



Clubs & Societies NEWS

Aontas na Mac Leinn
Ollscoile Luimnigh

University of Limerick
Student Union



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UL hosts BICS National Society Forum 2017

BY SEAMUS THREEMEY

On the 19th & 20th January UL Societies hosted over 130 staff and students from all over Ireland to the 8th annual Board of Irish College Societies (BICS) National Forum. The two-day event was an opportunity for committee folk and those involved in societies from around the country to converse and socialise all in the name of making our own groups better. Conversations on events, finance, public relations and social media were among the variety of topics discussed and best of all we got to interact with other like-minded individuals from different universities who perhaps (fingers crossed) we will work with in the future on projects that go beyond our singular capabilities. If that doesn't sound appealing to you Michelle Whyte, our clubs and societies coordinator here in UL, made sure there was plenty of free tea and coffee, chocolate and sweets, crisps, apples and all sorts available to you.

Naturally there were lots of UL's very own society members helping run the event smoothly as well as taking part in some of the events and talks. A big thank you to Michelle for her fantastic job and for her merry band of helpers who made sure things were set up on time and went off without a hitch. We had speakers from all over the country in a plethora of very different societies helping us to connect and improve so as to better serve our own members. Among the speakers included Richard Lynch of ILOVELIMERICK, Arlene Hogan of UL President's Volunteer Award, Sean Bailey & Killian Stone of ULSU, Eoin O Liathain of Shoutout.ie, Lily McGarry of the Association of Irish Choirs, Tim O Connor, Siobhan Everard, Patrick O' Flaherty, Nina Sachau and Claire Concannon. Unfortunately we had 2 cancellations over the two days including the perpetually busy Tony Sheridan and Pat Divilly who unfortunately fell ill.

Before the speakers began we had a quick address from Riona Hughes (BICS Chairperson and Societies Officer NUIG) and Michelle Whyte of ULSU C&S. This was followed by some ice breakers to get us chatting and comfortable and shake off all those nerves. Richard Lynch then started us off with a wild speech that started on dealing with the media and effective PR and went on to discuss self-esteem, work ethic and rising up to face the many challenges life is going to throw at you. Richard, who founded ILOVELIMERICK.ie is well versed on utilising social media to all its advantages for his work but what really struck the crowd was his conversation about growing up as a gay man in a much less accepting world and his journey of rebellion in New York through drink and drugs until he ended up where he is now back in Limerick. ILoveLimerick.ie is his project to combat the vast negative media attention Limerick gets to show its turned over a new leaf and there's as much good here as anywhere else. After questions to the crowd Richard went on to talk about his ridiculous work ethic, doing what he loves and his ambitions for his future works which include his dream to write a horror film. His speech was enthralling, energetic to say the least and managed to captivate and entertain a lecture hall full of sleep deprived, coffee starved students. As Richard would put it, "Praise Whitney Houston!".

Next up was Arlene Hogan from UL's President's Volunteer Awards, Sean Bailey of UL Student's Union and Lily McGarry of the Association of Irish Choirs who discussed student volunteering and their own personal experiences with volunteering. Sitting in comfy chairs situated on the stage in the Jonathan Swift lecture hall it looked and felt like something from a late night TV chat show. There was questions from the crowd and we managed an insightful discussion on how to get involved and the many benefits not only others get, but that you get in volunteering your time and efforts too. After this we welcomed a calm and collected Killian Stone who took to the stage and departed some of his wisdom unto the crowd, talking about how to use social media to create content for your society and explaining the tips he's come across working for UL Student's Union and in his own free time.



(photo credit Patrick Lu)

At this stage most people were succumbing to hunger, exhausted from the many rounds of applause and mostly still bewildered by the phenomenon that is Richard Lynch so there was a short intermission and people descended on a newly renovated Stables for more free food. Tim O' Connor soon followed this and sussed out the many BICS reps encouraging us all to get in contact and collaborate for events that could go beyond what we are capable on our own. Networking between Universities was soon followed by Eoin O Liathain of ShoutOut.ie who spoke about inclusiveness and how to improve your society's environment for the LGBTQ+. Again we saw a personal look at someone who had experienced bigotry and he spoke confidently, talking proudly about the level of acceptance most colleges in Ireland experience for their LGBTQ+ students. The first day ended with Siobhan Everard who spoke for Pay It Forward Limerick (PIFL) and encouraged UL to be the first University to set up a Pay It Forward or Kindness Society followed by Patrick O' Flaherty and Lily McGarry who spoke about creating a quality BICS portfolio. Socials followed for our visitors starting over in Scholars before we made our way into the Library Bar in the city.

Our second day we moved venue to the Jean Monnet and began with Nina Sachau of the Comhlámh organisation to talk about volunteering overseas. She spoke about how to get started and ran through what to be wary of and what to be excited for when undertaking these even more rewarding opportunities. Claire Concannon of Concern wrapped us up speaking about effective fundraising, motivating students to attend events, working together as a strong committee and how to best run your society. Before UL's Music Society started setting down the mics and people started leaving though we came together as one whole group to embarrass Michelle Whyte wishing her a happy birthday. We presented her with well-deserved flowers, a round of applause and one rendition of Happy Birthday. All in all it was a successful conference for the many dedicated students around the country and not only did we walk away with a little more knowledge and some tips but we made some friends and opened up some possibilities for future collaborations.

Welcome back one and all,



Paul Lee

In particular a warm, welcome to our overseas visitors. Sarah Dunphy and I addressed more than 400 international students on the 20th of January in the University Concert Hall, offering our pearls of wisdom for maximising their time in UL. Not surprisingly, I was there pitching the benefits of Clubs & Societies in terms of what your activities can offer to enhance their experience of the University and indeed Ireland. Similarly, the message to the International students is the same one that I use for all students; it is a brilliant way to make friends around common interests and to experience something new.

conference in Boston, USA, with Martin Ryan (ULSU General Mgr.) and Sarah Dunphy (ULSU President). Part of this week long trip to the ACUI Conference involved fact finding for our own new Student Centre and which buildings may offer inspiration in terms of design for our own project due to be completed in 2019/2020.

Attached are some of the images from the Student Centres of North Eastern University, University of Massachusetts, and UMass Lowell, which we took some inspiration. In 2017, it certainly promises to be an exciting chapter for all involved in the Wolfpack.

As much as the traffic in and out of the Students Union was significantly quieter last month, in general terms many within Clubs & Societies were absorbed in their pre-season training and developmental trips. Many within the Wolfpack were roaming around, Scotland the Netherlands, Germany, Morocco, Wales and England – what did you do in

January, eh?? Don't worry for the most part you can join Clubs & Societies at any time, the only exceptions would be those who ran trials in September and are now moving into their peak competitive phase, however there are still more than 50 of our 74 Clubs and Societies still willing to accept new members. By the time, this publication appears around UL our second Semester Recruitment Drive (Thursday 2nd Feb) in the Foyer of the University Concert hall will be over. I hope that many of you are now members of the Clubs & Societies part of our student's Union Wolfpack. IF you missed it simply call up the Clubs & Societies Office and we will put you in touch with the various student committee members, it really is never too late.

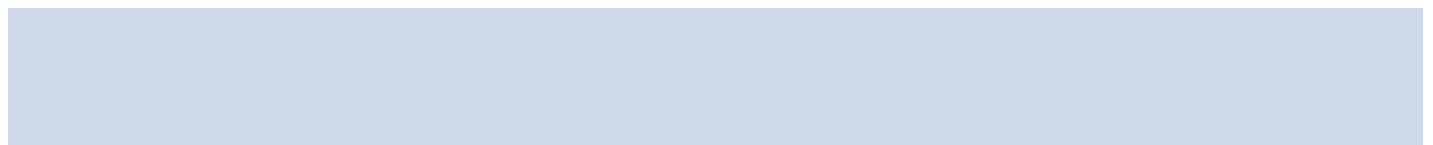
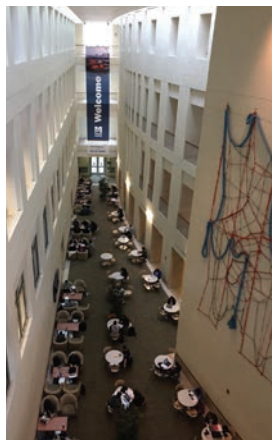
Regards
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Michelle Whyte



Hi All,
Welcome back to what promises to be another great semester for the UL Wolves! While most were warming their toes by the fire over the Christmas our Architecture Society were studying the buildings of Amsterdam, our Ladies Soccer Club competing in Oxford UK, the Skydivers were training in Spain, Outdoor Pursuits Club climbing in Scotland, Kayakers paddling in Wales and our Surf and Sub Aqua Clubs were practising their skills in the altogether different climes of Morocco and Lanzarote. Our Handball Club alone have kept Ryanair in business this winter ; they are enjoying a stellar year of International success competing in Belgium, Netherlands and Spain and are gearing up for competitions in Arizona (USA), Holland, Italy and London.

Last semester brought us many achievements and rewards and one example of the fruits of our labour was the resounding success of SoUL Arts Fest 2016 which provided us with a weeklong festival of events that celebrated "all things Society" ; from the presentation of Deb U's Auditors Medal to the David Norris to Tea Appreciation Society's Mad Hatter's Tea Party, plays performed in cars by the Drama Soc, Debates, Games Nights, "Puppies and Chocolate", Fr. Damo from Father Ted live in Scholars, an International food fair, Life Drawing and the Christmas Shoebox collection with Mature Students' Soc amongst other fun events!

Another exciting occasion for the Societies of UL was our hosting of the National Societies Forum (BICS Forum) on the

19th and 20th January. Over 130 students and staff from colleges and institutions all over Ireland attended to 2017 forum themed "Empowering the Student Society Volunteer". We heard from many interesting speakers (Richard Lynch of ilovelimerick.ie, Claire Concannon chief fundraising officer for Concern Worldwide, Emma Kavanagh of studentvolunteer.ie, Eoin O'Liathain of shoutout.ie to name but a few) on topics such as volunteering abroad, fundraising, inclusion, PR & dealing with the media and social media. We were also prepped for the Annual BICS Awards with presentations on Interview skills and making a good portfolio great. We hosted the Awards in Limerick in 2016 but this year we will be travelling to Athlone on the 13th of April for the 2017 Awards. Hopefully we will bring back some silverware!

Apart from high hopes for the National Societies Awards we are also looking upwards in every other field; already this semester is looking to be just as successful and progressive as the last. In the coming weeks we will no doubt see more of the renowned Wolfpack allegiance and commitment with a packed timetable of Hustings, C&S Ball, Charity Week, Easter trips, summer trips, budget submissions. With lectures keeping us on homeland for another few weeks the Wolfpack is busy preparing for exciting domestic events as well as Intervarsities! No doubt there will be plenty of trophies and accolades making their way back to ULSU in the next few weeks.

Let's show them what the Wolfpack has to offer!



Kate Stephens

Hi everyone, welcome back to UL! Hope everyone had a fantastic Christmas break and New Year's. My name is Kate Stephens and I am currently in second year studying New Media and English. This semester I am on Co-op here in the Student's Union working in Clubs and Societies with Paul and Michelle. It was quiet here the past few weeks but now that everybody is back there is a fantastic buzz around the SU. I have been chatting

with a few clubs and society members here already and everybody has such a positive attitude and has been very helpful. At the moment I am working on the Clubs and Societies Social Media Impact to see how it can be improved to have a greater effect. I have been here 3 weeks and am enjoying my work here so far, my main job is to keep the C&S Instagram, Facebook and Flickr account up to date so anything a club or society wants me to

post just shoot me an email. Social media for C&S is my main priority so I would love if PROs sent me any new photos or any pieces of news of events or trips so I can promote your club or society! Also any problems or queries anybody has with a Club or Society just email me at kate.stephens@ul.ie or drop into the Clubs and Societies General Office. Hope everyone has a great second semester! :)

Operation Domination

BY KEVIN KINANE CHAIRMAN

We are thrilled to be back for the events UL Airsoft have planned for 2017 and can't wait to get some fresh meat for the battlefield for whoever is brave enough!! Last semester we carried out numerous operations in Limerick Airsoft camp and the Hive CQB in Dublin. We will be tackling new terrain and venues this semester. The more recruits the better

so please join up and attend the recruitment drive in UL where we will have a stall for everyone to sign up and join the squad. You will be able to get a feel for the guns and the game at the drive so don't miss out! With 60+ members signed up already the demand is high as the society was only set up last semester so don't hesitate and dive in. There are

still some positions left on the committee panel if anyone is interested such as The PRO position. So please get into contact with the society through our Facebook page (UL Airsoft Society) or through our email (ULairsoft1@gmail.com). So give it a shot and Tíocfaidh ar Lá !!



First trip at the Limerick Airsoft Camp with all the new members



Limerick Airsoft Camp for the third trip with the club members getting to show off the new society flag.

After Relay Success -- Looking toward Track Season

BY KATHY O'KEEFE, TREASURER

The national road relays were the highlight of the fall season for UL Athletics. Both the men's and women's squads were victorious in this distance running competition, which incorporates athletes each running a distance between 1 and 3 miles. The women's A team, made up of Kathy O'Keefe, Grace Lynch, Michelle Finn and Amy O'Donoghue posted a dominating performance over runner up DCU. The men's A team of JB McCallion, Peter Lynch, Eoin Everard, Niall Tuohy and James Ledingham took home the gold over runner up and 2015 champions DCU. Finn mentioned above, was also named IUAA athlete of the year for her stellar performances of 2016. In addition to her performances at the intervarsity level, she represented Ireland in the Rio Olympic games this past summer in the steeplechase.



The club hopes to carry forward the momentum of the fall into the spring competitions, the first of which is the IUAA Indoor Track and Field Championships in Athlone. This will be an opportunity for those athletes competing in the sprints, jumps and throws show what they have been training for during the fall, in addition to being a chance for the distance athletes to return to action after the success of the road relays. The club will also be attending the Cross-Country intervarsities in March, where athletes will compete over a distance of 5km. The final intervarsity event of the season will be the Outdoor Track and Field Championships in April.

New members are very welcome to join this semester. Come on down to the second semester recruitment drive on the 2nd of February (University Concert Hall). You can also find UL Athletics on Facebook (facebook.com/ULAthletics) and Twitter (@UL_Athletics) for the latest updates!!



ISBT Enschede 1 vs UL Badminton 0

BY CIARA O'DONOVAN CLUB PRO

On the 28th of December the UL Badminton Club set off on their Wolves on Tour trip to Holland to take part in the International Students Badminton Tournament (ISBT) Enschede. Their flight was due to leave at 6.30am Irish time so to prepare for the enduring days of badminton to come they got a relaxing massage in the massage chairs at Dublin Airport Terminal 1. Once landed in Amsterdam the collected their bags and met up with Sandra, an Erasmus student from UL who had been home for Christmas in Denmark, she had flown to meet them for the tournament in Holland.

They got the train to Enschede at 3.30pm after a few hours of "doing the touristy things" in the lovely Amsterdam. The team was to stay in the Hall at the hosting University of Twente for the first three nights and spend the final night, New Years Eve, in a cabin. The Irish representation was strongly supported by the Green, White and Gold displayed above them. The tournament got to shaky start as the teams breakfast supplies might have been used in a one man food fight hosted by our very own Tony O'Connor. Things got weirder as the day went on with the male participants informing the rest of the team of a rather large UFO (unidentified floating object) left in the men's bathroom, safe to say that made our boys day.

As the days progressed our team bonded over new found information of one another, our boy Tiarnan is somewhat of a boy genius bagging himself 560 points in the "auld LC lad". That discovery was short lived once he tried to show off his French speaking skills to the native speakers who informed the others they thought he'd gone mad and didn't understand a word he'd been saying (We still believe you Tiarnan!). It also became apparent one James Flaherty likes to keep his comb in a sealed plastic bag, I have yet to discover what the reason behind this is but whatever "smashes your shuttlecock" young Fla. On the mention of Fla he picks up Filipino very quickly if anybody ever needs a translator. The Filipino Firecracker herself, Sophie Sison, and Mr. Flaherty have the same taste in more than just the language it seems.

Things were going from bad to worse for our female contenders as not only had they lost (and later found) most of their belongings, Niamh's racquet was subsequently smashed by one of our own leaving her to use her back up which, if you play a racquet sport you will understand, nobody wants to do. This didn't stifle our efforts however as all the participants representing the University of Limerick Wolves on Tour faired impressive in their respective categories. The boys do deserve a special mention for rising at the ungodly hour of 9am after a

night of heavy drinking (soft drinks of course) to play in the singles part of the tournament.

We may not have won any titles but we did win the hearts of our rival colleges through the power of good old Irish craic and banter. Ryan Killoch gave a beautiful rendition of rattlin' bog (yes the full song) and avoided a trip to the hospital despite turning an interesting shade of purple during his performance. The food in Holland was something to be desired as a few members escaped food poisoning after consuming a frozen burger (or two). We kept the team motto "a team who goes out together wins together" by making sure the younger members were a convincing "23" when it came to ID checks. It's also worth mentioning we flew home together like a team unlike other Irish representatives *cough cough*. All in all we had a brilliant experience, hopefully to be repeated next year and we'd love to have new members to join us.

To become a member simply go to our UL Wolves page <https://ulsu.ie/club-ssocs/club/13>.

We also hold training on Monday and Wednesday nights at 9.15 in the Arena so why not come and talk to a committee member about joining.



Brazilian Jiu Jitsu and Judo Club 'Rolls' into UL

BY CHLOE SWEENEY P.R.O

Fresh on the scene of UL Clubs this year is the newly popular form of self-defence; Brazilian Jiu Jitsu & Judo, combined.

Founded by Eire McCarthy (Brazilian Jiu Jitsu Blue Belt) and Ciaran Mulroy (Judo Black Belt) this new sports team has taken the violence out of self-defence and brought light to a friendlier form of taking down an opponent twice your size.

Using techniques based on leverage, and most importantly taking the fight to the ground (using Judo take downs) and then applying a variety of 'joint-locks' and 'chokeholds' to submit your assailant. This combination of the take down art Judo, and the grappling art of Brazilian Jiu Jitsu is giving its members a well-rounded practical form of self-defence while also giving new students the chance to get close to their fellow peers through a friendly and boundary-breaking sport!

(It's hard not to become comfortable with people you're rolling around with once a week!)

As the weeks go by this club is becoming more and more like a family, open and welcoming to every

new face that joins each week, even non-students are welcome!

So if you're looking to get fit, learn a practical self-defence and make some very close friendships while having tonnes of fun, head to the ULSU site and request your membership today, and lets 'roll'! ;)



(Left) Club Captain, Ciaran Mulroy. (Right) Club Safety Officer, Joe Quigley. Photographed at the 'Tipperary Friendship Games 2016'.



The Dance-Fight Game

BY BRIAN HOGAN (TRIP ADVISOR)

Capoeira training resumes in February when we welcome back our current members and look forward to welcoming new members who have decided to take on the challenge. Who can throw a succession of spinning kicks and cartwheeling around their opponent while avoiding every attack that comes their way? That's not what is expected of anyone in their first training session but more of an end goal that you will be guided towards step by step.

THE SESSIONS

We warm up with movements that prepare and condition the body for the movements to come. All techniques and sequences are broken down into small easy to follow steps and then repeated until they feel comfortable and natural. Finally the various movements are put together in an improvised way to surprise the unsuspecting opponent but no one gets hit because we teach the various defences and escapes as well.

PARTIES

Every semester we organize a Brazilian Party on campus with Brazilian music and dances and even performances. A must for anyone who likes Brazilian beats that are nearly impossible not to move along to.

TRIPS

Our club organises a number of trips per semester to workshops around Ireland and even abroad. Last semester we took part in events in Limerick, Galway, Cork and Germany where we witnessed the graduation of a capoeira master. It was a huge celebration and the night of the graduation the event participants from all over the world partied together on a boat! Planned events for this year include Dublin and Paris.



SO WHAT DO YOU NEED?

Comfortable clothes such as sweat pants and a t-shirt, shoes are optional. You should also bring a bottle of water as capoeira can be an intense workout. The one thing that is not necessary is previous experience but of course it couldn't harm either.

We look forward to seeing you at our classes on Tuesdays and Thursdays from 7-8:15pm in the PESS Building where we will train, suffer and laugh together as we learn and improve throughout the semester. In the mean time you can check out our Facebook page: [UL Capoeira](#) or email us at email. ulcapoeira@gmail.com with your questions. See you in class!

Axé

New Year, New Me, New Frisbee!

BY SARAH GILMARTIN (CHEZZA) (PRO)



Vowed to make 2017 a year of more physical activity? Yeah me too (and the last 5/10 years also but let's not talk about that). I can only speak for myself but for me I only keep up my resolutions when the physical activity that I get myself involved in is fun, something I enjoy, something that I look forward to attending, not something that sends me to bed each night with a growling tummy and not something I have to drag my body out of bed for either. And if you too are looking for something exciting to kick start the New Year why not join Ultimate Frisbee?

You may not think this is a real sport (we've proved many people wrong in the past, we'll do the same for you). I regret to inform you that you won't be standing on a beach in Málaga throwing a disc from a standing position (sadness). In fact I can't promise you that in the slightest, I can promise you snotty noses, a multitude of laughs and friendships and a few bruises along the way too (You'd be surprised

at how difficult hand and eye coordination can be, steer clear of me at the trainings and you'll do just fine). Unfortunately these fun and banter filled trainings also involve a little bit of running, and listening to our lovely beginner coach and experienced players too, who'll show you all the ropes. But that's where accomplishing your fitness goal for the New Year comes in. We're all looking to lose that extra bit of turkey and ham that decided to leave a lasting impression on our bodies after the Christmas period, so why not lose them in a fun environment with lots of other newbie's? You won't regret it. That's a promise.

From the moment I joined Ultimate Frisbee, the Ninja family, has played a substantial part of my University experience and I guarantee we can do the same for you and these people will become more than just teammates, friends and sometimes lovers. These people will become your family. So whether you come from a GAA background or you've not witnessed a sport being played in your life, we got your back. We bring along our golden oldie experienced players who represent, club, and country all across the world to show you the ropes, we'll have you flicking and back-handing in no time at all! Bring yourself or come with friends, the more the merrier, we've a wide range of people of all ages and countries (so you'll be sure to find a language buddy too

– DOUBLE WIN)

Want to get in touch? Facebook search UL ninjas, we're also on Instagram under the same name and oh hey we've also got a cosy new website that you can check out too... You guessed it same name... (We're super original).

So this Thursday the 26th why not join us on the Kilmurry astroturf from 8-10pm for some Frisbee and some laughs, warm, fluffy and ridiculous socks and hats are recommended! And if the hats alone aren't enough to convince you, I'll give it another shot at the recruitment drive in a week's time!

Slán libh amigos... See you soon!



UL GAA have another fruitful league campaign

BY CAOIMHÍN REILLY (PR COMMITTEE MEMBER)



(photo credit SportAction Photography)

UL Intermediate hurlers in action against UCC on their way to a runner's up spot.

Reaching six finals across the board is no mean feat, but with three final losses from those deciders it would be fair to say that there is a strong desire to improve UL's medal tally come April when the Championships' conclude.

Although the Senior Camogie team still have to play their league decider, the Senior Ladies Footballers and Fresher 2 Hurlers became league champions in some style.

Both rampaged their way through the early stages before winning their respective titles with a certain amount of ease. DJ Collins' Ladies footballers gained some revenge for last year's O'Connor Cup final defeat to UCD by beating the Dubliners in December's Division 1 League final, 1-12 to 1-6.

The Fresher 2 Hurlers also romped home in their decider against DCU 6-16 to 2-10, although staggering margins of victory was a theme throughout their campaign as the first-years hit an accumulated total of 22-85 across their five games.

In addition, the Fresher Ladies Footballers won the national blitz earlier in the semester which added a third piece of silverware.

Unfortunately, UL incurred three league final losses though. However, in reaching those finals the Intermediate, Junior and Fresher Hurlers played some great stuff and credit to them for working so hard.

The Intermediates suffered an agonising final defeat to GMIT after extra-time in

Carnmore, 3-14 to 20-points, the Junior Hurlers lost their Munster League final to Cork opposition while the Fresher Hurlers succumbed narrowly to UCC on a 1-18 to 1-14 score line.

Our Intermediate Camogie and Fresher 1 Football teams suffered semi-final and quarter-final defeats to UCC and DCU respectively, but having got out of the preliminary phases of the competitions they will be confident ahead of the championships.

Meanwhile, the Fresher 2 Footballers suffered a painful exit at the group stages, having been eliminated on score difference, so they will certainly have a point to prove when they face CIT in the championship.

The Intermediate Ladies Footballers also exited at the group stage, as did the Senior and Intermediate Footballers alongside the Senior Hurlers. Early defeats for both Senior outfits proved costly, especially for the Footballers whose round one loss to IT Tralee proved detrimental to their chances.

Finally, one early piece of championship news is the victory for the Senior Camogie team in their first-round Ashbourne Cup match. The holders were comfortable in seeing off Mary I's challenge last November.

All of UL's championship fixtures will be up on the club's Facebook (UL GAA) and Twitter (ul_gaa) accounts so make sure to check them out and come out to support. Your club needs you!



(photo credit SportAction Photography)

UL Ladies footballers in action against DCU in the semi-final on their way to a league title.

UL Wolves Handball continues to excel in the global alley

BY DAN NOONAN, PRO

UL maintained its recent dominance of the domestic collegiate handball scene in the second half of 2016 and managed to extend their success to the global stage with a series of controlled performances. The club alternated between Intervarsity competitions in Kilkenny, Wexford and international tournaments in Spain, Netherlands and Italy as well as several local tournaments during the first semester.

UL had a difficult start to the domestic year in Kilkenny in the 60x30 Intervarsities as an injury lead to a re-shuffle of the A and the B teams and although both teams reached their respective finals, the weakened teams were defeated by Dublin opposition in disappointing fashion. The Ladies Doubles partnership of Ciana Ní Churraoin and Niamh Dunne managed to re-group to claim the Open title and bring one title back to UL.

UL emphatically bounced back from this disappointing showing and almost secured a clean sweep of titles in the next Intervarsities in Wexford as they had finalists in all five finals, with UL facing off against each other in 2 of those finals. UL secured gold and

silver in the Men's A and B Doubles grades as well as gold in Women's A Doubles division. The clean sweep fell short as UL lost the other two finals on agonising 11-10 score lines in the tiebreaker of the Men's C Doubles and Beginners One Wall divisions. UL held a monopoly of the B division of the European ProTour stops in Spain and Netherlands as the club won the B singles and doubles in both tournaments to add to the C doubles title from Spain. The club travelled to the GAA Handball Championships in Italy prior to Christmas in high hopes aiming to prove themselves against the best European handball teams. The club narrowly fell short of their ambition to become the top European club as the UL A and B teams finished in 2nd and 3rd place respectively following a series of tough encounters.

Although the club experienced a tough start to the semester, they recovered rapidly and produced some astonishing skills in the subsequent tournaments. The club's performances saw the club secure forty-one major medals including twenty-six Intervarsity medals and fifteen European medals.

This semester starts off with the biggest Intervarsity on the calendar in Kingscourt, Cavan. This kicks off a whistle stop tour around Ireland, Europe and Northern America for the club. Arizona, Italy, Dublin, Roscommon, Cork, Inis Mór, Belfast, Kilkenny, Mayo, Roscommon, Galway, Tipperary and London are all included in the clubs trips for this semester. The club will also be taking part in a series of tournaments and leagues in the Limerick and Tipperary area as well as organising their own events. The Limerick Metropolitan Handball Series, a series of leagues and one-day tournaments, is run by the UL Handball Club and is the only Series run by a club in Ireland. The club will also have a series of social outings and fundraising events in the semester. We welcome all levels of ability from beginners to senior players. For further information on the club visit ulhandball.com, UL Wolves Handball Club on facebook or email ulhandball@gmail.com. We hope to see you during the semester.



UL's Catriona Casey (serving) and Ciana Ní Churraoin competing in a pro tournament in USA.

Japan Here We Come

BY NOELLE DONWORTH, PRO

Every two years the UL Shotokan Karate Club goes to Japan, the Home of Karate. While there, club members explore Japan's capital and experience the Japanese culture. Members have the amazing opportunity to train in the Hombu Dojo which is the Headquarters of Shotokan Karate, under the guidance of some of the best karate teachers in the world.

It is not all about training and karate though. Part of the trip is to learn about and explore Japan. A few of the favourite places to visit are Shibuya and Ginza for shopping, the zoo, Disneyland Tokyo, the Sky Tree and wandering around Tokyo in general because there is so much to see and do. While there we also try some Japanese cuisine such as sushi and strawberry and cream sandwiches. Then the club also makes a few trips out the country side to visit some of Japan's temples and shrines and the big Buda, which is a Buda the size of a two story house!! So whether you love anime and manga, shopping, karate or travelling and experiencing new cultures there is something for everyone in Japan.

To get to Japan the club must fundraise for the trip. We do this by having bake sales and bag packing in local supermarkets. Last semester we had a bake sale outside the library in week 10. Although the weather was cold and wet that did not stop students from coming out and buying the delicious treats. We had an array of buns and cakes as well as some healthy alternatives for those who wanted it. We also spent a weekend in early November bag packing in Super Value Corbally. This was very successful and UL Shotokan Karate club would like to take this opportunity to once again thank Super Value for allowing us there. We were are very proud of all our members who came out to help with the bag packing especially our newer members.

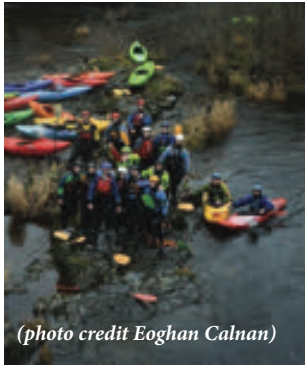
However it is not all business with UL Shotokan Karate Club. We have pizza nights or we head to The Stables or The Scholars after training. We will also be having our annual pancake Tuesday pancake party this semester. It is important to us that we get to know our new members and that everyone in the club gets to know each other and have fun.

We always welcome new members and if anyone is at all interested and thinks they might like to give karate a try, they are more than welcome to watch a training session or jump right in. We train every Tuesday 6:15-8:15pm and Thursday 8:15-10:15pm in the PESS building across from the ULSports Arena. We can also be found at the Recruitment Drive on the 2nd February, so come over and talk to our lovely members. Find us on Facebook UL Shotokan Karate Club and Twitter [@UL_KarateClub](https://twitter.com/UL_KarateClub), our email is ulshotokankarateclub@gmail.com



UL Kayak Club – That’s a paddlin’

BY TOM O'BRIEN PRO



(photo credit Eoghan Calnan)

Happy Paddlers in Wales on the River Dee.

Some say we spend more time in boats than out of them.

Our jam-packed semester started with a blinder of trip to Lahinch with over 70 of our members. The weekend went by in a flurry of kayaks, hilarious fancy dress and some of the best waves the west coast of Ireland can offer. This was followed by our very first club Olympics where club members battled it out in canoe polo, freestyle, whitewater and long distance for a beginner and advanced prize. It was like our own mini Varsities! Soon after we sent a thirty-five paddlers to attack the waters around Donegal. A new year's trip to Kerry saw out our paddling for 2016, a trip where vital safety skills were taught to set up paddlers for the year to come. As well as these marquee trips, we held day trips to the River Boluisce in Galway and trips to the Curragower

The latter part of 2016 was an engaged few months for ULKC. Our activities on and off the water had us busy and making us the boldest and best club around. This included endless river trips, safety training days, social events, inter-club events, international trips and much more.

wave in Limerick city. All of these intertwined with our weekly river trips to Castleconnell. On top of all this, throughout the semester, we had two teams enter the Munster Polo League, we hosted our pool party – yes we're talking strobe lighting and music provided by DJ Soc – in the POOL. Not forgetting our fun-filled social events including a club outing to Jump Lanes and our Fresher's night out. Semester one was a huge success and finished on a high as many of our members spent New Year's paddling in Kerry for a week, along with a huge number of paddlers from all over Ireland and further afield. Definitely a semester thoroughly enjoyed by anyone who happened to stumble upon the Kayak Club here in UL.

Before we even got back to lectures nineteen brave paddlers took on the Welsh rivers in what was one of the mildest winters yet. The paddling standard went through the roof as some of the best white-water in Wales was tackled day after day. The gang made the best of the mild conditions making it a fantastic introduction to ULKC international trips.

Looking forward, the club is currently in serious training mode for the National Inter-Varsities Kayaking Competition that is quickly approaching. This weekend shall be filled with paddling of all disciplines while incorporating as much intercollege banter as possible! We are determined to

make this our eighth consecutive win of the competition and as such the 'game is on'! Further along stream, we'll be attending various discipline competitions around the country, organising several day trips of all kinds, we'll throw in a few more weekend trips, namely our Easter camping trip and to cap it all off we'll be finishing the semester in style in Italy and France on our annual Alps trip. This is definitely the highlight of the semester and is something that all our members can aim for. So if any of the above is even slightly interesting you, then make sure you call into the pool any Tuesday, Wednesday or Thursday at 9.45-10.45pm, OR contact us via our Facebook like page, (University of Limerick Kayak Club), OR drop us an email at ulkayak@gmail.com. And if you're just curious for a browse check out our website at www.ulkayak.com. We sincerely look forward to meeting you all! !



(photo credit Eoghan Calnan)

Hustle, Hit and Never Quit!

A TALE OF HOCKEY CRAZED WOMEN

The Women's hockey club at the University of Limerick could not feel any more like a family! The social exposure from joining a team in UL is irreplaceable, and it always looks great on a CV. This year we have already sent a squad to the Women's Hockey inter-varsities, held in Belfast. A tournament composed of 12 University teams from across the country which is hosted by a different University every year. This was an amazing opportunity for our team to bond, play, and luckily enough win! We played a total of 4 matches over a weekend of fun, competition and plenty of laughter. The team that left on that Friday came back a different team the following Tuesday. We had a stronger bond, a firm trust and dozens of everlasting memories.

We train twice a week, and there are girls playing at all levels and all ages and years. We train on the AstroTurf behind the Sports arena on Mondays and Wednesdays from 6.30-8pm. We provide sticks, so don't worry about equipment, just come along and join in the fun!

We also have our own committee, so feel free to become a member and have your say! We host several social events in order to ensure that everyone on the team feels included, involved and comfortable. So don't let the hockey skirts fool you, we're a kickass club who always need and would love more kickass members.

If you are interested in joining please visit the UL Wolves website, apply for membership and then simply come to training or arrange to meet a committee member to pay your joining fee.

Aoibheann Ní Chonchubhair
Events Officer
UL Ladies Hockey



GIVE ARCHERY A SHOT

UL archery club welcomes members of all skill levels, from people who have never shot before all the way up to experienced members, the majority of which never shot before coming to UL.

We are also very proud to say that archers who started with us have gone on to take part in international competitions. In November, Geoffrey Doornbosch competed at the *Kings of Archery* tournament in The Netherlands. After a stellar 894/900 score to qualify, he continued this brilliant performance into the head-to-head rounds, beating off all competition to win first place, with a prize of €1,000. All after starting archery with us in September 2013.

We know that there are many international students arriving this semester. From speaking with many International students, our International student representative Maria Borck found that many of them enjoyed their experience at the club. From getting the chance to take part in the competitions, and also from just getting the opportunity to try out archery.

For a quick recap on the previous semester in the club. We held several in house events including a table quiz, Pro-Am and baking competition. The Quiz was a resounding success, with a winning combination of a Father Ted round and a prize for the funniest answer. The Pro-am is our in-house competition where we pair beginner archers with

experienced members to compete and teach them the basics of scoring, with the event ending in a Pizza night. For our final training session, we had a baking competition. Here every member of the club baked something, and all the members got a chance to try all the food and vote for their favourite. With Emer O'Reilly winning with her lime drizzle cake. On the competition side of the club. For the ISAA league this year, we sent teams to DCU, where one of our beginners (Luke Vickery) placed 3rd in Beginner Recurve, and to Maynooth University.

The club takes part in indoor target archery mainly. However, we do some outdoor shooting also. The three main bow styles in the club are Olympic style recurve, compound (big fancy looking bows with loads of strings), and barebow (same as recurve, only without a sight or stabilisers). Anyone with an interest in being competitive can come along to one of the inter-varsities this semester. These are held throughout the year in various clubs all over the country.

If you are interested in joining the club, you are in luck because we have a jam packed semester planned. To start the year, new members can join up at the Clubs and Societies Recruitment Drive. Members of the club will be there to answer any questions you may have or alternatively you can email the archery club at ularchery@gmail.com. For members new to archery the club holds a six-week beginner

course that will be starting on Wednesday of week 3 in the main hall of the PESS building. There are three time slots you can come to at the start, which are 7.30, 8.30 and 9.30. Once

you get a bit of experience you can come on Monday as well. In addition to this, there will also be an optional bow maintenance course halfway through the semester. There will be some non-archery events also. Including a club outing near the start of the semester, and the annual archery dinner and prize giving in week 12/13. On the competition side. The first intervarsity will be held at Carlow IT on February 5th, followed by UCD on February 18th. Then it is on to the UCC student nationals, which are a 2 day event over the weekend of the 25th and 26th of February. With qualifications on the Saturday followed by individual head to heads and team rounds on the Sunday. To round things up then, ITT will hold the intervarsity league finals on March 11th. So why not join the archery club to be in with a chance to compete, or just for a bit of fun. You can pre-register on our website <https://ulsu.ie/clubsocs/club/32>.



An example of 2 recurve bows and a compound bow at training.



The UL Soccer Ladies start a new journey

BY CAOIMHE HENNIGAN, UL SOCCER CLUB

ON Monday the 9th of January, the UL ladies' soccer club left Shannon airport to embark on a new journey in their challenge to take on not one but two of Oxford Universities Ladies teams. The girls left completely kitted out in the new gear which was kindly sponsored by the Wistem2d, women in science technology engineering mathematics manufacturing and design initiative of Johnson and Johnson, along with additional funding from Bank of Ireland.

The following morning was an early start for everyone, where we started our journey travelling to the Emirates stadium home to the Arsenal football team. We completed a self-guided audio tour of the stadium where a host of Arsenal stars both past and present shared their match day experiences with us as we explored behind the scenes of Arsenal Football Club. After completing the stadium tour, it was back to the bus to make our way into the city centre to give our attempt at ice skating, let's just say I think most of us should stick to what we do best ... soccer. After what we can say was a memorable day in London it was time to head to Oxford. Once arrived at the hotel in Oxford, we had a while to relax and unpack our things. We all participated in a light gym session to stretch and loosen out our muscles for the next day. After the light session, we could have some time to ourselves, we all elected going for something to eat after the long, busy day that we had. It was an early night for all because a good night sleep was essential for the two matches that were to follow the next day.

Another early start for us the next day, with us scheduled to leave the hotel at 9 o'clock and arriving at the playing fields at approximately 9.20 to allow for a good warm up before the game. We could not have asked for much better conditions to play in, in the middle of January with it being dry and a slight wind. We were scheduled to play two matches that day against the Oxford ladies, the first match against the Oxford Ladies "A" kicking off at 11.30. The first match was the tougher of two but the girls never gave up and fought right until the end. The Oxford girls were first to score, but it wasn't long until the UL girls fought back with a goal from Keara Cormican from a corner kick. Unfortunately, Oxford went back in front again but very soon UL were back among the goals with a goal coming from Sarah Ryan. Oxford the got two quick goals and went into the lead with a

score line of 4-2, Eleanor Stafford could pull one back for UL with a header from a corner kick. She came close again in the final moments from another corner kick but the ball scrapped over the bar. Final whistle came and unfortunately not the result we wanted, losing with a tight score line of 4-3 but the girls never gave up and we now had to prepare for our next match. The second match against the Oxford Ladies "B" kicking off at 2.30, it was clear the girls were more confident in the game and weren't letting the previous loss get them down. UL won this match on a score of 3-0 with Eleanor Stafford completing the hat trick. Everyone on the team put their best foot forward and put up a fight for everything and no one was to be disappointed with their performance.

Following the matches, we met with some of the Oxford girls in a local restaurant for the evening, to get to know some of them a bit better. The next morning after a late night we headed to Gatwick airport, where unfortunately it was time to depart for Ireland. After a memorable few days in London the UL ladies touched down on Irish soil in Shannon airport with a new partnership created with the Oxford University Ladies Soccer Club and hopefully we'll have them in Ireland sometime.



The UL ladies sitting in the home dug outs along the touchline of Emirates Stadium.

The Outdoor Pursuits Club

25 Years of Climbing, Hiking, Caving, Orienteering and Mountaineering

BY AOIFE O'SULLIVAN, PRO

The OPC grew from humble beginnings. Founded in 1992 by a group of friends with a passion for the outdoors, it has gone from strength to strength over the last quarter of a century. With over 500 members, it is now one of the biggest clubs in UL.

Between our busy schedule, bubbly committee members and can-do attitude it's not hard to see why!

The outdoors offer people a fantastic chance to escape their hectic lives for a couple of hours a week. Our Sunday hikes are always popular. Rock climbing is one of the fastest growing sports in the world at the moment, having recently been added as an Olympic event for Tokyo 2020. We have been promised a new climbing wall within the next few years to help meet the demand for climbing! We also run midweek caving and orienteering events. These give people a chance to explore a lesser-known side of Ireland, be it underground or racing through forests! Our activities cater to people of all abilities.

Whether you're a pro climber or have never read a map before, we love to have you at all our events.

Over the Christmas break, 20 of our members headed to Bonnie Scotland for some winter mountaineering. While there wasn't as much snow as was expected, the high winds had us feeling like we could turn to ice ourselves! Many of the people on the trip were complete beginners who hadn't even climbed before coming to UL. Despite this, they all managed to get out every day and had great fun on the routes. Everyone made it back with as many fingers and toes as they had left with, a sign of a successful trip!

This semester promises to be one of our busiest yet. We intend to go caving in Yorkshire in England, mountaineering in the French Alps, and rock climbing in El Chorro in Spain. With a bit of luck we may even experience outdoor activities in the sunshine! Along with our annual pilgrimage to Glendalough for sightseeing and dancing hiking and climbing, and our cosy weekend up north in the Mourne Mountains,

we intend to celebrate our 25 years of pursuing the outdoors in style. Charity events, fancy dress hikes, climbing competitions and even a ball are in the pipeline for 2017!

If you would like to be part of our year of celebration, come talk to us at the recruitment drive on Thursday of week 2! You can find us at our stand in the Foundation Building, and we will be more than happy to answer any of your questions. We are hosting our own information night in week 3. Alternatively you can join online at ulsu.ie and confirm your membership by calling into the climbing wall (located across from the arena) any Monday, Tuesday or Thursday between 7 and 10pm. If you would like more information about the club, you can contact us on our Facebook page **UL Outdoor Pursuits Club** or email us at uloutdoorpursuits@gmail.com. We can't wait to see you at all our events!



Happy New Year all!

SORCHA HOLOHAN UL LADIES RUGBY PUBLIC RELATIONS OFFICER

As second semester draws ever closer, the beginning of a new micro chapter in college greatly excites us all. What lies ahead of us is unknown, but for us Rugby Players, we know that this is the semester for performance. The Intervarsities and the lead up to the All-Ireland Final is in the mix, winners determined by the application of hard work, preparation and positive psychological mind-set.

Firstly, we will have a stand at the recruitment drive for all new members both experienced and non-experienced players, all very welcome to join our family-like team. This will take place on the 2nd February in the Concert Hall.

Looking back on the previous year, the unsuccessful retention of the Senior All-Ireland Cup and the loss of the Intervarsities in 2016 was heart-breaking, motivating the players to work hard to piece together the various pieces to form a winning team. This includes a high-quality backroom team. With Irish Player Fiona Reidy at helm, she is constantly steering us in the correct direction. Valerie

Mitchel is also on board, and we are very forever thankful to both of them. A new Junior Team was formed in 2016 and they won the Junior All-Ireland Final. They have set out this year to retain that cup. However, this year has been a perfect start, winning 4 from 4 in the Senior league and 2 from 2 in the Junior league.

Finally, with the aim of winning, we as a team set out in pursuit to be Champions, and nothing less. This will include numerous training, gym and team bonding sessions. We welcome these challenges and as Vince Lombardi once said "The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand".

The Sky's Not the Limit

BY ADRIAN GARVEY PRO

Hi everyone and welcome to semester 2... our favourite semester because the days are getting longer now. After everybody jumped last semester we took a break from our activities for exams and Christmas (and to avoid the cold).

Over January, our members (Dylan O Sullivan, Eugene Murphy and Damien Cahill) travelled to Spain to complete training to become skydiving coaches. Dylan and Eugene have been in the club 2 years and already have 150 jumps each. Damien (our club's senior instructor) travelled with the guys to prepare for this qualification. Eugene and Dylan can now assist our skydiving students to improve their skills. We want to train all our members to be coaches and that includes you.

How are we going to do this? It's very easy... first of all you have to join the club if you haven't already. Come see us at the recruitment drive on Thursday Week 2 in the Foundation Building.

Following that, we will have a club information night on Monday Week 3 at 6.30 pm. Keep an eye on our Facebook page (Skydive UL) and your emails for more about this (including the venue). To contact us our email is SkydiveU@gmail.com. Rumour has it that there will be pizza at the information night!

This semester we have lots of plans. Of course Number 1 on our list is that you jump out of a perfectly good airplane. On top of that we will have weekly events including teaching you how to pack a parachute (this

happens every week on Mondays in EGO-10 from 6 pm). We will also have an equipment seminar where you can come along and have a look at all sorts of different equipment (including wing-suits and BASE jumping gear!). We might go bowling too. In late March (or early April) we plan on taking a group of you to Poland for some indoor skydiving. Come experience the thrill with none of the danger... yet! This trip will be discounted by the club and no skydiving experience is required. Do yourself a favour and google indoor skydiving right now if you don't know what it is!

Finally, after the exams are over we will bring a group of you to the South of France for two weeks of skydiving. This trip is for complete beginners with getting your skydiving qualifications. We plan on going over from 17-31 May... and the club will look after the planning! Also did I mention this is in the South of France! But....this all starts with your first jump, so come along to the recruitment drive and the information night to meet us.

And remember...it was Leonardo Da Vinci that said: "For once you have tasted flight you will walk the earth with your eyes turned skywards, for there you have been and

there you will long to return." He wrote that after his first skydive with us.....

Email: SkydiveU@gmail.com
Facebook: [Skydive UL](#)



UL Rowing Club - Shipping up to Boston

BY PATRICK CORLEY, PUBLIC RELATIONS OFFICER

The past year has been an excellent one for the UL Rowing Club. The club is currently experiencing a phase of rapid growth with many new members signing up this year including experienced and novice rowers. As a result of the increasing interest in UL Rowing, we have been able to plan many training camps and trips abroad. The most recent and remarkable event that ULRC has competed in is the Head of the Charles event in Boston. In October, UL Rowing Club, supported hugely by UL Clubs and Socs sent a number of athletes and coaches over to what is considered one of the biggest International Rowing events in the world. Two crews competed in the event, a men's eight and a women's eight. The athletes who raced the event competed for a seat in their respective boats, training intensively throughout the early weeks of last semester leading up to the event. Both crews raced very well and were the first to proudly represent UL at the Head of The Charles event. The athletes who raced were a mix of experienced rowers and rowers who had only started last year. We hope to keep sending more crews to this event in future years and use this event as an effective way to motivate athletes to compete for and secure their places in a very competitive crew!

Boston aside, ULRC has a very strong presence at National events such as Intervarsity Championships, National Championships and Indoor Championships, on here at UL. UL Rowing Club has had great success in these events over the years. At Provincial Indoor Championships 2016, UL had a huge number of medallists amongst the men and women's crews!

A number of ULRC athletes climbed Carrauntoohil in February of last year. It was a great day out and a very good team-building experience that allowed athletes to have the craic and also get some training in! There is no denying that rowing is a tough sport and as a result, we try and organize as many trips and social event as possible! There is a great relationship between all members in the club and a good night out with the rowers is never rare!

Be sure to check us out at our website <http://www.ulrowing.net/> or email us at irow@ul.ie and University of Limerick Rowing Club on Facebook!



Boston head of the Charles



UL Social Soccer Club – Into the Great Unknown (Alive and Kicking)

BY OLIVER BRETT

My name is Oliver Brett. I am the founder / President of UL Social Soccer Club. I am also a mature student in the second year of my Business Degree.

The last 12 months have been a small bit surreal. We have gone from a small gathering of people who met through Facebook to a very real sports club validated by our peers at the SU. As if to be recognised by the college as an official club wasn't humbling enough, throughout the semester we managed to amass a paid membership of over 100 members. This obviously indicated that our reach went well beyond our initial band of 20 or so footballing outsiders. I always knew that the concept of our club could appeal to a broad base of students but I had not anticipated that we would grow so quick. Our rapid growth has provided challenges but they are exciting challenges that we look forward to tackling (as I try to avoid the use of footballing puns).

We receive a lot of enquiries about the club on a weekly basis. I'll take to answering a few of them now.

Our goal (for lack of a better expression) is to offer an alternative to the competitive level of football. It is very much a national issue that young people that enjoy the game of soccer in this country are funnelled into competitive pathways at local clubs and as they go through the levels more and more of them drop away from the game. They may not be up to the required level, disenchanted with the rigours

of the game, unable to commit the time, or just wish to pursue other interests. These people enjoy playing the game but want to play in a social context, purely for enjoyment and not to fulfil collective competitive goals.

Unfortunately, our college has not been immune to this mentality. The UL Soccer Club provides the best players with highly competitive competitions and a great outlet for their ability, as well as justifying



our own amazing sports facilities. They perform fantastically, both the male and female sides, however, by the end of the Fresher's Trials and following the Fresher's League, a large number of students have no route to play football at this college in any sort of organised set-up. We knew that this community existed and our goal has been to harness this.

Students that decide to pay our €5 membership and join us will no longer find barriers to playing football. Last semester we organised two or three matches every week (alternating indoor and outdoor matches), often booking two pitches to accommodate large turn-outs. We provide sports bibs and footballs for matches. We also assign the teams to avoid any "cliques" forming. After all we are

looking to deliver on the social aspect of our games. The club is about meeting new people, playing soccer and having fun. The matches themselves vary in size depending on the turn-out. We have done everything from 5 v 5 to 11 v 11 but more commonly we try to play 7 v 7 or 8 v 8. Once someone has paid their membership it is completely up to them how many games they wish to be involved in. We create the event on Facebook and our members respond whenever or however they wish. We like to think that this suits people with a busy academic or social calendar.

What has consistently amazed me is the sporting nature of our membership. Our games have always been played in the spirit of fairness regardless of the personnel on the field and this has been very heartening to see. For the upcoming semester, we are hoping to deliver much more on the social aspect of our club. We organised so many successful matches last season and that was fantastic but we always had the intention of providing many more social activities to complement our games. This semester we have provisional plans for a Table Quiz, Champions League Viewing Nights, a FIFA Tournament and of course Charity Week events.

We will be appearing at the recruitment drive in Week 2 and from that point onwards we plan to organise two games per week. The easiest way to stay in touch with our club is to join our Facebook group "UL Social Soccer" or to email any enquiries to: ulsocialsoccer@gmail.com

FINDING DIVERS!

BY NAOMI KEOGH & AOIFE VAUGHAN WITTS

To kick off the New Year, UL Sub Aqua Club embarked on their eagerly anticipated annual scuba diving trip to Puerto del Carmen, Lanzarote. Eight scuba divers, including two new trainees, jetted off to the sandy beaches of Playa Chica, wetsuits and fins at the ready.

With our charming villas only 15m from the beach, we were in the water every chance we got. We dived in the mornings, the afternoons and even then again in the evenings. Having brought over most of our gear, we made our way to the beachside Safari Dive Centre every morning, where we collected our tanks for the day.

After kitting up and doing our buddy checks, we headed to the various dive sites Lanzarote has to offer. We walked into the sea from the beach, or jumped into it from a pier, we even get dropped out to some sites by a boat. We visited an array of dive sites while over there, from shipwrecks, to blowholes to rocky reefs. The marine environment in Lanzarote was amazing; we saw countless species of fascinating marine life: damselfish, cuttlefish, barracuda, octopus, sea urchins, sea cucumbers, starfish, stingray, garden eels, spider crabs, nudibranchs and many more.

Along with the dives during the day, we also dived at night. With only our torches to show us our way we discovered the world underwater at night is a very different place. We were all in awe of the beautiful bioluminescence that is visible when the

torches are switched off, the tiny plankton in the water lighting up like miniature fire-flies. When we were finally finished diving for the day, we cooked some delicious meals at home or we sampled some of Puerto del Carmen's fine restaurants.

The highlight of this year's trip was definitely the visit to Europe's first underwater museum, 'Museo Atlántico' in Playa Blanca, Yaiza. The Museo Atlántico, a fascinating piece of art which aims to create a large artificial reef formed by sculptures made with neutral pH concrete that will in time increase its marine biomass. The museum includes the art of artist Jason de Caires Taylor, and highlights the bond between our lives and the ocean, allowing visitors to become aware of the importance of the sea and the natural resources. It features six different areas, including children on traditional crafts (pictured), a couple taking a selfie in front of a boat full of cast-away Senegal refugees, and 35 human figures heading in the same direction. Covering a 2500 square metre surface with a max depth of 16m, the museum was an unforgettable experience.

With a week's worth of fantastic dives and sightseeing of the beautiful landscape of Lanzarote, the 2017 Sub-Aqua trip was one to remember!

If you fancy becoming one of "The Diving Damsels" check out our Facebook page or get in touch with out PRO, Secretary or Chair. If you think you're up to it, we can show you a whole new world you've never even dreamed of.



The Underwater Museum, Museo Atlántico

MOROCCO TRIP 12/01/2017 - 19/01/2017

JANUARY BLUES BUSTED

BY CIARA OLSTHOORN

Through years of experimenting, travelling and surfing, UL Surf Club has finally uncovered a consistent, reliable, tried and tested method to cure even the most severe cases of “down-in-the-dumps”. A rampant problem, particularly as the New Year’s hangover sets in, with 23 entire days to occupy before returning to the intellectually nourishing college environment. This year, UL Surf, once again, flexed its boredom-busting muscles and brought 26 fantastic, young, surfing enthusiasts to the North coast of Africa to attempt the impossible, getting a tan in January.

Taghazout welcomed a reputable UL Surf Club for what lined up to be a fantastic week for all who flew over. Each morning shaped up the same, breakfast outside, overlooking the sea, as we organised groups to go in cars and buses to suitable spots depending on the swell, guided by our Moroccan fountain of wisdom (Melissa). Everyday our advanced bunch eyed up Anchor Point from a distance, and eventually made the decision to make the ten minute walk from our hostel, before sunrise, to chance surfing it before the pro’s and their photographers packed the line-up. The intermediates picked their desired torq boards and loaded them into the van, and the beginners took the other with foamies stacked high on the roof, and so we began our week.

The intermediates and the advanced travelled to



Anza, where, on local knowledge, we found out was in fact the home to dinosaur fossils. With a reef and beach break, it served to accommodate all levels of surfing. In between the surf session the whole group congregated for lunch and the introduction of the Colour Game, which I, personally, still don’t know the rules to and is probably the most annoying game ever invented. With some opting to stay on the beach to continue with more games, or sit and talk to the many colourful characters selling us stuff, others headed back out on the water to catch the last few waves of the day. Evening rolled in and we headed home, ravenous for dinner, and shattered. That evening we had the delight to meet the Oxford crew (not that Oxford though) where further versions of the colour game continued on the balcony of the sister hostel to ours.

As the week progressed, we got more of a chance to surf specific waves to suit our level. The advanced headed off in cars to La Source and Anchor Point where (according to themselves) they got “absolutely pitted bro”. What were once timid reef surfers, grew in confidence and by the end of the week, real improvement was evident. The intermediates and the beginners went between Devils Rock and Tamari as the swell got bigger in Anza, lucky for us our guide had supreme knowledge of the surf spots and found us the perfect place to practise our pop ups and turns, without the fear of being impaled on a reef. Some beginners progressed to



hard boards and with all the time to practise. The group consensus was that we were all delighted to feel more comfortable with our skills. On one particularly big day in Anza, when the intermediates looked hopelessly out into the kilometre of white water, trying to spot the advanced out back, Carissa Moore, world number 2, popped up on the reef in a luminous orange wetsuit. More vans continued to pull up, with surfers and their photographers setting up camp either side of our mini bus. Particularly for the girls on the trip, it was an extremely motivating moment for us, to watch her and her sister surf along with other pros. Besides from providing the evening entertainment, it also gave us girls a huge incentive to try a bit harder and to get out onto bigger waves. Both guys and girls alike were in absolute awe watching her.

As the week drew to a close, and as all attempts to sell Roisín Owen for 100,000 camels had failed, we reluctantly left the paradise of surf Taghazout for Ireland. Armed with bags of tea and argan oil from the bustling souks, we found ourselves back home, with 300 pictures of paradise valley to upload, plastered in freckles (or for the lucky few, a tan) only 4 days from college, refreshed, revived and “totally stoked man”. Don’t forget to check us out on Facebook at <https://www.facebook.com/ulsurfclub/>

UL SWIMMERS ARE MAKING WAVES

BY CAOIMHE HENNIGAN, UL SWIMMING CLUB

The University of Limerick Swimming Club is currently in its fourth year, and it has only gone from strength to strength. Every year the club’s numbers are increasing more and more. Not only does the club cater for those competitive swimmers but also people who rejoice in it for recreational purposes. Each year the club has increased the amount of sessions each week and this year is no different, we are adding a fourth session to our schedule once the new pool opens.

The second year of the club’s existence was its most successful year where they won the most improved club of the year and placed 3rd overall in the country at inter varsities. Last year the club made history by entering our first Swim Ireland official meet down in Kerry, not only was this our first Swim Ireland meet we managed to leave with over 40 medals. Thanks to the roaring success of the club in the last number of years, the club has not only become recognised throughout the university but across the country.

Last semester the team attended a gala hosted by NUIG for the 3rd year running, each year this gala is an ideal way for the team to prepare for the biggest

competition of the clubs’ year, the Irish inter varsities. This year the team has a record number of swimmers set to represent UL and hopes to improve on our third-place finish during the second weekend in February. This is the biggest team attending the competition since the clubs’ existence.

The club caters for swimmers of all different abilities, with our brilliant coaches always there to make sure we get the best out of every training session making any advice available to you. As a result of the state of the art swimming pool that the UL sports arena has to offer, the team has the opportunity to train in both a 50 metre and 25 metre pool. This allows for all levels of swimmers to be facilitated. The University of Limerick Swimming Club has continued to grow each year since it was formed. It can be a great way to wind down after a long day, whilst still getting in daily exercise. The club is always welcoming new swimmers no matter what the ability is. Any queries about the club contact the club through the club email ulsc.swim@gmail.com or through the Facebook page.

“There are always going to be obstacles that come in your way, stay positive.” – Michael Phelps

UL TAEKWONDO: BRINGING HOME THE SILVERWARE AND HAVING FUN DOING IT!

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

It has been a truly outstanding semester for UL TKD club with members both old and new starting the year with a pip in their step and a determination to build on our achievements after the hugely successful Irish intervarsity championships which we hosted in the spring term AY 2015/2016.

Competition season kicked off with a bang, with medals for Joshua Byrne and Rebecca Anderson at the Redking Rumble, a strongly contested competition in Little Island, Cork. Opening UL's medal count for the season, Joshua took a silver medal in sparring while Rebecca took a gold medal in patterns – traditional floor movements choreographed into a sequence – and a bronze medal in sparring. Marli Serfontein and Giulia Postir continued UL's winning form in the ITA Irish Cup here in the UL Arena with Marli winning two gold medals, one in sparring and one in special technique, and a silver in patterns while Giulia took gold in the lightweight sparring division and silver in special technique. And if that's not enough, the ladies also have the honour of calling themselves the reigning national champions!

The club has been flourishing outside of the competition circuit as well. Serious work has been put into training by all club members with many preparing for competitions and their next, or often their very first, belt grading. The adrenaline rush of a tournament may not be everyone's cup of tea but if your 2017 resolutions need a little boost then look no further. With a workout which engages your muscles from head to toe, taekwondo is a perfect way to improve your fitness and flexibility while acquiring useful skills in areas such as self-defence. Our training sessions are organised to cater for all levels of ability with more advanced members always there to help those new to the sport. This camaraderie extends beyond our dojang – gym – as we get together outside of training for cinema outings, club dinners or nights out. One might say, an all-rounded development of body and mind.

Looking to the future, this semester promises to be another action-packed adventure with special technique seminars, the Inter varsities 2017 and more regional competitions than you can shake a stick at!

So whether your goal is a black belt, learning new skills or simply enhancing your fitness levels make sure to come to one of our training sessions.

UL TKD train Monday at 18.00 and Thursday at 18.50 in the PESS building. New members and absolute beginners are always welcome.



Joshua Byrne (left) competes in the lightweight division blackbelt sp



Marli Serfontein (left) and Giulia Postir (right) celebrate their wins at the ITA Irish Cup in the UL Sports Arena in November.

SEMESTER TWO, THINGS ARE LOOKING UP!

BY SEAMUS TOOMEY

What did we get up to last semester?

Last semester we grew as a club, we welcomed 260+ members, broke records for numbers attending training, volunteered with Crumlins Hospital, had the renowned Greg Roe visit us and give us a heavily discounted clinic, won the Munster Open Cup, took part in two mannequin challenges, brought home a bag of medals from the Irish Intervarsities, celebrated our 15th year as a club and had numerous trips to Jumplanes, Douglas Gymnastics Club and held a very successful UV Paint Party and Pub Quiz.

What is trampolining?

In our club we practice the Olympic sport that you may have seen at Rio last year, trampolining. Our club has four of these Olympic standard trampolines which are much larger and more powerful than a garden trampoline and you'll learn to do twists, body landings, shape jumps and of course somersaults on them. We've recently added an air-track to our equipment which will better allow us to practice tumbling where you'll learn things like dive rolls, back hand springs and again somersaults. Along with that we've got a DMT which is like a run on run off trampoline and our weekly training sessions include a core workout so you'll be getting fit while having fun and socialising all at the same time. Best of all we have Gymnastics Ireland (GI) certified coaches who will ensure you're taught everything correctly and safely. If you want to find out more you can check out our Facebook page: UL Trampoline and Gymnastics Club, our Instagram: ultrampoline, or find us on the UL Wolves site ulsu.ie. If you want to see what trampolining is like then check out Greg Roe (who attended UL last semester and may return) on his youtube and Instagram where you can see high level gymnasts completing the crazy things you'll aspire to learn with us. There are different levels of course for those who want to compete and earn medals. These levels include Novice, Intermediate, Intervanced, Advanced and Elite. All routines contain 10 skills, in Novice these will be mostly shape jumps, twists and body landings. At intermediate we add one somersault into the works and from there things get fun with the higher levels including twisting in and out of somersaults.

Training Times

Our club trains two times a week on Tuesdays and Thursdays from 19:00 until 22:00 in the PESS building. It's easy to become a member just sign up on the UL Wolves website (ulsu.ie) and then request membership. We will also have bi-weekly diving sessions in the new diving pool in the Arena once it's finished in March. After that just make sure to get in contact with a committee member and have them accept you as a member to ensure you're insured on all of our

equipment. To contact a committee member just use the Facebook page or come down to a training where we will be doing sign ups. Our membership is only €5 and you'll get lots out of that small investment over the rest of the semester which not only includes our trainings but will ensure you're subsidised when we go on our trips to Douglas Gymnastics Club, Jumplanes or to competitions.

Other Events

This semester we have three competitions and lots of events lined up. In addition to our weekly trainings (19:00 – 21:00 Tues and Thurs) that'll see you socialising, having fun and getting fit we've got three big competitions coming. SSTO an international competition taking place in Scotland on February 3rd will see 100's of gymnasts descend on Edinburgh including 25 of our own. After that we're hosting the inaugural Limerick Open on the 24th of February which will see clubs from around the country come to UL for competitions in Trampoline, Tumbling, DMT, Two trick and Synchro. The Limerick Open is set to be a mini -varsities so it'll be a great chance to practice skills you'll learn with us, meet other gymnasts from other universities and have fun socialising and competing. Finally we'll be attending the Irish Student Trampoline Open (ISTO), Ireland's largest competition where we will compete with other clubs at the different levels on March 30th in Dublin. Competitions are a great opportunity to develop your skills and make friends, there is always challenges for clubs to compete, themed nights out and when we go away we get a better chance to bond with the members in our club staying in hostels and exploring new cities together. It's not all serious competitions though; we will be hosting a pub quiz during the second semester and also a Masquerade ball so make sure to keep your eye out for our social nights and fundraisers.



Captain Rebecca Wray volunteering with Crumlins Hospital at UL Boathouse



Club Trampoline

WIND SPORTS CLUB

BY EOIN KEYES

Youtube search "Wave sailing" and click on any video in the first page of results... Do it. Now! I Dare You. You're there? Good. Need I say more?! It's surfing with a massive sail that lifts you into the air so you can throw crazy moves while you hang there weightless! Is it not the coolest sport in the planet?! Admittedly, it takes years of practice to get competent enough to even think of going out into waves on a windsurfer. This is where the UL Wind sports Club comes in! Your first session will likely be frustrating, as you struggle to figure out which end of the board is the front, you don't know where the wind is coming from, and fall off every time you feel like you're getting anywhere. You'll slowly drift around at the mercy of the wind and currents, until someone arrives with a rescue boat and a smile to bring you back to the instructor on the beach, who will patiently explain exactly how to make the whole contraption move forwards. And they'll do it again. And again. And again, until you start to get cold and decide it's time for a pint.



And you'll come back on the next trip. Because that pint went down well and it kicked off a great night getting to know a new group of people, telling stories of your funniest wipeouts during the day and rehashing old classics; slagging the German Erasmus students for wanting to 'make' a picture, and confusing the American Erasmus students by saying that everyone is having a lot of craic...

On the next trip you'll find that you start to have some idea of what direction you're meant to be going or what end of the board you want to get there first, and how to build up a bit more speed before falling off each time. It is Wind sports Club so you can definitely expect a kite surfing weekend session or sailing afternoon session.

This time the pints afterwards taste of success and progression, and you'll notice that the people you are enjoying them with aren't a bunch of random students from around the world but a group of your closest friends. People you'll find that you have an incredible amount in common with. You'll start discussing which warm part of the planet you would like to do a winter trip to (Morocco maybe? Or Egypt?), and who among you should you elect to the committee to make this happen. Maybe you'll go for a position on the committee, so that you can have a direct influence on where that trip goes and what it involves. Maybe you're technically minded and enjoy fixing things so you go for the equipment officer position. Or else you're good at writing promotional articles such

as this one so you would prefer the PRO role? Before you know it, you're part of a team with the freedom, you can do just about whatever you want, a budget to spend, and an awesome sport to channel it all towards!

As you spend all this time socialising, planning adventures and squeezing in an occasional assignment here and there, you'll find that the actual windsurfing part only gets more and more fun as you improve. You learn to water start (Youtube it!), which signals the end of lifting heavy sails out of the water and enables you to use bigger sails and smaller boards. Which allows you to get your board up and planing over the water; the best feeling in the world bar none! Imagine screaming along the surface of the water at a million miles an hour, always milliseconds away from a massive crash! Which happens regularly, and is fine because the water gives a soft landing. Over time, your control improves and the crashes get less frequent, though no less entertaining. Keep it up for long enough and the sky is literally the limit. Keep at it and hopefully one day you will be up there on youtube, ripping up beautiful waves in a tropical paradise while the rest of the world looks on in envy...



RUN AWAY WITH THE CIRCUS!

BY SEÁNA O'HARA, PRO OF CIRCUS SOCIETY

Hey! We are the Circus Society and we teach our members how to be creative and awesome circus performers! Our skills range from juggling to hula hooping to uni cycling and more. Our committee is all self-taught and we are all willing to share and learn from each other.. That's why we set up this society.

In the coming year we will be doing our standard weekly training, bi-weekly workshops, spontaneous outdoor practices, trips to circus conventions, trips to the Ariel Centre in Limerick city, fundraisers and outdoor circus performances!

So why not run away with the circus?

Our standard training is every Thursday in Kilmurry Hall from 6pm to 8pm. Updates, photos and further information can be found on our Facebook page at UL Wolves Circus Soc, Snapchat at ulcircussoc, or Instagram (because circus things make really nice photos) at ulcircusoc. You can also contact us personally via our gmail: ulcircus@gmail.com.

The circus is in town, and all are welcome!



National Circus Festival Ireland 2015

COMEDY SOCIETY: COMEDY GIGS AND PUPPIES! (BYOP)

BY LEE BROGAN, COMEDY SOCIETY PRESIDENT

We're halfway through the year now and it's going swimmingly so far. This is the fifth year since our inception and we've only been getting better. In the last semester we welcomed in new members, held some great events, and overall had a lot of craic. In the last few years we've put on a number of great events including the first comedy intervarsity, and hosted a few professional comedians like Karl Spain, and produced comedians that have gone on to compete in comedy competitions such as The Chortle Student Awards and Show me the Funny.

Last semester we hosted famous comedian Joe Rooney (Star of Fr. Ted and Killinaskully) who performed an hour alongside some of our own comedians in the bar where all our gigs are held, The Scholars. It's located in Students Union courtyard beside Spar and all our gigs that are held there have free entry. Last semester also saw the return of our hilarious Improv gigs. We brought a great crowd to the Sports bar on campus and showcased a number of games similar to ones seen in the TV show *Whose Line is it Anyway?* It was a great success and featured a large number of comedians from our own society! We also had our Mock UL quiz which took place towards the end of the semester. This event also saw two special guests take part, Donal Foley and Caolan O'Donnell, the SU's Academic and Welfare officer respectively. These two took to the stage alongside some of our own to answer the same questions as the audience but they had to be funny about it! The top 4 teams were given prizes and the proceeds from each team was donated to the Novas Initiative, a charity that helps to house the homeless in Limerick and across the country. This year we hope to have a lot more great events for everyone.

We host Stand – up, Improv, and Sketch workshops on Mondays, Tuesdays and Wednesdays at 7PM. The Stand – up workshops allow people to test out their stand – up jokes among friends to get some constructive criticism from some comedians who have been writing and performing stand – up for years now. If you feel that you're up for it, participation in these workshops can lead to performances in our stand – up gigs throughout the semester. Improv workshops

are where we play games based around improvisational performances. Anyone can take part and no preparation is required! We also put on Improv performances like the one mentioned earlier which are easy enough to fit in a lot of performers so if that interests you come along. Sketch workshops are where we share our ideas for potential comedy sketches and get help with writing. We also organise how and when we will shoot some of the sketches with our own equipment and upload them to our Youtube channel. We also have bake sales and panel shows throughout the semester for everyone so be sure to come along and take part in them too. You can get in contact with us on Facebook by adding us (UL Comedysociety) and also on Twitter @UL_Comedy. You can also always email us at ulcomedysociety@gmail.com. We look forward to hearing from you all, see you soon!



2017: NOT JUST THE SAME OLD SONG AND DANCE

BY SONYA RAMONDINO DANCE UL PRO

The University of Limerick has been freshly painted with the vibrant faces of students from around the globe. To celebrate such a rich array of cultural backgrounds, Dance UL is excitedly extending a warm invitation to all students across campus (and beyond) to become one of its many cherished members.

Dance UL is a society which promotes dance as a form of physical exercise, expression, artistry and a psychological outlet for all students, regardless of previous experience. Starting in week 3 of this semester, five weekly technique classes will run including the styles of Hip Hop, Contemporary, Irish dance, Zumba and Ballet (new to the schedule this semester!). Additionally, workshops will be held every week led by guest instructors in their respective fields. Last semester Dance UL had the opportunity to host Swing Dance, Dancehall, and Heels workshops, many of which will be re-introduced in the coming months due to popular request.

The year 2016 was an incredible one: UL placed third in the Contemporary category at the All Ireland Intersvarsity Competition in Dublin and performed three other jaw-dropping pieces to fellow colleges. The short film entitled "project: ULTIMATE" which featured dancers from Dance UL's Mixed team was created and screened in collaboration with the independent film company Crooked Teeth. To round

off the year, Dance UL won the title of "Best Event" at the Clubs and Societies Ball for hosting the 2015 All Ireland Intersvarsity Competition. This semester, we want to give 2017 its own greatness by striving to make it just as adventurous, moving, and creative as last year, with a few more surprises along the way!

All students wishing to participate in one (or more) of Dance UL's classes must become a member through the UL Wolves website before taking the class. Committee members will be at the classes if you require help registering beforehand. Dance UL engages in events with other clubs and societies and would love for you to join us in upcoming table quizzes, dance nights, and of course, the End of Semester Showcase, featuring all of our dancers onstage at the Johnathan Swift Theatre. We will also be at the biannual Recruitment Drive on Thursday, February 2nd! Come check us out and chat with dancers, teachers and committee members for more details on this semester's schedule and upcoming events.

Finally, Dance UL's Intersvarsity teams have been working extremely hard to prepare for the 2017 All Ireland Intersvarsity Competition in Galway, on March 8th. On this note, the Irish and Mixed categories are still recruiting more dancers! If you are interested in joining either team as a varsity dancer, you are more than welcome to audition on Monday, February

6th. More details will be posted, so stay tuned for further developments in the dance world in and around campus by following Dance UL on Facebook, Instagram (officialdanceul) and Snapchat (DanceUL)! The committee and teachers are greatly looking forward to seeing both fresh and familiar faces to kick off what is sure to be an incredible year!



Dance UL's Event Organizer Ana Camillo performing a Gypsy dance at Dance UL's End of Semester Showcase in November 2016

CURTAIN'S UP ON SEMESTER TWO

BY LAURA HUNT DRAMA SOC VP & PRO



CARZ Photoshoot.

What a cracker of a first semester we've had at Drama Soc HQ! Between two incredibly successful productions, our writer's group debut, a number of incredible guest workshop leaders and directors, theatre trips and collaborations with other clubs and societies, we've certainly kept ourselves busy!

During the autumn semester, the first of our two productions was the sell out CARZ. CARZ was an immersive theatre event held over SoUL Arts Fest, in collaboration with The University of Limerick Arts Office. For this production we had the pleasure of working with an external director, the incredibly talented Ann Blake. Ann assisted Ray Liathróid, one of Drama Soc's up and coming

writers, in the writing of the four short plays that were CARZ. These plays were set in four vehicles parked around the UL campus and audiences were ushered from one to the next. CARZ ran for three nights with a total of six performances.

Our second production this semester was STIGMA, a mental health showcase with all proceeds going to two worthy causes, Pieta House and Corbett Suicide Prevention Limerick. This showcase was comprised of monologues, short plays, survivor stories written by real UL students about their experiences with some dance and vocal pieces. STIGMA was a collaborative event, on which several other societies kindly contributed. These included OutInUL, UL Tea Appreciation Society and a performance from ULMS Voice on one of the nights. STIGMA ran for two nights and we raised €1,200 to divide between the two charities. We even had the opportunity to present the funds raised to both charities at a small presentation at the end of the semester. We were humbled by the difference our members had made with all their hard work on this emotional production.

Last semester saw the start up of the Drama Soc Writer's Group. This is a weekly meeting, separate to our regular workshops, where members with an interest in dramatic writing can come together, share ideas and collaborate with likeminded individuals. These meetings have grown from strength to strength and we're looking forward to seeing what the writer's group will come up with in 2017. Writer's group meetings are open to all drama society members.

With every new semester we have been stepping up our game with our weekly workshops, held Wednesday evenings at 7pm in the Jonathan Swift Theatre. During

the semester just gone, we had a number of talented guest workshop leaders, including Ciarda Tobin, Myles Breen, Kevin Kiely Jr. and Simon Thompson. Our workshops covered a range of topics from character development and on stage movement, the evolution of theatre to Shakespearean theatre, stage fighting and improvisation (a collaboration with UL Comedy Society) and everything in between. During the spring semester we will be launching our brand new series of stage tech focused workshops. These are to include everything from lighting and stage management to costumes and props.

To coincide with our productions and workshops, we also had a number of other events last semester. These included our 12 Hour Theatre Challenge, trips to Dublin Theatre Festival and Torch Players' evening of three short plays at The Locke, our annual Disney Quiz (in collaboration with OutInUL) and a Retro Games Night to name a few.

After the success of last year's trip, this January 20 of our members headed off to London for four days of intensive theatre training. These lucky folks took part in a private workshop with the cast of Wicked followed by an acting workshop, and the following day they got a backstage tour of the theatre where Les Miserables is currently running and they saw a performance of Wicked by the 10th Anniversary London cast. This was an amazing opportunity for Drama Soc and our members are still raving about it!

We already have some super exciting plans for the coming months that we can't wait to share with you! Make sure to follow us on Facebook (@uldrama) & Instagram (@uldramasoc) for updates on any of our upcoming productions and events. For more information about our society or how to become a member email pro@uldrama.com.



Myles Breen Workshop.

"FILMMAKING IS THE CHANCE TO LIVE MANY LIFETIMES"

BY EILÍS WALSH PRO

UL Filmmaking Society was only a dream until the semester of 2015, when we were given our trial period. We were all extremely excited as to what the future would hold. Fast forward to 2017 and we've finally accumulated our own equipment, which is a massive achievement in itself.

Some of our committee members have been away on Erasmus but the committee that was still based in the university have been very busy. Some of the projects they took on were filming events during SoUL Week and helping out other societies. We really wanted to establish our name among the other societies and to let them know that we existed and were more than happy to help.

What did the society do with their members? Many of our talented committee members have interests in specific aspects of filmmaking and so, throughout the semester the members were treated to a workshop learning how to write their own scripts, got the opportunity to learn the inner workings of a camera and learned how to use one, this class was

taught by Michael Boyle.

One of the most important aspects of UL Filmmaking Society is our interaction with our beloved members. From the beginning, we wanted to incorporate film itself into our social events. So we decided to create our own version of a lock-in, where we would spend the night in ULSU and would spend the entire night watching films. The catch is that we would vote on a theme for each lock-in, some of them being "Classics" and "80's Films". We really feel it's a good way to get to know each other and also a chance for us to analyse the films we watched.

In terms of equipment, we now have in our possession a Blackmagic Pocket Cinema Camera and a Lumix lens, which our equipment officer Michael Boyle assures us all that it creates stunningly cinematic footage. What more could you want? Our committee members are willing to share their equipment with the society and of course, YOU, the members are more than welcome to share what you have with us equipment wise.



What will 2017 bring for UL Filmmaking Society? This year is the year we will finally write, shoot and make our very own short film or film. The fact that we now have our equipment makes us incredibly determined to put them to good use and also to show the University of Limerick what we have to offer. So we want those interested in writing scripts, doing make-up, those with technical brains, students with musical talent, anyone at all with an interest in filmmaking. With Troy Studios only minutes away from the University, there is no shortage of creativity within the society.

We really hope that those of you with any sort of interest would like to join us and contribute your knowledge to both of us, the committee and our members who are willing to learn as much as we can about the magical world of filmmaking. Not everyone realizes how much work goes in the creating of a film before it hit cinemas and that is where we come in. We really hope you can join us! Join our Facebook page at <https://www.facebook.com/groups/ulfilm/>

THE NEXT EPISODE OF FAN FORUM

BY STEPHEN COLEMAN, PRESIDENT



We at the Fan Forum Society truly had a magical semester. When we weren't running around like loons holding broomsticks between our legs, we were on the way to the cinema for the latest release. Or, failing that, we were competing with one another in different

table quizzes. It really was an eventful semester, and next semester is lined up to be just the same. While our bread and butter remains the weekly 6pm meetings on Thursday at Red Raisins, we've grown to enjoy new ventures also!

Last semester, we established the UL Werewolves Quidditch team. Under the guidance of Ashley Taylor, we played a friendly game against the Harry Potter Society of Mary Immaculate College. Now, after a taste of the Magical Community's most popular sport, we're looking to have even more games next semester. If you feel like Quidditch is your thing, then come along to our stall at the Recruitment Drive where we'll have leaflets to better explain how we play it. Similarly, last semester we took to the debating platform alongside Debating Union and the Games Society in a life-boat debate.

Traditional events prospered last semester also. We amassed a large group for our second annual night of Lasertag at Delta Adventure City. The three games were good value for money, with players from both teams running to and from their base attempting to earn their team points. Oh God, the absolute fright of running into somebody pointing a laser-gun at you. In addition, we stuck to our roots with a multitude of table-quizzes. The quizzes, open to all, were centred around Superhero movies, general pop-culture knowledge, and Harry Potter. We even had a special event – The Wheel of Forum. Our very own wheel of fortune was the subject of a unique event, whereby the colour spun on the wheel determined what genre the question was that you would be asked. You got to just hope and spin that wheel!

Cinema trips, too, were a great success. Fan Forum members competed in the Superhero Quiz before making their way to the Doctor Strange screening at the Odeon Cinema, as well as venturing there for the midnight release of Fantastic Beasts after the Harry Potter Quiz! The trips were great fun for all, and the semester was capped off with the much beloved midnight release of Rogue One: A Star War's Story.

The cinema releases this semester look incredibly promising also, and we're counting down the days until we get to journey out to the Odeon again to see films such as Lego Batman, Guardians of the Galaxy V2, Logan and Kong: Skull Island. If there's a midnight trip to be organised, we'll get on it! Otherwise, we typically go on Wednesdays to avail of the cheaper student deals.

Our quizzes will be returning also, including a Games Quiz with the Games Society. However, we also intend of further diversifying our set-list. Week Two of the semester will see us and our friends at Out In UL take part in a night of karaoke and shoddy lip-sync battles, laughs guaranteed for all. Likewise, we are organising our own Mario Kart event, where we race against one another as teams in go-karting! Add that to the list, alongside an evening of bowling, and our schedule is looking bright and exciting.

All information on events, when confirmed, can be found on our Facebook group "UL Fan Forum Soc.". We also have a Twitter, @FanForumSoc, which we are looking to revive for the coming semester. New members are advised to register on the ulwolves website before meeting us to pay the membership fee, which is €4. Membership can be paid at our weekly meetings or at a pre-arranged time with the committee.

Lastly, I wish to advertise our radio-show on ULFM. Join Eoghan Carey and I as we discuss the week's pop-culture news, movie trivia and endless nerdy quips, often joined by other Fan Forum members.

The next episode of Fan Forum looks like a must-see, so try not to miss it!



First Quidditch Training

LEVEL UP YOUR LIFE WITH UL GAMES SOCIETY

BY RACHAEL MOONEY PRESIDENT

Welcome to all new students, and welcome back to the old. Some of you reading this may be thinking, "I joined 40 clubs & Societies last semester and I'm never joining another one," but there's no need to be so defeatist so soon in the semester. Come along to any Games Society event and prove yourself wrong! We have every game option possible, neatly spaced out along the week in a way that allows you to go to all of our events (if you have a truly burning passion for games of all kinds!). We start off the week with our Games Night, running every Monday from 6.00pm until late. We play a variety of table-top games, including board games (such as Risk, Monopoly, Apples to Apples, and Settlers of Catan), competitive card games (such as Magic: The Gathering, Yu-Gi-Oh!, and Pokémon), and pen and paper RPGs (such

as Dungeons and Dragons, Pathfinder, and Dragon Age). Wednesdays are our consoles days, which are run in the Student's Union Room 3 from 12 noon until 6pm. We have a variety of consoles and games available, from the newest releases (such as the PS4 and Xbox One), right back to the Wii, GameCube, and older PlayStation models. There is a large community of Smash and Mortal Kombat players, as well as a variety of casual gamers. As it runs all day, it's a great opportunity to drop in between lectures to let off some steam.

Other events which we run during the week are our GitGud workshops, for anyone who is interested in improving their skills in fighting games, and Smash weeklies. Keep an eye on our Facebook page and UL Wolves site for the finalised times and days for these events.

We also host monthly lock ins in the SU, where we stay overnight from 8pm until 8am the next day on the last Friday of every month. We usually host a variety of competitions, ranging from Overwatch and League of Legends, to Charades, Werewolf, and others.

We're super excited to let you guys know that we have a variety of things planned for this semester, including our much-anticipated annual game of Assassins. For those who haven't played before, Assassins is a game in which you receive another student's student ID and use their timetable to hunt them down and murder them viciously on campus (using silly string). All the while, you yourself are being hunted by another faceless assassin.

Other events which we are preparing for include;

a gaming-themed table quiz, a charity auction of old inventory, and various monthly workshops on topic such as running RPGs and playing Pokémon competitively. We also hope to arrange trips to the variety of conventions which will be running all around Ireland.

Our next event is Campus Carnage, which is running on the 23rd of January from 6.30pm in EGO010, which we have organised with AsOne productions. There will be a variety of tournaments, including Street Fighter V, with 30 euro vouchers up for grabs. Entry is €10, and the tournaments will be streamed and commented on via Twitch.

If you have any questions, events ideas, game requests, or just want a chat, feel free to reach out to us via our email

(ulgsoc@gmail.com), on our Facebook page (<https://www.facebook.com/ulgsoc/>), or just come along to any event and say hi!



(photo credit Glen McGuigan)



(photo credit Glen McGuigan)

GET YOUR HEART RACING WITH UL HORSE RACING SOCIETY

BY MARK BOYLAN, CO-CHAIRMAN

In the world of sport, there are few spectacles as exciting as the final furlong of racehorses in full flight. Although in equine terms, the UL Horse Racing Society is only starting its race, our first semester as a registered society truly got off to a flyer.

In brief, we are a network of students on campus with a shared passion for the sport of horse racing; enjoying behind-the-scenes industry experiences and social events as a group. From tours of trainers' stables, to attending Ireland's premier racecourses, we aim to create a community for those with an interest in racing in UL whilst encouraging and educating those who are new to the sport.

With the bit between our teeth and backed by Horse Racing Ireland's Student Society, our group grew from five members in September to almost 40 by the end of the semester having visited Ireland's leading jumps trainers and one of the country's major venues for racing.

In early November, we journeyed to Longwood, Co. Meath to the home of Grand National and Cheltenham Gold Cup-winning trainer, Gordon Elliott in an extremely enjoyable stable tour, guided by Elliott's knowledgeable assistant, Olly Murphy.

Our members were extremely lucky to have the opportunity to witness Cheltenham Gold Cup hero, Don Cossack exercise on the Cullentra House gallops and learn about the training routines, equine habits and big race plans for some of the stable's leading lights.

We were also treated to a private suite overlooking the home straight at Fairyhouse Racecourse for a group day-out with plenty of quality sport on show at the Irish Grand National venue.

Our members enjoyed an insightful visit to Willie Mullins' stable of champions in Closutton, Co. Carlow; getting up-close-and-personal with some of the equine stars of the sport. Record-breaking Champion Amateur Jockey and son of Willie, Patrick Mullins generously gave up his morning to guide our group around the champion's impressive operation before parading some of the stable's leading lights: Annie Power, Douvan, Faugheen and Yorkhill for our society members.

We even caught a glimpse inside the Mullins' control room when entering his office, as well as the yard's tack and silks room; with Patrick even inviting students to don the colours of Graham Wylie, Violet O'Leary, Hurricane Fly owner George Creighton and Rich Ricci! Although yours truly sported the silks of the latter (seen in the victories of Annie Power, Faugheen and co.) – I highly doubt Ruby Walsh will be worried about me taking his job!

Over the coming weeks and months, we'll be visiting some of horse racing's most prestigious studs and enjoying days out on the racecourse as well, starting with a visit in Week One to Champion Jockey and Cheltenham Festival-winning trainer, Joseph O'Brien's yard. We will also be attending Gowran Park racecourse in Kilkenny for Thyestes Chase day and see the stallions of our secretary, Susan Kinsella's family-owned 'Knockhouse Stud'.

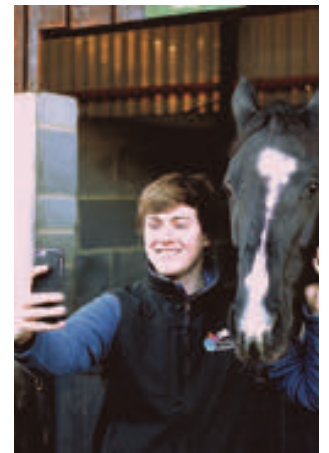
On Monday 27th February we will also host Limerick's annual Cheltenham Festival Preview Night in the Strand Hotel with a stellar panel to be announced over the coming weeks. This promises to be one of the most enjoyable nights in our calendar.

We are always keen to invite new members on board, so regardless of whether you're an equine expert when it comes to Cheltenham and the Curragh, or a Grand National novice once a year – we'd only be delighted to have you as part of our society.

We regularly update our Facebook page (www.facebook.com/ULRacingSociety) with details of meetings and society events and we look forward to having plenty of enjoyable experiences together over the coming semesters!

Get your heart racing!

For more details, we can be contacted at ulhorseracingsoc@gmail.com or give me a call on 087 6266820.



AROUND THE WORLD WITH ONE SOCIETY

BY ELEANOR HENNING, INTERNATIONAL SOCIETY, PRO

The International Society is UL's largest society and has members from countries around the globe. Our society offers something for everyone and allows both Irish and International students to come together and learn about different cultures; we have something for everyone!

Semester one featured an array of trips allowing members to experience Ireland like never before. From Galway and Cliffs of Moher, Kerry, Dublin and Wicklow, and Cork, our numerous trips offered both variety and fantastic prices! Our ultimate trip, however, was undoubtedly a weekend trip to Belfast which carted members to Northern Ireland to experience Belfast and the majestic Giants Causeway.

While our trips offer opportunities to experience Ireland off-campus, there is plenty to partake in here at UL! Our most popular event amongst our members and non-members alike are our T.G.I.F.-

Thank God it's Friday- parties at Stables. These International Nights allow people to come together, make friends, and have a blast while enjoying the musical stylings of DJ Ber. Accompanied by some fantastic themes like Country Colors, Galaxy Party, Halloween, Oktoberfest and more, these themes created a fun atmosphere and allowed people to potentially win spot prizes.

We also like to ensure our members are well fed and entertained and reflect that in our events. The semester kicked off with our hugely popular Tales and Treats event featuring poets and musicians from around Ireland. Partnering with The First 7 Weeks, Tea Society, International Office, and Students Union, this event filled the SU common room with students eager to experience the powerful words and beautiful sounds in a cozy setting accompanied by teas and treats. Additionally, we had our delicious Food Fair during SoUL Week! Offering selections from countries all over the world, the amazing tastes

and flavors not only filled hungry bellies, but also allowed people to try new things and experience different cultures. Finally, our "Come Dine with Me" program allowed students to form small teams where participants alternated cooking and sharing meals from their own countries with other participants.

With such a busy first semester, what could possibly top it? Well semester 2 of course!

We are already back with our TGIF International Nights at Stables and have big plans for upcoming themes and parties. Additionally, our trips are back!! We kicked off week one with an amazing trip to the beautiful Ring of Kerry and have several more planned including our most popular Belfast trip! However, these just brush the surface of what trips are planned for the semester as we will go loads of other places around Ireland including Dublin for the BEST St. Patrick's Day ever! (Be sure to watch your emails and social media to stay up to date!)

There will also be a return of some of our previous activities and events as well as new ones. A Language Evening returns, amongst others, allowing participants to learn or improve language skills by talking to native speakers. Additionally, our newest (and fanciest) addition will be an amazing International Ball! Guaranteed to be the best ball ever in the history of societies, it's going to be a fun night with members dressed their best to enjoy excellent food, music, and company.

In addition to some amazing trips and events, this semester also holds our biggest and most exciting week of the year- INTERNATIONAL WEEK! This week-long event takes place in Week 3 and offers something for everyone through a variety of exciting events. This year's lineup includes: A Game Show with amazing prizes, the return of Tales and Treats with another stunning line up, an International Food

Fair with dishes cooked by our fabulous members, an interactive Irish Culture night, and, of course, a Country Colors TGIF party where members can represent their home countries!

With so much to offer, the International Society is continually growing and improving for our members so why wait to join? Make sure you register on the UL Wolves site to partake in our excellent society.

Follow us for updates!

Facebook:

UL International Society

Twitter:

@ULintSociety

Snapchat:

ulintsociety

Instagram: ulinternationalsociety

Pictures feature Dublin Trip and Belfast Trip at the Giants Causeway



LAWLS WITH LAW SOC

BY AMY DERMODY SOCIETY CONFERENCE CONVENER

After an eventful first semester, the Law Society would like to welcome you all back to college and we hope that this coming semester will be as great as the first. The law society developed its activity base this year by welcoming numerous guest speakers, organising several legal skills workshops and hosting a very successful media law seminar.

The societies first large scale event of the year was 'An Evening with Dean Strang'. The Attorney Dean Strang, who featured in the Netflix documentary series Making a Murderer, discussed the implications of the Steven Avery case at an event in University Concert Hall, Limerick in September. Due to the unprecedented popularity of the Netflix documentary about the case the event attracted an audience far beyond those directly involved in the law society and UL but the general public also.

Following this we hosted a media law seminar on the 'Media Coverage of Legal Issues in Ireland'. Press Ombudsman Peter Feeny attended to share his experiences with students,

explaining the role in which the Ombudsman plays if a complaint is made whereby the published material effects the presumption of innocence, a person's entitlement to a good name and so on. Courts correspondent Vivienne Trainor was also in attendance, she gave us an excellent insight into the role and difficulties of a courts correspondent. This was a major event for the Society as it allowed us to engage with two very kind and down to earth professionals working in law today.

Our success also carried over to our Peer Mentoring programme, mooted workshops, pizza nights, a Christmas dinner, table quizzes and a game of Assassin played on campus. We hope this semester will be even more exciting with several events already in the pipelines! Our biggest annual event, the UL Law Ball, will take place on Thursday the 23rd of February. This year, the venue will be in the Strand Hotel and the ball will be C a s i n o themed. This, as every year, promises to be a great night! Ticket sales will be held in week.

Our mooted trip to Cambridge will take place in March. Fourth year students will be representing UL against Cambridge University in a mooted competition. This trip hopes to establish longstanding links between our respective universities. Any fourth years interested in applying should email ullawsociety@gmail.com.

Also on the horizons this semester is an internal moot, an international trip, a trip to the four-courts, a night celebrating Irish women in law for International Womens day, a Sharia law conference and a Brexit seminar.

These promise to let students gain a true insight into a future career in law. These events as well as talks from guest speakers will make sure that this coming semester is even more memorable than last and we hope to see you at our events over the next few months! This year has been one of our most active and we hope to see your continued support this semester. If you would like to join the society, a recruitment drive will be held in week two. You can follow our twitter and

Facebook accounts for more details of events or contact us at ullawsociety@gmail.com We look forward to seeing you throughout the year!



UL MUSIC SOCIETY – 'CAUSE LIFE'S ALWAYS BETTER WITH A BEAT

BY CATHERINE HUGHES – ULMS VOICE PRO

Hey guys! We would like to extend a warm welcome back to semester two. Trying to think of ways to make this semester even better than last? Then how about joining us here at UL Music Society! There is something is our society that absolutely everyone will enjoy, we're sure of it. We cover a wide range of activities for those that fancy themselves as a bit of a DJ, to those that simply just want to relax and listen to some tunes.

In our society, we have three divisions, ULMS DJ, ULMS Trad, and ULMS Voice.

If your life-long dream has always been to become a DJ, or you just simply want to know what DJing is all about, then ULMS DJ is the place for you! Every Monday night from 8pm, we hold Production Classes. This is where we teach you the ins and outs of synthesising and creating electronic music. You can also catch our DJs

every week in Habitat, so make sure to check that out! Deck Sessions are held in Room 3 in the SU every Wednesday from 9pm. Here you will learn how to spin decks and some tips and tricks to make that mix you just can't get right.

If Irish Traditional Music is more your thing, then come along to Trad sessions every Monday night from 9:30pm in Stables. Bring your instruments if you'd like to take part, or you can just come along for a night of entertainment. Everyone is welcome. Traditional Instrument Lessons and Song Sessions will be starting up shortly in the SU. Time and date are yet to be confirmed, but will be posted on the ULMS Trad Facebook page when it is.

For those of you that love to sing, the ULMS Voice is where you need to be. On Monday nights, from 8 – 9pm, we hold glee sessions in the Academy. This is a

fun get together where we sing different variations of popular songs and have a bit of fun at the same time. We also like to occasionally bring a vocal coach in for vocal training workshops throughout the semester. On Tuesdays from 6-7pm, we hold choir. If you like singing but find yourself suited to a more choral type of song, then this is a great place for you. Voice is known to perform at various events throughout the year including SOUL Week gigs, Christmas Days, and fundraisers. We are also hosting our first ever ULMS Voice showcase this semester, how exciting is that?!

If you still aren't convinced this society is for you after all that, well we have more! Every Monday night from 9:30 in Scholars, ULMS hold their weekly Open Mic. Everybody is welcome, and you get a free drink voucher if you perform.

We are still currently taking entries for our famous Battle of the Bands competition. This can be done by going to ulmusicsoc.com/botb and clicking on the link. There will be two heats taking place during Week 4 and Week 5, with the Final taking place during Charity Week. The Prize for this is yet to be announced.

There will be Listening Parties taking place every second week in the C&S Common Room. These are evenings where members can hang out and listen to music with a different theme every week. We encourage you to bring your own CD's, Vinyls or USBs!

Keep an eye on Facebook for information on music lessons and sound engineering training. All details to do with UL Music Society can be found on our Facebook page, UL Music Society - [facebook.com/ulmusicsoc](https://www.facebook.com/ulmusicsoc). If you would like information about a certain division however, we can also be contacted through the following Facebook pages; ULMS Voice - [facebook.com/ulmsvoice](https://www.facebook.com/ulmsvoice), ULMS DJ - [facebook.com/uldjsoc](https://www.facebook.com/uldjsoc), and ULMS Trad - [facebook.com/ULMSTrad](https://www.facebook.com/ULMSTrad). Also, don't forget to add us on Snapchat to see some exciting stuff from gigs, deck sessions, member meetups and much more! We are [ulmusicsoc](https://www.facebook.com/ulmusicsoc).

(photo Credit: Catherine Hughes)



Sharon Shannon performing live in the Stables Club last October for UL Music Week!



We had the absolute pleasure of inviting King Kong Company to the Stables during UL Music Week!

OUT IN UL: AN OPEN SPACE FOR LGBTQ PEOPLE AND ALLIES

BY AOIBHÍN NÍ SLATARA, OUT IN UL PRO

The spring semester has started back, and you know what that means! Well, it means lots of things but most importantly that Out in UL is BACK! Here at Out in UL HQ we are all very excited to see all of our members again and we are so enthusiastic about the coming year! Last semester was an absolutely fantastic one for us with many successful events, campaigns and members' meetings.

We had our Free HIV Testing day during SHAG (Sexual Health and Guidance) Week which was in Week 6. There was an overwhelming response to the testing day, which was held in conjunction with GOSHH, with over sixty people signing up. Last semester in Week 10 also saw one of our biggest events of the year, Rainbow Week which is a week of events held by Out in UL which is held to celebrate the LGBTQ community in its entirety through 'education, fun and educational fun'. This year we held events such as Queer in the Courtyard with a canvas with the word 'queer' in the students' union courtyard. People wrote on the canvas whatever they felt the word queer meant to them. Despite using the word 'queer', it was not just open to LGBTQ people and everyone was invited to take part. We also had a Gender and Sexuality Wall, where people could paint on a canvas with different colours relating to their sexuality and gender identity. We also held out Past, Present and Future of Out in UL event in the Scholars Club, allowing old and newer members to reflect on the past of the society, while looking forward to our expectantly promising and long

future. UL Drama Society's Stigma, which ran alongside Rainbow Week, was a production about mental health, which included powerful stories from two of our own members. Of course, Rainbow Week would not have been complete without the usual Big Night Out in Stokers, which a spectacular event with performances from Notorious K.I.D., Alice Pow and DJ Eoghan Clark and fantastic night out for LGBTQ people and allies in Limerick.

Out in UL has no shortage of exciting things planned for our members this semester, with many more members meetings, nights out, events and campaigns planned. In the coming weeks we will have our annual amateur drag competition, AMUL or Alternative Miss UL, which is open to drag queens, drag kings, as well as faux queens and kings. We will also have our biggest event of the year, Queerbash which is Out in UL's largest showcase event, and is also the longest-running event in UL. Every year Out in UL take over a non-queer venue for the night and hold a huge themed queer night, open to everyone! We're going to be continuing to hold our Monday members' meetings at 7pm in Schumann S116, where we discuss LGBTQ+ topics in a non-judgemental informal space. We will so be holding Queer Hangouts on Thursdays from 1-3pm in SU Room 3, which is a much more relaxed safe space to take a break from the stress of university life and chill out with music and games, while chatting about anything.

Out in UL has a huge emphasis on being an inclusive and welcoming society for all, regardless of sexuality and gender, and a main aim of ours is to foster a sense of solidarity between the LGBTQ+ community and our allies. We understand that not everyone is fully comfortable with their sexuality, or gender identity so we have a Befriender's Service which allows any person who wants to get in touch with Out in UL, but who may be too nervous, or otherwise to talk to two of our committee members to answer any questions they have. This is open to LGBTQ people, allies and family members of LGBTQ people who may want more information. Anyone who wants arrange a befriender's meeting can send us an email at outinul@gmail.com and it can be arranged. Follow us on Facebook /OutInULSoc, Twitter @Outinul and Instagram @Outinul. Check out outinul.ie for more. Let's make this semester a fabulous one for all of the Queer Wolves!



CAPTURING UL THROUGH THE LENS

BY PATRICK LU – TREASURER

Want to learn how to take better photos? Welcome to the UL Photographic Society, or 'PhotoSoc'. Whether you want get a great photo of that sunset on holidays, or just want to know how to fix those blurry snapchat stories on nights out, everyone can learn a thing or two about photography. We're all photographers these days. Cameras on phones are better than ever, so of course you want to get the most out of that camera. It doesn't matter what type of photography you're in to; nature, landscape, portraits, studio photography, or anything else, we're all here to learn from each other and improve our abilities. Whether you're a pro, or can't tell the front from the back of a camera, all are welcome. You don't even need to own a camera, since we have cameras you can borrow. Who knows, maybe you'll spark a new passion for photography, and decide to get a camera of your own. We'll be here to come along with you on your photographic journey.

We've got loads of exciting events lined up including trips away, workshops, guest speakers, social events, and more! We also go to many of the major events on campus such as RAG week. Wouldn't you like to get up and close around the stage, photographing major national and international acts? Or maybe you'd just like to go on a picturesque tour of one of the many scenic locations around Ireland. If all this and more tickles your fancy, then sign up for PhotoSoc today!

We'll be at the recruitment drive in the University Concert Hall on the 2nd Feb. You can find us on Facebook at www.facebook.com/photoul/ or email us at photoul@gmail.com See you soon!



BOHEMIAN BERLIN BEGUILLES SOFA

BY DÁIRE ENGLISH, SOFA PRESIDENT

THE Society of Architecture, or SofA, is a cultural society that has roots in the Architecture School here on campus. SofA endeavours to tap into the creative arts scene not only in UL and the greater Limerick region, but on an international scale. This winter break our pursuit of a new international arts and architecture scene brought us to the German Capital, Berlin.

Five days simply isn't long enough to digest Berlin. From the moment our feet hit the ground our senses were assaulted by the beautiful, the profound and the bizarre. The unparalleled vibrancy in Berlin is inescapable, even in bitterly cold conditions. It is a city that does not hide from its troubled past- it embraces it; yet by putting a huge emphasis on showcasing and celebrating their strong bohemian arts and architecture culture, Berliners have given a depth to their city. This depth is grungy, it is funky and it is ultimately defining 21st century Berlin.

In order to best immerse our members in this culture, this SofA trip had a strong focus on sampling the history of Berlin. In an effort to understand what exactly ignited the social-political reaction through the arts and architecture, SofA divulged in the saturated history of 20th Century in this City in particular. Throughout the five days our members gained an insight into the hardships of both WWII and the Cold War eras.

First on the agenda was experiencing the poignant Memorial to the Murdered Jews, a colossal Holocaust memorial in the heart of Berlin. Designed by famous architect Peter Eisenman it represents the Nazi system that lost touch with human reason. This powerful monument set the tone for the trip; sombre yet sobering, it focused our senses aptly to allow us to truly appreciate Berlin's story. Our experience of WWII Berlin was furthered with the visiting of both the Jewish Museum and the Berliner Unterwelten air raid shelter. The former is an intriguing museum designed by deconstructivist architect Daniel Libeskind bringing to the fore Jewish

culture in Berlin, presented in a remarkable envelope of jagged spaces. The latter was a harrowing insight into a life fearing air raids.

To continue along this story, we took in the various points of interest associated with the Cold War, these included The Brandenburg Gate, The Berlin Wall Memorial, Checkpoint Charlie, Alexander Platz and The East Side Gallery. These iconic landmarks explained the transition of Berlin from war, to segregation and into unification. It was at this point we began to understand the explosion of ideas in Berlin.

The Berlin we were in was one constantly striving to use the past as a means to move forward, countless examples of this are visible. Partially bombed churches are maintained as symbols of hope in overcoming hardships, gable-end murals on every street corner parade Berliner's perseverance. At the German Parliament we witnessed the spectacular contemporary glass dome, designed by Norman Foster, portraying the modernity and transparency of Germany's current democracy. Along an existing stretch of the Berlin wall we explored the vivid atmosphere of Mauerpark's famous flea market, a wonderfully bohemian event, opening up a dialogue between past austerity and present prosperity.

The highlight of this SofA trip was without doubt the visit to the Sammlung Boros Bunker. Sammlung Boros is a former Nazi defence structure, that has become a private exhibition space for contemporary art. This was the most bizarre experience of the entire trip, where finger prints of the Nazi world literally lay side by side with Avant-Garde art of the 21st Century. It was perhaps quite fitting that this was the final visit for SofA as it epitomises the social commentary Berlin is trying to achieve through its arts, architecture and general way of modern life. Yes, five days was not long enough for SofA to digest Berlin, but that adds to its intrigue.

Keep updated with future SofA Cultural events or trips our Facebook (<https://www.facebook.com/sofaul>) and Twitter (<https://www.twitter.com/Sofaul>) pages. Remember that membership is for anyone and everyone with an interest in art or architecture or creative design. Look out for us in the weeks to come.



SCIENCE SOCIETY

BY MICHAEL O'DONNELL (HEAD OF EXPEDITIONS AND CAPTAIN OF THE HMS SCIENCE SOC)

Dear colleges,

I regret to inform you that this is likely to be my last article on the behaviour of the Uno studicas scientificas as I have unfortunately contracted the dreaded gradicus virus while touring with the natives. This slow and painful virus, which results in the subject becoming increasingly happy and formal before simply disappearing from existence has been closely studied by my compatriots Reginald Ross and Dicklan Mills for the last number of years and while both have identified ways of enlongating the lifespan of one once cursed to this fate, neither have found a cure. So hence before falling to this fate, let me conclude to you, my most informed readers of what I have learned.

As mentioned in the 2015 Bannighan et al. paper and the O'Donnell 2016 paper, these creatures seem to participate in an unusual ritual which involves bonding over a herbal fermentation which on occasion is mixed with a compound acquired from Solanum tuberosum L, forming a truth serum which also boasts self-confidence and acts as an aphrodisiac. This usual bitter substance has resulted in a lot of events which were not expected among this subspecies, with larger amount of interaction and mating with other subspecies than the theoretical models suggested.

The team, now containing the original leader of the tribe, the scientificas gingerous, who has been overthrown by the vicious scientificas bobacas subject, has observed the rapid development of the tribe following their assertion that intelligence is a desirable quality for a mate especially when it comes to cross mating with the internatalas subspecies. The tribe has decided to participate in

such tasks as robot building, experimenting with round objects and examining the stars. The tribe is also rapidly asserting their dominance over neighbour tribes and have on numerous occasions defeated other Uno studicas scientificas tribes in combat.

While time on this expedition is ending, a large number of new researchers are ready to take my place, none more than the nortour pirate leader Fredick Cruz and the former adventurer Reginald Ross. Reginald, whose one true love Spooky McSpoonface died on an earlier voyage, has recently joined to prove to the world he isn't a spent power and has presented the findings of the trip to the British Council of Science. Sir Ross alongside his firstmate, the experienced adventurer Lord Linnane will be recruiting new members to replace those who have recently fallen. Anyone who is willing to risk their life for the betterment of society in monitoring this tribes attempted conquering of the C&S subcontinent please email ulsciencesoc@gmail.com, check out our blog at <https://ulsciencesoc.wordpress.com/> or follow our adventures on twitter or <https://www.facebook.com/ScienceSoc/>

So with that, goodbye fellow adventures. Pray for me that he who boiled for our sins, the great Flying Spaghetti Monster will allow me to be reunited with all those who have fallen to the gradicus virus in graduate life, Ramen.

Yours Sincerely,

Michael O'Donnell (Head of Expeditions and Captain of the HMS Science Soc)

UL FM STRIKES AGAIN, THIS TIME IT'S PERSONAL

BY AISLING MOLONEY, P.R.O.

The University of Limerick's student radio station UL FM is back for another semester of broadcasting, coming at you live from UL student's union from week 3.

Look out for UL FM reporters across campus this semester to have your say on the issues that affect you. Voice your personal opinion on air by taking part in our Vox Pops; make sure to answer our questions for your voice to be heard on air.

We could ask you anything from how much did you spend during Re-Freshers? What do you think of the guy wearing fake-tan running the free world? What are the characteristics of a good Sesh?

Each semester we invite new recruits to the radio-sphere by opening applications for radio slots on our webpage www.ulfm.ie.

Fill out a form outlining who you are and why you want the chance to have your voice broadcast across the campus to UL's large and thriving population.

Your show or style of presenting can be anything, we are an all and equal opportunities society, we embrace all types of music and student.

Last year our types of shows ranged from morning chat, political analysis, purely sports analysis, LGBTQ

discussion, Irish language, 80's music, classic rock, news discussion and many more.

There is room for another crazy random show, or a completely ordinary one, on UL FM all you have to do is apply for a spot.

I feel you may stop reading after the little voice in your head is saying 'you have no experience,' I can assure you, you don't need any.

Even if a set of headphones have never graced your ears you're welcome. Our already experienced members will tell you their tips and tricks for how to get by on college radio.

Having your own show on UL FM is incredibly rewarding and useful, you can boast about it for years afterward, and bring it up at any parties you attend –that's what I do anyways.

We also have a fully functioning and fun society: besides having your own radio slot you will be part of a growing and learning group of 'radio heads' and I assure you there are no 'creeps'-see what I did there.

Besides having a radio show there is plenty to do so no pressure to speak out on air you can help out with the other activities of the society.

To have your own radio slot make sure to apply in time and outline what you

will be doing on the airwaves, also you must pay €6 at our EGM, taking place in week 2, to secure your radio hour and meet our society.

You can also request to join on ulsu.ie and we will contact you from there.

Last semester UL FM had a 'game show' night as part of our SoUL week event, where many went home dizzy and with wet hair from our bonus rounds.

We also had Today FM presenter Phil Cawley there to speak beforehand to our society members about what it's really like in the radio industry. He gave out many insightful tips, advice, direction and even his email address.

UL FM is also extremely active in the courtyard of the university as we set up camp with all of our equipment to do outdoor broadcasts throughout the semester. We even got free red bull and frozen yoghurt during our last outdoor broadcast, if that doesn't entice you, clearly you're lactose intolerant, but either way it's a fun way to shake up your show form week to week.

To apply for your very own radio slot and a chance to develop your on air personality and prowess, visit: www.ulfm.ie.

Like us on Facebook, follow us on Twitter and Instagram or give us a snap.



Today FM presenter Phil Cawley guest speaker for UL FM last semester.

Dress Like A Pro - Wear Nike



CUSTOMISE YOUR UL WOLVES

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