



# Clubs & Societies NEWS

Aontas na Mac Leinn  
Ollscoile Luimnigh

University of Limerick  
Student Union

Edition 20 - September 2016



## Raising the Barr at UL Sport

Edition 20 Semester 1 AY 2016/2017

RÓISÍN HOWARD, UL ATHLETICS CLUB



UL athletics club have had quite the year, from gold at the world student games last summer to two athletes competing at this summers' Olympics #rio2016. Thomas Barr and Michelle Finn can be seen here in the 400m Hurdles and the 3000m Steeplechase respectively (2 pics on Extreme right). Our next step is resurfacing the track which we hope to see happening in the coming year through UL Sport & the Buildings & Estates Dept. The distance athletes will be the first to compete in the road relays and cross country events over the first semester. The girls took centre stage last year, with a 2nd place finish in the national road relay championships and wins in the Munster and national cross-country championships. Amy O'Donoghue (Bottom Row 2nd pic from left) and Michelle (1st Picture on left – top row) were both part of these teams. This is the first time UL have won the cross country since 2001. Well done girls! The indoor season begins the second week back after Christmas, so make sure you keep up your training over the Christmas holidays if you want to be in with a shout for a medal. Last year both the men and women were 2nd overall in the indoor. We had many wins and record breaking performances that day! Jenna Bromell, Michelle, Alana Frattaroli, James Ledingham and Thomas all set UL records in their chosen events, and the men's

4x200m relay of Eanna Madden, Paul Byrne, Kieran Elliot and Thomas also broke the record. It was just a taste of what was to come for the outdoors. We also brought a small team of 12 athletes to the US to compete against Harvard in the Beantown Challenge, (Top right of cover Back Row L-R: Róisín Howard, Alana, Kevin Chesser, PJ Galvin, Shane Howard, Sorcha Murphy, Jenna & Grace Lynch; Front Row L-R: Eanna, Paul White, Rory Chesser, Kathy O'Keeffe, James & Eoin Walsh). We also visited the Yale campus while we were there. The outdoors was held in Dublin last year and UL achieved 2nd place overall, but again with had many wins and records were broken again. Shane, Laura Kavanagh and Simon Ziegler are pictured in some of the jump disciplines at these championships. Some of our throwers are also shown here: Simon, Alana, Róisín, Seamus McMahon and Killian Barry. Killian, Simon and Michelle all set UL records in their chosen events at these championships. Athletes were picked from these championships to compete in Scotland for the Irish Universities team, many of whom were UL athletes but due to other commitments only Shane and Alana could compete. The Irish team won this event. Outside of college athletics we had a great summer. We had athletes picked for the European Championships, the World Juniors and the Olym-

pics. Eanna and Thomas competed in the 4x100m and 4x400m relays respectively, Niamh and Jenna were in the 4x100m and 4x400m relays respectively, Paul Byrne and Thomas Barr contented in the 400m Hurdles, Michelle Finn in the Steeplechase and Eoin Everard in the 1500m at the Europeans. Jenna Bromell also competed in the 400m at the World Juniors. The most outstanding performance was that of Thomas Barr, breaking the 48 second barrier to break the Irish record for a 2nd time that week and place an amazing 4th place finish in the Olympic Games!! Well done Thomas from all at UL! The UL campus community really came out in droves to support Thomas. I think Jessie Barr's dog got the most attention before the race! It was great to see two UL athletes on the big screen, Thomas competing and Jessie making her RTE debut. Here's to another successful year at UL Sport!

Check out our Facebook page at [www.facebook.com/ULAthletics](http://www.facebook.com/ULAthletics) and our Twitter page at [www.twitter.com/UL\\_Athletics](http://www.twitter.com/UL_Athletics) for more information. Get in touch over email at [ulac01@gmail.com](mailto:ulac01@gmail.com) Looking forward to seeing everyone at the recruitment drive!

# #ulwolves

# Welcome Fresher's



Paul Lee

To all of you landing in UL for the first time – a very big welcome from all of us here in the Ministry for Fun, Friendship, Socs & Jocks! That part of the University experience which is as inextricably linked as much with the CAO Points Race, Grants, dodgy landlords, or telling fibs to the “bank of mum and dad” ....queue the drumroll...welcome to the world of “CLUBS & SOCIETIES”

As part of the Students Union we are THE largest social network on campus of real people or as we proudly like to call ourselves the Wolfpack....the whole logic of strength AND support in numbers. With over 70 Clubs & Societies on offer there really is a lot of choice for you to fill your down time, whether that is to excel at your sport of choice, or to try and experience something totally new, perhaps you might like dropping out of a plane from several thousand feet? Kayaking through the alpine rivers of France and Slovenia? Surfing off anchor point in Morocco, drinking Tea in Edinburgh in JK Rowling's old haunt, treading the boards of London's West End...then we have a lot of options for you. And if we don't cover an interest for you, then you should come and talk to me about setting one up!

Every year the theme of my message is the same, we know for most people they have left their closest friends behind and leaving the security of a trusted social circle of friends does indeed play on people's minds however the memories of leaving certificate will fade, or your old job, a former college, a former life and as that nervousness or excited apprehension of a new and unknown experience takes hold THEN you really have to ask that first question, make that first phone call, email, FB message and take those first tentative steps to become involved in Clubs & Societies, at least try it out, nothing ventured nothing gained right?... jump right into University life. I guarantee that it will fast track your enjoyment of this fantastic campus.

We would like to extend a warm invitation to all of you to come to our annual Clubs & Societies Recruitment Drive in the UL Arena, Wednesday the 7th of September from 4pm-7.30pm

## Welcome back to all our members from last year!

It has been a busy summer in your absence and since the monumental decisions last April to approve more than €20+ Million worth of Building projects with a student levy, the discussions and meetings have been going on behind the scenes, between the University and the Students Union. First of all Hugh Kelly the architect with whom many of you had an opportunity to interact with through Clubs & Societies Council etc., as the person responsible for developing the concept for the New Student Centre was asked to carry out another piece of work, post the referendum by the University. Basically he was asked to present the various options for the most suitable location from the geographical area designated for this project. It has since been identified that the most suitable and most advantageous site for a new state of the Art Student Centre will be adjoining the current student centre in the area of the current visitor car park adjacent to the new Library extension. There is a whole process of documentation preparation that goes to prepare for what is referred to as “Frameworks” and the E-tender process. That is where we are at present moment in time with applications from civil & electrical engineers coming in, architects, project managers, contractors etc. When that is completed there will possibly be as many as 60+ different applications to be examined and filtered at which point there is a criteria based scoring mechanism, follow up checks for additional paperwork such as financial status amongst other more technical reviews. Once this is completed we then enter into a shortlist of the best applicants and interviews begin to appoint all the aforementioned. At that point once contracts are awarded and signed off – the likes of the New Student Centre, New floodlit synthetic pitches, new climbing wall, handball alleys all kick off for real. The 25M pool is nearly there and set to open hopefully in January 2017 and the refurb of the second floor of the Arena will also begin with a dedicated Martial Arts rooms, Dance studio all of which the students of UL are contributing to.

I think it's fair to say to those first years landing you may well be a part of all of these projects before your 4 years are complete in the University of Limerick. The student centre will be the project that takes the longest and with a 3.5 year average timeline for completion it would be just amazing to experience in your 4th year here.

This is the beauty of a student's union and all its individual parts from Clubs & Societies to Entertainments, Students Council, Class Reps, full time staff and the various executive and AGM's – that when the members buy in and engage we have a very real and formidable part to play in shaping this University – we can only ever be as good as our members allow us to be – that is the strength and support in numbers and the whole philosophy of the Wolf Pack.

“The Strength of the Wolf is in the pack and the strength of the pack is in the Wolf” – Rudyard Kipling

Looking forward to another cracking year  
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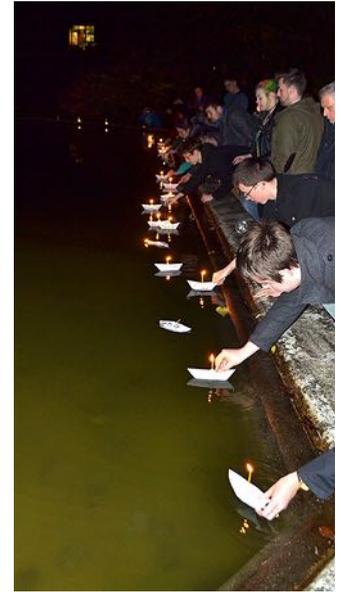
**Michelle Whyte**

Hi All!  
My name is Michelle Whyte and I am your Clubs and Societies Coordinator. If you are new to UL then "Welcome to the Wolf Pack". From personal experience I would advise you to get involved in a club or society of your choice; you can be sure this affiliation will make your time at UL all the more enjoyable and memorable! If you are a returning student I'm sure you are looking forward to another fruitful and fun-filled year. An impressive number of clubs, societies, accolades and friendships have been developed and won over the past forty years in UL and this list is not only ever-growing but something to be proud of. This September we will be seeing some new faces at the recruitment drive with the Socialist Society, Students for Sensible Drug Policy Society and the Tag Rugby Club bringing a novel and diverse range of interests to the table. Apart from accommodating these new clubs and societies I work with C+S Development Manager Paul Lee to maintain the presence, welfare and finance of existing committees. I assist in

processing your student union cheque requisitions, credit card requests and special applications. I liaise with our insurers for personal accident, foreign trip and vehicle cover. I manage the C+S vehicles which include a land cruiser, a sprinter van and mini-bus. The possession of vehicles in a Student's Union is unique to UL and has proven to be an excellent asset for us whether being used to carry Kayaks to Wales, climbing gear to the Alps or our budding politicians to the Ard Fheis. I also chair the yearly SoUL Arts Fest (Week 8) planning Committee. The Societies of UL (SoUL) Arts Festival is a celebration of and collaboration between your UL Societies and the University of Limerick Arts Office. During SoUL Fest the Societies showcase their events and activities to the campus community on a collective, wider platform. Last year we squeezed over 40 events into the weeklong programme; with Tea Appreciation, Games, Out in UL and International Society currently adding their events to the timetable there is sure to be something there for everyone! Preparations for SoUL Arts Festival 2016 (October 24th-28th) started during the summer months and this year we are going BIGGER and BETTER! The SoUL experience spans from day to night over the five days with novel events such as Japanese Tea Ceremonies, 24 hour radio broadcasts and International food fairs. On the Wednesday afternoon of SoUL Fest you can find most our Societies

together making the SU Courtyard a hub of activity. Last year's collective event brought us exploding pumpkins, dance-offs and fire-eaters. This collective event is also the perfect chance to meet up with that Society you have yet to join to find out what they are all about and get to know the committee! On Thursday evening of SoUL Arts Fest you can see our Societies take to the main stage as support to our ENTS Department's mainstage act. In the last two years we have had the opportunity to share the stage with the likes of Hudson Taylor, The Academic and the Original Rude Boys. Keep an eye out in Facebook and on the Wolves website to see what 2016 will bring! We are still reeling from the success of last year's Soul Fest with Debating Union's Rubberbandits event making national headlines! and scooping them the Best SoUL Fest Event Award at the C&S Awards! Out in UL's "Light for Life" event during SoUL Fest brought them all the way to the National Society Awards (BICS). This year's BICS Awards were hosted by Limerick and considered a great success. Over 450 students from all over Ireland arrived on our doorstep to compete in 17 categories. I represent you as the Vice Chairperson on the Board of Irish College Societies (BICS). If you would like to know more about the BICS Awards or indeed if you have any ideas for your Society's participation in SoUL Arts Fest my office door is always open! The biggest date in the C+S calendar, the recruitment

drive, will take place this year on the 7th September in the UL Arena. I look forward to meeting you there! Prior to this you can set-up or renew your personal C+S account on our website: [www.ulwolves.ie](http://www.ulwolves.ie). My office is located on the first floor of the Student's Union building. Please don't hesitate to pop in, call or email with any queries or problems. Here's to another great year!  
Beir Bua agus Beannacht,  
Michelle  
[Michelle.Whyte@ul.ie](mailto:Michelle.Whyte@ul.ie)



**Societies of UL Arts Festival**  
in association with UL Arts office  
Coming Week 8



**Paraic Mc Namara**

Hi everyone welcome back Hope ye all had a great summer and are excited to

be back for another great year in the wolf pack. I have met a few of ye guys already but for those of ye who are wondering who I am my name is Paraic McNamara and I'm currently the Co-op student working with Paul and Michelle here in clubs and societies. To introduce myself properly as I said already my name is Paraic McNamara and I'm currently studying Economics and sociology where I'm going into my third year (Just about). I'm only here a few

weeks but I can already tell that a lot of the stuff I've learnt in my course work will benefit me in my position here in the students union. At the moment it's pretty quiet around the common room but I'm sure when the academic year commences it will be buzzing. I look forward to working with this sort of vibrant atmosphere. At the minute my main priority lies with helping out Michelle with the budgets and trying to keep the Facebook and Instagram

pages up to date, as well as the UL clubs and societies flicker page. So any of you guys need any help with anything I'll be sitting in the Clubs & Societies General Office so don't be afraid to ask for anything and if I can't help hopefully I can get somebody who will be. As with previous Co-Op students I will be heavily involved in the social media presence for the Clubs & Societies Office – so can those of you with the responsibilities for PR

keep me informed of your achievements and successes and please send me on any cool pictures as well So I guess that's all for now I hope to get to know more and more people around UL and this is the perfect opportunity to meet more wolves. I would also like to wish ye all best with the upcoming semester.  
[Paraic.McNamara@ul.ie](mailto:Paraic.McNamara@ul.ie)  
**Clubs & Societies Co-Op**



**CLUBS & SOCIETIES**

WOLVES

Customise sleeves and/or back of YOUR Nike Gear to promote YOUR Club, Society or Class

**UL WOLVES**

Check out more  
**UL Wolves Merchandise**  
 on back page



**Dress Like a Pro - Wear Nike**

- \* Promote your club, society or class
- \* MINIMUM ORDER IS 1 ITEM
- \* FREE DELIVERY to UL Students Union Clubs & Societies Office
- \* ALL PROFITS go back into Clubs & Societies
- \* Worldwide Delivery
- \* Our online store can be found by visiting [ul.victoryteamwear.ie](http://ul.victoryteamwear.ie)
- \* Call into the Clubs & Societies Office for more information OR email [paul.lee@ul.ie](mailto:paul.lee@ul.ie)

**UL WOLVES**

# The UL Vikings

An amateur club aspiring to a professional level. BY CONOR WHELAN UL VIKINGS CHAIRMAN (OUTGOING)

The American Football Club in UL is coming off their most successful season in terms of club development. Another top four finish in the Irish American Football Shamrock Bowl division coincided with our second international tour, intervarsity champions and our heavy involvement in the newly revived national team.

The Vikings enjoyed one of our more successful seasons in recent years. Having been beaten in the semi-finals by the Dublin Rebels, the 2016 Champions, it proved to be an unfitting end to an incredible regular season. UL began their season winning their first five games from five, including highlight of the entire Irish season by beating the reigning four in a row champions, the Belfast Trojans. It was the

Trojans first visit to Limerick and it ended in their first defeat in over two years. The following game resulted in something relatively unheard of in American football, a draw. UCD and UL battled through a heavy south Dublin sun to grind out a draw in what was one of the most bruising games of the season, ending with a UCD missed field-goal to end 10-10. A defeat at the hands of the Dublin Rebels in Santry sent the Vikings to the quarter finals to overcome a valiant Trinity College side 7-6, setting up a replay to the Rebels again in Santry. It wasn't to be the Viking's year, falling again to the Rebels on their home turf.

Prior to the regular season, the Vikings encountered their first taste of gold of

the year, overcoming Trinity College in the intervarsity semi-final in November and continuing on to defeat UCD in overtime to claim their first intervarsity title since 2012. Intersvarsity's as always proved to be a fantastic opportunity for young rookies to prove themselves with over 30 lining out for us on the day, our largest ever rookie class.

Rookies were encouraged to prove themselves as genuine football players when 42 players, coaches and staff travelled to Barcelona to take on the Barcelona Buffals in our second friendly international. Our rookies fought valiantly against one of Spain's best teams and were unfortunate not to come away with a victory losing out by just one score. The hard work on many

of this team did not go unnoticed. A rejuvenation of the Irish senior team has led to thirteen of the Vikings travelling to Holland on August 27th to take on the Dutch Lions in Ireland's first international test in American Football. This comes at the end of an extensive two year programme run by the IAFL. A similar programme for Under 20's is entering its second year and hopes to see similar results.

If you want to become a member of one of UL's

most exciting clubs, keep an eye out for us at the recruitment drive or just contact us on Facebook or at [ulvikings@gmail.com](mailto:ulvikings@gmail.com). On a personal note from the author, I'm 5ft 6 inches and don't look big compared to anyone on the field but this team will embrace anyone who is willing to give their heart and soul to this team and once you do become involved with us you find yourself not wanting to give anything less. I got bitten by the bug and haven't looked back since.



# Get Your Year Off to a Flying Start!

BY EMILY KELLY AND FRANK STAFFORD

To all new students at UL, the archery club says hello and invites you to embrace your inner Katniss or Robin Hood in our fun and friendly training sessions at the archery club! No experience is needed and all you need to bring is yourself and we will supply you with all the equipment and with our 6 week beginner course you will soon be an expert (if you want to bring along some sweets though we won't complain, we like to share sweets around training!).

So what do we do? We train new members up to competition standard. There are also Intersvarsity's with other colleges around Ireland throughout the year.

We also run table quizzes and club nights out ranging from bowling to mid-winter barbecues.

Intersvarsity's are archery competitions that run between the colleges of Ireland. Each competitor is given a target number and letter. Each target board has four competitors from a range of different colleges around Ireland so you get plenty of chances to meet new people. There are two shoot groups, an early one and a late one. Each competitor shoots 30 arrows. After the alternate group has shot, the 1st group returns to shoot a further 30 arrows resulting in a total of 60 arrows shot

per archer, with a maximum score of 600 points. Scoring is done by another archer who is also shooting on your board but they must also be a student from a different college. Don't worry about your skill level in these competitions as you will be grouped with archers at a similar level of experience these are grouped into beginner, intermediate and advanced. Each of these categories have a different sized target face, 60cm for beginners, 40cm for intermediate and the advanced category can shoot at either a 40cm or 3 spot target face. The categories are further split into male and female as well as bow type, either bare bow like Katniss, Olympic recurve or compound like Green Arrow.

Last year saw UL archery club receive success in several of the intersvarsity's that were held over the course of the year. Our most successful archer was Sean Flavin who graduated last year and

had taken up archery who starting college four years earlier, he came 1st in 4 out of the 6 intersvarsity's held in the 2015/2016 season in the guest recurve category. Our newest members who joined archery last year with no experience of archery also did very well in competitions, with Devon Long coming 2nd in the recurve beginner category in the 1st intersvarsity of the year and then went on to come 2nd in the compound bow category at the Student Nationals. Another of our Archers Lora Ciesa also did very well coming in 2nd at the final intersvarsity of the year held at NUIG. Plenty of our new archers also earned their white badge for shooting over 400 out of 600 points at a intersvarsity including Devon Long, Lora Ciesa, Conor O'Brien, Darragh Kelleher to name but a few. We hope to build on our success from last year with many of our archers training hard over the summer to get ready for this season. The attached

photo is of our very own Devon Long at the Student Nationals in UCC.

We have a cracking time at training sessions as well with in-club competitions to practice scoring and to introduce a little friendly competition. We also have prizes for our winners! In the past, we have themed nights as well like Halloween where you can shoot zombies (don't worry they are paper zombies not real zombies), as well as regular balloon shooting competitions.

So if all those activities haven't inspired you to come, I don't know what will! We're a great bunch and are always welcoming new members in. We have training sessions for new members on **Wednesdays at either 7:30pm-8:30pm, 8:30pm-9:30pm or 9:30pm-10:30pm** and hope to see you there.

If you have any questions for us, our club email is [ularchery@gmail.com](mailto:ularchery@gmail.com). We also have a Facebook page, UL Archery Club.



# UL Basketball planning for your future

BY NOREEN O'CONNELL - CLUB PRO

The Name "UL" is nationally known in college basketball. We are regarded as the trend setters; we set the bar, leaving other colleges to follow. People are still talking about the Basketball Intervarsities held here in 2006 & we get our chance to make it better in 2018 when we host again.

We waited a while in setting the trend for men's basketball, but in 2013 we won the intervarsity title. After sixty one years we finally won the men's title by defeating NUIG in the Mardyke Arena, Cork. The same day the women were in the final however unfortunately they were beaten on the buzzer with a UCD three pointer. To win the double is the dream that

UL basketball is chasing as no college has even done it.... You could play a part in this... In 2018 we will be hosting the Intervarsities so let's think big, why can't we be the only college in 50+ years to host and win the Men's and Women's IV's....

The Men's and women's team train twice a week and the Fresher's have a separate training slot as well. All college games are played mid week with the Intervarsities and Fresher tournament the only weekend competitions, so you can still play club.

The Basketball club is a "Family" club where we pride ourselves on looking out for each other. Our club, which caters for men's and women's teams, is seeking

interest from players of all levels and abilities; we would also welcome individuals who are interested in participating or working behind the scenes to improve the club. If you love basketball this is the club you want to be involved in. So if you play, Officiate, Organise, Coach just loves Basketball, please come check us out...

Currently we are working toward our three year plan, which you should not miss out on being part of. The Intervarsities is the biggest three day competition of the college calendar and this year it's been hosted by TCD. The Fresher Tournament is for first year students only and this is a weekend we will hopefully have here on

Campus. It is going to be a year to remember. Our motto is one of Performance & Excellence through this we believe that all our goals are attainable. Don't miss your chance to be part of something special that doesn't come along every day.

In the past year we excelled with two members of the Club making the Irish European U20 Championship teams, one male one female. We had players on both the men's & Women's College Select team which is a massive step forward in the right direction.

Come and chat to us at the Clubs and Societies night on Wednesday Week one in the UL Sports Arena, where we

will provide you with all the information you require. We also have a Facebook page just search for UL Wolves College Basketball and you will find us. You can also contact us through the UL Wolves Clubs and Societies website page. We have some of the finest sports facilities in the country so with you involved make us one of the best college Basketball Clubs..

Congratulations on achieving your first goal of getting to UL, now you should join the UL Basketball Club and help us to achieve our Goals Cant wait to meet you !!!!

# Students Continue to Box Clever in UL

BY FIONNBARR THOMPSON – UL BOXING CLUB P.R.O'

The University of Limerick Boxing Club will be celebrating its 5th birthday this year and wants all of the incoming first year students, as well as those more seasoned to campus life, to come along and see us in action!

Reflecting on a very successful 2015/16 season, UL can boast yet another National College Champion to go along with our previous 4 winners and medallists. This came in the shape of Shane O'Brien (-75KGs), also of St. Francis Boxing Club in Limerick city, stopped his opponent in the finals of the Inter-varsity Championship. Add this to the notable wins of Fionnbarr Thompson (-57KGs), Colm Henry (-67KGs), and Ireland Youth International Rhys Moran (-75KGs) who all competed at competitions across the country under the UL Wolves banner.

History shows that UL Boxing, while still a relatively new club in the grand scheme of the C & S, is more than capable of holding its own against the longer established clubs in Ireland such as DCU or IT Tallaght. This has been the case as the club consistently is home to several boxers

selected to represent Third-Level International teams in bouts against squads such as the Defence Forces or English Universities.

While the facilities in UL are constantly being developed and improved, the boxing club has moved to establish links with the local Southside Boxing Academy. This has allowed the students to use the fantastic on-site facilities to aid in their development whilst also providing them an opportunity to test their skills against a wider range of sparring partners and learn under different coaches.

With regard to training methods, boxing is a fantastic option for a wide range of reasons. The idea that you get out what you put in is a core part of our ethos and this means we cater for every individual and the varying fitness levels we encounter each and every week. Whether you want to be a competitor at the highest level, a cross-over from a different sport looking to maintain off-season fitness or even somebody looking for a different, effective new challenge UL Boxing is certainly the club for you. Boxing training incorporates



*Fionnbarr Thompsons victory against IT Tallaght's Craig Bates in February 2016*

all the elements of HIIT, plyometric and endurance activities as well as stimulating you mentally as you look to develop both sides of your brain through equal usage of your limbs in many different situations.

As the new Academic Year dawns, make sure that you all enjoy your time in UL. Use

this opportunity to try new things and experience activities that you may have previously put off. If boxing is one of those challenges you've set yourself as you embark on your stay in UL, well then we look forward to helping you in any way we can. To find out more, you can easily message our Facebook page – "UL Boxing



Club" with any question.

# Get moving with UL Capoeira

BY BRIAN HOGAN (PRESIDENT)



Spinning back kick anyone? Maybe you want to work on the same move as Conor McGregor or even learn a backflip. At the very least you'll learn some fun kicks, the corresponding evasive defences and be able to cartwheel around the hall. If there's anything that will get you fit it's Capoeira! And as you improve your fitness, strength, balance and coordination you will also learn

some decent and useful skills. But you think you're not flexible enough? The good news is you don't need to be, that will come naturally over time.

Apart from the physical aspect capoeira has plenty to offer. It's a very open and welcoming worldwide community of people who are only delighted to meet other capoeiristas - which is what capoeira practitioners

are called. Our current members look forward to welcoming you into our fun club with a relaxed atmosphere. But that's not the only thing we are all looking forward to; we are planning to partake in a capoeira workshop in Limerick at the end of September where many professional capoeira teachers and masters will share their knowledge and give classes in capoeira.

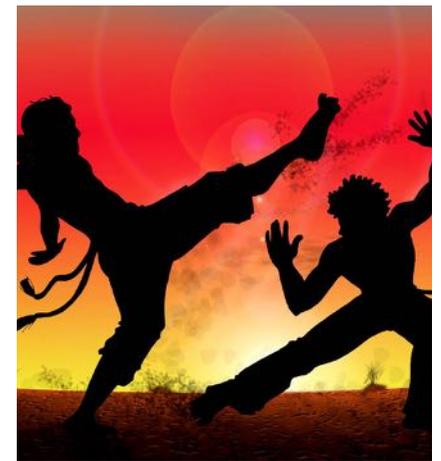
For those who want to go even bigger there is still a chance to sign up for a trip to Germany to a much bigger capoeira workshop with some of the best capoeiristas in the world. Those who go on that trip will get to witness a graduation of a Capoeira Master - a rare occurrence and therefore a very special occasion. So don't be shy, come along to the

recruitment drive, meet us, ask us any questions and let us remove any of your doubts. Join in our sessions, get fit and healthy and most importantly have lots of fun - we always do! Can't convince your friends to come along with you? Don't be a chicken and come on your own. Then let your friends know what they are missing.

Tue & Thu 19:00 - 20:15, PESS Building

Facebook: UL Capoeira

email.ulcapoeira@gmail.com



# Jump into college life @UL\_Equestrian

BY CAOIMHE MURPHY, EQUESTRIAN CLUB PRO

Hay guys!! A big welcome to the Fresher's and a happy return to all our old members too. I hope you all had a wonderful summer and that you are rearing to go for the new semester. UL Equestrian Club caters for all abilities and interests. For the beginner there are lessons. For the competitive we have Intervarsities. And then for the sociable, all round horse loving individuals who are out there just looking for the craic - we have great opportunities for you too! A quick look at last year's success will show you exactly what I mean. As you all know, or will soon come to know, University of Limerick is home of the infamous Stables, Paddocks and Arena (I think there's a theme). So of course it's only right that we have a great Equestrian club to boot! This was never more evident than at last year's Tetrathlon. Tet comes up quickly on the calendar, last year held by UCC in November. UL are very successful in this event, coming 2nd last year amongst a hugely competitive field after winning it the previous year. Tetrathlon contains four events: show jumping, running (the odd walker!), swimming and shooting (air pistol). However don't fret! If you would like to kick back and come along as a supporter it's a great social weekend too. There's fancy dress and a ball too to keep everyone entertained. So if you do come by us at the recruitment feel free to ask us about Tetrathlon and all of our other events too.

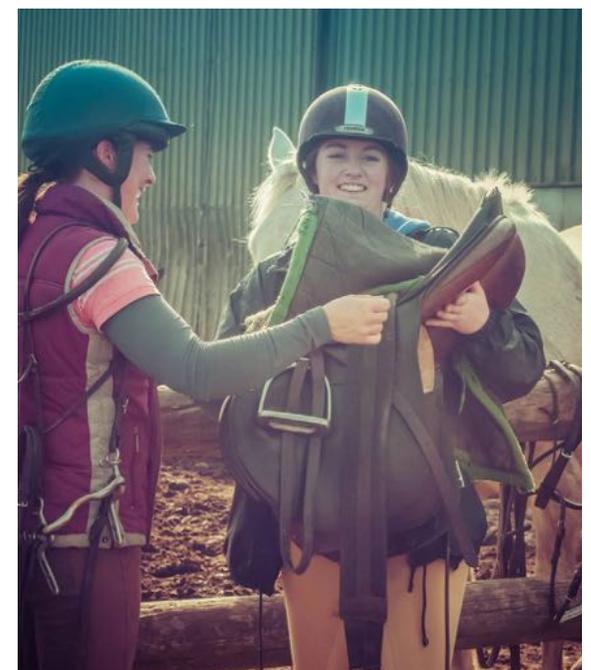
The most popular of our activities in fact are our lessons. You've always wanted to learn how to ride, but never had the time or opportunity? Well now's your chance! Throughout the year Riding Lessons are held on a weekly basis. Organised

by the club, they cater for all abilities from the beginner to the more advanced. All the gear is provided for, so there are no excuses not to seize this opportunity. It's a great way to meet like-minded individuals and make new friends. For the more advanced and adventurous riders we organise lovely treks in beautiful settings such as the scenic coast of Tramore. They are a great way to unwind from the stresses of college life and a way for our foreign riders to tour a bit of the country.

Second semester brings the Intervarsity. Last year it was held by DCU and once again UL had a very competitive appearance. Here we compete in Dressage, Show jumping and Prix Caprilli. Horses are provided for everyone at both Tet and the Intervarsities, just in case you were worrying about bringing your own. It's another fantastic weekend for competitors and supporters alike. You get to meet new people from other colleges, see some top class riding and just enjoy a fun weekend away while representing UL. The quality of riders is always leaping from strength to strength each year at UL. We are now even producing Internationals! This year is already getting off to a fantastic start. Our very own Claudia O'Donoghue is a member of the Irish team competing at the International Student Riding Nations Cup held in Ballindenisk, Co. Cork in September. We wish her the very best of luck! So if all this excitement has peaked your interest why not trot by our stand at the recruitment drive on week one.

Create a clubs and societies account to register, then when you come by on Wednesday 7th of

September you can pay the membership fee. Don't panic if you can't make it! Just email us at ul.equestrian@hotmail.com and we'll sort you out. For instant updates on our latest endeavours check out our Facebook page (UL Equestrian Club) and like us. Better yet you can add us on snapchat at ulequestrian, follow us on Twitter @UL\_Equestrian and on Instagram at ul\_equestrian. Hope you all enjoy Fresher's week and don't get too horse! There's neigh denying it that we can't wait to jump into the year ahead @UL\_Equestrian. (We rein king of the puns!)



# UL GAA – Pride in the Jersey

BY NIAMH RICHARDSON (CLUB PRO)

UL GAA Club is one of the most prominent intervarsity GAA clubs in the country; we are the only university to reach all four senior finals weekends in 2016. Our Ashbourne Cup camogie team scaled to new heights as they claimed top honours for the second time in 3

years. Our Sigerson Cup Men's Football team have been building for the past number of years and the excellent progress was rewarded with a semi-final spot where our boys put UL senior football in the top tiers. Our senior hurlers played what may go down

as one of the best Fitzgibbon Cup finals in recent years where they lost out after 2 periods of additional time. Our O'Connor Cup Ladies Footballers were pipped in the final by a single point. As well as our senior success, our Fresher 2 hurlers and intermediate

camogie teams captured their respective All Ireland titles while our intermediate Ladies Footballers captured the Lynch Cup to gain promotion for next season. As well as elite players, UL GAA Club also caters for recreational players with 13 teams across the four codes. The UL jersey represents the pride and passion that all our members take in putting it on and stepping onto a field to do their college community proud. The dedication and hunger shown by all UL GAA Club members can be seen at all club events such as the UL GAA Ball and other fundraisers. UL GAA Club offers High Performance Scholarships and Munster

Bursaries along with other awards for students. The team in the UL GAA Club office are dedicated to helping and supporting all teams and members equally.

Gaelic Games have a special place in our Irish culture, what better way to experience them than with your best friends in the college environment. Come see what the pride in the jersey means to us.

To join the best intervarsity GAA Club in the country simply visits our stand at the Clubs and Socs Registration evening and sign up. Also follow us on Facebook. Trials for Fresher teams will kick off in early in Semester 1.



*Club GAA Fresher 2 Hurling v UCC*

# UL Wolves Handball on top of the world

BY JOHN HURLEY - CHAIRPERSON

It was an incredible year for the UL Wolves Handball Club as they established themselves as one of the most successful clubs around the world with a series of dominant displays both nationally and internationally. The club won 58 medals in major Irish competitions and secured another 60 on the world stage across 10 international tournaments. This spectacular success was rewarded with the 'Club of the Year' award at the annual UL Clubs & Socs Ball, the first time the club has claimed this award. This was followed by another historic moment for the handball club as a student referendum was passed which will lead to the construction of handball alleys on campus to round off one of the most astonishing years in the handball club's existence. It was an exciting year for all members of the club and this year promises to be the same.

The year started in the surprisingly warm surroundings of University of Calgary, Canada and ended on a surprisingly warm day on the campus of University of Limerick with numerous "stops" along the way. The last year included trips to Canada, Spain, Belgium, The Netherlands, UK, France, USA and Italy for our members as the club strived to expand our international connections. The trips included the World Handball Championships, five European Pro Tour stops, the World

Handball Collegiates and several pro tournaments in USA. The trips all included a chance to explore the local areas and an exciting opportunity to try the local versions of handball in the European countries. The trips have also provided a chance to develop personal connections with players around the world with UL Wolves players being invited to local tournaments in Italy, Spain and the national Dutch handball championships following club trips in the past year. The club is planning trips to Spain, Belgium, The Netherlands, France, USA, Italy and Canada over the next year again to further enhance our international connections as well as the local tournaments to which we have been invited.

The club also participated in numerous tournaments around Ireland with trips to Galway, Kilkenny, Wexford, Cork, Cavan, Belfast, Dublin, Aran Islands and Achill Island among several others. This provided a great opportunity for our members to see different parts of Ireland and meet students from other colleges and clubs throughout the country. These weekends away provide some excellent opportunities for team bonding between old and new members and establish long-lasting friendships. The club also set up a series of tournaments and leagues for our members to gain experience and develop their skills

against other experienced players. The Limerick Metropolitan Handball Series is one of the biggest series of handball tournaments in the world and is a great opportunity for players of all abilities to improve their game.

Handball is a great game for players of all levels of ability to take up a new sport, develop new skills, make friendships and explore the world. If you are interested in taking up handball or want to find more information on the club visit us at [ulhandball.com](http://ulhandball.com), UL Wolves Handball Club on Facebook and Youtube or contact us at

[ulhandball@gmail.com](mailto:ulhandball@gmail.com). Our training takes place on Mondays (7-8:15pm) and Thursdays (8:15-10:30pm) in the PESS building. All are welcome!!



*Club Handball Killian Carroll World Championships*



*Martina McMahon  
All Ireland Championship.*



*Darragh Mulkerrins in action for UL Handball*

# Hockey Your New Found Sport?

BY JONATHON ROTHWELL PRO

UL men's hockey is the club for you if you want to meet new people, develop new skills, enjoy team social events, like a challenge or just want to try a new sport, we'll be happy to see you no matter what the skill level all new members are treated with equal opportunity. Our team varies from those who never played to those who have played their whole life, so no matter who you are you'll be made welcome here.

Hockey is rapidly increasing in popularity around the world Ireland included. Over the last number of years we have seen clubs developing around the country as both men's and women's hockey becomes what it once was.

This year we have seen Irish hockey proudly compete with top level countries in the 2016 Rio Olympics! We use our pitch training time to learn new skills, improve game knowledge and develop ourselves as individual players and as a team. Off the pitch we are a well bonded club that enjoy our own events and club gatherings. This year UL men's hockey hosted a super bowl night on campus, in the stables club. Super bowl 50 was projected inside the



bar and a beer pong tournament was held in the courtyard.

Each year we enter in the all-Ireland varsities tournament and all-Ireland mixed varsities tournament where we team up with the University's ladies team. These events are held over a course of two or three days all of which are packed with matches and organised night events making for a very challenging yet enjoyable few days that are sure to be filled with plenty of memorable moments. Also during the past college year we hosted a number of

friendly matches against local clubs and a highly achieved South African School team, Parktown boy's high school.

So if you'd like to make hockey part of your new college life, be sure to get in contact with one of our members. You can catch us during this semester Clubs and Societies Recruitment drive during week 1 where we'll be anticipating your arrival.

We can also be easily found on our facebook page "UL Men's Hockey" where we'll do our very best to

answer any questions you may have.



# UL Ladies Rugby on the Rise

BY DEIRBHILE NIC A BHAIRD

With another successful season behind us, and our first season with two teams representing the college, UL Ladies Rugby is very excited to start another year. Last year we saw our biggest numbers yet at training in September, with 60+ girls training every Tuesday and Thursday on the North Campus Pitches. With so many talented and competitive girls, from beginners to experienced, we decided to register a junior and senior team in the All Ireland College Leagues with Student Sport Ireland. This would be the first time in the history of ULLR to have a two teams competing in the leagues.

With Irish International coaches, Fiona Reidy and Niamh Kavanagh, by our side, we tackled the season with great leadership and experience behind us. Both the junior and senior teams travelled all over the country to compete against teams such as NUIG, UCC, DCU and WIT. The seniors found ferocious competition in their division, with many hard fought battles on the field in an attempt to retain their All Ireland title. With losses to NUIG and UCC away from home, the senior team were left heart-broken and without a cup to defend. The semi-final, 2 point loss to UCC on a cold, dark night in Cork will certainly motivate the senior ladies in the upcoming season, as they attempt to regain their titles.

The juniors however, found much greater success,

with no losses for the season and putting up huge score lines against other teams in division 2. The division 2 final in Maynooth was a fantastic display of rugby that reminded everyone of what ULLR was all about, dedication, hard-work and team-work. The junior team showed great spells of both attack and defence against DCU, to become Division 2 Champions. Both Junior and senior teams celebrated the victory, upon return to Limerick.

The UL Ladies Rugby Committee have already begun preparations for this coming season. Our aim is to reclaim our position as Ireland's most dominant collegiate rugby team. The group of girls that make up our rugby team are an energetic, enthusiastic and social bunch. We all take great pride in the fun-filled environment we create at training, while still working hard and learning every week. Team bonding is an essential part of what ULLR is all about, and the friendships we make on and off the pitch are very important to the success of the team.

With former ULLR players such as Gill Bourke,

Fiona Reidy, Lynne Cantwell and Claire Keohane representing Ireland on the world stage, in both 7's and 15's, and many more playing inter-provincial rugby, ULLR is proven to produce talent. Every year we start with the basics and build from there, to ensure every player, beginner or



experienced, is comfortable and confident in their skills. There is a place with ULLR for everyone. Whether you are looking to make friends, get fit, or excel in competitive rugby, you will find a good home with us. You will find ULLR at the Clubs & Socs recruitment drive on Wednesday September

# The Outdoor Pursuits Club

- The 25 year old Alps traipsing, walls climbing, hills hiking, social night having, general great craic club.

BY EOGHAN CAREY

Outgoing PRO of the Outdoor Pursuits Club.

2016. We've had Morocco, Spain and just recently the Alps. It's been pretty amazing. There was some serious ice climbing and mountaineering and what not occurring in Chamonix over a two week period. And this year the OPC turns 25 years old so it's a great milestone for us and it promises to be a great year ahead as well.

We are really looking forward to another year with the club, welcoming new faces and seeing old faces back again and to all of the trips we're planning in the mountains and hills and climbing walls and caves and hostels and flights and gasery and craic of the highest degree.

On July 23rd a group of ten gallant OPCers set off on the annual summer trip to the French Alps in Chamonix for two weeks. Clad with hurleys, ice axes, ropes, helmets, tents, sleeping bags and members, they set off to the snow-capped peaks. Below are two slick pics that our members captured while up in the peaks. One is of Tomás Walsh, club veteran carrying two ice axes and the other is David, Eoin, Siobhán, Imogen and Tomás atop Mont Blanc.

OPC TURNS 25!!!! YURT!!!!!!

We celebrated a huge victory for the club back in April when the referendum to build a new Student Centre passed with an overwhelming majority. We got an early birthday present from the student body as this means that we will be getting a brand new climbing wall along with a complete renovation of our current student centre and sports facilities, the climbing wall being among the new sports facilities. Work to build these facilities is or will be commencing this year.

Last year was a very productive year at the climbing wall with plenty of charity competition events. We hope to keep that up this year and maybe have more social gatherings like we had at the end of last year. Srsly it's gonna be pretty cool. You won't want to miss out. Along with our general banter at our climbing wall which is open three nights a week. (Monday, Tuesday and Thursday 7-10).

To anyone who is interested in joining the club (DO IT), we

will be at the recruitment drive on Wednesday Week 1 (September 7th). There will be a big group of us at the stand in the sports arena. More details of this will be posted soon. The big annual trips to far and away destinations such as Letterfrack, Glendalough and the Mourne will all be taking place again this year. We are also looking forward to holding caving trips to the Burren as well as orienteering/treasure hunting all over the place. We will be able to fill you all in at the recruitment drive where you can meet us to ask any questions you may have and as well at our AGM which will be taking place shortly afterwards.

You can find us on Facebook at "UL Outdoor Pursuits Club" or on Instagram @ulopc.

Can't wait to meet you all and to some of you who aren't new, welcome back :)



Club OPC Kilimanjaro with Wolves Flag

# 40 Years of the UL Kayak Club, and hopefully many more to come!

BY SAM O'CONNOR ULKC P.R.O.

If you're looking for a club with friendly members, craic-filled trips and will introduce you to the greatest sport in the world, then look no further. The Kayak Club has it all. Whether you love water or have never sat in a boat before the kayak club accommodates its 400 members to the best of its ability! If you wish to travel around Ireland or further afield the kayak club can and will bring you!

The Kayak Clubs last academic year has been dubbed the most successful year in the clubs history. Victory in last year's kayak intervarsity competition meant the record for the most consecutive intervarsity titles had been broken by ULKC, bringing their total to 7 titles on the bounce. Also in 2016 was also the clubs 40th Anniversary which was celebrated by a formal ball and kayaking both days. We had over 250 members both past and present attending the ball and over 100 members on the water for the kayaking aspect of the celebrations.

Our Lahinch trip will be taking place at the end of week 4. Each year the kayak clubs Lahinch trip brings over 70 newbies to Irelands surf capital.

Staying in a hostel right next to the beach (and nightclub) the Lahinch trip is often the most craic a Fresher will experience throughout their college life!, it's also serious banter! We also run a Fresher's night out to Costello's Tavern in Week 2 which for this year will be a UV party! So don't forget to wear white!

Throughout the year we will be regularly running White-Water Trips during the week, these trips usually take place on the beginner friendly Castle Connell Section of the River Shannon so don't be afraid to tag along!

Around January we will be heading on an International trip to the most scenic part of Wales: Snowdonia, the trip involves sledding down hills in kayaks, snowball fights and most all the best white-water Wales has to offer! This one week trip is serious value for money! In February is Intersvarsity's which is taking place Belfast this year, we're hoping for our 8th consecutive title at the competition. Regardless of your paddling ability you will be able to compete at Intersvarsity's! Our annual Alps pilgrimage is the highlight of our year. The three week excursion takes place

in the Slovenian and French Alps. Crystal clear blue water, camping surrounded by mountains and some of the best white-water in the world. Doesn't sound like a bad way to finish up exams eh?

To join the Kayak Club you must sign up on the wolves site and then pay a committee member 5€ at the pool. Signup for trips will also be conducted after or during pool sessions.

Check out our website: [ulkayak.com](http://ulkayak.com)

Like us on Facebook: **University of Limerick Kayak Club**



# Start The New Year In Top Gear!

BY PAUL JORDAN – UL RACING & MOTORSPORTS PRESIDENT

First of all, we here at ULRM want to wish everyone a great year in college, for some it's their first, for others it's their last. For ULRM? Well its business as usual for us. We're going to be karting in National Karting Centre (NKC), the world's largest indoor karting centre, just a 10 minute walk from campus. We're going to be karting at tracks all around the country such as Louth, Cork and Galway as well. We'll be standing road side to see some of the most committed men on four wheels in the country when it comes to rallying. If you prefer to spectate from the comfort of your armchair with a full plate of

food, we'll have the return of the F1 Fry. And we'll be looking to match our biggest international trip yet which was a trip to the Geneva Motor show. If you want to find out how to join us, then you can like our UL Racing & Motorsport page for all the info and updates you'll need, or go to [www.ulracing.weebly.com](http://www.ulracing.weebly.com) Can't wait to get going? Well you can sign up at the C&S recruitment drive on Wednesday September 7th. Membership is €5 and we can guarantee you it's the best fiver you'll spend this year.



# Looking for the Ride? Look No Further..

BY HATEM ABNOUN - PRO

New to college? Feeling Lonely? Want the ride? Well good news, the UL Mountain Biking Club (MBUL) are recruiting! Whether you've never tried mountain biking before or finished first place in the Cube Munster Enduro series, there's a place for you at M.B.U.L. You don't even need a bike or helmet; we'll provide all that for you! All you have to do is show up (with spare clothes and a towel of course...). We've heard all the excuses in the book, such as; "It's dangerous/ I could hurt myself/ I'll fall" – live a little, after all 'nothing ventured, nothing gained'.

We've also noticed that mainly guys decide to sign up (#Triggered), so don't feel discouraged to join just because you think that you'll be the only female to sign up, because there are plenty of others in the club!

Anyway, we've got a very exciting year planned ahead

for all you newcomers. To start off, we'll be heading to the Ballyhoura Mountains every Sunday, as well as going on night-spins every two weeks, these trips are free of charge! Now as for events, we've got quite an eventful year in store for you. To begin with, we'll be heading to the Red Bull Foxhunt event in Rostrevor on the 1st and 2nd of October so clear your schedules! Later on in the semester we'll be hitting the Wicklow trails for the semester trip. We'll then be heading back up North to Carlingford, riding down Rostrevor for a second time! But before you can join us on our adventures across the country you've got to tag along to our weekly spins to Ballyhoura on a regular basis, so for your own safety, please don't show up with no mountain biking experience when we're all getting ready to head out to



Ticknock...

If a free bike and helmet, on top of free trips to Ballyhoura and Cratloe, and an action packed semester still aren't enticing enough well then we think it's worth

mentioning that there'll be an infinite supply of Red Bull and Mooju at every club outing!

Make sure to give us a thumbs up on Facebook

and don't forget to watch our video if you want to see what we're all about!

# Legally High Since 2007

BY AMY O'ROURKE, V. PRESIDENT

The most badass club in UL, Skydive UL, is celebrating its 10 year anniversary this year! That simply means this year will be our biggest and best yet. We have so many plans, so keep your eyes on the sky around UL! Our club is committed to getting as many new skydivers as possible so if you're interested in throwing yourself out of perfectly good airplanes come see us and we'll gladly help you out.

Last year we trained over 50 new people to do their first jump completely SOLO! This solo course is for anyone willing to jump straight into the sport (pun-intended). Your training session beforehand gives you the skills and knowledge to exit the plane, how to fly the parachute and navigate to the ground safely. Once you starting nailing this you progress onto Free-Fall and become responsible for pulling your own parachute. For those of you who are happy to start off on solos



feel free to sign up for our static line course. This is the first step in becoming a badass Skydiver.

With currently 4 Wingsuits, several Free-Flyers and even a BASE jumper in the club, there's

no disputing the success of Skydive UL in getting people into the sport. Just this summer two of our female

members took part in an all-girl 9-way Formation jump at the Irish Parachute Club (Pictured here). This

in itself is an achievement considering the number of female jumpers in the sport. As well as this we had club members take part in The Irish Wingsuit Teams wingsuiting competition (also pictured here), and the friendly Scrambles competition (formation skydiving), in which one of our members was on the winning team!

To help with student skydivers reaching their A-license standard, Skydive UL hold weekly parachute packing classes, to which all are invited. These classes are a great opportunity to come meet the current Skydivers and committee members to find out everything you need to know. Our most successful method of training people occurs at

the end of the academic year during our annual trip to Gap in the sunny south of France. Usually a two week trip, we take new and experienced skydivers over to a world class instructor (who has over 20,000 jumps!). The trip is essential to your training, as it give you the time, weather and resources to get past the Student Skydiver phase

and on to becoming an A-licensed Skydiver. Weather constraints and shortage of instructors here in Ireland make that process a lot longer. This year's trip saw 3 of our current committee members reach their 100 jump milestone, while two of the more seasoned club members reached their 400th jump! Last year was epic, now

here's to Blue Skies and an even better years jumping! To find out more e-mail [skydiveu@gmail.com](mailto:skydiveu@gmail.com) and keep an eye out on our Facebook page 'Skydive UL' for regular updates.

**Photos by: Czapla Photography**



## Surf Your Adventure

BY SYDNEY HARPER PRESIDENT UL SURF CLUB

Whether you're a pro, an intermediate, or someone who has never set foot in the Irish waters before, let alone try to even attempt using one of these magical surf board things, we are the club for you! With weekly day trips, and monthly overnight stays, along with adventures across borders including France and Morocco, the fun in the Surf Club never ends. Are you ready to surf some sick waves, test your bearings on our balance boards and slack lines in our weekly balance sessions? Or feel that inner core ignite with our weekly Pilate classes? Try out some practice sessions with our surf boards during our weekly Pool Sessions? And meet some really awesome people on the

way? We are your ideal club.

Since we were founded way back yonder, the club has more than doubled its size. Considering the first trip abroad to Portugal took 16 eager beaver surfing kids, which was plenty at the time of a club made up of some 40 students – to 2016's trip to Morocco taking 45 members, which had to be chosen via applications, shows the vast growth in the past 3 years. Not only that, but having made record attendance in the UL Pool, with over 100 surf club members in the water at a practice session, our recognition as a club has exceeded all of our expectations.

So why join us? Apart from all our practice and trips both weekdays

and overnight stays, the club as a whole is such a great body of people to be a part of. Committee members will always be on hand via Facebook or student mail, or of course, human presence, to answer any questions you may have, rent out gear and just on hand being the absolute legends they are. Joining the club will also mean you will be able to meet some of the incredible existing members, over 300 cool kids and potential amigos, mingle with the insanely beloved international students and just have some fun while learning new things and making the best memories at the same time. It may seem cliché but you would definitely regret not joining us on our adventures.

So let's talk fun stuff.

Seasonal trips and events are what we do best. From welcome Hawaiian parties, Halloween weekend trips with fancy dress competitions, Christmas getaways to the marvellous, unclouded Moroccan coastline, to summer trips away to European surf spots, we like a good adventure. But as well as this, we appreciate the Irish coast too, from Lahinch to Bundoran and Castlegregory to name but a few, whenever there's surf, there's us. Make the most of your spare time, and get out and do something different. Because not only do we surf... We really encourage skating, longboarding especially, making frequent evening

outings to Limerick's very own outdoor skate park. But the fun doesn't end there, surf related movie nights are a great excuse to bond and eat pizza, as well as charity bake sales, nights out and parties galore in order to help great causes while making friends at the same time. Who knows? You could be representing Ireland in the Tokyo 2020 Olympics!

Still not convinced?

Well, you will just have to join us and attend one session to change your mind. Be it a Mad Monday night pool session, a Tasty Tuesday attempt at Pilates or being whisked away on a weekend trip, the choice is yours. But be warned... You'll never come across a club as worth-your-while. (And Fiver). Ever.



**Paul Deering – UL Surf Club**



**Dave Moore - UL Surf Club**

## Beginning the Fight for another Year

BY MEGAN BARRY, PRO.

Last year the Taekwondo club took the season by storm. We had competitions running left right and centre and we brought home loads of medals for our team and the club. In the second semester we held the Taekwondo Intervarsities tournament in UL and it ran as smoothly and without a single hitch. Colleges from all over Ireland gathered to compete in both sparring and patterns. In the end, UL took its fair share of medals at this year's Intervarsities after competing in some intense and epic sparring matches. A short video of how the tournament looked and ran is available on our Facebook page, (UL Taekwondo Club), for everybody's viewing. Some other tournaments that were held throughout the year included the ITA Irish Championship here in UL, the IUTF International Irish Championships in Cork and the RITA open in Dublin. We also had two grading's during the year which gained our newer members more experience. We had some of our new white belts grade for their yellow belt and we even had some of our more experienced students go for their next grade. The grading proved to be quite successful and everybody preformed to the best of their abilities. During the grading there were many parts to the martial art that had to be tested, including hand and foot techniques; patterns;

sparring; self-defence and board breaking. The standard was very impressive and all participants worked hard and deserved their new belts. Not only did we achieve a lot during the year but we also made plans for the following semesters. We plan to organise more self-defence classes including an only women's class, along with intense cardio circuit training. Of course we have our upcoming tournaments throughout the year that old and new members can participate in and challenge themselves in the various categories. During the year we will have trips to Dublin to train with other colleges and also have a few nights out in Limerick to allow all members to get acquainted and familiar with one another.

UL Taekwondo train three times a week: Monday at 18:00; Wednesday at 21:00; and Thursday at 18:50. All training sessions take place in the PESS Building on the UL campus. An average class usually has a mix of some traditional hand and foot techniques, some sparring and some general fitness. We occasionally do self-defence classes along with classes that will include jumping techniques and patterns, which are needed to grade through the belts. The instructors are very clear and easy to understand. For beginners, if

you are unsure of any movement demonstrated in the class the instructors will have no problem going through it with you. We are a very friendly club and would love to see a few more faces at training during the new semester. Hope to see you all soon, and don't forget to visit us at the recruitment drive, we are free to answer any queries or questions you might have.

If you'd like to get in contact with us sooner or ask us any questions you can find us on our Facebook page [www.facebook.com/UL.TaeKwonDo](http://www.facebook.com/UL.TaeKwonDo) or you can send us an email through [ul.taekwondo@gmail.com](mailto:ul.taekwondo@gmail.com)



## The effect of organic substances on Hormone imbalance

MICHAEL O'DONNELL CO-PRESIDENT AND HEAD OF EXPEDITIONS UL SCIENCE SOC

Following on from work studying the social habits of the Uno studicas, focusing especially on the studicas scientificas sub species, detailed in the 2015 Bhannaghan et al. paper, and for which we took home the B.N.I.S. award earlier this year, we have identified a clear and significant thread involving the change in hormone levels of this species following the consumption of a range of naturally occurring by-products of metabolism from simple eukaryotic lifeforms.

These creatures, especially their apparent leader the scientificas gingerous, quite an unusual specimen who seems to have taken a toy snake as his mate, seem to have developed a method to enhance their enjoyment, which they have freely shared with me. This foul tasting blend of a herbal

extract fermentation mixed with a clear liquid which I have learned comes from the "distillation" of the perennial nightshade Solanum tuberosum L (which they refer to as a spud), has a large number of beneficial effects, such as increased confidence and acts as a form of truth serum.

Over the next couple of months, I am planning another venture to visit this elusive tribe, and due to the untimely demise of my companion Spoony McSpoonface, we have need for a number of new people on this perilous expedition, where we will hopefully further our interaction with this long lost tribe and learn more about their tradition of ethanol appreciation. Anyone interested in this dangerous expedition please sign up for UL Science Soc ASAP. Feel free to contact us by

email [ulsciencesoc@gmail.com](mailto:ulsciencesoc@gmail.com), on our blog at <https://ulsciencesoc.wordpress.com/>, on twitter [@ULScienceSoc](https://twitter.com/ULScienceSoc) or through our Facebook at <https://www.facebook.com/ScienceSoc/> Picture: My colleague and I alongside 2 of these creatures including their leader



# International Society, bringing the world to Limerick

BY CLODAGH MURPHY, PRO.

We've certainly had an eventful last year here at the international society. With just under a thousand members from all corners of the world, it's safe to say there was not a dull moment throughout the 2 semesters. This semester was jam packed with events such as our Food Fair, TGIF, International ball, and much more! In both semesters we took advantage of the wide variety of cultures and nationalities within our society by bringing everyone together through the great common interest- food. We took the student population and gave them a break from the microwave-ready meals and take-aways, and provided them with new tastes, new experiences, with new friends. This semester we're certain that it'll be just as big a success, with dishes from even more countries around the world.

Our TGIFs were also a massive success this past semester. Every Friday, huge crowds from far and wide flocked to the Stables to dance and participate in our wacky variety of weekly themes. Over the weeks we saw people in amusing and inventive themed fancy dress; people came in onesies, togas, plastered with face-paint, and sporting their country's colours. We have a wide range of themes planned for next semester, so we assure you that International night is definitely not one to be missed!

In the first semester international society held our very first International ball! Our members ditched the onesies, togas and facepaints and headed down to the Strand hotel for some fine dining and dancing. We also provided a photobooth on the night, allowing our members to use crazy props to make for some hilarious photos and great memories. This semester you can most definitely hope to see another ball which we can promise will be even bigger and better!

We are delighted to say that trips were yet again a huge hit at the International Society. Thanks to our amazing trips officer, Aleks, we were able to travel all

over the country, showing our members the incredible scenery of Ireland. Exploring places such as Dublin, Belfast, Kerry, Cork, and many more. Our members had the opportunity to discover Ireland and also meet new people and make friends. Every trip drew numerous members, never failing to fill the several buses needed for each trip. We've planned a huge variety of trips this semester. If you're up for discovering the famous sights of Ireland and making new friends from all over the world, please don't hesitate to come along! We are especially looking forward to trips this semester and hope our members are too!

Don't miss out on our fun filled events and trips, be sure to follow us on social media! You can find us on facebook at [www.facebook.com/ulinternationalsociety](http://www.facebook.com/ulinternationalsociety) and Twitter: [@ULIntISociety](https://twitter.com/ULIntISociety). We also have snapchat and will be holding competitions there regularly, so don't hesitate to add us at ulintsoc2015.



# UL Trampoline setting World Record heights

BY SEAMUS TOOMEY



Guinness World Record – It's not very well known but UL Trampoline and Gymnastics Club are Guinness World Record holders. They're the only club in UL that are in the Guinness book of

records and I for one was surprised and a little proud of our world record holders. So what did they do well they hold the record for most somersaults in 24 hours. So between June 15th and 16th 2011, they spent 24 hours going around and around and kept their members doing that for 24 hours. That's a seriously long time but it paid off and that number of trampoline somersaults stands at 73,218, a staggering achievement that they plan to keep. "It's great that they got a copy of the cert so people in the club now can appreciate what was done in the past" said Rachel Cahalane. If the chance to defend it comes around be assured ULTGC will meet the challenge. If you want to see the cert for yourself, or for some reasons don't trust me (not fair you don't even know me) then you can find it in the C&S common room in the Student's Union. This isn't the only award that we've worked hard

for though.

More Awards – At the C&S ball this year we won two awards including Most Improved Club and Best Individual. Rebecca Wray, who is this year's captain, was our hardworking member who won Best Individual after coming back from an injury. All the while though she kept with the club and was an integral part of committee and the club's development. "I literally couldn't believe my ears or eyes when my name was called out! It is by far the most proud award/title I feel I have ever received (it's like the Oscar of the C&S World), especially with the high competition. It really did make me so proud to see the support from all other C&S, not to mention the work of the past year with all the dedication & persistence" said BI Rebecca Wray. And she put in a lot of work that helped secure our latest trampoline. "I undertook Sponsorship and Fundraising as a personal objective within our club! I spent countless hours on proposals for several sponsorships outside and within UL (of which we received 3: Coaching Fund, Stables Club Fund and the Sports & Arts Fund), but we also gained recognition amongst Eli Lilly (Pharmaceutical company which has partnerships in UL)" said Rebecca Wray.

Rachel Cahalane, last year's captain, was thrilled for the club noting the hard work everyone had put in, "it really helped the committee members know that the hard work we put in really paid off, especially the newer committee members who did not have a previous experience of ULTGC for comparison to this year". Cap'n Cahalane has done a spectacular job and has made us all feel welcome in the club. Having joined it at a time when the club was struggling she has seen big changes and a lot of this has been down to her role on committee. "I started at a time where the club had suffered a great loss of previous fourth

years who ran it so it struggled the year I joined. It has been really nice to see it grow and improve and I am very happy to have been a part of that change". Under her diligent leadership and work with ULTGC we've come out as a stronger club with double the trampolines.

Equipment – That last bit is super important for us as UL trampoline club has doubled its trampoline count in the past year. Needless to say the new committee has their work cut out for them to match an achievement like that. Going from just 2 trampolines to 4 is huge for the club, they can now put more people on the beds more often which should help everyone reach their full potential quicker and also help us compete at a higher level and take home those ever desirable medals. Now more than ever is the time to join this club which is set for a big year ahead of them. As last year's Captain, Rachel Cahalane put it "I only see bigger and better things for ULTGC next year. This year was a milestone year for the club and helped set up a lot of great things for next year, for example new committee positions, an improved budget, more coaches and a wealth of experience for everyone who was involved this year and is staying on".

Competitions – Our club is one of the most active when it comes to competitions, we held the Munster Open in the PESS, took part in the Intervarsities in Dublin, went to Belfast for ISTO and Scotland for SSTO and we held in-house competitions as well (we placed very well in those). We get to travel to lots of places and there are different levels of competition (novice, intermediate, inter-advanced, advanced and elite) so you're included even as a beginner, all you have to do is show up, let us teach you a routine and get on a trampoline at a designated time and place. Simple and then you'll be a competing athlete and

can start climbing that difficulty ladder.

**Weekly Activities** – Our weekly activities include two training sessions on Tuesdays and Thursdays where we will have coaches training you on the trampoline beds getting you used to the basic shape jumps and eventually twists and somersaults and twisting somersaults that are backwards and you land in a seat position facing a different way to when you started. But that's all ahead of us. With four beds we will be able to accommodate much more time on the trampolines this year but to make sure we get a full and complete training session we will also be running core, gymnastics and acrobatics training. So get fit, flexible and have yourself some fun! If it can work for Rachel Cahalane it can work for anyone, "At the end of the day the club has given me so many friends and memories so I hope it continues to do that for many more UL students far into the future".

**Special Activities** – Invasion, Douglas Gymnastics Club, Trampoline Stables night out, Naked Bounce there's lots happening throughout the year. Last year we took part in a variety of different events that weren't part of our weekly schedule. The Naked Bounce was our Charity Week event and it saw several of our tramps (no pun intended) take to the bed mostly naked and in the middle of the courtyard. All for charity remember! As well as this though there were frequent trips to Douglas Gymnastics Club in Cork and weekend training sessions in PESS here in UL. We also held two nights out in stables with glowsticks and UV paint which we're messy in the fun sort of way and joined a group of trampoline and gymnasts from all over the country for invasion. My personal favourite was Douglas Gymnastics Club which is beyond well-equipped and cost us just a fiver each, you couldn't go wrong. The club always made it easy to get down, helping to arrange lifts for everyone and that in itself was a great way to get to know some of the long term hardcore veteran tramps (they're usually the ones with the cars).

**Conclusion:** Join ULTGC and become a part of our wonderful club and what's set to be our biggest year yet. Come along to our training days, enjoy our new trampolines, get some quality coaching and make a few friends while building a skill. If I haven't convinced you here (go on, go on, go on...) come down to the Recruitment Drive and watch a live demonstration of what you'll be learning with us. I look forward to seeing you upside down in the air (on purpose) over the coming semester. UL Tramps HuHaHa!

Contact details: Facebook: **UL Trampoline and Gymnastics Club**. Instagram: **ultrampoline**. Email: **ultrampolining@gmail.com**



*Club Trampoline*



*Club Trampoline*

# UL Windsurfing – New horizons

BY JOHN COTTER, EQUIPMENT OFFICER

The Windsurfing club has been sailing into new waters over the last semester and will continue to this semester. This semester saw our first trip for our newly adopted sport; kitesurfing. Kitesurfing will nicely complement our already frequent windsurfing trips, offering more variety to club members. The kitesurfing trips were a great success with all the participants learning quickly. The participants received excellent instruction from champion kitesurfer Ryan Coote. We hope to expand on these kitesurfing trips this semester and attract aspiring kitesurfers to our club. The picture is of John Cotter learning to handle a kite on our first kitesurfing trip.

We had great success at Intervarsities this year. The event was held in Coláiste Uisce in Belmullet, Co. Mayo this year. Jonay Jovani Sancho took home 1st and John Cotter took home 2nd for the club in the silver fleet race. Frederick Gossen came 3rd in the bronze fleet race. The club placed 2nd overall in the national competition. Pictured is the ULWC team after finishing their races. Last semester we also ran a powerboat course for our members. This enables them to drive a powerboat and provide safety cover for anyone on the water during trips. It also looks neat on a CV! We can expect to see Sinéad Ní Raghail, Shane King and Eoin Keyes all helping out on the powerboat in the future.

Looking forward, the windsurfing club will be sailing even further into new waters as we will be joining forces with the Sailing club to create a multidisciplinary club with a new name; the Windsports club. Everyone is very excited about the opportunities that this creates for both sports and the benefits for members of this new club.

We will be celebrating our 30th anniversary this year. To mark this occasion and to celebrate our merging with the Sailing club, we will be organizing a big reunion for all our members, past and present, on the 12th and 13th of November weather permitting. There will be a windsurfing workshop during

the day and a social on the night of the 12th. It will be a great opportunity for old members to catch up and for us all to see how far the club has come along.

Anyone who is interested in joining the club should email [ulwc.committee@gmail.com](mailto:ulwc.committee@gmail.com) to contact us or you can check out our Facebook page **ULWC University of Limerick Windsurfing Club** and drop us a message there.



*Club Windsurfing*

# The Best Socie-TEA for you!

BY SARAH GUERIN, TRIPS AND EVENTS OFFICER

Tea Appreciation Society is diving into this semester, ready to live up to our new title of best UL Society 2015/16! You can't be bad at drinking tea, and because of this we have grown into a large diverse and exciting group of tea-lovers with an endless list of trips and events for our members. We invite you to take a step back from the hustle and bustle of college life and enjoy all the benefits that a cup of tea has to offer. Do you love tea? Are you passionate about all types of tea, the intricacies of brewing, all possible combinations and permutations? Then Tea Appreciation Society is for you! We are for both aspiring tea masters and those who just want to relax with a cuppa at the end of a hard day's study.

First semester as always will see our weekend trips to Galway and Ennis, our Mad Hatter's Tea Party in aid of the UL Student Hardship Fund, and our International Tea Extravaganza.

This semester we are going above and beyond to make your evenings tea-mendous (sorry, you'll get used to all the puns, I promise). Our focus over the next few months will be the development and expansion of our Wednesday meetings, which will be taking place in Plassey Village Hall each and every week right up until exam time. Here you can try an endless number of teas, from good old Lyons to Toffee Popcorn flavour! Our knowledgeable committee can teach you everything from optimum brewing time to the art of the Japanese Tea Ceremony (or you can simply sit about with good friends and a LOT of biscuits).

We will be bringing you to the nicest and most outrageous tea shops in Limerick and further afield, all in an infallibly happy atmosphere. Lest we forget, Limerick's hallowed halls of tea, the Stormy Teacup is blossoming in the city centre! We will be bringing our members regularly to this

amazing venue with its outstanding teas (check them out on Facebook and Instagram). Our benevolent leader will be hiding out there each and every Saturday if you want to add some chilled out tea drinking to your weekends. So pre-register

immediately, check out our social media links (below), and in the words of Mrs Doyle:

Ah go on, go on, go on, go on, go



Society Tea Appreciation - Edinburgh

# Avatar! Not the Movie

BY EMILY KELLY

Calling all Anime and Manga lovers! It's the Anime and Manga society. If you love Anime and/or Manga (and even if you don't), then there's no better society to join at UL. Our society does everything you could want regarding Anime and Manga. From our extensive selection of Manga to our weekly screenings, you'll never be bored!

If you don't know much about Anime and Manga, that doesn't matter. Everyone in our club would be more than willing to explain and make suggestions for you. You can be guaranteed to have about 30 Anime recommendations when you leave the 1st event of the society. However, here's a brief explanation as to what Anime and Manga is all about. Anime is the representation of Japanese stories in the form of TV series like Blue Exorcist or films such as the films of Studio Ghibli like Spirited Away. You can get most Anime in two forms, subbed and dubbed, subbed being the spoken language of the film is in Japanese and there are English subtitles and dubbed is where English speaking actors record the script in English over the show. Manga on the other hand is the Japanese equivalent to comic books. The stories are shown through pictures, speech boxes and speech bubbles. The society has an extensive collection of Manga books in our possession as well which can

be read by any member.

We have 2 weekly events, a hangout every Tuesday where members can meet and chill in the SU, and our screenings every Wednesday night of anything and everything in the Anime world. We also have lock ins in the SU a few times each year. We watch Anime, plays games and order pizza. What more could you want?

There are also several cons that happen throughout the year which our members attend together including Eirtakon and Brocon, a con run by UL themselves. The picture shows a number of our members who organised Brocon along with Paul Lee, our Clubs and Society Development Manager as we presented a cheque to Pieta House – to date we have donated over €6,000 through BroCon to charities

In the past, we've also done events such as bake sales and last year's

Nerd Ball which was a masquerade! It was run and attended by members of Anime and Manga, Fan Forum, Games, Science and Literature societies. It was the final event in 5-society games events which included a giant game of hide and seek run us!

So if all that didn't answer all your questions you can email us at [ulanimesoc@gmail.com](mailto:ulanimesoc@gmail.com) or you can also find us on Facebook at **UL Wolves Anime and Manga**.



Anime Society donating over €2500 to Pieta House

# Sparking Creativity through SofA

The Society of Architecture, more commonly known as SofA, is a cultural organisation promoting art, design and architecture in all of its forms. Originating from the on campus architecture school, with strong links to the Limerick city centre creative hub "The Fablab", SofA is an ever evolving threshold into the contemporary design world, as well as just a bit of craic too.

A social outlet for all with an interest in design, we always strive to connect with Limerick's up & coming art scene. Between utilizing "The Fablab" with its ever growing influence on the city, or organizing creative hubs with design professionals from around the world, SofA is the place to be for the creative mind on a weekly basis. As well as this there are countless social outings. From lapping up the Magnificent Nordic Architecture in Copenhagen, to fancy dress nights, to

weekly soccer matches SofA has it all!

Last year was an exciting year for us. We really gained huge traction through our creative workshops- such as our photography workshop, our creative thinking workshop through craft, and our increased number of guest lecturers. Also more people than ever joined us on our Week long trip to Copenhagen, truly making it an unforgettable experience. Finally we really helped connect with other faculties as well as other universities through "Ball", where both our weekly Soccer matches and our bi-annual indoor soccer tournaments saw greater numbers than ever- and helped us make new relationships with other societies.

We are aiming to not only match, but exceed the great work done by SofA to date. This year once more artists, architects and designers shall be part of our line-up for these such

events, but furthermore for design workshops, discussions and creatively themed competitions and events that aim to make the presence of SofA greater felt here on campus. Again we are aiming to network and better engage with other societies within the ULWolfpack, helping to create new and exciting links with other creative individuals, thus inspiring the further spread of ideas within our own campus.

We aim not only to share thoughts but also to create friendships. So keep updated with our Facebook (<https://www.facebook.com/sofaul>), twitter (<https://twitter.com/Sofaul>) and Instagram ([https://www.instagram.com/sofa\\_ul/](https://www.instagram.com/sofa_ul/)) pages and remember that membership is for anyone and everyone with an interest in art, architecture or creative design. Look out for us in the weeks to come!



# Christianity and Real Life

ABIGAIL KINGSTON (INTERNATIONAL RELATIONS OFFICER)

For those of you who don't know, there is a Christian Union in UL! Our aim is to provide a place where Christians and those curious and searching for something more can come together to ask questions, discuss different topics both spiritual and practical, and listen to speakers from all walks of life. It is also a great place to make friends and meet people from all around the world.

Our regular meeting is every Monday night at 8pm where we bring in a different guest speaker every week. These people include pastors from the local area, experienced missionaries and Christian professionals who this semester will be leading discussions around an array of topics including mental health and Christianity, the validity of the Bible, can God help our addictions? And knowing the will of God

Some events from last year that will make an appearance again this year are International Food Night which is always a big hit, seeing as we have so many nationalities, members bring dishes from their home country and everyone digs in. Last February for the first time we also did a FREE pancake day where we made 500 pancakes and gave them out free of charge outside the library on Pancake Tuesday. We also do social events such as quizzes, bowling and going for meals together. As well as our Monday night meeting we have a more intense Bible Study on Wednesdays where

we go through a study of a particular book of the Bible in detail for the semester. We also host small groups which mean that if you want, you can join a group of four or five people that meet up once a week to get to know each other and find out more about what was discussed on Monday. This is a great way to really connect with the people in the society and also a safe place to ask questions and find out more. If you feel interested, you are very welcome to join us from week 2 onwards at 8pm in Teach Fáilte every Monday night.

Contact us via Facebook at <https://www.facebook.com/UIChristianUnion>



# Comedy Society: We're funny... We swear...

BY LEE BROGAN, COMEDY SOCIETY PRESIDENT

THIS year we celebrate 5 years as a society in UL. That's right, we're heading into senior infants (metaphorically of course). Since 2011 we have been improving year upon year to eventually reach the level we are at today. Two years ago we hosted the first comedy intervarsity between four colleges and won "Best Event" at the UL C&S awards which allowed us to travel to the BICS, All Ireland Societal Awards, to represent UL. We unfortunately did not win anything but we had a great time and we congratulated those who did. We've also had many of our comedians compete in comedy competitions up and down the country, such as Show me the Funny and the Chortle Student Awards. Last year we hosted a number of very successful stand-up gigs from the college's very own Scholars bar. One of which was headlined by one of Ireland's best comedians, Karl Spain, for the Soul week festival, which also included a live Improv workshop in SU Common room. We also hosted a "Newbie Night" which gave opportunity to a number of amateur comedians to experience being on stage for the first time. The lads, mostly first years, put on a great show and got a brilliant response from the crowd. We also hosted a few panel shows over the year as well such as "Big Fat Quiz of the Semester", which involved comedians joking on stage while the audience participated in a quiz

and won prizes, and "Mock UL", which was a charity event where comedians made fun of college goings on throughout the year. We play host to both Stand-up and Improv workshops every Monday and Tuesday respectively, from 7PM until 9PM. The Stand-up workshops allow comedians to test their jokes out on us and get feedback as to how they may improve their writing, stage persona, and public speaking. We also feature guest speakers for those who have an interest in Stand-up learn more about the intricacies and how best to get into it and be successful. Our Improv workshops involve playing a number of improvisational games a-la "Whose Line is it Anyway". Both of these shows also culminate in shows throughout the year so if you'd like to take part, please come along. Even if you don't want to take part you can still come along for the craic. We also produce sketches written and starring our own members regularly throughout the year. We do many other things as well, such as Bake sales, Panel shows, etc. so be sure to keep an ear out for those. If you're interested please contact us on Facebook and Twitter (@UL\_Comedy). You can also email us at [ulcomedysociety@gmail.com](mailto:ulcomedysociety@gmail.com) if you have any queries. We look forward to hearing from you.



Ryan Jennings encapsulating the crowd



A full room admires Dara Fitzgerald

## Cultúr, Craic agus Ceol!

Le Sadhbh Ní Mhéalóid, Imeachtaí Cumann Gaelach Ollscoil Luimnigh Sár-bhliain a bhí ag an gCumann Gaelach i 2015/16, ó cheachtanna d'fhoghlaimoirí nua go turasanna deireadh seachtaine! Cuireadh ranganna cainte Ghaeilge, 'My First Gaeilge', ar fáil le choiste agus baill an chumann le haghaidh foghlaimoirí nua don teanga nó daltaí idirnáisiúnta nach raibh focal ar bith acu. Chonaic na foghlaimoirí agus coiste an Chumann feabhas mór ina gcuid Gaeilge, chomh maith le sin bhí seans ag gach duine cairde nua a dhéanamh trí mheán na Ghaeilge, cad atá níos fearr ná sin? Bhí 'Tae agus Plé' seachtainiúil ar siúil i seomra na Gaeilge in Áras na Teangacha le cheapairí, tae agus caife ar fáil do gach duine a bhí sásta suí, a scíth a ligeadh agus comhrá a dhéanamh trí Ghaeilge ar feadh uair an chlog. Rinneadh cairde nua agus bhí an-chraic ag gach duine a bhí páirteach!

Sa chéad téarma bhí dhá turas iontach agus dodhearmadta ag an gCumann. I seachtain 6 chuamar go dtí an Daingean, Gaeltacht iontach i gCiarraí. Baineadh sult as an turas le turas chuig Fungie a fheiceáil agus na hoíche caite amuigh i dtigh tabhairne Páidí Ó Sé! I seachtain 8 chuaigh an chumann go dtí Oireachtas na Samhna i mBaile Átha Cliath. Is é an tOireachtas comórtas mór Ghaelach a bhaineann le cheol, amhránaíocht agus gan dabht craic! Má tá duine ag iarraidh fíor chultúr Ghaelach a bhlas is í an tOireachtas an áit le dul. Bhain gach duine sa chumann fíor thaitneamh as an turas!

Chomh maith le sin, bhí seans againn airgead a bhailiú do Chonradh na Gaeilge trí lá iomlán a chaitheamh ag labhairt Gaeilge amháin agus bhí díolacháin císte againn chun airgead a bhailiú do Pieta House, cúis fiúntach atá cóngarach dár gcroí sa chumann.

An bhliain seo táimid ag tnúth le fáilte a chuir roimh baill nua agus craic a bheith againn libh uilig! Chun sult a bhaint as ár imeachtaí seachtainiúil nó na turasanna deireadh seachtaine agus do chuid Ghaeilge a fheabhsú sínigh linn!

Le níos mó eolas a fháil faoin gCumann Gaelach breathnaigh ar [www.facebook.com/CumannGaelachUL/](http://www.facebook.com/CumannGaelachUL/)



# Lights, Camera, Drama

BY AINE BARRY, SECRETARY AND PAULA COFFEY, TREASURER



**Society Drama.JPG**

Here at the UL Drama Society, there's always something going on! At our home in the Jonathan Swift theatre we aim to make everyone feel welcome. It's a space for people to explore their creativity whilst also making lasting friendships. Every year people think that you have to act if you're in Drama, but here at UL Drama Soc there's so much more to do! Our members have the opportunity to not only exploring

acting but also be involved set design, costumes, light design, sound design, using the camera and even controlling the action!

Last year we took UL by storm and weather forecasts expect these trends to continue this year. Last October saw some of our first impromptu public breakup performances around the campus as well as a production of Limbo. This was followed by our big production of the semester: The Affairs at Meddler's Top: a suspenseful murder mystery set in the 1920s that drew rave reviews from all. Not

long after this we started to plan our busiest semester yet with not one but two big productions.

That's not all we did though! We had a variety of workshops with topics such as stage fighting, monologues, special effects makeup, Shakespeare, improv and we have plenty more planned for this semester. Our workshops are arranged to train you in every part of the theatre world but most of all they're for you to have fun!

We also organise trips outside our lovely campus, last year we went to two productions: Nosies off and Specifically Being Human, both were massive successes and a fun night out. Last year also saw the first of our annual trips to London, where our members not only got to see The Lion King on the west end, but also got to take part in a workshop taught by west end professionals!

But what does the next semester have in store I hear you ask. Well we've got plenty of amazing weekly workshops, held in the Jonathan Swift Theatre on Wednesdays at 7pm. We'll be doing at least one big production this semester and a few smaller productions, which we are really excited about! Auditions will be held soon, so keep an eye on our facebook for more information.

The most important thing that we will be doing in the coming weeks is getting to know you, so contact us on our facebook page <https://www.facebook.com/uldrama>, or add us on snapchat at **uldramasoc**, or find us at the recruitment drive on Wednesday week 1, or turn up to the Jonathan Swift at 7pm on a Wednesday and talk to one of our committee members to become part of our show circle. It will be the best decision you make all semester!

## Fanning my passion, one week at a time

Fanning my passion, one week at a time

When I first arrived in UL two years ago like many I didn't quite know what to make of the college. Everyone was certainly pleasant and there was certain energy to the place, but I didn't quite feel at home. It wasn't till I arrived at the first Fan Forum meeting that I knew where I fit right in.

So what is Fan Forum... Well the name can be a bit confusing, but basically we are UL's Pop culture society. We are just a bunch of loveable rogues that are a little bit too into Film, TV, comics and those kinda things.

All year round we run a wide variety of events. Our quidditch games allow members to experience their

favourite fictional wizard past-time, even if to onlookers that rarely seems the case. Many called our laser tag face-off their event of the semester. During Halloween we run a spooky themed treasure hunt to get everyone in the mood. For people more into casual events we have consistent table quiz's to put your nerdy knowledge to the test in a casual environment. Similarly, we have movie screenings on the on-campus pubs from time to time, trying to offer some more interesting showings.

Whether I am on it or not, "An Asylum of Bumblebees" our ULFM radio show (#LetsGetReadyToBumble) has become one of my favourite parts of the week. We use it to talk all things nerdy, from the news of

the week to discussing our favourite all times movies and tv shows, to our own crack pot theories of what we as fans need.

That said, where forum really excellence is our

Thursday meetings. It is here that we get order pizza and just chat about whatever our hearts desire. This is where I have had some of the most



**Fan Forum Society**

interesting conversations of my life and it is here that I have made some of my best friends ever.

This semester promises to be busy

## UL FemSoc – Reclaiming Feminism & A New, Positive Image

BY NOLLAIG O'CUILL, CO-PRESIDENT

It was hard to believe that in just a few short weeks we had come so far. As I sat in the crowded Pavilion and listened to the speeches of various guest politicians, surrounded by an enthusiastic audience, I was struck with the realisation that our newly-founded Feminist Society had finally made it. After countless meetings, endless discussions and stacks of paperwork, all of our hard work had culminated in forming a new society that was well on its way to success.

As 2015 began to draw to a close and the UL campus buzzed with Christmas excitement and exam stress, a small group of students crowded

around a table to discuss the possibility of establishing a new society at the University of Limerick. Students ranging from first years to post-graduates from various fields of study all shared their ideas for creating a new, inclusive feminist space at the university, and it was incredible to see such passion and enthusiasm among such a diverse group. During our numerous meetings and discussions we shared our ideas of how to establish a space in which issues related to gender could be discussed openly, and how we could reclaim feminism for ourselves.

Over the years, the word "feminism" seems to

have lost its true meaning in mainstream media and has become wrongly synonymous with aggression and hatred, a term repeatedly rejected for its perceived negative connotations. Contrary to popular belief, however, feminism is not about hatred, domination or aggression. It is not a term to be feared, nor is it something we should be reluctant to associate ourselves with. Modern feminism focuses on inclusivity, acceptance and engaging in dialogue to break down issues relating to gender. An example of such is the difficulty women often face in the political sphere and is an issue which inspired our "Women in Politics"

event in April of 2016.

As our first high-profile event as a budding society, this evening of discussion gave us the incredible opportunity to listen to the stories of Irish politicians Avril Cronin of Fine Gael, Lorna Bogue of the Green Party and Sarah Jane Hennelly of the Social Democrats and to hear how their gender has affected their political careers. As women, they felt that they faced challenges their male counterparts do not as they struggled to be taken seriously as political figures. They described the difficulty to have their voices heard in discussions and felt as though the male-dominated world of politics was unwelcoming to female representatives. Despite these difficulties, they gave a fascinating insight into the advantages of being a female politician, such as perhaps having more empathy and being able to offer a new perspective on political issues. It was a truly enlightening event that not only highlighted the issues that women face in the political realm, but was also incredibly inspiring as an example of feminism working in everyday life. I was amazed at the outpouring of support and positivity, not only from our members but from the politicians themselves. For us, their presence was a confirmation of the legitimacy of our new little society and inspired us to try to continue our success.

Moving into the new academic semester of 2016 as Co-President of this society, I am aware that continuing the success of last semester will not be

an easy task.

Creating a society from nothing and developing it into something which people enjoy and are proud of is a feat in and of itself, but with the added difficulty of the widespread scepticism regarding feminism our task is that much more difficult. Nevertheless, our members and committee are determined to continue to spread a positive image of modern feminism and continue to grow this society into something of which we can all be proud. email [ulfeministsociety@gmail.com](mailto:ulfeministsociety@gmail.com) or on our Facebook page **UL Feminist Society**



# Make Movie Magic

BY MAOILÍOSA NÍ LOIDEÁIN, CO-PRESIDENT.

The Filmmaking Society is back for its second year running. After a successful first year we are looking forward to welcoming back old and new members alike. This year we have finally gotten our hands on equipment for the society. We have a number of events and activities scheduled for this year. We will have our usual fun lock-ins giving members the opportunity to choose films to watch. We will also be organising trips away to film festivals and our having our usual fun cinema trips. Our workshops will take place on Tuesdays at 7pm and they are always fun. We teach as much as we can about film and about equipment. Members take part and every idea is listened to. Last year we had a lot of fun in our workshops and lock-ins and no doubt we will have more this semester coming. We will learn about and put into practice: Storytelling: Script writing, story structure,

character development and dialogue. We also learn about storyboards and shotlists. Directing: Responsibilities, casting actors, directing actors and telling your story Film Genres: Fiction vs documentary, film settings (War, Western, Space Opera, etc.), film themes/topics (science fiction, crime, etc.), film moods (comedy, horror, romance, tearjerker, etc.). Cinematography: History of the camera, lighting, shot composition, lenses. Audio: On-set audio, ADR and Foley, scores and soundtracks. Post Production: Editing - video and sound, file types, color correcting and color grading, basics of visual effects/CGI. Cameras and other technical equipment: Camera types, film vs digital, camera functionalities, exposure: aperture/ISO/Shutter speed etc., lenses, microphones, audio recorders.

Activities will include: Film Challenges: Everyone will be divided into groups and assigned to make a short film, for example recreating a movie scene, making a fake ad, Write and shoot from scratch a short film based on a given prop, character name and a line of dialogue, movie discussions and movie screenings. We will analyse the films from the point of view of effect and techniques used, story etc., trips to cinema and film festivals, pizza parties and overnight lock-ins in the Students Union. Check out the following social media to keep up to date on our activities:

Facebook – **Filmmaking Society UL**  
Twitter - **@ULFilmmaking**  
Youtube – **UL Filmmaking Society**

# A Queer Wolf is never alone in the Out in UL pack!

BY KIERA THORNTON (VICE-PRESIDENT AND PUBLIC RELATIONS OFFICER, OUT IN UL)

The Queer Wolves are back, and what a phenomenal year 2015/16 was for us. Our big events – including Rainbow Week, Alternative Miss UL and Queerbash – all went fantastically well with some record-breaking attendances. We got to work alongside many wonderful individuals and organisations, such as GOSHH, other clubs and societies and the amazing performers we welcomed to our events. We were nominated for several awards and continued campaigning and advocating for UL's LGBTQ+ students. Perhaps our biggest achievement was our massive increase in membership and continuing to provide a safe and supportive space for all of our members and encouraging their participation in the society and wider LGBTQ+ community. Following this truly amazing year, we couldn't be more ambitious for the semester ahead! We're going to continue holding weekly members' meetings on Monday evenings at 7pm, at which we discuss LGBTQ+ topics in a non-judgemental, informal space. Last year our topics for members' meetings included everything from media representation to mental health to the significance of pride and this semester we will be talking about a range of important issues that affect our community. We hope to have a number of members' nights out during the semester which will be on Monday nights after members' meetings. We also hold Queer Hangouts on Thursdays from 1-3pm, which allow for a more relaxed environment in which our members

can chill out with music and games to take a break from the stress of university life. Perhaps our largest annual event of the first semester is Rainbow Week, the slogan of which is "education, fun and educational fun". There are events held every day and evening during Rainbow Week, featuring workshops, talks, a Big Night In and a Big Night Out! It is one of the biggest events of the year for UL's LGBTQ+ community and we hope to make it another massive success this semester. Our priority as a society is advocating for and supporting our members and LGBTQ+ people on UL's campus. We pride ourselves (get it?) on being an inclusive and welcoming society for all, irrespective of sexuality and gender, and the main purpose behind all of our meetings, workshops and events is to foster a sense of solidarity between the LGBTQ+ community and our allies, while ensuring that people are as well-informed as possible on issues affecting us. Our committee are passionate about helping LGBTQ+ students so if there's anything at all you need, feel free to get in contact with us! We recognise that not everyone is as comfortable being open about their sexual orientation and gender identity as others, and we do our best to cater to everybody. We have a Befrienders Service which allows anyone who wants to interact with Out in UL but who is too nervous or otherwise unable to make it to a meeting to talk to two of our committee members who can answer any questions that person may have. Anyone who wants to use this service can

email us at [outinul@gmail.com](mailto:outinul@gmail.com) and it can be arranged!

We have a large and increasing online presence and are active on social media. Follow us on Facebook, Twitter and Instagram, all of our social media links are /OutinUL and this will allow you to keep up with our society! You can also check out our website ([outinul.ie](http://outinul.ie)) which contains blog posts, introductions to our lovely committee and contact links for the support services that work with LGBTQ+ people in Limerick and nationwide. Another blog we maintain and hope to promote in the coming year is our Coming Out in UL blog ([comingoutinul.wordpress.com](http://comingoutinul.wordpress.com)) which is a collection of inspirational coming out stories told by our members. If you wish to get in contact us, you can send an email to [outinul@gmail.com](mailto:outinul@gmail.com), reach us via our social media or look up our website for contact information for individual committee members. Let's make this semester another amazing one for all the Queer Wolves!



# Life's a game, so grab a controller!

DEAN MALONEY (CARD GAMES OFFICER)

As the 2016/17 year begins, we at the Games Society are more excited than ever to provide you with amazing gaming experiences throughout the semester. No matter what part of the gaming spectrum your interests lie, even if you only play games on your phone like Pokemon Go or chess, everyone is welcome to come along. You'll be able to join in for new and exciting games of all kinds or old classics, and you're bound to make plenty of new friends in the process. Read on to find out how you can be a part of our weekly events.

Our Monday Games Nights are a great way to start the week. Along with simple games which anyone can learn to play, like Exploding Kittens and Cards Against Humanity, we also provide all the fan-favourite board games, such as Settlers of Catan. We also actively encourage chess players after our fusion with the Chess Society, and boards will be supplied so you can test your strategy against your friends. It's also the perfect chance to meet fellow TCG players and RPG enthusiasts; you can get a duel against players old and new in Magic or Yu-Gi-Oh and do some trades, or you can meet the Dungeon Master and embark on an unpredictable adventure with your friends. From 6PM until 10PM, it's perfect for winding down after a tough day. You'll find us in the Main Building in EG010, left of the Main Reception (Skislopes). You can become a member here if you aren't one already, allowing you to attend our Games Nights for absolutely free.

Need your dose of video games during the week? That's what our Console Games Day is for, every Wednesday. With our very own PS4, Wii U and Xbox 360's, it's truly a great way to take it easy in between lectures, whether it's some casual rounds of Zombies, classic games like Crash Team

Racing, or epic 8-player brawls in Super Smash Bros. We also have some previous-generation consoles to enjoy, with the Nintendo 64 being one of our most popular consoles. Interested in joining in? Be sure to check out the scene all day from 12PM to 6PM upstairs in the Students' Union. You'll find us in Room 3, before the pool table room. As with our Games Nights, taking part is free for all members, and you'll be able to register here if you haven't already done so. We'll also be finding new ways to implement Pokemon Go into our weekly events such as Console Days, so stay tuned for some big events.

Friday Lock-In's are our premier monthly events, dedicated to all aspects of gaming. This is where we book the Students' Union building for 12 hours, from 8PM to 8AM, providing members with the ultimate gaming area. Expect intense Commander games of Magic the Gathering at 3AM, LAN games of all the popular MOBA's and party/co-op games and some frantic RPG's. Our lock-ins are our most popular event, and it's the perfect way to meet fellow gamers.

One of the highlights for us and for many members during the first semester is our campus-wide event, Zombies. The goal is simple: survive for as long as possible against the growing zombie horde, by hiding, outrunning them or using supplied survival tools to fend them off. Once you're caught by a zombie, you join their ranks and hunt down any remaining survivors as they roam throughout the campus. This adrenaline-filled mayhem also rewards players for doing certain tasks, such as taking the best photo in the heat of the moment or being part of an epic showdown. Expect it to happen mid-semester.

We are always welcoming of new members, no

matter what your interests in gaming may be. Our Facebook group page "UL Wolves Games Society" is the best way to find out about future events, so be sure to check it out. We hope to see you throughout the semester, and be sure to come along to our AGM, it's during our Monday Games Night on 12th September at 6:30PM!

Readers can message our "UL GSoc" Facebook profile to arrange joining with the society, or they can just come along to one of our weekly events and one of the committee members can do it for them.



Society Games BroCon



Society Games BroCon

## UL Mature Students Society - A fresh experience

EDMUND RYAN PRO – UL MATURE STUDENT SOCIETY

The UL Mature Students Society Committee wish to extend a very warm welcome back to Campus to all its active members and a special welcome to all the new mature students arriving on Campus this year. 2015/2016 was an amazing year for the growth of our Society. A very warm expression of gratitude is extended to last year's committee members, who put in so much hard work and dedication in growing and developing your Mature Students Society in UL. Organising weekends away, social outings, games nights,

and so many more enjoyable and fun occasions. Without that dedication and focus we could not have such a strong Society.

A new Committee was elected at our AGM in May 2016 and I can reassure you all that the strength and dedication we have become accustomed to, will continue and grow in strength during this coming academic year. To all potentially new members, we aim to build a supportive network of like-minded people from across all faculties, enabling a diverse and broad support network for all Mature Students.

Many reading this may ask "What is a Mature Student?". Mature Students are identified as Access Students, Undergraduates, Postgraduates, Part-time Students, Evening Students. They are classed as being 23 years of age, or older, at their time of entry to third level education.

To all new members, I would like to give a brief overview of our society. The role of the UL Mature Students Society is to support all Mature student members, providing a fun and exciting social outlet for its members throughout the academic year. Our society focuses strongly on facilitating the integration of new Mature Students throughout Campus and be as supportive to all members in

regards to any aspect of student life and more.

Returning to education or be it a student's first time experience attending third level education can be a stressful experience and may even be an isolating experience for some. The academic side of University is the purpose in attending UL and your chosen studies, and vitally important but having a support of other mature students is hugely important. However, saying in that, the social aspect of attending UL is also very important and should not be overlooked. Through the Mature Students Society, you can connect with other Mature Students who can empathise with your experiences. You develop new and lasting friendships and provide a reliable platform to seek advice or simply meet up for a coffee for a chat and a laugh.

For 2016/2017 we intend to continue the legacy passed on from last year, in promoting and growing our Society. To become a member of the Mature Students Society you can email us for more info at [ulmss@skynet.ie](mailto:ulmss@skynet.ie), join the UL Mature Students Society Facebook Group or you can go directly to UL Clubs and Societies website, [ulsu.ie](http://ulsu.ie)



Mature Students Society

# Hungry like the wolf? Replenish with Music.

BY JACK HAIGH, PRESIDENT 16/17

What's up everybody! Welcome (back) to UL! We here at UL Music Societies hope you had a brilliant Fresher's week! We can't wait to get straight back into things here, bringing you the best we have to offer!

But first thing's first, we have a bit of 'splainin' to do for those joining us for the first time. You might be wondering, "Hold up, where is Trad Soc... DJ Soc... Choral?" ...Well the beauty of the UL Music Societies is that we are all of them! Not long ago, all of the aforementioned societies voted to join forces underneath the one banner (quite literally... we have a banner on the ceiling of the music room). So what does this mean? Well, for the price of one society membership, you get to partake in all the events and activities each of the four disciplines (DJ, Music, Trad & Voice) have to offer! So, with the 'history' cleared

up, let us give you a taster of what we have to offer for our members this semester! Each week, we will have our main activities consisting of; Open Mic in The Scholar's, Traditional Music Sessions in The Stables, and Glee Sessions in the academy all takes place on Monday nights. Tuesdays, we hold weekly gigs in the Stables Courtyard, ranging from new and upcoming local bands, to Battle of the Bands, and Acoustic Showdowns! Then, on Wednesday's, we hold DJ Deck Sessions for you to refine your skills, or even learn new ones on the decks. DJ production classes will also commence on Monday evenings, a little later in the semester.

For those who prefer to be facing and/or behind the stage, rather than on it, check out our Tech Training sessions. Tailored to those who want to learn the ins and outs of 'Stage Teching', Sound Engineering and Lighting, Tech Training

is for you. So, what's new this year? This year we will be focusing mainly on our members (yes, that's you!). Throughout each month we'll be inviting you all on trips, to workshops both on and off campus, to our many gigs in Stables, and to our all new member social nights. Member interaction is our main aim this year, so please feel free to come to our events and make you acquainted. Throughout the week, we will also be hosting different member's nights. Listening parties, jam sessions, movie nights, local trips and more will be included in the itinerary for this semester.

Monthly events will consist of special guests at the Trad Sessions and Open Mics, workshops in areas such as Sound Engineering, Vocal Tuition, DJ, and Production, as well as trips to studios and festivals around the country.

Finally, we are incredibly excited to announce a little (but very big) something we

have organised for Week 6. This year we are hosting our first ever UL Music Week! With activities during the day from each of the disciplines and nightly entertainment provided by top class Irish artists, this not a week of events to miss. Following two very successful years with acts such as Hudson Taylor, The Academic, The Original Rude Boys, our 'big gigs' are guaranteed to please. So, if you enjoy music make sure to keep an eye out for our big announcement on Facebook and around campus. So to finish up, we hope you all have an incredible year in UL, whether it be your

first, last or somewhere in between. If you are interested in getting involved with us, feel free to drop us a message, email or even come and talk to us in person at our events (we don't bite, and that's a promise)! We are really looking forward to having our best year yet! To make sure you stay up to date with us and all of our disciplines, make sure to like our Facebook Pages!

- Music: [facebook.com/ulmusicsoc](https://facebook.com/ulmusicsoc)
- Trad: [facebook.com/ulmstrad](https://facebook.com/ulmstrad)
- DJ: [facebook.com/ulmsdj](https://facebook.com/ulmsdj)
- Voice: [facebook.com/](https://facebook.com/)



## "Camera ready?"

The Photographic Society (Photosoc) is a Student run Society for all of those camera/photo enthusiasts out there. Whether you like taking photographs or being in them, we have something for everyone and cater for all levels! Haven't got a camera? Not to worry, the Society has a camera room located upstairs in the Students Union that is filled with lots of equipment for the use of all its members at workshops. The past year has been very social for the Society, attending triple the amount of events on and off campus really benefiting all of our members. The Photographer of the year competition, run alongside the University Visitor's Centre, featured the Society in a high profile National Photography Magazine called Fusion, showcasing the Society members' work.

There has been a lot of changes within the Society including some new fresh faces joining the committee. One committee member was awarded with "Best Society Individual" at the prestigious C&S Ball for their outstanding contribution to the Society and

representing the University at the Board of Irish College Society Awards. Does that sound like fun? Well, there will be opportunities to get involved as new positions will open up in September for anyone interested in the running of the Society. These positions will be both long and short term, so not to worry if you are only here on Erasmus Studies! All are welcome to apply. The Bank of Ireland recently established a branch on the University Campus and was looking to reach out to help Clubs and Societies with some funding. At the start of March, the Society was greeted with some fantastic news that our application was accepted and we would be receiving funding toward new equipment. The Society was overwhelmed with excitement and really looking forward to the arrival of our new equipment, including:

- 16-35 mm lens**
- Lexar CF Cards**
- SanDisk SD Cards**
- Canon Speedlites**
- 24-70 mm lens**
- Canon Camera Bodies**

The Society is blessed to be surrounded by other amazing Clubs and Societies to collaborate with. Not only do we hold our weekly workshops but we get to cover events for others too, including Sporting and Music events. The Students Union holds numerous activities and gatherings throughout the year, for example Fresher's week, the Graduation Ball and Charity Week. The Society offer our services to these, which members also get to attend. Weekly emails are sent out about upcoming events

that our members might be interested in going to, be expecting some Facebook invites! All of the photographs from previous events throughout the year are available on our Facebook page. Check them out!



# “Presenting: Dance UL 2016/2017”

BY SONYA RAMONDINO

Calling all students who love to create, collaborate, let loose and DANCE- we have just the place for you! Dance UL is an ever-growing society which warmly welcomes students from all levels, countries, and dance backgrounds. Whether you are craving a different style of movement, want to finetune your forte, or are daring yourself to dive into the unknown (which we highly encourage), we have classes for you! Each week brings with it a variety of excited instructors, whose classes and workshops range from hip hop, jazz, contemporary, Irish, ballet, and more. For more information and further details about our weekly schedule, visit (and follow!) “DanceUL” on Facebook, Twitter (@DanceUL), and Instagram (/officialdanceul).

Dance UL is also home to four intervarsity dance teams, all of which compete in the annual All-Ireland Intersvarsity Competition in early spring. This Fall, the committee and choreographers will be holding auditions for a fresh batch of talent! All dancers are welcome to these auditions, which second as free classes for those who choose not to put themselves forward.

Dance UL engages in a number of events on campus, while collaborating with different societies such as Drama Society, Out in UL,

and Games Society. Students affiliated with any club or society are welcome to take part in the table quizzes, game nights, or any of the events hosted at UL throughout the year. Joining Dance UL provides the additional opportunity to perform for the local community at fundraisers, pub nights, and more! Not only does the society offer a unique chance to grow and develop as a dancer, but it nurtures an extreme sense of family, commitment, and lifelong friendships. If you are ready for amped-up classes, sweaty rehearsals, enhanced camaraderie, and an outrageous amount of fun- Dance UL is for you!! Come visit our booth at the Recruitment Drive for preliminary schedules, additional information and the chance to talk to some of our dancers and committee members in person! We are so pumped to meet you :)



# UL FM celebrates success in its fifth birthday

BY AISLING MOLONEY- PRO

EVER dreamed of hearing your voice broadcast across the radio waves? Ever wondered where the most cracking presenters get their start? Need a platform for your opinions, music or banter? Well then UL FM is the society you need to join this semester.

UL Radio society is going into our fifth year of broadcasting and so we are having a special celebration in honour of our achievement at the end of September. Last year we won our first National Student Media Award when William Nolan took home the Radio DJ of the year award, a deserved award for the long-term, dedicated and hard working society member.

We broadcast Monday to Thursday 10am-11pm and Friday 10am-4pm and you can tune into UL FM online via our website [www.ulfm.ie](http://www.ulfm.ie). If you are keen to be a part of our society and get your original slot on the air then go to our website and fill out the form.

There is no experience required to be a part of UL Radio society and become one of our smashing hosts or producers of one of a variety of original shows featured on UL FM. Whether you are comfortable hearing your voice on air (who really is?) or have never worn a pair of headphones (seriously?) all you have to do is apply. All types of show are welcome. We have had it all on UL FM: from playing the latest smashers, to discussing politics or sport analysis, to comedy, to obscure 60's Latvian progressive rock.

This year our society is offering newcomers and radio veterans, workshops in presenting skills, technical skills and editing skills throughout the semester. UL FM will be hosting some guest speakers to inspire our budding radio buffs and help improve our station in its fifth year.

UL FM needs bright and bushy-tailed interested people to join our society to help improve our radio station as we move into the future, rock up to us at the recruitment drive and we will get you tuned in and joined up to UL's very own radio station.

## UL Social Democrats – on the cutting edge of Irish politics

BY JOHN AHERN, SECRETARY

The Social Democrats are one of Ireland's newest and most exciting political movements, founded in 2015 by independent TDs Roisín Shorthall, Catherine Murphy and Stephen Donnelly. The party's values are based on several key ideas - supporting a healthy, inclusive and progressive society ensuring a strong, stable and vibrant economy and making politics and government more transparent.

The UL branch of the Social Democrats was founded in early 2016, and has taken an active role in the party since. We've helped to develop party policy on a national level, had a front-row seat for the excitement of the 2016 general elections, and have helped add to a healthy political discourse on campus.

In February 2016, we held a public meeting with Roisín Shorthall and Catherine

Murphy, which was a very enjoyable evening of debate and discussion. Later in the semester, we were honoured to have the opportunity to be involved in the UL Feminist Society's massively successful Women in Politics event.

This year, we have many events and trips planned, including a national student conference, which will be held here in UL, as well as our public meeting with Stephen Donnelly TD, so keep an eye out for us around campus and come along and get involved! You can contact us on Facebook – just search UL Social Democrats – or drop us a line on [ulsocdems@gmail.com](mailto:ulsocdems@gmail.com)

**UL Social Democrats**

