



Clubs & Societies NEWS

Aontas na Mac Leinn
Ollscoile Luimnigh

University of Limerick
Student Union



Edition 23 Semester 2 AY 2017/2018

Whatever the Weather, We Adventure Together!

BY RACHEL MALONE, PRO

Another fun semester was shared by the members of the Outdoor Pursuits Club! We had a mixture of trips throughout the semester which covered all our core activities: hiking, climbing, orienteering, caving and mountaineering. We started off our semester by climbing in the Burren and we couldn't have asked for better weather! The sun shone down on us as we scaled up climbing routes and got to know our newer members. It was certainly a brilliant way to start off the new year! This was part of our weekly Sunday trips where we drive to different parts of Ireland to hike, climb or orienteer around the countryside. The trips that followed were equally as enjoyable and allowed members to see the Irish landscapes at its best!

As well as our weekly trip, the club travelled to Letterfrack in Co. Galway to enjoy an OPC-style weekend away. We travelled up Friday evening on a bus which gave everyone a chance to mix and mingle. The bulk of the group spent the second day hiking around the beautiful landscape of Galway while some members spent the day improving their

climbing skills. We finished the day in the gorgeous Old Monastery hostel where we enjoyed a hearty and delicious meal followed by some casual socialising and a few sing-alongs. The next day we relaxed some more for a while, cleaned up and headed back to Limerick. The now yearly trip to Letterfrack was once again a success!

However, the big trip of the semester must be the Scotland trip. A group of members ventured out to Scotland to enjoy ten days of climbing and mountaineering. It was a beginner friendly trip that allowed members of all levels to develop their mountaineering skills. The harsh winter climate didn't deter our troops from enjoying themselves as they took on routes which included Scotland's largest mountain, Ben Nevis. They battled snow and ice as they worked together to complete the variety of routes.

Not all of our activities involved travelling around though. The climbing wall located on campus was as busy as ever! We were open three days a week and we continuously saw a steady flow of people come through

our door. Climbers of all levels are welcome to come along and test their skills. We regularly change the climbing routes to challenge our members and we encourage everyone to try them all. We had our extremely popular OPC Open Days event here which spanned over four days. We had a different activity planned for each night which included: a movie night, a games night, a social night and a climbing workshop. In addition to this, we had regular training workshops run by our own members to teach newer members the basics of rope work and mountaineering. It proved to be a massive help in preparing people for trips away and was also a fun experience!

The club has loads planned for this upcoming semester so if you are interested in contacting us, you can e-mail us at uloutdoorpursuits@gmail.com or message us on our Facebook page "UL Outdoor Pursuits Club". If you want to chat to us in person, drop in to our climbing wall which is open every Monday, Tuesday and Thursday from 7 – 10 PM.



OPC Does Tartan

BY CONOR WALTER

January 2018 Saw the OPC's most successful Scottish Winter Climbing trip in recent years. The land of Buckfast and Haggis treated us to powdery snow, frozen turf and tasty sunsets. Admittedly, I was initially reluctant to go to Scotland on my Christmas Break. The Highlands are a harsh environment, with some of the highest rainfall in Europe, freezing temperatures, and wind that would knock a cuppa from Mrs. Doyle's hand. It became apparent to me early on, that Scottish Winter is special however. The mystique that surrounds the highlands left bagpipes playing in my head every time I saw the hills. Some who visit can never leave, despite the changeable weather. Shout out to Mac

(Conor McCarthy) who guided us on his 8th Scottish Trip with the club. A moment that stands out for me, was at the end of a long climbing day mid-trip. It was a beautifully crisp morning as we made our approach. Jangling of gear on our Harnesses split the frosty air like a herd of Swiss Cows. Approaching the finish of our ascent, we clambered over the snow slopes of the amazing Stob Bán. Still in the shade, I looked forward to see two flying Ice Axes land at my feet. Mac up ahead, shouted sighs of joy and dropped all he was carrying. When I reached him, I could see why. Culann joined us from below and all of us stood there, 3 specs on the hill, basking in what was a sunset to end all sunsets!



Welcome back everyone...

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And a special welcome to all our International Students, it has been an eventful couple of months since you all went into Christmas exam mode. So just a quick update on some exciting developments. The development on the projects from the Student Referendum in 2016 have clicked into gear and moved from meeting rooms to the planning and construction phase. Many of you will have noticed the "Maguire's" training pitch development began just before the exams. That is the area of grass fields at the back of the playing pitches and adjoining the Plassey park road. For those who may not be aware this is a brand new sporting facility specifically for the development of student sports and the general fitness and fun of the whole student body. It will of course benefit other groups out of term time and the wider community once UL Sport start to manage the facility when it open in June 2018.

The plan is for three full size-playing pitches, equivalent in size to a GAA pitch. GAA being the largest sports field dimension. One of these will be a natural grass surface with the other two being artificial grass. They will be fully floodlit and fenced off as well. It will also have a "hurling wall" and the plans include a jogging area around the perimeter as well and a spectator area too. Therefore, by the start of the next academic year AY 2018/2019 the synthetic aspect will be available for use. The natural grass will not be ready until the summer of 2019. Also the other big news is that we (ULSU & UL) have applied for planning permission for the proposed multi-million euro New Student Centre in the month of December as well. This will be located at the back of the Stables Club complex, in the site currently occupied by the visitor car park looking down towards the Library. We will keep you posted as

this process moves along but suffice to say the delivery date to walk in the door of the new facility is summer 2020. The new Outdoor Pursuits climbing wall is at an advanced stage, and discussions continue on the upgrading of the sprint track. Although the sprint track does not form part of the referendum projects, a UL Sport project will obviously benefit student athletes and the athletics club amongst a host of others, on Ireland Sporting Campus. The refurbishment of the second floor of the Arena has not yet commenced, which will benefit clubs, as it is a less complicated project that those mentioned heretofore. Discussions on the Handball developments are under review until the other projects and funding becomes more apparent once tender processes are completed. Finally, so what did you do in January after you stuffed yourself full of turkey and calorie loaded treats? Clubs & Societies in the University



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have once again been blazing a trail across Europe and the world with their training and development exploits to countries such as Africa, Belgium, England, Germany, Scotland, Spain and Japan. Not bad eh? That pretty much maxing your University experience. Watch out for the second semester recruitment drive there are a majority of our Clubs & Societies still accepting new members. You are all welcome to attend on the evening of Tuesday 30 January in Week 2, in the University Concert Hall Foyer from 5pm-7.30pm.



Maguires Project



Planning Permission



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Welcome back....again

Hi guys!! Welcome back and happy New Year to all! Well done on a great semester last year, I have been so overwhelmed since I started working here how dedicated all you guys on the committees and in the clubs and societies are and I can only thank everyone so much for making me feel so welcome! We are all very excited here for the coming semester with so much going on already. We have had eight foreign trips going on since

January 1st, we have had trips to Lanzarote, Munich, Scotland, Netherlands, South Africa, all before week one! So all you guys were eating and drinking while sitting by the fire, a lot of clubs and societies were off on these developmental trips! On top of that, we have many more foreign trips coming up, as well as the recruitment drive in week 2, the Clubs and Socs Awards and hustings, more treasurers' workshops (wooooo!) and other external

seminars. As if that wasn't enough we also have the annual BICS ball, which is a great opportunity for all the amazing societies we have in UL and all the work they do. As always, Paul, Michelle and I are here to help in any way and our doors are always open. I am keeping this short and sweet and will sign off by saying thank you once again, and bring on Semester 2!!
Aisling

Youthful Vikings Battle For Another Shamrock Bowl

BY NIAL HOU LIHAN, ASSISTANT PRO

Semester One was busy for the UL Vikings American Football as we prepared for the Intervarsities in Dublin. The first 7 weeks were spent teaching a large group of rookies how to play Irelands fastest growing sport. In November, we travelled to Trinity sports grounds with a squad that included almost 30 players who hadn't put on pads before September. The UL Vikings started the game against UCD well and were leading for most of the game before a late score for UCD defeated the Vikings. While we didn't win it was great to see so many players padding up for the first time and with a squad of over thirty

players it is great to see the future of the Vikings is bright and talented. In Semester two we will be preparing with our Senior squad to compete for this year's Shamrock bowl. Every Wednesday we will be training on the Kilmurry Astro turf pitches starting from January 25th at 8pm sharp and on Sunday afternoons starting January 28th. The UL Vikings is Limericks only American Football and you don't need to be a student to play as our squad has a large age range. Last year we started the season with a preseason game against the Lancashire Wolverines and this year we will be doing the same again.

The Wolverines are a British Premiership team and gave us a very strong game last year. With a small inexperienced squad and some exceptional performances, we came within a field goal of beating the Wolverines and this year we will be looking to win when we return in February. After Lancashire, we will then start your campaign to win the Shamrock Bowl when we play against SBC South Rivals Cork Admirals away. Last year we faced our Munster rivals in the regular season when we beat them by the narrowest of margins with a late touchdown. After a 7-1 season we claimed home field advantage in the Wild Card

round of the playoffs where we beat Cork Admirals once again. We will also be facing our SBC South rivals and Shamrock Bowl Champions, Dublin Rebels twice this year. Both the Vikings and the Rebels finished top of the SBC with 7-1 records and after two tight and heated games last year we are looking forward to more battles with the Dublin side. This year will also see us play the Belfast Knights, Belfast Trojans, South Dublin Panthers and the newly promoted champions Louth Mavericks. This year looks set to be a busy year for the UL Vikings and as always, we

invite anyone interested in joining the team, whether you would like to play, help with sessions or in the role of media or sponsorship to contact the club on Facebook or email. February 4th will see us hold our annual Super Bowl Party, Limericks biggest super bowl party by Limericks only American Football team. Super bowl LII will be live in Flannery's bar Limerick, see Facebook for more details. We look forward to seeing you playing with or supporting us in 2018 and hopefully turning you into the Irish Tom Brady's or Odell Beckham Jr's.

Hitting the mark with UL Archery

BY LUKE VICKERY, CAPTAIN

After a successful and fun semester of training the UL Archery Club we look forward to the next. An increase in membership numbers meant we had high attendance and a great social atmosphere throughout the term. In addition to that the events we ran were great successes. Our quiz night in the Sports Bar was a terrific night of general knowledge, banter and of course the traditional Father Ted round which ended up with a few people singing "My Lovely Horse" to everyone's entertainment. For the first time we held a movie and pizza night in the Students Union and screened Robin Hood men in tights while chowing down on pizza. This was held after our annual Pro-am competition which

saw Margot Bortolus winning the Beginner category and Magdalena Ziehesburger a close second. Adding to that we had a record number of entries in our end of term bake off competition with nearly thirty entries and everyone left stuffed to the gills for our last after-training social in Scholars. On the competitive scene we also saw success with both our beginner and intermediate shooters. Natascha Guggi brought home a win and a 2nd place certificate competing in the female Beginner category at UCD and Dundalk Intervarsity. Luke Vickery won 3rd in the intermediate male recurve category at the UCD intervarsity and Luke Blake placed 4th in DKIT in the same category. In the open guest



category both Magdalena Ziehesburger and Kian Brough placed in the top five archers at both IV's they attended. This semester UL Archery Club is hosting it's own Intervarsity. With roughly two hundred

archers from sixteen colleges it promises to be a major event. It has been two years since UL hosted an IV and both the number and quality of competitor has increased since then. The IV will be held

in the Delta Sports Dome on the 11th of February and we look forward to all the activities both competitive and social that are planned for this semester.

Play the dance fight game

BY BRIAN HOGAN, CHAIRPERSON

Come and join us in the capoeira club where we combine dance, fight, acrobatics and music. The Brazilian cultural art form is rapidly increasing in popularity worldwide. In the last semester our members used their skills at an international capoeira

meeting in Dortmund, Germany where they got the opportunity to meet other practitioners from around the world and learn new skills from the various teachers and masters who gave workshops at the meeting. But it wasn't only hard training; there were also some great social nights

where we sampled traditional Brazilian food like Feijoada and enjoyed live Brazilian music such as Samba and Forró. In the second semester there will be more opportunities for such meeting around Ireland even if not quite as large but therefore perhaps a little

less intimidating. In order to get ourselves ready for such an event we must continue our training which we hold weekly in the PESS building on Tuesdays and Thursdays from 7-8.30 pm. We particularly look forward to meeting our new student recruits who will have the opportunity train

twice a week for the small membership fee of €10. Just remember to bring a bottle of water as our sessions tend to be quite a workout. Don't be shy, come along and get involved.



Great Start To The Season For UL Athletes

BY CONOR O'MAHONY U.L.A.C. PRO

The Christmas period is one of the few times each year that offers college athletes around Ireland the rare opportunity to relax a little. It is a chance to take stock of the year gone by and re-evaluate for the forthcoming year.

For University of Limerick athletes in particular, semester one of 2018 makes for pleasant reflection as it certainly proved fruitful for our cohort. As always, it is the quieter of the two semesters competition wise, with the annual Road Relay Championships proving to be the highlight of the Intersarsity scene. UL has a proud history in these championships, both at provincial and national level and 2017 proved to be no different. In early November, a new look men's team stormed to victory in the Munster Road Relay Championships, with the women's team ensuring it was a memorable day finishing in third place. While these performances were remarkable, the high number of UL athletes who competed on the day was exciting to see! On the 17th of November, the action moved to

Maynooth University for the National equivalent of these championships and again UL athletes did not disappoint. The women were pride of place this time however, with the UL 'A' team of Kathy O'Keefe, Lauren Dermody, Michelle Finn and Amy Donoghue retaining their national title comfortably over UCD. The men's 'A' team of Jamie McCarthy, Darragh Kelly, Eoghan Beary, Conor O'Mahony and Tom Hennessy rounded out a good day finishing ninth in a hugely competitive field.

While the intersarsity action concluded for 2017 with these championships, there was no rest for the hardy UL athletes as many of the sprinters, jumpers and throwers were now entering a key period in their pre-season training for the year ahead. Additionally, our cross county athletes then began a busy winter racing season. Particular mention must go to our women's captain Lauren Dermody who really led by example when finishing in second place in the U23 National Cross Country Championships. Lauren then

followed this up by finishing third in the National Novice Cross Country Championships. These fabulous runs earned her an international vest as she represented Ireland in the recent Celtic Cross Country International in Antrim. Another strong performance was by Rio Olympian Michelle Finn who finished third in the National Senior Championships. Michelle then gained automatic selection for a hugely coveted place on the Irish team which competed in Slovakia. Other notable performances during a quiet period for our power based athletes included a new Championship Best Performance by thrower Seamus McMahon in the Munster U23 indoors in the Shot Putt event. In the meantime, some of the sprinters 'enjoyed' a punishing but rewarding training camp in Tenerife. This should see them in their usual flying form once the indoors roll around. Members of the men's distance team also spent a productive few days in the equally sunny Banna Beach. As we now enter the 'business

semester' in terms of intersarsity athletics action, competitions are approaching thick and fast. First up are the Intersarsity Indoor Track and Field Championships which take place on Friday February 9th 2018 in the AIT Indoor Arena. Again, these highly competitive championships have previously proved a fruitful hunting ground for UL athletes, with UL finishing as the second best University in the 2017 games.

This competition will then be followed in quick succession by the Intersarsity Cross County Championships which take place on Saturday March 3rd 2018 in Santry. Then it is the turn of the highlight of the intersarsity calendar, the Intersarsity Outdoor Track and Field Championships. This year the competition will take place on April 13th and 14th 2018, in Belfast. This is a celebration of college athletics in Ireland, with many top senior seasoned athletes competing alongside more novice athletes, all proudly wearing their college colours. On that topic, UL should be looking the pick of the bunch this year in our

new UL gear, which should be available for collection early this semester. There will be a second opportunity to order gear if you missed the chance in December.

Athletes are advised to continue to attend college training sessions in the lead up to these championships. Places on the team are limited and always hotly contested across all events so it is important that coaches are aware of their selection options.

Going forward, the UL Athletics Club committee would like to wish all our members and all UL students a happy and prosperous 2018. Just remember 'tough runs don't last, tough runners do!'

Upcoming Fixtures:
Intersarsity Indoor Track and Field Championships: Friday February 9th 2018 @ AIT Indoor Arena
Intersarsity Cross County Championships: Saturday March 3rd 2018 @ Santry
Intersarsity Outdoor Track and Field Championships: April 13th and 14th 2018 @ Belfast



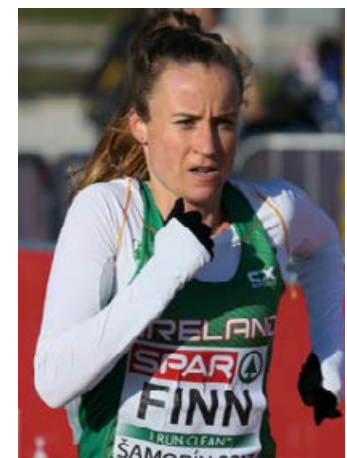
National Road Relay Champions: (L to R) Kathy O'Keefe, Lauren Dermody, Amy O'Donoghue and Michelle Finn.



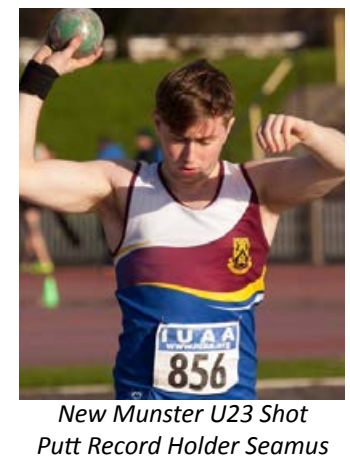
The UL men's team of: (L to R) Conor O'Mahony, Darragh Kelly, Eoghan Beary, Jamie McCarthy and Tom Hennessy with PJ O'Rourke (center)



Members of UL Distance Men's team during a recent training camp in Co. Kerry



UL AC women's captain Lauren Dermody after a great run for Ireland.



New Munster U23 Shot Putt Record Holder Seamus McMahon competing in last year's intersarsity outdoors for UL.



ULAC's Michelle Finn at the European Cross Country Championships.

#AlwaysTogether BY ORLA WHITE (PRO)

Well the year started with a massive turnout for trails, with what appeared to be every "Fresher" on campus. We had a number of trials and separated the competitive from the recreational basketballer. Then we broke the news to them that Fresher training take place on Tuesday mornings from 07:30 - 08:45!!!! Yes you are reading it correctly IN THE MORNING However this was not going to deter the 2017 Freshers, every week we had full attendance at sessions which was fantastic. Earlier in the Year Aaron Whelan had asked to coach the Men and Orla White had asked to coach the women. Great credit is due to both for their commitment & drive with the teams. We as a club feel that the fresher teams are vital as this may be the only outlet that an incoming student has

where they are comfortable. It's a big adjustment for a lot of students and it's nice to be surrounded by likeminded people doing what you love. The culmination of the sessions would mean a trip to what known as the Fresher Intersarities, this year been held in Dundalk IT. The draw was done in the previous weeks and we found out whom we would face. In the Men's group was TCD, & DIT. In the Woman's CIT and UCC. Previous history in this competition is irrelevant as every year each college has a new team of Freshers. This adventure started on the Friday evening when we all headed for DKIT - The first game was on Saturday so we decided to travel the night before, as you can imagine the craic was mighty on the bus, except the heating wasn't working so we huddle up to

stay warm J & We arrived at our destination and early to bed .. MMmmmm
First game Saturday morning and the Men were up first against TCD, It was a tight game going UL's way 34-30. Next was the woman and the pressure was on with the men winning their first game. The woman played UCC winning 35 - 28. A great start both with a win racked up. This continued later in the day with the men beating TCD and the Woman defeated CIT. It was on to the Semi-finals and both would play IT Carlow, who both had gotten wins.. Out on Saturday night just to be sociable and a good night was had. Sunday morning arrived and thankfully everyone was at breakfast (Some later than others) , but there nonetheless. First up was the Men and they played superbly

easily defending. Next was the Woman and they also played super and it was two UL teams heading to the finals - It seemed like the early morning sessions had worked. It is a massive achievement for any college to reach the final but to have two teams from the one college in the final is special. This time the woman were up first and they played UCD, who also had an unbeaten run to this point. UL started strong and maintained their composure throughout. A superb performance by all the players involved , all played their part in getting the team to this point. UL came away winners 30-26. To top this off there is a Most Valuable Player (MVP) award at all the finals and it was UL's Abbie Jeffery that collected this .. Next up was the Men they faced DCU and like the woman's final had an

unbeaten run to the final. The Men started super and put up a good lead however DCU kept hanging in. It was Basket for basket throughout and UL were unlucky with a few crucial shots. They did make big scores down the stretch but unfortunately, it was not to be enough with DCU coming away Winners 33-45.

We are still extremely proud of the effort of the Men. The UL Wolves were superb all weekend both on and off the floor and a credit to the club. The future is bright.. This semester we have the intersarities to look forward which we are hosting so if you want to be involved in the biggest College tournament in the country on April 6th - 8th email us and let us know.. ulcollegebasketballclub@gmail.com. #ULWolves #AlwaysTogether



UL Boxing Club is Ready for Round Two

BY CHLOE O KEEFE, PRO

The University of Limerick Boxing Club is in its 5th successive year. And what a 5 years it has been! Since day one the club has grown and grown. Each year the club grows a bit more. This gradual rise in success is great, and we're so happy to be in the position that we're in at this particular moment. Last semester was great- we gained a new club and made massive plans for the improvement and future of

ULBC. From sorting out new equipment to affiliating, we've talked about it all. Our committee members have been superb and really and truly want what's good for the future of the club. In the semester, we were delighted to have our boxers represent their clubs and us, here at UL in the Celtic Box Cup and Esker Box Cups- two very highly prestigious boxing events throughout the year. We were delighted to trump

everyone else, and got gold in the Celtic Box Cup from our club events officer, Eoin Meaney following three tough fights from the Athlone boxer. This semester is normally our most important as this is the semester that we will enter the IATBA Intersarsity Championships that are held in the last weeks of March every year in the National Stadium, Dublin. This is the biggest competition in the college boxing calendar, and

is a great opportunity for both novices and experienced boxers of the club. The training in the run-up to the championships is intense and great, but the craic and atmosphere from our members never leaves no matter how tough! We'll also be bringing in our Tuesday night runs every week, which is another great feature, and the best possible way to get the fitness up! ULBC trains Mondays and

Wednesdays from 9pm to 11pm on the running track of the arena, and caters for people of all levels of experience. We have complete novices and people of Elite standard coming to the club, and it's great for all levels to mingle and interact. Whether you want to train competitively, never boxed before and want to compete or just simply there for the craic and to get the fitness up the doors are open for you!

Let's Ride

BY JENNIFER BURKE- CHAIRPERSON

Fundraiser: The Equestrian club held two fundraisers last semester to raise money to help cover the cost of different events ran throughout the semester. We held a fun table quiz in the Sports Bar and also a "guess the weight of the sweet jar" event in the courtyard on campus. Both events were a great success and kick-started the beginning of a fun filled semester 1.

Tetrathlon: Held every year by a different college is the first of the two notorious Ponyland events: Varsities Tetrathlon. This year it was hosted by NUIG in Loughrea, Co. Galway. This event consists of running, shooting, swimming and showjumping. It is held over 2 days with a fancy-dress party and a ball on the final night. It is a magnificent event where equestrian students from almost every college in Ireland meet up, compete and socialise! It is a great opportunity to make new lifelong friends. This year we had 15 members at tetrathlon competing and supporting each other. Well done to everyone. Special congratulations to Kirk Sutherland who placed 6th place overall and to Liam Kelleher who won 2nd place overall in the boy's individuals. This was a remarkable achievement!



Riding Lessons: Last semester we organised weekly riding lessons to Boskill Equestrian Centre. Lessons took place on Wednesday and Thursday evenings. Despite the poor weather conditions on most evenings everyone really enjoyed this experience, and the opportunity to be surrounded by friendly horses and of course the dogs! This semester we will be also organising riding lessons for anyone who is interested.

Trek to Slieve Aughty: On Nov 26th, 16 of our members went on an adventure to the

picturesque Slieve Aughty Equestrian Center. Here they went on a wonderful trek around the breath-taking trails. They trekked through the woodlands and country trails alike. After the trek they retired to the restaurant on site for refreshments. Everyone thoroughly enjoyed their trip! The staff were very friendly and efficient. The horse and ponies were super too! This memorable trip was everything you could have hoped for!

Other: We had several social events also throughout the semester. They are a great

opportunity to make new friends! Keep a look out on our Facebook page for details of upcoming events planned for this semester. The club ensures a fantastic social experience for all its members with events and trips being arranged throughout the year. Whatever your level, a fun and successful year is assured. This semester we are hoping to get our members as involved as possible. We will be planning fundraisers, riding lessons, trip/s away and social get-togethers! Also this semester, Trinity College Dublin are hosting the 2nd

Ponyland event, Intervarsities which is a showjumping and dressage festival. It takes place over 3 days. We would also like to extend a huge thank you to everyone who volunteered their time and have supported the club last semester. We would especially like to thank Aisling, Paul, and Michelle in the Students Union for all their time and help last semester. We greatly appreciate it! You can find us on Facebook: UL Equestrian Club, Instagram: ul_equestrian and Snapchat: ulequestrian

Kick things up a notch with GAA this Semester

BY SHANE HASSETT, CHAIRPERSON

UL GAA club is one of the largest clubs in the university with around 750 members and 15 teams across all codes; Gaelic Football, Hurling, Ladies Football and Camogie. All teams are currently in preparation for their respective championships and our Ladies Football and Camogie teams are hoping to retain their trophies from last year. We are proud to have some of the most elite athletes in their codes as part of our teams and we would encourage you to come out

and support us for any home games we may have. Off the field the club is vibrant, with teams taking part in fundraising and team building activities. The future for UL GAA is exciting, with the development of Maguire's field ensuring that more teams will be fielded in the coming year, and that there more be more of an opportunity for recreational games. Follow UL GAA on social media to keep up to date with what is going on.



Rollin' on the River

BY KAREN O'SULLIVAN (PRO)

University of Limerick Kayak Club, or ULKC, was founded nearly 43 years ago by a group of friends who loved to kayak. Since then the club has gone from strength to strength, and is now one of UL's largest clubs. Every year around 250 students with little or no kayaking experience sign up to ULKC, making it the best club for freshers and Erasmus students to join. Whether you are a present student or joining the university for the first time, ULKC are more than excited to welcome new members! From our weekly river trips, active committee and friendly members, you are sure to make friends for life through this club. Kayaking has become a hugely popular sport throughout the world and in UL too. Whether you have paddled before college or have never seen a kayak before in your life, you will be more than welcome here. You will be guaranteed to be taught how to kayak quicker than you can imagine by some of the best kayakers in the country, who are currently studying in UL. ULKC is currently the best ranked kayaking club in the country, winning our 8th consecutive intervarsity's title and not planning on letting go of it any time soon. Our club offers you

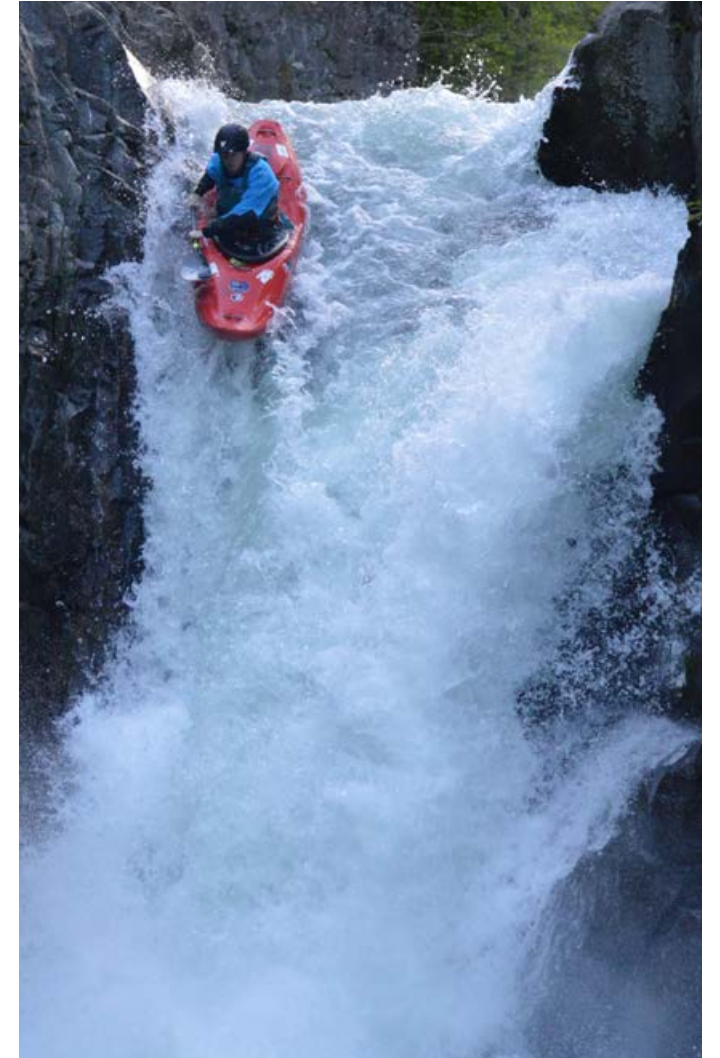
the chance to get away from the tiresome college life, and challenge yourself whilst having some of the most amazing experiences possible. From endless river trips, excellent safety training, social events and international trips; you will never be short of things to do with ULKC.

Our pool sessions will begin Tuesday of week 2 @9:45pm in the UL Sports Arena. Every week we will be running a river trip for you to get out on the river. You will get a chance to get outdoors, meet kayakers of all ages and learn unreal kayaking and safety skills. In ULKC you will be given the opportunity to try a variety of disciplines, from white-water kayaking, to surf kayaking, to freestyle kayaking. We have it all!

In ULKC you will get a chance to get to know all our members not just on the water but on our club nights out and on our many, many trips. Our first trip of the semester will be to compete in the annual Intervarsities, this year hosted by UCD. You will get the opportunity to see the best of the best compete different kayaking disciplines first hand and help us win our 9th consecutive intervarsities title! As fun as our weekly river trips are, we have bigger

and better trips wedged into our jam-packed schedule. Last semester our paddlers travelled all over the country to get experience paddling, spend time with friends and make the most of their time outside of college work. During the Christmas break the first of our international trips of the year took place. This trip took our paddlers to Fort William, Scotland, allowing us to experience the best white-water kayaking Scotland has to offer. The trips over this semester will gear you up for our much anticipated trip to the Alps. Straight after summer exams, you will get the opportunity to spend 3 weeks in the beautiful Slovenian, Italian and French Alps. This will be without a doubt one of the most amazing opportunities you will ever get. Kayaking has taken some of our members around the world both during and after college, and you could get this chance too. ULKC has had members go kayaking in Uganda, Montenegro, California, Norway, Canada and many more places.

If you would like to be a part of our club and add to your college experience, then come talk to us at the recruitment drive on Wednesday of week 1 and we can answer any questions you



may have. You can call into the pool to us any Tuesday, Wednesday or Thursday night @21:45-22:45 too. Feel free to contact us on our Facebook

page 'University of Limerick Kayak Club', our email ulkayak@gmail.com, and our Snapchat 'ULKAYAK'. SEE YOU ON THE WATER!

UL Krav Maga Club

BY STAN VASIL, PRO

History of Krav Maga:

Krav Maga derived from a Hebrew word for contact combat and it's a self-defence system developed by Imi Lichtenfeld for the Israeli army and later adapted within the wide public. Recently, all members of IDF (Israeli Defence Forces) are trained in Krav Maga. Encompassing the most effective elements from various martial arts and with a strong emphasis on natural body movements, Krav Maga is suitable for both genders and all levels of fitness and ability. Krav Maga training addresses the need for one to be able to defend from both, standing and a ground attack, taking into account use of weapons and multiple attackers.

UL Krav Maga Club was established by a group of University of Limerick students

with an interest in Martial Arts and Self Defence. The club is always growing in its popularity and still in week 8 we've got big numbers on both training days, which shows a big interest in Krav Maga. The club has recently about 90 active members and 30-50 members every training. Club members include UL and other universities students, but also wide public from Limerick city.

Head instructor for UL Krav Maga is Srdan Kovacevic, who's got a vast experience in security as a doorman in various night clubs in Limerick city, which helps a lot in presenting different human behaviours and scenarios from his own real-life situations. Srdan is an instructor in his own Response Krav Maga Club in Limerick city. His approach to Krav Maga is very professional, as he and all of

us know, that in the training or in the street, you need to give your best to survive, if stuck in a nasty situation. Srdan has been with the UL Krav Maga Club for the last 9 years.



The UL KM will be organizing multiple events this semester and the next, which include a regional Grading for our members and members of

other Krav Maga clubs, a Ladies Only Seminar, Airsoft outdoor event, and our biggest event will be a National level, two-day seminar, where we'll host our Head instructor Lior Offenbach from Israel. This will be an unforgettable event for all of our members and we've got confirmed numbers from clubs in Ireland, Northern Ireland (Belfast) and possibly members from UK.

UL KM is affiliated with Combat Krav Maga, where our main instructor is Lior Offenbach, who's main approach to Krav Maga is to keep it as simple and as realistic as possible. This is very important, because if there's a need to get out of a bad situation, you've got only couple seconds to decide, how to deal with attacker, or multiple attackers. Our aim as a club is for each

trainee to enjoy the trainings, learn new ways to defend themselves and their loved ones and to give a confidence boost never experienced before. We don't only work on self-defence techniques, but also on cardio, flexibility and strength, as they don't work one without another.

The training venue is PESS building (Old Sports Building), on UL Campus. If you wish to train with us, please pre-register on ulwolves.ie website first.

Training Times:
Mondays: 8:00pm – 10:00pm
Wednesdays: 7:00pm – 9:00pm
Please join us at:
<https://www.facebook.com/ul.k.maga>
Or email us at:
ulkravmaga@gmail.com

Crouch....Touch...Set

BY ROSIE NEWTON - VICE CHAIRPERSON & TREASURER

This year has shown us all that can be achieved through hard work and determination. To begin

with we gained an incredibly talented fresher, Enya Breen, who represented Ireland for the U18 women's 7's team

this year, and Munster in the U18 Interpros. She quickly earned her place starting on the Senior Squad

and our hopes are that many other girls like here will join us in the coming years. Secondly, our most experienced member, and vice-captain Deirbhile Nic a Bhaird was our big success story, having played for ULLR since her first year she excelled and this year broke into the women's 7's team, gaining an Irish contract and representing the University and of course her country. This is a fantastic achievement and shows the potential ULLR has to offer to aspiring female rugby players. Similar to last year we have two teams (Senior and Junior) who both have a

busy semester ahead with lots of matches to be played and hopes to reach home play offs later in the year. It is a fantastic time to be a part of women's rugby and we would love to have any potential interested players to join us! We are also hosting a school girls 7s blitz in February for young girls interested in rugby to get more games and to advertise what UL has to offer for them. The hope is to have it as an annual tournament to engage and promote women's rugby in munster and Ireland. Follow us on Facebook: www.facebook.com/ULLadiesRugby/



Loud and Mighty? (ULRC looking to make a splash as regatta season fast approaches)

BY ORLA DONNELLY, PRO

The University of Limerick Rowing Club as always are actively seeking new recruits, no experience necessary! ULRC has enjoyed previous success and greatness with novices and newcomers winning many national championships throughout the years. This coming season sets to be an interesting and exciting one as ULRC aims to compete across the pond at the London Metropolitan Regatta in June. With the combination of the many new members who joined us in September, novices and rowers with international experience the future of ULRC is looking bright. Novices have come on leaps and bounds since joining ULRC and have showed promise early in their rowing careers, a special shout out to the Cian Humphries, Mikey Fanning and Michael Wilson who won a clean sweep in the Novice 1k Provincial Indoor Rowing Championships held here at UL Irelands top sporting campus back in November. With race and regatta season fast approaching amidst the impending semester, it is imperative that as athletes we

look after our health for both our rowing aspirations and not forgetting our studies. As a result and in conjunction with a competition run by Fyffes. We were lucky enough to secure the use of Metrifit. This monitoring software, allows athletes to log their day to day feelings with regard to their training load. This enables our coaches to monitor and assess athletes overall health and predict any potential injuries or issues within our training programme before they arise. With new research on sports psychology constantly being called into question it is clear that rowing closely relates and depends on ones psychological as well as physiological strength. Therefore with competitions such as Intervarsity's coming up in April, Cork Regatta in May, London Metro in June and Irish Championships in July, but most importantly our very own Club Cup Regatta it is essential that rowers overall wellbeing is catered for to have them at their peak performance for race day. For both our competitive and more recreational rowers there are many extra-



curricular activities organised by the club every year such as, our climb to Carrantuohill, club BBQ's, movie nights, team building trips to Galway etc. You might think that rowing is not for you or maybe you feel you wouldn't like rowing as a competitive sport, but rest assured there is something for everyone in ULRC. Why not give coxing a

try?. What is coxing? Simply someone who is small, light as, our climb to Carrantuohill, club BBQ's, movie nights, team building trips to Galway etc. You might think that rowing is not for you or maybe you feel you wouldn't like rowing as a competitive sport, but rest assured there is something for everyone in ULRC. Why not give coxing a

ULRC 5k Run series will also be making a return in February, A 5k run around UL's beautiful campus allowing people who wish to get & keep fit and those who wish to shed those winter pounds to get outdoors and have FUN. Our run series is open to everyone so spread the word!! €3 for students and staff members and €5 for members of the public.

L'art Du Deplacement

BY DAIRE BRICKLEY, HEAD COACH

"To get from A to B as quickly and efficiently as possible." If you were to ask the average Parkour practitioner to explain what they were doing this is probably the response you'd get. It's a nice answer. It's concise, easy to explain, and simple to understand. It's also absolutely false. If you wanted to get somewhere quickly, you'd take a car.

Parkour is not so much a sport, as it is a method of physical training. However, it beats doing reps in the gym or running for miles. In Parkour

there are a number of rules you can apply to one's life and training.

Be strong to be useful - A bodybuilder who cannot dig a trench. A black belt who cannot win a street fight. These are examples of strength without usefulness. In Parkour we train our bodies to be useful. Constant self-improvement, both physical and mental, are key to maximising your potential.

Experience the freedom of movement - Use your body the way it has been evolved

to be used. Run, walk, jump and climb. Experience the environment around you rather than walking the same path every day.

Adapt to your environment - Wall in your way? Climb over it. Hole in the floor? Leap past it. Failing school? Study harder. Adapting to the obstacles in your life is a key mentality to training Parkour.

At UL Parkour we cater for all levels of experience, from complete beginners to advanced traceurs. We have both indoor and outdoor

training to first practice techniques in a safe and controlled environment and then apply them to the real world.

We have an annual trip to the breath-taking Wicklow mountains to practice the more natural side of Parkour, which includes bouldering and ascending waterfalls. As well as that we have jams with other Parkour clubs from Dublin. These are great opportunities to pick up a few new techniques as well as meet some amazing people.

Training is twice a week on Tuesdays (8:15-10:30 PM in the PESS Sports Hall) and Thursdays (6:15-8:00 PM behind the Sports Bar beside the Arena). Find us on Facebook at UL Parkour Club or email us at ulparkour@gmail.com if you've any questions. Come see us at the Recruitment Drive on the 30th January. The membership fee is €5 for university students, €10 for alumni, and €15 for members of the public (must be 18+). Pre-registration can be done online at ulwolves.ie/clubsocs.

ULSKC Kick Starting 2018 In Tokyo

BY CAOIMHE DOWNING, CHAIRPERSON

On the 4th of January 2018, the UL Shotokan Karate Club took off on its biennial trip to Tokyo, Japan, the home of Shotokan Karate. Last semester saw members of ULSKC working hard to place the finishing touches to the well anticipated trip. Whilst in Japan, the club members were given the amazing opportunity to train in the Hombu Dojo, headquarters of the Shotokan Karate International Federation, under the guidance of some of the best karate instructors in the world.

Not only did our members get the opportunity to further explore the world of karate, but also to explore the beautiful city of Tokyo and experience the Japanese culture. Some of the highlights of the trip included a trip to the 634m high Sky Tree, the awe-inspiring Meiji Shrine, a magical day out to Disneyland Tokyo and some well needed retail therapy in Shibuya and Ginza. Another highlight to the trip was, of course, the Japanese cuisine. From sushi to strawberry and cream sandwiches we explored all corners of the cuisine. We also ventured outside the capital, travelling to Mt. Fuji and some traditional Japanese temples



shrines. The 2018 ULSKC trip to Japan was a major success and was thoroughly enjoyed by all club members. We're already looking forward to our next trip in 2020! ULSKC are also looking forward to a fun filled semester 2, jampacked with pizza nights, movie nights and trips to Stables and Scholars after training. We will also be holding our annual pancake Tuesday party this semester.

The ULSKC members will also be working hard to prepare for the 2018 Intervarsity's which will be held this semester in UCC. All these upcoming events are perfect opportunities for all our members to get to know each other and have some fun! The ULSKC always welcomes new members and if anyone is at all interested and thinks they might want to give karate a try, they are more

than welcome to watch a training session or jump right in. We also accept people from all different styles and background of karate, it's a great opportunity to share knowledge and learn from different disciplines. We train every Tuesday 6:15-8:15pm and Thursday 8:00-10:00pm in the PESS building across from the UL Sports Arena. We can also be found at the Semester 2 Recruitment

Drive on Tuesday 30th January in the foyer of the concert hall, so call over and talk to some of our lovely members. Find us on Facebook UL Shotokan Karate Club and Instagram at [ul_karate](https://www.instagram.com/ul_karate), contact us on our email at ulshotokankaratechair@gmail.com.

UL Students Take to the Skies

BY CHESALYN MELGAR-SHARMAN, PRO

As Spring Semester commences and the weather gets warmer, you may find yourself looking for a new hobby, or maybe you made a New Year's goal to try new things, be more adventurous or face your fears in 2018. Whatever your goals, there is no better time to think about joining Skydive UL! Last semester, the club kicked off to a great start, and we were able to organize several weekends for new members to go on their first tandem skydive – despite unpredictable Irish weather. Tandem jumps are a fantastic way to dip your toes in without a large commitment, and by joining the club, students are able to enjoy this experience at a heavily discounted rate. Some people have even used this as a way to face a fear of heights! In Autumn Semester, we were also able to organize a five-day trip to the South of France, where 13 students were able to experience the thrill of jumping on their own into two different drop zones under the supervision of an experienced trainer who has done over 22,000 jumps! We jumped at CERPS Gap-Tallard for two days before heading

to Aix, where we had another day at Le Parachute Club d'Aix-en-Provence. Everyone got a chance to learn about how to pack their own parachute, and practice their skills under the supervision of some of our more experienced members. Some of us (myself included) even had the chance to really put our skills to the test, and jumped out with parachutes we had packed ourselves! Everyone had the opportunity to jump several times and some members even got in as many as 7 jumps! This trip took place in late October, right in the middle of the semester and I can say from experience that nothing takes your mind off of the stress of college quite like throwing yourself out of a perfectly good airplane. We plan to keep up the momentum in semester two, and will be offering more opportunities for students to go on tandem jumps within Ireland. Then during Easter Break, we are planning another trip to the South of France on March 23-28. This trip is well-suited for beginners, as it will include flights, training, the first few jumps, accommodation and transportation for only

€450! Then, at the end of the semester we are planning our big two-week trip to France first after finals. Both of these trips will surely offer a welcome break from the stress of the semester and are a great way to unwind. We will continue to offer weekly parachute packing classes every Monday at 6-8pm where members can learn how to pack a parachute and be able to practice this for themselves. We will also continue to have weekly drop-ins on Wednesdays at 6-7pm for anyone who wants to learn more about the club, pay fees, etc. We will also be hosting an info session and gear demonstrations with not only skydiving equipment, but also wingsuits and base jumping gear! So come along to the Skydive UL booth at the second semester recruitment drive, or to a drop-in so we can make your dreams of flying come true! You can also email or visit us on Facebook to keep up-to-date with upcoming events. Good vibes and blue skies.

Email: skydiveu@gmail.com
Facebook: facebook.com/skydiveul



Heading to the plane for the first jump of the day at CERPS Gap-Tallard in France with our instructor Kevin.



Brian Mc Grath coming in for a landing on day two at CERPS Gap-Tallard in France.

University Of Limerick Swim Club Dream Big This Coming Semester

BY CAOIMHE HENNIGAN, PRO.

The University of Limerick Swim Club has gone from nothing but strength to strength over the past few years since being established in 2012. At the beginning, from only having one or two training sessions a week, the club now has an incredible four sessions a week, with the hope of increasing this number in the following year. Training caters for swimmers of all abilities, such as those who only want to train to keep fit but also caters for those competitive swimmers, past or present. Each year the club has grown stronger and stronger, and this year is no different! As the current committee, we are inviting new members to join! It doesn't matter if you're an incoming first year, a returning student, or an Erasmus student, everyone is welcome! Thanks to the world class facilities that the UL Sports Arena has to offer including a 50metre pool and the new 25 metre pool, and thanks to the top class coaching available, it means that a professional and enjoyable training experience can be afforded by all, and in turn making the student life that bit more enjoyable!

The club has been very busy

over the past semester, being one of our most successful semesters to date. The team attended an invitational gala hosted by NUIG, being the third year, the club has attended. With over 25 swimmers competing on the day it was the largest team we had ever sent! The club performed exceptionally with many swimmers achieving far past



their own expectations. New club gear has been ordered to help promote the club, and our Pub Quiz (held each semester) was a great success, with many students going home with lots of prizes on the night, while funds being raised for the club, will help towards planning the

busy semester ahead! Next semester we have our main competition to look forward to, the Irish Inter-Varsities, a prestigious event which will certainly be the highlight of the semester! With placing a strong 2nd place overall last year, we will be hoping to go all the way this year and proving the might of the wolfpack amongst the other colleges! This year we

believe we have the strongest team ever, and with the club always growing in both strength and in numbers will be eagerly awaiting competing in this event. Along with competing in Varsities this year, we hope to attend a masters gala at the

end of the semester, which we feel will be a good close to a successful year, and one last chance to compete for those still eager to improve on their times! Swimming is one of the most versatile sports there is, after all, you can set the pace! Trainings take place throughout the week which can be seen on the ULSU website at www.

ulsu.ie, just find the UL Swim Club! Alternatively, send an email to the contact below. Thanks to the brilliant coaches available who are always there to make the best out of a training session, and to offer any advice that you may need,

we can cater for various levels of ability within the pool. With the state of the art facilities now available to us with the Sports Centre extension, the club has now, for the first time, the chance to train in both 50, and 25 metre settings! Providing a variety of training experiences to our swimmers. And not only that, with the extra training sessions taking place, it provides our members with greater opportunity to make loads of new friends!

The University of Limerick Swim Club is looking forward to what we believe will be our most successful semester ever! So, don't miss out! New members are always welcome! Just meet one of the committee members at the recruitment drive in week 2, or on the poolside at any of the training times!

Any queries about the club or about training can be forwarded through the club email: ulsc.swim@gmail.com

Follow our multiple social media sites t always stay updated in the latest in the club! Facebook page: ULSC(University of Limerick Swim Club).

Snapchat: ulswimclub

Discover Ultimate Frisbee: Semester in Review

BY CHRISTINE COSTELLO, PRO

Last semester was an eventful one for the UL Ultimate Frisbee Club. In October, UL Ninjas took to the Rebel County for a weekend of games, costumes and garlic cheese chips from Lennox's at Cork Open. We dressed to impress for the IFDA ball in November and wreaked havoc in Cork and Galway for inter-varsity tournaments later that month. Here are just some of the highlights and reasons why you should join us next semester.

Travel
In the past few months alone, our Ninjas have travelled far and wide to represent their college, club and country. Playing for UL Ninjas opens up a world of opportunities, giving you the experience you need to play for teams like PELT and even the Irish teams. In September, some of our players competed in Venice for the European

Ultimate Championship Finals against the best Ultimate teams in Europe. Over summer, we had female players travel to Holland to represent Ireland in the European Championship while some of our male players went gone Down Under to play the World Championship (U24) in January.

Community
While we can't guarantee you a holiday abroad, what we can promise is a chance to meet a wonderful group of people when you join. Being the niche sport that it is, the Irish frisbee community is tightly knit. As a member of UL Ninjas, you will be adopted into a second family and welcomed into the Irish frisbee community with open arms. Each tournament is as much about the socialising as it is about the competition. Most people don't know this,

but Ultimate is a self-refereed sport and renowned for its good sportsmanship, awarding both the skilled and spirited players.

Fitness
Above all, Ultimate Frisbee is a fun and exciting way to get fit for 2018! With outdoor pitches spanning over 110 metres in length, you'll be running off those tins of Roses in no time. It's not as daunting as it sounds. We like to ease our beginners into the role with training sessions devoted to fitness and cardio exercises to help you adapt to the speed of the game.

Social Events and Tournaments
We did mention the social aspect, right? Along with the mandatory pre and post tournament celebrations, there's also an annual, formal ball for the entire Irish Ultimate community that doubles as an awards ceremony, run

by the IFDA (Irish Flying Disc Association). Ask any of our players and they'll tell you, this is an event you do not want to miss. This year, Limerick took home the award for its popular tournament, The Siege of Limerick, which will be taking place this March. For one weekend, Limerick will host teams from all over Europe in what players claim to be the best tournament in Ireland. This year will mark the ten year anniversary of the tournament



and the more we have, the bigger the celebration!

Still not convinced? Feel free to get in touch with us through our social media pages below, or even pop down to one of our training sessions and watch. We'd be delighted to talk to you about any aspects of the club, or answer any questions you might have. Join us in 2018 for an abundance of new tournaments and opportunities with UL Ninjas. It's never too late to join.

One club, three sports! Prepare to be blown away!

BY NATHAN WHITING, KITESURFING CAPTAIN

We in the Windsports are passionate about all forms of wind and sea related activities, but our main three disciplines are Windsurfing, Kitesurfing and Sailing.

Windsurfing has a long running history in UL Clubs & Societies and we are proud to offer fun-filled weekend trips to the beautiful locality of Castlegregory in County Kerry where all levels of windsurfers are catered for, from beginners to advanced. Working with the well established school run by former professional windsurfer Jamie Knox we provide a great weekend with something for everyone and every kind of weather, even if there's no wind!

Kitesurfing is our newest addition to the club and it

is taking off fast! We ran several Zero to Hero courses last year and are looking forward to running even more this year getting people up to the level of controlling both kite and board on the water. We run our lessons out of Castlegregory as well so the kitesurfers will always have the great company of the windsurfers. We went to Battle for the Lake water sports festival in Achill Island, Mayo in September last semester and had an awesome time watching professional kitesurfers fly through the air and also got to hear some good music! Kitesurfing is a new and rapidly developing sport with one of the friendliest communities and we offer a cheap and fun way to get into it! We won't

be beaten on value for money, so if you want to learn to Kitesurf, look no further and get in contact with us!

Sailing also possesses a rich history in the University, and we hope to encourage more and more people into this exciting sport. We offer midweek trips to the UL activity centre in Killaloe with a focus on beginners to the sport, and we also organize weekend trips and trips to the Intervarsities and other competitions. We're looking to expand our competitive racing so if you are looking for ways to get involved don't hesitate to get in touch. We also recognize the importance of encouraging beginners into the sport so don't be afraid to try something new!!

We also run exciting foreign trips, this January we went to Cape Verde off the West coast of Africa for a combined Windsurfing/Kitesurfing trip, and last November we sent members to a Windsurfing competition "Aussie Kiss" in the UK!

So what to take from this article? It's simple! Join our club if you're looking for a



cool new hobby, awesome adventures and new friends, all at an affordable price for budget conscious students! You won't regret it :D

Contact us...
Facebook: <https://www.facebook.com/ulwindsports/>
Email: ulwccommittee@gmail.com

Taekwondo – Not just for kicks!

BY REBECCA ANDERSON (TREASURER) AND JOANNA BAUMGART (SECRETARY)

Did you enjoy our terrible pun? We have plenty more where that came from down in PESS on a Monday and Thursday evening! It was a great semester one. We kicked things, we punched things, we punned terribly and we won a dozen or so medals at regional, provincial and national competitions. That's rather skipping to the punch line though... Alright alright very punny... What is taekwondo anyway? Taekwondo is a Korean martial art, which, translated literally, means "Art of Hand & Foot Fighting" (see? Not just for kicks!). We're pretty sure it offers a perfect combination of traditional and modern elements. Here you'll find patterns - traditional floor movements choreographing offensive and defensive techniques- , self-defence, sparring and enough cardio, strength and conditioning training to make sure you're in tip top shape all year round (or, you know, at least get rid of that sixth slice of Christmas cake...). And what did you say you did last semester?

Welp! We kicked things..., punched things..., and maybe fell over our own feet a few times... But that was mostly while on skates... No, really now, it has been a jam-packed semester! We trained twice a week (you'll hear more about that down below) to get ourselves to our own personal bests and probably laughed a little too much and a little too loud while we did it. Our members worked hard and many saw their labours come to fruition in the December grading. There's definitely more colour in the room now with many people proudly sporting their new belts. The start of November saw Mr Alan Walsh (V degree) visit us for a fantastic self-defence seminar which saw members and non-members alike join together in the PESS building for a night of applied training. We hope to have Mr Walsh back again in the coming year. As always, the club saw huge successes on the competition circuit in patterns, sparring, special technique and destruction (that's the bit where

we break the boards like real martial artists). So far this year our members have competed in the Redding Rumble, the ITA national championships and the IUTF Irish open resulting in a number of regional and national titles returning to the PESS dojang. The highlight of the semester to come will without a doubt be the Intervarsitys where the newer members will finally get to strut their stuff in Galway in what will be many of their first competitions. We can't wait! But did ye do anything fun? We're a social club too! Competitions mean travelling together, eating together, the odd overnighter in some far-flung corner or the country. But we socialise closer to home too. Training usually ends with the lockers. We eat pizza (and Hillbillys!), we go to the movies, and we have the odd beverage in the Scholars. Last semester saw a trip to the movies to see Kingsman 2 (our moves are definitely better) and roller discoing (float like a...



Okay so we didn't quite float like butterflies but our patterns on skates were a sight to behold). We cross-trained with our friends in UL Capoeira (now there's moves) and saw some of the sights in the scholars;) This semester we hope to cross train with friends from other university clubs in Maynooth, and continue our mission of taekwondo-ing in odd places (trampolines anyone?). Oh and there will be puns... Many many puns. Okay. I like puns... So I'm coming. What do I need? Just bring yourself in comfortable clothes and a bottle of water down to the PESS building on a Monday (18.00) or Thursday (18.50) night and we'll take care of the rest. If you're

only starting out, don't be shy - beginners are always welcome and catered for! And for those of you already familiar with the sport, while UL Taekwondo is an ITF affiliated club, despair not because we welcome members of all organisations and federations -we're all friends here! TL;DR? Whether your goal is a black belt, enhancing your fitness levels or just making some friends, UL Taekwondo is the club for you! Taekwondon't miss out! (Okay we're done we promise) Email: ultaekwondoteam@gmail.com Facebook: <https://www.facebook.com/ULTaeKwonDo/>

It's Spring Time!!....Get it?!

BY JANICE O'GORMAN, ULTGC PRO

Welcome back everybody! As semester 2 kicks off why not come join us in UL Trampoline and Gymnastics Club! ULTGC is enjoying its biggest and best year yet! After hosting two of Ireland's trampoline and tumbling competitions earlier this year we are excited for the International competitions to begin! Every year ULTGC sends competitors to the widely recognised Scottish and Irish Trampoline Student Opens, for a weekend jam packed with fun. This year's competitions are taking place in Edinburgh and Galway respectively. Interested yet? Here's a bit about us: Trampoline is a fun social form of exercise that allows a healthy break from study and the stress of everyday life. Our training is open to everyone, whether you're a complete beginner or an elite gymnast you are welcome to come join our club. This is truly a sport you'll fall head over heels for! Trampolining is an Olympic recognised sport and here at UL we compete in many

competitions throughout the year. Our members compete in levels from Novice (complete beginners) to Pro-Elite in competitions all over Ireland and Scotland. We're also very passionate about giving back and hold regular fund raisers threw out the year. Our most fundraiser popular being the Nearly Naked Bounce which takes place semester 2 every year. Our bravest members strip their kit off and bounce to raise funds during Charity Week. So come catch us in Week 6 in the Courtyard and donate! Our Christmas fundraiser "Tramps On Ice" helped raise funds for the fantastic organisation that is Pieta House. Positive mental health is very important to our club and we are proud to promote and support the charities that look after our friends, family and more. Life has its ups and downs... but we'll teach you how to enjoy them. Coaching Clinics have been a great addition to our regular

trainings this year with superb Coaches like Kieran Crouch (four-time Provincial Champion and Silver Medallist in 2013 Canadian National Championship) and Greg Roe (acrobatic specialist and coach to Cirque du Soleil) coming down for some intensive training sessions. I would highly recommend checking out their YouTube channels for an idea for some of the crazy things that are possible on a trampoline. After successfully hosting both Munster Open and Intervarsity's and last semester UL are excited to get back in the swing of things with the Scottish Open in week 2. Don't worry if competitions aren't your thing we're a super social club and competitions are all about having a bit of fun and enjoying yourself with a bit of friendly rivalry. These weekends away are a wonderful way to engage with other students from around the UK and Europe and make some trampastic new friends. ULTGC are and ever expanding club, this year alone we



welcomed a brand new air-track and brought a whole new life to our old trampolines with new competition standard bedding! So why not come down and give em a whirl!? We are already equipped with 4 Olympic standard trampolines and a Double Mini-Trampoline (DMT) . So want to learn to cartwheel? Back-flip? Aerial Round-off? Sure, come on down! Our qualified coaches will teach you the basics and build up skills on a one-to-one basis. All our coaches are fun, friendly, and recognised by Gymnastics Ireland. You too could even become a coach. Every year we send some of our enthusiastic members to become GI Coaches and Judges. This is a fantastic opportunity to take advantage of and to stay involved.

Our club isn't just about bouncing either, we also compete in tumbling and cheerleading. Yes, cheerleading. We even won the cheerleading section at ISTO for the last two years. Even Wolfie made an appearance! This year we're heading to Galway to defend our title in the City of Culture. #BringItOn If this sounds like the club for you be sure to see us at the recruitment drive, or call to one of our trainings to have a taster. Training runs Tuesdays and Thursdays from 7pm - 10 pm in the P.E.S.S. See you there! Contact details: Facebook: UL Trampoline and Gymnastic Club Instagram: [ultrampolining](https://www.instagram.com/ultrampolining) Email: ultrampolining@gmail.com

#Weebstagram

BY LIAM SWEENEY, SCREENINGS OFFICER AND KATE MOORE, PRESIDENT

The Anime & Manga society once again introduced their new members to a whole new world of culinary delights in the forms of ramen, sushi and delicious mochi. The society have been patrons of Kyoto and Taikichi, two of Limerick's best Asian restaurants for years and hopefully years to come. And I speak for the whole committee when I say there is nothing funnier than the look on new members' faces when they try to use chopsticks for the first time. The look is a combination of confusion, frustration and frightening determination. During our visit to Taikichi last semester, one member was so determined to use traditional utensils that despite being western cutlery, he refused and remained steadfast in eating his food with the chopsticks, dropping his food three or four times between each bite. Asked afterwards about the experience Hilton said "I wanted to do it right. I'm no quitter.". Another

society member praised the night for bringing him closer to other members: "It was great fun! I thoroughly enjoyed the trip although I may have been way too sassy to [A fellow member] (sorry mate!) I loved the food! It was fab. I feel like I got to know a few of you better which was great!" -Society member In November we visited JCon in Croke Park, Dublin. JCon are Ireland's newest anime, manga, cosplay, and Japanese culture convention. The event was wildly popular with our members, featuring a cosplay competition, a KPop Panel, and the very popular pocky-eating contest! Kate Moore, president of Anime and Manga society has informed me that "The girls' bathroom was a cosplay contest on its own" with "More wigs than people". The most popular part of the convention seemed to be the Pocky-Eating Contest. Each competitor had their own technique. Some took their time, eating stick

by stick and others, quite the opposite, devouring entire boxes at once. Regardless of the results, everyone had a great time. We started a society Instagram this semester where we post the pictures from all of our events from Tuesday hangouts to Convention trips. This page has seen far more foot-traffic than we were expecting and we're very proud of it. Earlier last semester, we also visited Kyoto restaurant which was another great success. Both eateries were very popular with the society and we hope for a continued relationship with them. Anime and Manga have a lot of plans for next semester, including a collaborative cosplay activity with our counterpart in CIT and look forward to doing them with our members, both old and new. Just a year ago, the Anime and Manga was in serious trouble but, with a new dedicated committee, the society has a new lease of life and is ready to take the Irish convention scene by storm!

If you have any questions about events, trips or just want to get a feel for the people running this wonderful society you can reach us at our

Facebook page (<https://www.facebook.com/ulanimesoc/>), Instagram ([ulanimesoc](https://www.instagram.com/ulanimesoc/)) or email us at (ulanimesoc@gmail.com).



Christianity. 'Surprisingly' still relevant today!

BY NATHAN WHITING – PRESIDENT

You may have seen us in the courtyard on any given Thursday, rain or sun (though we're less likely to stick around when it rains!) handing out hot beverages to the delight and often surprise of students and staff alike, with choruses of "is it really free?" "Do my eyes deceive me?" and most welcome, "thank you". We do this for two reasons, first to demonstrate generosity, an often undervalued characteristic, and second to let people know that we in the Christian Union are approachable and friendly, part of a society where people can come to voice questions, doubts, and to find people who believe faith and spirituality will never lose relevance in the world. It allows people to approach and talk to people who identify as Christians in a relaxed way. So if you see us this semester don't be a stranger come by and grab a cuppa to go, and stay a little longer if you want

to talk more! You will also be able to find us at our weekly meeting on Tuesday @8pm in Teach Fáilte. Our routine is to have tea and biscuits for the first half hour, beginning our talk/discussion led by one of the committee

or a representative from a local church or organization, in which we approach all sorts of topics from a biblical perspective. We are non-denominational so we try our best to get speakers from all walks of life and branches of Christianity to our meetings.

Last semester we studied the book of Hebrews from the New Testament, this semester we will be taking a more topical approach with a broad range of subjects, from new beginnings to mental health! Keep an eye on our Facebook

page for details of our events for the semester, and get in contact with us by messaging our Facebook page <https://www.facebook.com/ULChristianUnion/> or emailing us ulchristianunion@gmail.com



2018: World War 3 and Comedy

BY QUINN FORSKITT- PRESIDENT

The end of the world is nigh, and our society is only 6 years old. Tension has increased between the US and the DPRK, and also between UL ComSoc and UL ComSoc. With two rival factions meeting in weekly workshops to perform Stand-up and Improv, the possibility of nulaughter apocolaugh is inevitable. With plenty of events, gigs and quizzes throughout the year, there is something for everybody in our award-winning society. Our society prides itself on being a great place to meet friends, discuss our favourite comedians, and of course, have a laugh. Although the idea of performing comedy or sharing your ideas can be a bit daunting for some, I can assure you that the comedy society has always been a place of support and guidance, where you can improve your confidence and your public speaking skills. There is never any pressure to perform, so feel free to come along to our workshops and gigs as an audience member too! Two years ago, we won the C&S award for best event and were nominated for best

society event at BICS and best Intervarsity. Here's why! Our stand-up workshops will be held every Monday at 7pm. These workshops involve playing games that help to create performance material and once you have written a few jokes, you can perform them for the other members in order to receive some feedback and constructive criticisms. Once you feel you're ready, you will then have the opportunity to perform this material at one of our very popular stand-up gigs. These are always held in The Scholars, which is located next to Spar in the Students' Union courtyard. This can be a great experience and just good craic. You may even get the chance to support a famous comedian! Last semester we had Fred Cooke, of the old tellybox headline during SoUL Week, our best gig yet, but 2018 is still young! These events are always free entry and so they are enjoyed by members and non-members alike. Improv workshops take place on Tuesdays at 7pm. These workshops involve games that can be seen in the TV shows



Whose Line is it Anyway? and Mock the Week, plus a number of other games that have been created or suggested by members. These workshops are so much fun, and offer a great escape from stressful studies. We also hold a number of improv shows throughout the year, which take place in different venues. These shows usually take the format of the TV shows mentioned above and are also always free. Last

year we held The Big Fat Quiz of the Semester, in which some of our members performed while the audience members took part in a table quiz, competing to win some great prizes. This will take place again this year. We also offer feedback on ideas and scripts that are shared. Once a script has been We also have a weekly radio show on ULFM, which is hosted by a rotating cast of society members and is a

great way to further practice your comedy skills! With all these options, there's plenty of ways to get involved! Comedy Society is well worth the €3 it costs to join, so look out for our stand at the recruitment drive and don't be afraid to contact us on Facebook by adding us (UL Comedysociety) and also on Twitter @UL_Comedy. You can also always email us at ulcomedysociety@gmail.com

Computer Society Goes to Munich

BY CONNIE COLLINS, PUBLIC RELATIONS OFFICER

For our first ever international trip, the Computer Society is heading to Munich in January for a weekend full of fun, learning and sight-seeing. The highlight of our trip will be exploring the "Deutsches Museum". The Deutsches Museum is the world's largest museum of science and technology, with about 28,000 exhibited objects

from 50 fields of science and technology. With a large emphasis on Computers and Technology, the museum is a wonderland for the curious! The museum has exhibits on cryptography, history of computing, universal computers, Mathematical instruments and analogue computing, electrical power and many more. We hope to

spend almost an entire day at the museum to get to see as many of the exhibits as possible.

It wouldn't be a trip to Munich without seeing what else the city has to offer! We will be checking out the Olympia Park early on our first day in Munich. The Olympia Park is an Olympic Stadium constructed for the 1972 Summer Olympics, which was held in Munich. The Olympia Park has a rich history and striking architecture. We are taking a trip to the BMW museum which lies close to Olympia Park. The museum contains engines and turbines, aircraft, motorcycles, and vehicles in a plethora of possible variations. In addition to actual models there are futuristic-looking, even conceptual studies from

the past 20 years. This will be a great visit for technology enthusiasts and car lovers alike!

Next up is the English Gardens. With an area of 3.7 km², the Englischer Garten is one of world's largest urban public parks. The park has some fantastic attractions that we get to check out.

After a tiring day, we're heading back to our hotel... but not before a quick trip to the Hofbreaun beer house, one of Munich's most famous restaurants and bars. This will provide some much-needed food after our long day, and who knows, we might even stick around for a beer or two! It will be a good chance to talk about everything we saw that day and get to know all those in the society a bit better.

As this is our first ever international trip, we want to make the most out of it and get to see all we can in our limited time. The primary focus of the trip however, is to visit the Deutsches Museum and learn loads about all the technology exhibits there are to offer. This trip will be a fantastic chance for everyone to get the most out of the society, meet new people and learn about everything the museum has to offer. We plan to make a killer video about our trip so make sure to check us out on Facebook to see more about the trip and our upcoming events. Don't miss out!

Contact: <https://www.facebook.com/ulcomputersoc/> <http://skynet.ie/compsoc@skynet.ie>



Cumann Gaelach Ollscoil Luimnigh

BY NIAMH O' DOHERTY - LEAS CATHAOIRLEACH

Dia Daoibh Is muidne Cumann Gaelach Ollscoil Luimnigh.

We are the Irish Speaking society at UL.

It is not necessary to be a fluent speaker of Irish to be a member of the Cumann, as people with only a few words of Irish are also welcome. The Cumann aims to provide an opportunity and a meeting place for those who have an interest in speaking, improving their knowledge of, or learning the Irish language.

So far, this year we have held Tae agus Plé and Píosa Píotsa in Seomra na Gaeilge (LCO-O16) in association with Aonad na Gaeilge every week. Seomra na Gaeilge (LCO-O16) is a communal space where you can use the facilities available (kettle, microwave, meeting and study space) all through Irish.

We went to An tOireachtas Killarney, in November to see the various competitions and music groups performing. (Pólca 4 mar shampla)

This semester we hope to go to the Gaeltacht and Ard-Fheis Conradh na Gaeilge, celebrat Bliain na Gaeilge (125 anniversary of the founding of Conradh na Gaeilge) and of course Seachtain na Gaeilge!

We hope to see some new faces at Tae agus Plé and Píosa Píotsa this semester.

Chun dul i dteangmháil linn seol ríomhpost chuig gaeilgeul@gmail.com

nó leanaigí muid ar :

Facebook: Cumann Gaelach Ollscoil Luimnigh

Instagram: [cumann_gaelach_ul](https://www.instagram.com/cumann_gaelach_ul)

Snapchat: CumannGaelachUL

Fanning my passion, one week at a time.

BY EOIN HANAN, PRESIDENT



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

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

Upgraded Membership Experience For Dance UL

BY ANA CAMILLO, DANCE UL PRO

Happy new year to our current and future members!

The first semester was a very busy and rewarding one, with classes, workshops, auditions and events. We had very successful weekly techniques classes in Irish Dance (both beginners and advanced), Ballet, Contemporary, and Pilates. Our exciting workshops included Flamenco (Gypsy Dance), Sean-nós, and Heels. In addition, many auditions were held that resulted in Irish Dance, Contemporary and Jazz teams. These teams will represent UL at the Intervarsity that will take place this semester at UCC. Finally, we had the inspiring A Dance Under the Stars, where we went stargazing and dancing (in collaboration with Astro Soc).

We have great plans for the second semester, including some changes to improve our membership experience and quality of classes. Running from week 3 until week 11, culminating in a showcase in week 12, weekly techniques classes offered are: Hip Hop, Irish Dance (beginners and advanced), Contemporary and Ballet (beginners). Members will now pay for all 8 classes of each type of technique separately (e.g. join all 8 Irish Dance classes that will be offered during the semester,

and if they want to join Hip Hop, they will sign up for all the 8 classes as well). This new system will ensure the right flow of classes, and, most important, that members stay motivated to keep learning and dancing. These classes



Ana Bugay (left) and Jennifer Rogers (right) during Irish Dance Inters audition. Photo by Elene Maisuradze (Dance UL Social Media Manager).

will certainly assist our dear members getting de-stressed, fit, making great new friends, and having fun!

Dance UL memberships are not only to alumni but also to the whole community. So spread the word and join us to learn many dance styles in a friendly atmosphere, as well as enjoying many events, thus enhancing health, well-being and sociability! All UL students, alumni and community members who wish to take part in Dance UL classes and/or events must

become a member through the UL Wolves website beforehand. But don't worry: if you need help registering there will be committee members at the classes to assist. Alternatively, you can visit us at the Recruitment

Drive on Tuesday 30th January 2018 in the foyer of the Concert Hall (Foundation Building). You can check us out, register, and chat with committee members for further info.

Stay tuned for additional news, classes timetable, and events. Visit our website <https://dancesocul.com/> and follow us on Facebook, Instagram (officialdanceul) and Snapchat (DanceUL)! Feel free to drop us an email: danceul@gmail.com.

All year round we run a wide variety of events. Our quidditch games allows members to experience their favourite fictional wizard pastime, even if to onlookers that rarely seems the case. Many called our laser tag face-off their event of the semester. During Halloween we run a spooky themed treasure hunt to get everyone in the mood. For people more into casual events we have consistent tablequiz's to put your nerdy knowledge to the test in a casual environment. Similarly, we have movie screenings on the on-campus pubs from time

to time, trying to offer some more interesting showings. Whether I am on it or not, "An Asylum of Bumblebees" our ULFM radio show (#LetsGetReadyToBumble) has become one of my favourite parts of the week. We use it to talk all things nerdy, from the news of the week to discussing our favourite all times movies and tv shows, to our own crackpot theories of what we as fans need. That said, where forum really excellence is our Thursday meetings. It is here that we get order pizza and just chat

about whatever our hearts desire. This is where I have had some of the most interesting conversations of my life and it is here that I have made some of my best friends ever. This semester promises to be busy as ever for Fan Forum, so why not be part of it? We meet every Thursday at six at red raisins, so stop by to be part of the conversation or join our Facebook group to keep up with our weekly events and cinema trips.

<https://www.facebook.com/groups/ulforum/> ulforumsoc@gmail.com

Feminists Reppin' for Repeal

BY ORLAITH MOORE, PRO

There was no easing into the semester for the Feminist Society, with September seeing us bussing it up to Dublin to join thousands of like-minded people in the 6th annual March for Repeal protest. The sun shone all day on our efforts to get the Irish government to scrap the draconian 8th amendment that restricts access to abortion in this country. As great a day it was, with a wonderful feeling of solidarity at the Pro-Choice Breakfast held by ARC (where we were serenaded by the Choir for Choice!); here's hoping it was the last year we would need to protest. With momentum gathering in national politics and a May referendum expected to be announced in the coming weeks, the UL Feminist's Society has an open call for all those who wish to get involved with a university-wide Repeal

campaign. We hope to see the same appetite for change in UL by campaigning the SU to adopt a pro-choice stance.

What about Erasmus students coming to UL in the spring semester? We will hold another 'international feminist' evening where new international students can learn about feminist issues in Ireland (Repeal the 8th!) and speak to us about what is going on in your home country. We are proud intersectional feminists and will continue to host more themed evenings and invite guest speakers to the Feminist Society to speak about a range of issues.

Like our Twitter (@ULFemSoc) and Facebook (@UL Feminist Society) pages to keep up to date with weekly meetings, social events, fundraising efforts, repeal campaigns and our favourite memes!



The UL Game Development Society

BY JOSEPH GREANEY, PRO

The University of Limerick's Games Development Society was founded in September 2017 to form a community of people who are interested in making games. The society welcomes those from all aspects of game development, including artists, designers, programmers, writers, modellers, animators and

players. All skill levels are encouraged to join as the society provides an environment that allows for learning and experimenting with games development. If you have never made a game and have no experience in development the society well help you begin your journey. If you are a seasoned

professional then you will find a place for discussion and improvement in the society. Game development is at the core of the society and each week the society meets to discuss aspects of game development. Each week a topic is chosen and a round table discussion takes place where every member has a

chance to speak and listen. Previous topics include: "AI in games", "games as a medium" and "microtransactions in games". Each semester a game jam takes place where members of the society attempt to make a game in 24 or 48 hours. Groups are formed on the day and everyone gets a chance to

show off their skills and can even win prizes for their creations. This semester, the society will be hosting a Global Game Jam site in UL. The event runs from the 26th to the 28th of January and participants will have to make a game in 48 hours. All are welcome to join the event.



Whatever way you roll the dice, Games Soc is always the best outcome!

BY DEAN MALONEY - VICE PRESIDENT & PRO

As we enter 2018, we at the Games Society are more excited than ever to provide you with amazing gaming experiences throughout the semester! No matter where your interests lie, everyone is welcome to experience the world of gaming. You'll be able to join in for new and exciting games of all kinds, or maybe you'll have the chance to appreciate some old classics. Either way, you're bound to make plenty of new friends in the process! Read on to find out how you can be a part of our weekly events.

Our Monday Games Nights in Main Building EG010 from 6PM onwards are a great way to start the week! 2017 was a massive year for us in terms of improving our board game collection, and we plan to add even more to it even throughout the semester! Tired of committing hours into games like Monopoly and looking for something new and refreshing? We've got you sorted! Our popular board games include Dominion, Cosmic Encounter and Ticket to Ride, and we have plenty of other excellent board games which you can experience with your friends! There's a board game for everyone, and we aim to provide a gateway so you can find one that you truly appreciate and obtain a new hobby!



Our Monday meetups also provide the perfect opportunity to meet fellow TCG players and RPG enthusiasts; you can get some games against players new or experienced in Magic: The Gathering or Yu-Gi-Oh, or you can meet one of our Dungeon Masters and embark on an unpredictable and chaotic adventure with your friends! We'll also be hosting various events including Rivals of Ixalan Magic drafts and Dungeons and Dragons workshops which provide excellent ways to get into the tabletop scene!

Need your dose of video games during the week? That's what our Console Games Day is for, every Wednesday from 12PM to 6PM in the Students' Union, Room 3! With our very own PS4's, Wii U and Xbox Ones, it's truly a great way to take it easy in between lectures, whether you're yearning for some casual rounds of Call of Duty Zombies, intense edge-of-your-seat combat in Tekken 7, or epic 8-player brawls in Super Smash Bros. You can also arrange to meet up for some practice in your favourite fighting games or take part in some MOBA's at our LAN and FGC Weeklies, held every

Thursday in Main Building EG010 from 6PM onwards! Friday Lock-In's are our premier monthly events, dedicated to all aspects of gaming. This is where we book the Students' Union building for 12 hours, from 8PM to 8AM, providing some members with the ultimate gaming area. Expect intense Commander games of Magic: the Gathering at 3AM, hilarious half-asleep games of Spyfall and adrenaline-fuelled LAN games of all the popular MOBA's. We're sure you'll have some of the most memorable moments of the

semester here, so come along and experience an all-nighter like no other!

We are also planning our trademark Assassins event, which will be happening midway through the semester, along with a Pokemon "Elite Four" competition. Be sure to keep an eye on our social media accounts to find out more as soon as we make an announcement!

We hope to see you throughout the semester!

Facebook: www.tinyurl.com/ULGSoc

Instagram: [ul_g_soc](https://www.instagram.com/ul_g_soc)

And...ACTION!

BY MICHAEL FINNERTY - PRO

With the winter months eating into precious filming hours, we used the winter semester to hone our practical film making skill and laid the groundwork for the shorts we plan to film in the spring semester.

A society isn't a society without a Hoolie every now and then, and our lock-in themed around Tommy Wiseau's magnum opus The Room was well attended.

We have organised society outings to see all the big winter movies like IT, Blade

Runner 2049, Thor Ragnarok and Justice League and plan to do more as the Oscar season heats up.

Our big plan for 2018 is to host a Battle Of The Societies table quiz, in which we plan to see once and for all who the best society is. We envisioned a massive battle royale in a car park but insurance wouldn't allow us.

We have some committee positions up for grabs in the new year, so if you want to bolster your CV or gain lifelong friends, join our committee!

Take a step back in time with HistorySoc

BY DANNY Ó SEACHNUSAIGH

We are the History Society of the University of Limerick (Ollscoil Luimnigh). We were founded in 1997 by a group of students who all had a shared passion for everything historical and have since then gone on many trips and participated in historical activities. One need not study history to become a member, all that is required is an interest in the subject. In 2017 we had many historical

discussions, held quizzes in the Scholars, participated in medieval fencing, attended a banquet in Bunratty Castle in Clare, stayed over night in Kilcolgan Castle and many other activities. So far for 2018 we have invited Dr. James O'Neill from University College Cork to speak on his book The Nine Years War, 1593-1603, we plan to go on a trip to the historical city of Prague and we will attend

a medieval banquet at the castle of Dunguaire! One of our members will also be putting together teams to participate in a game of Viking Chess (aka Kubbs)!



Semester 1 was bigger than the globe itself for the International Society!

BY CALVIN SHINE - VICE PUBLIC RELATIONS OFFICER

That's right - we've just ended semester one on a high, and semester two is sure to be a cracker judging by its success! Trips, events and friendship, just three of the many elements that contributed to our insane semester which has just gone, and as we put pen to paper to sum up the whirlwind ride that took us from Belfast to Cork prepare for a flood of memories and emotions that will overwhelm you more than the swollen Torc Waterfall overwhelmed us this November in the Ring of Kerry!

Starting with trips, this semester we had a massive range of trips that took us all over the island of Ireland. Our semester started with a bang as we took 5 bus loads of students to Dingle on the coast of Kerry where we enjoyed a scenic hike around the landscape. Next, we set off for the Aran Islands where we had an impromptu music sesh on the ferry, got soaked to the skin and cheered on some brave members as they took to the howling Atlantic for a swim. Toning it down, our next trip saw us head around Cashel and Cahir in Tipperary for a medieval tour

of the county with a stop off in Kenmare, a quaint little village home to a gorgeous fairy ring. Back in Kerry once more, we took a spin around the trip of Kerry with Pat in bus 1 living life on the edge as always as we embarked on an energetic journey through Moll's Gap, Lady's View and the Torc Waterfall before finishing up at Muckross House and heading into Killarney. Blarney Castle was up next, and after kissing the stone we took the short journey into Cork city for the annual Guinness Jazz Festival! The craic was mighty and we all got our fair share of basking in the busker's sweet tunes. If all of that wasn't enough, a group of brave members battled through the wind and rain as we took a trip to the coast of Clare on what was a wild and wicked day, but between the patches of drizzle we basked in the beauty of the rugged coastline and many pictures were taken.

Then the fateful weekend arrived - the Belfast weekend trip! Only the most persevering and committed members secured a place, with people queuing in Red Raisins from 9am that morning to secure one of 52 places on the bus.

Members were treated to a visit to the Titanic Museum, the Giant's Causeway, the Peace Wall, the Bushmills Distillery and plenty of craic was had in the gorgeous city of Belfast itself. It's impossible to encompass everything this trip had to offer in just one article, but take my word for it, it was unreal! Props to all trip leaders and team trips themselves for their amazing work this semester!

If that wasn't enough, our events team was hard at work throwing out weekly events for us all to enjoy. The semester started with a get together in the Millstream for our welcome par-tea which was laid back and relaxing and friendships blossomed since! From there on, every week for 15 weeks we had a themed international night in the Stables aptly called TGIF (Thank God it's Friday) where DJ Ber belted out the best tunes.

For SoUL week, we held a night of Céili, Craic and Ceol with legendary seanchaí Eddie Lenihan sharing some of his gathered tales on the night. We had some great fun learning a few steps of a sean

nós dance too! The culture nights didn't stop there, with a European Culture Night held in Dromroe Hall with food from countries around the continent on offer - Italy, France and Spain to name just a few.

Our collab with the F7W and ULFM, Tales and Treats, was a night of poetry, music and stories. Our very own president, El Condor (Colum Sheehan), was MC on the night and we heard poetry from the Limerick Poet's Society, Ilyana Kuhling and Christy O'Donnell, as well as music from a variety of players. Our open mic at the end of the night was a deadly end to what was a night filled with music and great company!

Our internationals showed their competitive sides with our 5 competitions this semester, with a group of members taking part in a Pot Luck event where they all cooked something and had a dinner together in a bid to win prizes for hosting the best dinner party. Other competitions included a photo competition on the Tipperary trip which saw Noël Taillardat win a coveted

place on the Belfast trip and a series of Facebook competitions towards the end of the semester with 3 members winning a variety of UL Wolves branded merch! Congratulations guys and gal!

This coming semester is going to be just as good, with plenty more trips planned, event ideas pouring from the minds of the events team and rumour has it that our famed international ball will take place in February! However, this semester all had to come to an end to make way for semester two, and it is with a heavy heart that all of us here at the UL International Society big farewell to amazing group of people that shared the best 12 weeks of our lives so far with us. I'm sure that someday our paths will cross once more, but until then, we wish ye all the luck in the world with yere future endeavours, slán go fóill.

Social media:
Facebook: <https://www.facebook.com/ulinternationalsociety/>
Snapchat: [internationalsocietyul](https://www.snapchat.com/add/internationalsocietyul)
Instagram: [internationalsociety_ul](https://www.instagram.com/internationalsociety_ul)



New Semester, New Goals For UL ISoc

BY KHALID KAMIL, P.R.O.

Assalamu Alaykum students and members!

I hope the first semester has been a good one for all of you. Alhamdulillah it has been really motivating for the ISOC committee to see such great involvement in events throughout the last semester. Especially the weekly halaqas and arabic classes which will continue to take place this semester inshaAllah!

I would like to thank everyone that supported and participated in some of our highlight events so far including the Meet & Greet, Movie Night and Sister's Halaqa. With our committee having recently completed

an ISOC committee workshop with FOSIS, we look forward to putting on some even more amazing events for you all this semester!

Alhamdulillah it's been an amazing first semester for the ISOC, from running halaqa's and social events, to forming a productive working relationship with FOSIS through the workshops. It has been an extremely enjoyable semester; however, I would ask everyone to forgive us for our shortcomings, we hope with your feedback and support we can improve in second semester inshaAllah. I pray that Allah (swt) accepts all your efforts.

We are currently in talks with the University with regards

to finding better facilities for prayer, to facilitate the growing number of Muslim students on campus alhamdulillah, and to create separate areas for brothers and sisters to make wudhu, pray or relax without any worries. We will keep you updated with the progress we make in this matter inshaAllah.

I also encourage you to download the brand-new app that FOSIS have launched not only for FOSIS Ireland but for all Islamic Societies in Ireland. Every ISOC's Facebook page has been linked to in the app, so you will always know what events are going on. This is a great resource for developing brotherhood and sisterhood

in the Muslim community in Ireland since it allows you to connect with students from ISOCs all over the country if you would like to participate in any of their events. Alongside that, the app also includes a Quran, Prayer Times, query/recommendations section for FOSIS Ireland and an "ask a Sheikh" section.

Congratulations to you all on the completion of your exams. I hope you have received the results that you were hoping for and that you have enjoyed your winter break! That's all from us for the time being! We look forward to seeing you at the Recruitment Drive and at our events in the second semester where

we will bring you more exciting campaigns and events inshaAllah!

Finally, I would like to leave you with a beautiful reminder to myself and to you, to help us improve ourselves as the new semester begins, A real man fears the death of his heart, not the death of his body.

- Ibn al-Qayyim al-Jawziyyah (RA)

If there are any issues, feedback or ideas you think we should be looking into, please email us at limericksoc@gmail.com or message us on facebook at <https://www.facebook.com/limericksoc/> Assalamu Alaykum.

Law Society Table Quiz

BY ÚNA WALSH - SECRETARY

The Annual Law Society Table Quiz was held on Tuesday 10th of October 2017 in the Sports Bar at 7pm. It was organised by Donal Cribin, the Law Society's Fundraising Officer along with other members of the Law Society Committee.

This has been an annual event for the last number of years and it is always a great social event.

It cost €20 for a team of four and we had a range of interesting and creative quiz

teams. We had ten rounds of questions, with ten questions in each round. The categories ranged from Music to Sport to History, to Showbiz.

We received great prizes from local businesses such as

cinema tickets and vouchers from the Odeon Cinema to Dunnes Stores. Finger food was also provided by the Sports Bar which we would also like to thank for hosting the event!

We would also like to thank Rachel Jones and other Committee Members for organising prizes and Donal for putting a lot of effort into the night which was a great success.



Ógra - Help Shape An Ireland For All

BY CONOR MADIGAN, PRO & B. CROWLEY, CHAIRPERSON



The UL Ógra Fianna Fáil Con Colbert Cumann is one of the longer running political societies on campus and has enjoyed a significant boost in its active membership base this academic year!

The vast majority of members this year are first year students, showing that the society is well set up for the years ahead!

Throughout the autumn semester, we had guest visits from James Doyle, Ógra Fianna Fáil President and Cllr. James Collins of Limerick City West. We also partook in a cross party debate with our friends (read: arch-enemies) in UL YFG for SoUL Week.

Without a doubt, the highlight of the autumn semester was our cumann's trip to the 78th Fianna Fáil Ard Fheis in October. Over the course of the weekend, members got to meet the senior party's elected representatives as well as other Ógra members from around the country.

The UL Con Colbert Cumann had the largest delegation at the Ard Fheis (pictured) out of

all Ógra Fianna Fáil cumainn, a significant achievement for an Ógra unit outside of the capital city!

Members got the chance to participate in debates and discussions on topical issues including Brexit, climate change, education and health.

It was also a voting Ard Fheis in that the new Ard Chomhairle was to be elected. Some cumann members partook in canvassing for candidates while others helped with the sorting out of voting papers.

The weekend concluded with the captivating leaders address by Micheál Martin TD, followed by some socialising in nearby bars until the late hours of the night.

In November, a smaller cohort of our members also attended the President's Dinner, or Cairde Fáil Dinner, for the first time. This was a significant achievement for us as it has been several years since UL Ógra had a presence at this key Fianna Fáil event.

The semester finished with our cumann having the privilege

of hosting the annual Ógra Fianna Fáil Christmas Party.

We held some fundraising games to raise money for Pieta House, enjoyed a delicious Christmas dinner in Kilmurry Lodge Hotel and then headed to Jerry O'Dea's bar in the city followed by The Library Late Bar.

Throughout all last semester's events our members met a variety of interesting people and made lifelong friends, all the while engaging with the issues that are affecting Irish society and young people today.

This Spring semester kicks off with a trip to Houses of the Oireachtas on Wednesday of Week 2, 31 January. For 90% of our members, this will be the first time they set foot in Leinster House!

We will get the chance to see TD's and Senators debate in their respective chambers and will certainly bump into a few Fianna Fáil elected representatives in the corridors of Leinster House as well as in the Dáil restaurant and bar later on in the evening.

The Ógra Fianna Fáil National Youth Conference is also fast approaching. It is being held in Athlone on the 9th and 10th of March.

This is an event solely for Ógra members and usually does not exceed 150 attendees meaning it is much more intimate (much more craic too!) than compared the Ard Fheis which has several thousand attendees.

Other events on the Ógra calendar for 2018 include the Jack Lynch Cup 5 a side Gaelic Football tournament, the De Valera Debating Cup and the Ógra Summer School.

UL Ógra Fianna Fáil is a vibrant and active society, perfect for those who have ideas and opinions on national issues and who wish to meet and talk to like-minded people.

Regardless whether our members are senior party members or not, we encourage and provide opportunities to get involved at a grassroots level too. This can be as simple as going around canvassing for local politicians in the run-up to local and general elections.

After last December's political dramas, it goes without saying we are in yet again a period of political fragility with the failure of Fine Gael to deliver on the vital areas of Irish society that are Health, Housing and Infrastructure.

Regardless whether a General Election lies in 2018 or not, the European and Local Elections of 2019 are also fast approaching.

There is also of course some significant referenda to take place over the coming years. The role that Ógra plays in these campaigns is vital to ensuring a strong youth vote is secured. Our members look forward to these future campaigning opportunities.

If you are looking to get involved with our society, get in touch with us! Search "UL Ógra Fianna Fáil" on Facebook and send us a message! Membership can be requested at ulwolves.ie Also be sure to check out our new Instagram account @ULOgraFF

The Wolfpack is Back!

BY CIARA GORDON, EVENTS ASSISTANT

Hello hello pals, and welcome back to semester two! All of us are so excited to get to see all our members again, both old and new! Hopefully you all had a brilliant break and are all well rested, because we here at Out in UL have some very exciting things in the works for this coming semester that you won't want to miss out on!

Last semester was jam packed with so many fun events and interesting meetings that we hoped you all enjoyed as much as we did! We had some truly amazing events, such as our first ever poetry night in Scholars, Louder Than Words, which was a beautiful night where people performed poetry that meant something to them as a queer person. We also had a few wonderful collaborations with other societies, such as our Karaoke Night with FemSoc, and our

annual Disney Quiz with Drama! Then of course there was our famous Rainbow Week, which included nine events, from our Masquerade Ball, to workshops on how to be a good ally, to our Big Night Out, it was a tiring week, but so so much fun! One of the most exciting things to happen last semester was the news that UL is now implementing 12 new gender-neutral toilets on campus to provide for the safety and comfort of trans and gender non-conforming students, staff, and campus visitors. Out in UL has worked tirelessly with the Students' Union for the last number of years on getting these bathrooms, and we would like to extend a huge thanks to everyone who was involved in making this happen.

This semester looks set to be just as exciting, with some of

our biggest events coming up. This semester we have Alternative Miss UL, our amateur drag competition, which is open to drag kings and queens and faux kings and queens. AMUL is open to everyone and anyone, so if you have any interest in being a contestant this year, make sure to keep an eye out on our social media for the application forms. You don't have to have any prior experience with or in drag whatsoever, we'll be there to help you with everything from shoes to wigs to make up, so if you want that coveted crown, and the title of Alternative Miss UL 2018, make sure to enter! We also have our biggest event of the year coming up this semester, Queerbash which is in its 15th year! As always it will be a themed event (this years is fab, trust me), which we will

reveal at AMUL. Queerbash is one of Limerick's most highly anticipated events every year, and we guarantee this years is going to be spectacular! This year will see the return of Sparkles, which is a day of workshops on various topics, so if you have anything in particular you'd like to see a workshop on, let us know! Also we will be having Connect Training with Michael O'Mahoney from the UL Counselling department, where we'll be learning about active listening, and how to talk to those who are struggling with their mental health. We'll also have our annual Dublin Pride trip, where we'll all be going up to march in Dublin's pride parade, so keep an eye on our social media for updates on that! As always, we'll be having our weekly members meetings on Mondays at

7pm in S116, which cover a range of topics, from LGBTQ+ representation in the media, to sexual health. We also will be our weekly Queer Hangouts on Thursdays from 1-3 in SU Room 3, where we'll be chilling and taking a break from all the stresses of college!

In the meantime, feel free to follow us on all of our social media; Out in UL on Facebook, and @outinul on Twitter, Instagram and Snapchat (our creativity with names knows no bounds). Feel free to drop us an email at outinul@gmail.com if there's ever anything you want to chat to us about or ideas you have for the society, and check out our blog outinul.ie for more general info about the society. See you all soon!



ULFM – Independent Student Media for You

BY DECLAN MILLS, PRESIDENT



It has been a busy first semester for us here at ULFM. For the first time, we started broadcasting in Week One instead of Week Three – following on from a limited summer schedule – and linked in with the First Seven Weeks programme to run some cool events and reach as many newcomers to UL as possible. Not content with providing the soundtrack to a welcoming party and opening our doors to as many new recruits as possible, we collaborated with F7W, International Society, the International Office and the city-centre-based Limerick Poets’ Society to bring UL’s international students the annual Tea, Tales and Treats event.

Also in September, several of our committee members and long-running presenters were recognised for their

contributions to UL’s campus culture at the President’s Volunteer Awards. On top of this, we broadcast live from UL’s Careers Fair in association with the CoOp & Careers Division and acted as DJs for the Marketing Office across the course of the two Open Days in October – a situation which led to an impromptu flashmob of secondary school students doing the Cha-Cha Slide!

On the more serious side of things, as part of SoUL Arts Fest we hosted an all-day intervarsity broadcast featuring student journalists from DCU, Mary I, LIT, NUIG and UL, raising money for Limerick Suicide Watch and spreading awareness about mental health issues and their treatment.

We have also worked hard to improve our ability to act

as a source of reputable, high-quality journalism. A successful application to the Bank of Ireland Enablement Fund has given us the money to upgrade our computer systems for the first time since our foundation, improving the overall quality of our broadcasts and allowing us to do more outdoor broadcasts from campus and city events. We were also fortunate enough to pick up sponsorship from Red Bull and to sell advertising slots to Dell. We have created podcasts, and gone live on Facebook, as well as our usual live radio shows. Our diversity of programming has increased, and we have put a great deal of focus on developing our coverage of campus news and current affairs. We have also been working on establishing a joint working group featuring the heads of ULFM and An

Focal working with Killian Stone in the SU’s Marketing Office in order to co-ordinate media coverage and share resources and information.

In this, we have received the support of the many Clubs and Societies – from Out in UL and the Feminist Society to Fan Forum and the Trampoline Club – who have either hosted their own shows or provided guests to be interviewed. The SU has also been very supportive. Roberta Harrington’s help with our mental health coverage, Jack Shelly and Liz Gabbit’s support throughout the semester and willingness to engage in a live debate about the changes to An Focal, and Martin Ryan’s advice on our plans for improvement of our services have all played a vital role in our growth. Killian Stone, with his office just down the

corridor from our studio, has also played an important part in our expansion of our promotional activities, while Paul, Michelle and Aisling in C&S have given us non-stop support and encouragement. Just one example of how external support and collaboration can improve our programming came towards the end of this semester, when the hard work of an enterprising presenter gave us the opportunity to interview two members of UL staff – Donal Ryan and Dr Carrie Griffin – about the university’s student-run literature journal, the Ogham Stone.

In short, we’re going into Spring 2018 bigger and better than we have ever been, and we hope you’ll join us in our further adventures, or tune in on ulfm.ie to hear what we are up to!

Kettle down everyone! – It’s going to be a beau-tea-ful semester

BY TEA APPRECIATION SOCIETY

So Tea Appreciation are back with many new surprises this semester. We’re back with our usual Galway trip, our regular weekly meet ups, our bi-weekly events but also so much more. We have many surprises for our members next semester, including a surprise trip which we will be dropping hints about for the weeks prior to the event. Whoever guesses the event will be awarded free Tea & Cakes (what’s not to love?). We’re going to give new events a Chai and make sure we have a great time.

We will also have loads of upcoming Par-teas in the our favourite place, the millstream common room. We will have some surprise themed events throughout the semester such as our annual Tea Totallers par tea which is always a huge success every year so do come

along where there will be games, music and lots more to enjoy. We also have a wide range of teas for you guys to try so if you are adventurous and would like to know more, please come along and we will find one suitable for you ☺ If you are also looking for a place to chill, relax or to just talk to people then join us this semester and we will make sure you relax while also being catered for by our fantastic committee members with tea, biscuits, scones and brownies at every event, what’s not to like? We also welcome everyone and anyone who loves tea as much as we do and who wants to not just drink tea with us but who also wants a place in the evening after study to talk and get to know people in a free relaxing alcohol-free zone.

Our events will be held between 6-8pm, every

Wednesday evening every week next semester where we will be sure to make sure everyone is welcome. We have big plans for next semester and we hope you are ready to continue a journey with us, not just through tea but also through communication. We will also have some extra events so watch out for those. We are so looking forward to welcoming everyone back this semester so please pop by at our stand at the recruitment drive in week 2 and we may have goodies for ye guys or contact us on facebook or email us to get in touch if you want to join.

Facebook: <https://www.facebook.com/TeaAppreciationUL/>
Twitter: <https://twitter.com/ulteasociety>

Email: ulteasociety@gmail.com



UL Young Fine Gael

BY MICHAEL MCKENNA, SECRETARY

It was an exciting and action-packed semester for UL Young Fine Gael, as we held many successful events and trips over the course of semester. At the beginning of the year we had a very successful recruitment drive, signing up many new enthusiastic members, who have all had an active role in our society. Also at the recruitment drive we received hundreds of signatures on our student housing petition, signed by members and non-members alike. Our first event of the year took place on the 14th of October when UL YFG hosted MRC Oktoberfest. This is a meeting of YFG branches from across Munster and we were delighted to be joined on the night by Senator Maria Byrne. The topic up for discussion was “How to bridge the gender gap in politics”, this led to interesting discussion and debate, with all attendees taking an active role. Like all YFG events Oktoberfest 2017 was successful and very enjoyable. Our next event took place during soUL week and was ran in conjunction with UL Ogra Fianna Fail. We both took part in a cross-society debate titled “Playing Politics?”. This gave everyone involved a great opportunity to exercise their public speaking and debating skills. We would also like to thank Ogra Fianna Fail who facilitated the activity and originally suggested it, it would not have been possible without them. Also during soUL week, we held our “Game of Trivia” quiz night. This was a TV and Movie themed table quiz fundraiser. This turned out to be incredibly successful with plenty of funds raised on the night, and many spot prizes won by those in attendance. We would like to thank everyone who participated and donated, and

we would also like to thank Senator Kieran O’Donnell who donated a prize for the night. The quiz took place in the Sports Bar on campus, who provided an excellent service for the night. To round off the year we had our annual trip to Dail Eireann. As usual this trip was great craic and gave all members a proper chance to mingle and socialise with the each other, and other YFG societies from around the country. The overnight trip was extremely successful and praised by all who went. For the upcoming semester we have just as much planned and hope for it to be equally as successful. We hope to hold another fundraiser for the mental health charity Jigsaw. Jigsaw does great work with young people and mental health, and we encourage all to donate to this worthy cause. Hopefully we will be having another trip away, not to Dail Eireann however but to Brussels and the European Parliament. UL YFG groups have made this journey in the past and it has never been anything but successful. All going according to plan we should have an equally as successful trip in the coming months. If anything mentioned here sounds like something that you’d like than UL Young Fine Gael is the society for you. New members are always welcome. You can contact us via Facebook (UL Young Fine Gael), Twitter (@ULYFG), or email us at ulyoungfinegael@gmail.com. Also follow us on Instagram (ul_yfg) and Snapchat (ulyoungfinegael). Finally many thanks to everyone who helped out to make this semester so successful and hopefully we can have the same success in the coming months.

You need to join Photo-Soc....Get the picture?!

BY CAOIMHÍN Ó CEALLAIGH, PRESIDENT

Wondering what clubs or societies to join for Semester 2? Why not give PhotoSoc a go? We cover a wide range of topics for every level of interest! No camera? No problem, we've got our own! No experience? Doesn't matter, everyone needs to start somewhere. We welcome members of all levels and with all interests!

Like trips? We do them! Last year our group got some beautiful shots on a society trip to Killarney which is a great spot for landscape photography!

Want to learn from professionals to improve your skills? We run classes in different areas of photography with local professionals for FREE, so you can brush up or learn entirely new skills! If landscape photography isn't your thing, we have run studio sessions where members can learn about setting up a shoot and even have some fun in front of the camera too!

Like selfies? No problem! Like last year's trips officer and a member, we encourage you to take many, many tasteful self-portraits at our events!

So we've had a good semester already, covering many topics and events, and we'd love you to join us for the coming semester! If there's a particular topic or event you'd like to know about, we'll do our best to cover it for you!



IT'S NEVER TOO LATE TO
FIND YOUR WOLFPACK

SEMESTER 2 RECRUITMENT DRIVE
 TUESDAY WEEK 2 5pm-7:30pm

UNIVERSITY CONCERT HALL
ulwolves.ie