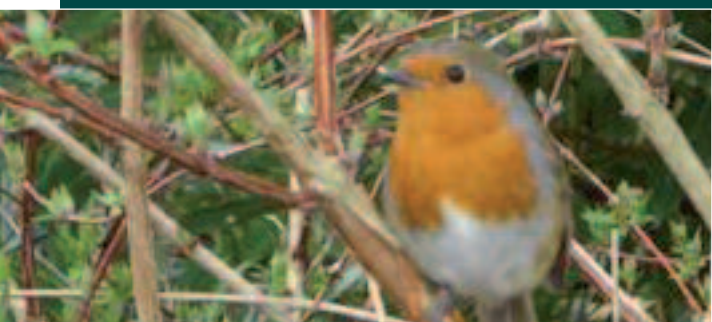
The UL1 team consisted of Billy Clarke (C), Rachel Cronin, Conor Martin, Maddie O'Connell, Patrick Hegarty and Elspeth Keating. The UL2 team was made up of Shane Newman, Lauren Joslin, Ross Murray, Peadar O'Sullivan, Cian Gallagher and Catherine Finn.

A full HD quality video of the final can be viewed at [http://www.youtube.com/watch?v=OrctDCiam0Y&feature=player\\_embedded](http://www.youtube.com/watch?v=OrctDCiam0Y&feature=player_embedded)



**The Nature society** is for college and other enthusiasts who wish to get more involved with their natural environment, to identify and understand different species and habitats, and to do activities which use it in a more sustainable way. These activities may range from nature walks and talks with experts in ecology and industry to litter-picking to planting trees to growing vegetables to sharing knowledge and ideas. The society will link up with other groups who admire and care for the natural world and will have a live and informative website and forum in the next academic year. Last Semester, the Nature society went to the Open day on Lough Boora organic farm and also walked through Cratloe forest where Dr. Tom Harrington (UL Life Sciences) taught us how to identify and understand the world of mushrooms.

Last month the Nature society participated with other prominent clubs and societies in the campus's river bank clean-up as part of the Green campus initiative, where 157 bags of litter plus an estimated tonne of illegally dumped household wastes were collected from the banks of the River Shannon. The following day a walk-and-talk along the UL riverbank was given by Ted Cook, an environmental lawyer. It's people like Ted who are passionate about the natural world that the Nature society aims to team up with in future. Next week Professor John Breen, an expert on insects, will give a lecture to the Nature society. At present the Nature society is involved in discussions with Buildings and Estates to create a roof garden in the main building. It's also linking up with Glenstal Abbey and the Woodland League with the aim of arranging more fun and informative outdoor events in the near future.



## How Do You Measure A Year?

Katy Hume, UL Choral Soc Secretary

When we first came together to sing, forming a society was the last thing on our minds; we'd just seen the 7-Week Program poster and thought that it would be a good bit of craic. Now, after only two semesters, we find ourselves with at least five times the original members and a series of performances we can be proud of, all because someone said 'You know this would make a great society.' Under the musical direction of Association of Irish Choirs 'conductor Liz Powell and headed by a full student committee, we've had a fantastic year, despite the challenges of trying to make a name for ourselves as a new society. We're ending the semester with our first performance outside of UL, and our plans for next year will be taking us even further, hopefully to competitions across the country and maybe even throughout Europe.

We managed to pull a great performance together when we'd only

barely become a society, singing as we crossed the Living Bridge with candles for "Peace One Day" in September. After that, we continued to grow and thrive as a society throughout the semester, despite a whole series of obstacles including constantly having to relocate rehearsals after losing our usual space and the possibility of being disbanded due to lack of a committee at the time, as a requirement by the Students Union. Despite all this, we ended the year with spectacular Christmas performances at the Christmas tree lighting in the SU Courtyard and at a private fundraiser on campus, singing carols ranging from old Latin to modern favourites. We were even paid for our fundraiser performance (in mulled wine and sandwiches).

Spring semester began our official trial period as a society, and we met the challenge head-on. We welcomed many new members and were able to

expand our committee to fully encompass everything we want to accomplish. Though a lack of time and opportunities prevented us from performing during most of the semester, we didn't let that hold us back, and on Thursday, April 7th, we were able to participate in the fundraiser for Haiti, singing 'Seasons of Love' from RENT and Toto's 'Africa' in Scholar's and the Red Raisin. Friday the 8th marks our first step outside of campus in a performance at the Limerick Milk Market for Ireland's National Music Day.

'Seasons of Love' poses the question 'How do you measure, measure a year?' Our year was measured in challenges, perseverance, determination, struggle, success, friendship, and even a seven-part harmony courtesy of Billy Joel. Most of all, our year was measured in what we've achieved and where we plan to go next.





# U.L TaeKwonDo - A Busy Second Semester, AY2010

By Michael Johnson and Kealan O'Sullivan

The U.L TaeKwonDo Club have definitely had a busy time of it this semester. From competitions to training camps, seminars to SWITCH training sessions, the term has been an action-packed one to-date. The past 12 weeks have seen members of the U.L TaeKwonDo Club compete nationally at varying levels in 4 different competitions, and with some members travelling to Scotland in the next month to compete internationally in the Scottish AIMAA nationals, U.L TaeKwonDo can definitely say they have represented the college at all levels this year. February saw the AIMAA National championships for sparring and breaking take place in Dublin, with U.L TaeKwonDo fielding a strong team for the competition. The U.L "Honey Badgers", as the U.L TaeKwonDo competitors are now known, represented U.L in the Galway Intervarsities in March, coming away with 3 members placing in the medals in the various categories. The AIMAA Traditional Nationals, comprising sections for pattern, one-steps and self-defence categories took place in April, and in the same weekend the U.L Honey Badgers struck again, this time at the Leinster Open Championships in Athlone, securing medals for the club in the patterns and sparring divisions. And with the Scottish International competitions still to come, the term isn't over just yet!

In addition to all the competitions, U.L TaeKwonDo found time out over St. Patrick's weekend to head over to Scotland for a training weekend with Master John Kirkwood, 6th Degree Black Belt, and the AIMAA TaeKwonDo Club at Blantyre, Glasgow. Training sessions on Friday evening, Saturday lunchtime and Sunday morning all helped to make the weekend a beneficial and enjoyable one for everybody involved... and Scottish Death-Ball will leave on in legend in the annals of the U.L TaeKwonDo Club! In addition to that, members of the club also attended a seminar with Master John Darcy, 7th Degree Black Belt and European Director of our association, AIMAA, in March locally in Limerick. As always, the hall was packed and the 2-hour seminar with Master Darcy was as rewarding as it was beneficial to all involved. On the charity front, the club sponsored and hosted a charity kickathon for the victims of the Japanese Earthquake disaster in March, and a weekend's bag-packing saw the club contributing to the ULSU's Haiti appeal for the second year running. In a novel departure from the norm this term, the month of April also saw the oldest martial arts club in UL meet with one of the newest in a combined training/learning session. U.L TaeKwonDo Club joined with the newly-formed U.L Parkour club to

host a "Switch" training session on-campus in the PESS Building, open to all members of both clubs. It was yet another effort by both clubs to bring the UL Clubs and Socs community together with each side learning from the other and hopefully creating strong future ties. The training started with a session of acrobatic aerial kicks performed by the UL TaeKwonDo Club and copied with great success by the Traceurs, the jumping aspect of this being of particular interest to the Parkour club. This in turn was followed by a Parkour-led session, introducing U.L TaeKwonDo members to moves such as "Atterrissage", "Passemment" and "Équilibre de chat" (or landing, vaulting and cat crawling to the mere mortals among us!). All members of the UL TaeKwonDo Club agreed they thoroughly enjoyed the session, they learnt a great deal from it and look forward to many more sessions of the same ilk in the future. With a corresponding switch class with the UL Krav Maga club on the cards before the end of the term, here's hoping we've started something that will grow in leaps and bounds over the coming weeks and months! U.L TaeKwonDo Club have definitely gone from strength to strength this term, and we are looking forward to the summer and next year with great anticipation. Hope to see you soon!

## UL Windsurfing club wins intervarsity competition for the third year

LIMERICK, Ireland - The University of Limerick Windsurfing Club (ULWC) is pleased to announce its recent win in the annual, windsurfing intervarsity competition, hosted by University College Dublin (UCD) in Downings, Donegal, on the 20th of March. Various clubs throughout Ireland entered windsurfers in three separate fleets with hope to win the overall competition. "We had a strong selection of windsurfers from all fleets; bronze (beginners), silver (intermediates) to gold (advanced)," said Gerald Flynn, ULWC captain. "Our goal was to retain the Varsities cup and have a ball of a time doing it!" Each year ULWC recruits new members, organises trips and competes. ULWC hosted and won the 2010 windsurfing intervarsities and also won "best-club-event" at this years UL club and society ball.

"To ALL who were at the intervarsities or cheering ULWC on while studying back in Limerick...well done, it has been hard work and long road but well worth it," said Flynn. "The windsurfing IV's cup has made its way back to UL for the third year in row!" Special thanks to UCD for hosting the 2011 intervarsities. Over the course of the weekend, windsurfers had the opportunity to meet new people, participate in clinics/compete, and of course have a bit of the craic! Beginners were welcomed as they are at any other club event...with enthusiasm, by an encouraging committee and group of ULWC members. "As an inexperienced windsurfer, I never thought I would be able to compete in the intervarsity competition," said Christina McInnis, new ULWC member and study abroad student. "But everyone was so positive and excited for us to join in. I couldn't have joined a better club and although I didn't win in my race, it was a great experience to be apart of the races." At the present time, the host of the 2012 windsurfing intervarsities has not been selected. As 2011 champions, ULWC is looking forward to next year's competition.

## UL Ogra FF Raise €5k for "very worthy cause"

On Thursday 31st of March the University of Limerick Fianna Fail Society (Con Colbert Cumann) hosted a fundraiser in the Stables Club in the University and raised over €5,000 in aid of the Cian Cleary Benefit Fund. Cian is a graduate of the Class of 2010 with a Bachelor of Business Studies in Economics and Finance from the Kemmy Business School in the University. On his way home from the Stables, Cian suffered severe head, neck, and spinal injuries after a freak accident at the Schuman Fountain beside the Kemmy Business School.

Following approval from the Cian Cleary Benefit Fund committee and weeks of preparation by the UL's Ogra a memorable night was had by all. The vivid feeling of generosity and warmth was clearly felt as current and former UL students, friends and Cian's former classmates packed into the Stables on the night. They knew that they were here for one person – and the buzz was electrifying. Chairman Gerard Fogarty congratulated and thanked the UL Cumann and Cian's friend Sean Clancy for their hard work and all in attendance and particularly the Stables and other sponsors for their sincere generosity. "Even in these tough economic times where money is not as plentiful, it is great to see the generosity and care people, especially students have towards helping others, particularly when the person in question was one of their own. The success of this fundraiser will drive this growing and active Cumann on further. Watch out there will be more to come. On behalf of the Cumann, I wish Cian the very best in his treatment."

The Con Colbert Cumann meets every Monday evening at 6pm and regularly organises charity and other events. For more information or to join email [ulogra@gmail.com](mailto:ulogra@gmail.com) or visit [www.facebook.com/ulogra](http://www.facebook.com/ulogra).







# Development Society raised 582 Euro for Pakistan Flood Appeal

Written by Lina Mickel, Development Society PRO

A successful academic year for the Development Society comes to an end. While starting off with only three remaining members from 2009/2010, many new enthusiastic faces were welcomed this year. During the autumn term, we mainly hosted talks and presentations: The Irish-Palestine Solidarity Campaign demonstrated their efforts to appease the conflict in Israel; UL lecturer Dr. Swati Parashar

and Concern representative Catherine Dunnion gave a vivid depiction of Pakistan's situation after the floods while Gluaiseacht talked about their Shell-to-Sea Campaign. The human rights working group of DevSoc was also busy campaigning for World Aids Day and Human Rights Day in December last year.

This spring term, DevSoc and their Fairtrade working group got involved in Fairtrade

Fortnight 2011. The highlights included a tea and coffee morning as well as a raffle, naturally everything was fairly traded, and a talk by the Miguel Mateo Sebastian who works for the Guatemalan organisation Manos Campesinas that supports Fairtrade goods.

DevSoc's main event was its fundraising concert 'Playing for Pakistan' for the flood victims from July 2010. The society

collaborated with Concern to support its Pakistan Flood Appeal. Around 120 people came to The Stables for a great line-up: Fat Baby Panda and Fighting Spiders. The Development Society was proud to announce a total outcome of 582 Euro.

The last society event for this year was a trip to Belfast where Professor Brice Dickson provided interesting information about his work

within the Human Rights Centre at Queens University. Besides, DevSoc members explored the city where only decades ago, human rights were neglected, but where peace was established in the end.

For its third year of existence, the society hopes to find energetic followers that can nourish its spirit over the next years as some current members will finish their studies at UL.

## UL PHOTOSOC

The Academic Year 2010-11 has been a successful year for the UL PhotoSoc. Since its revival in 2007, the society has grown both in numbers and abilities from year to year.

This year's events included trips to the Burren, a wildlife outing with Animal Magic, a tour of Scotland to capture its autumnal beauty, a number of tutorials and slideshows with Irish and international renowned photographers, and several photo competitions (you may have seen the winning photos on your way to the Eden restaurant).

A major occasion for the UL PhotoSoc ends this fantastic year: with the great support of UL Arts Office, UL Visual Office, and the ULSU, a new exhibition of photographs is offered to the public in the Bourn Vincent Gallery from 19th April to the end of May. The exhibit which comprises 50 photographic works from members of the UL PhotoSoc, taken over the last few years, will also be displayed in Shannon Airport over the summer period. Ranging in scope from portraits to panoramas, landscapes to lighting, the exhibition showcases the many and varied photographic talents of the UL PhotoSoc.

The UL PhotoSoc consists of enthusiastic members from varying backgrounds and photographic ability, and this exhibition offers these photographers an opportunity to present their work and also the diversity of their talents. The exhibition, the first of its kind for the UL PhotoSoc, is a unique opportunity for everybody to enjoy a display of striking images. Next year, the UL PhotoSoc hopes to extend its membership to cater more for the novice camera users as well as the experts. Original and creative suggestions are welcome. Get your brains working and continue snapping this summer!

Website: <http://photo.ul.ie/>





## UL International Society

has had an extremely active year on campus. Membership figures hit the 500 mark, a significant increase on last year. With this came increasing pressure to provide more for our members. Fortunately we have a core group of committee members who have dedicated themselves to the society. The amount of trips, events and cooperation with various offices and Clubs and Societies in UL is something we are very proud of.

Our weekly Friday night parties have proved a huge hit, growing in popularity throughout the year. Other weekly events have also provided our members with a consistent source of entertainment and lived up to our mission statement of the integration of international

students in life in UL. Mentor Dinners where different groups of students cook for each other each week is a perfect example of this. The Book Club has also continued to offer an alternative option for our members outside of the party scene. As has our weekly sports club. Last semester our then Sports Officer John Keane trained a group of international students in Gaelic Football. a challenge match was arranged against Toulouse GAA, an event that highlights what is at the heart of UL International Society (we won, by the way!). We have also had weekend and day trips to Cork, Galway, Clare, Glendalough (with the OPC), a shebeen in the heart of Tipperary, Dublin for St. Patrick's Day and the Aran Islands.

However, the highlight of the past year was International Week – a huge logistical and collaborative

undertaking involving the Students Union, the International Education Division, the Arts Office, Pool and Darts Club, ULTV, UL Drama Society, UL Music Society, UL DJ Society, UL Fashion Society, and UL Games Society. Two highlights from the week were the International Food Fair which had food cooked by our members from over 20 countries and the inaugural International Ball in the Stables was also a huge success, raising €1000 for the C&S Haiti appeal. Following the success of International Week we have been invited to get involved with "First Seven Weeks" Initiative – something that also ties in with our mission statement and will help develop the society further.

Our work with the ACCESS Office in UL has also seen huge success through the Study Club with the International Society recruiting international students from various countries to assist Irish teenagers from schools around Limerick who are sitting the Junior and Leaving Certificate examinations with their homework and exam preparation.

This past academic year will be one to remember for everyone involved with UL International Society. At the Clubs & Societies ball we were nominated for four awards, picking up three: Best Society Individual for society president Kieran Phipps, Best Society Event for International Week, Best Society. On the night Kieran also picked up the prestigious Mike Sadlier award. Given that the C&S Awards are voted for by our peers, this was a most humbling and proud night for everyone involved in the society.

As of writing we are preparing for the BICS Awards. Hopefully we will be able to continue the recent vein of good form from UL Clubs & Socs over the past few years. It just remains for me to wish all those committee members who are now finished in UL best of luck. If anyone is interested in getting involved in the society for next year and helping us grow and give us fresh new ideas, just pop us an email to [ulinternationalsociety@gmail.com](mailto:ulinternationalsociety@gmail.com)



## The past year has seen MedSoc continue to go from strength-to-strength.

**We host a wide variety of events, guest speakers, fund-raising activities, Journal Club and Tag Rugby.**

Charity work forms the core of MedSoc's achievements, and this year was no exception. We feel that charity work is imperative for a society composed of medical students and people with interest in health and disease.

November: This is a month long campaign aimed at raising funds and awareness for Action Prostate Cancer: €3603

The fourth Annual Med Ball (5/2/11) in Thomond Park attracted almost 400 guests. The evening included a champagne reception, tours of the Munster Dressing Rooms and a "Playroom". €2000 was raised for the Paediatric Oncology fund at the MWRH Thanksgiving Food Drive: Non-perishable food items were donated by each of the PBL groups from 1st and 2nd year in aid of the Mid-West Simon:

9 boxes of food donated.

Terry Fox Run: In aid of the Irish Cancer Society. This involved a 5km run (or 1km walk) throughout the UL campus: €353.70

Heart-o-grams: In aid of the Irish Heart Foundation, students were encouraged to buy Candy-Grams for other students, which were delivered by MedSoc: €250.

Operation Smile: Tag rugby tournament: €305.

Irish Medical Organisation inaugural Inter-Medical School Debate: UL MedSoc member Eibhlin Healy was on the winning team opposing the motion, 'This House believes the current system of entry to medical schools ensures the best doctors for the future'. The debate involved students from TCD, Queen's University, RCSI, UCD and UCC.

Graduate Entry Medical School society for International Electives to the developing world (GIVE): This committee was formed with the aim of organising electives to countries in the developing world for students in the



summer between 3rd and 4th year and to assist with fund-raising events that will raise money to buy vital medical supplies. GIVE have already held a number of highly successful fundraisers (e.g. Showcase Evening, Blood Pressure Clinic).

UL MedSoc Tag Rugby team won the

Medical Societies Intersociety Event in UCC (26/2/11). We run a weekly league.

Trinity College Medical School tercentenary debate (7/4/11) with students from TCD, Oxford UCD, RCSI and Edinburgh.







# Queerbash 8



**Queerbash 8** was the eighth year of Out in UL's hugely popular event, started by the late Paddy McHugh. This year was a tribute to him and the legacy that he left with the LGBT community of UL. In the run up to Queerbash, we advertised heavily around campus with posters which were eye-catching and controversial, with the tagline 'Queers go Gothic'. We wanted the event to stand out as something spectacular, big, bold, and something not to be missed; just as Paddy intended when he started Queerbash.

The night itself was a huge success. Held in Dolan's Warehouse, it was hosted by the wonderful Madonna Lucia, who gave two jaw-dropping performances. The performers were an excellent mix of prime talent from Limerick and from UL, both from the LGBT and straight communities of UL and Limerick. Performances included those from UL Dance, UL Drama, Alternative Miss Ireland contestant Candy Warhol, Miss Gay Ireland Tasha Clyde, and Limerick's very own sensational duo, Fada and Eileen O' Brien. Music on the night was provided by UL's very own Return to Sender (RTS), one of the leading new alternative bands in Limerick, and Scholars' Club's very own DJ Jeff.

The crowd was a wonderful mix of scene regulars and UL students. The best thing about the night for us was seeing so many new faces, and so many people who aren't part of the LGBT community. This was what Paddy wanted when he started Queerbash; he wanted it to be something that would bring all communities of UL and Limerick together. The last performance of the night really highlighted this for us. All the acts came onto the stage for a magnificent chorus number. It was a real symbol of unity, and showed a wonderful mix of people, all coming together in the spirit of having a great night and providing quality entertainment. The theme for the night was gothic, and the performers incorporated this excellently. Fada and Eileen's version of 'Stay' was a show-stopper, and Madonna's first performance was a true representation of the art that is drag. RTS were excellent in their delivery of alternative music with a gothic twist, and went down a storm with the crowd, who also wowed us all with their outfits, and the effort they put into them. The night was a huge success, and well worth the months of organisation that went into it. The Out in UL committee wanted this night to pay tribute to Paddy McHugh, and we hope we made him proud by continuing on his legacy. All we can say is that Queerbash is, and will remain to be, a credit to the amazing talent that Limerick and UL have to offer, and a night that can be enjoyed by everyone, no matter gay or straight, bi or tri. Queerbash is a night of excellent entertainment for all communities. Roll on Queerbash 9!

## “Hitchhiker’s Guide to Student Life” - ULTV

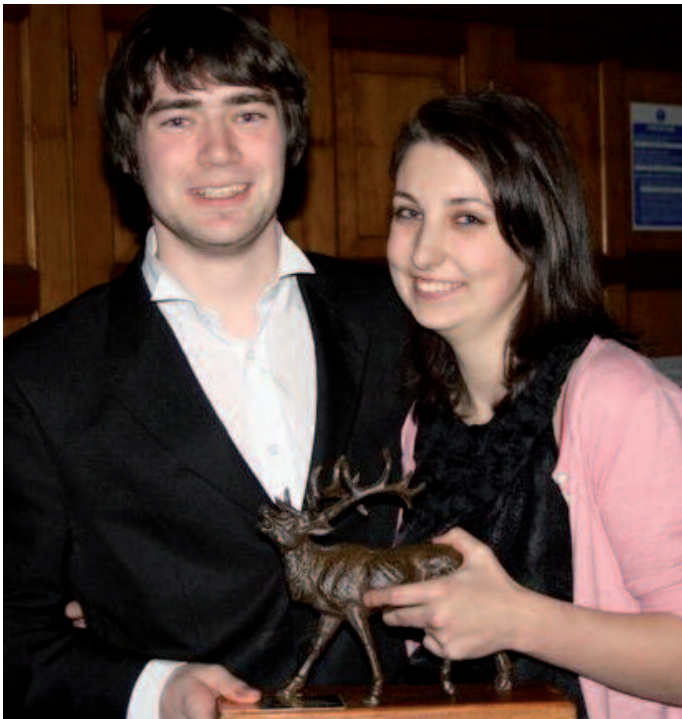
We are UL's sole media productions society. We make podcasts, documentaries, short productions and we facilitate other clubs and societies in documenting their events. The original purpose for this society was to provide extra-curricular experience to those who are interested in working in media, and if you are, you know well the value of experience when applying for such niche jobs. Over the last year, our society has come on leaps and bounds. We have increased output, improved quality and acquired entirely better equipment all topped off with a nice win at the Clubs and Societies Ball for Best Improved Society 2011. We will not stop here. The society, now, has reached a standard unlike ever before and we intend to continue down this road of improvement. During the last year, we have held a series of effective and informative workshops spanning mediums of scriptwriting, editing, camerawork, filmmaking and documentaries. We have also reintroduced the weekly podcast and impressively improved upon its standard. We had a thoroughly enjoyable and precisely organised trip to Dublin (See Photo) to a professional style studio at which we shot and live edited a series of programmes entitled “Hitchhiker's Guide to Student Life”. All members who went enjoyed this trip and each felt it extremely beneficial. Also over the last year, we have introduced a C&S section to our weekly podcasts through which we advertise a different club or society each week, we have aided the SU in filming several of their campaigns throughout the year and for a period shot the events hosted at the hurlers. This was all carried out by our members and despite what you may be thinking experience is NOT required. Many of the now very active members had little or no experience with a camera and did not even have the resources to ever dream of editing but this was not a problem. We work as a team and will willingly help any member in training them in efficient camera use and editing styles so if it is something which would interest you, do not hesitate. JOIN. We look forward to seeing you next semester and working with you in the future. If you need to contact us please do not hesitate. Email: ultvsoc@gmail.com Facebook: Ultv Soc Youtube: ULTVSOC.



## UL DJ Society Summary 2010/2011

2010 saw Phono Sessions, the UL DJ Society go from strength to strength. Under new management by a very enthusiastic Kevin Hosey the Society has had a very busy 1st semester. After attaining a bimonthly residency in Panic Night Club Dolan's the DJ Soc now had a steady platform where upcoming amateur DJs had the availability to play alongside some of Ireland's best and most renowned DJs. Phono had the privilege of supporting the infamous “Rubberbandits” and “The Subs” last semester. “It really gives us opportunities to play gigs that usually you would have to wait years for” said upcoming DJ, Billy Nolan. The Phono DJs have had what can only be described as a hectic first semester. After the success of Dan Sykes's (Bump) “Halloween Rave” where we had seven DJs take to the Decks, we were asked back to the play the Christmas Rave, which by all accounts was a complete success. The second college semester proved even busier for the lads in the society. With slots in pubs such as Mollies and the Wicked Chicken there was plenty of opportunities for all the DJ's in the Society. The DJ Society also took a trip down to Cork in February to see the world renowned Ben Klock, his first ever performance in Ireland. Charity Week saw the DJ Society as it's busiest playing in Trinity Rooms 3 of the nights, warming up for the “Hardy Bucks” in the Hurlers and hosting the very first DJ battle in the Hurlers. One of the societies key ambitions is taking DJs who have only have played in their bedrooms or to a small number of friends, and building their confidence and skill set so they can play comfortably in front of a full night club. To accomplish this, Phono held weekly decksessions to train up new members and also hosted many music production workshops to broaden their member's knowledge. Conor O Shea, PRO, UL DJ Soc





# UL Debating Union

The UL Debating Union had arguably their most successful year in their history over the past 2 semesters. As a debating society that had been very close to national and international success over the past few years, this year was to prove to be the breakthrough season. Building on our strong internal debating presence, with speakers such as Senator David Norris, Dr. Garrett Fitzgerald, Eamon O Cuiv and Julie Bindel addressing the house – for the first time in a number of years, the University of Limerick Debating Union had teams reaching the knock out stages of intervarsities. Last year we had a number of UL speakers achieve success as composite teams with speakers from other universities, but this year we had UL DebU success at the UCD Novice IV, where First Years Niamh Ward and Elaine Kennedy reached the final. In addition, 3rd year speakers David Hartery and Stephen Egan reached the semi-finals of the UCC Intersvarsity, the Trinity Intersvarsity, the Irish National Law Debates and the Irish Mace. Stephen Egan also reached the semi-final of the Irish Times Debate. To top off a most successful year, we had first year speakers Michelle Coyle and Lorna Bogue reach the semi-finals of the Irish National Maidens competition and in the Debating Unions first intersvarsity triumph in almost a decade, David Hartery was crowned winner of the Glasgow University Union Ancients competition as well as best speaker in the competition, in a composite team with Dearbhail O’Crowley from UCD.

The University of Limerick Debating Union will attend the European University Debating Championships in Galway this summer where we hope to continue our recent success. Thanks and congratulations to everyone who helped to make our year so successful and hopefully we can continue this success into next year.



## Annual Board of Irish College Societies

### Awards for 2011

Thursday the 21st of April was the Annual Board of Irish College Societies Awards for 2011, hosted in the Galway Bay Hotel. The University of Limerick had representatives from the International Society and Music Society present on the day following their success back on March 16th in securing the domestic awards through a secret ballot by you, their peers within the 62 Clubs & Societies on campus.

Indeed the success of the International Society this academic year was such that they secured 5 of the 6 available society award’s on the night. Notably their President, Mr. Kieran Phipps secured the Best Society Individual of the Year

and the coveted UL Arts Office sponsored, Mike Sadleir Award, for a consistent outstanding contribution to Society life throughout a person’s time in UL.

As such last Thursday in Galway the UL International Societies President, Mr. Kieran Phipps is now the Board of Irish Colleges Societies (BICS), Society Individual of the Year 2011, in the large college category.

I have dealt with Kieran Phipps extensively during his time in UL and he was always a powder keg of idea’s and energy and as such I felt, he in particular, had a great chance of securing a National Award (and tipped off the Limerick

Leader as such on the eve of the event). This marks the fourth year in a row that the University of Limerick Societies have secured National honours at the Board of Irish Colleges (BICS) Sponsored event. It is a very valuable and worthy event providing a terrific service and inspiration to Societies across the island, as it’s easy to smother their club counterparts in lavish praise for winning trophies in the Irish sports mad psyche whereas for the more abstract interest groups such as societies this is indeed a great event.

You are peer reviewed nationally on your real actual organisational and personal merit based on a written

portfolio submission. The portfolio is reviewed the day before by the adjudicators as they undergo a full days training prior to the actual interviews taking place. Great credit must go to the BIC’s Executive this year in the well organised delivery of such an important National Societal event and of course the International society for a terrific year of activities.

The challenge for a 5th consecutive title begins when students return from the summer break in September.

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Paul Lee  
Clubs & Societies Development Officer  
ULSU







# UL GAA's Fitzgibbon Championship Success

UL had some great moments on the playing pitches this year. The most significant being the capturing of the Fitzgibbon Cup Senior Hurling Championship at the end of February. This year, the foundations were solid as the senior hurling squad had initial success in their league campaign when they overcame St.Pats in the league final in November. With focus firmly set on the end of February, the hard graft and training continued under the charges of Ger Cunningham, Liam Garvey, Dinny Ryan, Niall O'Sullivan and Brendan Cawley. In such a prestigious competition, it was heart-warming to bring the cup back to the college for the first time in 9 years and truly takes the top spot as a sporting highlight in UL GAA's recent history. The weekend of the 25th and 26th of February saw a 38 man panel travel to WIT Sports

Campus for a semi-final tie against CIT. Here they closed out a physical encounter and thankfully ended up on the right side of the result with 2 points to spare. The final saw an all Limerick battle with age old rivals, LIT. With Davy Fitzgerald leading LIT, the UL team knew it was going to come down to the final seconds of play – and that it did. Admittedly, UL were still to hit 5th gear after their CIT game but their true grit and confidence in themselves and each other shone through in the final, and never more so than in the closing half. It was a game that spectators, biased or neutral, could really enjoy, as players pointed time and time again to push their team into the smallest of leads. With normal time almost up, Tipperary and Offaly hurlers, Kelly and Carroll scored two important scores to level the game. LIT went one ahead

seconds later but this was cancelled out by David Burke. With the clock reading 30.59, Thomas O'Brien and Kieran Morris secured possession from a long hopeful ball and O'Brien only had one thing on his mind – goal. Challenged by 3 LIT players, he batted to the net to secure the Fitzgibbon Cup for the UL for the first time since 2002.

For the GAA Club this was a memorable win, bridging a 9 year gap and returning Fitz to the college. With the club growing in numbers every year, this achievement is hugely significant in promoting the college's proud GAA family that exists and hopefully successes like these can be built upon in the coming years. With the revealing of the Ulster Bank Rising Star awards, it was testament to UL's victory that 5 students were included: Seamus Hickey, Brendan Bugler, Kieran Joyce, Pa Cronin and David

Burke. The boost a win such as Fitzgibbon can give to a club, a committee and for the players themselves is indescribable and judging solely by the many happy tears that were shed on the sounding of the final whistle – this win meant an awful lot to an awful lot of people.



## UL GAA Year in Review

UL GAA had a hugely successful 2010/11, seeing all 4 codes (Hurling, Camogie, Gaelic Football and Ladies Football) qualify for weekend competitions in their respective competitions. This is testament to the effort and time put in by players and management especially as they try balance the demands of their academics and their love for sport.

The Senior Camogie qualified for the Ashbourne Cup for the first time in 3 years, following a three year run in the Ashbourne Shield. Facing WIT, the eventual winners, they'd a great first half display in the semi, but were overcome by WIT's strength and speed. With such a young, skilful team, the futures bright and if commitment is anything to go by they will be up there with the best of them again next year.

Received: 1 All-Star (Lisa Bolger)

In Ladies Football – the Intermediate team were unlucky to miss out on qualification for the Lynch Cup after they were defeated by Carlow IT who later went on to capture the title. UL Seniors had an impressive year, qualifying for

the O'Connor Cup semi's which was hosted on UL campus, as part of the O'Connor Cup weekend on the 19th and 20th March. This was a hugely successful weekend and proved again that an event of its proportion could be successful held in UL. Falling to eventual winners DCU in the semi, the UL girls showed fine displays of football in the qualifying rounds and will look forward to 2011/12.

Received: 3 All-Stars (Fiona Leavy, Gillian O'Connor, Beulah McManus)  
Fresher Hurling/Football – Both hurling teams competed strongly, with impressive wins over strong opposition. However, both fell to UCC at semi-final's, Fresher B's by a meagre point and Fresher A's by 2. Both these teams show great promise for the future of UL hurling. Football wasn't as lucky as both fresher teams lost out to DIT and DCU in their opening championship knock-out games.

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