



Clubs & Societies NEWS

Aontas na Mac Leinn
Ollscoile Luimnigh

University of Limerick
Student Union



Edition 25 Semester 2 AY 2018/2019

New Horizons on the Lens

BY SHANNEN SMITH, UL PHOTOSOC PR OFFICER

What a wonderful semester it has been. We are UL's Photographic society, not only are we one of the oldest running societies in UL but we also know how to shoot the best shots!

The Autumn semester of 2018 brought many new faces to the club, not only from Ireland but smiles from all over the world. It was a very active and vibrant group, bringing experiences and stories from, India, Nigeria, America, Finland, Spain, South Africa.

soc as models and captured our Men's rugby team on the pitch. With societies and departments having their annual balls, the Photosoc members were there to capture people in their elegant wear. These opportunities allow our members to be exposed to numerous photographic environments and develop their skills and photography knowledge. We hosted a variety of different workshops, such as photography 101 skills, light painting and campus walks.

her and some of her tips and tricks she uses to shoot in the fast-paced world of event photography. This upcoming semester we have a surprise for UL Students in correlation to the exhibit!

After the exhibit we explored the streets of Dublin, capturing the essence of what it is to be a Dubliner. The vibrant streets lit with Christmas lights was a delightful sight. We headed to the Gallery of Photography, which was an experience worth noting, showing us how a picture tells a story, but how photography is a vice in educating the world. Ending up at IMMA, Irish Museum of Modern Art, where the photographer Wolfgang displayed how rules are meant to be broken in photography. The trip was memorable and fun, getting to know members and making memories. We look forward to inviting Ruth to UL next semester for a workshop on event photography.

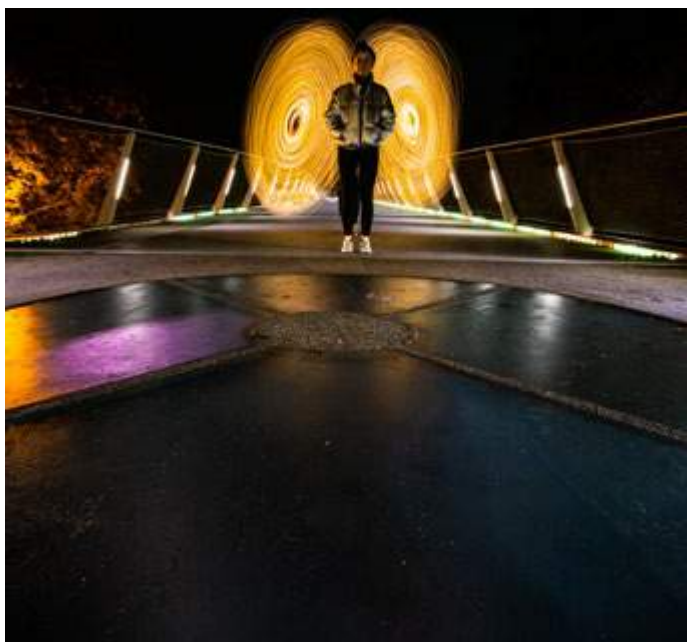
To end the semester off, the photographic society partnered with the University in bringing a competition to our members, where they showcased their semester in a picture. The top 6 gained exposure on UL's Instagram account and they won awesome UL Swag. We look forward to hosting more competitions for UL students and Photosoc members. Some of my most memorable moments within the society was meeting new members, hearing their reasons for loving photography and seeing the new images they took. We have talented photographers in our society and I cannot wait to see what the semester holds ahead of us! Without our members we wouldn't be able to capture

the special moments UL and our University experience offers us.

With a new enthusiastic committee in the mix, we plan on making the semester ahead one to be excited for, with many new and exciting workshops and speakers!

We can't wait to build on skills from this past semester and

bring new capture worthy moments to our current and potential new members. To keep up to date with our events and members work, follow us on Facebook @photoul, Instagram @ulphotosoc, or email us at photoul@gmail.com to join or for any queries! We look forward to seeing you through the lens!



This past semester we were excited to help our members gain new skills and experience unique opportunities within the society. We had professional photographers run workshops to bring our members high level of skills. The likes of Diarmuid O'Donovan with a lightroom workshop, and Michael Johnson with a studio workshop. With many of our workshops and events, we collaborated with multiple societies in being our muses. We photographed music soc gigs, took pictures in SoUL Week, had dance and drama

We hosted two successful off campus trips this semester, to Lahinch beach and Dublin. The Lahinch trip allowed members to get fantastic sunset shots and practice multiple ways to capture it. Our trip to Dublin was motivated by the talented Ruth Medjber's exhibit - Music through the Decade. This was a contemplation of her photography work of musical artists in the past decade. Ruth is a passionate and master at the lens, her images were popping with colour and showed magnificent energy. Her personal tour was great, as well as getting to know

You're Never too Tyred for Mountain Biking

BY ANNA COEN (HSO)

What's the difference between a tricyclist and a well-dressed mountain biker? Attire.

On Friday evening of week 8, 20 of MBUL's members, new and old, piled into cars and vans and headed up north on the first advanced trip of the year to Rostrevor bike park. The bike park has 46km of trails suited to every level, from first timers to pro riders. The opportunity to get uplifts to the top of the trails was seized by everyone on the trip. After all, less climbing means more time and energy for descents!

By evening, the cosy glamping accommodation was a welcome retreat, where everyone gathered around the campfire for

bolognese, a bit of a sesh and Jack's awful tunes.

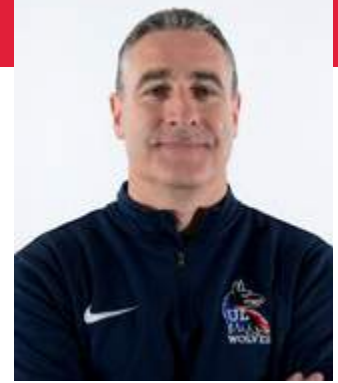
The next day was just as fun. The new club bikes rode like a dream and plenty of profilers were updated at Kodak Corner, overlooking Carlingford Lough. Then disaster struck - the frame of Hugo's bike snapped straight through. With 20km left to go, it looked like it was all over. Alas, our captain pulled out duct tape and an Allen key and saved the day. The quick bodge lasted till the end of the trails, at which point Supermacs was the only thing on anyone's mind.

Anna Coen (HSO)

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Welcome back everyone...



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I hope you are refreshed from the Christmas break, your exams have gone to plan, and all the part-time jobs have replenished the funds for the new semester.

A special warm welcome to all our International Students too, I hope this is a fantastic experience for you all.

Whether you are a returning student from last semester, returning from Co-Op or Erasmus programs or if you have landed here in UL for the first time, for many of our 90 or so Clubs & Societies it is never too late to join and try a new activity and make new friends. We have a second Semester Recruitment drive that takes place on Thursday 31st of January where many of our Clubs & Societies will be available to sign you up in the University Concert Hall Foyer from 5pm-7.30pm. In the meantime, please check out www.ulwolves.ie for a full list of additional information on all our Clubs & Societies. You will see from Aisling Ryan's piece exactly what opportunities exist to roam the globe with our exciting and adventurous wolf pack throughout this month.

In other news

The first phase of the "Leave a Legacy" 2016 Referendum

Projects - the Maguire's Sports Pitches has finally come on line

Many of you will have noticed last semester, the huge floodlights erected at the back of the sports playing fields close to the UL Arena that is the area known as "Maguire's". For those who may not be aware this is a brand new sporting facility specifically for the development of student sports and the general fitness and fun of the whole student body. It will of course benefit other groups out of term time and the wider community once UL Sport actively manage and promote the facility during 2019.



There are three full size-playing pitches, equivalent in size to a GAA pitch (GAA being the largest sports field dimension). One of these will be a natural grass surface (not yet available until summer 2019) with the other two being synthetic grass pitches, complete with three Hurling "ball walls". The plans also include a walking/jogging area around the perimeter of all three pitches, which is almost

fully complete, referenced as the "Golden Mile" by our Director of Sport, Mr. David Mahedy. An excellent opportunity for the student body to recreate and socialise while out walking and exercising in a well-lit and safe environment

The important benefit to YOU the student, as all students are paying a levy for these facilities arising from the UL Student Life Referendum in 2016, there is no further charge for UL Students

to book and use these facilities during the Academic Year

Student casual usage is available from 13:00 during the Academic Year, therefore, if you fancy

a 5-a-side game of soccer or whatever your activity of choice is, please contact UL Sport to make your booking with your student ID card, free of charge pitchbookings@ul.ie

From Monday to Thursday during the Academic Year 18:00 - 22:00, the facilities are exclusively for the development and promotion of UL's student sports teams.

Hello everyone, Happy New Year! I hope ye are all refreshed after the Christmas and ready to go for another semester. As some of you know I only started here in September and thanks so much for being so welcoming and understanding, while I learn the ropes of the job.

So as part of my role, one of my main priorities this year has been an overhaul of the system we have in place for the vehicles. This is to prevent damage going unreported, to take better care of the vehicles and to abide by new legislation that has been put in place. For those of you that don't know, we have 3 vehicles for clubs and societies use which helps alleviate costs

of renting buses or vehicles for different activities. It's a huge privilege to have these vehicles for your use, keep an eye on your emails for upcoming proficiency tests if you would like to get insured on one.

Another major part of my role is finance, meaning any C&S that would like to withdraw money from their budget would hand in the cheque requisition forms to me and I would process them. I also process the Special apps as well as any usage on the credit card. I will also be looking at the budgets when they are submitted in May, my bit of advice would be to get an early start on these so you're not rushing for submission

date. So if you have any questions on your Club or societies budget, pop into me! We are trying to boost our social media for next semester so I urge you to take photos of all of your activities (good quality action shots) and send them onto me. I'll pop them up on Instagram or facebook and help promote your club or society. We would love to see what you're doing too so don't be shy!!!

Our recruitment drive for semester 2 is in the UCH on the 31st of January and lots of our clubs and societies will be there to answer any questions about membership and joining up. I will also be there on the help desk so if you have any questions for me just come on

Weekday hours when facilities are not in use and during weekend's (Fri/Sat/Sun) UL Sports will take external bookings to generate revenue to maintain and sustain the facilities for the future.

Sub-letting for the benefit of any third party commercial benefit is strictly prohibited and will affect future ability to book these facilities

Watch out for the Social Media promotions in the coming weeks about this superb facility.

Our sincere thanks to the Students of 2016 for their selfless vision to enhance the Student Experience for all future generations of students and our thanks to our colleagues Neasa O'Donnell, Elaine O'Connor and Ger Cunningham in UL Sport as we look forward to another exciting partnership



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over!! See you guys soon, lets have a great semester 2!!



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It is that time of year again folks! I hope you all had a great Christmas and New Year and are sufficiently sick of Quality Street, Roses and other festive treats! Welcome back to all our existing and potential new wolves! To those of you who are joining us in UL for the first semester, a huge Wolfpack Welcome, we hope to get to know you all while you are here!

So the first semester has passed us by and what a whirlwind it was, it may have been fantastic for some or it may not have gone the way you would have hoped. If you are in the latter

group, don't worry, it's a new term so take a deep breath and let's do it!

As many of you know, I am Aisling Ryan your Clubs and Societies Coordinator, and I am here for our needs with regards to insurance, foreign trips, appraisals, BICS, SoUL Arts Fest and Grievances and Disputes Support as well as queries about starting new clubs and societies.

I really hope you all enjoyed last semester and thanks so much for all of your hard work, and to all of you who are joining us for the first time, I would strongly recommend making clubs and societies a part of your time here in UL. As all of you were either recovering from your Christmas or making your way to us here in Limerick, many of our wolves were globetrotting! Sub Aqua explored Lanzarote, Snowsports were in Tignes, Architecture made their way to Poland, Windsports went furthest afield to Cape Verde off the coast of Africa and that is just to name a few! And there are many more trips to come throughout the semester.

Not only are there trips but there is also the CLUBS AND SOCIETIES AWARDS!! For those of you who haven't experienced this process before it is not to be missed, from the longlist and the hard work done by exec, to the hustling process in week 7 which is personally my favourite part! The shortlisted clubs and societies will try and win your votes and the votes of alumni judges with, usually a very entertaining, 3 minute presentation. From there the votes will be tallied and kept under lock and key until the following Thursday, when the winners will be announced and presented with an award. It is not to be missed. And from these awards we determine who will be going forward for a Board of Irish College Societies (BICS) Awards. This year's BICS awards will be happening on Thursday April 11th 2019 in Athlone and is going to be the best BICS Awards yet! Not to take away from last year's awards where we saw Ethan Carey and Conor Walsh take home awards! This year let's try to top it, I have already seen a couple of potential winners in

the first semester! If you have any questions regarding BICS please don't hesitate to get in contact any time!

Sticking with societies, last semester we saw SoUL Arts Fest happen in a new format from before, it was reduced from a week to three days, but still had almost 30 events take place over the 72 hours which was a phenomenal achievement. This semester we will be getting together to see what all you societies would like to get from the event in 2019! We will be holding a round the table, focus group style meeting where we can bounce ideas off one another to make SoUL Arts Fest 2019 bigger and better than ever.

A couple more housekeeping issues and I will let you go to delve into the great articles in this edition of our newsletter. As I mentioned about 500 words ago, I am your contact for insurance queries, whether it is travel insurance, personal accident or anything in between, don't be shy just come in and ask. If you do sustain an injury while taking part in a club

or society activity be sure to report it to committee and have them contact me immediately.

Throughout the semester, a number of clubs and societies will be asked to meet me for an appraisal. Please try to keep in mind that these are not a punishment, they are a way for us to meet you to provide extra support to those who require it. It may be because your membership is below the required 25, or it may be because we have noticed that the club or society is struggling a bit. We are here to help and support you so if you feel your club or society would benefit from additional support, or if there is somewhat of a conflict please let me know and you can come in to meet me for either an appraisal or just an informal chat, we can go to a room in the SU if you want to discuss something delicate.

That is all from me gang, please don't be a stranger, we don't bite! Let's have a great semester, and hope to see you all at the recruitment drive on Jan 31st!

UL Vikings American Football: A Team For All

BY JASON O'LEARY, ASSISTANT PUBLIC RELATIONS OFFICER

The Vikings had another fantastic semester of recruitment. With our team being a very young team in this sport, it's always fantastic to get over 50 first year players in semester one, to add to our roster and shape the bright future of this team. We provided more avenues than ever before to allow our new players to develop into quality players well in advance of the 2019 season.

UL Vikings youth Team: Semester 1 of this year was the first time the Vikings had a youth team. This was a group of players, ranging in ages from 17-19, who had extra training sessions and got a lot of individual attention. More importantly, they got valuable game time against players who are in the same boat. For years new players were thrown in at the deep end,

playing against guys who've been playing the sport for years. The youth team allowed our new guys to get comfortable with the sport and gave them a wealth of confidence in senior team trainings and matches.

UL Vikings Flag Football: The Vikings decided that flag football could be an amazing recruitment and development opportunity. Flag football is a style of American football played without some of the typical equipment and rules. The contact level is heavily reduced, and the helmets and pads are removed. The result is an extremely fast paced, athletically challenging game. We understand that full contact American football isn't for everybody, given that some people may have conditions that don't allow them to compete in

contact sports, or they simply don't want to get smashed around a pitch for three hours at a time. The UL Vikings is a team for all.

Intervarsity's: In November we made our annual outing in the IAFA intervarsity competition. This is a single day tournament where we play against Trinity College and UCD. This year UCD hosted both teams. This tournament every year is a fantastic means of developing our new players. It adds a goal to a long pre-season and keeps players focussed. We were far from disappointed this year, as the names of many new players made up the starting team sheet and were some of the best players on the field out of all three teams.

Thanksgiving Flag Football and Dinner: Every year the international office host a Thanksgiving Day dinner for the American students studying at UL. The Vikings were delighted to be a part of making this day special for those students who had to spend the day away from their families. We hosted a friendly flag football game for everybody to enjoy and after, we



sat down to enjoy a traditional Thanksgiving Day dinner and chatted with the American students. It was great to be able to make their time away from home easier.

Semester 1 was a great time to be part of this team, and with NFL playoffs commencing, our annual Superbowl party, our season kicking off, and many more things in the pipeline, semester 2 will be even better.

The UL Vikings is more than a team for all, it's a family.

If you want to join the UL Vikings, we would love to have you. Come down and visit us during the recruitment drive in week 2 of semester 2. Alternatively, you can email the club at ulvikings@gmail.com or contact our Facebook page and we will get back to you as soon as possible. We look forward to seeing you all.



Aim for Gold with UL Archery

BY KEITH COUGHLAN, PRO.

UL Archery club has been very busy this year so far and we have loads more planned. Firstly, congrats to the new committee and best of luck for the coming year, especially to our new captain TJ Kenneally and our new president Liam Higgins.

After the roaring success of our intervarsity competition last February in Delta Sports dome, the club have been lucky to get the chance to host another intervarsity this year. Last year, we took over the university of Limerick snapchat channel and provided a very entertaining take over (if I do say so myself). We had over half a million views collectively on the snaps and had great craic staging and captioning the snaps. Hopefully this year the club can build on the success of last years intervarsity and have an even more successful competition! I guess we'll find out on the 23rd of March.

This year we are also taking part in the intervarsity circuit

around the country. The first IV took place in Carlow IT on 10th November 2018. The competition was as fierce as ever but that didn't seem to faze our beginners who all came away with brilliant scores. Sarah Chapman and Dervla Ryan turned out excellent results in the women's beginner recurve category, while Jacob Brennan had an outstanding performance in the men's beginner Barebow category. Continue the great work guys! At our second Intersvarsity, Sean O'Sullivan, Kian Brough and Luke Blake all had outstanding achievements. Sean, who only joined us this year, succeeded in obtaining his white badge by scoring 350 points. Kian achieved his Black badge and was only a few points away from achieving his blue badge at 450 points. Luke set an incredible new personal best, scoring 498 and only 2 points off moving to the advanced category. I have no doubt that next time will be the one. Keep it up guys!



So far this year, we have held our annual quiz, pizza night and Pro-am. The quiz was held on the 4th October and was incredibly successful. We even ran out of seats for the large crowd in attendance at Scholars bar! The questions were challenging, and it all came down to a tie breaker, but in the end "50 shades of neigh" came out on top and won 4 free cinema tickets. The club's pizza night/lock in was also very successful and enjoyed by all who attended (despite Darragh's impromptu karaoke



performance). The annual Pro am had fierce competition this year with all the beginners shooting at an incredibly high standard but there could only be one winner and that was Sean O'Sullivan. The advanced winner was Luke Blake. Congrats to all who took part, ye all did an amazing job!

This year we are also expanding our social media presence to reach all you folks out there who are unaware of what we do as a club (hint: we shoot arrows). Our PRO Keith has been busy making and managing our

brand new Instagram account and would appreciate if you followed it. Our username is @ularchery. We also are maintaining our Snapchat and Facebook accounts so keep an eye on those as well to get all the Sugar Honey Iced Tea's and giggles! You'll find us as ularchery on both. Alternatively send us an email ularchery@gmail.com.

Stay tuned for more news from UL Archery! We've an exciting year planned and want you to follow us every step of the way! Remember, Archers score more often!

UL athletics springing into action

Hunger for success lingered for UL Athletics after last year's Munster road relays where UL out performed many of their rivals but were not satisfied until victory was sustained. After our athlete's season opener, motivation was in their veins, The lust for more, for better! The 8th annual Munster road relays taking place beside the Curraheen river across from the campus was approaching fast and our athletes both new additions and veterans were eyeing up the prize. UL had 2 men's teams and 3 women's teams entered the race. The men's A and B team was up first. Team B which was led by Jerimiah Sheehan, Darragh Kelly and Damien Madigan, and the A team which consisted of Rob Hewison, Jamie McCarty and Mathew Milloz. The layout of the race is as follows. The first runner must run 2km followed by the second runner who

must run 1km and then finally the last runner must run 3km. UL's team were looking strong followed by months of hard work on the track and in the gym. The men's race was close, nearly too close with UL A, ULB and IT Carlow swapping the lead continually throughout but it was ULB that took in the win just followed by UL A with only 3 seconds of a gap behind. UL's Robert Hewison was the only athlete of the day to run 2km under 6 minutes in a stunning time of 5:58 just dipping under that 6-minute barrier. After the men's fantastic performance the women were up next with the UL A team consisting of Courtney McGuire, Natalie Groszka and Aine o'Farrell. The battle for first place was continuous throughout the race but UL just missed out on first and the team was happy to take the silver.

UL Wolves Basketball "Slam Dunk" into Second Semester !!!

BY: CLUB PRO

The UL Wolves Basketball team has had a good start to the year with both the Men and Woman getting the league off to a strong start. The Woman are playing in the Southern Division 1 and have played two games away. They played Griffith College in Dublin and they have played Cork IT. Encouragingly both games have resulted in wins for the woman leaving them top of the table heading into the second half of the year. Big Shout out to our Coach Tarchee who has never coached woman or at this level and is doing a super Job to date

The Men's team are playing in the Southern Conference Division 2. They also are off to a great start lying second in the conference. They have played three games two at home and one away. The UL Wolves defeated Athlone IT

& Galway/ Mayo IT and lost out narrowly to Limerick IT. They have five games to play in second semester so a busy time ahead.

The Highlight of the year to date has been the Fresher Tournament. On November 17th & 18th we had 24 Fresher Teams descend on the UL Campus. Our Freshers had been doing early Morning (07:15 - 08:30) sessions since the start of term and now was their time to shine .. The UL Wolves Committee organised and ran the tournament very well. The students in the club

volunteered and covered the entire administration on the table for the games. The UL wolves Fresher Teams played very well with the Woman making the final of the Plate and the Men making the Semi-final of the Cup. A fantastic weekend and one that ensure the club goes from strength to strength.

Keep an eye on our Social Media and also on the UL Wolves Page for all upcoming events for second semester ... Looks to come ..

Keep Dribbling Ha ha ha



UL Boxing Club pushing to be bigger and better in 2019

BY CHLOE O'KEEFFE, UL BOXING CLUB PRO

The University of Limerick Boxing Club (UL Boxing Club) have had a great start to the 2018/2019 academic year, and the committee members are very excited for the new semester!

During the Autumn semester we had a strong presence within the competing ranks-with boxers competing in the Novice Championships held in

UCD, Dublin as well as success in Carlow in the 4th edition of IT Carlow's Showdown in the Barrow.

The first competition of the academic year was the Novice Championships in Drimnagh, County Dublin.

Club secretary, Ruaidhrí O'Conaill came away with gold in the UCD Novice Championships in November,

and boxing club member, Niall English made his debut for the club and came away victorious adding another gold medal to the haul.

The club returned to Carlow in December, for the fourth edition of Showdown in the Barrow hosted by IT Carlow Boxing Club. Ruaidhrí was again victorious, and came away with a tumultuous win, along

with fellow club mate Kevin Beirne, however, our Silver Intervarsity's medallist, Daniel McCarthy fell short of a win on the evening.

The Spring semester is always an exciting one, with the Intervarsity Championships coming up in March, as well as many more plans in the pipeline for the club.

The UL Boxing Club will be

reopening for training in Week 2 and extends a warm welcome to both returning members and new members. Training takes place every Monday and Wednesday from 8.45pm to 11pm at the running track of the UL Arena.

Don't forget to follow UL Boxing Club on Facebook and Instagram to keep up to date with all the latest updates!

Success on and off the field: UL GAA Club

UL GAA has had a busy and productive semester 1 both on and off the field. We had great success in the fresher ladies football blitz in October, capturing our first bit of silverware and making it 5 in a row! The new Moynihan cup ladies football team also had

great success capturing the division 2 cup in their blitz. Our fresher B hurlers defeated Mary I in the league final to ensure even more silverware. As of time of writing UL GAA will have contested 10 finals across hurling, camogie, football and ladies football

before the end of semester 1. The club is not limited to activities on the field. UL GAA Club hosted its annual recognition evening in November. It honoured GAA bursary and scholarship recipients, and players that won an All-Ireland outside of

college this year. This included 12 of the All-Ireland Senior Hurling champions Limerick. UL GAA takes their competitions very seriously, but we recognise there is a time for enjoyment too. We ran a very successful, student led fundraiser in the stables

in week 11; the "Dodgy shirt" night. Some of the worst shirts imaginable were present, and a great night was had by all. If you would like to get in touch with the GAA club contact the GAA officer Ronan on ronan.keane@ul.ie



UL Wolves Handball dominating the global tundra

BY CIAN HOUGH, PRO



It was an eventful and busy semester for the UL Wolves Handball club. It started in the sweltering climate of Minneapolis, Minnesota in August and ended in the cold alley of Broadford, Co. Limerick with several stops in between. Competitions ranged from club run tournaments to Irish Intersvarsities to All Ireland Championships to the World Handball Championships. Players got the chance to travel to Wexford, Galway, Belfast, Limerick, Tipperary, and USA throughout these

series of tournaments. It was the busiest semester since the foundation of the club and one of the most successful with nine World medals proving to be the highlight of our activities.

The first two Irish Intersvarsities took place in Wexford and Galway with UL sending the largest number of players to both tournaments from the competing colleges. They returned with numerous sore and aching limbs following a series of intense and closely fought battles but also had

several fond memories from the social aspects of the weekend also. The club returned with nine medals from the Intersvarsities also to further fill the bulging coffers at home and maintain their incredible recent success.

The second biggest tournament on Irish soil took place in Belfast in November with the Golden Gloves tournament hosting 20 UL players. The tournament afforded the players opportunity to explore the city and they enjoyed the opportunity to experience some of the country's culture while competing against the best handballers in Ireland. Colin Corbett battled through the packed A grade to claim the title and bring home one of the most prestigious titles in Irish handball.

The club also travelled to Salthill, Moycullen, Cashel, Thurles, and Broadford

(three times) for club run tournaments to hone their skills and enjoy a series of social activities to develop the bond between the players.

This semester kicks off with the biggest Intersvarsity on the calendar in Belfast, Antrim. This kicks off a whistle stop tour around Ireland, Europe and Northern America for the club. Sicily, Minneapolis, Dublin, Cork, Inis Mór, Mayo, Roscommon, Galway, Tyrone, and Kerry are all included in the clubs trips for this

semester.

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. We train on Tuesdays and Thursdays in alleys close to the campus. For further information on the club visit UL Wolves Handball Club on Facebook, ulhandball on Twitter and Snapchat or email ulhandball@gmail.com. We hope to see you during the semester.



ULSKC with a lot planned for 2019 and beyond

BY THOMAS ETHERINGTON, CHAIRPERSON



UL Shotokan Karate Club with members of the Hombu Dojo, Tokyo

2018 began in an incredible way for the UL Shotokan Karate Club as on the 4th January 10 UL students embarked on the biannual adventure of visiting the home of Shotokan karate. Tokyo, the capital of Japan is where the origins of the martial art, karate, can be traced to. Along with all the training in the Hombu dojo, the headquarters of the Shotokan Karate International Federation, under the guidance of the best karate instructors in the world, the students were able to explore Tokyo and its cultural offerings.

Some of the highlights of the trip included a trip to the 634m high Sky Tree, the awe-inspiring Meiji Shrine, a magical day out

to Disneyland Tokyo and some well needed retail therapy in Shibuya and Ginza. Another highpoint to the trip was, of course, the Japanese cuisine. From sushi to strawberry and cream sandwiches we explored all corners of the cuisine. We also ventured outside the capital, travelling to Mt. Fuji and some traditional Japanese temples shrines. The 2018 ULSKC trip to Japan was a major success and was thoroughly enjoyed by all club members. Japan had it all from old shrines to lightsabre chopsticks. We're already looking forward to our next trip in 2020!

ULSKC are also looking forward to a fun filled semester, jampacked with pizza nights,

movie nights and trips to Stables and Scholars after training. We will also be holding our annual pancake Tuesday party this semester. The ULSKC members will also be working hard to prepare for the 2019 Intersvarsity's which will be held this semester in DCU. All these upcoming events are perfect opportunities for all our members to get to know each other more and have some fun!

The ULSKC always welcomes

new members and if anyone is at all interested and thinks they might want to give karate a try, they are more than welcome to watch a training session or jump right in. We also accept people from all different styles and background of karate, it's a great opportunity to share knowledge and learn from different disciplines.

In preparation for the Intersvarsity's in DCU in March it will be important to go

to training. We train every Tuesday 6:15-8:15pm and Thursday 8:00-10:00pm in the PESS building across from the UL Sports Arena. We can also be found at the Semester 2 Recruitment Drive in January in the foyer of the concert hall, so call over and talk to some of our lovely members. Find us on Facebook UL Shotokan Karate Club and Instagram at ul_karate, contact us on our email at ulshotokankc@gmail.com.



UL Shotokan Karate Club in front of Mount Fuji

UL Kayak, Seek Adventure

BY ERIN CAREY ULKC PRO



No matter who you are, most people come into college with a sense of adventure. Whether it's a small voice in the back of your mind looking for the next exotic trip to go on or you live your life by the creed set out by adventurous vloggers throughout the world, it's something most of us have in common.

College is a person's opportunity to explore what that voice pushes them to do, to get out of one's comfort zone and live in a way they've never experienced. However sometimes being able to figure out how one is supposed to even begin their adventures can be difficult and frustrating.

Joining a club like kayaking in college opens the opportunity for students to travel, meet new people and to try a sport that's different and exciting!

The UL Kayak club has always prided ourselves on our reputation in being one of the college's most social clubs, between our paint parties, weekend trips and pool sessions it's the best way to meet people and find an adventure while doing so!

While the majority of people wouldn't have even sat in a kayak before, the club is a great way to try out something exciting and new. All of our

members are so open and are happy to help teach and answer any questions anyone might have, regardless of your skill level!

If you follow us on Facebook or Instagram, you may have already heard about our annual trips that run throughout the year. Besides our beginner-friendly river trips every week we also have a few big international trips that serve as some of the biggest highlights to our calendar.

If you've been around a kayaker at all, chances are you may have heard whispers about our yearly trip to the Alps. This is our holy grail of trips so to say and is the goal of almost the entire club to reach throughout the year!

Described as 'hands down, the best holiday I've ever had' by our members, the Alps trip is definitely not one to be missed. It consists of three weeks; the first as the designated 'Advanced Week,' followed by the second and third weeks of paddling in the stunningly gorgeous Slovenian and Italian Alps.

If you're not convinced just imagine being able to camp out with a group of your friends, wearing shorts every day, all while relaxing in your hammock after an amazing

day on the river, does it get any better?

Before the Alps however we do have a slightly colder trip on offer in January. Our annual Scotland trip is an amazing one to experience! With a hostel that has its own steam room to the insanely beautiful river-eye-view of the Scottish Highlands, it's an amazing development trip that lasts a week and is not one to miss.

As well as our international trips, we also organise smaller weekend trips all around the country, usually we do annual trips to Lahinch, Kerry, Donegal and many more. These trips are always so much fun and are a great way to improve your skills while getting to know people better!

Overall, the club is one of the best ways to be able to try something new and unusual while also being able to meet people and tag along on amazing trips!

If you're interested in joining us or finding out more, please join us on the UL Wolves website or take a look and send us a message on Facebook or Instagram. Also, feel free to come chat to us at the second semester recruitment drive, we'd love to talk to you!

They were "hockied" off the field!

BY UL LADIES HOCKEY CLUB

This semester has been nothing short of a tremendous success for both our members and committee. The Autumn 2018 semester brought more members than ever before, and training sessions were swarming with new faces. Training sessions were filled with skill perfecting drills, fun inclusive games and fast paced matches. With dozens of players on the field at every session, names and faces became more familiar, and friendships were made all-round. This made it harder than ever to select a Varsity squad for the upcoming tournament, which is always the pinnacle of a University Hockey team's season. Thanks to help from two wonderful coaches, a panel of 18 were finally selected and would be sent to represent the University in St. Andrew's College Dublin. In preparation for the tournament, the Ladies had two massively successful fundraisers where the committee and club members took initiative to support the club. In order to mentally and physically prepare for the tournament, the Ladies played two gruelling matches against Limerick Hockey Club. This would be the first time the Varsity team took to the field together in a competitive match, outside UL grounds. With plenty to work on, the team took extra time before and after regular training session to heighten their performance. This would stand to each of the girls, as they embarked on their journey to the Intervarsity competition. Three days, four

games. The Ladies first game against IT Tallaght animated the intensity and purpose of the squad, where they secured their first win. Having to adapt to a sudden timetable change, they Ladies went back out to play Maynooth University, and combatting fatigue drove on, with the guiding hand of coach Cathal Duggan, and won their second game. The Ladies had advanced to the semi-final, where they went on to play RCSI the next day. This proved to be the toughest of their matches, and the most enjoyable to watch for supporters who travelled across the country to support the UL team. After going down 1-0 at half time, the squad dug deep to push on to a winning performance with a final score of 2-1. As the final drew closer, the girls prepared for a final face-off with Maynooth University. With a scoreline of 4-0 to the UL Ladies, they had won the Women's plate at the competition. This means that next year, the Ladies will advance to the premium division of the competition, where they will face the likes of UCD, UCC, Trinity College Dublin and many more. The significance of this win is monumental for the team, as these teams have both international coaches and a surplus of funding and facilities. Hopefully with the support of the University and more new members in the coming semesters, UL can and will be proudly represented in the Women's Cup at Intervarsities next year.



Catch me Outside, How 'bout that?

BY CONOR WALTER P.R.O.

Not even Doctor Phil could explain our obsession with the Outdoors, but here's my attempt:

In the past year the OPC has won Best Club and Best Trip at the C&S Awards, spent over 6 weeks on foreign trips, welcomed hundreds of new International Students from all over the globe, spent about half the year on Pat's bus and had mighty craic along the way.

2018 started out with a 10-day trip to the Scottish Highlands, where an unprecedented 9 of those days were spent in what can only be described as miraculous winter conditions. Ben Nevis, the highest mountain in the UK was summited on our final day to top off a trip where all but 2 members had previous Scottish climbing experience.

The cold snap in March provided members with a second chance to hone their winter skills and the highest mountain in Ireland, Carrauntoohil was summited by members via a waist height helping of powdery snow in Brother O' Shea's gully.

The Easter Period provided a motley crew of climbers the opportunity to sport climb in the Lleida, Spain at the foot of the Pyrenees Mountain range. The sport climbing trip is traditionally a chilled affair which is focused on improving climbing skills, often in beautiful locations



and at your own pace. This year was no exception as our accommodation was a stone built 5 story villa nestled in the rolling foothills of Camarasa. The sleepy town, gorgeous bakery and cheap cold beer provided a base from which our climbers scaled cliffs over 300 metres in height, achieved personal goals and ultimately became addicted to the OPC if they weren't already!

July came around quickly and the annual trip to the Alps did not disappoint. A short 2-and-a-half-week trip was crammed with a European road trip, taking in Wales,

Britain and France. Beautiful hikes, climbing on impeccable golden granite, selfies with tourists, flooded tents and questionable French language skills are all a part of what makes this trip so special.

August saw the OPC take in a trip of Ireland, with a focus on Hiking, Caving and Climbing along The Wild Atlantic Way. 7 of our members explored new areas for the OPC in preparation for weekend shenanigans throughout the imminent new academic term.

Semester 2 saw the OPC focus on our caving and orienteering skills. Our

intrepid cavers embarked on a weekend excursion to Poll Gorm cave in Co. Clare. A sneaky hidden hole on the surface gave passage to an underground world that was ripe for exploration. Our cavers traversed underground waterfalls and slithered their way through limestone caverns to reach daylight again! Other important skills such as caving safety and navigation along with Single Rope Technique were practiced by members who are always happy to help new cavers learn the sport during our weekly training sessions.

Our Orienteering aficionados were determined to make their mark on the year in 2018 also, with very strong performances put in at orienteering events nationwide. Locations such as Phoenix Park (where our orienteers nearly ran into another keen orienteer, Michael D Higgins) and Dunmore East in Waterford provided ample scenery and challenges for our largely beginner group who learned quickly and all finished with a smile on their faces!

Our famous weekend trip to the Old Monastery Hostel in Letterfrack during semester 2 gave us another harsh lesson in Irish weather, a

renewed love for trad music and the rugged landscape of Connemara for our new members.

Supplementary to all the epic adventures we have had this year were the fundraising events, weekly Sunday hikes, rope technique workshops and social events, all enabled through the hard work of our fresh new committee.

New friendships, blossoming romances, personal development and an increasing sense of what it is like to be involved with clubs and societies in UL were all accomplished in the past year. The OPC is excited to welcome new members for 2019 and welcome back our loyal members who are delighted to share their love of the outdoors with anyone who will listen to them!

Want to get involved with the OPC this semester? Simply pop along to the C&S recruitment drive, or why not come along to the OPC Climbing wall on Campus Mondays Tuesdays and Thursdays from 7pm-10pm for a chat? Search ULOPC on Instagram or Facebook to keep up to date with the club and ensure you make the most of the semester with the OPC.



New Beginnings for the Parkour Club BY MARLI SERFONTEIN

If you were to ask the average person to describe parkour, what would they say? Is it a way of getting from A to B in the fastest time? Is it just another form of gymnastics you can do outside? Or is it people climbing to death-defying heights, jumping over buildings and all that? Well, there's more to it that meets the eye. Parkour is a form of physical training that beats doing reps in the gym or running for miles. It's a way of testing your limits and working to overcome them. Parkour is about movement and having full control over one's body. At UL Parkour, you get to experience the different aspects of it – the physical training and strengthening to different movement techniques and challenges.

Parkour is also a source of adrenaline for those junkies out there. If jumping out of a plane is a bit too much for you, try jumping off a few walls first. I promise we'll be able to fuel your thirst. For those who get vertigo from standing on a step half a meter high, this is also perfect for you. Trust me,

I was one of those people. Parkour helps to push your comfort zone, sometimes without you even knowing it. It allows you to get up close and personal with your fears in a safe environment so that you can learn to overcome them. We have both indoor and outdoor training sessions equipped with an air-track, soft landing mats and bars to ease your way into dashing over a wall or balancing along a fence. If you're a complete beginner or have been tramping for years, we have challenges and training to suit all your needs.

Over the past year, we have been working hard to spread the work of Parkour around Ireland. We, along with other parkour groups, became founding members of Parkour Ireland – the National Governing Body of Parkour in Ireland. This means that in the months to come, we will be hosting more events where you can experience parkour for yourself and visiting other parkour groups around Ireland. Some very exciting stuff!

Last semester we also tried something a bit different. A new event that we hope to hold regularly. That is - a collaboration with NUIG's Cheerleading Society. Yes – cheerleading! This event was held with great success and brought a new energy to the club. The fundamentals of the two disciplines are similar in the way that control over your own body is essential and strength is also a key factor. We were able to pick up a few tips on flips and tricks and are very excited to have another collaboration. To continue with the 'firsts' for the club, we hope to have trips up to an indoor parkour and trampoline facility in Northern Ireland and to Ireland's first official outdoor park in Longford in the coming semester.

The months ahead will be jam-packed. We have our biggest trip of the year in February – a lovely weekend away to the breath-taking mountains of Wicklow. Here we practice a more natural side of parkour by adapting to the environment. It's a weekend



spent bouldering, climbing up waterfalls and exploring the valley followed by an elegant ball to wrap everything up nicely. Other trips include visits to JumpLanes, an indoor trampoline park, to run wild usually during stressful exam periods and trips up to Dublin to train with other parkour practitioners.

So, in summary, if you're an explorer, a fitness fanatic, an

adrenaline junkie or a social monkey, give this club a go. I promise you won't regret it! If you're still on the fence, take look and follow us on Facebook and Instagram or pop us a question at ulparkour@gmail.com. Feel free to stop by our Tuesday training sessions in the PESS building from 20:15-22:30 or Thursday training sessions behind the Sports Bar from 18:15-20:30.

Who ever said it went gently down the stream? BY CIARA DAVIS - PRO

What a great start to the year for ULRC. Following on from our success last year, our recruitment drive in Week 1 brought over 100 members to the club. Our learn to row programme kicked off in Week 2, led by our novice coach and masters student, Ruth Gilligan. The inter crews on both the men's and women's side got straight into training, raking in the kilometres on the erg and water each week. Week 2 also gave our first event which was a welcome BBQ. It was a good night for new rowers and returning members to get to know each other.

Our first competition took place out in Castleconnell. After just 6 weeks of rowing, the novice crews were hungry for a race. The inter crews did very well, placing first and second in most of the categories they raced. Getting racing experience in winter

months is really important as many races got cancelled last year due to bad weather. Week 11 gave our novice crew another chance to race, this time indoors. Province Indoor Rowing Championships took place on Saturday, the 24th of November. Each member raced 1000m and we had a team relay for the girls and boys side. ULRC competed very well, taking home second in each category we raced.

During Week 11, the committee organised a table quiz to fundraise for the upcoming season. It was a brilliant turn out with 16 teams competing. There was great support from local businesses who donated prizes for the night. Week 11 also brought around our annual event for all members, The Club Dinner. It is a great chance for old members to return and mingle with

current members over a meal and a few drinks.

Over the Christmas break, our members will batten down the hatches and get cold, hard kilometres in on the water and in the gym. We have a really exciting season of racing ahead, with Interschools in April and the Irish Rowing Championships in July. There are also plans to send crews abroad to London Metropolitan Regatta during the May bank holiday.

As ever, huge thank you to our committee and coaching crew who give hours of work in to make the club a success. Huge thank you to Bank of Ireland as well for their continued financial support. If you would like to sign up for next semester, we will be at the recruitment drive on Week 1 of Semester 2. You can also sign up on ulwolves.ie #PullLikeAWolf



Hit the back of the net with UL Soccer club

BY MARLI SERFONTEIN, PRO

The UL Wolves Soccer Club has had great success over the first semester of the 2018-2019 season. With three strong sides, the University of Limerick is definitely a force to be reckoned with on the soccer pitch.

Women's senior – Top two of their Division 1 group and looking towards the Intersvarsity Cup, the Rustler Cup and the Futsal Intersvarsity Cup 2019.

The UL Senior Ladies squad has had a great first semester, finishing top two in their Division 1 group. With brand new coaching staff as well as a brand-new pitch at McGuire's, the ladies have worked hard this semester on new formations, new training regimes and several friendly matches against local squads. The ladies now look towards the challenges in the new year: the Rustler Cup, the Futsal Intersvarsities and the Intersvarsity Cup in Belfast.

Next up, the ladies have the quarter final of the Rustler Cup against Garda College, as well as the Division 1 quarter-final against Maynooth University in late January 2019.

They hope to continue their success, and look forward to

the Intersvarsity Cup in Belfast.

Men's senior – UL Collingwood squad top of the Premier Division South, to host the Collingwood Cup

The UL Collingwood squad enjoyed a brilliant first semester of intersvarsity soccer topping the Rustlers Premier Division South with five wins from five games. The league campaign started with a 3-0 win away to Athlone IT, they then welcomed the highly fancied IT Carlow and duly beat them 4-2 in a thrilling encounter. Next came the visit of intersvarsity giants UCC. A close game took place on Maguire's pitches with the home side edging the tie 2-1. UL then cemented their place at the top of the table with a 4-1 win at Waterford IT. The final league game saw UL comfortably beat Colaiste Stiofan Naofa 9-0 on Maguire's pitches. The campaign saw UL score 22 goals conceding just 4 with striker Adam Foley the most potent player with seven goals to his name.

The Collingwood squad will now face IT Sligo in the quarter finals of the Rustlers Premier division in late January. February will see the University of Limerick host the premier competition for



The UL Intermediate Squad after beating IT Tralee 4-2 on McGuire's Field.

intersvarsity soccer in Ireland, the Collingwood Cup. Matches will be played across three days on campus so be sure to come and cheer on the lads as they bid to win the cup for the first time in the college's history.

Men's intermediates – 3rd in league, preparing for Crowley Cup 2019 in Belfast

Ethan Bevan and Ryan Doonan took over as

caretaker managers of the UL Intermediate Soccer with the simple aim of building a team towards the Crowley Cup in Belfast 2019, while also allowing those who got involved to enjoy the beautiful game at college level. It is safe to say that these aims were met as the Intermediates finished third place in a league campaign with the likes of Waterford IT and UCC. Every time the team took to the

pitch on the silky-smooth surface of McGuire's Field or away from home, it's safe to say everyone enjoyed playing with their friends; some new, some old.

The Intermediate Men's team now set their sights on Belfast for the Crowley Cup, hungry for victory after their successful league campaign, exceeding many expectations.

Sub-aqua but not sub-par

BY PATRICK BARTLEY

What a busy semester! A whole load of new trainees were taken on in September after the recruitment drive, and have been busy training every Tuesday in the pool, with some of them already out diving with the rest of us. They weren't the only ones training however, as we had four new qualified two star divers who can take less qualified divers out diving. Seven members became qualified nitrox divers, and one member became a nitrox blender. Nitrox means instead of using normal compressed air to dive, you add in a small amount of pure oxygen to the tank as well as compressed air, reducing the risk of getting the bends and

extending your dive time. The club can now also blend nitrox, to make full use of our new qualifications.

We had a number of day trips to Doolin, Quilty, Portroe, and Newquay, and a few overnight trips, in Kilkee, Portmagee and going to intersvarsities in Killary. Portmagee and Killary saw us meet up with other university sub aqua clubs, sharing boat spaces and having the craic. Killary was the largest trip the club has ever undertaken, with more than twenty active divers on the same trip. Our week eleven trip in Doolin was particularly eventful; it had a two star test, was the last boat trip of the season,

and for both dives Dusty the dolphin followed us out to the dive sites and stayed with us throughout the dives. The weather was perfect, flat sea and clear skies and we were treated to breath-taking view of the cliffs of Moher from the ocean. The semester finished with shore diving in Lough Hyne, Ireland's first marine nature reserve, where three trainees had their first open water dives.

While the harsher winter weather means we will need more sheltered dive sites, we will continue to dive into December, and look forward to warmer waters in our annual Lanzarote trip!



Sun, sand and SURF!

BY MEADHBH RYAN, SURF CLUB P.R.O.

Welcome back! It's time for another semester of gnarly waves, top quality craic and of course some legendary Surf Club trips. Semester one saw us 'drop in' to some amazing trips to Ireland's most pristine areas, making new friends and of course catching waves! We kicked off the semester by travelling up to the mystical Isle that is Achill Island in Co. Mayo, where we found a new front runner for favourite Surf Club trip. We spent the weekend camping beside the beach, singing, dancing and having the absolute craic at the 'Battle for the Lake' competition where our new members got to test out their newly found surfing skills. Our next jaunt saw us head further afield north to the lovely Co. Donegal where we spent the weekend in Bundoran. The Bundoran trip has always been a club favourite as it offers a wide variety of renowned surf spots for all levels to improve, many of which are within walking distance from

the town centre. The Rougey Lodge manager 'Pierre' is notable for warm welcomes, quality bbq parties and games to get you hyped for the local nightclub antics, where dance-moves are as equally put to the test as our skills in the water! Our final trip of the semester saw us return to our local home-away-from-home that is the 'surf-city' of Lahinch. We were blessed with incredible conditions to surf and an even better crew to dance the night away as the semester drew to a close. Not only did we have an amazing semester full of trips, but we have retained a huge group of incredibly enthusiastic people in our club which stands testament to it. During our spare moments of the semester, UL Surf hosted a vast number of events, like our travel inspired Food of the World party, surf movie nights, tie-die night and the ever epic Twelve Surf Houses of Christmas.

This January saw UL Surf Club

return to the exotic African coast to the tremendous Taghazout, a surf village in the heart of Morocco for an exciting adventure. A group of over forty keen surfers set off from the Emerald Isle and into the unknown for a week of surf, sun and adventure, a well deserved break after the stressful exam time and to say we made the most of it is an understatement. The sound of crashing waves beckoned the group from their balcony slumber each morning for a day filled with pristine waves. The week consisted of early starts for the keen bunch, ready to improve their surf as much as possible. The fantastic beaches and general surf culture in and around the village made this so easy, with beaches just a ten-minute walk. Although the main agenda for the trip was surf, surf, surf, a break was in order to give those shoulders a well needed break. This break meant for a days adventure to the amazing Paradise Valley



and to the local Souks in Agadir. This rush of adrenaline as the group plunged into the clear water below was exhilarating, and the views around us were unbelievable! We certainly developed some very good haggling skills at the souks too! Adventures throughout the trip, from catching waves, exploring the village, to the local souks, saw the club develop lasting friendships and plenty of colorful parachute pants. The surf, craic and overall amazing time had by all on the trip was

unforgettable!

Now, we are back for another semester and we are super stoked to let the fun begin. Whether you are a returning member this year, or have never touched a surf board in your life, there is no better time to start and we have everything you need. Come find us C&S recruitment drive to sign up or at our weekly pool sessions on Mondays at 21:50. Check out our Instagram, FaceBook and website: ulsurf.com to catch the latest news and sign up.

UL's newest club

BY IVA GREGOVIC, PRO

As the University of Limerick's newest sports club not everyone may know of the Table Tennis Club. We started with our training in late September 2018. Even though we weren't established before the recruitment drive, we gained about 40 members in the first few months of training. Our members are mostly UL's students, but we have a number of staff members, LIT students and outside members. Besides playing table tennis the club has a great social aspect and the atmosphere during our trainings is positive and friendly. Currently the club is operating with 10 professional table tennis tables in the UL Sports Arena. In the beginning our equipment was brought in by our committee members, but recently we bought new bats and balls. We have training bats for all of our tables, as well as competition level bats. People are welcome to bring their own equipment but the bats allowed our members who don't own



their own equipment to join in and play. In December we organised a club competition. Two divisions were made, intermediates and advanced players. Even though it was getting closer and closer to the exams we had around 50% of the club participate.

The club competition was a good way to also evaluate the experience of our members. Many of our beginners were unable to attend our competition thus why we didn't have a beginners division but we do welcome all skill levels, from people

who have never played to people who have even played with the Irish team. The plan for the new year is to attend the Intervarsities table tennis competition against the other Irish Universities.

Facebook page - <https://www.facebook.com/UL-Table-Tennis-Club-470938416727039/>
 Snapchat – [ul_tabletennis](https://www.snapchat.com/add/ul_tabletennis)
 And we are available through <https://ulwolves.ie/club/tabletennis>

Out of the rain, Into the Sun: Wolves Tag Rugby goes International

BY ROCHELLE SCANNELL, PRO

After a stellar year, Wolves tag rugby got up and running quickly with a fantastic first semester. Buoyed by a 3rd place finish in the Premiership League and being the first university accepted as a separate team in the National Regional Championships, the club entered this semester looking to build these successes. With a fantastic recruitment drive and access to the new 4G all-weather pitches, the club again saw membership increase substantially. With head coach Shane Landers overseeing their development, these new members are advancing at a tremendous rate, pushing competition for team spots ever higher. The club will be in a great position to improve on the previous finish in the Premiership League come

summer 2019.

The high standards of coaching and athlete development have already begun paying dividends with October bringing a landmark achievement for the club. Several of our athletes were selected to represent Ireland in the Tag Rugby World Cup in Australia. With nine athletes across three teams, Wolves Tag Rugby club had one of the largest delegations present and is testament to the hard work put in by our members as well as Shane and to how far the club has come in a short few years. The teams touched down in Sydney for a training camp with several of the top Australian club teams providing opposition for some "friendly" games. It was then on to Coff's Harbour for the World Cup opening ceremony with Wolves Tag Rugby

receiving another honour as UL athlete Mark O'Brien was selected to carry the Irish flag for the ceremony.

Team Ireland had a superb tournament across the board with UL athletes among the top performers. The Ladies Open team, bolstered by UL's Rachel Dunne, Lesley Walsh, Rosie Newton, Julianne Grehan and Ellen O'Sullivan, showing that Ireland can compete with the best of them, came away with a bronze medal. This was followed by the Mixed Open with UL's Mark O'Brien and Erin Coll finishing an agonising 4th, edged out of the medal places in a tightly fought match against Malta. Meanwhile, Shane Landers had briefly put coaching the Wolves to one side to coach the Men's Open team with UL's Kevin Ahern, Michael



The Wolf Pack takes on the Tag Rugby World Cup

Fenton and Ian McNamara forming a large contingent of the squad. Despite the Men's Open division being cut throat at the World Cup the Irish men far exceeded the performance set at the last World Cup, finishing 9th. Finally, one of the club's founders Felix Ross, led the

Men's Over 30s team to a 4th place finish to end the tournament on a high note.

With a superb year so far and much more to come, we look forward to seeing you all this coming semester.

Bouncing into 2019!

BY CLÓDAGH DUNNE, ULTGC PRO

We are half way through the year and UL Trampoline and Gymnastics Club is soaring high!

ULTGC started off the semester with outdoor bounces, a table quiz, UV paint party, trip to Douglas Gymnastics Centre and a club trip to Jumplanes. We celebrated Mental Health Week and Rainbow week too! Needless to say, we are a busy club with endless amounts of fun!

October saw the club bounce down south to UCC where we competed in Munsters. Munsters was a great first competition for our freshers. It's a small competition held every year against UCC which brings great rivalry and fun. Everyone's hard work paid off and the club took home 10 medals in total from novice level to Elite! Everyone had an amazing time which led us looking forward to our next competition.... Varsities!

Varsities is a much larger

competition which brings all 7 trampolining clubs from around Ireland together. Across 3 days our members competed on the trampolines, and in tumbling. There was also a synchro competition... yes that's correct, synchro! For this you must compete your routine, in sync, with your partner who is on a trampoline along side you. It's great fun and makes for some very interesting viewing.

The 8th of January 2019 marks the day we start back

training after Christmas. Yay! Second semester brings new adventures including competitions in Scotland, Dublin, Belfast and we will even be doing some cheerleading! Stay tuned on our social media to keep in touch as it is going to be another great semester!

Email: ultrampolining@gmail.com

Facebook: UL Trampoline and Gymnastics Club

Instagram: ULTrampoline



The "so called" gentle art

BY CLÓDAGH DUNNE, ULTGC PRO

It was a relatively quiet start to the year for UL BJJ with only a handful of existing members and two new members turning up to the first training session of the 2018/2019 year. Little did the committee think that in five days' time the club would undergo explosive growth and see nearly sixty members turn out for the next training session. A large number of which remained within the club, a trend not commonly seen within martial arts at UL.

A little over a week later the club held its first women's self defence seminar which had a strong turnout of twenty-nine eight of which remain regular attendees of the club. Following several incidents on and around the UL campus, the club organised a second seminar with UL FemSoc. While it did not run due to an unfortunate mix-up with room bookings, it is being rescheduled for the second semester.

The first half of the academic

year saw a number of seminars ran within the club, with two high profile black belts taking the time out of their busy schedules to pay a visit. The first of which was given by Limerick native Tom Halpin, who's impressive BJJ achievements include a gold medal at the European championships and two wins on Polaris (a professional BJJ fight organisation) in which he defeated UFC fighter Brett Johns in forty-nine seconds. Sticking with the MMA theme, the

second high profile guest of the club was Aisling "The Bash" Daly, Ireland's first female BJJ black belt and MMA world champion. After all the high quality training many of the brave young white belts ventured into the wild to test their skills at a range of tournaments. These being inclusive of the Irish Submission Grappling League, Midlands BJJ Open, Cork Open and the new jewel in the crown of Irish BJJ, the IBJJF Dublin International Open.

On a more light-hearted note several social events for the club were a highlight for many with a pizza night social held in November which led to an impromptu practice session on the dancefloor of Costello's, much to the pleasure and amusement of many punters. Following up on this wonderful night of debauchery, a Christmas dinner was held in the Student Life building. We also got some pimpin' rashguards.

Disc-y Business!

BY EMMA SEXTON, ULTIMATE FRISBEE CLUB, WOMEN'S CAPTAIN & P.R.O.

This year marked a very special year for us ninjas and before we can dive into the events of this semester, we started off by receiving a prestigious award for our efforts of last year. We succeeded in bringing home the 'College of the Year' title from the annual IFDA awards in a tremendous battle beating out the other 9 colleges because of the success we had in last year's season. The pride in each of our faces as we accepted this award was evident in each and every player proud to accept this award for UL. We brought home 3 victories last year by winning both Women's Developmentals and Men's Outdoor Intersvarsity's for the first time since the clubs' creation. We also brought home the Men's Developmentals title to sunny sunny Limerick for the fourth year in a row! These victories show a lot about our club, proving we can both welcome new players, train them to a high standard and maintain a solid team throughout!

Now to start this semester.

Beginners. The word of the year for our ninjas, having lost a lot of amazing players this year to graduation, our main goal was getting new people to try our whacky sport and what better way to initiate our beginners than Trinity Tea Party! Trinity Tea Party is a tournament aimed at encouraging new players to join. We were delighted to be able to send 2 male teams and a female team with an experienced player each to help them through! From playing to spirit to hucking some spicy throws, they did us proud with our ladies finishing 5th and our boys finishing 7th and 9th (very satisfying I know, we aim to please).

Cork Open took place next, where competitiveness is all the rage and experience goes out the window! It was certainly a wet and wild weekend as we got underway with the opening games being greeted by a rainstorm! Thankfully mother nature gifted us the perfect conditions for a beautiful day of ultimate on the Sunday, with clear

skies, sun and no wind. Our boys, having 3 new beginners on their team held their seed at 11th, beating DCU and UCD on the way and finished by defeating Rebel on a nail-biting sudden death point to round out their weekend! Our girls, also having 3 beginners, came 7th and finished strong by defeating UCC in their final game.

Our mixed season then got underway in November and Galway was the next stop! We had a very, some would say, wholesome weekend with 2 of our beginner girls making the first team and an American Erasmus student for good measure! We finished 3rd overall defeating UCC, UCD and NUIG and beating our seeding by 1! Our boys finished 4th at their indoors in DCU and our ladies shocked the system by finishing 5th with a team of beginners in UCC!

Now onto our biggest (and most ninjas would say favourite) event of any year which is our Alumni(njas) weekend, a tradition unique



to UL, this weekend is held every year just before Christmas and welcomes all past and present ninjas back to UL where the past can relive their glory days and can meet the present players that evolved from all their hard work. This year was our biggest year yet welcoming back roughly 60 ninjas! The Saturday is started with a hat tournament, basically just completely random teams, a mixture of past and present, to fight it out for the glory (and the bragging rights of course). Then, the almighty battle of past versus present happens on the Sunday where friends

become rivals and even siblings become enemies! This year's Alumni weekend title was taken, as it should be, by the Alumni who showed their class and definitely proved their stripes! It was the best alumni weekend to date and was great way to round off for the Christmas. Bring on outdoor season!

If you want to try ultimate or just want see what we get up to on a regular basis, come check us out or get in contact with us!

Facebook: UL Ninjas
Instagram: ulnjinjas
Email: ulultimatefrisbee@gmail.com

Sunny Spain Sailing

BY THOMAS YONG (P.R.O)

The UL Windsports Spain Sailing Trip was the first of its kind as a Sailing Cultural Exchange, with much success and enjoyment. The exchange was organised by the UL Windsports Committee and a former Erasmus Student (Mery Caracuel) from Spain. The outcome of this initiative was the UL Windsports Spain Sailing Trip which we hope to become an annual event. During the course of this Trip, we learned and experienced many new things about Sailing, Spanish Culture and the Sailing

Weather Conditions in Spain. During the 5 day trip, we were given a very warm welcome followed on by a tour of the local town and the river we would be sailing and cruising on. The tour of the river was very exciting and fun as we canoed down the river while being introduced to the river and its history. We canoed back to the sailing club then geared up to go yacht sailing for the day, many of us were excited and nervous because most of us were

lacking in experience of yacht sailing. We were given lessons and advice on how to sail the yacht by the sailors in Spain, the lessons were very valuable and interesting as the sailing scene in Spain is very different to Ireland. We then went sailing on the yachts along El Rompido river for the next few days constantly improving while having friendly matches between us.

A sailing Regatta was held by " Club Nautico Rio Pedras". We had the opportunity to team up with a with local sailors then had the opportunity to race other sailors and each other. The regatta involved 2 laps around the river in El Rompido, the winners were based on best timing. We brought great joy to the UL Windsports Club as we had a clean sweep and brought home 1st prize, 2nd prize and 3rd prize. A celebratory dinner was hosted for all contestants where everyone tried Spanish cuisine and dishes. A member



of the club had his birthday on the day of the regatta and was surprised by our amazing and fantastic host as they bought 2 cakes and celebrated his birthday with everyone! We all had a good time and made amazing memories with everybody.

For the final day, we were given the day off after 3 days of sailing. We decided to go down to the City of Seville for a day. After an hour bus ride, we arrived in the beautiful City Seville. We spent the day going sight-seeing, adventuring

around the city experiencing the magnificent culture and history of Spain. We all gathered by the river to relax underneath the warm sun talking about our favourite moments of trip. We bought a few gifts and presents as an appreciation for our hosts before going back to the hotel where we had a fabulous and delicious 5 course dinner organised by our host (Club Nautico Rio Pedras). An amazing trip where memories and friends were made. We were all sad to leave but excited to return again!



A Taste of Japan – Anime and Manga Society

The Anime and Manga society of UL was formed from an appreciation of Japanese culture, centered around the media of Anime and Manga. The Anime and Manga Society has been running for almost a decade and counting.

We feel the purpose of societies is to break the ice for student and we facilitate this at our weekly hangout sessions in the SU. Hangouts facilitate members meeting up and getting to know each other, which can be especially good for new members. As well as this, we use the Hangouts as a vehicle for our small events such as Japanese Snack Tasting, Anime Pictionary, and Japanese Language classes, to name a few. As well as simple socialising, Hangouts are a good way to talk about your favourite series and maybe find one you haven't seen yet, and any Manga in our storage can be rented free of charge.

Anime and Manga believe that legally streaming is the right thing to do, and we encourage our members to do the same and so, we have our own sponsored Crunchyroll account. One of our most popular events is our Screenings, where we show 8-10 episodes of a show voted by

our members each week via our Facebook page! As of recently, we have expanded our screenings to also occasionally screen a Visual Novel game where all of the choices are made by the audience. This has proved to be very popular with our members, especially our regular screenings-goers.

On October 6th, we, alongside Games Society, visited JCon, a convention in Dublin celebrating the culture and media of Japan. We organised a discount on tickets for all members travelling with us and provided a transportation schedule to ensure all members got to and from Dublin safely. The convention was held in Croke Park and played host to a massive number of stands selling merchandise for everything from Japanese food and drink to Manga and Games. Guest speakers such as the Irish Cosplayer Cos Chlooe was speaking about the pros and cons of social media and how it affects the industry. The prolific voice actor Kyle Hebert who provided the voice for Gohan from Dragon Ball was a guest and a lot of members were excited to meet him! Finally, Cosplayer Nadia SK was running

a workshop on how to make a cosplay. JCon held their annual Cosplay Competition where the winners of the professional group category were phenomenal as they walked onto stage as the three legendary bird Pokémon. There were fun games in the evening like JoJo's Bizarre adventure quiz. The Japanese embassy was present at the event and it was quite informative about, going to work abroad in Japan.

With Japan having some of the most amazing dishes in the world, we visit the local Japanese restaurant Kyoto annually and this year was no different. The trip was a resounding success with positive reviews from all attending. The trip was so popular, that we plan to visit Taikichi, another Japanese restaurant in Limerick in the coming semester.

Given the nature of the society and the stresses of college, cinema trips are often organised when major movie titles in the anime genre are released within Ireland. Such was the case with the limited release of the world-wide success of My Hero Academia: Two Heroes being screened at the local Odeon. The night



proved to be a great break from the stresses of exams and studying, particularly in thanks to the Odeon staff, who made the ticket process much easier and were very helpful to the overall organisation of the trip. The feedback about the film was largely positive and we recommend it to fans of the super hero genre, however a quick warning: the movie does contain spoilers for the TV series "My Hero Academia". So, we recommend you at least watch the first season of the show prior to the film. Regardless, the film is a great entry to the hobby and the society looks forward to future releases, such as; Made in Abyss: Journeys Dawn, Kabaneri of the Iron Fortress and Dragon Ball Super: Broly, all of which have

TV series respectively, which also come highly recommended.

Contact Details;
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Society UL Wolves
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Credits;
Liam Sweeney, Vice President (Authour)
David Jacob, Public Relations Officer (Co-Authour)
Tyrone O'Rourke, Events Officer (Co-Authour)

The Odeon picture was taken after the ending of the My Hero movie.
Permissions: All the people in this picture gave consent to be included in said picture.
Resolution is unknown.

"Send me ur dankest memes"

BY NIAL PICKERING - TREASURER



Picture of moon in Waning stage of its cycle, taken during a stargazing event during the semester

Our semester as a society was a very successful one, just like Elon's semester with SpaceX and Tesla. We had the privilege to borrow the out-of-this-world Meade telescope owned by the Physics Department here in UL and with this we have had

many stargazing sessions, which were all very successful. We have seen the Andromeda Galaxy, an excellent view of Mars, and the rings around Saturn. We had a guest speaker, Cathal Ferris, to talk about the history and workings of telescopes. Cathal

also very kindly donated a telescope to the society after this talk. We also went to see 'First Man', which was very entertaining and jumped into the top 5 of our favourite space movies.

Over the past 3 months there has been many steps taken towards the colonisation of the Moon and Mars, with ESA (European Space Agency) and NASA sharing artists' depictions of these colonies. SpaceX are also making great strides to bridge the 225 million km gap between us here on Earth and the Martians. All this work is making the next few years a very exciting period regarding space flight, and there is no better place to keep updated than at our weekly events.

Semester 2 is certain to be an exciting one, with new telescopes on the way, and we have a few events in the works. Our society isn't all about looking at the stars, we are interested in anything got to do with Space, Physics

and Science. Designing and launching our own rocket might be on the books for semester 2, although we might not be able to land it like SpaceX.



Our set up with the brilliant Physics dept telescope. Our President Stephen was very shocked at the photo being taken

YOU HAVE PUT GLADNESS IN MY HEART (Psalm 4 v 7)

BY JEMIMA NUGENT- PRESIDENT ULCU

This past semester, UL Christian Union saw many students from the University of Limerick and Mary Immaculate College, encouraged by the word of God- The Bible! The oldest and most read book in the world continues to transform people’s lives today. We decided to share some verses around campus since the bible has so much to teach us about the blessings in friendship, how valuable we are to God and most importantly the gift of Salvation! These verses were seen by many with one student commenting “I don’t know whose idea it was, but I really enjoy seeing the bible quoted on CU posters around UL. Its both a little old fashioned and absolutely perfect.” (Emily, Second year Law and Accounting student in UL).

Hannah is an art student from Limerick College of Art and Design who joined CU this September and shares her experience of CU. “Starting college in Limerick away from the comforts of my home and with new people was a daunting feeling. Over the first semester at CU I have met the most caring

people from all corners of the world, most of whom, have a deep relationship with God. Those who attend CU were welcoming, friendly and made college life quite enjoyable. CU is a place where I can have a laugh with other students especially on our socials where we play games (including some intense and competitive fugitive races and treasure hunts around campus) with one another and not to forget the lovely end-of-year CU dinner date! CU is most importantly where I am strengthened and encouraged by other Christians who face the same challenges as I. Three Tuesdays every month, a guest speaker spoke on a specific topic which was applicable to both life in college and out. One which stood out to me was Matt Gould’s talk about a Christian’s relationship with the worlds ever growing party culture. The question asked to us was should we too “go wild”? Gould’s talk broadened my opinion as to how a Christian can witness to their friends even on/after a night out- nobody is outside of Gods reach. Jesus said, “For God so loved the WORLD that he gave his only begotten son that whosoever believeth in him should not perish but have



everlasting LIFE.” The world includes everybody. Jesus (Gods son) died to give us life. All because he loves us. We just must believe. I realised each small decision I make has an impact, be it good or bad. College life can get the better of me if I am not careful, so I want to trust God to guide me every step of the way.”

The Christian Union meets together every Tuesday at 8pm in Teach Failte. We love seeing new faces and will

always have a cup of tea/ coffee and biscuits on standby! We welcome everyone and encourage people to ask questions about the bible. Every Thursday at 11am we meet new people at our free tea and coffee stand so do stop by and take advantage of the hot drinks during the cold weather.

Keep an eye on our Facebook page for details of our events for this semester and get in contact with us by

messaging our Facebook page <http://www.facebook.com/ULChristianUnion/> or emailing us at ulchristianunion@gmail.com. Why not give us a follow-on Instagram, catch up on the committee instastories every Tuesday and drop us a DM if you’ve any queries.

“For I the LORD thy God will hold thy right hand, saying unto thee, Fear not; I will help thee” (Isaiah 41 v 13)...Let God help you this semester.

Keeping up with the comedians BY LEE BROGAN P.R.O.



Ah another semester, the first one was ok but this is where we really kick it into gear! Last year saw a lot of the old Comedy Soc guard leave us for greener pastures which meant bringing in a ton of new members and freshening up the roster.

We run two workshops every week during the semester, Stand up and Improv. Stand up workshops are run by Lee Brogan (That’s me!) and are a welcoming environment for working on stand up material and performance. This one can be intimidating so feel free to pop along and watch if you want to get a feel for it first. Improv is run by Aisling Moloney (Not me, not as good but still ok) we

play improv games that often involve taking suggestions from people who aren’t participating and running with them. No preparation required for this one so very easy to jump into just to have the craic. We also put on stand up shows Every 2-3 weeks in The Scholars bar which are free to attend for everyone. If you want to perform you will have to attend workshops to be considered.

Last semester we put on plenty of shows on campus. Returning alumni from years gone by performed alongside Shane Clifford in October and in November we gave new members, both first years and international students

the opportunity to perform for their first time!

We managed to bag a ton of new members to give the society a shake up to keep things fresh. Committee positions will be available at our EGM for anyone who is interested, details for the EGM, workshops, ETC. will be found closer to the start of the semester, on our Facebook page (UL Comedy Society). You can also follow us on Twitter and Instagram @UL_Comedy. You can also email us at ulcomedysociety@gmail.com if you have any queries or feel free to message us on any social media. We look forward to meeting you all!

Join the Computer Society

BY JESSICA HOEY, PRO

Hey there, so you've happened upon our little section of the C&S Newsletter. Wait, don't go! Let us explain who we are and what we do. We are the Computer Society and we promise we don't just sit around a computer discussing how great it is, we only do that once a year. We've had a great year and firstly we want to thank anybody who has supported us by showing up to events or getting involved behind the scenes. Our membership has increased by 30% this year and we would like to think it's because we're the best society in UL. Don't believe us? We've got the award.

We have held really interesting events that cover a wide

variety of interests from radio builds, to "get to know you" nights, to technology talks from leading industry runners. Our members all have a myriad of knowledge starting from beginners who just like new and shiny technology to our experts who unsurprisingly are here for the same reason! At the core of any society lies the members. Our ability to cater to and include everybody is one of our greatest advantages. It truly is our members bringing their passion and willingness to learn that makes each event we hold great.

We are taking in more and more member feedback to truly mould the experience

each student has with us to be one that they enjoy and remember. We understand that from the outside looking in it may seem like you need to be the next Bill Gates or Steve Wozniack in order to join us but again this is far from the truth. At the recruitment drive this year why not come up to us and ask us how we can help you explore the wonderful world of technology?

We are always adapting and evolving and we look forward to having more people on this journey with us. We also go on an annual trip abroad which is coming up and we are all excited for the times ahead. So, join our journey and come along with us for a semester



which we hope will hold just as much excitement as the year gone by has!

Sound interesting? Here's where you can contact us for more information;

Facebook: Facebook.com/ul-computersociety
Website: Skynet.ie
E-mail: Compsoc@skynet.ie
Instagram: Instagram.com/ulcompsoc

Crafts

BY NIAMH TUBRIDY

As far as societies go, the Crafts Society is the only creative outlet of its kind at UL and is also the only Crafts Society offered by Universities in Ireland! The main focus of all of our events was to organize a relaxed get-together to make things but also just to talk. Although the other clubs and societies are truly amazing, we thought that the University needed a counterpoint to the more physically active or "exciting" activities that are offered. Arts and crafts do seem to be a larger part of the leisure activity outlet in other European countries, which might explain the very

high proportion of international students at our meetings. Our events were therefore both a "touch of home" for international students and an opportunity to get Irish students involved in a cultural exchange of sorts.

We host a range of events throughout the semester such as our weekly hangouts, events and collaborations with other clubs and societies such as our 'Get Craf-Tea' events with Tea Appreciation, Costume design for the Drama Society and Repair Cafés with the Environmental Society and we have participated in positive Mental



Health events too. Our Hang Outs are centered around a particular craft either each week or fortnight to give members a taste of different crafts throughout the semester. Although certain crafts might not be everybody's thing, the

weekly meetings and other events were a place for chatting, socializing and relaxing and a way of sharing our lives and experiences in college outside of the conventional methods of student socializing, such as over a drink in the Stables. Our

activities allowed us to bond and learn about each other in a comfortable and friendly environment. Stay tuned, follow us on Facebook or Instagram, request to join our chat or come talk to us at the stand to see what we have in store!

Dancing the Semester Away!

BY JADE GILL, PRO- DANCE UL

Dance UL has had an unbelievably busy and successful first semester. We kicked off the year at the Clubs & Societies drive. We racked up loads of new members, as well as welcoming back all of our returning members, who were all equally excited to start working on our pieces for the end-of-semester showcase.

Dance UL ran weekly classes in a number of different dance styles- commercial, hip-hop, heels, Irish, contemporary and zumba. With thanks to all of our teachers: Lisa, Marie and Laura from the Academy, and Dance UL's very own Tanya and Jason, our classes were a huge success! Each class

welcomed a huge number of eager dancers, both Irish and international, who worked so hard each and every week to prepare for our showcase at the end of the semester in the Academy, where each class (along with some very special guests) performed a dance or two to show off exactly what twelve intense weeks of dancing can produce. Friends, family and housemates went all out on the night to show support for their loved ones, and they got a night of top-notch entertainment in return! Check out some photos from our overwhelmingly successful night.

However, this semester at Dance UL we did not confine

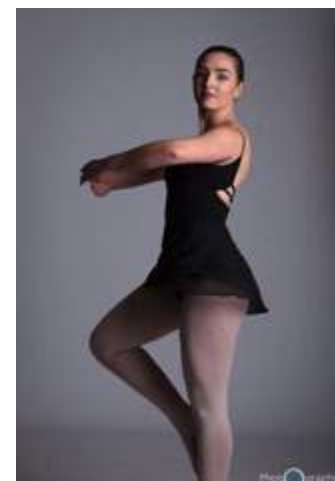
ourselves and our dancing to the studios or theatres alone. We organised plenty of events around campus, both independently and in collaboration with other clubs and societies, to promote and highlight our club's talents. Firstly, to celebrate Halloween, our committee took to the courtyard to perform a haunting flashmob rendition of Michael Jackson's 'Thriller'. It was a resounding success, if we do say so ourselves, and really got everyone nearby into the Halloween spirit.

As well as that, we teamed up with UL's Photography society towards the end of semester for a collaborative

photoshoot. All of our members were invited to Student Life where Photo Soc did an absolutely fab job capturing what we do best-dancing!

But the fun certainly doesn't stop there! We already have heaps of fun activities lined up for next semester, including our annual table quiz fundraiser, another jam-packed twelve weeks of classes with a showcase to finish, and most importantly, intervarsities! We have a choreographer on board for semester 2 who's almost as excited as we are to kick off working on our pieces for the inters competition in DIT in March. Auditions are

scheduled to be held in week one of semester 2 so keep your eyes peeled on all our social media for further info! Facebook: Dance UL Instagram: @officialdanceul



Drama Society

Drama soc are looking forward to semester two with eager anticipation after the curtain has closed on a fantastic first semester. Between plays, workshops, trips and events, we are only now reflecting on all we have achieved in a mere couple of months!

One of the highlights from the past semester has been the production and performance of two original plays in our revered home, the Jonathan Swift Theatre. SouL Week saw a three-night run of "Hubris", a tounge-in-cheek political comedy. "Hubris" was written by UL student Callan Quinn and directed by Cathal Moore, one of Drama Soc's Productions Officers. The show was a biting satire that gave an insight in to current politics and proved to be a successful SouL Week event.

In conjunction with "Hubris"

we ran a promotional event entitled "Operation: Capture the Flag" during the University open days days. We scattered American flags around campus, and in full military attire we gave potential students their mission - to get a selfie with the flags and send us their best snaps on our social media channels. Not only did this raise the profile of our show but it also gave us the chance to engage with students that could one day be the stars of our shows!

Throughout the semester we have also organised several trips and events which have been immensely enjoyable for our ever - growing drama family. We got our adrenaline pumping at the Limerick Scare Factory, helped de -stress during exam season with an ice skating trip, and had our annual lock-in event where we set up camp in the SU for the night.

The semester ended on a soaring high, with our second performance of the year , "Scum of the Heavens" , and an in-house showcase. " Scum of the Heavens " was both written and directed by our Writers Group Leader, Conor Clohessy. The show was ultimately spectacular, a medieval Irish drama that followed the unravelling psyche of a king cursed by a prophecy. The show was one of our most successful in years and met with acclaim. We rounded our semester off with our in-house showcase, where members performed monologues, sketches, musical pieces and dance routines for their fellow drama members. There was applause, a few tears, and an abundance of laughs and we will certainly be repeating our showcase next semester after the overwhelmingly positive

response from our members! It's been a whirlwind semester, and Act 2 of our year seems set to continue in the same fashion. We have another production, a mental health awareness campaign, and a trip to London on the cards, alongside several theatre trips and our weekly workshops and writers group meetings. Workshops take place every Wednesday at seven in the Jonathan Swift Theatre, and are acting- based, covering topics such as stage confidence and character development. Ou Writers Group meet every Tuesday at seven in the SU, and are currently working on pieces to be staged next semester. To keep up with all the drama shenanigans, follow us on our social media accounts !

Facebook: UL Drama Society
Instagram: uldramasoc
Snapchat: uldramasoc



Trade Off Triumph!

BY GARY MC MAHON

This semester saw the Economics & Investments being crowned the "Best Performing Society" in the University of Limerick in the Bank of Ireland's FX Trade Off Competition. Fierce competition from other societies and colleges in Ireland was fought off by the relentless efforts of our members as they competed. The society is honoured by

being awarded an impressive €3,000 prize fund for our members achievement in the competition. This is a significant milestone in the societies first year of existence and is solely attributable to the enthusiastic ethic among our members.

Throughout the action packed semester, we also hosted 3 guest speaker events,

collaborated on a social night out at the dogs and organised an enjoyable weekend trip away to the Kilkennomics Festival in Kilkenny. Members attended guest speaker events featuring leading economists such as David Mc Williams, UL's very own Stephen Kinsella and Catriona Cahill and many other prolific economists and comedians, with the aim of mixing

economics and comedy, "A pint with a point" as dubbed by the Sunday Times.

The society hopes to continue this success into the next semester and deliver many more exciting and engaging events for members to be involved in.

#ThinkDifferently

Follow our updates:
Facebook: UL Economics and Investment Society
Instagram: ul_eco_invest_soc
LinkedIn: UL Economics & Investment Society
Twitter: @ul_eco_invest

UL's most exciting Start-Up!

What a year it has been so far for the Entrepreneurship Society, one of UL's newest societies! Starting in October with our official launch night, we had three local entrepreneurs tell their stories to our new members, as well as a few words from Dean of the Kemmy, Professor Philip O'Regan. Following that was another speaking event on SoUL week with some more local entrepreneurs, and we finished up the semester with a trip to Uber's European Headquarters in Limerick city. We also ran a table quiz with the Science and Engineering Society, with our own Gabriel Denys and Eoghan McGrath on one of the winning teams (not a fix, we swear)! So, our first semester was pretty packed, but this semester is set

to be even better!

To start, on the 7th of February we will be running the first ever UL Entrepreneurship Summit. This is something we are really excited about and will be working together with Enactus UL and the Kemmy Business School to make it as good as can be! We are also super proud to announce a brand-new event, 52Start that we will be running later in the semester. This will be a brilliant competition for any of our members and members of the local community to enter to see who can come up with the best start-up over a weekend. For more details about these exciting events, keep an eye on our Facebook; UL Entrepreneurship Society. You can also find us online at ules.ie.



If you have any interest in potentially someday starting your own business, building your network, or just learning the essential skills to be successful in the future, come speak to us and think about joining up!

The UL Entrepreneurship wishes to thank firstly, all of

our members for making it a great start to our first year, and also to the entrepreneurs and UL staff who have helped us along the way; Briga Hynes – Head of Management and Marketing at UL, Brian Shee – Postgraduate course director in Entrepreneurship, Chris Kelly of Pinpoint Innovations,

Leonie Lynch of Juspy, David Neville of JumpAgrade, Louise Egan of I-SPY Clothing, Adam Reeves of the Stormy Teacup, Gracie Collier of Spice Vintage Limerick, Colm Moran of Fit100, and finally Uber in Limerick for working with us for events, and everyone else who helped us so far! Here's to a great 2019!

Quality Quizzes and Quidditch

BY AOIFE CORCORAN, FAN FORUM PUBLIC RELATIONS OFFICER.

It's been a jam-packed year for us in the Fan Forum Society. After a semester's worth of quizzes, movie nights, cinema trips, games during our weekly Thursday night meetings, and weekly quidditch sessions, we're ready to get back to it again! This past semester has been one of the busiest, and certainly the biggest, we've ever had. Even so, we plan to surpass these events in the upcoming semester!

Fan Forum is the pop culture society of UL. Now, this may suggest that we only follow current trends and the latest blockbuster films, we promise that our range of interests is both varied and deep! They extend from classics such as Harry Potter, Star Wars, the Marvel Cinematic Universe, Studio Ghibli and The Lord of the Rings to more obscure niches, like Firefly and Merlin. You're certain to find your niche with us. In fact, it's not just films and TV shows we discuss at our weekly meetings: we often share thoughts on books and different games – often over a controversy filled game of Cards Against Humanity, or one of our own-brand games. Oh, and we have a personally made Wheel of Fortune! Yeah, that's right: we have a Wheel of Forum.



Last semester, we held two quizzes: a Halloween Quiz held in conjunction with Out In UL, and our annual flagship event: our Harry Potter Quiz. This year our Harry Potter Quiz was followed by a trip to the Odeon Cinema for the midnight release of Fantastic Beasts: The Crimes of Grindelwald. It was our biggest and most successful quiz to date; with over twenty competing teams and a packed-out Sport's Bar. Add that to our Lord of the Rings themed murder mystery evening, as well as a frantic

evening of Laser Tag, and you can see that we've been busy. With plans to further improve and expand on our events for the next year, we're always looking to provide more fun nights for all!

Last semester saw the birth and growth of the Limerick Lycans Quidditch Team: Limerick's first quidditch team, and Ireland's sixth. The team was founded by Jordan Kubichek, a Fan Forum member, and Andrea Davis. They meet and train weekly on the UL Hockey Pitches on Tuesdays from 6pm – 8pm.

Training resumes during Week 1 of the semester. The team is looking forward to recruiting new members for the new semester, as they prepare to face off against Ireland's other teams. No prior knowledge of quidditch is required to join the team; in fact, if you're just curious, and maybe not fully committed, feel free to come by and spectate a training session – or even take part, if you're already a Fan Forum member!

The upcoming semester is sure to be a big one for our society. More quizzes will be

coming, more movie nights, and we're even adding trips to the schedule, too! So if you're interested in meeting a group of like-minded people who enjoy casual meetings and great discussions (oh! And also enjoy pizza) come along to our Thursday meetings at 6pm in Red Raisins. Any questions and queries can be asked at our Facebook page, our new Instagram Page, and our Twitter page!

Let's make 2019 an unforgettable one for the society!

It's our time to rise

BY THE FEMINIST SOCIETY

Semester one was a busy term for the Feminist Society jam-packed with guest speakers and information evenings that covered a wide range of feminist issues that affect students on campus. At the beginning of the semester, our president Edana Flynn spoke with Limerick's Live 95 FM about her experience of sexual harassment in Limerick, which was a great way for us to make students more aware of our presence on campus, and more importantly, to raise awareness of sexual harassment in general.

We held a meeting about toxic relationships and what to do if you find yourself in

a toxic relationship and how to support a friend who may be in that situation. This meeting was in the presence of a trained ADAPT employee who was there to answer any questions anyone may have had before, during or after the meeting. Kate McGrew, a sex worker and well-known for her work on trying to provide rights for sex workers spoke with the society, as well as Matt Kennedy, a trans inclusive poet and activist about trans-inclusivity in feminism.

The society collaborated with the Islamic Society to raise awareness around direct provision, and we held a

stall at the court-yard where Islamic Society kindly showed us some of their native sweet recipes for people to come and try out, while talking about direct provision and what it meant. We also had a guest speaker from Doras Luimni who spoke about direct provision and the current situation in Limerick and what people can do to help raise awareness and improve the system. We also held a successful panel discussion called 'Conversations about Consent' with guest speakers from GOSHH, Adapt Service Limerick and Rape Crisis Mid-West to raise awareness about sexual consent.

Some of the topics we will be covering in the upcoming semester will be self-defense, which we continue to work on since the first semester, and we hope to provide a safe environment for females to learn basic self-defense at their own pace. We will be looking at the Cervical Check scandal and how it has impacted women in Ireland, particularly here in Limerick, and the raising awareness on campus about the importance of both males and females availing of the HPV vaccine, if they haven't done so already. We also plan to order hoodies for our members, having already started to take orders via our Facebook page, so if

you are interested in buying one, you can contact our Facebook page.

We are always happy to welcome new members of all genders, identities and sexual orientations to the society, and we would love to see you at our AGM and weekly meetings. If any clubs or societies would like to collaborate with us this semester, we would love to hear from you too, so please hit us up on our social media accounts or talk to one of our committee members.

Sending lots of love and feminist vibes.

If it can be written or thought, it can be filmed

BY CIAN SCULLY

“All the fun of a film degree, without the bad career prospects” At UL filmmaking society we hope to help our members acquire hands-on experience in the world of filmmaking in a fun environment. Any day where a new skill is learned or improved upon is a success in our eyes, but we all know that results matter and our hope is to have a library of content that can be shown off

by the end of the year which every member can be proud of helping out with.

During the first semester, we had workshops in equipment usage, fight scenes, special fx makeup and directing just to name a few, and the hope is to have many more over the next few months. Along with workshops and filming we also enjoy going to the cinema and seeing the professionals

at work. This semester, the Filmmaking society is hoping to achieve some great things!

We currently have two short films in post-production, one about a brotherly conflict at a house party and another about a woman who is madly in love with a mannequin hand. While those projects are being wrapped up we are also planning ahead with other projects such as music videos

with local UL talent and the possibility of a feature-length film.

The upcoming year will be the first full outing for our new workhorse camera, the Panasonic Lumix G80. This baby can shoot 4K, has inbuilt image stabilisation to prevent our footage from looking like Paul Greengrass, and can record in V-Log, enabling greater flexibility for colour

grading. That’s not to mention our already existing fleet of equipment, consisting of lighting rig, boom mic, slider, tripods etc.! If those last two paragraphs didn’t sound like an infomercial you’d see at 6 in the morning, and want to engage in lively debate about films at workshops that somehow always ends up in Stables, then the UL Filmmaking Society is the right society for you

Games Society: Press Start to Play

BY ADAM KENIHAN (P.R OFFICER)

The UL Games Society continues to provide a space where everyone is free to enjoy their favourite games throughout the semester and make some friends in the process. Whether you’re looking for video games, card games or something more traditional such as tabletop games, there’s no doubt you’ll find what you’re looking for. We continued to hold our weekly events; Tabletop Night, Consoles Day, and Fighter Weeklies, but also held many separate events throughout the semester.

Tabletop Night is held weekly in EG010 every Monday night from 6PM. This is the night where our members, new and old, come together to meet new people and make new friends. Through playing board games in a casual setting, you may also find a new favourite board game here! Tabletop Night also serves as a great way to get into trading card games and RPG’s; games of Magic: The Gathering and Yu-Gi-Oh are always being played and finding a dungeon master for a D&D campaign is no difficult task.

Our Consoles Days are a great way to pass some time in between your classes, taking place from 12PM to 6PM every Wednesday in the Student Life Building Room 3, you can call in at any time and play some games. Party games are most

commonly played here, with Gang Beasts among others being a great way to make some new friends. Games Society owns multiple PS4’s and Xbox One’s, and we just purchased a Nintendo Switch this semester.

Fighter Weeklies are held every Thursday at 6PM, putting an emphasis on the competitive side of console games with games such as Tekken 7 and Super Smash Brothers. Show your skills and compete in weekly tournaments or hone your skills through friendlies or perhaps help someone else hone theirs.

The semester was kicked off with a Lock-In, our signature monthly event, held on a Friday every few weeks from 8PM in the Student Life Building; attendees have a very wide variety of games to choose from during the 12-hour period, and we organise a pizza order, so nobody gets hungry, along with other events. These are a great way to bond, make friends and find some games you wouldn’t have expected to enjoy, everybody can play whatever game they want.

The trip to J-Con 2018 with the Anime & Manga society took us to Croke Park in Dublin, we even had a few members who were cosplaying at this event. Zombies, an annual



Games Society tradition took place in October, a campus-wide survival game where survivors must utilise clever planning when going from lecture to lecture to avoid the zombie horde, which recruits fallen survivors. Another event we held was Scholars Night, which took place in the Scholars Club; it was a night for everyone to casually sit down, enjoy games together and make new friends. We organised a Halloween lock-in with the Anime & Manga society where participants were encouraged to dress up, there was even a prize for best dressed! The semester

was closed out with another Lock-In where many showed some festive holiday spirit. Tournaments were held with prizes for card games such as Yu-Gi-Oh! and Magic: The Gathering. For the final event of the semester, we held a release day event for Super Smash Brothers Ultimate.

We aimed to develop the strong sense community within Games Society and promote getting involved, trying out new things and making friends. We promoted use of our discord server where everyone is free to discuss topics in a more organised

manner. The Discord helps players of online games such as Overwatch and League of Legends to easily form groups while using the voice channels to communicate in game. Facebook was regularly used to upload photos of our events and make announcements, as well as being used to host and organise events. Feel free to come along and see for yourself and have some fun!

-Adam Kenihan (P.R Officer)

Join our Discord server : <https://discord.gg/3u9FamA>

Like us on Facebook: <https://www.facebook.com/ulgsoc/>

Horse Racing Society onto a winner with big semester in store



There's little doubting that Irish horse racing has never been in a stronger position in terms of success on the global stage and in our first two years since restarting the UL Horse Racing Society, our members have been able to see behind the scenes at the leading stables, stallion farms and racecourses which dominate world racing.

The purpose of our society is to bring together those with a shared interest in horse racing and encourage those who aren't immersed in the sport to become further involved. From tours of trainers' stables to attending Ireland's premier racecourses and enjoying the social element of the sport in equal measure, we aim to offer an insight into how the industry operates and enjoy the thrill that comes with seeing thoroughbreds in full flight!

With the bit between our teeth and backed by Horse Racing Ireland, our group has grown in size with each semester and we have enjoyed some terrific times together in recent years.

In our first year we managed to

visit champion jumps trainer Willie Mullins' Closutton base, Joseph O'Brien's burgeoning Owing Hill operation and the incredible Coolmore Stud as well as Aidan O'Brien's Ballydoyle.

It was an excellent start to the last academic semester when we were treated to an access all areas tour of Gordon Elliott's impressive Cullentra House Stables, getting a taste for some of the outstanding talent in the County Meath stables before the season really developed.

The Gold Cup and Grand National-winning trainer was extremely generous with his time and gave us the opportunity to get up close to the likes of his star performers Samcro, Apple's Jade, Tiger Roll and Shattered Love, followed by racing at Fairyhouse Racecourse courtesy of Horse Racing Ireland from a private suite.

One of the highlights of our last academic year was our first trip abroad to visit British Champions Day at Ascot in London, which certainly lived up to expectations. We enjoyed world class

racing in the afternoon at the phenomenal racecourse before a post-racing concert on track with George Ezra and racing the following morning at Kempton Park.

Much of our second semester focussed around running a Cheltenham Festival preview night in the Castletroy Park Hotel with the proceeds going to Limerick Suicide Watch, and we were extremely disappointed to have to cancel the event at the last minute due to the 'Beast From The East' making it impossible for our star panel to travel.

However, we were still able to hand over a cheque for €620 in March to the brilliant charity as the majority of our advance sales chose to not ask for a refund and for the money to go to Limerick Suicide Watch.

As well as running a social evening in Limerick for our Christmas racing knowledge quiz, we also headed to day one of the Punchestown Festival and had our own private box overlooking the winning post for the afternoon, which was a nice addition after a guided tour of

the Irish National Stud earlier that morning.

In the first semester of 2018/19 we joined forces with Go Racing's MyRacing 25 Club and were central to the launch of this new initiative which discounts racing tickets and hosts exclusive tours of racing stables and stallion farms for its members.

This saw us visit the home of Alpha Centauri at Jessica Harrington's Commonstown Stables where the leading trainer invited us into her kitchen for a morning coffee (with the Cheltenham Gold Cup on show for all to see!) before heading up the gallops for the horses' exercise work. The likes of Sizing John and Supasundae were among the stars on display in Moone, County Kildare.

We also were provided with a tour of Godolphin's outstanding Kildangan Stud, seeing world class stallions and incredible facilities which allows the Ruler of Dubai Sheikh Mohammed bin Rashid Al Maktoum's equine talent to flourish. From a social perspective, our night at the dogs, when we had a race

named after our society, was a highly enjoyable evening.

This semester we will be engaging in further events with Horse Racing Ireland but the highpoint of the semester should hopefully be a trip to the Aintree Grand National in April, with the committee working hard on this project at the time of writing. There will also be stable visits and racing outings closer to home, with social evenings also sure to be part of the schedule.

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 love to have you on board.

We post updates of events our Facebook page (www.facebook.com/ULRacingSociety) and we have a private group for members once you join through the Wolfpack website. We can be contacted at ulhorseracingsoc@gmail.com.

Get your heart racing!

An Experience Not Worth Missing

BY UL INTERNATIONAL SOCIETY PUBLIC RELATIONS OFFICER, MENG

Hey guys!! It's been a crazy past semester filled with craic for those of us in the International Society. There has been so many trips and events that we have organised that it gets me kind of emotional thinking of all the great memories that we have created this past semester. I'll try my best to recap all the things we did thus far but your best bet would be to experience and create this memories for yourself by joining us NEXT semester :D.

Where do I even start? Even from week 0, the few of us that were volunteers for the committee of the International Society were busy as this was the Orientation Week for incoming International students which means that we had to handle the sign-ups for their admission into the society. There was only 4 of us that volunteered at that

time, and we had to handle sign-ups for a whopping 800+ members. Yes, that was not a typo, we had over 800+ new members and to-date we have 913 active members.

As you can see from the sheer number of members, 4 committee members would nowhere be near enough. Hence, began our search for more committee members and we organised the International Society AGM (Annual General Meeting). Through this, we expanded our team to 16 members and this was enough to calm the storm and handle the members. The turnout for the AGM was great and the fact that free pizza was offered may have been the reason.

As part of the International Society tradition, we were tasked to organise

trips around the Republic of Ireland to introduce fellow members to the natural beauty that this country has to offer. The first trip to Dingle is probably one of the greatest trips we had so far as not only did we manage to pull over 400 people on this trip. We also were blessed to see dolphins and even get to swim with them on our next trip to Aran Islands! This was truly magnificent as it was probably the first for many of the members to be within touching distance of a dolphin. You'll be able to find a GoPro footage of the dolphin up close and personal, taken from one of our members on our Facebook Page UL International Society.

Also, for those of you unaware, Friday nights at Stables Club is known as International Night/TGIF and is specifically organised for

us Internationals that stick around on campus during the weekends so that we're not bored to death. Each night has a different theme from moustaches parties to mask party to even pajamas/onesies party, members were given the chance to dress up and become as silly as humanly possible!

And for the moment everyone was waiting for, the GRANDEST event we would be organising this semester which was The International Ball!! Members were asking us to hold one even from week 0 and we just had to listen to the people and give them what they wanted :D The International Ball took place at The Limerick Strand Hotel on the 8th of November and we were able to get over 200+ members to attend the Ball. The night was truly a success but that may just

be my biased opinion as we were the ones organising it but the only way to find out would be to attend one for yourself when we organise the next one There was many activities going on from live-music, to dance offs, and even two separate photobooths to make the night even more memorable. If this sparked you interest, you can find some pictures taken during the night on the Facebook page UL PhotoSoc. Here's a picture of some of the current committee members looking dapper and fine as heck.

I could probably go on forever talking about the events we have but I believe that the best way to learn more about our Society is to BECOME a part of it! So that's it from me, and I hope to see you at sign-ups for the coming semester

Taking the Law Into Our Own Hands

BY SARAH WHITE, PRO

With at least two events a week, it has been a stellar first semester for the University of Limerick Law Society. While it's impossible to outline all of the aforementioned events, there have been several stand-outs, involving collaborations between different societies and different courses.

Our LGBTQIA+ Rights in Law Conference, which took place on the 25th of October as part of SoUL Week, was the first of its kind in UL and encompassed the work of three societies- including Out in UL and ULFM. The conference dealt with issues regarding those within the LGBTQIA+ community in relation to the law, particularly emphasising the rights of Bi-people and the overall rights of the community in regards children and adoption. It

was a full day of speakers, which concluded with a Q&A session. It was a fantastic day overall, as it allowed for the coming together of different groups of students whom had not previously worked together. The aim of the Law Society is not only to inform it's members of the law and it's function, but to expand their knowledge and interest areas, as the law is growing exponentially into areas previously unimagined, such as technology law, or indeed LGBTQIA+ law, which is offered in UL currently as a module.

To kick off the legal lives of the then-incoming first year students, we hosted First Year Week, with an event occurring every day, dealing with the different aspects of college life and which acted

as the real introduction into the society. Kicking off Monday the 24th, the week involved peer mentoring, several talks on 'How to be a Law Student?', Assassin and a social night. The week was a great overall success, with several members joining up from courses such as Business or other various social sciences. Assassin involved a high-speed chase game around the Main Building, with the aim of the game being to snatch the other players' targets and being the last assassin standing. We are a society with a lot of Erasmus students as members, whom are a great attribute, for the single semester or full year of which they are in attendance. First Year Week will become a tradition of the Law Society, as it contained something

for every type of students, ranging from academics to fun and games. The Law Society will never be rigid in nature, but fluid in approach and will grow and adapt to meet the needs of every existing member and those incoming. We are all children at heart, so naturally Christmas had to be marked. Merry Skitmas, a skit-debate event to encourage those with a love of public speaking to attend. Other key events included Co-Op and Erasmus Seminars, library referencing, and different talks and information evenings given by a range of law firms in Ireland. A special mention must be given to two of our members, second years Jemima Nugent and Norah O'Brien, for their winning of the UCC Intervarsity Matheson Moot.

It was an impressive feat and a reflection of the Law Society's commitment to promoting the practical learning of law. It was a fantastic achievement by the two students and we wish them the best of luck in such future competitions.

All-in-all it has been a fantastic and varied semester, with the next being the best to come. Law Ball will be our pinnacle event, which takes place on the 14th of February, the title being 'Love of the Law' Ball. We hope that we are a society that openly appeals to all. If this brief explanation of us doesn't give you enough, then come to our next event and see for yourself. We're big, expansive and ready for the semester ahead. Keep an eye out for us, because we're going nowhere.

Rockin and Rollin' with UL Music Soc!

BY ETHAN CAREY PRO

It's time to restring those guitars, dust off the drums and crank those amps to 11 because we are back with a vengeance for what is shaping up to be our best year yet.

With ULMS hot on the heels of one of our busiest years, Freshers and existing students have a plethora of activities to scratch that musical itch, whatever the genre.

Standout events from last year such as our hugely successful Battle of the Bands, our scintillating Musical Showcase and our debut Trip to Thomann in Germany are set to be done bigger and better than ever in the coming year.

We have activities for everyone, from total beginners to

seasoned players!

The musical bread and butter of our society consists of our famed weekly events, which are an amazing way to meet like minded people, form lifelong friends, and learn and expand your musical skills and repertoires.

This year we have a jam packed weekly schedule, hosting a variety of events such as Jam Night, where students meet up to socialise and jam through songs together and make friends.

Our famed Voice Sessions make a triumphant return, complemented brilliantly by our Open Mic Nights in Stables, the perfect time to unwind and perform in a nice relaxed



setting.

If you know your jigs from your reels the Trad element of Music Soc is for you! Whether it be organising impromptu sessions, attending music festivals, or networking with fellow trad musicians, its all here for you!

Finally, for all you prospective

David Guetta's, DJ soc have their hugely popular deck sessions every week where you can rip out the tunes in a relaxed and chilled out setting.

If all this hasn't gotten you grabbing that Les Paul, warming up the vocals and cranking those decibels then I don't know

what will. If you are interested in learning more, catch us at our booth at the UL Semester 2 Recruitment Drive.

We are UL MUSIC SOC. And we are here to turn it up to 11.

Contact:
Facebook: UL Music Soc
Instagram : UL Music Soc

A new challenge

Our new society has been slow to start but we have begun to develop a strong relationship with members of the community outside UL and our members are seeing the benefits of volunteering. So far the UL Novas society has helped raise over 3000 euro for homeless services in Limerick from street collections to table quizzes, we were a huge help to Musician against homelessness which was outdoor music festival. Looking to the future we hope to increase awareness about the homelessness crisis and try get more students involved. UL Novas society members got an opportunity to collect organise and

distribute presents for disadvantaged children around Limerick.

This semester we lost a few members to co-op placement; it's only now that we see the full potential of this society. Not just as experience for co-op but as a skill to give members the competitive edge in the jobs market as well as doing some good in the world. Without a doubt the most beneficial part of being a member is seeing a difference in the work we do and how something so simple can make such a big difference to those less fortunate. So come join our amazing team today and help make a change.



Queerly Beloved, We Are Gathered Here Togay

BY RACHEL FROHRIEP, PRESIDENT OF OUT IN UL

Out in UL is celebrating its 21st birthday this year, and we're proud to show all we do. We're UL's LGBTQ+ society, and get ready, because the spring semester ahead of us is going to be exciting. With our 16th annual Queerbash celebration, weekly members meetings on Mondays, and casual and crafty queer hangouts for a few hours every Thursday afternoon, we're always welcoming new members! Our priority is always advocating and supporting, not only our current members, but all LGBTQ+ people on campus.

Check out our website at outinul.ie and get in contact with us on any of our social media platforms. You can find us at @outinul on all platforms; Facebook, Twitter, Instagram, Snapchat, and even LinkedIn. We also run a service called Befrienders for anyone who might want to meet privately or chat to us anonymously about any questions or issues they have that are LGBTQ+ related. Our radio show, Out on the Radio, runs two hours a week on ULFM, which you can check out or listen back on our radio Facebook page. Looking for more? Out in UL also hosts a coming out experiences blog at comingoutinul.wordpress.com, where you can find submitted stories about personal coming out stories, the ups and downs and everything in-between, written by members of Out in UL. And should you find yourself



interested in writing something, send us on your own story. They can also be published anonymously!

This last semester we ran our annual Alternative Miss UL event in November. AMUL is an amateur drag competition open to anyone from with any level of experience, but this year we held a special All Stars edition, which brought in fierce competition from our six returning competitors, and crowned Sarah Tonin as the first ever All-Star Miss UL. Rainbow Week, our own UL version of pride week, fell over Halloween this year, and consisted of eight events over four days. This included a murder mystery themed Big Night In, a workshop with a representative from GOSHH,

a bake sale, a Halloween costume-contest and Table Quiz event with FanForum, a Rainbow Bounce with Trampoline and Gymnastics Club, and a recovery tea morning with Tea Appreciation Society. Our members meetings covered topics like sexual health and mental health, and we even brought in a guest speaker to educate us on the history of drag. This last semester has been great, and Out in UL is looking forward to bringing you an even better semester ahead.

This photo is from one of our stands in the Student Life Courtyard last semester, with five of our committee members. We're always happy to lend a hand or have a chat, so next time you see us, come say hi!

Ógra Fianna Fáil – The UL Mafia

BY KATIE SEXTON, VICE-CHAIRPERSON

The UL Ógra Fianna Fáil Con Colbert Cumann enjoyed a very successful recruitment drive back in September, retaining our status as the most sizeable active Ógra Fianna Fáil cumann in the country.

The autumn semester began with a welcome night for new members, followed up by a question and answer session with local Fianna Fáil representative, Cllr. Jerry O’Dea.

The cumann regularly also canvasses this semester as well with Willie O’Dea TD – offering members the opportunity to interact with the public and get an idea of the issues and problems that the people of Limerick face today.

Brexit, the homeless crisis and the treatment of nurses were some of the issues raised and we discussed these topics at any discussion evenings we had on campus.

It wasn’t all about canvassing and meetings though, and we demonstrated our talents on the football pitch at the annual Jack Lynch 7-a-side Football Tournament held this year in Sligo.

After a long day on the pitch in some wet and windy weather, we were crowned winners of the tournament, as well as one of our members scooping “Player of the



Tournament”. An enjoyable evening was had after, socialising with Ógramembers from around the country as well as an address from local Sligo TD, Eamon Scanlon.

The next major event for the Cumann was the President’s Dinner or “Cairde Fáil”, which was held at the Clayton Hotel Burlington Road in Dublin. Once again, we showcased our strength as a Cumann with the largest attendance from any Ógra unit on the night.

The banquet attendees were addressed by Vice-President of Fianna Fáil, Dara Calleary TD followed by Micheál Martin TD, Uachtarán Fhíanna Fáil (although the victory of Ireland over the All Blacks saw this pushed back to later in the meal!).

After the meal, we were given

the opportunity to mingle with party members, councillors, TDs and senators from every corner of the country. It was a great evening, striking the perfect balance between politics and having the craic! We are pictured above with Micheál Martin TD when he popped over to our table!

This Spring semester kicks off with a trip to Houses of the Oireachtas on Wednesday of Week 2, January 30. After the success of last year’s trip, we will have an even larger group attending this year.

Members attending can expect to see TD’s and Senators debate in their respective chambers and also get some personal time with Fianna Fáil’s selected representatives to have a chat about any items they wish to discuss

about.

Perhaps the biggest highlight of the semester ahead is the 79th Fianna Fáil Ard Fheis, which will take place on Saturday February 23 in the City West Hotel. With the Local and European elections fast-approaching in May, there will be much to be discussed and revealed!

In 2019, the Con Colbert Cumann will be celebrating twenty-five years since our founding. Plans are already underway for a celebration with UL Ógra members, both past and present, to mark this momentous occasion. It’s clear that next semester will be as busy and as fun filled as the first one!

We welcome new members to the society throughout the year; and in the past have

seen members from a variety of course programmes join. If you have an interest in current affairs, find yourself most closely aligned to the ideals of the senior Fianna Fáil party, want to meet like-minded people and be part of an all-Ireland republican youth movement ... join Ógra!

This is your opportunity to discuss issues that you are interested in, your time to change something that you are unhappy with and your chance to stand up and make a difference!

Feel free to like our Facebook page or send a message! Just search “UL Ógra Fianna Fáil”. Also check out our Instagram account ULOgraFF! Membership can be requested at ulwolves.ie

ULFM – Praying Video Doesn’t Kill The Radio Star

ULFM’s Winter Semester was yet another exercise in somehow proving that radio isn’t a dying medium just yet. Kicking off a new slate of shows in September, with a cookery programme, two brand-new talk shows and a satirical current affairs show adding more variety than ever to the mix, we ran several small events across the first few weeks of the semester. We linked in with the First Seven Weeks initiative to co-host their welcome party, live-broadcast UL’s Careers Fair, and went absolutely crazy during SoUL Arts Fest with a panel discussion on the challenges facing radio, two

special broadcasts and a load of coverage of the other SoUL Fest events.

This was all topped off by us running our now-annual intervarsity event, where over 30 student journalists from other institutions came to UL to take over the station for a day of broadcasting mayhem that opened with our President Declan and Sponsorship Officer Alanna having a meltdown live on air, leaving the day with nowhere to go but up. Fortunately, thanks to some brilliant contributions from the visitors and our own members, the timely intervention of our Vice-President/Treasurer

Criostoir carrying about a million pizzas, and a lively social dinner led by Alanna and our then-newest recruit Clodagh, we actually managed to both have fun and produce some high-quality (largely improvised) journalistic work. We also played endless rounds of Cards Against Humanity, but that’s a story for another day.

Not content to quietly ride the pre-exam slump before the holidays, we kicked things up another notch with the addition of two new shows to the roster as the semester progressed: 1721 – a show about conspiracy theories and unsolved cases – and Shady &

The Tramps, a kind-of-sort-of spin-off of our current affairs satire show The Shady Bunch hosted by a ULFM supergroup of other shows’ hosts with a rotating panel of regular guests drawn from even more hosts of other shows plus former Societies Officer Siobhán Curley. Shady & The Tramps is ULFM’s first foray into creating overtly sex-positive media, with the show featuring comedy segments and games alongside serious sex and relationships advice and the occasional angry rant about censorship, and it was such a success we’re planning to expand on that format with a new show created by

Jalapeño Business/Shady & The Tramps co-creator Amy Hall starting this semester.

We still weren’t finished, however, with our special Christmas broadcast still to go, ending the year on a high note. As Criostoir put it in his own unique way: “Uhm yeah, ‘twas a good semester I suppose”. Since then, we’ve been hard at work planning some return visits to the radio stations that came down for our intervarsity, buying new studio equipment and planning a gameshow night filled with ridiculous rounds and cool prizes. Hopefully we’ll see you there!

Feel the adrenaline with UL Racing & Motorsport!

BY D. SIMONETTI, PUBLIC RELATION OFFICER FOR UL RACING & MOTORSPORT

The UL Racing and Motorsport society offers some of the most exciting and adrenaline-pumping activities across UL, allowing its members to feel what motor racing is all about.

Throughout first semester, the action on track was fast and furious, with wheel-to-wheel action, defensive and attacking manoeuvres, to find the fastest driver over the course of the thirty minute sessions, which are enduring for the drivers, but give a real taste for the challenge of entry level kart racing.

Lasts8 semester saw the battle in our karting championship heat up. This league, divided in two categories to fit most people's driving experience, encourages the members to compete against each other in several rounds to become the fastest racing driver of UL. Three rounds have taken place before the Christmas break and the standings are as close as ever in both categories, with a surprising competitiveness shown by

the newly arrived drivers. We have also organised casual karting, which allowed for a fun, pressure-free experience, as well as endurance team racing and a special drift karting evening.

As well as giving our members to go karting, we have also put much effort in enhancing the more social side of the society, by hosting a few different events and get-togethers to create a community of UL based racing enthusiasts, giving a platform for people with similar interests to meet and bond. For instance, we have hosted a movie night and a pub quiz, both firsts of their kind for our society. These events were a success in turnout and popularity and will certainly be repeated in the future.

ULRM has always gone on racing-related trips throughout the years and last semester was no exception, with the society organising a trip to the Cork 20 Rally. The members enjoyed the sheer

speed and bravery shown by some of the best rally drivers in Europe right in front of their eyes. The society is also attending the Autosport show in Birmingham, taking place in January. This event will see teams and competitors from many different categories (Such as Formula 1, WEC, WRC, RallyCross and Touring championships) showcasing the machinery they work with to the public, with a few members from the society attending this special event.

The spring semester will be action-packed, with the usual, ever-loved karting competitions as well as new events and social activities. We cannot wait for it to get going again, and we hope many of you will join us for the ride!

You can find us
 -on Facebook: UL Racing & Motorsports
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Young Fine Gael on the rise in UL!

BY CHAIRPERSON, SÉAMAS BULAEIR

Young Fine Gael is the youth wing of Fine Gael, the only party of the centre and centre right in Ireland. UL YFG is just one branch of the Young Fine Gael family, with dozens of active branches around Ireland. While we are of course supportive of Fine Gael, Young Fine Gael is an autonomous organisation that sets out its own policies and runs its own campaigns. Every 18 months, we elect a new National Executive to represent members and bring

change to our organisation. UL is represented on this Executive by Daniel Lynch a former student in UL.

UL Young Fine Gael is the home of political debate and activism on campus. Our members come from a wide variety of courses, but all have a common interest in current affairs and politics. Every year, we organise many internal events. Last semester, we visited Leinster House and met with many TDs and Senators.

That evening Trinity YFG played host to a lively debate between both branches. We held a very successful Table Quiz in the Sports Bar to raise funding for future events. We took part in several canvasses for General Election candidates in Limerick. It's a lot easier and more enjoyable than it sounds! We debated topics such as the Budget and European Integration, allowing individual members articulate their own thoughts and views and the debate

flowed from there.

Next semester, we will organise even more events. Our annual fundraiser for charity will be taking place. Last year, we raised over €700 for Jigsaw in a traffic light party in the stables and we hope to replicate this success next semester. We will be visiting other universities, canvassing intensely with the local elections on the horizons, debating and holding workshops.

I would really encourage you to join if you have a passion for discussion, debate and politics. We have all become friends through the society and always visit the Scholars after our meetings. So come along, drop us an email or visit our stand at the recruitment drive and take your first step on the political ladder!

Email: ulyoungfinegael@gmail.com
 Facebook: [@ulyoungfinegael](https://www.facebook.com/ulyoungfinegael)

ulwolves.ie

CLUBS & SOCIETIES RECRUITMENT DRIVE

Thurs 31st of January
 UL Concert Hall Foyer
 5pm - 7.30pm