



Crowds go mad for Delamare in the Swift p.3

STUDENTS' UNION

AN FOCAL

THE OFFICIAL PAPER OF THE STUDENTS' UNION
University of Limerick

**Student
Speak
p.11**



Darcy does UL from *The Den* to *An Phluais*

DEIRDRE O' SHAUGHNESSY

TODAY FM's Ray D'Arcy Show was broadcast live from An Phluais (beside the old Scholars' Club) on Wednesday of Week 3. The show was hosted by the Students' Union, which had been in secret talks with Today FM for a number of weeks on the special broadcast, which was specially aimed at students and included the final of the Soundest Student in Ireland competition, for which four UL students had been nominated.

One UL student, Eoin Kelly (4th year Business) of Laughing Soc fame, made the final, which was judged by comedians Neil Delamere and Hector Ó hEochagáin as well as Today FM producer Jenny Kelly. He was not knocked out until the second round, when a 'party piece' contest proved fatal to the UL comic. Eoin's party piece, a demonstration of his now famous hugging skill, was not as well received as the other 2 finalists' displays of various accents and a poem. The eventual winner of the €20,000 prize was

Paulette O' Flynn from NUIG, who is originally from Castleconnell in Limerick. Paulette told An Focal that she was 'speechless' after her win as her friends planned how they would spend the money.

About 150 students from all over the country, with the majority from UL, received tickets to attend the special broadcast in An Phluais. A PA system was placed in the main courtyard to broadcast the show to those who were not lucky enough to get tickets. However, those waiting outside got a special surprise when Ray appeared outside to bounce on the Trampolining Club's trampoline. This had been organised in advance by Soundest Student nominee Rob McKeown.

Speaking to An Focal, Mr D'Arcy remarked at the 'lovely warm reception' the show got from UL students, and added that UL students appear to have a special affinity with the show, with the majority of all texts they receive from students coming from those in UL. Judge Hector Ó hEochagáin was also

positive about the buzz surrounding the event.

For more on the UL Soundest Student Nominees see p14. See www.ulsu.ul.ie for photos of the event.

Ray D'Arcy quizzes UL finalist Eoin Kelly
(Photo: Hugh O' Brien)



Historic Charter Finally Passes

DARRAGH BOURKE

THERE was a historic development on campus last week as the long awaited student charter was agreed upon by Academic Council. An Focal caught up with Students' Union president St. John Ó Donnabháin to find out more.

The Student Charter is a written agreement between the students and the university which states the responsibilities of both parties. It was approved by Academic Council on Wednesday 4th of October on what was seen as a historic day for the Students' Union.

The fight for the student charter began in the academic year 2003/04 when the Education Officer of the time

Ms Madeline Molyneux began the long journey for the charter. Now after four generations of sabbatical officers, a few hiccups with the questioning of Governing Authority and a huge amount of work it looks like this agreement has finally been passed.

According to Mr Ó Donnabháin, it is important to note that both the university and the students have responsibilities. For example the charter states in article 2 that one of the primary responsibilities of the university is to 'provide the students with an education of a quality that will enhance the career prospects of each and every student'. Also according to the Charter 'The university will, wherever possible schedule classes so that Wednesday afternoons are kept free to allow for clubs and societies various activities'.

Students have equally important responsibilities to the university. For example 'All students should familiarize themselves with

the student handbook and perform any requested duties therein within the appropriate time span'. Another responsibility of the student is not 'to plagiarise, fabricate or falsify data or engage in academic cheating in any form whatsoever'.

The Students' Union, however, is unhappy with one issue. The proposed grievance resolution process which the SU felt was needed was rejected. Mr Don Barry, Vice-President Academic and Registrar of the University has informed the sabbatical officers that he is willing to put in place a complaints procedure, and discussions are underway with this in mind.

SU president St John Ó Donnabháin told An Focal that he believes 'The University acknowledges its responsibilities to the students and endeavours to fulfill them'. When asked how he felt on the passing of the charter he was positive, saying 'we view it as a victory that it got through but one that needs to be followed through on.'

Harrington elected unopposed

DEIRDRE O' SHAUGHNESSY

SECOND year New Media and English student Ms Katie Harrington has been elected unopposed to the position of Community Relations Officer. Ms Harrington told An Focal that she was happy with her new position and that she would 'do [her] best to liaise with the community to represent students'.

The Community Relations Officer sits on the ULSU Executive and is an ex officio member of Class Representatives Council. The position also has a role to play in Community Forum, which provides a platform for student representatives, university officials and local residents to discuss any issues they may have.

Ms Harrington replaces outgoing Community Relations Officer Ms Laura Cjaikowski, who took up the position following the deemed resignation of Ms Jennifer Coakley last year.

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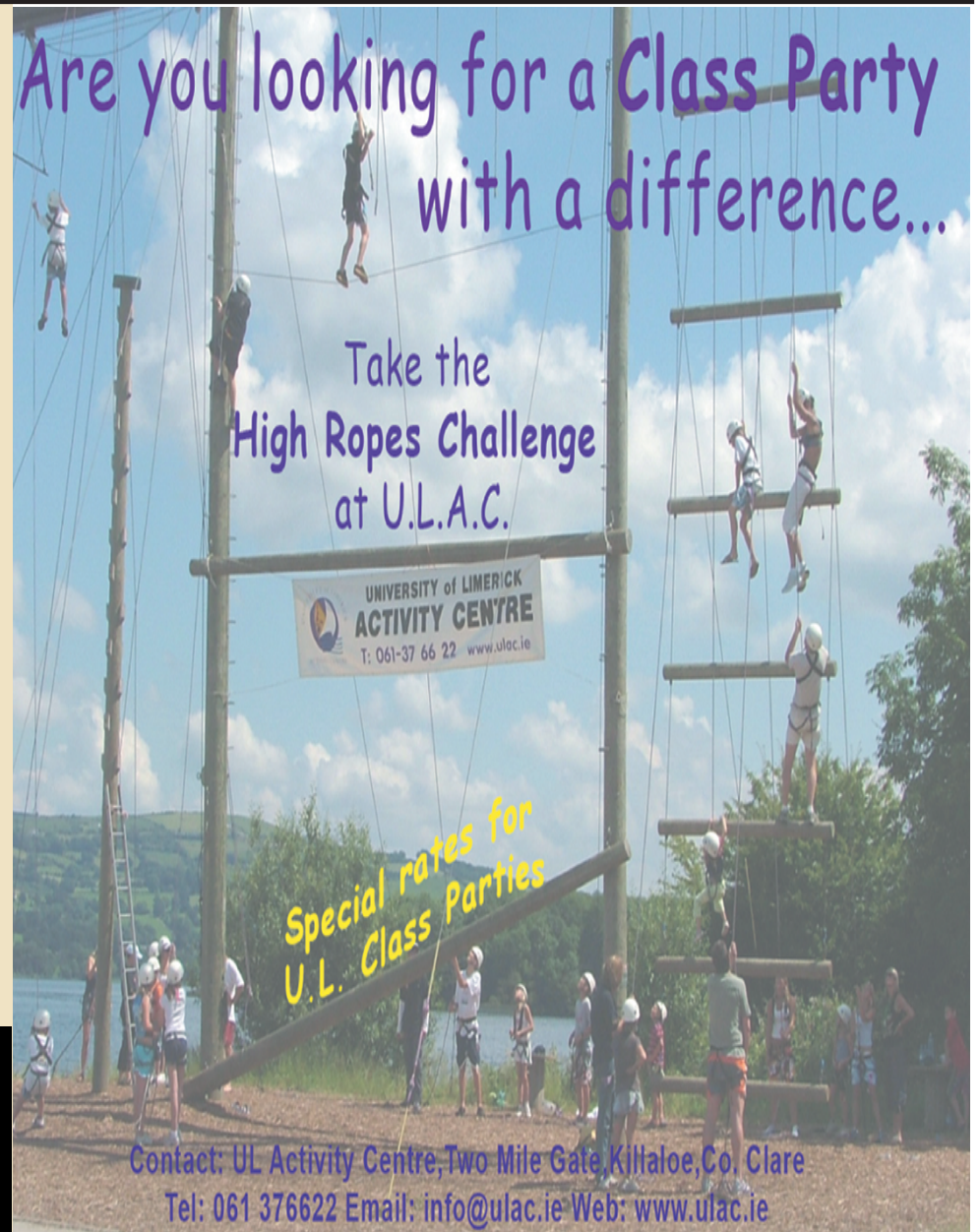
SUPERQUINN

Quotes of the fortnight

- **'ERB... is that the Erdinger building?'**
- one first year has high hopes for his educational progress.
- **'Oh my God! I love Ray!'**
- Deputy Chair of Class Reps Council Niamh O' Mara upon winning a ticket into the Ray D'Arcy Show... which wasn't a fix, by the way!
- **'Bertie's pimping my wall'**
- An Focal ed Deirdre O' Shaughnessy.
- **'Show us your belly Alan, show us your belly!'**
- SU Pres St John Ó Donnabháin gets kinky in the Stables.
- **'I want to get Ray D'Arcy on a trampoline'**
- UL Trampolining Club captain and Soundest Student nominee Rob McKeown.
- **'Playing UL was great fun, I really enjoyed it. I was really surprised by the reaction from students - and I liked Eoin's plan to sign people up for Laughing Soc before letting them in!'**
- Neil Delamare, whose popularity almost caused a riot in the Johnny Swift.
- **'She's tiny. No seriously, she's an inch off dwarf status'**
- ULSU Ents contractor Keith Pigott incurs the wrath of his co-worker and possibly that of the Equality Officer.
- **'Sorry, that's the thinking, dancing, you know...no'**
- An Focal copy editor Seamus Ryan on his strange bodily movements.
- **'I don't see things in black and white, I see things in different shades.'**
- ULSU Pres St. John Ó Donnabháin explains why he's never wrong.
- **'Did the Fianna Fáil people in old Fianna Fáil, not Fianna Fáil young, you know what I mean...'**
- ULSU CSO Alannah Turner could benefit from some Ógra Fianna Fáil familiarisation training.

Corrections and clarifications

An Focal would like to correct the error on p.1 of Edition 1 "Carpark or Cash Cow", in which it was stated that "students who arrive too late in the day to park in a free space may have to pay up to €450 a week in parking fees." The sentence was intended to read "€450 a year". Apologies for any confusion caused.



EDITORIAL



BY DEIRDRE O' SHAUGHNESSY

PUTTING An Focal together is always an exciting time for the editor, but it has to be said that this edition has been the most exciting yet. I'm hard pressed to remember an An Focal which had more positive news about UL and UL students in my time in college. Between the soundest guy in Ireland (well, he was the only male finalist), a student who sold himself and his skills impressively enough to get on TV3, the good news of the student charter and the first election for Equality Officer in four years, this has certainly been a fantastic fortnight for 'Ireland's Soundest University'.

It was genuinely encouraging to see the amount of students who showed up, early in the morning, to meet Ray and the gang from Today FM... the show may have played on student stereotypes, but these were disproved by the very fact that people made the effort to leave their warm beds and support one of their own on a cold autumn morning. The enthusiasm and support shown by UL students to someone they didn't necessarily know personally was heart-warming, and gave credence to a text message received by the show from a nostalgic former UL student who missed the place so much she warned those of us still here to enjoy every minute of it.

The recent and rather blown-up reports in some national media of a UL student whose Leaving Cert results were rechecked seem to be swimming against the tide of a new confidence in the Shannonside university. This student, in what appeared to be a 'shock move' to most media, refused a place in Trinity because he was happy to stay in UL.

This semester, as shown in this edition, there seems to have been a resurgence of pride and contentment among UL students with themselves and their college. This confidence, while it may not be new to UL, is something which has been missing in recent times, but I hope it continues.

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Harrington elected unopposed

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The new Community Relations Officer also wishes to take a large part in next semester's community relations campaign, which will focus on RAG week and the problems it raises with local residents; 'I'm looking forward to working with Alannah on next semester's community relations campaign.'

Community relations has traditionally been a difficult area for the Students' Union, as some local residents are unhappy with student behaviour, particularly when it causes noise and other types of pollution. Some residents have even gone so far in the past as to object to the renewal of licences for the Stables and Scholars Clubs.

Elections for Equality Officer took place on Thursday Week 3 but the results were not available at time of going to print. Outgoing Equality Officer Oisín Collins wished the new Equality Officer luck in his/her position, adding that 'A lot of work was done last year in continuing to make the campus a more pleasant place to study live and work,' and hoping that this work will be continued.

ULSU campaigns for cheaper car park

ALANNAH TURNER

THE Students' Union is running a campaign to get the University to reduce the cost of the car park from €3 to €2. The decision was taken by the University to increase the charge on the car park in order to cover the cost of building the 'Living Bridge'. This bridge is being constructed to connect the North and South Campuses and is said to be costing about €15 million.

The increased charge has been implemented despite an original agreement that the car

park would only be a pay car park until it covered the cost of its construction. It is believed that this cost was covered a number of years ago. Despite this, the University has continued to charge a fee.

Student Union president, St. John Ó Donnabháin is outraged by this increase. 'It's obviously crazy that students have to pay for construction in the college. The SU is completely against this fee and we'll take all necessary action to have it reversed'.

The increase on the car park charge came into force

during the summer when the majority of students were not on campus. The reaction to it has been one of indignation, with both students and staff complaining that the cost is too great. The annoyance which followed the implementation was expressed by staff across the computer network system.

The increase comes at a time when the University is in the midst of a massive car parking crisis. There are far too few parking spaces on campus to cater for those who drive. It is not only students who must endure this

inconvenience. Staff also must tolerate it, as more staff parking permits were handed out than there are parking spaces in the staff car parks.

The campaign is planned to span a number of weeks. The Students' Union is approaching it in various ways. Currently, a petition is being handed around. The President of the SU has encouraged everyone to get involved in the campaign. 'Come into the SU to sign the petition and come to the public meeting. Keep a look out for more on the campaign'. It is the intention of the

sabbatical officers to present this petition to the University authorities.

SU representatives attended the weekly debate in the Jonathan Swift theatre in Week 3, at which the floor was opened for a lively discussion on car parking. There was considerable interest in the campaign from Debating Union members, with one attendee even going so far as to suggest the SU hold a 'Leave Your Car Anywhere' Day. Another member suggested legal action as an option.

Crowds go mad for Delamere

KATIE HARRINGTON

HUGE crowds gathered to see Neil Delamere on Monday of week 3, causing a crush outside the Jonathan Swift Theatre during which one person was sick and the Laughing Society committee seemed overwhelmed. Laughing Soc has the largest society

membership on campus, and the gig was widely advertised on campus but queues of over 400 people were not anticipated. As all of these people could not be accommodated in the Jonathan Swift Theatre, Mr Delamere generously offered to do a second show two hours later for those who could not get into the first one. This was

held at 11 o'clock in the Charles Parsons Theatre, which was also packed to capacity.

"We apologise for the big long queues, we weren't expecting the huge crowd and everything will be sorted for Dave McSavage on October 23rd," said Laughing Soc Auditor Mr Eoin Kelly. Mr Kelly also confirmed that Saved by the Bell's "Screech" will be coming to UL in the second week of second semester, and apologised on behalf of Laughing Soc to the

person who was sick and to the cleaning staff.

While it was very encouraging to see so many people getting involved in a society event, the crowds proved too much for the venue, and it has been suggested that some of the 'Ents crew should have been on hand to help out. This was Mr Delamere's third visit to the college in as many years and he has always proved popular with students. A certain amount of anti-social behaviour also caused

problems, with some students knocking over chairs, treating cleaning staff with disrespect as they tried to do their jobs and generally being ignorant.

Aside from this, both gigs were enjoyed by all in attendance, with Mr. Delamere displaying his penchant for interacting with the audience and humorous take on current affairs. Mr. Delamere also signed autographs and posters for audience members after the show.

Magic in the air on TV3

DEIRDRE O' SHAUGHNESSY

UL Biomedical Engineering student Tom Moriarty appeared on TV3's morning show, Ireland AM, in Friday Week 2 and on Monday Week 3 with his magic show.

Mr Moriarty, aka 'The Magician' of the ULSU web forum, had sent the show a DVD of his magic tricks recorded on the streets of Tralee, his home town. The producers of Ireland AM were so impressed by his skills they immediately booked him for a slot on the flagship show presented by Mark Cagney and Sinéad Desmond. He was



Tom with Ireland AM presenter Karen Kosher

delighted when they asked him to record a further segment for the following Monday.

Mr Moriarty has been doing magic tricks for four years now, teaching himself from books and performing on

The queue outside Laughing Soc's Neil Delamere gig in the Jonathan Swift. (Photo: Finn McDuffie)



the streets of Tralee, in the Trinity Rooms and even in the Stables courtyard, which he describes as 'the best and worst experience of his life'. Facing a courtyard full of his peers was, he says, his most difficult gig yet, particularly

when he was heckled almost constantly throughout his show. However, he was ready to appear on Ireland AM and felt that, in the long run, his more negative experiences in the past have helped him improve and gain confidence

at his skill. The Tralee native, currently on coop, told An Focal that he mainly does card tricks, but his show also includes mind reading. He is a fan of Keith Barry and met the celebrity magician after his appearance on Ireland AM.

UL Students meet 'Nice-Guy' Niall Quinn

ALAN OWENS

TWO University of Limerick students recently told of their delight at meeting one of Ireland's most famous sons, newly installed Chairman of Sunderland football club, Niall Quinn.

The two girls, Louise Ryan from Tipperary, and Aoife Brennan from Waterford, are studying English Literature at Sunderland as part of a partnership with UL. Due to spending a semester on exchange in Sunderland, it was only a matter of days after arriving that they managed to meet Quinn.

On a visit to Sunderland's ground, the Stadium of Light, organised by the University to welcome the students, the 21 year olds were in fact welcomed by the Chairman himself. The club have strong ties to the University and Quinn is an Honorary Fellow of the institution. He was described by the girls as 'a pleasure to meet'.

The 21-year olds could not contain their joy after meeting the former Republic of Ireland international.

Louise said: 'We couldn't believe it when we were told we were going to meet Niall Quinn. We told everyone at home and they were all going mad with envy.' Aoife added: 'I knew he was nice but I didn't

realise how nice he is. From the moment he met us he made us feel at ease and welcome. It was a real pleasure to meet him.' Quinn even arranged for the girls to watch Saturday's home win against Sheffield Wednesday.

The Dubliner, who himself played over 200 games for the club and scored 61 goals, took over as Chairman of the club this summer.

In a move that surprised many, perhaps due to their his-

tory together, Niall Quinn was instrumental in bringing Roy Keane to the club and appointing him as manager. While initially some fans were unsure as to whether the fiery Cork man was up to the job, Sunderland's recent performances have been a revelation, losing just one of their last five games. Unfortunately the visiting UL students did not have the opportunity to meet Keane, as he was working with his squad on the training

ground.

Both the club and the city of Sunderland have long had a strong Irish connection. It was once the home to the fourth largest Irish population in the UK in the late 1800s and early 1900s. More recent connections include former Sunderland manager Mick McCarthy, and Keane, as well as a raft of Irish footballers past and present, including Kevin Kilbane, Graeme Kavanagh, Stephen Elliott, Liam Miller, Gary

Breen, David Connolly and Republic of Ireland legend Charlie Hurley.

The university also hosts the largest independent Irish studies conference in the UK. The event, which attracts writers, poets and academics from around the world, is sponsored by the Irish Embassy in London and Culture Ireland.

UL students meet Niall Quinn in Sunderland



Launch of Babysitters Service

NIAMH MADIGAN

A new childminding service, called the Babysitters Club, has been set up on campus by Postgraduate President Maja Niebrzegowska and Students' Union Welfare Officer Sinead Hickey. Aiming to be a less expensive alternative to child-care, they are currently looking for students interested in child minding to become involved.

According to Sinead, 'If you have previous experience as an au pair or as a child minder, and you like working hard

and taking care of children you are an ideal candidate. All we need are some details such as: Name, Age, Sex, Country, Nationality, Languages, experience and references, and if you are willing to work outside the Castletroy area and have car make sure to let us know!' If you are interested please send your details to either Maja.Niebrzegowska@ul.ie or Sinead.Hickey@ul.ie.

The Babysitters Club aims to provide information to interested parties. They have created a database with the details of experienced babysit-

ters which is updated on a daily basis. People who contact them will be provided with a list of babysitters and their details and it will be up to them to contact the chosen person and to check the references. The Babysitters Club is a non-profit service. They do not endorse or approve any of the listings and all users of this service do so entirely at their own responsibility and risk.

The idea for the Babysitters Club came from Maja's own experiences. 'As a mother Maja was conscious how difficult it is to be a student par-

ent and how expensive child-care is,' said Sinead. 'She came up with idea of starting a babysitter's service which might help both student parents and those students who want to make some extra cash and have necessary experience.'

Maja approached Sinead with her plans, and together they prepared posters and left information about the project on the ULSU website. They also had articles published in the Limerick Leader about the service. As they got many responses from interested parties, both parents and child

mindes, they decided to expand the project and make it available to all the parents in Limerick city. They checked details with solicitors and they have confirmed they can continue to work on the project of providing a database of babysitters to potential employers. In the coming weeks they intend to advertise our service in the local press e.g. Limerick Leader, Limerick Independent, and inform UL staff and students who are interested.

An Focal Briefs

IWMC lunchtime concerts

The Irish World Academy of Music and Dance commenced its autumn series of free lunchtime concerts and seminars this week. Each Tuesday and Thursday from 1.15 - 1.45 pm a recital takes place in the Performing Arts Centre on the lower ground floor of the Foundation Building. Admission to each event is free and all are welcome. For a brochure detailing all Irish World Academy events, including public seminars, call to SU reception.

Class Reps hit 150

Nominations for Class Reps went over 150 this week as the remaining vacant positions begin to fill up. 'This is great news for the Union and for the Classes, who now have class rep,' said Alan Higgins, Education Officer. This year has seen eight elections for class reps so far, an indication on the interest shown among students for the position.

There are still vacant positions and the SU Education Officer is particularly eager to get post grads involved, 'The post grads are an important part of the student body and should have representation both within the Union and the University.' Information on vacant positions and nomination forms are available in the Students' Union Reception.

Ruth Scott at UL

2FM DJ Ruth Scott was to be seen in UL on Friday 6th and Saturday 7th. Visiting for her 10-year reunion, Ruth has a UL degree in European Studies. She spent some of the night at the Stables and later at the Lodge as she celebrated her reunion. An interview was arranged with Ruth for An Focal, but Ruth failed to show. Regrettably, she forgot and later apologised in an email assuring an interview over the phone, which will be published in the next edition of An Focal provided it goes ahead. Ruth was also spotted at the Frames concert before leaving for Dublin where she hosts 2FM's 'More Music Drive' from 4 -6pm, weekdays.

Mental Health Week

PAULA O'SULLIVAN

MENTAL Health Week took place from the 7th - 14th October. The annual event was this year being run in conjunction with the UL Student's Union. Sinead Hickey, the ULSU Welfare Officer, aimed to raise awareness and provide information about the themes surrounding Mental Health Week. To link the campaign with student life, Sinead brought forward the ideal of 'Stresslessness'. Taking things into perspective, laughter and meditation with music are all

central to this process.

A meditation room will be open upstairs in the Student's Union from 4 - 10pm daily; 'simply a place to chill out for maybe 15 minutes and listen to some music to relax', Sinead tells me. Free workshops were ongoing during the week in the Meditation room and Kilmurry Village Hall incorporating laughter with yoga and other meditation. Tribal drumming sessions were also held fusing together relaxation and music.

Dr Declan Aherne of the UL counselling service is promoting the main idea of

'Mindfulness'. This concept involves slowing down physically and mentally, but not emptying the mind. Its practice successfully heightens awareness and calm, and develops one's skills to observe. 'Mindfulness' is an act of paying attention to the present moment; remembering to be aware and thus being to communicate better, work more efficiently and be more relaxed. 'Mindfulness teaches us a way of being present to wherever we are and to deal with it'. Recognising the signs of depression are also forefront to the campaign;

'Having good mental health means feeling positive about yourself and others, along with being able to meet or cope with the demands of everyday life'.

Information about these topics can be obtained from the ULSU, Dr Declan Aherne; room CM-070, and online at www.mentalhealthireland.ie Information on the UL student counselling service can be found in the ULSU reception, or alternately from Marion Kinsella; room CM-073. The counselling service is always free and confidential.

Hopes for I Grade Reform

DARRAGH BOURKE

THERE is rising concern in the university about the situation of fourth years who receive an 'I Grade'. This prevents them from graduating with their classes. The 'I Grade' system was put in place to allow students who are ill or on Bereavement to be excused from examinations.

For final year students, graduation completes the package. It is a time of celebration and joy and for many students it is a time of relief. One of the most important factors for many students is getting to graduate with their class. However for the handful of students who receive 'I grades' in their fourth year examinations they are unable to do this. This is due to the academic council regulations currently in place. According to Alan Higgins, ULSU Education Officer 'It has been a hard battle but we hope members of faculty will enable this group of students who have already experienced difficulties in their academic careers to not be further compounded'.

I grades are awarded to students who have not completed all of the necessary requirements for a module but have submitted certifiable evidence of either an illness or

immediate family bereavement. This grade then allows the student to undertake the exam at another time. The form of assessment for an I-Grade is not restricted. It will be the decision of the relevant faculty members which form of assessment will be used.

For first, second and third years, there is no major problem with I Grades. In fact they are often seen as a blessing to many students. However for those students who receive an I Grade in fourth year it prevents them from graduating with their class. Although the relevant form of assessment may only be a project or an essay submission, the I Grade cannot be processed until after the repeat examinations. The graduation ceremonies take place in the same week, which means any student who receives an 'I Grade' in fourth year must wait until December to graduate.

Some faculty boards are willing to accommodate students to clear 'I Grades'. However they are restricted due to the current regulations in place. The numbers with I grades in fourth year were quite small in the previous academic year standing at only 80 students. However the academic council feels that this number will grow in time.

C&S Recruitment a huge success

PAUL LEE

THIS years Clubs & Societies Recruitment drive which took place in week 1 was a great success for the Clubs & Societies on show. Hundreds of students turned up to see what was on offer from these voluntarily run activities. It is the second year of this new format in the Arena and it is quickly gathering a reputation as a must-see event on the academic calendar.

As with all voluntary activities some clubs and societies do not always manage to prepare new committee members to take over from their predecessors and as such there are a small number of Clubs & Societies in transition at the moment, namely the Equestrian Club, the Men's Rugby and the

International Society. At the moment there are moves afoot to re-establish the International Society so it is expected within the next week or so for the Society to re-emerge, much to the relief of hundreds of our foreign visitors. Not so easy to explain though, is why with an Equine Science Course on offer here in the University that we struggle to offer an equestrian club, especially given the tradition Ireland has in general with horses! Even more amazing is that in Limerick, home of rugby and steeped in rugby tradition, to the point that students go nuts when Munster's games clash with exams - that we have never had a men's student rugby club in the last 6-7 years that has managed to put two successful semesters together back to back!! I do know that

the status of the UL Bohemians Rugby Club may have some students confused and think that they have to leave their own clubs to represent UL but nothing could be further from the truth. You can still represent UL in student rugby (Ascent Cup) and maintain your club status, and not have to be involved with UL Bohemians at all. One of the main problems is that there simply have not been 5 or 6 students willing to take on the running of the club.

On that note there are at least 6 new clubs and societies on the verge of trying to get established and we do have funding available to help them in that regard. So if there are a group of students that wish to start a new club or society or to try and get the Mens Rugby or the Equestrian Club re-

established I'd love to hear from you, OR if you have an idea for something new.

Unfortunately every year there are students whose timetables will prohibit active membership of a club or society, and we would ask that you offer support to clubs and societies by attending their events or fundraising activities. Check out the events page on our Clubs & Societies Website.

My apologies for the delay in responding to the huge number of queries on email that I have at the moment (in excess of 100 different queries) but I have just concluded the annual budget process for clubs and societies. This tends to dominate my time over the first two weeks of the term. We have managed to distribute an initial budget figure of €253,000 so I expect to answer all emails by the time this publication is being distributed.

In the interim if you wish to call into the Clubs and Societies Office which is located within the Students Union building we have mobile numbers and email addresses for all clubs and societies on display behind a glass notice board in the office OR alternatively log on to our website www.clubsandsocs.ul.ie

Paul Lee is the Clubs and Societies Development Officer in ULSU and can be contacted at paul.lee@ul.ie.

The Clubs and Societies recruitment drive in the Arena (Photo: Paul Lee)



ASIST Applied Suicide Intervention Skills Training

ASIST is a 2-day skills based workshop that helps prepare individuals of all backgrounds to provide emergency first aid and life assisting interventions to persons at risk of suicide.

Through the good offices of the HSE Midwestern Region Suicide Prevention Office, we are now able to offer the ASIST two-day training for all interested student's, free of charge.

Date: 20th & 21st October '06
Friday & Saturday
Venue: Dromroe Village Hall

Registration: Please call to Marion Kinsella in Room CM073, or email Marion.Kinsella@ul.ie

This is a UL Mental Health Promotion Initiative

Swift rejuvenation begins

KATIE HARRINGTON

THE Jonathan Swift Theatre is traditionally thought of as a spiritual home for societies. In recent years however, lighting, fabrics and other amenities available to societies there had been deteriorating. This is why after the long slow process of securing funding was completed; all parties involved were keen to get on with its re-development. A significant proportion of the Arts and Sports fund was put towards refurbishing the Swift, in line with an agreement in the alcohol policy to provide students with an alternative venue to licensed premises for events. Clubs and Societies Development Officer Paul Lee comment-

ed that this was 'Very significant for societies in terms of the promotions of their activities on campus'. The university's Building and Estates Department agreed to match the amount put forward by the Arts and Sports fund, and refurbishment of the theatre began.

Arts Officer Patricia Moriarty stated that she was 'Grateful for the continued enthusiasm of Robert Reidy and Gerald Hallinan (Buildings and Estates Department) to incorporate student access into the overall scheme for the Swift.' She added that the Buildings and Estates Department had been in constant contact with the Arts Office and Clubs and Societies Office in an attempt to develop the Swift as much as possible as both a teaching area and home to

societies.

A new lighting system has been installed, as well as a power panel which will make it more accessible to societies and an air handling unit so the stage won't be as noisy. The audio-visual facilities in the Swift will be upgraded, and new seats will be installed over the October Bank Holiday weekend which will certainly make the Swift a more comfortable and attractive venue. These changes will make a huge difference to societies such as drama and music to name but two. New signs and nameplates in the main building will also be put up in an effort to make the Swift as high profile and easily accessible as possible for the benefit of all vested interests.

Plans for the future are to ensure society activity five nights a week, with the Societies Officer working to make the greatest use of the Swift. Ms. Moriarty also stated that 'we hope through working with societies to maximise use of the Swift and through collaboration avoid any practical difficulties that might arise, such as those experienced by the people who attended the Neil Delamere gig this Monday'. She added that is still early days, and that when the refurbishment is complete there will be lighting up ceremony. 'This will incorporate all the societies that use the Swift' said Ms. Moriarty, as well as that 'the success or failure of the Swift is going to depend on student societies and the degree to which they can work together'.

Equal marriage case in High Court

ON the 3rd of October 2006, Dr. Katherine Zappone and Dr. Ann Louise Gilligan brought their case to the high court. These women, who were married in Canada on the 13th of September 2003, have been struggling to have their marriage and the rights that go with it recognized in Ireland. For 23 years the women have lived as a couple and sought to have that recognized in Ireland with little success. For the most part their argument lies with the Revenue Commissioners, who refuse to acknowledge their union as valid and who have cited the Oxford English Dictionary which defines marriage as a male and female couple. It is the Revenue Commissioners which states that this couple is not married by this definition, even though Irish taxation law makes no such definition itself.

While on the face of it this case may be construed as a simple tax matter it is not. This case is in fact about equality and human rights such as the right to own property together, to share the burdens and pleasures of living a long,

loving life with them as well as the right not to be discriminated against because of their sexuality.

Before the 3rd of October 2003, a call was made to all equality organizations and LGBT Societies in Ireland for support of the KAL case. Supporters were asked to show up outside Dáil Éireann at 1.45 p.m on the 3rd of October, each supporter was to carry a flower which in turn would be collected and handed into the party political leaders in Dáil Éireann in order to show their support. While the lawyers for Dr. Zappone and Dr. Gilligan are working 'pro bono' (waiving their fees) there are other costs incurred which include the cost of witness's and transport. If you would like to donate please go to <http://www.kalcase.org/donation.htm> and help out.

Researched through the website <http://www.kalcase.org/index.htm> about the KAL case and angrypoto.net



USI marriage equality protest in Dublin

Become a Student Ambassador for UL

Students wanted to represent UL as Student Ambassadors.

Earn €100 for making a visit to your old school and talking to students about UL - why you chose it and what your degree is about.

Full training given.

Each Student Ambassador will be accompanied by an Alumni Ambassador who will talk about how their UL degree has helped them in their career.

Contact the Marketing Office at 061 202094 or email sean.reidy@ul.ie

urlSU off the ground

THE first meeting of 'urlSU' was held on Thursday the 5th October, in the Students Union. The meeting was chaired by PPO Deirdre O'Shaughnessy in an attempt to re-establish a college radio station. A number of students attended and a committee was elected. For the moment the main content is on setting it up as a podcast. Podcasting is a form of broadcasting which airs via the Internet. It will be transmitted through the SU website and they hope to broadcast on various speakers throughout the campus. The meeting concentrated

on the basic set up of a radio station and focused on getting equipment, finding a room and establishing a production team. The Students Union and ITD are providing assistance in these areas.

The Students Union and the University are eager to re-establish a successful radio station in the college as attempts have been made in previous years to set up a radio station in UL. The committee and the PPO, Deirdre O'Shaughnessy, are eager to make the podcasting a success this time around and believe that the recent addition of new media courses in the University will help.

The URL committee is made up of 9 members: Dave O'Mahony, Kiernan Burke, Brendan Bolger, Philip Murphy, Mathew Foley, Colm Cooney, Niall O'Sullivan, Dani Gagnon and Bríd Enright. The committee are working to get the station up and running around campus in the coming month and committee secretary Dani Gagnon told An Focal that more volunteers were always welcome for the podcasting group.

Bríd Enright

ULPSS Presents Former CIA Analysts Kathleen and Bill Christison

ZOË LAWLOR

THE UL Palestine Solidarity Society is proud to welcome Kathleen and Bill Christison. Kathleen Christison is a former CIA (Central Intelligence Agency) analyst and has worked on Middle East issues for 30 years. She is the author of the acclaimed books "Perceptions of Palestine" and "The Wound of Dispossession". Bill Christison was a senior official of the CIA. He served as a National Intelligence Officer for, at various times, South-east Asia, South Asia and Africa. Subsequently, he served as Director of the CIA's Office of Regional and

Political Analysis, an office overseeing 200 experts on all nations, regions, and global problems of the world. Between then, the Christisons have forty three years service with the CIA.

In recent years, Bill and Kathleen have collaborated in seeking to expose the ongoing destruction of Palestine by Zionism, and how U.S. complicity in this project remains one of the root causes of global terrorism. They have also been scathing critics of the "war on terror" in general, particularly the imperial adventure into Iraq.

The Christisons will speak primarily on Palestine and give their analysis on how

best to achieve a lasting peace and also justice in Palestine/Israel. They will also talk about US foreign policy in the Middle East and the recent war in Lebanon. They will be drawing on their expertise both inside and outside the system to outline the influences on US foreign policy and its wider global implications.

Kathleen and Bill Christison will speak in UL on Wednesday 1st November, venue to be announced. For more information contact: ulpalestine@eircom.net or visit www.skynet.ie/~ulpalestine.

ApacheCon Europe, 2006

BY GARETH EASON

MY laptop has informed me that the wireless network has vanished, the low hum of the Cisco router fan is no longer to be heard, and the hundreds of attendees to this year's largest European Apache related event are bidding their friends goodbye and trickling out the conference room door. All that remains is to strip the gaffer-tape positioning and protecting the fibre running from the Burlington hotel to the nightclub next door - and take up the temporary cable that provided our link to the internet for the week.

Monday 26th June saw conference attendees from South Africa, America, Ireland, England, Wales, Scotland, Germany, Spain, France and many more descend with their laptops (or in the case of Ken, a veritable emporium of gadgets) on the Burlington Hotel, Dublin. The world's most prevalent webserver, Apache, was out to prove to Ireland that they had the most dedicated and also fun-loving community members of any open source project.

The first two days of the weeklong event were devoted to more in-depth sessions: a hackathon and workshops from the likes of Theo Schlossnagle who gave an excellent all-day session on how to build scalable Internet architectures. Wednesday saw the start of ApacheCon proper, with the likes of Sun, Google, Thawte and Covalent, to mention but a few, setting up stands in the open area. Thanks to HEANet and the unwavering dedication of Colm MacCarthaigh and Nóirín Plunkett, we had a wireless network covering the entire conference area. The one and only shortcoming of the week was the shortage of mains electric sockets - but then again, it's not often that a conference has an absolute minimum of one laptop per person. Many of the participants blogged events as they occurred and many more wrote, updated and patched code in the Apache tree and related Apache Software Foundation (ASF) and Free Software Foundation (FSF) projects.

The 'Lightening Talks' were a highlight of the event for me. The series of strictly 5-minute talks, in an order

drawn out of a hat, had subjects ranging from the highly technical to the almost bizarre. 'How to give a lightening talk' was, quite appropriately - if coincidentally - the first topic drawn, and was followed by such topics as 'Things on Ken's tool-belt.' Five-minute bite sized presentations on various technical subjects and diverse uses of Apache Software Foundation (ASF) and other Open Source Software (OSS) tools rounded out the event and made it entirely relevant to the audience - including Rich Bowen's excellent '10 things your webserver can do that you might not have known about.'

One of the prime aims of an event like ApacheCon is to bring some of the many developers and architects of the projects together in one physical place, so issues, ideas and problems can be discussed and resolved in a real-time, face-to-face forum. Each evening, Birds of a Feather (BOF) sessions provided a title, a room and an open-door policy to allow people to meet and discuss various technical and non-technical aspects of the work of the Apache Foundation. Subjects as diverse as 'Isn't it time that PHP played nice with Apache 2.0?' and 'Women in Open Source Software' were discussed. I don't know that any solutions were arrived at, but perhaps solutions are secondary to education and awareness. Many of the attendees learned about the issues intrinsic to the creation of software for use in a global and diverse market - and keeping it free. More than any other aspect of the event, the BOF sessions demonstrated that the Apache Foundation is serious when they say it's not about the software, it's about the community.

The Apache community is not just about software, hardware, the varying implementations of the IP stack and creating brilliant solutions to complex problems - sometimes it's about having fun. The food and drink was excellent in the Burlington Hotel and although the schedule for each day was packed full of interesting and educational events to attend, people still found time to meet one and other and just talk. We organised a GPG cross-signed event, and Nick Bursh and I arranged that CACert and Thawte notarisations could take place, encouraging and

spreading a free and open alternative to web security - a market currently dominated by a very few, expensive players. I also seem to have been drafted into the Open Streetmap project a project celebrating its second birthday in August, with the aim of providing an open source geographical map of the world, but with less restrictive licensing than the information from the current commercial map data sources. Check out the website (<http://www.openstreetmap.org/>) and if you have a GPS (Global Positioning System) unit, join in the fun and contribute to what's already a very interesting project with a growing community.

It seems to me that wherever a large group of technical people are gathered, there also seems to be a selection of musically talented individuals, who seem happy to entertain the crowd with renditions of musical styles as diverse as the software and cultures represented. I felt privileged to join in and play along with the likes of Colm MacCarthaigh, Nóirín Plunkett and Paul Fremantle. The sessions started late at night and continued well into the early morning. I was most impressed at the dedication of those people who still managed to get up in time for the 9am sessions the following days.

All good things must come to an end and I must join the mass exodus to the airport, for I have a flight to catch. I'm hoping I'll meet many of the people I met again at next year's ApacheCon and before that at SkyCon (<http://skynet.ie/~skycon>) in February 2007.

More information on the talks and sessions, slide-sets and source code can be obtained at <http://www.eu.apachecon.com/> along with information on the upcoming ApacheCon US and ApacheCon EU 2007. All the Apache Software Foundation products are available for download from <http://www.apache.com/> along with tutorials, documentation and lots of other useful and interesting material.



Postgraduate News

Welcome party

ON Thursday 28th of September we had our Welcome Party held in the Common Room in the PSA Centre at the Stables courtyard. At the beginning there were only few people but in no time we had a great crowd in the room. There were about 70 people that came on that evening. At one point there were so many people that we had to open the outside door to squeeze into the tiny common room.

Everyone who entered the room was offered a lolly with a number that was supposed to be kept for the draw later that evening. What were the prizes? There were one €20 and one €10 voucher for the Storm Cinema. Some took the lolly only for the number. I introduced myself and let people know who I am as most of them were new postgrads. Everyone enjoyed the party; one could have had a nice conversation and a snack at the same time. There was a variety of vegetable salads, some choc biscuits and alcohol free drinks. However, as this was a special occasion we got the permission to drink alcohol so we had a bit of wine to propose a toast to all the postgrads. I had a chance to talk to a few new people and I hope that all those who came will keep coming to our events throughout the year. I also met people who are interested in being active members of the PSA. As promised we had a draw, unfortunately there were no volunteers to draw the tickets, so I had to find the 'volunteer' myself. Eventually, after a few draws we got two winners: Kieran and Helen. We're waiting for the film reviews guys! As this was a great success I am looking forward to the next event in Week 4. I will have to think about advertising our social as the less I promote the events the more people come.

Maja
The PSA

Looking for a new experience? GET INVOLVED WITH THE PSA - ELECTIONS

The structure of the PSA Executive is set out in the PSA constitution, which can be found here <http://www.ul.ie/~psa/constitution.html>. The executive comprises of the President, Deputy President, Events Officer, Treasurer, Publicity Officer, Mary Immaculate College rep and a Students' Union rep - Deirdre O'Shaughnessy, Publications and Publicity Officer SU, as a non-voting member. In addition to the PSA executive, there is also the Association Council which comprises of the PSA executive and college reps.

The constitution provides for the election of an executive, and these elections will take place at the AGM on the 26th of October. Apart from the position of president (which is the only full-time paid position within the PSA) there are four other executive positions - Deputy President, Treasurer, Publicity Officer and Events Officer. These positions are vacant from the beginning of October, so have a think about whether you would be interested in becoming a member of the PSA Executive.

BRIEFLY

Deputy President is the second most important senior officer within the PSA. The deputy President and the President work very closely together. The DP also chairs the Association Council and acts as the Association's Secretary, thus holds overall responsibility for all the Association correspondence and the office records.



Treasurer deals with finances of the PSA, and together with the President is responsible for all the financial matters relating to the Association.

Publicity Officer is responsible for publicising all meetings and social events of the Association. This means designing posters, hanging them up, and updating the website. He/she can also contribute to the PSA page in An Focal.

Events Officer in conjunction with the President is responsible for organising social events, like trips, parties and many others. One of the main tasks is to help to organise the Annual Charity Ball in the Spring Semester.

PSA Association Council - If you don't have that much time but you would still like to get involved, become a Class Rep (taught) or College Rep (research, one for each college).

There are many perks to becoming a member of the Exec and the Association Council. Go for the post and find out!

All of these positions will be filled at the AGM in the PSA common room on Thursday 26th October 2007 (Week 5) at 1.00 pm. If you are interested please email me at psapresident@ul.ie.

Maja
The PSA President



NATIONAL FORUM ON EUROPE
FÓRAM NÁISIÚNTA UM AN EORAIP

National Youth Council of Ireland



YOUTH FORUM ON THE EUROPEAN UNION AND DEVELOPMENT COOPERATION

Does development aid, trade, human rights, the environment, and the role of the media in development cooperation interest you?

Do you want to know more about what Ireland does about these issues, what the European Union's does?

Do you want to have your say about these topics?

Are you over 16 years of age?

If so you are invited to the Youth Forum on the European Union and Development Cooperation

Date: Saturday 21 October 2006, from 10.00 am to 4.00 pm

Venue: The Clarion Hotel, Limerick

Cost: No attendance fee. Travel costs will be reimbursed

Register by: Wednesday 11 October 2006.

Application forms and other information available from eyou@forumoneurope.ie or

National Forum On Europe, State Apartments, Dublin Castle, Dublin 2.

or

Tel: 01- 670 5900 Fax 01- 670 5877

The National Forum On Europe provides a public space for debate on issues relating to the European Union and Ireland's place within it. The National Youth Council of Ireland works to encourage young people to participate in civic, social and political life.

See also www.forumoneurope.ie and www.youth.ie

WWW.FORUMONEUROPE.IE

€4.34 Million award to UL for Mathematics Research

Science Foundation Ireland awards the largest ever funding award for Maths in Ireland

PHILIP MURPHY

A mathematics research programme at UL has been awarded €4.34 million in funding from Science Foundation Ireland (SFI); the single largest ever award for Maths research in the history of the state.

The award was made to UL's Department of Maths and Statistics to fund a new research initiative headed by

Prof. Stephen O'Brien, which will be known as the Mathematics Applications Consortium for Science and Industry (MACSI). The news of the award was welcomed by the Head of the Department of Mathematics and Statistics, Alan Hegarty, who stated that "it was a huge award for mathematical research in Ireland, and a major achievement for UL to secure this funding".

The aim of this research programme is to encourage and promote a closer interdisciplinary collaboration between Irish mathematicians and researchers from industry, finance, economics, engineering and other academic disciplines, with a view to creating an expert group in mathematical modelling and practical mathematical applications in these fields.

As part of the programme, a new graduate programme in applied mathematical modelling will be established, as well as the establishment of outreach and summer schools aimed at 'demystifying mathematics' in the eyes of the public generally, with a specific focus on secondary students. A press release from the university quotes Professor O'Brien as saying that the MACSI "will involve

collaboration with industries such as Analog Devices Limerick, Dell Computers, Diageo, Waterford Crystal, Boston Scientific, Kostal [and] Transitions Optical".

Commenting on the significance of the award, the Minister for Enterprise, Trade and Employment, Michael Martin said: "The Initiative is being implemented to provide support for Mathematics in Ireland because of its broad

underpinning of research in many areas of science and engineering. It will promote cooperation between mathematicians and other scientists and engineers and with industry."

Website for the Mathematics Applications Consortium for Science and Industry (MACSI)

<http://www.macsii.ul.ie/>

Class Reps get Prepped

ALAN HIGGINS

THE Class Representatives of nearly seventy classes attended two days of Class Reps Training the weekend of Week 3, in the Students' Union. The purpose of this training being the according the SU Education Officer, Alan Higgins, 'to equip class reps with the skills and knowledge to work for their class.'

With 100 class reps in attendance, which included presentations on student support services, skills development, an introduction to the Union and a mock council involving golly bars, Class Reps training was provided those who attended with the resources required to act in their classes interests.

Training started on Friday afternoon, with Icebreakers and members of the SU Executive trying their best to drag up the deepest and darkest secrets of class reps, all in the interest of fun and getting to know each other better. They were then given a series of presentations from a number of the support services on campus as a means to let Class Reps know what services are out there and which are the best for their classmates needing that extra bit of help. The finished off the night in the SU Common Room with Pizzayum!

Starting early on Saturday Morning the expertise of Mr. Coly McGivern and Mr. Keith

Pigott were imparted in the morning. Coly, who the Sabbats had meet as training in Galway, entertained and informed Class Reps on the arts of Negotiating and Listening essential for meeting with lectures and also helping classmates. Keith Pigott, who prior to being Mr. Ents was a World Debating Champion, briefed Class Reps on finer points of public speaking.

After lunch, provided by the lovely people in the SU Shop, there were presentations from members of the SU Executive on the role of the Union, the Officers and most importantly Class Reps. They then debated the positive and negative points of golly bars and weather they should become the sole ice-cream sold in the SU shop, the purpose of this mock Council was to familiarise members to the operations and procedures of the real thing.

Deemed a success by the Education Officer, who organised the event, he indicated that there was still many vacant positions left and of the importance of each class having a Class Rep: 'the important role the class rep as a liaison between both the Union and the University and their class can not be underestimated. If there is an issue that your class has, it's important that someone can express these concerns.'

Class Reps form are still available in the SU Reception and in the PSA Common

FRASER GRAY

ANOTHER academic year lay ahead with all the challenges and pleasures University life has to offer. At this time the provisional Chairman, Fraser Gray, has announced the rejuvenation of the Irish Peace Society (IPS), which has been dormant for two years, and welcomes all those who wish to work towards a better world to join in the perpetual struggle for peace and harmony among humans across our fragile planet.

With the current 'war on terrorism' raging throughout the Middle East and beyond, environmental catastrophes devastating human and other species traditional habitats, and the exponentially growing gap between rich and poor, there is, now more than ever in human history, a reason to get involved and be a part of the solution rather than feeling like part of the problem. By thinking globally and acting locally, regionally, and in the international realm, the Irish Peace Society aims toward non-violent conflict transformation through dialogue and not only the expression of good will, but also by actively taking part in projects around the world.

In the past, the Irish Peace Society has raised tens of thousands of Euro to send UL students to post-conflict

zones in Africa, Latin America, and the Middle east, providing local organizations with badly needed resources (food, medicine, educational materials) and engaged in educational programmes such as childhood education, adult female literacy projects, and engineering co-ops. This year they hope to add technology transfers to this list; sending

computer savvy UL students to southern Lebanon and Cuba to pass on their knowledge of computer systems in this age of information which has left so much of the human population behind in its wake.

The Irish Peace Society is one of the societies related to the University of Limerick, hence its members are all UL students (undergrad, postgrad,

PhD), although the activities we organise are open to everybody and, except for the trips abroad, for free. For more detail, look us up and see what we are all about, and what we have accomplished, at www.peace.ie. Any Questions, contact fraser.gray@ul.ie

ULSU ENTS

ULSU COLLEGE DAYS

ARE YOU READY?

**BUSINESS COLLEGE DAY
WEDNESDAY WEEK 5**

**SCIENCE COLLEGE DAY
WEDNESDAY WEEK 8**

**ENGINEERING COLLEGE DAY
WEDNESDAY WEEK 9**

**INFORMATICS AND ELECTRONICS COLLEGE DAY
WEDNESDAY WEEK 10**

TALK TO YOUR CLASS REP TODAY

ULSU ENTS

Nazi Graffiti or Legitimate Protest?

ALAN OWENS

AS was reported by the previous edition of this newspaper, students, staff and visitors alike were recently confronted by the words 'Arbeit Macht Frei' daubed on the sculpture at the entrance to the university.

This act provoked much debate on campus, in local newspapers, and on local radio. The reaction was, in the main, not positive toward the graffiti, as the words used evoke connotation with the Holocaust.

The slogan, which can be translated as 'Work will set you free' was inscribed on the gates of several Nazi concentration camps in WWII. The phrase was originally used as a title for a book, and later by the Weimar government in Germany in the 1920's before it was used in its

most infamous context by the Nazis.

As no one came forward to explain their actions, the motivations or explanations of those responsible were not initially clear. However, in a discussion forum set up by the editor of this newspaper to discuss the graffiti, the 'perpetrators' did indeed leave a message.

In this message those responsible outlined their motivations for this act. There was, it is claimed, no racist or neo-Nazi motivation, but rather a wish to protest against what the authors call 'the way we live, the way we are born, and work in school. The get a job, and work at the job (sic). Then raise kids to do the same thing. Work at school, work at uni, work at work. Work, work, work'.

This, the author claims, 'is all our lives are centered around. A vicious circle.

Arbeit macht frei is translated to work will set you free. It was used, in its original context, to motivate refugees and people in concentration camps to work. But they were going to die. And the graffiti sends out a simple message that life's not about work, and shouldn't be'.

The author concludes by stating that the slogan was intended in a subtle and ironic sense and that 'if it was written in French, everyone would be ok with it, but immediately everyone jumped to the conclusion that the perpetrators were racist neo-Nazis.'

The sentiment behind the protest is a not an altogether unreasonable one. One could argue that society is geared furiously toward a 'work to live' ethos and that in the process, sections of society get left behind.

One could also argue that

the use of terms such as these is crucial to the memory of what happened in concentration camps such as these not being forgotten.

Does this excuse the actions taken by this person or persons? That is a matter of opinion. We live in a society where we are granted and encouraged the right to express our opinions. Indeed University life is supposed to be a place for expression of ideas and protests.

However, all of these things considered, the situation here is not of subtlety, irony or remembrance. The manner in which this was done, the painting of large, blood-red letters depicting a slogan used in the Holocaust at the entrance to a university is not a subtle one.



WITH the new semester upon us, it seems like the old problems come back to haunt us. Still only one pub in the main courtyard, rising prices of fees and inevitability of "Where the feck am I goin' to park!" Being a student here for the past five years it seems every year the traffic situation is getting worse, with this year being the most notable. On coming to the college this morning I decided I would enter by the main entrance but as I entered the university car park I realised just how hard it is to get parking should you come into college after 9am, that being my case on every other day. But I did see the invention of the newest college game - a hybrid of "chicken" where two cars, one at each end of the car park lane spot a free space and floor it to get the all-elusive spot. The winner in this case walks away with his life and the much-coveted car park spot. A situation which happened me last semester is something that I would also like to share with you. I decided to head down to get a space before my 3pm lecture, I went down at half past 2 and decided to wait for a space to appear. As it approached 2.55pm, a guy was leaving his

spot so I began to pull into the spot when out of nowhere a relatively young woman tried to snipe into the free spot. I promptly got into the spot ahead of her, I don't think this woman realised that I had been waiting for 20 mins for this spot. As I left my car a herald of abuse came my way "sorry but that was my spot!" she bellowed. "ahhhh, 20 mins I have been waiting for this place, love" her reply was "the day of the gentleman is long gone" I walked away thinking how much I would like stick her stupid bobble head dog thing in her mouth. But what is the solution? Ban cars from the college? Carpooling? I myself am like the many who live a walking distance away from the college but still decide to drive down. The reason is because I am a student and I couldn't be assed walking down - and with winter approaching there isn't a chance in hell I am walking home cold and wet!! I assume many others agree with me on that point. The building of another car park would only attract more cars and in time itself would eventually fill up. UL have a lot to sort out if they wish to prevent the college from being one big car park itself. And that's what grinds my gears!!

The Chinese traditional festival-Mid-autumn Festival

August fifth of Chinese lunar calendar is the Chinese traditional festival---Mid-autumn Day. It gets this name because it is in the middle of the autumn. This festival ranks only second to the Spring Festival in China.

On the night of the Mid-autumn Day, people looking at the moon like a silver plant always expect to stay with their families. People residing far away from home place their emotion of homesick on the moon. So the Mid-autumn Day is also called the festival of reunion. It is said that you will miss your nearest and dearest more when the festivals come. When in the Mid-autumn Day, you will miss your family more, especially at the moment you are looking at the full moon hangs in the sky.

Eating the moon-cakes is the traditional custom of the Chinese nation during this festival. Chinese send their emotion of missing their homes by the moon-cakes. They are also used as gifts sending to their friends and relatives.

There are many different custom of the Mid-autumn Day, and they

are also diverse in form. However, they all represent the love for the happy life.

In order to celebrate Mid-autumn Festival and further foster and promote cross-cultural understanding between Irish and Chinese in Limerick region, Chinese Students & Scholars Association at UL (CSSA-UL) hosted its second annual Chinese Culture Day on Wednesday October 11th 2006. Events included handicraft, ornaments, paper cut, Chinese knots, stylish women accessories exhibitions: Chinese culture, history and landscape movie show; tasting Chinese food, snacks; and every visitors can get a name card with their name translated into Chinese, their Chinese Zodiac animals icon based on the visitors' year of birth, and the English description of its characteristics.

中国传统的节日——中秋节

农历八月十五日（今年的十月六日）是中国传统的节日——中秋佳节。这时是一年秋季的中期，所以被称为中秋。这也是中国仅次于春节的第二大传统节日。

在中秋节的夜晚，人们仰望天空如玉如盘的朗朗明月，自然会期盼家人团聚。远在他乡的游子，也借此寄托自己对故乡和亲人的思念之情。所以，中秋又称“团圆节”。有说，每逢佳节倍思亲。中秋节这一份思念当然会更深切，尤其是一轮明月高高挂的时刻。

中秋节吃月饼是中华民族的传统习俗，以月之圆兆人之团圆，以饼之圆兆人之常生，用月饼寄托思念故乡，思念亲人之情，祈盼丰收、幸福，都成为天下人们的心愿，月饼还被用来当做礼品送亲赠友，联络感情。

中秋节的习俗很多，形式也各不相同，但都寄托着人们对生活无限的热爱和对美好生活的向往。在这中秋节即将来临之际，祝愿在UL工作以及学习中国留学生们：中秋节快乐！



Deep Throat investigates Class Reps Council

THE time - Tuesday October 3rd, the place - CSG-01 and the various level-eleven Illuminati on campus are huddled together in conclave to decide the future of all humankind. OK, so they more generally go by the name of Class Reps council, and they haven't exactly been hiding themselves away what with the bright orange hoodies, and they are limiting themselves to campus based decisions these days but just you wait! These public gatherings are all part of their cunning plan of hiding in plain sight. Just because you can see who they are doesn't mean you know who they are. They have an agenda see, it is all typed up in a pretty font and by gum they're going to stick to it.

It wasn't my first time at one of these gatherings (I'm a level-nine Illuminati as most people know) and I was expecting the usual affair of backstabbing, political intrigue and personal grandstanding. There were about 40/50 people present, all so eager to get going that some had left before the end. However, they had signed in so I'm sure they will get their mileage allowance.

Much activity appears to be in train on the car parking situation. Personally, I sense the hand of National Toll Roads in all this price rise malarkey; they're the crowd behind the West-Link and Airticity! They seem to hate drivers with a vengeance so how could they be too far from all this? There was talk at the meeting that a petition is to be taken up and I understand some harsh language and a raised voice or two might be in action this side of Christmas. Failing that the SU is in talks with the North Koreans about leasing some of their new toys.

There was one light-hearted suggestion that people should boycott the pay car park and use College Court instead. Now it might be just me but if the people living as close as college court (and let's face it Elm Park and Milford Grange) left their cars in their driveways and walked

there might be no problem getting parking for the rest of us! The name of the individual who made the suggestion has been supplied to the relevant College Court authorities and we expect that the hot coals, having been suitably stoked, are being applied to their tootsies as you read this.

El Presidente has taken steps to reassure the campus community that, contrary to popular perception, he is very much on the side of the motorist. Indeed, he is examining getting one himself; the choice is down to a bright red Matchbox fire-engine or a yellow Corgi with doors that open and an ejector seat. Oddly enough, a new car park is due to be built en route to the Boat House, but rather than seize the chance and build a big multi-storey and have done with it, the college has gone for the nice landscaping, flatland option. One wonders why.

So we're to get a bar again in An Phluais and the SU shop is to move to the old Scholar's area and who knows what is moving into the shop. The new An Phluais will have a different 'vibe' we're told. How this new venture fits into the plans to reform Rag Week (only the Raising and Giving part, the plans for the entertainment are still under wraps or in cupboard somewhere) or plans to have multiple days of celebration for the 12 Colonies, ...sorry ...Colleges, have yet to be revealed.

In constitutional matters, there was some talk about the plight of business students who continue to be underrepresented on council due to the capping of reps at 4 per class. Fourth year Applied Physics, all 9 of them, have a whole rep to themselves while 300 plus business studies folks get just 4 between them. Not that there was much sympathy from one of the 1st year reps who wonder what they would need more reps for, it's not like their needs are going to be different. You know how they're all the same in the Kemmy Business School.

STUDENT SPEAK : *This fortnight Thomas Dee asked what UL students think of the increase in the carpark charge from €2 to €3...*



Kelly Kaneswaren - Phd Student
'It would deter me from using the car park.'



James Duggan - First Year History Student
'This is a bad thing.'

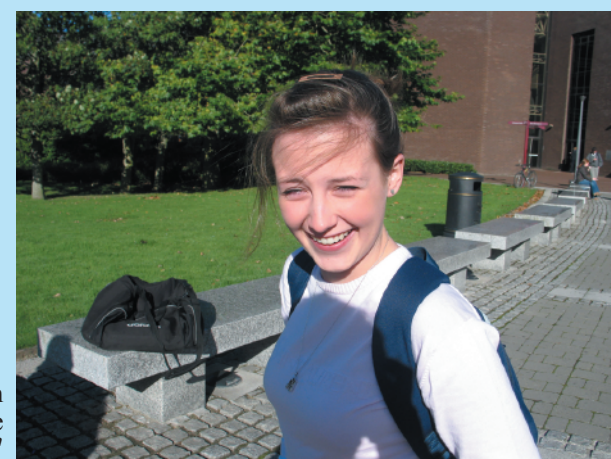
St.John Ó Donnabhain - President SU
'Ridiculous!'



Mark "sparky" Moloney - First Year Business Pub Admin
'Come fly with me.'



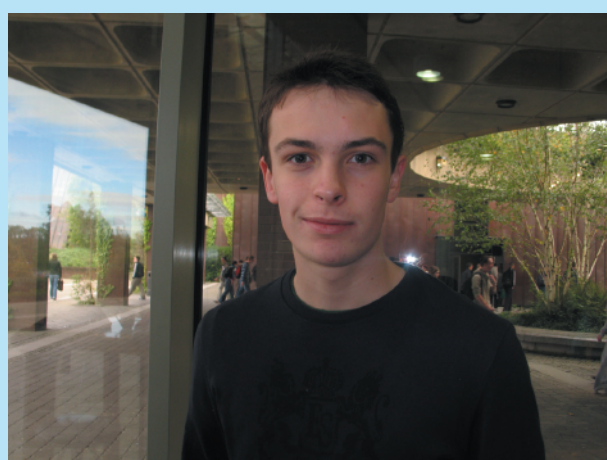
Sinead Duggan - Law & European Studies
'To take this and the increased crèche costs is ridiculous.'



Jenny Madison - First Year Irish Music & Dance
'It's fair scabby!'



Francis Kenny - First Year Pub Admin
'Expensive on a student.'



Maurice Cotter - First Year Law & European Studies
'It's a tough charge on cash strapped academics.'



Katie Killilea and Eimear Casey - First Year New Media & English
'We both drive and we feel its unnecessary.'

Opportunities...

are endless

Graduate Recruitment 2006

Co-op Placement: Deloitte

"I did my co-op placement with Deloitte in Dublin in their Audit Department. In this department I gained experience in the preparation of financial statements and auditing financial statements to ensure they gave a true and fair view of a company's financial situation.

I gained a great insight into being an auditor. As my placement came to an end I felt confident with my responsibilities and about working on certain sections of an audit such as debtors, creditors and fixed assets.

I met a super bunch of people on my co-op and really enjoyed all the social activities organised. I found Deloitte to be highly professional with a drive to succeed, but more importantly, a willingness to encourage, educate and assist a new recruit like I was and other junior members of staff".

Deirdre O'Connell - who is currently studying for her Bachelor of Business Studies Degree (Accounting and Finance)

Co-op Placement: Deloitte

"I did my co-op placement in Deloitte in Limerick, in their Audit Department.

I was lucky in the fact that I gained a vast insight into being an auditor and was not a "glorified photocopier". I spent a lot of time out of the office on jobs, this was due to the range of Deloitte's clients and their geographical spread. Therefore, unfortunately I had to spend time in hotels with all expenses paid...life was tough!!

In conclusion, I found my work experience to be very beneficial and my time at Deloitte very enjoyable".

Deirdre Moore - who is currently studying for her Bachelor of Business Studies Degree (Accounting and Finance)



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Pornography - the moral debate

JACK DOWNEY

ONE of the issues that has preoccupied feminists over the years has been pornography. Some time back, Mary Whitehouse campaigned that page three of the tabloid newspapers be banned. For the benefit of those of you who are not familiar with these "newspapers", page three features a pretty girl wearing very little.

Wise campaigners pick their battles well and Ms Whitehouse was leading with her chin on this one. Not unexpectedly, she received no

support from men. Indeed, we became quite worried about the goals of feminism when it disapproved of looking at pretty girls. More intellectual critics of this move argued that page three should be preserved and the rest of the paper banned - at least page three did not contain any of Rupert Murdoch's viewpoints. Interestingly, women were ambivalent about the campaign. Page three is something of an institution in the UK and younger women seemed quite comfortable with the idea.

While page three is still with us, other feminist

campaigners, notably Andrea Dworkin, drew attention to the porn industry and the exploitation of women in its productions. Their principal concern was that pornography "objectifies" women and should be banned for that reason. Again, the feminists did not garner too much male support by taking this stand.

Sadly, feminism lost all credibility when Coca-Cola launched its infamous Diet Coke advert. Can you imagine the outcry if any advertiser depicted a semi-naked woman being voyeuristically ogled by three men, to the strains of "I just want to make love to

you"? However, a topless man slugging back Diet Coke aroused no cries of "objectification" from the sisters and, when a reporter went out there to solicit their views they dismissed it by saying: "about time". Thus decades of hard work went out the window as feminist hypocrisy was laid bare.

I think this is a pity. Advertising is all about exploitation. If men buy a product because there's a nude female sprawled over it, who's being exploited? It's certainly not the professional model. Similarly, who was being exploited by Coca-Cola? I for

one am not going to wax my chest in order to drink Diet Coke - so there! But the porn debate got lost in all this nonsense.

I remember the first time I saw a porn movie. For some bizarre reason, it reminded me of the gymnastics competition in the Olympics. A woman appeared and stripped off revealing about two stone of silicone and pubic hair sculptured into a valentine shape. Then a man arrived and exposed genitals that would put an Aberdeen Angus bull to shame. Then the games commenced. There was no emotion, nothing as romantic

as a single kiss. I looked on marvelling at his stamina and her ability to accommodate the guy in all orifices. The conclusion I came to was that it demeaned sex.

Has anyone ever stopped to think what a man feels watching these films? Inadequate is the word that comes to mind! How about young people, whose only sex education is watching these things? How do they learn to equate emotion and loving to this mechanical display? The porn movie is a soulless thing and I think we would be better off without it.

ASK NOT WHAT YOUR CLASS CAN DO FOR YOU, BUT WHAT YOU CAN DO FOR YOUR CLASS

POSITIONS STILL VACANT

CLASS REP FORMS NOW AVAILABLE IN THE STUDENTS' UNION
FOR MORE INFORMATION CONTACT ALAN ON 061 213491 or alan.higgins@ul.ie

CLASS REPS COUNCIL 2006/07

Today FM's Soundest Student in Ireland

Meet the UL contestants!

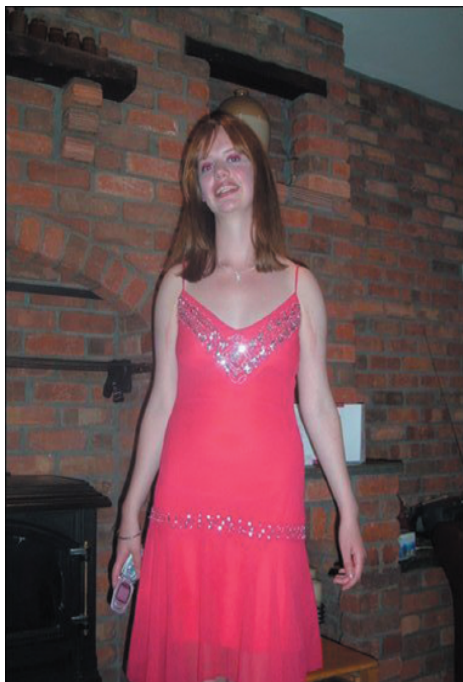
EOIN KELLY

Eoin Kelly, aka 'Comedy Guy' was nominated for the Soundest Student in Ireland competition by his friends Laura, Daire, Niamh, Julie and Noreen.

Eoin is the founder of the UL Laughing Society, which has brought comedians such as Karl Spain and Neil Delamare to UL, and which promises to bring Dustin Diamond (aka 'Screech' from Saved by the Bell) to UL next semester.

Eoin has been class rep for fourth year BBS for the duration of his time in college. He is also a member of SVP and UL Rugby club.

Mr Kelly, who is 22 and hails from Ferbane, Co Offaly, says that, if he wins the competition, he will 'throw a big huge party and bring the best comedians to UL including Screech'.



KATIE HARRINGTON

Katie Harrington is PRO for UL Debating Union as well as being a writer for this newspaper and a member of An Cumann Gaelach. She has also just become the new Community Relations Officer in the Students' Union as she was elected unopposed at the end of Week 2.

Katie is a second year student of New Media and English and hails from Galway. She thinks that the Soundest Student competition is 'a great idea, a great incentive for people to get involved in Clubs and Societies and the Students' Union.'

Her ideal profession is journalism and she has had two articles published in the Irish Times.

ROB MCKEOWN

Mr. McKeown, also known as Rob Lowe after a Louisiana man named him Rob Lowe during coop, is the captain of the UL Trampolining Club. He's also an active member of the Scouts, having staffed mystery hikes in Germany and other foreign countries for the organisation.

Rob, a 22 year old a postgraduate student whose PhD is about elephant grass, was delighted to be nominated as soundest student and is, he says, 'still trying to find out who nominated [him]'. He studied Environmental Science at undergraduate level and is from Limerick.

'Rob Lowe' appeared uninterested in the prize money, saying instead that his main priority on Wednesday is to 'get Ray Darcy on a trampoline'.



MARTHA GORMAN

Martha Gorman is a second year Law & European Studies student. She is a member of the Badminton Club and of the Law Society. She is also an avid fan of Richie's Masterclass in the UL Arena and has been an Orientation guide.

Speaking to An Focal, Martha was positive about the competition, saying 'It's an excellent prize and a bit of fun' and that she would go to New York during the three week holiday in February if she won. She is from Portumna, Co. Galway and wants to become a solicitor.

Homework with Alan Higgins, ULSU Education Officer

Getting to know your Library

There is a giant building at the centre of this campus of which all students should get to know every nook and cranny. I'm not talking about the Stables. Welcome to the UL library.

At some stage in your academic career you're going to have to cross the hallowed threshold of the library. Despite its design flaw (once being described as a hollow block) the library is a valuable resource for all students. As well as general loans (get to know which floor you're based on) there are a number of gems that the library has to offer.

In the basement is the library store. While the texts are generally a bit dated you might find something that gives you that edge - just make sure you don't crush

someone in the process, it's easier than you think! There is also the newspaper archive, which has recent editions of newspapers - old editions can be got online or on microfilm. A great way to find what the library offers is to go to the information desk which is located on the ground floor to your right as you come in. The staff are always willing to advise you. Across from there is the European Documentation Centre (politics and law students take note) which to everyone else is a wireless hotspot and laptop location. If you don't have a laptop, the library cluster is probably the most popular on campus. Accessing www.ul.ie/~library/ acts as a portal to the online library resources including tutorials, library catalogue and online journals and databases.

On the first floor in the area beside the photocopiers (which is on both floors), are FYPs - so fourth years, if you need inspiration you know where to go. On the second floor, on the right as you face the old issue desk, are the special collections which are a fabulous asset.

Remember the library is a resource there for you so use it. If you can't find what you're looking for, ask.

The library is currently in the process of consultation for the new extension. If you have any thoughts, contact alan.higgins@ul.ie or make a post in the education issues section of www.ulsu.ie/forum/

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UL DEBATING UNION

Meets Tuesday evenings at 7 in the Jonathan Swift Theatre (B1023)

Topic for debate in week 4 is

KNOW YOUR RIGHTS

With ULSU Welfare Officer Sinéad Hickey

Tenants Rights and Obligations

Certain minimum obligations and rights are laid out in the Residential Tenancies Act 2004.

Tenants Rights:

Tenants have rights in relation to their tenancy. These include the rights to:

- Peaceful and exclusive occupation of the dwelling
- Particulars of the means to contact the landlord or agent at all reasonable times
- Reimbursement for reasonable expenditure on any repairs carried out for which the landlord was responsible
- Prompt return of deposit subject to deduction in respect of any arrears in rent or excessive wear and tear on the dwelling
- Refer a dispute to the PRTB (Private Residential Tenancy Board) and not be penalised by the landlord for doing so.
- Have complaints referred to and considered by any apartment company and to obtain details of any management company charges
- Request a copy of any register entry relating to their tenancy and to require the PRTB to confirm the registration particulars contained in the application to register their tenancy.

Tenants Obligations:

- Pay rent and any other charges due on time
- Ensure no act or omission causes the landlord to be in breach of the law (including the provisions of the Housing (Standards For Rented Houses) Regulations 1993
- Notify the landlord of any repairs to be carried out and (by appointment) for routine inspections
- Not do anything to cause the dwelling to deteriorate beyond the normal wear and tear, and if this happens to make good any such damage
- Not engage or allow anti-social behaviour or act in a way that would invalidate the landlord's insurance
- Not assign, sub-let, alter or improve the dwelling or change the use of the dwelling without the landlord's written consent
- Keep the landlord informed of the identity of the occupants ordinarily resident in the dwelling.

For more info contact Sinéad in the SU or the PRTB on 01-8882960

RateMyProfessor.com

CATHERINE CASEY

IT'S an indisputable fact that the people of today are opinionated. We use our freedom of speech (which we take for granted) to voice our opinions. RateMyProfessor.com is the latest opinion board where students are given the opportunity to express their genuine views on their professors. RateMyProfessor.com has been in existence since 1999, and with growing interest has become increasingly popular.

The University of Limerick is featured on the website, with only nine professors rated thus far. Professors are given a grade on their teaching ease and overall quality. The profes-

sors who are currently featured are from the departments of Engineering, Languages, Political Science and Economics.

When An Focal approached a senior UL faculty member, he refused to comment on RateMyProfessor.com. The site is not popular with UL students, with only a handful of students making use of it. Although the website is very popular in America, it has yet to catch on here in Ireland as other leading Universities in Cork and Dublin also have limited users.

All in all, RateMyProfessors.com is an apt way in which to either criticize or praise your professors. The choice as always is left to you. If you feel like letting something off your chest, you now know the website to go to.

**Don't look back in Anger
But if you do, then do so as a member
of History Soc.**

**Wednesdays at 6.30 p.m. in CI059
with bi-weekly trips and talks
planned throughout the year.**

**The Campaign for Democracy in the Congo is
recruiting members for a new society on campus.**

**Please contact kikangalamm@yahoo.fr ,
donatmabana@hotmail.com or call Maurice
on 087 7819872 for more information.**

**The Drama Society does not
only need actors.**

If you would prefer to be behind the scenes, rather than in the limelight, we are looking for anyone with an interest in stage work, lighting, camera-work, etc.

Contact The Drama Society on webbreaklegs@hotmail.com or simply show up to the workshops.
It's the best Drama Society in UL!

**Wednesdays, 7:00pm, Jonathan Swift
Theatre.**



El Presidente

AS everyone (hopefully!) knows at this stage, one of the campaigns the Students' Union is running this year is against the crazy increase in the Car Park fee - a tax on students to pay for college construction. But that's covered elsewhere in the paper, so I'm not going to repeat it here.

Wider choice

In the Students' Union we try to take a wide view of the transport disaster in UL... oh, I mean 'situation'. That means talking about bikes, pedestrians and buses, as well as cars. So, we've been talking to the University about getting Bike Sheds for everyone who cycles, and to encourage and make it more attractive for those who don't.

Pedestrian crossings are ready to go for the Groody Roundabout and the Hurlers, to improve student safety - everyone knows how much of a nightmare it is to get across the Dublin Road! Keep a look-out for them over the next few months

Public Transport Issues

In terms of public transport, we've been in lots of contact with Bus Éireann and the City and County Councils (UL is technically in County Limerick, not Limerick city, so we need to talk to both). The need for a bus stop at the Groody roundabout for students has been raised, and there are plans in place to sort this out, applications in to the Department of Transport and so on. While this process will take a while, we're encouraged by the meetings so far. We're also pushing for the reinstatement of cross-town bus services direct to Raheen and Caherdavin

The same applies for Bus Lanes, which are planned to come to Castletroy in 2008, and while there are issues in the City, with all going well, students will have a first-class, reliable and regular service which they can rely on. This might sound like a total pipedream, but there's loads of groundwork going into these preparations, and we're pushing hard for them to happen. Watch this space.

So, the SU's transport campaign has loads of different parts to it, all really, really important to us. Anyone who says anything different doesn't know what they're talking about! And if you want more detail, or there's anything else we should be addressing, send an email to st.john.odonnabhain@ul.ie, post onto the forums on www.ulsu.ul.ie, or call in and let us know!

St. John Ó Donnabháin, ULSU President.



Wellbeing

With ULSU Welfare Officer Sinéad Hickey

All Sexed Up: sex on campus - the safest way

THERE'S lots of opportunities for great sex in college, I recommend it not occur in the actual college, but if that's your own personal preference, try to not get caught!

But this article isn't about where the best places in college are to have sex, but how to practice safe sex when you're feeling frisky!

The important thing is to take care of yourself. Sexually Transmitted Infections (STIs) are infectious conditions transmitted through sexual activity - vaginal, oral or anal. Some of the STIs can be treated easily but unfortunately there is no cure for many of them, and these incurable STIs tend to be the most common.

A person can have any of the STIs without any symptoms. They may therefore be unaware that they have an infection and may be passing it on each time they have sex.

How can you avoid infection with STIs when sexually active?

Limit Partners

Nobody has a natural immunity to STIs and a once-only contact can be the source of infection. Also, the more partners you have, the greater your risk of catching an infection.

Condom Use

For sexually active people the proper use of a good quality, new condom, will significantly reduce the risk of infection.

However, condoms do not offer total protection as they may fail during use.

Alcohol and Other Drugs

Alcohol and other drugs impair judgement and reduce the ability to make 'safe' decisions. Because certain infections such as HIV/AIDS are incurable, unprotected sex, or sex while intoxicated, with a partner whose sexual history is unknown to you, could have devastating lifelong consequences.

Sharing needles during intravenous drug use, tattooing and ear piercing with unsterilised equipment are also high risk activities.

Other risks:

Pregnancy

While condoms do not definitely prevent pregnancy, it is a barrier to prevent pregnancy and it is 98% effective with careful and consistent use. However, the contraceptive pill is 99% effective if used properly. However, there is a higher failure rate if the pill is not used correctly. While the Contraceptive pill has advantages: it does not interrupt sex, it is useful for women who can reliably take pills on a daily basis and often reduces bleeding, period pain and PMT, it does not protect against STIs.

For more info or free condoms contact Sinead in the SU

Upclose

1.Name: Majella O'Connell

2. Age (if you're brave enough to admit it!): 36

3. Relationship status: Married to Seán with a toddler son, Liam.

4. Job/Course and Department: Manager of the UL Alumni Association providing a link between UL and graduates - see: <http://ulaa.ul.ie>

5. Birthplace: Ballyvaughan, Co Clare but grew up in Kilrush.

6. Describe yourself in five words: talkative, tactile, friendly, usually late (well, by a couple of minutes).

7. Why did you come to UL? Originally to study languages but I loved the place so much, I'm still here 19 years later!

8. Your favourite thing about UL: Beautiful campus with great walks ... if only everyone appreciated it.

9. Your least favourite thing about UL: How the lack of car-park spaces has turned people off leaving the campus for lunchtime shopping ... it's so hard to find a space when you get back!

10. Favourite place to eat in UL: SU shop - they do a mean turkey-relish sandwich on brown!

11. Three interesting facts about you: I am a chocaholic, I love musicals and I hate hoovering.

12. Your motto for life: If you don't know what you want, you stand a poor chance of getting it.



Campus Sport

Ben Heason - 1st Free Climbed Ascent of Angel Falls

ROSE BARRETT

LYING in the middle of the night, listening to the sound of water falling over a 1000 meters of sheer rock. Watching the sky above unpolluted by artificial light, brilliant and clear, far from civilization. And then glancing below to a drop of 600m, while you inhabit a ledge of rock no more in width than the average park bench.

These impossibly thin ledges were home to Ben Heason and his team for their last 14 days of the first ever Free Climbed Ascent of Angel Falls.

On Thursday 28th of September, last, Ben Heason arrived on campus to give a talk on this unforgettable expedition. This had to be an important event, as the OPC crew were buzzing around with anticipation. (And remember these are people who like to throw themselves off the side of cliffs for fun!) Even while I look on from the outside I realised the scale of the task they had undertaken. Ben's manner and amazing selection of photographs made the talk both enjoyable and entertaining for the uninitiated and informative for the climbing enthusiasts.

But this was more than just one foot in front of the other hand, pull-up and over the ridge! The team of 7 (4Brits, 2 Venezuelans and 1 Russian) had a meteoric trek in front of them to reach the base of the Falls. Encountering poisonous



Ben Heason on his historic climb

scorpions, caiman (not crocs), dangerous rapids and unhelpful tributaries they finally arrived and set-up camp to face straight into 19 days of world class climbing.

Previously 2 of the group had managed to reach a pitch high up on the wall, which was proving impassable, undertaken on 2 previous trips. The Falls were proving elusive. Over the next 5 to 6 days they worked on the climb and overcame what they thought to be the crux of the expedition, the previously encountered pitch. They were to be proven wrong. With a shortage of equipment and time pressing on they decided

to move onto the wall and for the rest of their 19 day climb ate, slept and existed on the face of the falls.

At every turn Angel Falls attempted to disrupt the team. High winds blew the water of the falls into their path making already difficult conditions dangerous. And when they finally reached a point from which they thought it would be plain sailing they were met time and time again with some of the toughest climbing in the world.

After some very hairy 'jungle' climbing up the last stretch of the wall the team reached the top with no more than 3 litres of water to spare

among 7 people. A general sense of elation and achievement was felt by all looking down at what they had overcome in the previous weeks, having conquered the highest falls in the world. Angel Falls had been a true test of physical strength, knowledge, ingenuity, but more than anything, will power. Ben and his team had proven that the mind can overcome the most testing situations and I'm sure they reaped the rewards looking out over the expansive beauty of that region of Venezuela.

Ladies Hockey has promising season start

AISLING MCKEON

The UL Ladies Hockey division 1 team got off to a promising start two weeks ago in their first league match of the season. Their first contenders 'Church of Ireland (C.I.)' were a strong club side who finished second in the table last year.

The game got off to a defensive start with UL Captain Nicola Sterrit leading from the back to keep her team form conceding an early goal. The pace was fast and tensions were high. C.I dominated the first half and a brave collective effort from UL prevented them from scoring. The UL defenders; Ellen Behan Katie Horner and Carol Hickey all ensured the midfielders were by no means 'starved of play'. Tremendous efforts from Claire Mulcahy and Jennifer O'Loughlin up front; meant that UL regularly threatened the C.I goal line and the game was left level at half time.

UL took the attacking reigns from the beginning of the second half. Stunning efforts from Sharon Carey and Jessica Kelleher were inch wide giving UL an energetic boost. However it was C.I who was to capitalize. A penalty corner was awarded and C.I messily put the ball over the line; a heated scramble to change the score to 0-1. There was no dampened spirits however and UL upped the pace putting CI under serious pressure from waves of UL attacks. Minutes later a one-on -one evolved between striker Jessica Kelleher and the C.I keeper. A dazing attempt that instilled fear into the CI defenders was unfortunate only to graze the wrong side of the post.

Superb midfield performances from Ciara Howard and Feenagh Smith ensured the play was dispersed with speed and accuracy.

Towards the final 15 minutes; adrenaline was pumping and tackles were tough. An unfair dismissal of Claire Mulcahy left the UL ladies to battle out the remaining minutes with only 10 players. C.I did not need to be told to take advantage and began the abrasive attack. UL goalkeeper Aileen Sheehan was tested to the max and was called to the rescue of UL on several occasions.

Two goals were secured and C.I showed no signs of reducing the pressure. However UL were not quite finished. In the best display of team effort; they worked the ball in a series of passes from defence to midfield to forwards to end with a ferocious shot on goal by O'Loughlin.

Unfortunately the damage was done and the score line finished 1-4. UL produced some rock-solid performances and some very dynamic play.

UL firsts also lined out last Saturday against an experienced 'Ashton' side. However, luck was not with them; seen through a number of goal chances narrowly missed. UL failed to set the pace to the high standard they strive to compete with; giving Ashton all too many opportunities to score. The 0-4 score line has giving our home side fuel for which to light the fire and we hope to see them out 'all guns blazing' for their next match.

Coach Ollie O'Connor is enthusiastic his team has a very strong foundation on which to build for near-future success.

On Sunday last, UL seconds played Dungarvan here in UL. They played an excellent first half creating many chances on goal, however they were very unlucky not to score. Unfortunately, Dungarvan sneaked in a goal, leaving the score 1-0 when the final whistle was blown. They were very disappointed not to come out with a result, but their season looks very promising. They played extremely well as a unit; they showed great team spirit and worked very hard. Everyone played extremely well, especially the goalie, Jane Byrne. We wish them good luck in their next match. On another note, ladies, it's not too late to join our club; training continues every Tuesday and Thursday at 6:15 down on the astro. All are welcome.

Also don't forget, UL are hosting the Varsitys, Tuesday 31st of October to Thursday the 2nd of November. It's going to be a fantastic competition and the team hope to do extremely well and they would appreciate support from everyone. So come on down and cheer us on.

LIAM TOGHER

I've lived through many bleak days as an Irish soccer fan. There was the 0-0 draw with Liechtenstein in 1995. I remember when we lost 2-3 to Macedonia. A few weeks ago, we got hammered 4-0 at home by the Dutch. Saipan was also quite traumatic. None of these, though, were quite as embarrassing as Saturday night, when the Irish soccer team lost 5-2 to Cyprus. To emphasise the cataclysmic scale of this result, I recently read an article in World Soccer magazine classifying Cyprus as one of the ten worst sides in Europe, as a team 'to be thrashed'.

Having sat through 90 minutes of hell, it comes as no surprise that

Nowhere to hide

Ireland lost so comprehensively. Of the starting eleven, only Damien Duff, Aiden McGeady and Steve Finnan emerged with any credit. Paddy Kenny took an eternity to come for the ball, something that should be a split-second decision. Andy O'Brien will never, please God, have a worse game in a green shirt. Richard Dunne had his moments but a late red card summed up his evening and his suspension is hardly what we need right now. John O'Shea's passing was so inept that I groaned every time the

ball was at his far from nimble feet. As for the midfield engine room, forget it. Aside from his goal, Steven Ireland was invisible. And how many times was Kevin Kilbane's name mentioned in the commentary? We were also comical up front. Robbie Keane contributed nothing and Clinton Morrison had as much interest in the game as the average American housewife. When assistant coach Kevin McDonald finally introduced a few substitutes, they had not nearly enough time to significantly change the game.

As I write, we face the Czech Republic in three days' time in the hope of avoiding another rugby score. Despite their World Cup disappointment, the gulf in class between the Czechs and Ireland could be labelled the Grand Canyon of European football. Kilbane v Rosicky? O'Brien against Baros? Cech and Morrison? Great individuals don't make great teams, but those examples hammer home the difference in class. Maybe by the time you're reading this, the outlook will be more positive. After all, our undoubted star, Shay Given, will be back from injury, just like the highly professional and admirable Kevin Doyle. Right now, though, Irish soccer has plunged to humiliating depths.

ROLL UP ROLL UP IT'S ALLSTARS '06

Tomás McCarthy presents his GAA All Stars for 2006

IT'S that time of the year again a time to look back at the season that was. Also it is a time for pundits with nothing else to write about (like me) to pick their teams of the year. So here's my allstar teams and more than likely ye will all disagree.

Hurling:

Not a classic year by any means - the Cork-Kilkenny monopoly remains. Still though some fine individual displays especially by Eoin Kelly and Henry Shefflin. An easy enough team to pick but some positions were difficult to fill. Centre-back had numerous contenders with John Tennyson and Ken McGrath unlucky to miss out. Noel Hickey at full-back may surprise some but he did wipe out Brian Corcoran in the final. Those who came close included Dan Shanahan, Tony Carmody and Jerry O'Connor.

1. D O Cusack
2. B Murphy
3. N Hickey
4. E Murphy
5. T Browne
6. R Curran
7. T Walsh
8. M Walsh
9. Cha Fitzpatrick
10. B O Connor
11. H Shefflin
12. M Comerford
13. E Kelly
14. T Griffin
15. J Deane

Best Player: Henry Shefflin

Best Game: Waterford v Tipp All Ireland Q-F

Football:

The football year could be summed up by one name: Kieran Donaghy. He turned Kerry's season right around through his presence at number 14. Kerry's missiles into Donaghy proved impossible to defend. Although Kerry were undoubtedly the best team they didn't start playing until the quarter-final hence their low number of picks. Also questions had to be asked over the quality of Mayo and Dublin. The unlucky ones to miss out are Ronan Clarke, Nicholas Murphy and Ciaran Whelan.

1. S Cluxton
2. M O'Se
3. F Bellew
4. J Higgins
5. B Cullen
6. S Moynihan
7. A O'Mahony
8. D O'Se
9. R McGarrity
10. A Dillon
11. A Brogan
12. P Galvin
13. C Mortimer
14. K Donaghy
15. J Masters

Best Player: Kieran Donaghy

Best Game: Mayo v Dublin

Have a different view? Contact me at 0639508@student.ul.ie

Managers should be compensated

TOMÁS MCCARTHY

UL GAA Development Officer Patsy Morrissey has come out in support of the payment of managers.

In an interview with An Focal Morrissey stated 'they need to be compensated'. Recently GAA President Nicky Brennan has condemned this practice as it goes against the amateur status of the association. Morrissey has had strong links with Cork GAA in the last few years but he wouldn't make a definitive comment on the situation in the Rebel county. 'I would imagine so' was his response when asked if the Cork managers were paid. What about team bosses in UL? 'It would depend where they come from' he claimed . He later confirmed though that there would be expenses for travel.

Morrissey remained tight-lipped on his position regarding the Cork hurling job. He says that 'it's only paper and ink'. He explained that in Cork you don't put your name forward that a committee decides the appointment. It's a fair system in his view. He has dismissed the story as a rumour at this moment in time.

Sporting Quotes of the Edition

- **It was a bit cheeky wasn't it? But I don't think it was that bad. It would have been worse if he'd turned round and dropped the front of his shorts instead. It was a bit cheeky wasn't it? But I don't think it was that bad. It would have been worse if he'd turned round and dropped the front of his shorts instead.'**
Ian Holloway, on Joey Barton's short dropping antics.
- **'It is very nice of you to ask the question. It is maybe better to go while you are still asking the question rather than you hint it is time to go'**
Michael Schumacher, after winning the China Grand Prix and being asked if he would reconsider retirement
- **'It has been 10 years, and my eye sight has not got any better'**
Arsene Wenger when asked if he had seen a possible sending off or penalty involving his Arsenal players at Charlton.
- **'Water is a political commodity around here, especially as we're so close to the Gobi Desert'**
Sarah Winckless, Olympic rowing silver medallist, after visiting the still-waterless Shunyi Rowing and Canoeing Park, venue for the 2008 Beijing Games.
- **'My team will live to fight another day and I intend to live to fight another day as well.'**
Nigel Worthington, after his side's 4-1 home defeat to Burnley. And hours, not days, before he was sacked as Norwich manager.
- **'Our bus broke down and delayed us for three hours so we practised on a roundabout.'**
Martin Allen reveals his unorthodox training camp for the MK Dons. It worked as they triumphed 3-2 at Lincoln City
- **She is the real manager of family life. You are the star outside, here you are not a star.'**
Jose Mourinho admits his wife wears the trousers at home.
- **And David James comes for it and takes it like a fireman catching a baby thrown from a burning building, and goes to ground.'**
Commentator on BBC Radio Kent/London, during the Charlton-Portsmouth game.
- **'Svensson was caught in two minds.... and both of them were wrong.'**
Commentator during the Rangers v FC Molde game about another bad mistake by the Rangers defender.

CHANTS OF THE WEEK

- **'What the ***** hell is that?'**
Brentford fans to Leyton Orient's dragon mascot.
- **'Tevez for Star Trek!'**
Villa fans on West Ham's new recruit.

UL Sailing Club

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Weekend of Week 4

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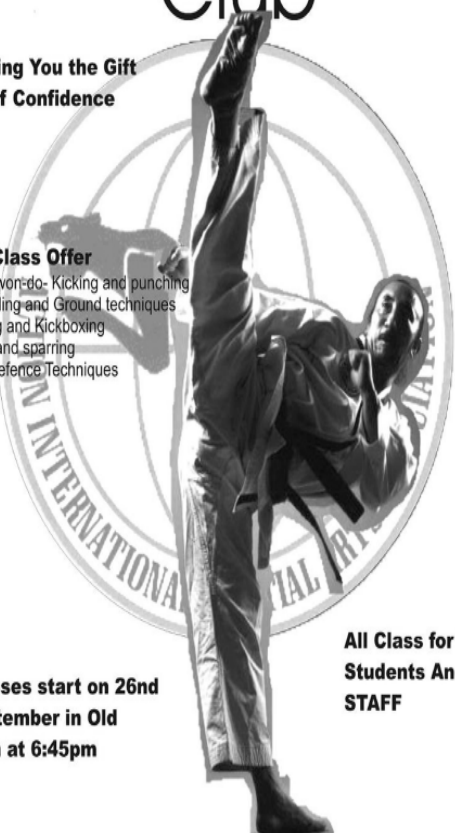
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Premiership

BENEFITS OF THE BUNGS CLAIMS

WITH KEVIN CORCORAN

BARTON HITS ROCK BOTTOM

With Man City being unlikely to get much media attention regarding football achievements, it seems that they are determined to grab the headlines in anyway they can. Firstly we had to watch Ben Thatcher doing what he does best when he assaulted Portsmouth's Pedro Mendez. Then Micah Richards decided to revolt against his manager's substitution policy. And just when they were running out of ideas, Joey Barton took it upon himself to moon the poor innocent Everton fans. All this begs the question is there any control of the dressing room. Maybe the main decision maker 'Beany' should ask Stuart Pearce to have a word.



Stuart Pearce's lucky charm Beany

Wonder what will be the best result from the panorama investigation. Will it be that the premiership loses some of its most interesting and entertaining characters. Will it be that 'Match of the Day' gets the views of the water boys after matches as opposed to the lively managers? Or will it be the next episode of 'Celebrity Death match' featuring Sam 'what's in it for me' Allardyce against Mike 'The Snitch' Newell and Arsene 'I didn't see it' Wenger versus Roman 'please take my money' Abramovich. Also how come when there's a picture of a dodgy agent in the paper, they're always on the phone? Maybe they're up to something. Anyway here's a picture of an agent, or at least he looks like an agent.



Asking for trouble



Charlton Athletic will struggle to retain their top flight status as they become ever more reliant on the goals of Darren Bent. If Bent and other experienced players like Matt Holland avoid injuries, then they may dodge the dreaded drop. The Charlton fans were optimistic at the start of the summer after thinking that they had secured the services of a competent manager in Ian Dowie. However that dream was well and truly shattered once Dowie thought that it was a good idea to offer money for Djimi Traore, as if Liverpool were about to refuse. Expect Charlton to feature regularly on 'Soccer AM's 'Taxi' episodes. In other news, a massive going away party was held for Traore at Anfield. It was a new record attendance even though the player had already left.



Michalis Konstantinou scores his second goal against Ireland in a 5-2 thrashing

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Sports photo of the edition: streaker at the Ryder Cup

Olympic Flame

Ireland's Olympic hopeful Paul Griffin speaks to Sports Editor Patrick Mannix

As the closing ceremony of the 2004 Athens Olympics came to a conclusion the Olympic flame was now only a small flicker in the memories of the sporting public. However the flame was only beginning to glow brightly in the heart of Paul Griffin. From the humble beginnings of rowing in his native Killarney in fix six boats to his rapid progression to the Olympic style boats, Paul's rise through the sport of rowing has been a rapid upward curve of progression. With a population of over 13,000 people, his native Killarney is rich in rowing tradition. There are no less than seven clubs competing in the town at the annual regatta every July and this was possibly where the seeds were sown for the competitive nature that Paul is so closely associated with.

'There was always an intensive rivalry in Killarney and we were quite lucky that at that time a group of us formed together, all young people around the same age, same focus and with the same mentality, and under Jimmy Doyle, who wasn't afraid to train young people hard, we trained in all types of weather and he moved us eventually into the Olympic style boats and that is where it all began'. The Olympic spirit can often be forged in young athletes at events like the community games and this was no different with Paul. 'Being from Kerry of course I played football for a while and I was quite good at the long jump, throwing and the power events and I went to the community games a few times but ultimately rowing took over and consumed everything and demanded total fidelity to the sport'.

With so many sports available to young people today rowing is just a boat in the river of choice but Paul has shown great fidelity to the sport since day one an attribute similar to his two sporting icons Niall O'Toole and Roy Keane. 'Growing up in Ireland we always had the name of Niall O'Toole and his reputation preceded him and there are still stories of his legend being told around the place. Of course I had the pleasure of rowing with him in Athens, so for me that was a unique experience - rowing with my idol and with the likes of the Danish lightweight fours who were so dominant throughout the nineties you would always try to aspire to these guys'. Yet again the infamous Keano pops into the foray with his iconic status. 'The theme I got from reading his book is that he's a fantastic sportsman and his mentality could be applied to any sport.' Griffin believes Keane is an inspirational figure, saying 'There are so many lessons one could learn from his book including the aspects of self- responsibility and blame-shift'.

Rowing is certainly an endurance sport, especially at the top level, so you can see how Paul uses Roy Keane's mentality. 'There is a ten year rule of how you should be training at a top level for ten years, for fifty odd weeks a year to make it to the top of international level. Anyone can train for six weeks or six months but anyone that can train for four or five hours a day, seven days a week, fifty weeks a years, for ten years - that's the difference; and you give up on so much and sacrifice so many things that it's the little things you miss out on. Physically it's very demanding, but I enjoy that. The hardest is mid- winter having to get up at six o'clock in the morning and go out in the rain and you have this goal in mind which is two years away and that's always a torch that will pull you through those days.' However, the champion acknowledges that there are ups and downs in the world of sport; 'There are some very tough times. The bad days always outnumber the good days but when the good days come they far outweigh them'.

It is this professionalism and dedication that has got Paul to where he is today; looking towards the Beijing Olympics in 2008. 'We move to an altitude about 1800 metres above sea-level first where the oxygen is quite thin. The day starts at 5am and we're on the water at 6.10am until about 8.10am after which we have breakfast. Around 10am we head down to the water again for another hour and a half work out. We'll then have lunch after which we cycle for an hour for a warm up if we're doing weights. This takes two hours and we then go for a swim as a warm down finishing up with dinner at 7pm and then bed. For the days we don't do weights we do some sort of cross training such as hill climbing for about three and a half hours and this takes place over a period of three and a half weeks.'

After hearing of this regime it is easy to understand the

kinds of sacrifices Paul has to make to fulfil an Olympic ambition. As the clock is ticking towards August 2008 the screw is tightening for all Olympic athletes and for Paul it is no different. 'Countries are going to be putting on more pressure so we are going to Cyprus in November doing a cross training camp, followed by a three week camp in Switzerland in January at altitude. I'm looking at more time commitment and being away from home but it's getting nearer the Olympics and it's qualifying year next year which is very important'.

Looking at the rower's medal prospects it was decided to head hunt two-time Olympic gold medallist Harold Jahrling to coach the rowers and immediately Paul has noticed the difference. 'Harold has brought fourteen years of Australian excellence along with forty odd years of east German experience from when he was rowing. The Aussies are renowned for their technical excellence while the Germans have the reputation of building an athlete's physical components to peak for a major championship. We get the best of both worlds I suppose. The first thing he did was reduce the intensity and introduce more volume and mileage. Our peaks aren't as high in terms of physical pain but we are doing a lot more lower intensity stuff like cross country skiing for three hours. The Australian excellence is shown in one hour session where we just sit in the boat stationary just doing drills improving our technique. Discipline and planning are part of his system which is able to give Irish rowing its own unique brand'.

During any transition period in sport when coaching styles are changed and the athletes are in a state of limbo, this is the time when they are most likely to be in a state of false consciousness and Paul was unlucky during this transition period to suffer an injury. 'It was the perfect time for a break in a way as I hadn't had a break away from the sport for longer than two weeks after twelve years of rowing non-stop. So I took it easy, put on a lot of weight, motivation wasn't the greatest at the time but decided I had enough and began to push myself with the Olympics in mind. Of course my body wasn't following what my mind was telling me and it resulted in a bad injury called a rib stress fracture which was something totally new to me'. First impression are vital when any new coaching set-up arrives and unfortunately for Paul this injury couldn't have come at a worse time.

After many hours of physio and travelling up and down to Dublin, Paul stuck with the eight week recovery period of training on a bike for five hours a day and proved again that he's worth his weight in gold to Irish rowing. 'At the trials in April that year it was open trial policy where you had to prove you were good enough to represent your country'. Paul made it into the team and won silver at the worlds in Gifu in 2005. He is hopeful for the future too; 'This year is different as we are 2nd best in the world and things are different and we've come a long way changing my technique and working with Harold and his degree in Biomechanics we have even changed my set up in the boat which is only a positive thing.'

As every stride is taken to improve an athlete's performance, the Irish team are no different and what better facilities to use than the University of Limerick. 'They are excellent. We spent a lot of time under the Thor Nielsen era up there doing a lot of testing at the NCTC. During our time there we stayed in Kilmurry as our training also included work out in Castleconnell on the river as well as indoor training at the centre. It was good to see the Dutch national team training there also. UL will also make a great base for athletes before the 2012 Olympics in London as the likes of Paula Radcliffe have shown. But the new Irish Institute of Sport recognises this significance and [is] helping projects like the boathouse at UL, which can only reap dividends for the young people in the future. It's quite an exciting time for Irish sport and we will eventually see the progress through the medals we win. Sport is a long term investment and our medal successes can only be accredited to the investment we get from our country.'

For the ordinary sports enthusiast the Olympics is seen as a cohesive event through our television screens but this is totally different to the experience that is felt by an Olympian. 'We are involved in one sport and in a way we are selfish as we are only



thinking about our sport. You don't experience the whole collective nature until you have a meal in the Olympic village and you see the likes of [American cyclist] Tyler Hamilton walking around. The rowing centre was fifty miles from the centre so it was a bit fragmented in that way. At the same time we have to be totally focused on our event so much so that we didn't even go to the opening ceremony as our event was on in two days time and it's quite a long evening and people are afraid of being on their feet for six hours. It's regrettable in a way as it's part of the Olympic spirit but hopefully it can happen in Beijing.' There was a glum look over his face when talking about that particular experience as it was obviously a dream unfulfilled but hopefully in Beijing, Paul can participate in both events as well as holding an Olympic medal.

As the timeframe for the athletes narrows towards the summer of 2008, Paul has certainly grasped the true meaning of the Olympics and what it means to be an Olympian. 'The Olympics is a fantastic experience and after I received a certificate from the Irish Olympians Association after the games certifying that I am an Olympian. One of the claims on it is that as an athlete it is our duty to keep the torch burning between the Olympic Games so hopefully I'm achieving that goal.' This focus and determination was critical to Paul on the morning of the Olympic final. 'I don't get nervous to be honest. In sport you have to think technically and not think about medals or crowds or any other outside factors as they have no bearing on your result. You have a job to do, raise a certain stroke rate, steer the boat and think about your lengthing technically all the time and all those need absolute dominance in your mind as the 24th of August 2004 was a day that was stuck in my mind three or four years before that'.

Two world championships in two years under a new coach bodes well for Beijing. But who does Paul see as the main threat of destroying his Olympic dream? 'The Chinese are a new force who have emerged this year and have surprised everyone. A lot of funding has gone into Chinese sport at the moment and they want to show their strength. We didn't show them the respect at the Worlds and they ended up beating us in the heat so we have to respect them from now on. The Italians if they get their combination right will be a threat along with the Dutch who are a new emerging force. Who knows, you just have to watch everyone'.

One could hardly talk about the Olympics without mentioning drugs and as evidence of the crack down on drugs, random testing has increased. Paul alone this year has been tested six times including one morning at 8am a week after the world championships. He likes to socialise when he gets time off and rumour has it he is an aspiring guitarist. Some of his favourites bands include the Killers and Snow Patrol. As our discussion draws to a regrettable close I am truly enthralled by this athlete's attitude and general sportsman ship as with an air of scuttle confidence he says 'I have to be on the podium. I wake up every morning and look at the Olympic flag hanging on my wall and I think about the Olympics every day and that's always going to be a motivational factor aiming for that goal. That's the compelling factor for going out in the rain in the winter. It motivates me looking towards an Olympic medal.'

The future is looking bright for Irish rowing and for Irish Olympic sports in general and with ambassadors like Paul Griffin and Derval O'Rourke, young people have athletes and heroes to aspire to and will hopefully keep the torch glowing.



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Start @ Stables Arch way
 Stop 1: Dromroe Village
 Stop 2: Thomond Village
 Stop 3: Cappavilla Village
 Stop 4: Plassey Village
 Stop 5: College Court
 Stop 6: Courtyard Student Village
 Stop 7: Brookfield Student Village
 End @ Stables Arch way

Route B: On the half hour***
 7:30 8:30 9:30 10:30

Start @ Stables Arch way
 Stop 1: Kilmurry Village
 Stop 2: Elm Park
 Stop 3: Oak Lawns
 Stop 4: Kilmurry Lodge
 Stop 5: Superquinn
 Stop 6: Briarfield
 Stop 7: Courtyard/Brookfield Roundabout
 End @ Stables Archway

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How to get ahead in the jobs market!

Attend the UL CAREERS FAIR - 18 October 2006

The Cooperative Education & Careers Division is organising a major on-campus Careers Fair on Wednesday, 18 October. This is a key event in the graduate recruitment activity with 100 organisations attending, making it the largest of any of the university-based careers fairs in the country. The Fair will take place in the Sports Arena and will be open to students from 12.00 p.m. until 4.00 p.m. Many sectors of employment will be represented so there should be something of interest to students of all disciplines.



What's it all about?

For those of you who have never attended a Careers Fair (or Recruitment Fair), this provides you with a unique opportunity to meet with a number of employers who plan to recruit graduates in the year 2007. Some of these employers will also have immediate vacancies to fill. Representatives of these companies will describe their organisation and typical vacancies with a view to encouraging you to apply when vacancies arise.

What companies will attend?

We will have 100 organisations participating in the Fair. This will include large and small companies, local, national and international companies, across all disciplines. What they have in common is an interest in meeting students who may be potential employees in the year 2007.

Why should you attend?

The Careers Fair gives you the opportunity to

- Make personal contact with leading graduate employers
- Get expert advice on what a career with a particular company might involve and how you can get the job you want;
- Collect company literature and information to help you compare companies;
- Find out what qualifications, skills and experiences are required by employers
- Determine which organisations you would like to apply to.

Be Prepared!

To make the best of this opportunity you will need to be prepared. It is highly unlikely that employers will offer you a job on the spot but if you make the right impression this will be to your advantage at the interview stage. Here are some tips to help you on the day:

- Do some research on companies you want to see. Read the company entries in this publication carefully and check the company websites.
- For help in preparing a CV, attend the seminar on 'Making Effective Applications' on October 9th at 6.30 p.m. in DG016.
- Book a slot to have your CV checked at the lunch-time CV Review sessions in E0019 during the week beginning October 9th.
- Take along several copies of your CV to leave with employers.
- Make note of the names of any contacts you make on the day.
- Think about your experience, strengths and skills and be able to tell an employer what you have to offer.
- Think about what questions you want to ask them: What vacancies do they have? What are their requirements? What training opportunities do they offer?
- Be sure to visit the less well-known organisations also as they often have very challenging opportunities to offer.

List of companies participating in the UL Careers Fair - 18 October 2006

Abbott Ireland
Abbott Vascular
ACCA
Accenture
AIB
AIB BNY
Airbus
Aldi Stores Ireland Ltd
Allergan Pharmaceuticals
Analog Devices
Anglo Irish Bank Corporation plc
ARM Ltd
Artwork Systems
Avery Dennison Ireland Ltd
Bank of Ireland
Bank of Scotland (Ireland) Ltd
BDO Simpson Xavier

BISYS
Boston Scientific
Bristol-Myers Squibb
Canada Life
CIMA Chartered Institute of Management
Accountants
Citigroup Fund Services
Conocophillips
Cook Ireland
Culleton Insurances Ltd
Dawn Meats Group
Dell
Deloitte
Engineers Ireland
Enterprise Ireland
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Goodwins Builders Providers
Gradireland
Grant Thornton
Hertz Europe Service Centre
Hewlett Packard
Hibernian Group
HSBC
IBEC IR/HR, Export Orientation Programme
IBM
IIB Bank
Institute of Certified Public Accountants (CPA) in Ireland

Institute of Chartered Accountants in Ireland (ICAI)
Intel Ireland
International Funds Services
Investors Trust Ireland
Irish Cement
Irish Defence Forces
Irish Life & Permanent
Irish Taxation Institute
IT Alliance Group
I-to-I Ireland
JET Programme
Johnson and Johnson - Alza Ireland
JP Morgan Chase
Kerry Group Plc
Kingspan Group
Kinneir Chartered Accountants

Kostal Ireland GmbH
KPMG
Lehman Brothers
Limerick City Enterprise Board
Lufthansa Technik AG
Mazars
Medtronic Vascular
Musgrave Limited
Northern Trust
O'Donovan Caulfield Lavin
Office of the Controller and Auditor General
Perot Systems Ireland Ltd
Pfizer Ireland Pharmaceuticals
PFPC
PKF Ryan Glennon
PricewaterhouseCoopers
Procter and Gamble

Procon
Public Appointments Service
Quinn Group
Russell Brennan Keane
SAP
Schwarz Pharma
Shanahan Kinirons & Co
Shannon Development
Smurfit Kappa Group
State Street International Ltd
Stryker Orthopaedics
Tata Consultancy Services
Tyndall National Institute
Ulster Bank
VHI Healthcare
Whirlpool SSC Ltd
Xilinx Ireland

In summary:

The UL Careers Fair is an ideal opportunity to make contact with a significant number of employers who have real jobs to offer. By preparing for the event, you stand a better chance of using the time and opportunity effectively. Know what you want from the fair; know what you have to offer, and be prepared to consider everything. You don't have to be a final-year student to attend. This is an open event. All students are welcome. Get a preview of what kind of work will be available to you when you graduate. This is your chance to make some useful contacts and see what opportunities are out there.....SO DON'T MISS OUT!

Further Details

Details of the participating companies are included in Careers by Degrees which is available from the Careers Service in E0010. This document can also be downloaded from the Careers website at: www.ul.ie/careers. Links to the website addresses of individual companies are provided.

Finally, please take this opportunity to visit the new premises of the Careers Service at E0019 and check out the wide range of careers booklets, directories and handouts. Opening hours: 10.00 to 1.00 and 2.30 to 4.30 Monday to Friday.

Any queries can be directed to Mary Sweeney, Head of Careers, Cooperative Education & Careers Division at: mary.sweeney@ul.ie.

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Week 4

Wednesday

Feckin Fivers @ Trinity Rooms presents the County Colours Ball - Wear'em with pride!!!
Tickets from SU 5 euro
Free entry to those in Carlow jersies....its a bit random.... but they deserve a break!

Because its Open days we won't be running a midweeker this week - promo time is too short and its hard to know who'll be back! But we are going with Feckin Fivers and it's the return of an old favourite.....

This Wednesday is **County Colours Ball**. Come dressed in anything you want as long as its your county jersey. Usually there's no shortage of Cork jersies so try not to let them outnumber us this year. And if your from Mayo don't worry about it no ones gonna slag you too much about the football we all have our off days! And if they do remember it could be worse you could be from Carlow... we won't even talk about their jersey, you'll see them coming a mile away even in the darkness of an October evening or even Trinity Rooms.

Week 5

Monday

Free Gig - Irish Bands
Live The Jades

Remember these Wexford girls from "You're a Star"? Well they've moved on and they're trying to make a name for themselves away from the hot house confines of reality tv. They're in the middle of an extensive college tour which will see them make an appearance on virtually every college campus over the next month or so.



They've been together since 1999 after they all finished they're leaving certs together. They went to college just like the rest of us, did a bit of traveling and then after spell in the national limelight as a result of You're a Star they decided to go at the business full time. 2006 has been quiet enough for them as Elaine was finishing off her degree and sitting finals. She's finished now and they're making up for lost time. Get to the Stables Monday Week 5 and catch them for free while you can!!!

Wednesday

Midweeker
Jean Monnet

This was supposed to be the UL debut of the amazing Reuben. Irelands only silent comedian. Check out his website www.comedywithoutwords.com for a taste of Ireland's coolest upcoming comedian. He has now been rescheduled for Wednesday 15th November put in your diary and don't dare to miss it.....

We don't have a replacement at the time of going to press but stay tuned for further details!

Week 6

Tuesday

Halloween Ball

Its that time of year again, time to dress up and spook each other out a bit. Its Halloween Ball time again. An annual event it has become the big night out of the college year as up to 2000 students from UL, Mary I, LIT and the Art College get together for a night of trick or treat.

2006 promises to be the best ever. Many surprises lie in wait for unsuspecting students on the spookiest night of the year. Get ready for a trail of cast offs from freak shows, rejects from circus of horrors and the grim man in the top hat.

Tickets are 15 euro and cheap at half the price.....that doesn't make any sense then again neither does the Halloween Ball. Haunted hotels, zombee bands and vampire dj's. Get your costume, get your ticket and get on a bus....

Tickets go on sale at the SU Tuesday Week 5.




TRINITY
ROOMS



ULSU ENTS
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Wednesday Week 4
Feckin Fivers @ Trinity Rooms
presents the
County Colours Ball

Wear'em with pride!!!
Tickets from SU 5 euro
Free entry to those in Carlow jersies...
...its a bit random...
but they deserve a break!

Wednesday Week 5
Feckin Fivers @ Trinity Rooms
presents the
Bizz Ball

Tickets from SU
2 for the price of one to first 50 sold.