



Clubs & Societies NEWS

Aontas na Mac Leinn
Ollscoile Luimnigh

University of Limerick
Student Union



Edition 17 Semester 2 AY 2014/2015

INTERNATIONAL MADNESS IN SEMESTER ONE... AND MUCH MORE TO COME!

*Jean Langford
Previously PRO,
Current President*

The International Society saw some wild happenings throughout semester one this year. Between feeding hungry international students at our International Food Fair, encouraging wild dancing on Friday nights at the Stables, to taking these hungry, wild dancing folk around Ireland to both dine and dance in other parts of the country, the International Society of UL definitely had its hands full! This semester we held a wide range of events. These included our International Food Fair which attracted over 200 Students to try out dishes prepared by our fantastic members of culinary talents from all over the world. Everyone went away with tastes from all over the world. Our TGIFs were also hugely successful this past semester with the Stables being packed every week, having drawn crowds in with a variety of weekly

themes. Our events officer, Laura Foley, was at the ready when people were deserving of awards for their efforts in dressing according to these themes!

We are delighted to say that all of the trips organised this past semester by our fantastic trips officer, Ciaran

new friends.

After such a successful semester we are extremely excited about this upcoming one. We have made our own account with Instagram so we can connect with our members even more and share photos of our trips and events in style- follow

going to be especially mental this coming semester with a whole range of themes planned- we are particularly excited about our Carnival Brazilian themed TGIF happening in week 2 and our Valentines ball which is happening the following week! Make sure to have

opportunity to do so! Watch this space!

TGIFs aside we have a wide range of surprises up our sleeves this semester so make sure to sign up to the society to get our weekly email and keep an eye on our Facebook and Twitter! We are especially looking forward to the trips after last semester and we hope all our members are excited too!

If you want any more information on the society don't hesitate to contact us at: ulinternationalsociety@gmail.com

Or you can find us on Facebook: <http://www.facebook.com/ulinternationalsociety>

Or Twitter: <http://twitter.com/ULIntlSociety>

And make sure to follow us on Instagram at UL international Society and add us on Snapchat! Our Snapchat name is [ulintsoc2015](https://www.snapchat.com/add/ulintsoc2015)

Don't forget to have a look at our website too for more info on everything we do - www.ulinternationalsociety.com



O' Donnell, resulted in full buses travelling to many spots around the country such as Galway, Cork and Belfast and more. Needless to say our International and Irish students were all extremely delighted to see such beautiful spots with

us at UL International Society. We also have set up a snapchat account so make sure to add us - [ulintsoc2015](https://www.snapchat.com/add/ulintsoc2015).

We have loads planned for this semester between trips, TGIFs and our new literary and music club! TGIFs are

your Masques, feathers, and reds at the ready. Of course we'll also be going all out for Paddy's Day celebrations because as much as we want to learn about other cultures and celebrations we could not be more excited to share our own, and what a great



Welcome back to one and all



- Kayak Club, Wales
- Sub aqua Club, Lanzarote, Spain
- Surf Club, Taghazout, Morocco
- Badminton Club, Enschede, Holland
- Architectural Society, Amsterdam, Holland.

Not bad eh? It always seems quite grand to see Clubs & Societies going to such destinations and I am always finding myself in the position of constantly having to explain why these trips happen so here goes again.... this is the reward for those who have put in the training and leg-work since joining the Club or Society back in September you certainly can progress quite quickly if you apply yourself and avail of these great opportunities. The Badminton club were taking part in the annual International Student Badminton Tournament (ISBT), and apart from the notoriety that Amsterdam might be famous for it is

It seems like Semester 1 passed me out in the blink of an eye and already it has been a very busy start to the 2015 Clubs & Societies calendar of activities in January. Many are capitalising on their growth in Semester 1 and activating the next generation of members by undertaking their annual training and developmental trips. These trips cover the likes of the Outdoor Pursuits Clubs annual winter mountain training to Fort William in Scotland in order to develop their mountaineering skills, under professional instruction. Other overseas trips include

also rich with real culture in its architecture which our society took advantage of for the budding architects in UL. Also worth noting too that when you are working to a student calendar it can be very difficult with dark evenings and inclement weather to keep the momentum of a student club going so once the waters off the West Coast of Ireland become frigid and dangerous the overseas option is great for warmer and milder water to allow the progression of members go at a much faster pace. This was the case with our Sub aqua and Surf Clubs; it also helps that Ryanair offer value in their off-season comparable with getting a train from Limerick to Belfast. Warm weather is not the Kayak Clubs motivation though availing of rivers in Wales in January complete with ice and snow melt! brrrrrr but then again that does give them the competitive edge ahead of intervarsity's shortly where they are looking to secure their 6th consecutive

title. So when you probe these events there is method to the madness.

There are a lot of domestic activities as well and I know the GAA are heavily involved in pre-season and Walsh cup competitions but most notably for me was the student rugby clubs tour to Killarney where the students proved themselves to be very worthy ambassadors for the University of Limerick. It is not a common occurrence that someone would ever take the time to flag this up so it is great to see a positive story about student behaviour when it merits and great credit to the Men's student Rugby Club.

"When students cause problems Paul, it is shouted from the roof top, but I want to make known and shout it loud, and make sure your SU President knows, that this group have certainly did themselves proud. We would have them back in a flash, and would certainly welcome any

groups (Club/Societies) from UL to any of our properties here in Killarney. Thank you Paul and thank Oisín Taylor Blakely and co. for been the perfect guests. Please god this will be the start of a good relationship with UL Wolves - Kind regards, Ann" - Ann Shanahan, Corporate Sales Manager, Killarney Convention Centre, Killarney, County Kerry, Ireland

It is not too late you can still join most clubs and societies this Semester and maybe you can get in on the summer trips? There are two touch screen information panels upstairs in the Students Union with all the contact details for the committees of all clubs and societies if you want to follow up directly with any of the clubs and societies featured in this publication

*Paul Lee
Clubs & Societies Development
Manager
U.L. Students Union*



the buildings of Amsterdam and Sub Aqua were diving in the altogether different climes of the Canary Islands. As always I am constantly impressed with the dedication of C&S members to their relevant community. In the coming weeks we will no doubt see more of this renowned Wolfpack allegiance and commitment with a packed timetable of Hustings, C&S Ball, Charity Week, summer trips, budget submissions and BICS; Last year we brought home the Best Society Individual Award from the Board of Irish College Society Awards in Belfast. This year we are looking forward to bringing our famed Wolfpack Spirit to Athlone (16th April) for the 2015 Awards.

As always, anyone with general C&S related queries or questions relating to the: Wolves Vehicles, Wolf Mascot, Room Bookings, Foreign Trips, Deliveries, Special Applications Fund, C&S Insurance, Finance, SoUL Week, BICS Awards/Portfolios/Interviews is always welcome in my office which is located on the first floor of the Student's Union Building

*Beir Bua agus Beannacht!
Michelle
Michelle.Whyte@ul.ie*

Hi All,
Welcome back! Already this semester is looking to be just as successful and progressive as the last. Week 7 brought SoUL week which provided us with entertainment in all things "Society"; from Happiness Day with the Psychology Soc (Puppies and chocolate...my favourite!) to dance-offs in the courtyard, celebs at our doorstep for the ORB concert and Tea Parties with our favourite historical figures.

While most were warming their toes by the fire over the Christmas our Outdoor Pursuits club were tackling Snowy Ben Nevis, Kayakers were testing the rapids in Wales, Surf Club enjoying the waves in Morocco, Architecture Soc admiring



PK TRAVEL

let us take you where you want to go...

Contact our team;

T: 061 47 11 11

E: info@pktravel.com

2015 SET TO BE THE BIGGEST YEAR FOR THE ANIME AND MANGA SOCIETY YET!

This year began as any other, with members hesitantly meeting each other at the hangout and not much words being spoken, but once we passed the 2nd week mark, most people were comfortable in each other's presence and new friendships were being formed between members. This is one of the core aspects of the UL Anime and Manga society, to help people old and new, returning to UL fit in. We took a trip to Eirtakon this year, which many found to be a rewarding trip, and for quite an amount of us, our first Con (i.e. Convention to the uninitiated) but will not be the last, as the society has planned more trips to conventions for the forthcoming year. As with every year, we also have

Brocon which is held with the Gaming Society, which is UL's resident Convention. Last year, we expanded our venue to the PESS building and had over 600 visitors, which was a new record for us. We also raised over €2200 for our chosen charity, Pieta House. The scheduled events each week are: A hangout and creative workshop every Tuesday where members talk with each other and enjoy each other's company, where members can also take advantage of our creative officer, who can help them with their art. Every Wednesday, we have screenings that show a wide variety of anime picked by our members. Every Thursday we host Japanese learning

sessions, where members can learn Japanese from two accomplished members of the society. Also, we hold regular events such as lock-ins, where we stay up for an entire night and watch Anime and play games. These events however, are cause to change, so, don't take the word of this article as law, so you can be updated on our events on our Facebook, at "UL Anime and Manga Society", our Twitter "Ulanimesoc" and of course, by our email, ulanimesoc@gmail.com Hopefully, we will see many new faces this semester, and will create many new exciting memories.

By John Brogan,
Public Relations Officer



ALL ROADS LEAD TO VARSITIES!

In November UL Equestrian Club hosted the National Tetrathlon Intervarsity Championships. Sending a very strong group of competitors we were eagerly hoping for success and after a tough weekend of competition we came out on top! In February, we will be competing at National intervarsities. This is our main event of the year and we hope to defend our show jumping team crown this year. It takes place from the 20th-23rd of February in Cork and is hosted by UCC and CIT. There are still some places available for competitors and supporters. We guarantee a fantastic weekend with likeminded people. We also have a number of training days for new and



beginner members such as an equine interest day where you get to meet and greet our horses without actually riding them. In March we will be running Treks across the Irish country side. There will be seminars with Equestrian Professionals talking about life in the equine industry. For more information: Email: ul.equestrian@hotmail.com Face book: UL Equestrian Club Sign up cost for second semester: €5 By Paul McDermott Captain UL Equestrian club



Clubs & Societies

International Students and UL Campus Members

Let Killarney be your next adventure

let the fun begin!

We provide spacious self catering, 3 star to 4 star deluxe hotel accommodation. There is so much to do and see in Killarney, make it your next destination. The only limitation is your imagination!

 <p>Tours</p> <ul style="list-style-type: none"> Ring of Kerry Tour Dingle & Sleah Head Killarney Historical Sites Tour Gap of Dunloe Trip Boat Cruise on the Lakes of Killarney And many more ... 	 <p>Activities</p> <table border="0" style="width: 100%;"> <tr> <td>Climbing Walls</td> <td>Shooting</td> </tr> <tr> <td>Archery</td> <td>Horse Riding</td> </tr> <tr> <td>Cycling</td> <td>Mountain</td> </tr> <tr> <td>Kayaking</td> <td>Biking</td> </tr> <tr> <td>Walking</td> <td>Hiking</td> </tr> <tr> <td>High Ropes</td> <td>River Fishing</td> </tr> </table> <p>And many more ...</p>	Climbing Walls	Shooting	Archery	Horse Riding	Cycling	Mountain	Kayaking	Biking	Walking	Hiking	High Ropes	River Fishing	 <p>Evening Activities</p> <ul style="list-style-type: none"> Snooker & Pool Darts Competitions Gym & Swimming Team Quiz Motivational Speakers Murder Mystery Weekends Ghost Tour of Killarney Late night entertainment Concert & events at INEC
Climbing Walls	Shooting													
Archery	Horse Riding													
Cycling	Mountain													
Kayaking	Biking													
Walking	Hiking													
High Ropes	River Fishing													

Book accommodation in any of our properties and our guest relations department will be happy to assist you to book your group excursions

Contact Ann 086 8564953 | ann.shanahan@killarneyconventioncentre.ie

www.destinationkillarney.ie



Everyday I'm 'Shuttle'ing

Saoirse Cunniffe,
PRO UL Badminton



What an action packed first semester it has been for UL Badminton! From 'edge-of-your-seat' league matches to team-bonding, from friendly club competitions all the way to International student Badminton Tournaments in Ireland and Holland, UL Badminton have been shuttle crazy!

The semester got off to a flying start with UL Badminton's First Social Play-off of the Year in September. A massive turn-out required the tournament to be run over two days and everyone from complete novice to regular shuttle-beater had a chance to have competitive matches. With a lot of newbies this year, the tournament with its 'random partner selection' and round-robin draw, provided members the opportunity to meet new people and make new friends early on in the semester.

The Social Play-off lit the fire in many of our member's bellies to strive to become their badminton best and in just a few weeks later many showed up in full

spirits for the club's team trials. A plethora of talent and enthusiasm for the game was witnessed during the trials and after a few hours of heated discussion among the coaches four teams were finally chosen. The teams have since gone forth to compete in the Limerick leagues and have so far been very successful in their matches. Each team so far are at the top of their respective divisions leading into the second half of the league after Christmas and we wish them the very best as they continue their matches in the coming year. This year set to see UL Wolves take over the running of the Limerick ISBT (International Student Badminton Tournament) in UL over the October Bank Holiday. The committee worked tremendously hard to make the tournament the great success which it was, and it seen participants from Colleges from all over Ireland as well as some badminton-fanatic students who travelled from as far as the Czech Republic to enter the Tournament. The games ran smoothly

over the three days with the finals taking place in the second half of the third day. The tournament seen six of UL's members reach finals in their respective divisions and after much nail-biting tension for those of us watching the matches, UL were left with four winners! To top things off, UL went on to win the Cup for the second year running.

Towards the end of the year before some of our members were to head off to Enschede for the ISBT Holland, we felt some team bonding wouldn't go amiss. Members who were interested headed off to go go-karting. Loads of fun was had by all, along with a bit of friendly competition! Following tradition, members who were interested in playing competitively or just socially flew over to Holland to spend five days engrossed in badminton and making new friends from all over Europe as well as welcoming in the New Year abroad. This time abroad each year can give players some of their most competitive matches of the badminton year while also

bringing the team closer than ever, and giving players the chance to experience a new culture. Ask anyone who has participated in the ISBT and they'll tell to go! The successes and events of this semester leaves hope for an even better second semester, with Varsities coming up in Belfast

and even more Social Competitions and Team-Building Activities! So if you are looking to pick up a new hobby, make some new friends or just love to play badminton it's not too late to join the club, just come along any Monday or Wednesday evening!



ULKC – “Insert Witty Title”

*Caoilinn Doran, PRO and
Gavin Sheehan, Captain*

The latter half of 2014 has been a busy few months for ULKC! We've squeezed everything and anything into the past semester to make ULKC the biggest, baddest club in town! That included multiple trips, competitions, social events and inter-club activities.

The jam packed semester began with an amazing trip to Lahinch in September for approximately seventy of our members. This was followed by another huge trip to Kerry in October, which saw over thirty-five of our members take on some of the best white-water Ireland has to offer. As well as these marquee trips, we held day trips to the Hole in Tuam, the River Boluisce in Galway, the Ennistymon Falls in Clare and the River Flesk in Kerry. All of these intertwined with our weekly river trips to Castleconnell. On top of all this, throughout the semester, we had two teams enter the Munster Polo League, we hosted our inaugural pool party – yes we're talking strobe lighting and music provided by DJ Soc – in the POOL. We held a trip to Crana Fest, entered the UL Dance party and continued to progress at our tri-weekly pool sessions. All of these made for an amazing semester with fantastic results. Not forgetting our fun-filled Social events including a club outing to the bowling alley and our Freshers night out.

Semester one was a huge success and finished on a high as many of our members spent New Year's paddling in Kerry for a week, along with a huge number of paddlers from all over Ireland and further afield. It was an amazing week for every standard of paddler and is definitely on the cards again for next year.

Just last week, twenty-three of our bravest members went

on their first foreign trip of 2015 to Bala in Wales. It was a fantastic week with loads of improvement in rescue, instruction and general paddling skills. Even in adverse weather conditions, the gang made the most of their time there and managed to paddle almost every day.

Looking forward, the club is currently in serious training mode for the National Inter-Varsity Kayaking Competition that is quickly approaching. This weekend shall be filled with paddling of all disciplines while incorporating as much inter-college banter as possible! We are determined to make this our sixth consecutive win of the competition and as such the 'game is on'!

Further along stream, we'll be attending various discipline competitions around the country, organising several day trips of all kinds, we'll throw in a few more weekend trips, namely our Wicklow



trip and to cap it all off we'll be finishing the semester in style in Italy and Slovenia on our annual Alps trip. This is definitely the highlight of the semester and is something that all our members can aim for.

So if any of the above is even slightly interesting you, then make sure you call into the pool any Tuesday, Wednesday or Thursday at 9.45-10.45pm, OR contact us via our Facebook like page, (ULKC-University of

Limerick Kayak Club), OR drop us an email at ulkayak@gmail.com. And if you're just curious for a browse check out our website at www.ulkayak.com. We sincerely look forward to meeting you all!



barnacles
hostel DUBLIN GALWAY



15%

DISCOUNT

- Valid for individual bookings
- Discount applied to rack rate
 - Valid until 31/05/2015
- Valid in Dublin & Galway
 - FREE breakfast, WIFI & night club concession

DUBLIN. 01 6716277

GALWAY. 091 568644

WWW.BARNACLES.IE

MUST BE PREBOOKED- EMAIL or CALL HOSTEL DIRECTLY

STUDENT DISCOUNTS

FREE BREAKFAST

IF IT WASN'T SHAGGY, IT WAS PROBABLY THE VIKINGS!



The UL Vikings are currently recruiting new members for the 2015 season after enjoying one of the busiest and most successful pre-seasons in the club's history. This year the Vikings have restructured their entire coaching system and training regime to inject new life into what is already one of the most prosperous clubs on campus and are now looking to develop even further by adding new blood onto the field to join the crop of young players that are currently on their roster. The Vikings have one of the best developmental programmes in UL as the majority of the players have little or no experience of American football before engaging with the club. Yet in the last decade they have managed to produce 3 national championships along with a European championship and a top 20 ranking in Europe. It is their commitment to the development of new recruits that yield such production and this year will be no different.

Last semester saw the Vikings take to the gridiron for the annual Intersarsity Championship held in UCD, where they narrowly missed

out on the tournament final. Of the 27 players that were on the roster, 16 of them had never played a competitive game of American Football and only 4 have been involved in the club more than 12 months. Therefore to come within 7 points of a championship final against the eventual tournament winners was an achievement in itself. The same group then travelled to Spain just 4 weeks later to play a preseason friendly against the Granada Lions, an established and extremely successful Spanish division 1 team. Again the Vikings took only a handful of established players and yet still battled within the Spanish ranks. If you're interested in seeing the game, it was streamed in its entirety live and is on Youtube, just search 'The UL Vikings'.

This semester, the Vikings are looking to build on such a productive autumn period. They will be present in the second semester recruitment drive so keep an eye open if you are looking for a new challenge to engage in this year. With the IAFL season fast approaching, the Vikings

will be holding training sessions for new players in the coming weeks, starting on February 7th. There is no required experience or fitness level and all equipment is provided. The first game of 2015 will be a preseason contest played in Waterford against the Wolves (ironic isn't it?) on February 21st. The IAFL season will begin 2 weeks later against Trinity College, last year's national championship finalists, on March 8th, here in UL.

Outside of football, the Vikings participate in many fundraising and charitable events, most notably Riverfest, where the team will complete the Great Limerick Run 10k on May 3rd, in full gear!

Trainings are held Sunday afternoons and Wednesday evenings every week. There are also elite gym sessions in the Arena on Tuesdays and Thursdays. These sessions are run and monitored by the UL Vikings certified Strength and Conditioning coach. These sessions are free for all club members. There are ample opportunities to join the UL Vikings, not just as a player, but as coaches, referees,

even as administrators or photographers. The Vikings will be hosting their annual Superbowl night in Flannery's Bar on Sunday the 1st of February (more info on Facebook: <https://www.facebook.com/superbowlparty.limerick>). Feel free to come along and meet some of our players. Any and all who are interested, don't

hesitate to contact the club at ulvikings@gmail.com as there is always someone ready to talk "all things football".

Facebook: <https://www.facebook.com/universityoflimerickvikings>
Twitter: @TheULVikings

Craig Brouder
UL Vikings P.R.O



Who wants to be the next Katniss Everdeen??

Join UL Archery Club this semester to discover the thrill of using bows and arrows!



It is with great pleasure that I can say the UL Archery Club has experienced a wonderful year thus far. Beginners and advanced archers alike have improved throughout the semester with a competition in DCU being thoroughly enjoyed by all. It was an excellent opportunity especially for the beginner archers to test their new skills in a competitive but friendly environment where they could meet and get to know others from outside the club. Friendships within the club have also been solidified with numerous bonding sessions attended throughout the semester between bowling, paintballing and even the odd trip to the pub together for a quiet few drinks. The

beginners have finished the introductory course to archery and have started shooting full distance now, so they will be well able for the Intervarsity in NUIG on the 7th of February! We are expecting a very successful reception at the recruitment drive on the 3rd of February and are happy at the prospect of welcoming yet more individuals to our Archery Club. We are looking forward to this upcoming semester full of promise and challenges. Anyone searching for more information can make contact at ularchery@gmail.com

*Public Relations Officer,
Maria Dunne*

RUGBY? GET THE RUCK OUT!

Tom Egan, P.R.O. UL Men's Rugby

The UL Men's Rugby team used the winter break from competition to sharpen their skills with a training camp over January. Seniors and fresher's alike came together for a 5 day training camp from the 15th to the 19th. The team bonding session began with 2 days in UL where they took part in gym and pool sessions in the UL Arena and pitch sessions on Maguire's and the 4G pitches over in the north campus. Then the team went down to Kerry where the rest of the mid-season training would be completed in the Killarney Convention Centre.

The team completed tough fitness, skill, pool and gym sessions during their time there which will prepare them for the business end of their current season. It wasn't all work however as the players also took part in team activities throughout their time there also. Paintballing, pitch'n putt and visits into Killarney were amongst the activities organised by the club for the players during their off time.

The trip organised by the club, and part funded by both the club and the ULSU, was a great success. The trip consisting of travel up, down and around Killarney, accommodation for the 2 nights down in Killarney, breakfast and dinner for each day in Killarney, paintballing sessions, games of pitch and putt, gym, pool, fitness and technical sessions taken by experienced coaches. Training for the second semester continues on the north campus 4G rugby pitch at the following times



- Monday: 19:00 – 20:00
- Wednesdays: 18:00 – 19:00

Players of all experience are welcome and registration for the entire season is only €5.

Our first match of the season is away to local rivals Mary I on Wednesday the 4th of January. Further notice will be put on our Facebook page UL Men's Rugby.

Also come along to our annual suit up night on the 5th of February. Tickets are €2 and can be bought on the door or off any of the players on the UL Men's Rugby Panel. There will be activities on the night culminating in the infamous slave auction where you can bid to own one of the UL Men's Rugby team for a whole day. We hope to see you there.

HITTING THE GROUND RUNNING

By Eleanor Whyte
PRO of UL Athletics

UL athletics had a great start to the 2014/2015 season with some exceptional performances at the Intervarsity Road Relays held in NUI Maynooth after medalling at the Munster Road Relays in CIT the previous week. The UL women's' A team of Amy O'Donoghue, Niamh Donnelly, Ellen Moran and Grace Lynch finished in a superb fourth place with the B team finishing in a very credible 15th position. The men's A team of Niall Tuohy, Kevin Chesser, Niall McCormack, Jake O'Regan and James McAssey finished in 5th place in a highly competitive race. The B team finished in 18th position, The Road Relays are an excellent start to the athletics season and really set the standard for, what is hoped to be, a very exciting and successful year for UL athletics. Next up is the IUAA Indoor Track and Field Championships in the world class facility in Athlone I.T. This will be hosted on the 6th of February and is sure to be an extremely enjoyable event.

The annual Thomond Games will be happening in April on UL campus. This can be a great first competition for beginners. The higher the attendance the better the competition, undoubtedly.

New members are always welcome to UL athletics. Come down to the second semester recruitment drive on the



3rd of February in the University Concert Hall from 6pm to 8pm if you are in anyway interested. Alternatively come along to training on either Monday or Thursday evenings at the track at 6:15pm.

UL Athletics would also like to express huge congratulations to our very own Thomas Barr who picked up the Most Inspirational Performance on Irish soil award at the annual National Athletics

awards ceremony. This topped off Barr's hugely successful season which included breaking the Irish 400m hurdles record and beating the 400m hurdles world champion.

The image below is of the UL Athletics Team after last year's Outdoor IUAA Championships in Waterford. This year the team will travel to Belfast for an event better weekend full of great performances and even better memories.



Women's rugby: it's a way of life

ULLR is a family that just keeps on growing, we play for each other and we support each other through all the blood sweat and tears. Last season we had huge interest and commitment from the start. We trained every Monday and Thursday night and the improvements were visible week after week. We got off to a winning start in October beating CIT away 48-5. We had two more games to play before Christmas came around and on the 12th of November we played our first home game against the newly promoted Trinity College. It was by no means our greatest display of rugby to say the least but we did enough to win 24-10. Our last game was against Carlow IT at home on the 26th of November. Carlow are current league champions and are our rival team as they came out victorious against

us last year in both intervarsity's and the league final which was a bitter pill to swallow given ULLR's excellent past history in both tournaments. We took our emotions from the defeats last year and we came out fighting in that last game. We showed Carlow that we were not going to let them win easy against us this year. The score line at half time reflected that as neither team got a score on the board. Bodies were tiring and sore but the battle was not won and yet again we went out and gave it our all. We started to play better rugby in the second half and the score line began to build for both teams. We made some great breaks but unfortunately Carlow were always on our tails and any gap we left in defence we were punished for it with Carlow winning 29-17 leaving us second on the



league table. Throughout the last semester we held two fundraisers. One being a bake sale in the courtyard in UL in September which was a great success so a big thanks to everyone who supported us! We also did a bucket collection outside Thomond Park at the end of November and a few of us went to watch the match afterwards with Munster winning against Ulster. The money raised has been put to good use

as we are getting new jerseys and badly needed rugby equipment in the New Year. We hope to get a few training sessions done in early January and make good use of the new equipment as our first game of 2015 is away to UCC on the 28th of January. It's no use looking good in our new jerseys and not playing well so the bit of practise before our first game is essential if we want to start the New Year with a win. All of

us here from ULLR hope to see some new faces again this semester, and we encourage anyone and everyone to come down and at least give it a try. You can get more information about us through the UL wolves' clubs and society's website. Or if you wish to join you can contact us by emailing ullrwolves@gmail.com

*By Orla McShane
(Vice pro)*



UL ASSERT DOMINANCE IN COLLEGES HANDBALL

John Bosco Hurley -
Chairman

Recent years have seen a meteoric rise in the fortunes of the UL Wolves handball club. The club has developed from being perennial runners-up into the most successful club on the college circuit. This trend has continued into the 2014/15 season as UL handballers dominated the opening two tournaments of the college handball season.

The opening tournament of the year took place in the idyllic surroundings of Co. Kilkenny. UL claimed all of the Men's titles in the tournament as other colleges simply could not match the skill and energy of the UL players. The A and B teams decimated their opponents and won all of their games convincingly to claim both teams' titles available. The A team, with a menacing line-up of Paudi Quish, Michael Hedigan, Daniel Relihan and Peter Flanagan, overpowered all their challengers to claim the 60x30 A teams title for the first time. The B team was not to be outdone and strung together some equally impressive

performances to dispose of all their opponents. Liam Bradshaw, Alex Sheehan, John Hurley and Cathal McNamee will aim to dethrone their college teammates as they compete in the A teams next year. UL players had a gruelling schedule over the weekend as many progressed to the late stages of the singles divisions also. Three out of four semi-finalists in the Open division came from UL with Paudi Quish emerging from the group to claim the Open title as he displayed immense precision and power to defeat his teammates. Peter Flanagan recovered from an early set back to claim the A title as he used his vast experience to control the tempo of his games in a very tight division. Martin Kennedy was the surprise package of the weekend as he displayed incredible power to win the B title and wrap up a record breaking weekend for the club.

UL travelled to Wexford for the first college's doubles tournament with high hopes of securing more titles and were not disappointed. A last minute entry turned out the most fruitful as Ciana



Ní Churraoin and Lisa Loughnane combined to win the Women's A title. The crowd was in awe as momentum ebbed and flowed in the final against DCU until Ciana's shooting skills and Lisa's athletic picks eventually wore down their opponents. UL had two teams reach the semi-finals of the Men's A division but unfortunately they fell short and could not match their female counterparts. Liam Bradshaw and John Hurley marched to the B final with several convincing wins but came undone

against a strong pairing from WIT in the final. The UL pairing could not deal with the accuracy of their opponents but the young pairing displayed immense potential to develop into a fruitful partnership. Sean McNeill and Bill Lyons rounded off another remarkable weekend for UL as they won the C title in convincing fashion. They overcame Carlow in an exciting final and will join Bradshaw and Hurley in the B division next year. The club will hope to claim even more titles as they travel to Cavan and

Portland, Oregon for the final college's tournaments of the year. Members of the club will also travel to Italy in March as a warm-up tournament for the World Handball championships being held in Calgary in August. The club also hopes to host a 40x20 singles tournament and Ireland's first 3 wall tournament this semester in what promises to be a busy and exciting period for the club. If you want to join the club contact us at ulhandball@gmail.com or visit us on Facebook at UL handball club.

“Keep calm and play Capoeira!”

The re-launch of the capoeira club after a 3-year absence means anyone willing to drift out of their comfort zone and try some unusual movements that will undoubtedly increase anyone's fitness level and with that their physical appearance, and mental well-being, then the UL CAPOIERA Club Welcomes You! So what is capoeira? Is it a martial art? Is it a dance? Or are they just goofing around? Maybe all of the above? If you really want to know there are three options; check

out our Facebook page 'UL Capoeira', watch the movie 'Only the Strong' or simply

turn up at one of our classes in the PESS Building on Tuesdays and Thursdays from 19:00 - 20:15 starting 5th of February 2015. There is no advanced training or knowledge needed. The earlier you join the more fun you will have and the more you will learn! But no matter when you join we make sure everyone enjoys themselves. For those of you who have been warming the couch for a while you may experience

some tight muscles after your first training, but this passes the more you show up. Either way, everyone gets there in the end. Our membership fee is

a low €2 for UL students and our cost per training session is the same. Just like last semester we have a number of Capoeira events and weekend trips planned for this semester which are always fun social outings and highly interesting cultural experiences. So get up and get moving! Cause if you want to get in shape for the summer UL Capoeira Club is waiting for you!

Facebook: UL Capoeira
Authors: Brian Hogan (PRO), RAS Mikey C (President)
Picture description:
Contra-Mestre Pé de Vento and Instrutor Cacao in action September 2014 in Limerick.



UL DARTS CONTINUES TO REACH NEW HEIGHTS

Niall Houlihan
(Public Relations Officer)

Semester one was an eventful one to say the least for UL Darts Club. Half way through the Semester with only a week to the start of the Limerick League we found ourselves homeless after being kicked out of the Sports Bar (to this we are still yet to receive explanation) however thanks to the commitment and professionalism of the clubs members we found a new home. The club would like to thank The Hurlers, to Seamus and to all his staff for accepting our custom with open arms. Every Monday we throw in the Limerick league with at least one of our teams throwing in The Hurlers and all support is greatly appreciated. We also practice on a Wednesday night and anyone interested playing the game is welcome. We have teams in each of Limericks three divisions with all of our members active on a team and each of them are still

in the hunt for silverware and continue our winning reputation within Limerick. Semester one also seen UL Darts club play some inter university games in preparation for the league. First was a trip to old rivals UCC. UCC were great hosts and some great darts were thrown on the day with Eric Power and Stephen Rosney reaching the singles final. The trip showed just how much darts is growing on the university circuit but also just how high the standard is and our boys showed once again that they are more than capable of reaching this level. This Semester sees some exciting events happening within the club. Towards the end of March the club is heading to the O2 in Dublin on what has now become our annual trip to attend the Premier League of darts. After last year's trip to Dublin it is a trip the clubs members have been looking forward to since the start of the Semester. In April we will also be holding an exhibition

against PDC Champion Colin "Jaws" Lloyd. Colin Lloyd is one of the legends of the game. Members of the club will be aiming to topple the former World Match play, World Grand Prix champion and Premier League Runner Up and add more history to the clubs long list of achievements. Further information about the event will be realised closer to the event but one thing is for sure, this is an event that you won't want to miss. The club would also like to congratulate one of our best prospects. Stephen Rosney went to Tramore in January where he qualified to take part in the PDC World Youths Championships later this year in England. Stephen showed great form throughout the tournament and was unlucky to be beaten in the final but still secured qualification to a tournament which has produced such players as "Mighty" Michael van Gerwen. Stephen has shown how far dedication and persistence to a sport



can take you. We wish to congratulate Stephen and offer him the support of the entire club as he continues his way to the top. The club would like to thank all the staff at The Hurlers who have been so good to us this semester and we welcome anyone who is interested with throwing with us or to support us in the league from 7:30pm every Monday and Wednesday. The club also wishes to thank the Limerick League who have

been good to us so far throughout the season and always organise a fun and competitive league. Last but not least our members. We have had a huge rise in members and both old and new members put in a lot of commitment into the club which is the main reason our club to be so successful. Facebook: UL Darts Club Official

Email:
unioflimdarts@gmail.com

UL Windsurfing Club

By Breda Graham

The University of Limerick's Windsurfing Club (ULWC) is one of 35 clubs on offer at the University. UL Windsurfing Club is suitable for both those who have experience in windsurfing and those who have never windsurfed before. The club is equipped to teach club members in a safe and fun environment. ULWC is the best equipped windsurfing club in Ireland and can rival many professional outfits throughout the world in terms of gear. Each year the club travels to Kerry with semester one trips focused on beginner windsurfers. Most members are beginner windsurfers and have never tried it before but after only one lesson they are windsurfing across the water off the coast of Castlegregory.

Castlegregory is situated on the north side of the Dingle Peninsula, halfway between Tralee and Dingle and is where



the club go on weekends away to take part in lessons. Accommodation, lessons and food from Friday to Sunday is all provided for just thirty five euro per member. Here members of the club

work alongside Jamie Knox, ISA Senior Windsurfing Instructor who will personally ensure you get the most out of your windsurfing lessons,

with over 20 years teaching experience and over 30 years of windsurfing personally. The club also has a selection of members who have excelled to instructor level who are willing to teach and help all

members. Each year the club plan a trip during college break in the month of January. This trip is often abroad in locations offering warm water conditions and steady winds. The last six years saw the club travel to the Dominican Republic, Fuerteventura, Tenerife, Tarifa in Spain and Dahab in Egypt. The next date in the club's calendar will be the windsurfing Intervarsity's which is a competition involving all the college windsurfing clubs in Ireland. ULWC has retained this title for the past five years running. Members of the club come from different parts of the world making the club a great way to make connections and friends from other countries and experiencing different cultures and even food from these areas.

The club have a dedicated team who are enthusiastic to make ULWC the best club in UL and held this title in 2012. They are always willing to help out and answer any questions about the club. For anyone who wants to join a club which offers great fun, a new experience and new friends then join ULWC. Even if you could never see yourself windsurfing, as the saying goes, you never know until you try. You will not regret it. If you would like more information on the club or how to join you can contact Terry O'Shea at ulwc.committee@gmail.com, through our Facebook page, come talk to us at the C&S recruitment drive or checkout our website www.ulwindsurfingclub.wordpress.com.

Springing into Semester 2

By Rachel Cahalane
ULTGC PRO (Semester 2)

Semester 1 proved to be full of activities for UL's Trampoline & Gymnastic Club. With an outdoor bounce during Orientation Week, our display attracted the attention of some of the new students coming into the college. At the Semester 1 Recruitment Drive these students got the opportunity to sign up to our club. We welcomed many Freshers into our midst including a bunch of wonderful international students! With 6 weeks of training before our first competitive event we all had a lot of work to do to get rid of the cobwebs created over the summer months. A structured approach to the trainings, employed by Captain Shannen Minter and Head Coach, Jacob Cairns, soon whipped everyone into shape! We travelled to our friends down in Cork for the annual Munster Open hosted in 2014 by UCC in the Mardyke Arena on Saturday the 18th of October. With

over 20 competitors for UL we succeeded in achieving something never before done at the Munster Open – with the non-host club winning the Cup! Making UL Trampoline & Gymnastics Club winners of the Munster Open Cup 2013 and 2014. Congratulations to all our medalists. UCC showed us how they do it down in Cork by treating us all to a night out in the town the night after the competition.

The next big adventure for the club was hosting the Irish Varsities 2014 the weekend of the 8th of November. This involved a lot of work from all committee members to put together such a big and successful event. With over 200 entries from the colleges all over Ireland (as well as some of our Scottish friends) a lot of organisation had to be done! With Trampoline Categories on the Saturday, Synchro and Two-Trick categories on the Sunday it was a jam-packed weekend for our visitors! We would like to thank the UL Arena for letting us host the Competition in the main hall, Dolan's Limerick for letting us host the first night, and the

Stables for letting us host our second night out.

It's not all about hard work: to bring the semester to a fun end we travelled to 'Jumpzone, Limerick' for a light-hearted relief from exam stress and a day of ice-skating during the holidays.

We have a lot of exciting plans for Semester 2! We will begin by taking part in the Semester 2 Recruitment Drive to get some more enthusiastic international students and Irish Students alike. In the blink of an eye it will be time for us to take our team over to Edinburgh for the 'Scottish Student Trampoline Open 2015'. If previous years are anything to go by, it will be a weekend to remember! The final, and most anticipated, weekend of the year The Irish Student Trampoline Open 2015 is happening on the weekend of the 27th of March. Our very own James Downey is part of the organising committee, 'CommISTO', and they have been working hard since September to make sure it's the best ISTO yet! ISTO 2015 will be held in Cork City at UCC's Mardyke Arena.



With lots of exciting categories including trampoline, DMT, tumbling, synchro, two-trick and a new edition – cheerleading, we will have a lot to be working on this semester!

Come find us at our stand at the Semester 2 Recruitment

Drive on Feb 3rd between 6pm-8pm to find out more about us and to sign up to our little family! Remember it's a great way to get fit for the New Year! J

UL Comedy society is going to war!

John Spillane PRO

On the 4th of February of this year, five of Ireland's top comedy societies will descend on Scholars Bar for what will be the fight to end all fights. That night UL Comedy society will present "Battle of the Five societies: Stand up intervarsity's." UL, UCD, UCC, NUIG and Trinity College will select the best comedians from their respective societies to compete on behalf of their respective universities. Although it may seem odd from an outsider perspective however comedy competitions are actually very common place. Just last year 3 of our acts reached the semi-finals of the Ha Penny Comedy competition, with Sean O'Boyle reaching the final! Also our own Stephen Ryan reached the final of the

Chortle Student Comedy Awards in Edinburgh which is the biggest comedy competition in Europe. However this time it won't be individual ego that the acts will be performing for, it will be for their universities.

The society will welcome top acts from around the country many of which I can vouch will someday be big stars. It is already just from the number of colleges involved, the biggest comedy intervarsity's Ireland has ever seen. I'm sure many of you can attest to how wild, fun and flat out hilarious UL Comedys usual Scholars gigs are, now imagine adding the best acts from around the country all trying their best material in order to come out on top! It's going to be the most mental night UL Comedy has ever hosted but you'd be even more mental to miss it!

Also next semester we will continue running our weekly stand up, improv and sketch workshops where we welcome members old and new to come and take up comedy or just hang out with some people who think their funny. We will

also be organising regular trips into town to regularly visit some of the city's top comedy clubs such as Filibusters Comedy and Treaty Comedy Club. And finally there will be regular stand up nights and variety shows hosted on

campus semester round, so to keep up to date on all the above activities makes sure to like UL Comedy on Facebook and sign up with us at the recruitment drive! E-mail = ulcomedysociety@gmail.ie



UL Drama Society – We're not insane, we're actors!

By Shauna O'Halloran

Public Relations Officer
Here at our home in the Jonathan Swift theatre there's always something going on! At the UL Drama Society we aim to make everyone feel welcome and it's a space for people to explore their creativity whilst also making lasting friendships. The general assumption is that you have to act if you're in Drama, however this certainly isn't the case! We like to give our members the chance to experience different aspects of the theatre whether it be through acting, directing, writing workshops, lighting workshops, stage management or costume design. There really is something for everyone! Last semester was massively successful for us with our mash-up production of 'A Horrible Nightmare'. Act 1 consisted of a short

comedy play called 'The Actors Nightmare' by Christopher Durang and Act 2 was a stage adaptation of the hit YouTube musical 'Dr. Horrible's Sing Along Blog'. Both casts and crews did a fantastic job and the show was highly praised by all! We are always looking for new suggestions for a play/production so don't be afraid to come to us with scripts and suggestions. As well as putting on regular performances we do weekly Drama workshops. These workshops cover everything from Comedy Improv to Stage Fighting. We also like to focus on the backstage aspect of productions and we plan on doing Stage Management, Costume Design, Audition Technique and Stage Makeup workshops to really give people an opportunity to experience a different side of theatre. In addition to

these movie showings and cinema trips are a regular occurrence. Our workshops are held

to throw a fake punch or just making new friends. So come along to the recruitment drive on the

then! For more information you can visit our Facebook page: www.facebook.com/uldrama



in the Jonathan Swift theatre every Wednesday at 7pm and there's really something for everyone, whether it be wanting to improve your confidence, learning how

3rd of February with €5 and we'll sign you up! If you can't make the recruitment drive then feel free to come along to any one of our weekly workshops and sign up

facebook.com/uldrama or our website! You can also feel free to email pro@uldrama.ie with any further queries!

Games Society : Grab Life by the Controller

Aine Barry, Secretary and VP

Some people like to spend their time living the life of a character. Some people like to use pieces of paper to cast spells to beat their opponent into submission. Some people like to settle in Catan. Some people like to train small animals to fight each other. Some people like to be a zombie, a survivor, an assassin. All of these people can be found in UL Games Society.

In Games, you can do all of these things! You can

drop by the SU Common room for our Console Games day to see fights to the death, breath-taking jumps from buildings, intense soccer matches. On tvs, in a game of course! If you'd like to sit around a table and stare your opponent right in the eyes, come to our Board and Card game night on Mondays at 6pm in EGO10. More of a Dungeons and Dragons lover? Well, we have several groups to join or we can also help establish new ones!

Following on from the success of our campus

wide game of Zombies last semester, we'll be running Assassins in in week 5! Everyone will be assigned targets to off until only one is left. Keep an eye out for more information about that in the coming weeks!

We'll also be having our first lock in of the semester on the 6th of February in the SU. For the unaware, this is a full night of gaming! There will be a LAN (so bring your towers), consoles, board games, and organised Magic and Yu-Gi-Oh competitions from dusk till dawn.

There's one a month so we'd love to see you there. Drop in any week, either to Console Day or Games

Night and kill some noobs, trade, or just hang out! You won't regret it! ulgsoc@gmail.com



An Experience or Experienced??



by Dan Burke, UL Sub Aqua Club (ULSAC)

The trip to Lanzarote this year was my third visit to the island in three years, proof that not only is the trip one of the highlights of the diving calendar, but that Lanzarote is home to spectacular world class diving. Typically

the first trip big trip of the season for our entire newly qualified Trainee*, Lanzarote, yet again, didn't fail to disappoint!! Even though by this stage I knew some of the dive sites like the back of my hand, every dive brings a new experience as not only are you diving with different buddies from the club,

each with different abilities, you are always sharing the water with wildlife and never know what to expect. It seems everywhere you look in Lanzarote you can find shoals of fish every colour of the rainbow, but often it is the rather impressive unaccompanied creatures which are the hardest to find, and the

most rewarding to spot. Not only had we spotted fan-favourites such as the Cuttlefish, Angel Shark and Octopus, but rays of all sorts were seen by the group (rather uncommon) and an Electric Eel, which I got too close to for my own comfort!

Diving as a group can be difficult anywhere you are, but this year, as the number of instructors on the trip was lower than usual, the club divers who travelled were much busier to ensure the trainees got as many dives in as possible. This included diving at dusk, dawn and at night, which when the right care is taken can actually be much more exciting than day diving. Not only is the wildlife different, but with the added coolness of using torches to signal your buddy, and striking bioluminescence to see, you really do feel like you are in a spy film. I can also say that seeing the sunrise from the bottom of the sea is something that I will never forget.

The most important aspect of the trip was that every diver managed to fine-tune their skills during the course of the week. For some it was simple things such as air consumption, buoyancy and buddy skills, and for others more advanced skills such as leading dives at depth, navigation and basic

wreck diving. By the end of the week everyone had increased their experience by a hugely and hopefully this will be a stepping stone towards further qualification for many of our trainee divers.

As a group we bonded well, figuring out how we all operate differently, which can sometimes be very difficult on a trip where many of the members are new to the college scene, never mind the responsibilities that come with club trips. As always, the tremendous character of some of our dive leaders insured that everyone gelled well and that everyone made the most of their week, enjoying all aspects that the island has to offer. Personally I felt that the trip was a huge success and I will not be forgetting it any time soon. Roll on next year's trip!

Check out our website: <http://subaqua.csn.ul.ie/> or [facebook.com/ULSAC](https://www.facebook.com/ULSAC), for more information. If you already have an autonomous diver qualification please feel free to contact a committee member and we will advise you on how to become an active member of UL Sub Aqua Club. All contact information is available on our website or through Facebook.



Wolfie Goes Karting!

Go-Karting, Drifting, Formula 1, Moto GP, Rallying, General Motorsport

– INTERESTED? If so you're probably already a Racing & Motorsport (ULRM to the cool kids) member so you can skip to the IV's report! If not... We'll be on hand at the Semester 2 Rec drive (UCH Foyer on Tuesday evening the 3rd of February – starting from 6pm-8pm) to sign up new members and answer any questions you may have after reading on here. Our main activity is go-karting. Whether you want to go for fun or be a serious competitor in the ULRM league, the National Kart Centre, the world's largest indoor track along with the major discounts that we receive will be sure to set your pulse racing. If you impress us, there is an opportunity to be part of our intervarsity team.

IV's report so far: Wednesday 5th of November the ULRM Karting team competed in Round 1 of the SSI Inter-Varsities League at Nutts Corner Racing Circuit in Belfast. Practice session conditions and opening heat races were damp and all drivers seemed a bit untrusting of the slippery sections of tarmac. However as the heats progressed, a clear sky meant the track dried up rapidly, allowing the drivers to get more heat into their tyres and really push the karts to their limits. The standard of driving by all teams was astounding such that all drivers who made it to the semi-finals



(including a ULRM driver) were separated by only a few points. ULRM just missed out on a spot in the final race but were glad to come away from Belfast with their heads held high after a hard day of racing.

Round 2 of the league brought Wolfie & Co. to Whiteriver Park in Co. Louth. A very technical track with lots of elevation changes was sure to bring out some tricky manoeuvres by drivers, looking for new lines and overtaking opportunities! ULRM had two drivers in the semi-final heats, Chris Daly and Diarmaid Toomey, with Diarmaid

reaching the final, making a jump on double Formula Ford 1600 champion Niall Murray on the final lap of the heat after an intense battle all through the race. This put him in an excellent position to attack in the final heat of the day. Diarmaid pushed his kart to the limit, with his usual style of nippy driving, defending his position as best he could, but with such a high calibre of drivers from all colleges, a podium was just not meant to be.

At this, the mid-way point in the season, ULRM are currently 4th in the overall team standings with Chris Daly tied

for 12th with 2 other drivers in the individual drivers' championship, while Diarmaid Toomey is just behind in 15th o/a. With two rounds left in the season (Pallas Karting, Tynagh, Co. Galway & Kartworld, Watergrasshill, Co. Cork) the championship is still all to play for and ULRM will be firing on all cylinders fighting our way to the top.

Events:

New ULRM league this semester.

Throughout the upcoming year, we will be attending a variety of motorsport events. Members will not only be spectating, but will

also be given access to the drivers and their machines, (ideal for anyone interested in higher level motorsport to network at). ULRM will also host a number of social events e.g. themed fundraisers (Mario Kart), movie nights, roller disco and the infamous F1 Fry. Don't miss out on what ULRM has to offer this semester! Find us on Facebook, like the page & join our group (UL Racing and Motorsport). If you have any questions don't hesitate to contact us via Facebook or our email – ulracingfs@gmail.com

SHENANIGANS, ADVENTURE AND NEW HEIGHTS!

By Conor Whelan, Public Relations Officer

For 22 years and counting, the OPC has been recognised as one of UL's most vibrant and active clubs and this past semester has proved no different. Each week was jam-packed full of activities from the weekly Sunday hike venturing into the wild and rustic Irish countryside to national rock climbing events, right back down to caving trips every Wednesday and weekends spent roaming the majestic hills of Letterfrack and being blown off of Errigal, the highest point in Donegal! New friends were met along the way as the OPC eagerly welcomes with open arms a great cohort of Erasmus students who enjoy the opportunity to explore the spectacular backdrops of Irish hill walking regions. "I went to the OPC. I found friends here. Plenty of. But more of this, I found a family. Yeah, I can say OPC was my family here in Ireland." – Julien Delaporte, French Erasmus student and friend.

New heights were reached in the climbing area with club member Caoimhe Roche successfully reaching the final 16 of the Gravity climbing competition, a fantastic achievement by anybody's standards. The caving group also reached new depths with a fantastic increase in regular cavers and a constant flow of activities from weekly single rope technique training and caving trips to day long caving adventures taking part over Sundays



throughout the semester. All of these adventures and trips gathered pace to summit into one final peak event for the semester, the OPC 2015 Scotland trip. In early January, ten of our brave members braced the icy conditions of the Scottish highlands to embark on the trip of a lifetime where they would learn all the valuable skills and techniques required for winter mountaineers and ice climbing.

A mix of experience and youth faced one of the toughest climbing trips to date. The first few days proved memorable for the crew with the introductory training

and gear setup which went well. However as days went by the weather deteriorated rapidly, forcing several cancellations of climbing expeditions. All was not lost however, as the group found innovative ways to learn and conquer. The 'Ice Factor' climbing centre, as well as being the world's largest indoor ice climbing wall, provided the perfect backdrop for our climbers to learn the unique art of ice climbing – "Unlike rock climbing, the style is quite different but with arms straight and feet perpendicular we were fit to climb without failure." - Niamh O'Connor, OPC Gear

Officer. With time growing short on the trip and the weather finally breaking for a day, our brave members made a daring attempt at Scotland's Western Gulley. They were met with a thick blanket of snow as they harnessed up and began climbing - "Unfortunately the curse of Scotland struck again, with a broken crampon. With daylight hours quickly receding the decision was made to abseil down. As we made our way down heavy winds battered us, making it a struggle to keep our balance and causing hats, gloves, hoods and facial hair to freeze rigid." - PJ Cribbin, Mountaineer. Though met with another disappointing climb, the crew left Scotland knowing they had learnt more in challenging conditions than a perfect week could have offered them.

The Outdoor Pursuits Club offers a variety of exciting activities from hiking, caving and rock climbing to mountaineering and orienteering. Our doors

are always open and we cannot wait to welcome back an array of new and old friends from home and abroad in the New Year! For those curious and excited to join our OPC community and an ever growing adventure, be sure to come meet us at the UL recruitment drive on Tuesday, February 3rd in the UCH Foyer from 6-8pm. Come along, meet some of the crew and get the inside scoop on what's on the table for this semester! If interested in signing up, join up at the recruitment drive or call into us at our climbing wall, located across from the UL Arena, every Monday, Tuesday and Thursday from 19:00-22:00. Check out our Facebook page at <https://www.facebook.com/ULOPC> Membership for UL students is just €5 for the year's membership and members of the public are also very welcome to join our cohorts! So from all of us in the OPC, we are excited to jump into the new semester of the craic, shenanigans and adventures to come! Watch this space!



UL SOCCER'S SILVERWARE HUNT

Chairman backs Harding Squad to take home the Cup.
By Darragh Bermingham PRO

This semester, UL Soccer are getting ready to compete for silverware on four fronts. From the first year Harding Cup squad to the Ladies intervarsities, UL are hoping to bring some trophies back to the college. While the Christmas break may have been one of rest and lie ins for most, for UL soccer it was one of intense preparation for the business end of the season. With a gruelling fitness programme handed out to players, the six week break was a tough but rewarding

one for UL soccer players. The Collingwood Cup will take place in NUI Galway this year and UL Men's team are feeling confident heading into this year's competition. UL will face UU Coleraine in the first round and if players such as Garbhan Coughlan and Johnathan Hannafin are on form, UL should have too much class for their opponents. Meanwhile, the Ladies team will travel to WIT to compete in the Ladies IV. The ladies had an impressive qualifying campaign defeating CIT and DIT with Laura Mannion and Meadh O' Neill impressing. UL topped their group to qualify for the IVs in style.

They will surely be looking forward to travelling to WIT to compete for top honours. UL Intermediates, who were unlucky not to go further in their league campaign, will certainly be hoping to win silverware at the Crowley Cup which this year will take place in DCU. With a strong team who beat UCC and were unlucky to lose to Cork College of Commerce, the Intermediates confidence will be high, particularly as each player completed a tough fitness regime over Christmas. UL's Harding cup team has been described as the strongest team to come through the college in years with some top attacking talent and great

defenders. The Harding squad have impressed in training and in various friendlies but will face a very tough test in UCC, where they face reigning champions UCD. However, UL Soccer Chairman and Harding manager Jamie Flynn has said that his side have what it takes to go all the way. "If we play to our potential, we're the best team in the competition," said Jamie, adding that "winning a tournament is never easy, but I fancy our chances of getting past UCD and going on to win the whole thing." However, UL soccer is not just about gruelling fitness programmes and tense cup clashes This semester will

see UL Soccer play host to a fundraiser Take Me Out Night (date to be confirmed) and the annual McCarthy Cup which is a 7-a-side astro tournament. Last year's Take Me Out night was a huge success with the club raising valuable funds and recognition throughout the college. With fundraisers, 7-a-side astro leagues and some top tournaments in which UL will be vying for top honours, this semester is set to be a very busy and successful one for UL Soccer. To register go to UL Wolves. Contact us on Facebook on UL Soccer Club Official page and Twitter at UL_Soccer.

ULRC 2014 YEAR IN REVIEW

Ger Sheehan - PRO
ULRC would like to extend the warmest of welcomes to all the new students enrolling this semester. You are about to begin some of the most enriching years of your life. As we all know, it can be a bit intimidating arriving at this point in the year, but if you're active, sporty and are looking for something a little different, pop on down to the Boat House. We will have members there explaining what exactly is involved and you'll be surprised how easy it is to catch 'the bug'. The rowing club caters for all levels of the sport, from novices to seniors, and if you have rowed before, then we'd love to hear from you, exchange a few stories and so on, so if you're loud or quiet, active or lazy,

big or small, lady, gent or any other adjective you can think of, call up to us and give one of the fastest growing sports in Ireland a go. It's been an exciting year as ULRC members and alumni members represented on the international stage. At the World Championships, Mark O'Donovan represented in the Lightweight Men's Pair and is building toward the Olympic Trials for 2016. We also had Barbara O'Brien and Marie O'Neill representing in the Women's Four event. This boat is a new project but is already seeing dividend. Finally, ULRC committee member Michelle Lonergan representing club and country competed on the women's team at



the Home International Competition. Michelle is one of the hardest workers and it is fantastic to see that the slog has paid off. We will undoubtedly toast these athletes when we reunite our championship winning crew from the last few years. 2014 saw the reunion of our conquering Ladies team from 2004, photos of which can be seen on the club's website and Facebook. For the established members, it has been a busy few months. As usual, Ireland has gifted us with a dark winter, so the hours of gym work have been sacrificed to the rowing gods. But with the New Year passed, the competitive events are beginning to rear their

heads. The first of these is the Irish Indoor Rowing Championships, where the cream of the oared athletes will test their engines over 2000m on the rowing machine. This event is always exciting and is being hosted in the University Arena, a testament to the great facility we have available to us on campus. From individual age-group races to team races, this event always gets the heart pumping and we highly recommend you pop down and take a look or better yet, step up to the challenge. Finally, here is a testimonial from one of our recent new members, Marissa Russo. "As a study abroad student, I wanted to have a whole new experience when I came to Ireland. Joining

ULRC was the best thing I could have done. Not only did I learn how to row, but I learned other important life skills such as discipline and working towards a goal. Although waking up at 8 o'clock on the weekend doesn't sound ideal, you actually look forward to being on the water with friends that you became so close to. Being around others so passionate and hardworking inspires you as well. ULRC isn't just a club, it's a family that pushes each other to do better, and it was the most rewarding thing I've ever done." Website: www.ulrowing.net Facebook: www.facebook.com/ulrowing Twitter: @ULRowing Email: irow@ul.ie



WHAT CAN YOU SAY?

By Craig Mc Keown (PRO)

“In third year I travelled to Mexico”

“I study business, but I have taught a group of homeless men and woman to use a computer”

“I study Law, but thanks to Enactus and the

UL twice in a National Competition”

“By the end of this semester we will be trained bee keepers”

November 2012 was just over two years ago. In that short space of time, look at some of the things our members can now say.

All these achievements

Liam Redmond. Here members learned the basics of brainstorming, developing and running projects, getting their first taste of what Enactus is all about.

As a society we came up with a great number of ideas but the one that stood out was the “Bee Project”. Without

such as; KPMG, Enterprise Rent a Car, IFG, Arthur Cox and much more. We also heard from the students of Team Ireland (made up of the 2014 National Champions (UCD) and student representatives from other universities, including our own Francesca Meffert) who

Competition 2015, not to mention the general craic to be had at weekly meetings!

There is WAY more that could be said about our society and our members, you will just have to get in touch and come to a meeting to hear the rest! If you want to stand out, make a difference and



training I have received, I am a project manager”

“This society is all I talk about in job interviews”

“In Second year I travelled to Beijing”

“I have been awarded the Gold Presidents Volunteer Award”

“Next year two of us will be traveling to South Africa”

“I have represented

haven’t come easy. It takes hard work and commitment to be able to say “I made a difference”, and semester one was full of hard work. Early in the semester, the new members were treated to Enactus 101 training delivered by the organisations Country Manager Laura Dennehy and Programme Manager

giving too much away, it involves bees, honey and training to become actual bee keepers (How cool is that!!).

We also had our first trip to Dublin to the National Enactus training day. Here we met the teams/ societies from the other universities, along with business advisors from the Enactus partners

had just returned from the Enactus World Cup in CHINA.

There is SO much to look forward to in Semester Two, including; the next training day (to be held in Cork), further development of our projects, fancy business networking, and of course the much anticipated National

have something unique to say by the time you finish your degree, JOIN US.

For more information: Like us on Facebook (Search Enactus UL) Follow us on Twitter @ ULEnactus

Email us at enactusul2013@gmail.com

MAKING HISTORY (NOT REALLY, BUT IT MAKES FOR A DECENT TITLE)

Declan Mills, Auditor

Last semester was a busy one here at the History Society. SoUL Week saw our 'Tea With Titans' event in Plassey House, featuring guests (including Tea Appreciation Society President Sarah Guerin and C&S' own Michelle Whyte) impersonating their favourite historical figures. We also re-enacted a medieval witch trial in the SU courtyard and put ULSU VP Academic Mike Forde on a ducking stool to face a barrage of water balloons. Other events included our War Week with Fan

Forum Society, which featured a re-enactment of the Proclamation of the Irish Republic in 1916 and a debate with UL Debating Union on the First World War. We also had several socials to help new members get to know each other and in late November we hosted a round of the Historical Association's Great Debate, a public speaking competition for Leaving Cert History students. On the academic side of things, we are moving to take a more active role in the publication of History Studies, the UL History Department's journal. November saw the

departure of our Auditor, Darragh Roche, who was elected Auditor of UL Debating Union. A new committee was formed, including a dedicated trips officer for those all-important journeys away from campus. We have big plans for the spring semester, including more socials and several trips to fun and interesting places. We will be hosting a number of public panel discussions, another history-themed debate with DebU, and we will be playing host to some interesting guest speakers. We also hope to run a table quiz and bring you some other fun social events as the

semester wears on. Our big academic-focused project comes in early March when we play host to the Irish History Students' Association's annual national conference; this is a great chance for history students to deliver their first or just sit back and learn from those who are giving papers, not to mention the rare opportunity to meet and socialise with people who share your interests from all over Ireland. We also provide space at our weekly meetings for anyone who wants to deliver a short paper or start an (inevitably heated) discussion on

any aspect of history that interests them.

So, whether you're a history student, someone with a passing interest in some aspect of history, or just someone who's wondering how accurate the details in Assassin's Creed (very) or Downton Abbey (slightly) are, come along and join in!

<https://ulhistorysociety.wordpress.com/>

@ULHistorySoc

<https://www.facebook.com/ulhistorysoc>

ulhistorysociety@gmail.com

UL Marketing Society

- The perfect mixer for global brand Jameson

By Marie Riordan, Public Relations Officer

Hi and Happy New Year from everyone in the UL Marketing Society.

We are still one of the newer societies on campus but this Autumn semester the society were lucky enough to recruit lots of budding new talent! We also welcomed one of Ireland's leading brands "Jameson" to UL.

Anyone who was present with us for "A Night with Jameson" will remember the cinema experience showing a short film featuring Uma Thurman as part of the "Jameson First Shot" with Kevin Spacey and of course the lovely popcorn, which I can still

taste. We also had some great giveaways that night, with the top prize being a mini HD camcorder, who wouldn't want one?

With another great semester down we want 2015 to be even better! The Society has some great ideas and events intended for this semester, our main focus being another trip to the Google headquarters in Dublin. This was a huge success in a previous semester and we are happy to say that one of our former society members is now currently working in the Google HQ. This semester not only do we have this exciting trip planned, we will also be providing members with the chance to take part in

the Chartered Marketing institute exam to boost their degrees and careers. This exam will be offered at an amazing discount for members expressing interest to take the test.

Along with these events we will be doing our usual items such as helping students and mostly having the Craic!

Oh we are also looking to recruit lots more students for fresh ideas and to become future marketing geniuses. Our meetings take place every Wednesday at 6pm in S118 we look forward to seeing a lot more new faces this semester. You can also like our Facebook page "UL Marketing Society" Tweet

us@MarketingUL or simply drop an email to Marie at marketingsocietyul@gmail.com any time for more information about the society.

Wishing everyone a great semester from all in the UL Marketing Soc!



“THE LAW IN PRACTICE”

After an eventful first semester the Law Society would like to welcome you all back to college and we hope that this coming semester will be as great as the first. The law society developed its activity base this year by welcoming numerous guest speakers, organising several legal skills workshops and hosting two very successful seminars. Our societies first large scale event of the year was a Tax Seminar held in October in conjunction with the Irish Tax Institute and was a huge success. Also, In keeping with our theme of “The Law in Practice” we hosted a seminar on the regulation of the legal professions in Ireland. This was a major event for the Society as it allowed us to engage with practitioners by awarding CPD points to those who attended. Both seminars received a brilliant turnout of both students and practitioners and some great presentations from guest speakers. Our success also carried over to our Peer Mentoring programme, with a record breaking number of participants signing up last semester.

We hope this semester will be even more exciting with several events already in the pipelines! Our biggest annual event, the UL Law Ball, will take place on Thursday the 12th of February (Week 3). This year, the venue will be in the Strand Hotel and the ball will be masquerade themed. This, as every year, promises to be a great night! Ticket collection will be held in week one and masquerade themed masks will be available for purchase. Prices for the masks will range from €4-€10 and come in all shapes and sizes. Money raised from these masks will go towards funding for a moot trip to Cambridge. Fourth year students Colin Higgins and Katie Alice Murphy will be representing UL

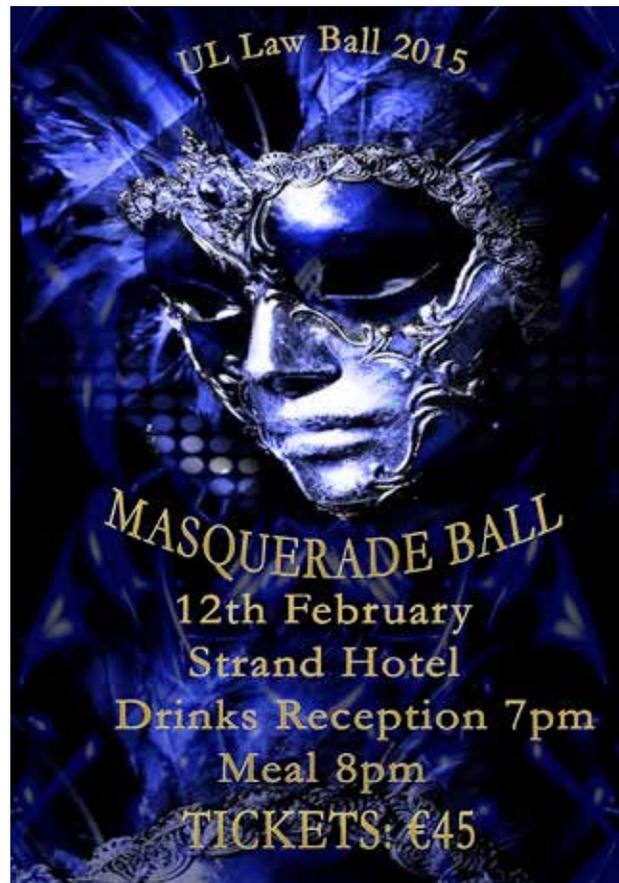
against Cambridge University in a moot competition. This trip hopes to establish longstanding links between our respective universities and I hope you will offer your support by purchasing one of the beautiful masks for sale. In week 9, The Law Society

will also host the A&L Goodbody Internal Moot Court Competition. Mooting is a mock trial where law students get an opportunity to practice their skills of advocacy and public speaking in a court setting. This is a vital skill as it is assessed in the law modules and helps students prepare for a career in law. This is a chance to find the best mooters UL has to offer. The competition is open to all years and abilities and this year it will take place on one day, similar to the style of an intervarsity competition and promises to be a great event. The Society has some great plans for the upcoming semester, including several legal skills workshops, an Environmental Law Seminar and some trips! We

have arranged for members to visit the Four Courts in Dublin to see the court in session on February 18th 2015. These promise to let students gain a true insight into a future career in law and will allow them to see first-hand how the courts operate.

These events as well as talks from guest speakers will make sure that this coming semester is even more memorable than last and we hope to see you at our events over the next few months! This year has been one of our most active and we hope to see your continued support this semester. If you would like to join the society, a recruitment drive will be held in week two. You can follow our twitter and Facebook accounts for more details of events or contact us at ullawsociety@gmail.com We look forward to seeing you throughout the year!

*Ellen Ryan
Law Society P.R.O*



UL Tea Appreciation Society: *Go on, go on, go on...*

Róisín O’Riordan (PRO)

UL Tea Appreciation Society is still quite a new society in UL, who meet up every week to try a variety of different teas and blends. Every Wednesday evening at 6 we set up in Red Raisins and sit around with our friends to have a chat over a cuppa. Each week we have a different theme, or at least a fresh selection of tea to try. We always have the familiar Barry’s and Lyon’s available, but our wide selection of other flavours are rotated, so there is always something new. This year we gained many Erasmus students as members; they were drawn to our events and the opportunity to have a language exchange in a social setting. We sit together and chat- it’s a relaxed atmosphere, and everybody is welcome to

join at any time throughout the semester for €3. The more the merrier.

As well as our weekly meeting we hold a wide variety of events for our members. Last semester we organised events such as a Japanese Tea Ceremony, a Game Show night, and a Mad Hatters Tea Party for Mental Health Week with food and prizes for the best hat. We’ve held blind taste tests to compare Barry’s and Lyons, and another week members and the committee brought along baked goods to share at the regular meeting. We will be keeping this up next semester with new themes each week, more fun events and competitions.

In October we planned a trip to the Stormy Teacup in Limerick city, for next semester we are planning a day

trip to Galway, when we will take members to popular tea shops such as Cupán Tae and the Secret Garden, returning to Limerick the same evening. All going well the semester will end with a society trip to Dublin.

So, everyone is welcome; if you’re not a tea drinker you can still come and join in the fun and banter, there are biscuits and friends to meet, maybe we can persuade you to try something new; if you’ve another club or society meeting at that time, you can grab a quick cuppa before it. We’re on Facebook as UL Tea Appreciation Society and this semester we will meet on Wednesdays at 6pm in SU3.

See you there.



IT'S ONLY ROCK 'N ROLL, BUT WE LIKE IT

By Fionn Phelan, Music Societies President

THERE is a light that never goes out on our campus. Last semester it burned brighter than ever before, and ignited a whole new experience for the students of UL. It was 7p.m. on 22nd October, Chris Conroy was waiting anxiously backstage with an acoustic guitar in its case. The smell of sandwiches and nervousness dwelling through a makeshift Green Room overlooking the Students Union Courtyard. Below, a stage was being slowly set-up and surrounded by students encroaching in to see The Original Rudeboys (ORB). As Chris spoke to members of the band, RuggedWood, there was a distinctive crackle of nervousness in his voice. Little over 3 weeks beforehand Chris had returned to his second year in UL, and began a search for a society to share with his common interest of music and performance. In September, Chris stumbled into a quaint Open Mic Night hosted by the UL Music Societies (ULMS) and after a little bit of encouragement, took a guitar, and began to uneasily belt out a cover

of "Use Somebody". Upon hearing Chris's unique talent, members of ULMS asked him to perform at a competition the next week to support ORB. He returned and won the ears of the audience, and the coveted prize. BANG! Chris Conroy went from performing a small gig for a free beer on a Monday night, to standing in front of 1,000 of his fellow students, and hear them sing back the chorus to "Came to Party", a song he had written in a hurry only days earlier. ULMS had asked ORB to perform for UL SoUL week, not just to have a great act on campus, but also show the student population that UL has great musical talent to offer! The night was a remarkable success and the biggest the Music Societies have held to date. Chris has since come to think the €5 he had paid to join ULMS as the best he has ever spent, and wishes he spent it sooner! The work of ULMS to support, share and service new artists had truly revealed itself to Chris. Like a hairier Louis Walsh, the society continues to shove talented new artists into the limelight (without trying to turn them into the next teenage heartthrob

boyband). Similarly, DJ's from DJ soc. shared the stage at The Orchard with Tchami, through the hard work of its committee to promote its members. Both DJ and Trad. Are looking forward to huge events this coming semester, with the Battle of the DJ's upcoming and Trad. Fest sure to bring another warm glow to campus. Our latest addition to our ranks, Glee Soc., has been warmly received, with members signing up in their troves to the new society! Glee will be partaking in

workshops for Intervarsity's next semester, an astounding achievement for a brand new society! Now the main question, what does ULMS do for our members, other than hosting amazing concerts? We have been doing our utmost to clean up the Music Room, repair all broken equipment and host bookings for bands/artists without gear looking for a spot to jam. In the coming weeks we shall also be running a trial guitar beginner guitar lesson course for all fully-registered members.

We appreciate any input on changes you would like to see, and are currently looking for new committee members!

For more information visit ULMUSICSOC.com or email PRESIDENT@ulmusicsoc.com

The Original Rudeboys rocking SoUL week, supported by ULMS acts RuggedWood and Chris Conroy. (Photo courtesy of Oisín McHugh Photography)



Grab the mic and get your voice out there with ULFM!

Seán McGrath, Interim Station Manager

Hi there, you're listening to ULFM!

We are delighted to be starting a brand new semester of programming, and we'd like to invite you and your friends to join us! There's a variety of positions that you can take up, and one of them is sure to suit you. First and foremost, you can apply to present a show, and you can tailor this show any way you like to fit your personality and interests. This is a

great way to get yourself out there and become a more confident person in general! However, if you're shy, but still interested in radio, you can become a producer for someone else's show, and help them make their show great. For all you budding journalists out there, we've got a whole news team just waiting for additional members! The news team breaks down into newsreaders and researchers. Again, whether you're shy or dying to get yourself out there, we have a position to suit you.

If you're a more technical person, we have a variety of behind-the-scenes positions in place to help make the station run smoothly! Last semester we had our third game show night, which is always great fun, including 'scenes we'd like to see', dirty countdown and innuendo bingo rounds, among others! Prizes included a bag of turf, a picture of Pope Francis and tins of USA biscuits which all went down a treat. We also had a Christmas Daze outside broadcast in support of Childline.



This semester we've got trips to the Student Radio conferences lined up, as well as guest speakers and outside broadcasts, so there's knowledge

as well as friends to be gained. So come on and join UL's very own radio station and find your golden radio voice! info@ulfm.ie

Young Fine Gael-Loads Done, More to Come

Young Fine Gael is the youth wing of Ireland's largest political party, Fine Gael. Although closely aligned with Fine Gael and its policies, Young Fine Gael is an autonomous wing of the Fine Gael party, with our own set of policies for a young Ireland. For example Young Fine Gael has recently published policies on Mental Health and also published a pre-budget submission last October. Although heavily involved in helping Fine Gael candidates get elected locally and nationally, we are an organisation that relishes internal debate on topical issues of the day. However Young Fine Gael, on campus, regionally or nationally is not all about serious issues. Within the branch and nationally we try to strike a balance between serious political issues and social activities.

Last semester proved to be a busy one with various debates, trips and social events held. As a wing of a political party our members enjoy voicing their opinions, with one of our more fiery debates revolving around the issue of whether Fine Gael and Fianna Fail should go

into coalition together after the next election. A period of intense and fiery debate ensued among members, with the majority present rejecting the motion. We also held an event focused on discussing the issue of the involvement of Women in Irish politics, where insight was given by current and former female politicians. The highlight of any semester is a trip to the Dáil, with last semester's trip being no exception. Along with doing the usual tour of Leinster House, we also paid Enda a visit in Government Buildings along with paying Limerick's own, Minister for Finance, Michael Noonan a visit in the Department of Finance for a chat. A great day was had by all, with great discussions had and we are looking forward to our return trip, this coming semester.

The coming semester is a busy one for Young Fine Gael on campus and nationally. As part of our belief that the opinions of members matter, we relish giving members an opportunity to debate and discuss the pressing issues of the day. We have discussions on the upcoming Marriage



Equality Referendum planned along with a discussion on Political Reform. Two great weekends are also planned with the Fine Gael National Conference taking place in Castlebar, Co. Mayo in mid-February and the Young Fine Gael National Conference taking place in Limerick City in early March. If you are planning on joining, this really is a great time to get involved,

meet some of the people who run the country, have your voice heard and of course go on great social events.

Young Fine Gael on campus always welcomes new members. Whether you have a passion for politics, want to learn about how political parties operate or are just looking for something new to try, feel free to come along to one of our meetings or events

throughout the semester. If you want further information about joining, feel free to get in touch with us via E-Mail at ulyoungfinegael@gmail.com or log onto <http://www.ulwolves.ie/clubssocs/> and find us there. We look forward to seeing you soon!

By
Niall Ryan
Chairperson
UL YFG

A CYCLE FOR CHANGE

UL GIVE is a society run through the med school that organizes electives in sub-Saharan Africa. While the students traveling to Africa are required to fund their own elective, UL GIVE works alongside them as a charity organization to raise money throughout the school year. This money goes directly to the placement hospitals, to projects that are reviewed and approved, so you can be sure your vital contributions will help our selected hospitals grow and continually improve the quality of the care they provide.

But hold up – big question. How can you get involved with UL GIVE if you're not a medical student and not traveling to Africa? Easy answer. You come out and volunteer. Or you put on your own event. Or heck, you just participate!

Our big event every year is the charity cycle to Kilkenny. Beginner cyclists along with the more seasoned athlete raised money and rode down. The 130 km ride is obviously celebrated upon arrival – and this year we plan to make the event even better! Which means, we are open to both people wanting to cycle and wanting to help organize!

This is happening on Saturday, April 11th, 2015. Registration will be opening in February, and will stay open until April. Registration / minimum fundraising is €40, but you have the option of a jersey as well if you meet a fundraising goal of €75. We provide insurance, bike rentals, food along the way, accommodations Saturday night, and transportation back to Limerick on the Sunday – because we will be celebrating in Kilkenny after dinner!

We are also looking for sponsorship or donations for the cycle (with sponsorship awards as a thank you), so if you would like to sponsor or know a company or anyone who would – let us know!

We also do many events throughout the year as well, and most of them aren't "medicine-related", so that shouldn't deter you from getting involved! These range

from Mystery Bus tours to pubs in other towns, Pub Trivia Nights at the Pavillion on campus, and loads of bake sales – med students have culinary skills too, it seems.

As you can see, the opportunities are limitless. We love new ideas, big or small. And it doesn't hurt the resumé either having run an event – especially for such a good cause!

For more information, on either the cycle or UL GIVE in general, visit our website at www.ulgive.org, like us on Facebook or send us an email at ulgiveteam@gmail.com. Better yet, if you have any ideas for fundraisers, tell us and we would be thrilled to work with you to make it happen!

Mira Pavan
UL GIVE President



KARATE CLUB PREPARING FOR A BIG 2015

By Robyn Griffin

The UL Shotokan Karate Club has had an incredible first semester, recruiting many new members and with record high training attendance since September even through the holidays.

A strong start to the semester was the summer training camp, which drew karate students from all over the country to train with some of Ireland's top teachers, Sensei Ray Payne, 7th Dan, and Sensei Seamus O'Dowd, 5th Dan. With ten hours of training, over two days, it was an amazing experience for both new students and veterans of the martial art. It presented a perfect opportunity for students to solidify their basic skills, and to learn intricate new techniques practice Tai Chi and some weapons training.

In November several of the clubs members attended a grading held by top Japanese instructor Suzuki Sensei. It was an opportunity that rarely presents itself for those who live outside of Japan and our club members gave it their all. Their hard work and dedication paid off when everyone graded with flying colours, making us all very proud.

In the New Year, there will be another opportunity for the club's new students to grade, when Sensei Ray Payne returns for a seminar in February. This will be a great learning experience for all the club, with a



smaller group than the summer camp, there is less room for teaching points to go unnoticed.

This seminar and the training camp set the club on a great start to reaching their fundraising goals for the year. This was followed up with several days of bag packing at Halloween, which saw a huge effort by the clubs newest members to contribute to the fundraising for the biannual training trip to Tokyo. Now we're just wondering what's in the box...

The club is always looking for new members and beginners are always welcome. Karate is a great way to get fit, learn some self defence and meet new people. We train on Tuesdays, from 6-8pm, and Thursdays, from 8-10pm, in the PESS building. Ask Eoghan any questions you have about training or Karate by emailing: chairperson.ulkarate@gmail.com



Maldron Hotel Limerick.

University of Limerick accommodation rate:

€59 B&B single (€69 B&B twin)

- Free Car parking
- Free WIFI
- Meeting room facilities for 2 – 50 delegates with 12 syndicate rooms.
- Fully air conditioned meeting rooms with natural daylight / LCD / paper & pens / water / flip chart
- 143 spaciouly designed bedrooms
- Executive upgrades available
- Landscaped gardens
- Stir Bar & Restaurant
- Full access to Club Vitae Leisure centre inc 20m pool
- Adjacent on all Local Amenities
- 5 mins from city centre
- Ideally located with direct access onto M7 / M23 / M20 and N24
- 10 mins from the University of Limerick



Must Quote "University of Limerick" to receive rates
 For Reservations please call
 Maldron Hotel, Southern Ring Road, Roxboro, Limerick
 T: + 353 (0) 61 436100 F: +353 (0) 61 436110
 E: reception.limerick@maldronhotels.com W: www.maldronhotels.com
 Prices are subject to availability and some terms and conditions may apply.

PARADISE FOUND - AFRICA, SURFING & TURTLES



*Sydney Harper
Trips Officer*

UL Surf club is a rapidly expanding club, and from general day to day surfing, pool practice each Monday, weekend and international trips, it's a club to watch out for. Semester 1 alone saw four amazing weekend trips to Ireland's most pristine areas, along with major improvements in developmental surfing throughout the club. The retaining of a huge group of incredibly enthusiastic people to the club this year is testament to that.

This January saw UL Surf Club embark on an exotic, exciting journey to the tremendous Taghazout Surf village in the heart of Morocco. A huge group of keen surfers set off from the snowy Republic to the unknown for a fantastic week of surf, sun and adventure. After the stressful exam time the sunny break was well deserved and to say we made the most of it would be an understatement. From sunrise to sunset, the



opportunity to improve on surfing was taken advantage of, even when the clouds decided to open up high in the mountainous terrain. Each morning we were greeted with the sounds of crashing waves, a sun filled, cloudless sky, and not to mention perfect surf conditions for beginners and intermediates.

After the first and well needed night's sleep, the remaining days consisted of early starts for the keen crew, ready to improve on their surf as much as possible. The fantastic

beaches and general surf culture in and around the village made this so easy, with beaches within a 10 minute walk. Although the main focus of the trip was surf surf surf, a break was

in order. This break from surfing for the day meant an adventure to the amazing Paradise Valley. The rush of adrenaline as the group plunged into the clear water below was exhilarating, and

the views around us were unbelievable. After a refuel consisting of bananas and laughs, the group trekked back through the mountains back to the bus. There was no stopping the group as we returned home, in time for the beautiful sunset surf that evening.

Adventures throughout the trip, from exploring the village, to the local markets, saw the club develop lasting friendships and very good haggling skills as shown by the club turtles Ali and Baba who are awaiting our return to Morocco next year. The surf, laughs and overall amazing time had by all on the trip were unforgettable, and we know that as a club we will continue to venture and grow through surf, all the while making great friends and memories.

UL Surf welcomes students to join, no matter what your surfing ability! Look up UL Surf Club on Facebook, like our page and join our group. More details on the club can also be found on www.ulsurfclub.com



Photo by Will Heffernan