



Clubs & Societies **NEWS**

Aontas na Mac Léinn University of Limerick
Ollscoil Luimnigh Students Union



Vikings Win Third Consecutive Shamrock Bowl In Overtime



The UL Vikings faced the Dublin Rebels in a rematch of last years Shamrock Bowl and the game proved to be another close fought and entertaining spectacle.

It took place in Cooke RFC in Belfast in front of a large crowd from all over the country. The Dublin Rebels had the better run of form this year, handing the Vikings their only defeat of the year early in the season in Limerick. The two sides also played out an intense 14-14 draw in the return leg in Dublin. The third meeting of the teams would prove to be the most dramatic and entertaining.

After the pre-game ceremonies were completed the Rebels won the coin toss and elected to defer so the Vikings received and Brendan McCarthy took UL out to the 30 yard line. It must be said that both teams special teams units performed extremely well on the day and field position was the key of the game. On the Vikings first drive Ross McCooey pressured Vikings Quarterback Liam Ryan and disrupted a number of plays, forcing the Vikings into a 3 and out. The Vikings kicker, Daniel Smith, pinned the Rebels back deep in their half. The game was a cagey affair with both teams unwilling to risk turnovers. The Rebels moved the ball with short passes from QB Andy Dennehy to his receivers Barry Flinn and Mike Kresowaty. The Vikings secondary did well to corral the receivers once the catch was made to ensure no extra yards were gained. When the Vikings were on Offense the

ball remained predominantly on the ground with backs Adrian Garvey, James Twomey and Jim Davis picking up solid yards behind the blocking of the Vikings O-line. At the end of the first quarter the teams remained scoreless.

Early in the second quarter the running game of the Rebels kicked into gear with former Vienna Viking, Florian Heiss and Sam Hodgins picking good running lanes. Hodgins eventually broke one run through the Vikings D and put the Rebels ahead 6-0. Vikings Middle Linebacker Jim Davis blocked the extra point attempt. The Vikings then took over on Offense and drove down the pitch with a number of aggressive runs, one block by TE Marc Ashworth in particular showing the sheer physicality of the game. Adrian Garvey punched the ball in from 11 yards out with an excellent second effort. The extra point snap was bobbled and the teams went in at the half tied at 6-6.

The third and fourth quarters were dominated by intense physical battles on both sides of the ball as neither team was willing to give an inch. Jim Davis, Brendan McCarthy and Glen Carr stuffed run after run by the Rebels while Ross McCooey, Brian Carter and Andy Flynn replicated for the Dublin side. Carter and JP Nerbun had two interceptions each as each team started to open up their offense as the game progressed. Each team also missed field goals that would have won the game for

either side.

Heading into the fourth quarter the Vikings began to find running room, breaking off some big runs and hitting long passes only to be repeatedly called back for penalties which killed off drive after drive. The Rebels skillfully defended the long pitch and kept the Vikings from breaking the big play that would have clinched the game. As the 4th quarter winded down Danny Smith punted for the Vikings and the ball was downed on the Rebels 1 yard line. The Vikings D, smelling blood, sent the house at the Rebels who manfully got their noses out of the danger zone and ensured the game went to overtime with two strong runs by Florian Heiss.



Full house at Cooke Rugby Club for Shamrock Bowl XXIII

The rules for IAFL overtime are the NFL sudden death rules. Basically whichever team scores first wins the game. This added even more tension and drama to an already amazing game. The Rebels won the second coin toss and elected to receive. Kresowaty was shut down again on the return, this time John Mullen living up to his Rookie of the Year status with a crunching hit. Dennehy took the ball on his 25 yard line and went to the air. On one

pass JP Nerbun stepped in front of the short route and picked the ball off to give the Vikings a chance at victory. A couple of Adrian Garvey runs put the Vikings into field goal range and Danny Smith stepped up to kick the 33 yard field goal to give the Vikings the victory. Click here to watch the winning FG on YouTube.

Vikings celebrate victory The game MVP went to a deserving Adrian Garvey who had over 100 yards on the

ground against a talented and physical Rebels Defence. The Rebels and Vikings should be proud of the level of football on display in the Shamrock Bowl, showing that Ireland has plenty of young footballing talent. The future is bright for the sport in the country. For more information on the UL Vikings visit www.eteamz.com/ulvikings, for info on the Irish American Football League visit www.iafl.info.



Welcome

To our first edition of our bi-annual Clubs & Societies Newsletter and it has been a very busy time since the last publication.

Unfortunately due to problems with UL's servers last term the print deadline was missed so this is the first edition since this time last year. The newsletter is simply a dedicated publication to promote all things Clubs and Societies related once each semester. This edition however we do have a new section where we would like to reach back and develop our network with our former Clubs & Society members to see where they are now. This Network feature is about a former group of UL Irish Peace Society activists and how they found themselves on Washington's Capitol Hill for Obama's inauguration and indeed motivated Fiachra O'Luain to run for Europe in the most recent European elections here in Ireland (just ignore his o.t.t references to yours truly). As I have been here since 1998 I have maintained contacts with a lot of our former members and some have very interesting stories to tell where it seems some of the inspiration behind the stories were at least to some extent derived from their involvement in our Clubs & Societies during their time here in UL so hopefully I can develop on that theme in the next issue.

Other news that affects Clubs and Societies would be that during the summer off the back of the Clubs & Society Council protestations and concerns expressed back in November 08 over the deterioration of standards of UL's grass pitches that the issue has since progressed. Many may recall that home matches and training sessions were being cancelled and clubs were forced to play and train off campus at a cost to the Clubs both financially or through the concession of home venue. Off the back of a series of in-house meetings with the affected clubs and a level of fact finding from around the country the former ULSU President Pa O'Brien initiated meetings with the University and a "Playing Fields Report" was finally submitted on behalf of the Clubs affected in May 09. (I will endeavour to have that

placed on the C&S website for the start of term.) Meetings have since taken place with ULSU and John O'Connor UL President Emeritus, Robert Reidy the Director of Buildings and Estates, Pat O'Neill Grounds Superintendent, Kevin Bartley from KCM- the Universities external project management company and David Mahedy UL's Director of Sport. To give credit where credit is due the University responded immediately and the Buildings & Estates dept' purchased a "decompaction unit" to improve the pitch surfaces in the immediate weeks after our initial meeting. Since then another meeting has taken place with an expert external pitch consultant from "STRI-consultancy and research for sports surfaces" (www.stri.co.uk), Mr. Richard Hayden. A preliminary report has been submitted by Mr. Hayden and the committee will be due to meet again shortly to discuss recommendations and to develop the plan to bring UL's playing fields up to a standard worthy of the quality of its talented student athletes and its Sporting Campus tag line. Updates will no doubt be provided in the ULSU's "An Focal" as and when this progresses and will also be the subject of discussion at the Clubs & Societies Council in the new term.

We are finally at the stage two years after the completion of the construction phase of the Boathouse and its subsequent "handing over" from the contractor to the University to have the Building Officially Opened. This will take place on the 30th of September by the Minister for Sport, Martin Cullen; also in attendance will be UL's former Rowing club member and Beijing Olympic Rower, Cathal Moynihan. A day of entertainment is promised and current plans include the various clubs showcasing their activities on the day to the wider campus, a two pole circus tent featuring the Blizzards and Delorentos later that evening. Hopefully all our efforts throughout the summer will be realised and an enjoyable day for all those involved over the years of this unique student inspired

project comes to fruition.

Other projects include the development of our C&S Website which Keith O'Neill of Skynet has done some Trojan work on and is also currently set to pilot our on-line membership scheme with the assistance of ITD on information permissions. Thanks to Paul McCutcheon, VPAR, Gordon Young Director of ITD and Brendan Lynch also of ITD.

Other news in brief, I would like to thank our former C&S members Judith Lynch (formerly of the Drama Society) and Ruth Bagnell (formerly of the Aeronautical Society) for their personal contributions to Clubs & Societies in the last term. Very much appreciated by all concerned in the current climate. Also great to see Darragh Thornton (Elvis as the legend goes) and Alwyn Kinnane former Outdoor Pursuits Members who called in last term- while making plans for their Wedding. Another C&S related marriage-best of luck to both of them.

For those of you new to the University... welcome, hopefully we will see you all at the Clubs & Societies Recruitment Drive on 9th September in the Arena from 6pm-9pm, and for those of you returning...welcome back. As always I am looking forward to another interesting year but the bar is set very high given the huge level of success last year much of which I hope provides an interesting read throughout.

Cheers,
Paul.Lee@ul.ie
Clubs & Societies Development Officer
University of Limerick Students Union
www.clubsandsocs.ul.ie

'UL DJ Society - The beat goes on'.



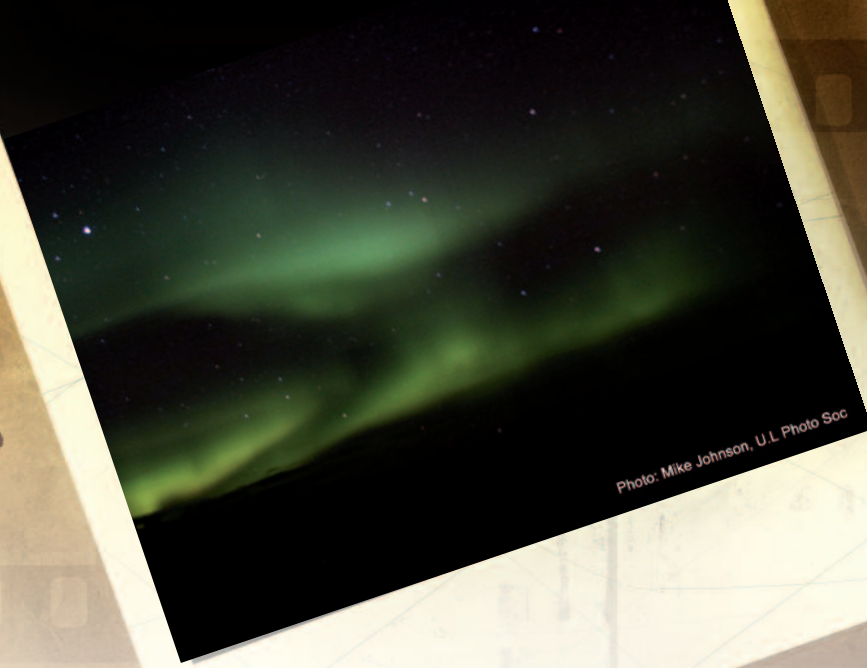
Need friends? Need Fun? Then join the UL DJ Soc now! You won't regret it. The UL DJ Society a.k.a. 'Phono' was set up in 2005 in the absence of an outlet for DJs in and around UL, thus giving those who only dreamed of becoming a DJ, the necessary skills to do so. And who wouldn't want to be a DJ? After all, the UL DJ soc has moulded many a fine DJ, who have played locally in Limerick at venues such as The Trinity Rooms, Baker's Place, The Wicked Chicken and Dolan's, not to mention sending DJ's further afield to events such as Planetlove and even as far away as Thailand!

The DJ soc runs workshops and deck sessions throughout the year for beginners to advanced DJs, in the use of turntables, CD

DJs, midi-controlled DJ-ing and digital DJ-ing. It's not necessary to own any of your own equipment as everything is provided by the society. The only requirement is your presence. Along with this, the society also runs music production courses which focus on the use of Reason, Logic, Serato Scratch Live and Ableton Live. Its members also take part in Intervarsity DJ competitions as well as playing at Phono Sessions in Limerick.

So whether you want to play house, techno, hip hop, drum n'bass, indie, ska, funk soul, downtempo, electro, breakbeat, chart or whatever you're into, join us now and learn the necessary skills to do so. So, if you just want to learn the basics, brush up on your skills or possibly even make a career out of DJ-ing or even if you are an electronic group, don't hesitate to join up and meet like-minded people and have fun this year. For further info contact Liam Twohig. Ph: 086-1288695
web address:
www.uldjsoc.com
also check: [phonosessions](#) on facebook
Contact: Liam Twohig:
086-1288695





UL Photo Society See the Lights

by Michael Johnson

Members of U.L.'s Photo Society braved the frozen landscape of the Scandinavian wilderness this January in search of a photographic holy grail: - the Aurora Borealis.

Only to be found in the Polar Regions, the aurora is natural light displays in the sky, usually observed during the night-time. In brief, they are caused by the streams of charged plasma from the sun (the "solar wind") colliding with the edge of the earth's magnetic field. As these particles collide with the earth, some of them are trapped by it and they follow the lines of magnetic force down into the ionosphere, the section of the earth's atmosphere that extends from about 60 to 600 kilometres above the earth's

surface. When the particles collide with the gases in the ionosphere they start to glow, producing the spectacle known as the aurora. The colours in the aurora depend on what gas the particles interact with: - oxygen causes a green hue in the aurora; nitrogen causes a purple hue, etc.

Those displays occurring within the Arctic Circle are termed Aurora Borealis, or Northern (Polar) Lights; those occurring in the southern hemisphere are the Aurora Australis. The Northern Lights are constantly in motion because of the changing interaction between the solar wind and the earth's magnetic field. They normally appear as either a diffuse glow or as "curtains" that approximately extend in the east-west direction. At times of little solar activity, they form "quiet arcs";

at others ("active aurora"), they evolve and change constantly. Each curtain consists of many parallel rays, each lined up with the local direction of the magnetic field lines.

The Aurora Borealis is only visible in the northern hemisphere, with the likelihood of seeing it increasing the closer one gets to the magnetic north pole. Locations such as Alaska, Norway and Sweden have long been associated with viewing the aurora. For this reason, Kiruna in Northern Sweden was chosen as the destination for the UL Photo Soc outing to chase down these elusive lights. While nobody can guarantee seeing the lights, you can maximise your chances of viewing them by choosing a location within the Arctic Circle. You should also ensure a dark site for your location: -

light pollution from street lights, cars and other man-made sources are to be avoided! Cold weather conditions also help maximise your viewing chances: - hence dress warmly and bring lots of clothes as well as camera equipment :) During the winter months, locations such as northern Sweden also experience 18+ hours of darkness... again maximising the chances of spotting the Nordic lights, as the locals refer to them. Spending 5 nights in 2 different dark site locations around Kiruna, the Photo Soc members managed to see the aurora on no less than 3 separate occasions... and even take some photos of same :)

The Photo Society trips last semester, covering a wide area of photographic interests. Venues on the trip list include Cork, Blarney Castle, Ballycotton, Waterford,

Tipperary, Sligo, Donegal and Offaly. The trips are a great way for people to get to see some more of this great country and learn a bit about photography, whether it is how to compose a landscape shot or how to capture the fast action in a hurling game. We cover it all. Trips are open to all Photo Soc members and it is only 5 euro to join. In addition, the U.L Photo Society meets weekly here in the University.

You can contact the Photo Society at photoul@gmail.com or at the website <http://www.photo.ul.ie> if you are interested in seeing some of ireland, learning how to take good photographs or improve on your existing photographic experiences.

UL Rowing Club

UL Rowing Club were out in force for the National Rowing Championships in Innischarra last July and put up a good fight however it was not ours to take in the end. Both the women's inter 8 and men's senior quad proved to be the most capable boats coming second in their finals. The quads race particularly proved to be the most gripping race to watch with Carlow taking them on the line. A valiant effort was made by both crews, unfortunately Carlow got the last stroke in leaving UL a devastating .14 of a second behind. But hope was spared for the women's inter 8 for they had something to prove having come second the year

before to UCD. They were not going to let the race go without a fight and a dog fight it turned out to be. Unfortunately it was not for first place instead the women's 8 fought off tough competition from trinity and NUIG to take a well earned second place losing out to UCD yet again. And so we face back into yet another season of gruelling training armed with the devastating feeling of defeat but looking towards a new season ULRC has every reason to expect an exciting and hopefully victorious year. The addition of James Mangan to the coaching team will do well for both the athletes and the existing coaches. James has

coached all level of rower's right up to Olympic standard. In the Olympics just gone he had 5 athletes on the American squad. As the first paid coach in the club it is hoped that he can impart his knowledge and expertise onto the dedicated coaching team which work on a voluntary basis to allow ULRC athletes to reach their full potential. The addition of a top class coach merges well with the year we officially open our top class facility. There have been many people who have worked tirelessly throughout the years to bring ULRC to where it is today and the opening of the boathouse is the perfect way to repay them for their efforts. Plans are in

place to make sure that the opening of one of the best rowing facilities in the country and first indoor rowing tank in Ireland is a memorable occasion for both the rowing community and the University. ULRC counts themselves very lucky to have the best facilities and resource in the country available to them. With these facilities and resources we hope to bring the club to the next level and begin to win at intermediate and senior levels. Already the amount of intermediates and seniors within the club has doubled since this time last year. This is largely down to the fact that they recognise our efforts to develop a strong coaching and athlete development program.

Our efforts however are not all based on existing athlete development. We also hope to develop a welcoming and encouraging environment for new athletes to join, learn how to row and compete. We want to offer all students the opportunity to represent their university and reach their athletic potential. We take all levels of rowers from complete beginner's right up to senior level. We invite new members to join and be part of one of UL's most progressive clubs. For Information contact irow@ul.ie or check out our website www.ulrowing.com.

Rachel Meehan

JUST AS PLANNED SO FAR BUT THIS IS ONLY THE BEGINNING

University of Limerick Anime and Manga Society was started in January 2009. Despite the society being less than a year old, we have managed to accomplish everything we had planned to lay the grounding of a new society in a relatively short space of time.

We gained a fairly large membership for a newly started society, including approximately 20 or 30 regular active members. We of course hope to gain some new faces in the new semester and encourage all to come along. We have also received a large amount of greatly appreciated support from licence holders of various anime, giving us permission to screen their material as well as providing us with some great free promotional material. Over the course of the semester, we held a number of regularly occurring events, as well as outings and fundraisers, as well as various Japanese-themed events. At the start of the year we held a table quiz fundraiser which was a success and we will probably do something similar again this year. We also organised a weekend trip to Dublin for a Japanese film festival, which was a trip enjoyed by all. Every week we host screenings of anime series and movies, both older classic material as well as brand new releases, catering to as many varied genres and tastes as we

can. As well as our own screenings, we also organised outings to other public screenings such as in Storm Cinema in March. Our screenings are open for all to attend and they, along with our other events, are a great way to meet new people, major fans or otherwise. We also have launched our website and discussion forum for people to chat about society news and activities as well as just general stuff to get to know new people. Among other things, this year we plan to start our library service, where we will be loaning out DVDs and manga books to anyone who wishes to check a series out without paying for their own copy, and we also shall be attending Eirtakon anime convention in November. Even for those who are not major fans, feel free to come along to our activities if you are simply curious about the genre or just want a fun time. Because that is what we at UL Anime and Manga Society aim for, for all our members to just have fun. Whether you are a die hard fan of the genre, a casual fan, or have never seen any anime beyond kids shows on TV, all are welcome and we hope to see you when we restart in September.

Gearoid Harrahill- PR Officer
-jikkashisama@gmail.com or you can email the society's address at
ulanimessoc@gmail.com

BADMINTON: OUR ROLE IS TO "SERVE" THE COMMUNITY



The UL Badminton club is one of the most successful and heavily subscribed clubs in the college, with over 200 members. For the 2008/2009 college year the club had a total of seven different teams, four mixed teams and two men's doubles teams that competed in the Limerick City and County League. One team was also entered the highly competitive Junior Cup and Intervarsities. The grade 4 team were victorious in the County competition and were unlucky not to win out the Munster's. Our

varsity team was of a particularly high standard this year; a standard which saw them reach the final in Maynooth only to be narrowly beaten by UCC. Membership is open not just to students, but also to University staff and postgrads along with external people to the college. The cost to join for the calendar year is just 6 euro, free racquets and shuttles are provided during training times. If you're not familiar with the rules of the game you can get a copy on the

website (link posted below) or you can ask one of the experienced members of the club to assist you.

So no matter what your level, from the complete beginner looking for a bit of fun to an experienced player looking to win the Intervarsities, we are glad to have you.

Contact Details:
Richard Mc Evoy (Captain)
richard.mcevoy@ul.ie
(086) 3133300
Website
<http://www.skynet.ie/~shuttle/>

CHESS



Another year over for the chess club and we're sad to lose some old members but happy that we'll be getting some new ones! Last year our members competed in many events throughout Ireland ranging from novice tournaments in Galway and Cork, to the advanced tournaments in Dublin and Kilkenny! This year will be no different and the club will be more active than ever! This year, we're going to the same competitions as last year around Ireland varying from Limerick, Ennis, Cork, Galway and Dublin, but we'll also be going to Belfast and hopefully on two foreign trips this year.

A general overview of what's happening this semester, we'll be going to Dublin in September. In October we'll be going to Galway. In November we'll be going to Kilkenny. In December we'll be going to Cork and in January, we'll be going to the self-proclaimed

"Cultural Village of Europe" Wijk van Zee, located 30km outside of Amsterdam in the Netherlands, for the Chorus Chess Competition this January! Here we'll be watching the top 20 players in the world competing for the prestigious title. At the event there will be simplified explanations on a game by game basis, explaining the reasoning behind the world's best players.

If all goes well on that trip we'll be trying to go on another foreign trip in the second semester! During this semester we'll be holding training for beginners, intermediates and

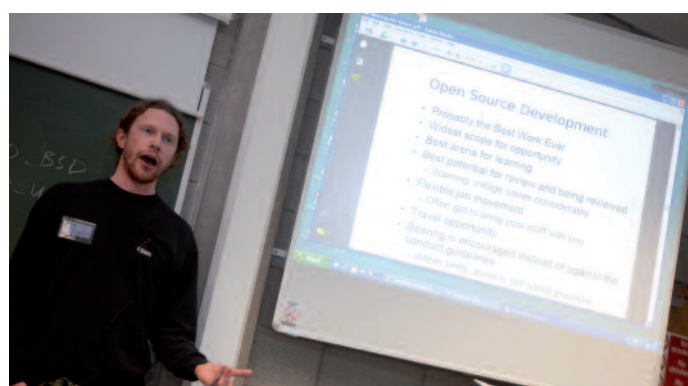
advanced players on Thursdays in Student Room 3 from 6 til 8. We will also be holding a tournament for new members! The first trip of the year will be at the end of September to go to Dublin, to face Trinity College. This will be a friendly match, where new members from both clubs will play each other and we'll be hosting them when they come down to play us later on in the year! So sign up early to guarantee a place!

Web Address:
http://www.skynet.ie/~chess/c_club.htm

Contact Number:
086-1686295



Interested in technology? Join the Computer Society!



Within the last year we've done the following: Invited speakers from Google, Dell, Microsoft's XNA division, Havok (a software company that aids computer game development for many major titles), AIB's Enterprise Systems & Technology division, Daft.ie, Randall Munroe (an ex-NASA contractor and creator of the famous xkcd web comic), but to name a few. Fifteen of our members went on a trip to Brussels to a conference. We ran our own technology conference, which won best society event in the University for the year. We also went paintballing with some of the other colleges in the country.

Our technology conference, 'Skycon' which was awarded best society event in the university ran over a full day in the Computer Science building and hosted twelve different speakers from Ireland, the UK and the USA, was attended by over a hundred people. There was a dinner and table quiz held afterwards which Microsoft sponsored Xbox

games to the winners of the table quiz.

Members get access to loads of techy stuff, most of which doesn't need to be listed here, but include webspace, email, databases, etc...

But the society isn't all tech, plenty of focus is on socialising between members. Not only do we meet every Wednesday night in the pub, but we're also part of intersocs, an initiative between many of the computer societies across the colleges of Ireland. Events from this included a paintball intersoc, and numerous meet-ups in Dublin.

If you're interested in any sort of computery stuff, doing a computing related degree, want to try something new, or just want to find out what we're all about then feel free to tag along.

For more information visit us at <http://www.skynet.ie/>, email us at compsoc@skynet.ie, spot one of our posters around campus, or come see us at the clubs and societies signup day.

Go BALLISTIC and Bounce with UL Basketball Club



Welcome to the University of Limerick Basketball Club, if you love basketball whether it be playing, officiating, doing club administration, or playing socially then we are the club for you !!!

The UL basketball club has one of the best records at intercollegiate competitions with the ladies team winning the Intervarsities more than any other college. Last year the girls lost to UCC, however you could be part of the team who want to regain the Trophy. We beat them in the League final which was one of the best games all year. The Men's team have never won the intervarsities however they are getting closer every year and again why not be part of it when they do... This year they also reached the final of the League and lost out to UUJ.

In the Club we have the Men's & women's senior intervarsities team. Then for you only we have fresher

teams who compete in the fresher competitions on November 28th & 29th and we are hosting that here in UL. We are the only college who has two men's and women's fresher teams and again in this competition we have a fantastic record

If you don't want to play competitively and just play socially we have a two hr slot every week where we play pick up games and they are mixed so a good way to get to know every body in the Club. However our social interaction doesn't end here annually we go on a foreign trip where it is open to all members of the club we play some games and get to know each other a bit better Places that we have visited in the last few years... Budapest, Wales, Italy, Holland and this year we are hoping to head to Germany - Why not come along???

We also host a number of Tournaments, which are

good fun to be at, we are always looking for help at these, so you could get involved with these..

If you are not interested in playing then we still have a place for you as the club is so big we are always looking for people to help run the Club and if you are a referee why not earn some extra cash for yourself officiating some of the college games

Make sure and look out for us in Orientation week and if you have any queries drop us a line, for all training queries etc check out the web...

Website:
<http://www.ulbasketball.skynet.ie>

Chairperson: Eoin O Sullivan:

genzyme03@yahoo.com

President: Noreen O

Connell:

Noreen.oconnell@ul.ie

Let's Go BALLISTIC and Bounce with UL Basketball Club



Pics © Kevin Johnson UL PhotoSoc

Dance UL

Dance UL was set up in November 2008 by a group of aspiring students from one of the newest courses in the University, BA Voice and Dance. Once the committee of seven was set up an astounding number of over 200 members began the growth of what is now the club Dance UL.

Classes began in semester one 2-3 nights a week holding five different classes in total taught by some of the most experienced dancers of each style in Limerick. The 5 styles of dance taught in the first semester included; Jazz and Tap, Ballet, Hip-hop, Salsa and Break dancing.

Following this up, Semester two these classes showed just as much popularity as the

previous semester and continued throughout until May.

In November 2008 after receiving a fantastic turn out at the club's AGM, the committee decided to broaden the popularity and awareness of the club. To do this they held a showcase in the Performing Arts Centre (PAC) in the University's Foundation Building. This showcase, which consisted of some of the founding members joining their experience and choreography together, turned out to be a great success and ran for three showings due to popular demand.

Over the beginning weeks of Semester two, Chairperson Jennifer Brown could see the talent within the club already

and decided to put it to the test and so Dance UL entered the annual Intervarsity competition taking place in DCU in March 2009.

After a gruelling but worthwhile 5 months and 150 hours of tough rehearsals the Dance UL squad made their way to Dublin's DCU and entered into the overall category. This category allowed several genres of dance to be choreographed together into a seven minute routine creatively choreographed by Jennifer Brown and Laura Aston. The end result of all the hard work turned out to be the winning performance. The combination of Hip-hop, break, salsa, jazz, tap and ballet made the 6 month old club Intervarsity champions 2009. They will

continue to defend their title with what can only be imagined as an even more creative performance.

After their great success in DCU the club's popularity on-campus was steadily becoming widespread with member numbers becoming more than anticipated by the committee. This surge of popularity and our success as a new club lead to the nomination winning of the "Best New Club 2009" award within the Clubs and Societies of UL.

The general aim of the club is to enjoy what we do which is simply, dance. Many people thinking of joining this club will look at some of the members in our club with previous dance experience and feel intimidated however this is not the case. As

the PRO of the club can prove to new members that no dance experience is required as she joined the club having never danced a day in her life. There is always a place for new dancers, no matter what level of experience and a new genre of dance is always a welcome consideration if the numbers of interest are sufficient and don't worry you don't have to do all classes, just the one's you feel interested in.

Over the coming year The club has lots of new idea's to build the awareness and success of the club further including switch days with other clubs, fundraisers, show cases and much more!

"Jesus Christ-The Same Yesterday, today and forever"

The Christian Union on campus is a non-denominational group of Christian believers who come from a huge range of backgrounds and churches. Despite this we have one common goal which is to share the good news of Jesus and

what that means to students in the 21st century, on campus. It is commonly known that Jesus of Nazareth was born on Christmas Day and died at Easter, but do you know that the Bible tells us of a Jesus who not only died, but did it for you and me. Jesus death on the cross means that we can enter into a personal relationship with God. As a Christian Union, our relationship with God is the most important thing in our lives.

If you are interested in learning more about the Christian Union or would like to join, come along to our main meeting which is held in The Contemplative Centre (just opposite the Students Union) each Monday night at 8 pm. During this meeting we normally have a time of worship and Bible Teaching followed by a hang out time. For anyone who may want to learn more about God or what we do as a C.U. you are welcome to drop into Teach Failte just after our Monday Meeting at around 9:30 for a cup of tea and a chat.

This semester our Bible study

will be focused on Mark's account of the gospel. Mark 1:15 "The Time as come" he said "The Kingdom of God is near. Repent and Believe the Good News" We are hoping that through this study and other events held throughout the semester we will see "Students reached, souls won, lives transformed, and God glorified".

The Christian Union is truly a dynamic group. In the past we have held many events, and hope that this semester will be no different. One of the highlights of our Autumn Calendar is "Joint Colleges" a weekend in Wicklow which brings Christian Unions together from across the country. This weekend is held by IFES Ireland and promises a great time of teaching, fellowship and fun. We will also have some socials throughout the semester. If you would like to find out more about the Christian Union, don't hesitate to contact our president James Thompson at ulchristianunion@gmail.com.



UL Debating Union Attend Euros 2009

The University of Limerick had a strong representation at this year's European Universities Debating Championship where they met with the majority of their European debating colleagues in Newcastle, England.

UL's Debating Union sent eight members to the European Championships; three teams and two judges. A large section of the contingent comprised of first year members, with five first years experiencing their first taste of European Debating. Overall UL Deb U performed to a high standard and undoubtedly laid good foundations for the upcoming year.

The first day of the tournament was dedicated to registration and meeting other debaters from across Europe. The actual debating started early on Sunday morning. Three rounds were held on the first day which dealt with issues such as social policy, exploitation of illegal immigrants and teaching ethics in schools.

For those of you unfamiliar with debating format, a debate is comprised of four teams of two members, with each member giving a seven minute speech on the motion. The motion is normally a policy that the government would theoretically implement. Each

debate lasts about an hour. Following this the teams are allocated points by the judges in accordance with the positions they took in the debate.

Another early start was needed on Monday as there were four rounds to get through before the end of the day. The social policy theme continued with motions regarding gay rights, parental rights and military intervention. Following the end of the preliminary rounds, the teams that reached the quarter-finals in both the English as a Native Language and English as a Second Language were announced. The quarter-finals followed by the semi-finals took place on Tuesday. The motions for these debates centred on government election policy and religion as a weapon of war respectively.

The highlight of the trip was no doubt the Grand Final which took place in the Sage Opera House in Gateshead. It was a black-tie event with many local dignitaries present to witness the high class final that ensued. The final was hotly contested between three Oxford teams and a team from Tel Aviv University. The motion for the final regarded removing all restrictions on immigration. The first opposition team from Oxford were victorious following two airtight speeches against the motion.

The European Debating

Championships will be hosted in Amsterdam in 2010 so to be in with a chance of a trip to the Netherlands and an opportunity to make links with universities across Europe come along to the Clubs and Societies Drive at the beginning of the first semester and join the UL Debating Union. You can also get in touch with UL Debating Union via e-mail uldebu@gmail.com or phone 0872240168.

UL Deb U enjoy a well earned break.



From Left: Finn McDuffie, Mairead De Faoite, Stephen Egan and Darragh Roche



Do you have a sneaking fetish for leather elbow patches and tweed jackets?

Do you find that your TV seems to be constantly tuned to the history channels? Are you interested in visiting sites of national and international historical importance? Do you have a sneaking fetish for leather elbow patches and tweed jackets? If so you may be interested in joining the History Society. The society was set up in 1997 with a view towards rescuing history from the dry and dusty confines of the classroom and fast became one of the largest and most vibrant societies on campus. It is aimed not just at those who are studying history but also at people from across the spectrum of courses available in Limerick. Our membership is composed of engineers, scientists, businessmen, medical personnel and arts-type layabouts united in a shared passion for the past.

In recent years we have staged a re-enactment of the Viking landings at Limerick. A group of enterprising members built a fully functioning traditional reed raft, which can still be seen in the basement of the foundation building. We have also constructed a medieval siege weapon that was successfully tested on the lawns of U.L.

One of the high points of recent years was an exhibition commemorating the poetry and personalities of World War 1 and the Easter Rising. The "Poets and Patriots parted" exhibition was critically acclaimed and was a moving examination of the ideological conflicts that dogged that era. The society also hosts regular lectures on historical topics. We were very lucky last year to host a talk by the eminent

historian Rev. Fr. Brendan Bradshaw. Dr Bradshaw is the head of the Marist order in Ireland and spent his teaching career in Cambridge where he became the first Catholic lecturer to gain tenure since the Reformation. The society was also privileged to receive a lecture from Sean Donlon the former Irish ambassador to the U.S.A. who gave a fascinating insight into the world of the professional diplomat.

The society made hugely enjoyable trips last year to the Rock of Cashel and to Dublin where we took part in the 1916 walking tour of the city.

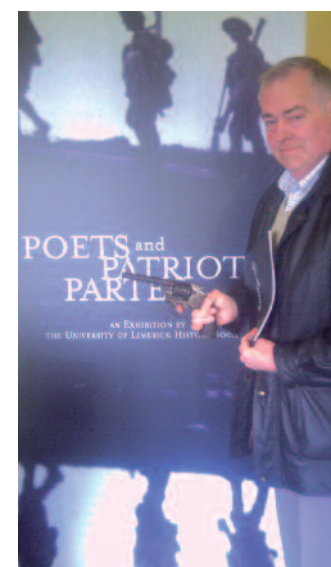
The society will start proceedings this year with its traditional visit to the medieval banquet at Bunratty Castle on Wednesday September 23rd. This evening is a great icebreaker and a fantastic way to meet new people amid wine,

song and mead. This year will see further lectures by eminent historians. In October we will host a talk by the Canadian academic Dr. David Ryan entitled "Vietnam in Iraq" exploring parallels between the two conflicts. The society will be getting into the spirit of Halloween with an evening of spooky storytelling by legendary seanchai Eddie Lenihan on the 23rd October. We will also be taking part in a walking tour of picturesque Adare village.

We are currently working on putting together an interesting programme of events for the year. Other proposed events include a trip to the Aran Islands, a trip to the British museum in London, a trip to the WW1 battle sites of Belgium as well as hosting numerous interesting speakers. All these events are possible but

in order to succeed we urgently

need the input of new members.



UL Irish Peace Society makes a Capitol comeback

by Fiáchra O'Lúain

The Irish Peace Society was behind some of the greatest peace projects on campus before the Iraq War. From Clubs and Societies, with the kind stewardship of Paul Lee we planned and executed trips to the Balkans, Lebanon and Egypt, the last major event being a World Model United Nations event in Sharm El-Sheikh where our members honed the skills that we recently found ourselves using in Washington D.C.

When I came into chat to Paul Lee about our invitation to the Obama inauguration he was more than encouraging and showed the true UL spirit that has driven our university to the top of so many fields just three decades after becoming a university. For anyone who is not aware of the fact, Paul Lee is a campus genie, if you have any project, large or small he can help you make it happen.

Armed with a thousand euros and a digital camera courtesy of the SU; UL students and alumni, Hama Munyikya, Dr. Ed Horgan, Dr. Elaine Byrne and myself along with Enviro Soc's patron Brother Anthony Keane of Glenstal Abbey, flew out from Shannon on our way to a changing Superpower.

We were guests and invitees of Cape Codders For Barack Obama and Congressman William Delahunt. Prior to departure Dr. Horgan had his visa request refused but nothing that a quick phonecall from the office of Ted Kennedy, Lion of the U.S. Senate couldn't sort out.

Within our first twenty four hours we had meetings with Noam Chomsky and Massachusetts Governor Deval Patrick. For more details of the trip, go to the Irish Times website and search for Elaine Byrne's account of the trip. As Hama said we were all like characters out of the Canterbury Prologue, travelling to celebrate the return of a true king after eight years of usurpation.

We watched the inauguration from within the Committee Room of the Senate Committee on Foreign Relations, a place of latter 20th century infamy when we consider the decisions that must have been taken there by the likes of Henry Kissinger and those who decided to send Napalm back to the labs as it wasn't sticking to Vietnamese skin well enough as it and Agent Orange burned a hole in the conscience of the post-WW2 generation.

It was a righteous feeling to be there with some of the bedrock of Barack Obama's support who refused to celebrate anything until the despised George W. Bush was finally out of the office that he should have never occupied in the first place. A feeling that we don't need to watch our backs and fear for our shadows anymore when we choose to speak truth because finally the power had come to those who have inherited the fruits of the Civil Rights movements of 40 years

ago. Now fear should belong to those who abused the power they held for too long. We witnessed something that seemed equally symbolic as the release of Nelson Mandela, the fall of the Berlin Wall and the fall of Communism.

At the time it seemed to represent the victory of common sense and tolerance over the rampant unquestioned greed for profit and social exclusion that has defined the world for at least as long as most of us as UL students can remember.

Dr. Ed Horgan actually graduated from U.L. on the same day as the Obama inauguration and even though he hadn't missed the celebrations here Plassey-side he had the reassurance that his thesis; "United Nations, Beyond Reform?" would be read by key players at all levels of U.S. government. We personally delivered it to Senator John Kerry's office, as we did to Ted Kennedy, Secretary of State Hillary Clinton and Congressman William Delahunt.

I also met Senator Chris Dodd and briefly discussed with him and his staff how we could renew and revitalise the Irish American relationship that has been so damaged by Bush's presidency and Ireland's implication in CIA torture flights.

The highlights of the trip apart from that was being invited by staff onto the podium where Obama became president through a restricted tunnel between the Rayburn building and the Capitol and then finding out that we had been included in one of the twenty slides that the Financial Times website used to portray the festivities.

Americans now seem open to suggestions on how to administer their power and as Ireland is one of the USA's closest kin we indeed have a great contribution to make if we only had the political imagination to seize the opportunity.

This was one of the reasons I knew the time was right for me to make a formal contribution to electoral politics here in Ireland. Like many, I am very dissatisfied with the FF and FG political status-quo in Ireland. However I felt that Libertas was homing in on people's disillusion in a very suspicious and contrived way. I became an Independent candidate in the eleven county North West European constituency. Personally I wanted to raise important issues such as Irish Neutrality, a Green Economy and consolidation of the Peace Process. I also wanted to stop Declan Ganley becoming an MEP having learned how he had built his fortune working with market opportunists, who in my opinion have hindered possibilities of mutual esteem and understanding after the fall of Communism through their sacking of entire economies and neo-liberal ideological overkill. For my campaign I recruited the help of Grammy Award winning photographer Mr. Rowland Scherman who I met in Washington and who was a member of JFK's



Whitehouse among other accolades, he helped me document my campaign because he really believed that we were a point in history where what has seemed impossible for forty years is once again possible.

Having witnessed how the USA just woke up from the living nightmare we couldn't let Ganley present himself as an "Irish Obama" when he had indeed done so much business with the previous illicit U.S. administration. Someone had to take the mantle of the "Irish Obama" and though I wouldn't dare call myself so I knew I had the freshness, luck and circumstances to become a positive alternative to Ireland's questionable Dr. No in the popular imagination. Though I agree with Ganley on the Lisbon Treaty I used my candidacy in the 2009 European elections to disprove the notion that all and any of us who disagree with the Lisbon Treaty were blinkered Ganleyites and in fact anyone who was around the UL campus during the Nice debate would know that although young, some of us have a long and proven track record of discontent with the current direction of the EU.

Spending about a thousand euros on my campaign I could not have perhaps expected to win this time, but what I have since learned is that in any electoral contest each candidate has an important role, any of the 6,510 people who voted for me did not therefore vote for anyone else and seeing as I was overtly Anti-Lisbon I hoped to subvert from Ganley's argument that he was the only candidate who defended the NO vote. Moreover the sacrosanct guarantees of candidacy mean that although the "small" candidates may not always win they can have an important bearing on the shape and outcome of the debate. We have numerous examples of how less than one thousand votes can change the outcome of an election. Some may even say that there were attempts to manipulate nearly half of my votes to favour another candidate, however for the time being that remains a matter for the Garda Síochána.

In the meantime I hope that we can aim for enlightened and enunciated debate before October's second referendum on the Lisbon Treaty. It is up to each of us to defend our positions with robust reasoning.



In May I met Minister of State Eamon O Cuiv and he said that in his opinion most young people voted NO to Lisbon "for the craic". I would urge UL students to not let our many reasons for voting NO to be dismissed and redouble our efforts to have our voices heard. It has been too easy for the government and the media to dismiss the sovereign ballot on Lisbon as either the fruit of Mr. Ganley's connivances or as the protest vote of a generation of thankless rascals. In the past we have seen how the UL campus has been the springboard for fresh thought. It is no exaggeration to say that in 2001-03 UL had the most dynamic approach in the country to voicing concerns and mounting resistance to issues such as the Iraq invasion, the Nice Treaty and the extension of the Sellafield plant in Cumbria, in some small way the presence of UL's Irish Peace Society at the Obama inauguration was a vindication of our efforts. We lose the argument when we say that nothing ever changes, though the process is sometimes slow, things do change and positive changes always need to be defended. I really hope that such energy and initiative continues into the future in UL and despite the economic setback, the friendship and help of individuals such as Paul Lee, Dr. Edward Horgan and Brother Anthony Keane can help us make sure that our students and alumni continue to become the most dynamic graduates in the country.

Please contact
edward_horgan@hotmail.com if
you are interested in reinitiating the
UL Irish Peace Society on campus.

Ladies Hockey

UL Ladies Hockey Club is comprised of two teams – 1sts and 2nds – who both play in the Munster senior leagues, competing in matches on an almost weekly basis. The firsts team play in division one where they finished mid-table last season after some impressive performances but unlucky results. The second's team also impressed last season winning out division four and successfully gaining promotion to division three. They look forward to continuing their success at a higher level in the coming season.

Besides competing in the league both teams take part in various cups. The Munster senior cup and Irish trophy are entered into by the firsts team while the seconds will take part in their own Munster division cup and Irish junior cup. UL hockey however is both a club team and a college team, meaning we have players who don't go to UL and also that we have a Varsity team. The Varsities are a very exciting part of college hockey and take place at the end of October every year. The varsity squad is selected in September and train from then on in preparation for the tournament.

UL reached the semi-final in 2006 when hosting the tournament, however have failed to do so in the last couple of years. Intervarsity's 2009 will take place in Belfast where UL will hope to return to the success of past years, topping their qualifying group. For those who want to play hockey but not take it too seriously UL enter a team into the CUSAI league playing a few matches a year against teams such as LIT and Mary I.

There is a very strong social side to our club, on and off the pitch. Off the pitch we have been known to have many very "sociable" club nights. We also have fundraisers like speed dating and a lodge night once a semester. So if you want to play hockey seriously but have a serious laugh at the same time you should definitely come down. Even if you only have half an interest in hockey join anyway because there are so many people to meet.

Training is every Tuesday and Thursday night from 6:15 to 8:00pm on the AstroTurf pitch. To sign up come along to the clubs and socs night in the arena or you can contact us by email at katy.horner@staffmail.ul.ie or call Laura Davis on 0863415612 (seconds) or Jen O'Loughlin on 0863624965 (firsts)

Sinéad MacMahon

MUSIC SOC: THE BOYS ARE BACK IN TOWN!

What with the country being in a bit of a dire state and some of us in the Music Society being completely and utterly jobless this summer, we got a bit pro-active, and as a result Music Soc is hitting the ground running at the start of term! (Which isn't anything as sore as it sounds?) Some great bands playing around campus during Orientation Week and rocking a Music Soc extravaganza in our favourite haunt, Baker's, on the 10th of September to celebrate the return to Limerick.

"Baker's", you say? What's that? Well, if you make the right choice and join Music Soc, you'll soon be finding out! Baker Place on Tait Square in the middle of Limerick is fast becoming the city's best music venue, with no small thanks to some legendary Music Soc nights there last year. We're gonna

make a high octane return there this autumn - Two dates to mark in for your calendar already will be 1st October for our Fresher Night, to introduce you poor innocent newbies to rock and/or roll, Limerick-style, and then we also have the second-ever Music Soc Hallowe'en Shindig, which, if it's even half as good as last year's, will be utterly mind-blowing (both literally and metaphorically). Free entry and of course, good music will all be the order of the day, as usual with Music Soc!

But of course, music isn't all about painting the town red; we want to make some music ourselves, and I'm sure ye do too! First off, if you're in a band and want to bust onto the music scene, or just want to hammer out a few songs on your battered guitar, do come forward and make

yourselves known! We're hosting Open Mic nights once a month; it could be the first step on your way to selling out Slane! If, on the other hand, to quote our beloved train service, "...you're not there yet, but you're getting there!" well, we've got the Music Room, a well kitted out space for aspiring musicians to practice and jam in. PLUS, we've got a website and online forum for music lovers of all varieties in UL to praise, plan, buy and sell music! Check it out at <http://www.skynet.ie/~ulmusi/c/>

If you wanna find out more, come see our stand at the Clubs & Socs Evening in the Arena. And join us because we will totally take over the world. Well, we mightn't, but we'll definitely have the best craic you'll have in UL...



OUT in UL

Hey guys, welcome to University of Limerick.

WHAT IS OUT IN UL?

We are the OutinUL society. OutinUL is the LGBT (lesbian, gay, bi-sexual, transgender) society here in UL. We are an active and friendly society who seek to provide a safe and friendly environment to support the LGBT community. Anyone is welcome to join our society and it's not just closed off to the LGBT members of the college, so all are welcome. This means that all of our events and activities cater for everyone in the student body.

WHAT DO WE OFFER?

We offer huge events such as Queerbash, Santa's Big Gay Snow Balls, monthly trips, Pink Training and a variety of different workshops. We offer a safe space where students can come to unwind, chat, have a coffee. Every month we have a formal

meeting with our members to find out what our members like from the society. This year we are going to be having weekly meet ups for coffee; where if you're tired after a lecture you can just come and relax and talk to the other members and friends in a completely informal environment.

WHY JOIN OUT IN UL?

OutinUL follows a strict rule of confidentiality, so our members who are not 'out' can come along, take part and not have to feel worried about being 'outed'. OutinUL attend many LGBT Prides around Ireland, rallies and protests. We also have fundraisers for organisations in Limerick such as Red Ribbon. We are here as a way to help students come to terms with their sexuality as well as offer complete confidentiality. We also offer one to one meetings should the person feel more comfortable in a smaller group.

We encourage everyone to join our society as OutinUL is a great way of meeting new friends. One of our main goals is for everyone to have fun and feel safe and secure in a friendly, open and warm ambiance.

HOW TO CONTACT US?

You can visit our sites at <http://www.bebo.com/outinul> and we're also on Facebook as OutinUL Soc. If you have any questions about the society or any of our activities please email us at outinul@gmail.com!

Hope to see you all at recruitment and we wish you all a very good year!



UL International Society: A Rollercoaster Year



The International Society is one of the newer societies around campus only being formed early into last academic year. However, in its short existence the International Society has emerged as one of unrivalled possibilities and unmeasured potential. Last year saw the International Soc take both the Best New Society and Best Society award in UL. Not only this, but it also went to scoop the national award as Best Society in Ireland.

The mission statement of the International Society is drawn from the Erasmus Student Network (ESN). The ESN, an EU funded body, operates under the mantra of Students Helping Students. One of the central goals of our society therefore is the integration of exchange students into Irish life and more importantly into the University of Limerick campus life. We do this by organising loads of events and activities for our members and visiting students throughout the year.

However, this society is not just for international exchange students, it is also a great way for UL students to meet some new people and learn about a variety of different cultures from around the world. Last

year we ran a number of hugely successful events including International Speed Dating, the World Food Fair, an International Week, film nights, table quiz nights, a few Ceilí nights, a Halloween fancy dress party and a huge variety of themed parties in both UL and Limerick City. As well as this we organised trips to Cork, Galway, Kerry, to several hurling matches and a weekend away on the Aran Islands. As well as this one of our biggest successes has been our mentor dinners where a different group of Irish and international students cook for each other. Several dinners go on around campus and afterwards we all meet up for the Trad Session in Scholars or Karaoke in the Stables.

This coming year promises to be an even bigger success as we build on our foundations from the last two semesters. We have been working closely with the International Education Office and together we have come up with a very active schedule for the coming semester, including some exciting new events and weekend trips planned. It looks like another exciting year for the International Society!



UL Sailors Clinch First Ever Southern's & Intervasities



©Cian Gallagher 2009

In an astoundingly progressive year the UL sailing teams have made their presence known once and for all on the Irish University Team Racing Circuit. 2009 may have become the first year of many for which the UL sailors can hold their heads high and pat themselves on the back. On the 21st and 22nd February the UL sailing team secured their first ever Intervarsity event in over fifteen years of competing in Baltimore, Cork. The weekend of the competition provided perfect conditions and CIT ran the event extremely competently. Knocking UCD out in the quarters the UL-1 team went on to beat another long standing sailing college and put UCC out of the running before overcoming CIT in an exciting finale.

This major event in the history of UL sailing proved to only be a stepping stone on the way to glory for the team as the Intervarsity Championships held greater things. Over 4 days of sailing in tough conditions in Galway from the 26th to the 29th March both the UL-1 and UL-2 teams proved themselves again and again. UL-2 won the Silver Fleet and both teams qualifying to be part of the top eight teams that would compete in the Gold Fleet finals that were postponed to the following weekend in Dun Laoghaire. That event was barely run under blustery shift conditions and stiff

competition. Unfortunately UL-2 was knocked out in a best-of-three quarter final by DIT-2. UL-1 however proved to be completely on top form, hammering DIT-1 in a 2-0 quarter final defeat, then overcoming CIT with another 2-0 defeat in the semis before going on to wipe the board of the power houses of college team racing, Trinity College, in a best-of-five 3-0 defeat.

There are many factors that led to this sudden burst of form within the UL Sailing Club, not least of which is the dedication of all its members over the years. This year especially it came down to three fairly substantial reasons. The first being the absolute dedication and work ethic put in by all existing club sailors, easily proven by the fact that the UL-1 team has been a 2nd place finalist in the last two Intervarsity Championships. The second being a brand new fleet of six Firefly sailboats that was generously supplemented by the UL Clubs and Socs Office and a whole load of fundraising, and thirdly the influx of a large number of experienced and inexperienced new sailors to the club, which the club hopes to continue in the 2009/2010 season.

Web Address:
ulsc.email@gmail.com
Contact Number: Pa Hegarty
(085 7612810)



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Go ahead and Jump!



Welcome to UL! If you've ever wanted to try something completely different Skydive UL is for you. Skydive UL has brought many UL students in to the sport of skydiving and taught them how to fly. This club was started so that anyone could start skydiving. We have courses that can lead you from jumping out of a plane for the first time to becoming an experienced skydiver. Most of our members did their first skydive in this club and have since gotten their skydive license, which entitles them to jump in almost any jump centre around the world. Last year we fundraised and

with sponsorship from Ulster Bank we got our own set of parachutes, this is a huge step for the club and it gives our members more freedom in the sport as gear rental is reduced. Most of our training happens within the college or out in the jump centre just 30 minutes away. We go to the jump centre on Wednesdays and at weekends to skydive. We also bring our members abroad for some good weather and new learning experiences. This August we brought 11 members to France, with all but one member coming back with a skydive license. We also made a trip to Empuriabrava, near

Barcelona and Seville in Spain for skills camps.

This year we're planning a beginner's trip to France, an experienced trip to Spain, and a trip to a windtunnel where you can experience flying indoors, or work on your freefall skills. We're looking forward to another great year, with new members doing their first skydive and also to have a few good nights out.

Contact: info@skydiveul.org or check us out online at www.skydiveul.org. We're on facebook as well, and don't forget bebo!

UL SOFTBALL CLUB IN QUEST OF 5TH IV TITLE IN A ROW



The UL Softball Club is charging into the year having secured its fourth Intervarsity title in a row, the last two seasons, of which, were without losing a single game. The club consists of both Irish and international students of all ranges of capabilities. All are welcome to join the club, regardless of experience. Joining a UL club or society has proven to be a great way to make lifelong friends, so why not join a club where all you



need to have is a desire to have fun and maybe learn a new sport along the way? UL Softball enters into the Intervarsity league and travels to other Universities to play in weekend tournaments. The club has two competitive teams and the rest are recreational teams, so if you've never played before, don't worry about it! Everyone is out there to have a good time. Training sessions are on the Astroturf next to Kilmurry Village every

Wednesday and Friday from 2-4. All gear is provided, except your own shoes, of course! If you can't make it for the whole time, that's ok, just come down when you can and leave when needed! Questions? Email us at ulsoftball@gmail.com, or contact us at either 0857394670 or 0858464873. You can find us online at www.skynet.ie/~softball Come join us for some great craic!

Fintastic Diving in Egypt's Red Sea

Early morning on August 9th seventeen of ULSAC's members met in Dublin airport full of excitement for the week ahead. This week had been planned and paid for since Christmas and the countdown was finally over.

After a short flight to Gatwick and a couple of hours lounging with a coffee and a sambo we were boarding the plane to the diving Mecca of Sharm el Sheikh, Egypt. Diving is what brought prosperity to this once deserted town and ULSAC were happy to add to its income.

Five hours had us leaving a cool London day for a toasty 35°C of Northern Africa – and this was the day's low!

All-inclusive liveboards are without a doubt the way to dive and our home for the week, the M/Y SnapDragon was tip-top. A friendly crew and tasty buffet meal greeted our weary bodies and early nights all around were on order.

A relatively late wake-up call of

9am allowed us to catch up on missed rest of the previous day and as the sun danced in the sky the Red Sea beckoned us in. Our dive guides for the week, Sameh and Karim gave us a thorough briefing before our first dive. Then we donned our wetsuits (some sufficed with shorts and t-shirts!), did the necessary buddy checks and commenced our week's diving in Ras Katy, located at the meeting point of the Gulf of Suez and the Gulf of Aqaba.

As an Irish based sub aqua club cold water is something you become accustomed to but it didn't take us long to adjust to the Red Sea's offer of 29°C water.

Colour abounded on the coral reefs with clownfish, parrotfish, blue spotted sting rays and peacock grouper regularly sighted.

The week allowed us a maximum of 21 dives and these were a mixture of reefs and wrecks including Ras Mohamed National Marine

Park, the second ever site declared as such.

There were many special moments on the trip but for most a 10ft Whale Shark leisurely swimming by was one that will surely be remembered. A rare sighting of a Tiger Shark also had pulses racing!

Of course such occurrences are not always guaranteed and our unsuccessful search for Hammerhead sharks left us slightly disappointed. A reason to come back I say!

A step back in time to the watery capsule of the Thistlegorm wreck was another special experience and three great dives here still left us gagging for more. Sank by German bombers during World War II she lies at approximately 30 metres with much of her cargo still intact. Shell casings, motorcycles and even a very recognisable army tank were among the treasures to see.

Of course a boat in the middle of the open ocean can be a very small place for a week but the

great attitude and camaraderie of all made this development trip extremely enjoyable both in and out of the water.

Our accommodating crew and experienced and safety-conscious dive guides also ensured our trip to the Red Sea was a successful one.

A special mention needs to go to Liam and Danny, ULSAC instructors, who had the added pressure of looking out for all our divers' safety. The lads played a blinder and we're all so grateful to them.

A heartfelt thanks to Eanna too for organising the trip. It's not an easy thing to do and he put in a lot of time to ensure it all went swimmingly! Well done!

Our week's diving in the Red Sea was without a doubt a fantastic trip. A great way to round off a very active summer and talks of the next one are already starting.

Website:

<http://subaqua.csn.ul.ie/>

Contact:

ulsac.secretary@gmail.com



Ultimate Frisbee Does Amsterdam

The main thing about clubs and societies is the social resource that it can be. Ask anyone involved in any club and most of them will say the best friends they have in college are their friends from clubs and soc's. So when choosing your club make sure to decide on what to pick by the actual activity they do, the people in the club and the trips they go on.

Ultimate is a physical game involving lots of running as your team of 7 tries to work a Frisbee up a rugby sized pitch. The one

catch being you can't run with the frisbee or let it touch the ground. But you can jump, run and dive to make sure you get that catch.

This Past June UL's Ultimate Frisbee Club (the Ninjas) went to Amsterdam for a weekend of partying and ultimate. We arrived on Thursday night and set up our tents in the tent city with the 60 other teams from all around Europe. We went to the main marquee where a band was playing and had a few beverages. The next day we got up and played 3 hard games of ultimate

90 minutes each. This was followed by another night of "socialising" participating in the pub quiz and some great music. This was the trend for the next few days. The tournament had bands, bouncy castles its own bar and a meal that was cooked for us on the Saturday night. To better picture this imagine oxygen but with frisbees.

After a few more days sight seeing and checking out the nightlife of Amsterdam we came back on home to Ireland. This is only one of many similar trips we take in the name of playing

ultimate. So if you like playing sports, travelling and a few social beverages of an evening then Ultimate Frisbee is the Club for you. Training is 6-8 PM Tuesdays and Thursdays in the Bowl (pitch inside the running track behind the arena. Beginners only session Wednesday 6-7:30 PM in the PESS building sports hall.

Contact ultimatefrisbee@gmail.com or go to our website www.ul-ultimate.110mb.com for more details.

SoFA, So Good!

SoFA, the Society of Architecture at the University of Limerick is a student-run organisation established in 2007 to celebrate all aspects of visual culture and the arts. We run an evening talks series throughout the academic year with lectures from nationally and internationally acclaimed individuals and groups (e.g. Tarla MacGabhann of MacGabhann Architects, winners of this year's RIAI Public Choice Award and Spanish architect Belinda Tato whose practice won the highly respected Architectural Review Award for Emerging Architects some years ago.)

We also organise workshops, nights out and trips for our members. On the 11th of January last, twenty-five SoFA-ists headed to Barcelona on what was our first annual SoFA on tour extravaganza abroad! Over our four day stay we visited many architectural wonders, sampled some Catalan culture and enjoyed a welcome break from the Irish weather (with temperatures of approx 23°C every day!). Some of the highlights

included the walking tour of public space along the seafront, a visit to the Sagrada Familia, designed by Antoni Gaudi, and Mies van der Rohe's famous Barcelona Pavilion. Later on in the year, we also spent an incredible weekend at the late Robin Walker's holiday home on the Beara Peninsula, Bóthar Buí. During Walker's lifetime, this unique home played host to a great many of the best-known Irish writers, poets, artists and architects, including Seamus Heaney, and reputedly inspired some of the best parties around (a tradition we were pleased to be able to continue!)

Join us! The SoFA Lecture Series continues this semester on Monday evenings at 6pm (check out our website for dates and venues). We welcome staff and student members from UL, as well as any other interested parties.

You can find us at: <http://societyofarchitecture.blogspot.com/> on the web, and we are contactable by email at: societyofarchitecture@gmail.com



OPC first Aid Volunteers Croagh Patrick July 2009. From left to right Mike Jordan, Aislinn Deenihan, Cillian Burke, Paul Lowndes and Jessie O'Shaunessy.

Welcome to UL, Irelands sporting campus as you have no doubt been told by now. Clubs and societies are the best way to meet people from all over the country and get to do new fun activities that will help you make your friends for life and the days in UL some of the best of your life too.

Our club is the Outdoor Pursuits Club or OPC to all our friends, we are not a one trick club but actually offer 5 fun outdoor activities at different times to suit all members. We offer Hill walking, Climbing, Caving, Mountaineering and

Orienteering. And throughout the year beginners and all other levels are more than welcome to join one of the biggest and best clubs on campus.

To give you a brief insight into our club on campus the PESS building is our home where our climbing wall is located. Here is where you can come for three hours every Monday Tuesday and Thursday from 7pm and climb as much as you want and get good information about all things OPC.

We also store all our Caving gear in the brand new UL boathouse which is just a five minute walk from the foundation building. If you join us on any of our great mid-week caving trips to the Burren you will be meeting outside the

building at 5.50 on a Wednesday for a fun night of potholing.

In terms of our main activities off campus every weekend we have a trip going on for OPC members. These are often wide and varied (just like our members). They can be Sunday trips to the beautiful mountains of Kerry and the south. (a full day out on the rugged hills for less than €10), or days up in the Burren climbing on the fantastic Clare rock (punctuated with some caving possibilities too). We also have our legendary weekends away two or three days with a bus load of OPC'ers doing what we do best enjoying the craic while out and about in Co Galway and Kerry and beyond.

We also have annual expeditions abroad. Every year we have a winter mountaineering training expedition to Scotland and conquer the mighty Ben Nevis after receiving professional training. Last year we also have an Easter sport climbing trip to Spain and our First Caving expedition to Yorkshire for a week.

We are one of the most active clubs on and off campus, we have a great time doing

what we do and always welcome new members so 'When you have seen the rest join one of the best ULOPC you know you want to'. Its five euro to join our club, we offer five activities so it's only a euro an activity, now that's the best euro saver menu I know.

The OPC is one of the largest Clubs on campus and offer five activities to their members, Hillwalking, Climbing, Caving, Mountaineering and Orienteering. Keep up to date with OPC activities by visiting www.ulopc.com. Visit us at our stand at the Arena Wednesday week one or call down to our home in the Climbing Wall at the PESS building any Monday Tuesday or Thursday from 7 to 10 pm. All levels catered for

and all are always welcome.
Cillian Burke





Fun, Games and plots to destroy the world!!!

Come along to UL's oldest society, the Games Society of course!

Don't let it's long history fool you into thinking all we have in stock are the games of yesteryear. We at the society strive to bring you the most entertaining games and events that are on offer at the moment.

We like to stir up college life with some fantastic events. Mention the word 'Assassin' around UL and you are sure to hear of the massive campus wide, week long game we run in 2nd Semester. Don't worry, we have a lot more planned this year to get UL having some grade 'A' fun. You might want to keep your eyes peeled around October for some Halloween themed games that are sure to set the tone for a really great year of games.

We should also mention that Monster, that energy drink company you might see around campus, have actually sponsored some of our events. One such event is paintball. Real gas powered guns, real

hard-hitting paint, real adrenaline. Be sure to keep a watchful eye for our latest paintball trips.

University getting you stressed out? Need to kill some time? Come along to our weekly Consoles Day and play some of the newest (and oldest) games on the market. Having updated our stock we can now proudly say we have some of the latest titles for the Xbox 360 and Nintendo Wii as well as loads of equipment and controllers for you and your friends to enjoy.

Perhaps a mouse and keyboard fit your style more? If so then you would be glad to hear we host LAN events as well as trips in to very popular Frontier-X as well as some of Irelands LAN events. The atmosphere is truly unique when you get so many sleep deprived players into a room for 12 hours!!!

Board Games Night is always a fantastic evening shared by all sorts of people. From serious games like Risk to the completely outrageous like Twister you can tell these nights are always a barrel of laughs.

We also have a few dedicated gamers who run RPG's over the semester. Check out the forums to see what campaigns will be run and you might find that you will have a lot of fun. Visit us online at; <http://www.skynet.ie/~ulgsoc> Add us on facebook too for updates!!!



Putting a little ying in your yang

Karate was first conceived in Okinawa sometime in the 19th century. The style Shotokan was founded by Gichin Funakoshi in the 1920's. Funakoshi is credited as the "father of modern Karate" being one of the first to bring Karate to mainland Japan.

Years later, the UL Karate Club was established and that's when the fun started. We study a traditional style of

Karate, and within our club there are also many traditions. We have our biannual trip to Japan, the Balloon Championships, Pancake Parties, Paintballing, go karting, bowling, ice-skating, the Clubs and Socs Ball, nights out, nights in, Pizza and much more.

I know it sounds like all we do is have fun and that's probably true but we do get a bit of training done and there is

plenty of training to be done, we cater for all styles of Karate, beginner to advanced, any skill level. Don't be shy, if you can't throw a kick to save your life, some day you might have to and we guarantee that by the end of the year you'll at least be able to throw a couple and a few punches to boot. We grade our students twice a year with external gradings available for those who want to move up the ranks quicker than the average learner.

The level of training is based on what you put in with our coaches, who are all black belts, they will have no problem helping you get motivated. With that said there is plenty of opportunity for the serious karate enthusiast in both competitive fighting and forms with as many as 5 competitions run during the year. These include interschools, regionals, Munster's and all-Irelands and if you're good enough we can direct you to the Irish squad training as well, you wouldn't be the first student to compete internationally. We focus on a rounded experience in the club, traditional karate training, competitive training, fitness, self-defence and of course, all the fun we can possibly cook up.

So now for the sales pitch, if you want to float like a butterfly and sting like a bee, you better get yourself a video of Muhammad Ali. We can't help you there, what we can offer is a form of self defence, a means to relieve anger or

stress in a healthy way, a chance to keep fit, to learn a new skill or refine an old one, to help you achieve glory in competition or content with a weekly work out, to make friends for life and have the best craic around.

So drop in anytime to one of our sessions, Tuesday 6.15-8pm and Thursday 8.15-10.00pm.

Hope to see you soon. . . .

For more info check us out at www.ulkarate.com - www.bebo.com/karatekicksass, or e-mail us at info@ulkarate.com or ulkarate@eircom.net



ULKC ALPS 2009

by Emma Day



This summer saw 18 ULKC members following the best whitewater on offer all over the European Alps.

The adventure began with 8 paddlers completing a first-of-its-kind advanced training course in the phenomenal Sesia Valley, high in the mountains of Italy under the guidance of kayaking experts, Dave Carroll, Ali Donald, and Kim Siekerman. The training involved paddling some fantastic whitewater on various sections of the Sesia and Mastallone rivers. Each day on the river brought new challenges to the group: taking turns to lead the group down a section of river, setting up safety and rescue scenarios, and learning to nail the perfect line on tougher rapids. Things like constantly thinking ahead about what line is best for the group as a whole, the potential

consequences of that line and ensuring that everything was carried out as efficiently and safely as possible, became second nature to the group.

This attitude as well as all the tips and tricks we learned were all then passed on, when we were joined in Italy by 10 more smiley and enthusiastic ULKC heads. We had an absolutely cracking night with Grappa, guitars, and we were joined by paddlers from all over the campsite. The next two days were spent paddling on the Lower Sesia with the sun belting down on top of us. Water levels then decided to go a little insane so the group decided to head for the Julian Alps of Slovenia, and after a long, long road trip we arrived, set up camp, and chowed down on one of countless (but tasty!) pasta dinners. Waking to the smell of fresh pancakes



smeared in chocolate the next day, meant that everyone was up and eager to get going. Paddling through the crystal waters of the Soča river, enjoying rapid after rapid, stopping for lunch and then doing it all over again left everyone in high spirits. Slovenia provided something for both the intermediate and advanced paddlers of the club but unfortunately a few days later it started to rain...and it didn't stop! The usually turquoise waters of the Soca turned a murky brown, and knowing the dangers of a river in flood, the ULKC were confined to solid ground. We did manage to culturalise ourselves a bit in the nearby town of Bovec in an incredible War museum though, before we hit the road again – this time for France.

The French Alps are a

playground of whitewater and we were only delighted to avail of it. Although slightly on the high side, levels were good as we paddled the 'Sunshine Run' on the Durance River, which turned out to be great fun with a few unexpected changes to the river resulting from last years record floods, keeping us on our toes. We also knocked out runs on the Upper and Lower Guisane as well as the Briancon Gorge, bumping into numerous groups of other Irish paddlers along the riverbanks as we went. The Upper Guisane proved to be a real gem of a run with continuous fast flowing water and a couple of really nice, technical rapids. Our earlier safety training was put to practical use on one particularly long rapid, as the group worked together to ensure each others safety. Later in the day, a smaller group

paddled an advanced run on the Lower Guisane. The next day on the Briancon Gorge the club put its common sense and safety training to good use yet again, working with other paddling groups who were also on the river that day, during a search for a paddler from a British group who was thought to be missing. Thankfully everybody was fine, so we headed back to the campsite just in time for dinner!

In just under 3 weeks, ULKC clocked up 4,000 miles, 4,000 smiles, and some of the best whitewater Europe has to offer! So if you think you might like to give it a go, check out our website, and join us at our pool sessions during the semester! See ya there! www.ul kayak.com

From Varsity Champs to Spain and back

This year the club got the chance to check out the windsurfing scene around Europe as well as all over Ireland. As well as weekly trips to locations in Ireland the club undertook two foreign trips in Europe. The first location visited by the club was in January to Fuerteventura. Located on one of the Canary Islands, it is a hot spot for windsurfing and a great location for night life and banter. The second was one of the best places in Europe, Tarifa, and the most southerly point of Spain. This is a windsurfing Mecca and the conditions were perfect for all levels from beginners to advanced. A small shallow lagoon was particularly suitable for beginners. Great fun and friendships were made on both

of these trips. Beach parties were also held by the club this year in support of funding trips and equipment. These events take place once or twice a semester and are great fun for all.

A big occasion for the club last year was winning the national intervarsities on Achill Island, in April. Next April is our turn to host the competition so we are looking for a lot of support from members, both old and new, as we want to put on a really good show and hold on to the title of best windsurfing college in Ireland.

Our base camp is in Castlegregory, Co Kerry and our trips take place on the weekends, the rates are reasonable from €30-€50 which covers for transport

accommodation equipment lessons and of course food for the whole two and a half to three days (depending on the weekend). Any other supplies you may want to bring are up to you. This year we are looking forward to having even more members than last year. With a strong committee this is sure to be a great year for the club and its new members. Be sure to sign up when choosing your club or society this year. Check us out on Facebook just google "ulwc facebook" into the search engine and you should find us where there is news photos, videos and events.

Also our website: www.ul.ie/~winds

Cheers

The ULWC (University of Limerick Windsurfing Club)



Living by the Sword

Ever since humans could hammer metal into tools, the sword has played a central part in human history. Today fencing has ceased to be a study of self-defence, and has changed with the times to become a fast-paced sport of the present.

Fencing is as much a sport for women as it is for men. It is an activity which is more tactical than physical, more reliant on flexibility and balance rather than brute force resulting in an elegant dance of blades between the fencers. You don't need to be big or strong to fight – in fact this can work against you – but you do need fast reflexes, co-ordination, timing, and a great sense of anticipation. To give you an idea as to how fast fencing is, the moving tip of a sword blade is second only in speed to a bullet in the Olympic Games and the action is so frantic scoring has to be judged by an electronic eye and a high speed camera!

Fencing provides a unique mix of physical, intellectual and emotional stimulation. Improved coordination, concentration, endurance and cardiovascular fitness – these are just a few of the health benefits provided by regular fencing. It is also a solid workout. You can burn up to 450 calories an hour, working stomach and

lower body muscles in particular.

One of the most common questions is; is fencing safe? We are training with swords after all. Well, fencing is very safe. We always wear safety gear and never play around when people without protection are nearby. Our body protection is made out of Nylon and Kevlar (the same material used in bullet-proof jackets) while our masks are made out of wire steel. Because we are protected so well and because we take great care to follow the rules of the sport, fencing has one of the lowest rates of injury of any sport.

Today we fence for the same reason that people play basketball or soccer. Fencing is fun, its great exercise, and everyone likes to meet new people. Fencing is as much a mental as it is a physical discipline. Every movement is at once powerful and economical, decisive and unbelievably swift.

If you are interested in taking up fencing as a sport this semester check out our website at ulfencing.com, email us at ulfencing@gmail.com or come along to training at 6pm in the main sports hall of the PESS building.



MBUL Trip to Les Gets, France



In a desperate bid to escape another dull, wet and all round boring Irish "summer", the Mountain Bike Club felt it necessary to bugger off to the French Alps to see a bit of sunshine. The Alpine village we were based in was called Les Gets and is more famous as a winter ski resort than a summer holiday location, but which during the summer welcomes thousands of eager mountain bikers at all skill levels. This was MBUL's third summer trip riding Alpine trails, and our best one yet.

While in the French Alps we had access to multiple tracks which were all serviced by ski-lifts. Everybody who went was able to find trails to push their personal limits and improve their skills. The only casualties of the trip were Gus, one of our senior members, who unfortunately got it all horribly wrong day one and had to sit out most of the week's activities with some badly bruised ribs. After that a few bikes took a hammering, but there was nothing we couldn't fix.

The huge range of trails allowed us to train in many different disciplines including cross country, where we were able to cycle routes that passed through Switzerland as well as France. There was also a track for 4X but the main trails offered were downhill. There were also slope-style and free-ride courses nearby.

The downhill tracks were the trails most people spent their time on as we intended to make full use of the Ski-lifts while we were there. The dry, dusty

and challenging lines could be hit at almost any speed varying from hard on the anchors to the no brakes approach. They wound their way down the hills with gradients ranging from gentle slopes with plenty of room to near vertical lines where the slightest wrong move could prove costly. The Kona Bike Park was another trail we discovered behind the Les Gets downhill track. It had both intermediate and expert graded trails running concurrently down the slope and was designed by Fabien Barel, a downhill world cup winner.

The cheaper French alcohol was also a bonus. As we quickly learned, nothing quite beats arriving back from riding trails all day to settle down for the evening with cold beer and hot pizza. This was to become the staple diet of all but the most health conscious members of our club for the week. We also sampled the local wildlife, which from what we can gather was mostly small and furry with the occasional goat.

For term time we run weekly cycles on a Sunday leaving from the boathouse as well as night cycles and street sessions during the week. You can find out more at our website at www.mbul.tk. We tend to go to places like Cratloe Woods, Killaloe or the Ballyhouras as well as staying around UL for street/trials rides. In October we plan to have a pump track built and ready to ride on campus, please join our forum to learn more about our club.

U.L. Soccer-Bigger and Better



ROLL OF HONOUR:

WSCAI Ladies Premier League Winners
WSCAI Ladies Senior Intervarsity Winners
WSCAI Ladies Indoor Intervarsity Winners
WSCAI Ladies Freshers Intervarsity Runners-Up
CUFL Mens Premier League Winners
Mens Farquhar Cup Winners
Mens Harding Cup Runners-Up
Mens Crowley Plate Winners



"Clubs & Societies Recruitment Drive"
Date: 9th Sept
Time: 6pm to 9pm
Venue: UL Sports Arena"



In what seems to be becoming a regularity for U.L. Soccer Club, we can look back on the previous season with pride, from fresher competitions all the way to senior futsal, U.L. were represented with the honour and high standard always associated with the University.

With membership at a high of 190 in the 2008/09 year, we are hoping to break the 200 mark this year, by introducing more teams for more active participants. Currently, the teams available include the womens senior team, womens freshers team, mens senior A team, mens senior B team and a mens freshers team. Combined with these teams we are hoping for a women's senior B team and a mens senior C team which can only be possible with new members showing interest. The roll of honour for the year 2008/09 is an impressive one, but can be enhanced with new talent signing up to improve our club.

While every club, like our own, is focused on competing and having success, we also have Stephen Griffin who is the University's dedicated Football Facilitator employed by the FAI, to encourage active participation in not only competitive football, but in recreational football, for

players maybe interested in just playing for fun, or do not have the time to be involved in a team. Stephen organises such events as 7-a-side competitions on the pitches and on the astroturf, futsal on the indoor courts and for students interested in receiving coaching qualifications, with the help of the PESS department a Kickstart 1 and Kickstart 2 course were run throughout the year, with 13 students finishing up obtaining the Kickstart 2 qualification. To close out the year, a 7-a-side tournament was run during Rag Week to promote non-alcoholic related activity, which 130 students took part in, and which was also helped by Damien Cahill from the Students Union who put a lot of time into organizing the tournament with the soccer club.

To finish up, without new members the soccer club would not be able to run or even compete for any tournament, so during Orientation week we will have a stand set up to register for membership and also during the clubs and societies night we will have another stand set up so if you are interested do not hesitate to sign up. Thanks

Cian Healy
 Secretary
 U.L. Soccer Club



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