





Volume XIX Issue 1 FREE

8th September 2010



The Special Olympics, In Focus. Pages 14 and 15



Clubs and Socs Summer Round-Up. Pages 16 and 17

UL GRADUATE EMPLOYMENT 8% HIGHER THAN NATIONAL AVERAGE

Written by Finn McDuffie-Editor

UL graduates will enjoy an employment rate 8% higher than the national average, according to the Higher Education Authority (HEA). This latest comparative graduate employment data was welcomed by UL President, Professor Don Barry, at this year's Autumn Conferring Ceremonies.

Professor Barry conferred 2352 graduates in August. Addressing this year's graduates at the first of eight ceremonies, Professor Barry said the employment record of UL graduates has "always been higher than the national average", reflecting the benefit of their Cooperative Education Experience and UL's strong interaction and relationship with employers.

"There is no doubt but that current employment challenges are making taking the next step more difficult for Ireland's 2010 graduates," he said. "But it is very heartening to have the confirmation that UL graduates have an advantage."

Urging graduates to use this advantage, he cited major graduate employers who deliberately target UL graduates due to "their combination of intellectual abilities, personal qualities and relevant work experience."

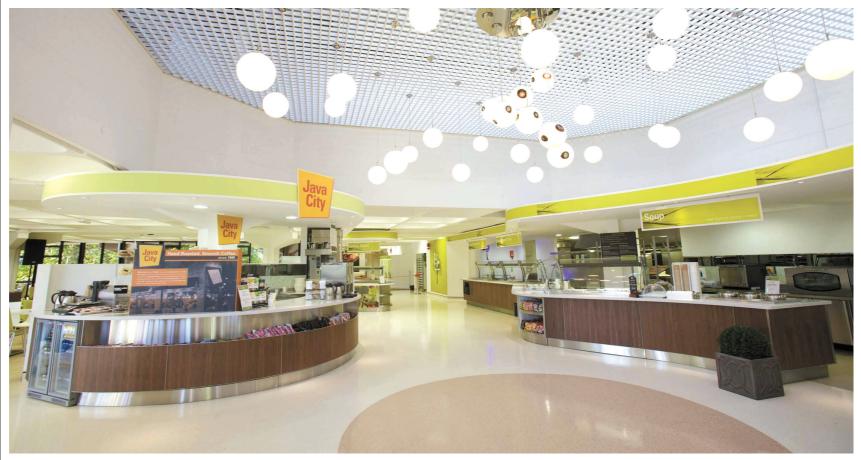
"As a result, the employment rate of new UL graduates is significantly higher than the national average," said Professor Barry.

Data shows only 36% of 2009 Irish graduates were employed in Ireland. But the figure for UL graduates stands at 41%, with 12% of UL 2009 graduates having secured employment overseas in comparison to a national average of 9% for overseas employment.



Graduates line up for conferrings in August. Image Credit: Paddy Rockett

MAIN RESTAURANT RE-LAUNCHED AS EDEN



Written by **Derek Daly**

Eden just after the official launch. Image Credit: Aramark Campbell

UL's Main Restaurant, located in D Block, was re-launched as Eden at the beginning of Orientation Week. Officially opened by UL Vice President (VP), Paul McCutcheon, Eden represents a bright and welcoming eatery, replacing what some described as "a dull and uninteresting cavern".

Aramark Campbell, a leading campus caterer in Ireland and the US, operates the restaurant. Drawing inspiration from some of the venues operated by their North American division, Aramark's conception offers a world-class catering facility in UL.

VP McCutcheon was impressed with the transformation. He described Eden as a restaurant which offers "a bright, sparkling and inviting venue, with a huge array of different offerings as well as retaining the Student Special."

Joan O'Shaugnessy, CEO of Aramark Campbell Ireland, made reference to the longstanding commitment and link to UL. She paid tribute to the Aramark management team at UL, commending their efforts with a simple "Welcome to Eden!" Linda Stevens, Director of Campus Life Services, discussed the efforts taken to develop Eden. The

process involved consultation with senior university leaders, over 1,000 students and the convening of 11 different focus groups. "This gave us a valuable insight into what could be improved," she said, "as well as what we were getting right."

Linda thanked those involved in the project, including SU President, Ruán Dillon-McLoughlin. She gave special recognition to the UL Aramark Campbell team for their hard work in rejuvenating the restaurant.

Patricia Moriarty, University Arts Officer, was also noted for her creation of a rotating "art wall" at Eden's entrance. The wall represents an excellent opportunity for student-photographers and visual artists to have their work showcased. "Students interested can contact me at patricia. moriarty@ul.ie, to look at what opportunities are available to do this,"

Eden is now fully operational and has a range of different offerings, including daily specials.

UL STUDENT RENT FALLS BY 10%

Written by **Seamus Ryan**

RENTAL prices for students in Castletroy have fallen almost 10% from last year, according to the most recent quarterly report from property website Daft.ie. The decrease in student accommodation prices in houses near UL is one of the largest in the country in the last year.

Prices in other college towns have also seen smaller drops. The average rent for a student in a single room

in shared accommodation near UL is now $\ensuremath{\mathfrak{C}} 249$ per month. The UL Accommodation Office compiles an annual listing of about 300 houses privately rented to students in Castletroy. Prices have also seen a slight decrease since last year, averaging $\ensuremath{\mathfrak{E}} 60$ to $\ensuremath{\mathfrak{E}} 65$ per room.

"Make sure you see the house, check out who's already living there," advised Rose Merrigan of

the Accommodation Office. "And remember that if you say you'll take it and they hand you a key, you're legally a tenant, even if you haven't signed a lease", she added.

Although most students at UL choose to live in Castletroy for the duration of their degree, many students look to Limerick City for accommodation. Hugh O'Brien, a PhD student, is convinced that there is better value

accommodation in the city. "House prices in town are about 20% cheaper than Castletroy for a much better maintained house", he said.

Mr. O Brien is currently paying €240 per month near Pery Square, while Daft.ie states that the average rent for a single room in Limerick city is €223.

News

STUDENTS RAISE €10,000 FOR CHARITY

Written by **Annie Dillon**

FOUR charities received cheques from the SU amounting to €10,000 in June. The charities, chosen by the SU Exec as the Charity Week 2010 beneficiaries, attended the SU Officer Handover in June to collect their cheques.

A delegation of the Limerick Youth Service Project, who will directly benefit from the funds, also attended. Anne Riordan, of the Irish Heart Foundation (pictured) collected a cheque on behalf of her charity, while representatives from the Mid-West Simon Community were also at the event to receive theirs.

"We are delighted to have been able to help," SU Welfare Officer Derek Daly said. "The SU hopes to take a more visible and varied approach to charity this year" he added.

The SU has begun talk to provide a progress report on how the funds benefited the charities during this semester.

Policy to make fundraising fairer and more relevant to students and the community was formulated last year. This means that only charities distributing their funds in Limerick and the Mid-West may benefit. Further, those that have benefited in the past three years are not eligible to be considered.

While students raised & 10,000 for the designated charities, it is estimated that over & 60,000 was generated for charity by various student-led initiatives in the academic year 2009/10.

Anyone who wishes to nominate a charity to receive funding for 2010/11 is asked to email derek.daly@ul.ie by the end of Week 5 with a brief description of the charity's activities and how it would benefit from our assistance.

CREDITS

Editor – Finn McDuffie
Deputy Editor – Darragh Roche
Graphic Designer – Cassandra Fanara
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Visit www.ulsu.ie to view An Focal online.
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available: News Editor, Features Editor, Arts
Editor and Sports Editor.

E: sucommunications@ul.ie to enquire.

A very special thank you to all who responded so generously with contributions to this first issue of An Focal.

Contributors: Ann Hayes Anne Sheridan Aoife Finnerty Brige Newman Cian Prendeville Dan Comerford Darragh Roche David Kelly Derek Daly Emma Hayward Gerald Flynn Gina O'Brien Jason Kennedy John O'Brien Kieran Murphy Leslie McDonogh

Lorcan O'Neill Meaghan Woulfe Miriam O'Brien Niall Keegan OPC Paddy Rockett Paul Carthy Paul Lee Ruan Dillon-McLoughlin Seamus Ryan Sinead Keane Stephen Carmody The UL Press Office UL Kayak Club Ultimate Frisbee Vivion Grisewood

1. Contributors please note:

Liz Gabbett

All submissions are valued. If you have submitted an article which has not been published in this issue, your piece has probably been retained for publication in future issues. If you are concerned your article has not been published, please get in touch.

A number of strict guidelines are followed in the production of An Focal, which means some articles may be altered to allow them to fit on the page and to improve readability. If you are unhappy with how your article appeared in An Focal, please get in touch. E: sucommunications@ul.ie to contact the Editor.



An Focal was once put together with physical cut outs and a photocopier.

EDITORIAL

It wasn't easy. But a challenge rarely is.

LAST year, I promised you a campus newspaper with a new, clean layout and a consistent quality of content to match that of a national newspaper. After a summer of meetings and a sea of emails and several drafts, I am delighted to introduce you to your new An Focal.

Changing An Focal isn't a new idea. Since 1992, all 18 Editors have left their mark. They've each had something new to offer. There have always been annual variations in layout, design and content.

Some of these variations came about due to increased budgets, advances in technology and use of external professionals. Something that hasn't varied though, in my four-year-relationship with my predecessors, is the passion and dedication shown by each. An Focal was once put together with physical cut outs and a

photocopier. Now, the SU employs the latest software, technology and expertise in its production.

The new An Focal is an accumulation of some very noticeable changes, which I hope you'll like. Firstly, there are the physical changes. The most obvious change is probably the format. An Focal has departed from the tabloid format employed by many Irish newspapers, in favour of Berliner: a longer, more pleasant rectangular shape. Another big change is the full-colour, a first for An Focal in its 18-year history.

But there are less obvious changes. The paper is whiter and the new design exploits this, allowing for white space and higher quality photographs, giving a clean and classic feel to the newspaper. Then there are the really subtle changes. Layout and titling now have a greater sense of permanence. Further,

all content adheres to strict grammar and concision rules and lower wordcounts to aid better communication and to increase readability.

In this first issue you'll notice plenty of photos, which I have prioritised over text content to give you an example of the printable quality you should expect over the year.

I am certain my successor will have his own vision. And I am even more certain that vision will probably be implemented. But this is an attempt to raise the bar and bring forward an essence that will remain for years to come; if not in this form, then in another.

Enjoy!

Finn McDuffie Editor



Children collect water in Charsadda. Médecins Sans Frontières is focusing its response to the floods in Pakistan on clean water, basic health care and essential relief supplies. See www.msf.ie or find MSF on Facebook.

CHAMPION CYCLIST OPENS NEW BICYCLE SHOP

Written by **Derek Daly**

THE SU formally opened its news bicycle shop in June. Located in the Student Centre, the shop was opened officially by three-time winner of the Tour De France, Greg LeMond.

Dubbed "Unicycle", the shop will stock a range of bicycles and accessories. Vivion Grisewood, SU Campaigns and Services Officer, said "Unicycle provides everything a student might need to be a cyclist on the UL campus, From children's seats to a selection of bicycles to suit a range of budgets".

Students will see a 15% discount on bicycles and a 10% reduction on the cost of all other products.

ULSU President, Ruan Dillon-McLoughlin said "it's great for the SU to be able to expand its services to students. Unicycle will provide a vital service, in particular, those who want a handy, quick-fix solution to green transport". The idea for the shop arose from a project called "The UL Bike Scheme". The scheme ran

for the first time in 2006 under the management of the University of Limerick Environmental Society and International Society. It began as a not-for-profit response to the needs of Erasmus Students, who wished to sell the bicycles that they had bought for their Semester in UL.

Following the scheme's success, ULSU made a contribution of €4,000 to provide the scheme with new bicycles. In 2 hours, all 40 new bicycles were sold in UL's student courtyard, with a waiting list of 25 for a second sale. In 2007, the idea of expanding the scheme to include new bicycles arose. In 2009, courtyard sales were abandoned in favour of using the current location which was kitted out as a full retail unit during June.

The University of Limerick Erasmus Office has subsidised the bicycle shop by &10 per bicycle per Erasmus Student for the first hundred Erasmus Students. The shop is open to the public and students.



Photographers take pictures of, from left to right, Greg LeMond, Mark Quinn and Will Reidy. Credit: Finn McDuffie

News

PLASSEY VILLAGE GETS A MAKEOVER

Written by Kelly O'Brien

PLASSEY Village, the original UL student village, began its extensive refurbishment project this summer. As part of the project, 31 out of 62 Plassey houses were treated to a complete refurbishment.

The selected houses received brand new electrical equipment including as LCD TV's, fridge freezers and ovens. The most significant change has been the installation of a secure electronic key fob system. This system is similar to the electronic key cards used in Dromroe, Thomond and Cappavilla and is becoming increasingly popular in Irish university accommodation.

Plassey Village was built in 1987 and is oldest of the five student villages run by Campus Life Services (CLS). CLS has made the improvements to Plassey Village with the intention of making students' homes more comfortable, modern and secure. These plans only serve to re-enforce

the good reputation and high standard of on-campus accommodation. Village Manager Rebecca O'Hare said that the upgraded houses have a "modern, contemporary feel" and states that she is "extremely pleased" with the overall outcome.

With 31 Plassey houses successfully renovated, the remaining 31 are scheduled for completion next summer.



Residents of No. 9 Plassey give the make-over the thumbs up Image Credit: Kelly O'Brien

UL BECOMES THE HOME OF IRISH CHOIRS



The IYC singing in UL over the summer Image Credit: The UL Press Office

Written by **Darragh Roche**

THE Association of Irish Choirs has taken up permanent residence in the University Concert Hall (UCH).

The Association administers the Irish Youth Choir (IYC). The IYC is composed of 96 singers from across the country and aims to give young Irish singers the opportunity to improve their musical skills.

"We're really delighted that the Irish Youth Choir is returning to Limerick for the third year in a row for the rehearsals in the run up to our national tour," said Liz Powell, CEO of the Irish Youth Choir. "It's particularly exciting that we will be joined by the National Youth Orchestra in our new home in the University Concert Hall for this historic and symbolic collaboration" she added before the performance.

The Irish Youth Choir celebrated its 29th anniversary this year and performed in UCH during its summer series of rehearsals and performances.

The National Youth Orchestra of Ireland (NOYI) joined the Youth Choir in UL to celebrate the National Youth Orchestra's 40th anniversary.

Eleven young people from Limerick city and county took part in the Irish Youth Choir this year compared to only three young people last year.

The Youth Choir's summer residential programme focuses on training and developing the young choristers' talents. The project also gives classes for young conductors in conjunction with the National Chamber Choir.

"This is due in no small part to the high quality choirs in the area," the Association of Irish Choirs said. "UL has also contributed to the choral life of the city and its surroundings," it added.

The 2010 programme included performances of Brahms's Requiem and Barber's Prayers of Kierkegaard and featured several highly regarded Limerick conductors and choristers. Many former Youth Choir members have gone on to play prominent roles in Irish music.

UL GRADUATE NOMINATED FOR PRESTIGIOUS INTERNATIONAL AWARD

Written by Seamus Ryan

UL graduate James d'Arcy is the sole Irish designer still in the running for this year's prestigious Dyson Awards, the international competition for design engineers.

His invention, "Flo2w" is an adjustable headpiece that eliminates many of the problems associated with current oxygen masks used by patients in hospitals and homes. The design was inspired by a long stay his father had in hospital, where James noticed that existing respiratory masks made patients uncomfortable and increased difficulty in talking to family and doctors

James discovered he had made the international shortlist just minutes before receiving his first class honours degree in Product Design & Technology. He is the second Irish student in the award's history to do so.

"It's come as a complete shock to me. At the end of the year, I only just got the entry in for the award, thinking I'd just give it a shot and see what happens," he said. He noted the Irish

people's reputation for not highlighting their abilities and talking themselves down. "It's very important that you stand up for your own design – being shortlisted internationally will give me more confidence in my designs and abilities".

Niall Deloughry, course leader of the Product Design & Technology degree at UL had high praise for his former student. "James deserves all the accolades he can get. He's a guy who is very finely attuned to his work and he came up with a project that came from the heart".

Over 600 design engineers from 18 countries entered projects for this year's award. With a design brief that simply states "Design something that solves a problem", winning the annual Dyson Award is the greatest accolade a recent design graduate can achieve.

James explained that he has veered away from making an effort to put the design into production. "There's lots of paperwork with patents for medical products. I just wouldn't be able to fund it myself. If I got a job out of this, it'd be far better than getting it into production". He is now embarking on a one-year Marketing masters at UCC.

If James wins the overall award, his prize will include €12,000 for himself as well as a visit to the Dyson research and development centre in either Malaysia or the UK. It also includes a further €12,000 for the Department of Manufacturing and Operations Engineering at UL.

He will have to wait until 14 September to find out whether he has made it to the last stage of the competition, when the fifteen global finalists will be announced. The winning project will be chosen by James Dyson himself, with the global winner announced on 5 October.

Asked about the possibility of winning the award, James laughed. "Look, it would be amazing to win the award but either way, after I finish my marketing postgrad, I'll be sending my CV to James Dyson, asking for a job".



UL graduate nominated for prestigious international award

News

NEWS IN BRIEF

Graduate meets US Congressmen

UL graduate Ruth Murray took part in the prestigious Washington Ireland Programme this summer. Ms. Murray, who is a former law student and past Auditor of the UL Law Society, lived and worked in Washington, DC as part of the Irish-American internship programme.

She worked as an intern at the office of US Senator Shaheen. Students from several Irish universities took part this year, including DCU, UCD, Trinity College, UCC, QUB and the University of Ulster. The WIP class of 2010 attended the Eleventh Annual Congressional Forum in June and met eight US congressmen involved with the exchange programme.

Ruth Murray graduated from UL in August and will pursue a Masters in Law in TCD in September.

UL students cycle for charity

A number of UL students will take part in a sponsored cycle to raise money for Aware Ireland. The students will spend the day on cycling machines in the SU Courtyard in aid of the charity.

They are also planning to cycle from Malin Head to Mizen Head to raise money for the Brian Colleran Trust Fund on 6 October. One student will spend 12 hours on a bike to raise awareness of the charity. Students will cycle on turbo trainers in the Courtyard on Thursday, 16 September from 8.30am until 9.30pm.

SU launches online system for grinds

The SU has just launched a free online grinds register. The register, which is located on the SU's website, www.ulsu. ie, allows students easy access to tutors willing to give grinds.

Individuals wishing to give grinds can register with the website and post a list of subjects they are willing to give grinds in. Students who are looking for grinds can search the register by subject category. The SU does not monitor the tutors and cannot guarantee a specific quality of grinds.

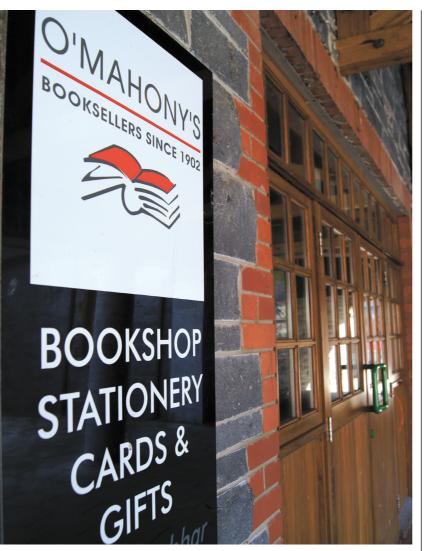
Another café opens on campus

The Café Noir coffee chain has opened "Blás Café" in the Irish World Academy of Irish Music and Dance on the North Campus. Blás will serve many of the Café Noir specialities, including a large selection of homemade scones, pastries, cakes and biscuits.

There is also a range of Organic Fair Trade coffee, tea and soft drinks. Blás has a sheltered terrace overlooking the northern entrance to the Living Bridge.



Cafe Noir, O'Connell Street, Limerick



O'Mahony's Bookstore

O'MAHONY'S DOWNSIZES UL BRANCH

Written by Kelly O'Brien

O'MAHONY'S campus bookstore has downsized its on-campus branch this summer. The store, located in the SU Courtyard, now occupies half of the space it once did, in an effort to reduce overheads.

Providing a valuable service to UL students for more than 20 years, O'Mahony's has been rethinking the size of its UL premises, for the past two or three years.

David O'Mahony, UL branch Manager, said the store has been "operating at a loss" for the past five years. He added "the business just wasn't generating enough income to justify the size of the bookshop".

He also said the decision to downsize had not been easily made. Various efforts to boost sales were attempted without success. Coupled with this is the allegation students began to spend less in light of the Recession. In addition to these problems, the bookstore generated little income during non-term periods which, when added up, were equal to five whole months of consistently poor sales. These factors led to the management's decision to downsize.

Students have been assured this is an effort to cut losses incurred on overheads and that they can expect the same wide range of textbooks and level of customer services that O'Mahony's is known for. Though other companies, such as Medicare, have vacated their units on campus, David O'Mahony assures students that bookstore has no intention of following suit and intends to supply students with textbooks for many years to come.

UL SUPPORTS REGENERATION

Written by **Derek Daly**

THE regeneration of a number of Limerick estates began last month. The project will cost approximately €337 million and represents a significant investment in the city by the government. The project aims to build 861 new houses at a cost of €116 million. Social inclusion and enabling activities have been allocated €70 million.

UL journalism students have worked with local communities to produce

newspapers that give the residents an opportunity to present a more accurate description of what is going on in their communities. Initially working on The Moyross Voice and then The Southill Voice, students from the Graduate Diploma/Ma in Journalism were the first to take part in this project.

"This project is one of many the university is undertaking in its efforts to reach out to disadvantaged communities in Limerick," said UL

President, Don Barry. "The university is deeply committed to the Regeneration initiatives in Limerick and we hope the Moyross Voice and other ongoing projects will yield significant benefits for the communities involved" he added.

"In partnership with the people of Southill, these journalism students from UL are giving a voice to this marginalised community," said Prof. Pat O'Connor, Dean of Arts,

Humanities and Social Sciences. "That community is helping them to develop their journalistic skills. It would be great if the Minister for Education recognised universities like UL are not ivory towers but are very much committed to creating knowledge and a better world," Prof. O'Connor added.

Such projects are said to give students the chance to gain insight into areas with the most negative media coverage in the country.

LIMERICK TUNNEL OPENS

Written by **Darragh Roche**

REPRESENTATIVES of the SU joined An Taoiseach Brian Cowen at the opening of the new Limerick Tunnel this summer. The 675m long tunnel forms part of the second phase of the Limerick Southern Ring Road.

The tunnel is the length of five football pitches and the height of an average two-storey house and a lake had to be split in two to facilitate it.

The tunnel represents one of the largest investments in infrastructure ever undertake outside Dublin at a cost of €660 million.

SU Deputy President Derek Daly, Alumni Representative Bobby O'Connor, Vice President Paul McCutcheon and Dr. John Hillery witnessed the opening of the tunnel at the invitation of Peter Malone, Chairman of the National Roads Authority.

The tunnel is already reported to have had a visible impact on traffic levels in Limerick city centre, where works are now underway for further pedestrianisation. Reduced congestion may also have an impact on the city's air quality. The tunnel will make commuting to the university from places such as Shannon, Ennis, Listowel, Mungret or Gort easier because cars can now bypass the city centre.



Taoiseach Brian Cowen opens the Limerick Tunnel

Features

THREE YEARS ON

Fresher advice from someone who's seen it all before

Written by Sinead Keane

ARRIVING in UL for the fourth and final time this week, I know exactly what to expect. It's that familiar feeling of excitement and nerves. I think of the year ahead. Lazy days in the sun, nights out at the Lodge, days spent surrendered to the Library and evenings out with the gang.

The same questions arise in my mind every September as I pass those two flagpoles. Who will I meet this year? Will I gain friends, lose friends? What are my lectures like? When is the first big night out? What brilliant memories will I have this time next year when I leave UL forever?

Looking back to my first September in UL, I knew absolutely nothing about UL life. I was a very different person then; naive, inexperienced and very, very scared.

Sure, I'd done my share of travelling, working and going out in my seventeen years. But on arrival, there was certainly a lot more going on in my head than there is now. Mixed with excitement was a little bit of terror. How was I going to survive on my own? Other questions that seem ridiculous to me now flashed like neon lights in my mind. Who was going to cook for me every night and do my laundry? Where are the Venus Labs? What is a Schrodinger? Where

Needless to say, I did find the answers to these questions. Slowly, I began to discover how to survive college life. I got lost at some points though. Trying to find that lecture hall on the BM corridor was a toughie. I had some frustrating moments on the library computers too. "What's my student number again?"

There were times I simply wanted to shrink away. But retrospectively, it was madly exciting to figure out how to be a college student.

As I think of those times in my first few weeks when I felt lost, confused and helpless, I remember how much I wished I had someone to help me register, find the SAA, sign myself up to a club or just how to use the oven. What I never realised at the time was that there were plenty of people around just waiting to help me sort myself out.

Here's some Fresher advice. Use the hundreds of people on campus to help your first September be a little less scary. Even if you learn something as small as how to find the Print Room or Superdine, each bit of advice you get will save you time and energy. We'll get you on your feet.

And remember, have fun! There is nothing like your first week in college. And that's a fact from an old fourth year like me. Enjoy!



An Focal feature writer Sinead Keane begins her fourth year this September

DEPARTMENTAL NOTICES

First Seven Weeks

Attention all new students! Join our first seven weeks website for announcements, events, discussions and supports to help you settle in See us at

www.facebook.com/first7weeks
From Sarah Moore AVPA, the first
seven weeks task force, UL's Centre for
Teaching and Learning and the whole
campus community.

Student Academic Administration

Reminder: Module Registration online during Week 1 (Confirm your module selections in week 1 of every semester).

Forms cannot be stamped until your registration is confirmed (i.e. Local Authority Grants, Child Benefit, Medical Card etc.)

To Avoid a Fine Do it on Time!

The Department of Lifelong Learning & Outreach

We will offer a range of Extra Mural Programmes in the Autumn Semester 2010/2011.

For further information, please visit our website at http://www.ul.ie/dllo/extramuralcourses.htm

T: 061 202530/202047

E: lifelonglearning@ul.ie

Coaching Ireland

Coaching Ireland's 10th Forum "Playground to Podium" promises to be the most exciting and challenging yet. It will address coaching issues at all levels of Sport.

The keynotes and workshops will be delivered by National & International experts, with practical knowledge and experience of dealing first hand with coaching issues.

Keynote speakers:

Istvan Balyi -

International expert in LTAD

Christy Cooney - GAA

Liam Harbison - PCI

Gary Keegan - IIS

Brian Kerr - Soccer Manager

David Malone –

International Paralympian

Gary Rice - Beauchamps Solicitors Henry Shefflin - GAA All-Star

Filly Wolsh IID Daving Coash

Billy Walsh - HP Boxing Coach

Saturday 11/09/2010

Dublin Convention Centre, Spencer Dock See www.fromplaygroundtopodium.com

If you would like to use An Focal to communicate your Department's message to the campus community, please contact sucommunications@ul.ie or telephone extension 2363.

DISSECTION IN SEARCH OF PERFECTION

Written by Niall Keegan

An abridged extract, exploring style in traditional lrish music.

STYLE is an important but elusive concept in the world of traditional Irish music. As a young traditional flute player growing up in St. Albans, England, I heard the words of flute style bandied about at fleadhs, concerts and sessions.

But I didn't really understand them despite being exposed to a rare generation of musicians in and around London.

In 1990 I undertook a research degree at UCC with the stated, naive and far too ambitious idea of producing an account of the different regional styles of flute playing within traditional Irish music.

It was fun. I travelled the country and received the seemingly limitless generosity and hospitality of many flute players. But my initial goal proved to be unattainable.

One man's east Galway style, was another's Clare style was another woman's Sligo style.

I wanted to science about music, and music says something different to scienceandwhatitdoessay, its ays it very differently too! One way to talk about style in traditional music performance is to examine certain aspects of an



The World Academy of Irish Music and Dance on the North Campus

individual performance. The musician deploys selections of technique to make their own performance style. But always remember that the effect of such analysis can be artificial. It's easy to lose a sense of the whole performance.

An effective, but gruesome analogy is to imagine the performance being analysed as being a favourite pet dog that is dissected, chopped up into small pieces and turned inside out, to try and find out why it is so lovely.

By over-analysing, it's easy to lose the thing we love and interact with. Music is obviously more than a sum of its parts and this sort of process can lose its true musical impact. As a tool to develop individual performance practice, such analysis can be invaluable.

True enough, every musician will meet musicians who seem to never practice, never examine themselves in such a cold and clinical manner and who seem to be handed their talent from either God or the devil.

I suspect that there are fewer of these unreflective, non-practicing people than you'd think. Most musicians have to engage in this sort of reflective, analytical practice to become the musicians they have the potential to be. These processes are the root and means of creative practice in traditional

Irish music. I think musicians are dutybound to follow these processes; a duty not particularly to God or Ireland, but the people who have to listen!

An abridged extract from UL lecturer Niall Keegan's article, The Parameters of Style in Irish Traditional Music, published in Inbhear.

Inbhear is a journal, of The Irish World Academy of Irish Music and Dance. See www.inbhear.ie. An Focal needs relevant, UL content. If you are an academic and you wish to write an article or publish an extract on your field of excellence in An Focal, please email sucommunications@ul.ie.

Features

WHAT I DID ON MY HOLIDAYS

Written by Lorcan O'Neill

"Three days in Amsterdam and you'll have seen everything. And you'll more than likely have soft pockets as a result."

THE summer began as always after May exams. The frantic study was a thing of the past. My days as a Limerick resident were numbered and I found that economic necessity demanded that I emigrate to find work like so many before me. I went to Abbeyfeale in west Limerick, back to the homestead to work in a food distribution company for the third summer in four years, once again cursing my inability to get a job in Limerick.

My main consolation was that Bus Eireann was still running the Route 13 to Limerick at the weekend, so some entertainment could still be had.

A summer spent working indoors sounds bad. Sunshine, ice cream and happiness are the kind of things we'd much prefer. Imagine my horror to be spending my summer working in a chill – anything over 5°C now became something akin to a Spanish holiday and was greeted with sweaty brow and gasps. It wasn't all gloom and doom. I learned many excellent Slovak swear words and am now prepared to tell anyone if they are being a "vibrani buzuran". One of the highlights of the summer was a trip to Amsterdam under the auspices of the University's debating society. A week in Amsterdam is far too long. Three days and you'll have seen everything that they want you to see and you'll more than likely have soft pockets as a result. It's also got a disproportionate number of Argentine steakhouses for a European city. Try them, they're very competitively priced and come with chips for free.

In retrospect, as I find myself returning briefly to UL with the full intention of finally obtaining a degree so that I can show the world that I'm clever (and employable), I think that it is not only important to recognise what you did on your holidays, but what you did that other people couldn't. I worry for the poor folk from south Kerry who've spent another summer counting sheep and repairing stone walls. If you find the start of the year intimidating, remember that everyone had a summer time. Feel free to ask: "So what did you do on your holidays?" You never know what you might find out.

THE EAST IS CALLING

Written by Ann Hayes

IT'S that time of year again, with Coop interviews rapidly approaching for many second years, it's time to don our pinstripe suits, dot the final 'i' in that CV and set up the usual hackneyed mailbox greetings.

There are ways of ensuring your CV has the edge on other candidates but no amount of preparation can guarantee a placement anywhere. The truth is that in today's economy, Irish and European companies will think twice before they offer paid internships. Demand for employees is low.

It is not the same everywhere. China's economy has grown significantly in the last 10 years. BBC News followed graduates who were preparing to take the leap and travel east. They were paying four figure sums to travel to China to search of work. Demand for English language teachers has increased because communication with the West is essential. Travelling to Asia provides an excellent talking point for future interviews. Not many applicants

will have lived in Beijing. The cultural experience, contacts and the booming Chinese economy make the Orient an excellent choice.

The most obvious option for an undergraduate is to use what he or she already has. Fluency in English is a distinct advantage. Teaching English as a foreign language is a viable option, and the choice isn't limited to Chinese schools either. Countries such as South Korea and Japan have a growing demand for native speakers to teach English, because native speakers are able to converse effortlessly with pupils and teach proper pronunciation. Companies like TaLk Korea offer to subsidise flights and accommodation.

Many of us will choose to stay in Ireland, while for others who are studying languages like French; mainland Europe is the obvious option. If you're feeling adventurous and are willing to embrace a challenge, travelling to the East could well prove the co-op experience of a lifetime.



The Chinese economy continues to grow significantly.

Built by Emir Bashir Shihab II in the period between 1788 and 1818, this was the Emir's residence until 1840.

CO-OP INTHE

Written by **David Kelly**

AFTER a brief holiday and safe in the knowledge that I had avoided any repeats, I was whisked 4000km away to the land of milk and honey. Now, two months have passed and Lebanon's appeal continues to surprise and shock me in the most amazing ways.

The Lebanon I experience is a very different from that mentioned in guide books and western prejudices. Indeed, Lebanon's reputation is unfounded. The state has had its share of problems, most notably the horrific Civil War and wars with Israel. But it has come a long way since. The resolute and defiant Lebanese want to leave that history behind and build a future.

The people are friendly and it is not unusual to be invited into a stranger's home for tea or dinner. Transport is excellent and remarkably cheap. The worst aspect is the heat.

While Ireland experiences dull and relentless rain, the Lebanon is currently experiencing a relentless heat wave.

Working in the publishing industry isn't easy. The word 'deadline' is an alien concept. The managers have wasted no time in getting me settled in. While correcting grammar, designing educational exams and stocktaking may not seem riveting, I came here for the cultural experience.

This country has a unique cultural heritage. Lebanon is the Paris Switzerland of the Middle-East. Shops, restaurants and cafés proliferate. It's is an historian's dream; Baalbek in the North hosts one of the world's most complete Roman temples and Byblos is the world's longest inhabited place.

I think Lebanon's cultural and religious diversity is what makes it unique. Christians, Muslims (Shi'ite and Sunni), Druze, and 14 other religious communities lived or still live in Lebanon, each community bringing with it its heritage and identity.

ERASMUS DIARY

Written by Emma Hayward

THE day I leave for Cyprus on Erasmus will arrive much sooner than I'd expected. Not so long ago, I didn't even know where Cyprus was. It's close to Turkey and the Lebanon, both countries that I would love to see.

I worked in Spain for my Co-op for first half of last year, so I've experienced living abroad once and I'm feeling confident about Erasmus. I can still appreciate home with all its luxuries, the comfort of my bed and the novelty of having a real duvet.

"I'll miss the dog"

Living abroad is a great opportunity to learn what you can actually live without; a hair dryer, for example. Hair dries naturally, how about that! Now I have a much better idea of what I can and can't live without. I always try to travel light. But I know I'll pack things I'll regret and probably leave things at home that I should have taken. It's inevitable.

For now I'm travelling around Ireland trying to see friends before I leave again. Part of me feels guilty I'm away so much. And I'll miss the dog. I'm the only one who throws a ball for her these days.

I've caught the notorious travel bug and I'm excited to leave a country I've known all my life and experience a different culture, to deepen my experience and maybe become enlightened along the way. I'm really looking forward to living in Cyprus and I intend to take advantage of every opportunity. I'm going to learn Greek, explore the country and make the most of my four months on Erasmus. Oh, and pass my classes too!



Intrepid Reporter Emma Hayward has the travel bug

Features

IRELAND NEEDS A SOCIALIST SOLUTION

Written by Cian Prendeville

NOTHING ever changes in Ireland. Fianna Fáil dominates politics. There's never been much support for the radical left wing and 'parish pump politics' runs the show. This is the old sentiment. In fact, the opposite is the case as the current crisis of capitalism is shaking the political landscape in Ireland, opening up real possibilities for a strong Socialist alternative.

Fianna Fáil's has been decimated. Polls show its support is faltering. In last year's European elections, it even lost its sole Dublin seat to Socialist Party member Joe Higgins.

The Government has presided over a massive bank bailout, savage cutbacks and an historic unemployment crisis. Labour now has 32% public support

and is the most popular party for the first time in history. Many people are looking for an alternative. There is a real possibility of building a left-wing alternative to the right-wing parties. Yet Labour will not adopt Socialist policies.

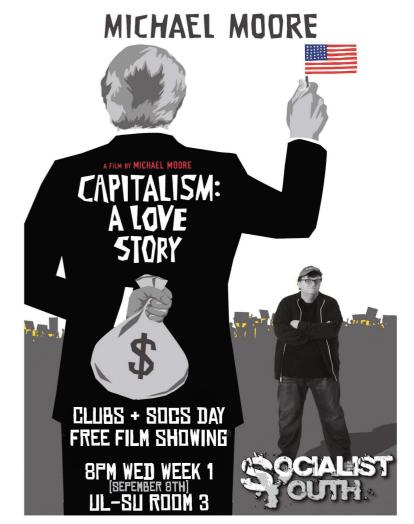
Eamon Gilmore has boasted that Labour' alternative budget had not €4 billion in cuts but €6 billion. During the public sector strike last year, Labour supported the mainstream media and condemned the strikers.

Labour is clear that it will form a government with Fine Gael, which party will block any remotely radical policies. What will the policies of such a government be at a time of serious capitalist crisis? There will be

no solutions but there will be cutbacks and over reliance on multi-nationals companies.

This crisis has begun a process of radicalisation, laying the foundation for a left-wing alternative. The collapse of the economy at the hands of speculation and profiteering has harmed the idea of a society based around profit and the market

There has never been a greater need for movement and a party of workers and young people which stands independent from the parties of big business, leads the movements against cutbacks, wage cuts and attempts to force us to pay for the crisis and puts forward a Socialist alternative, for a society where the wealth is under democratic control.



Michael Moore's latest film "Capitalism a love story", showing on Wednesday Week 1 at 8pm in SU Room 3 (upstairs).

FACING THE RECESSION AS A GRADUATE



Left to Right - Hannah Daly, Marion Grady, Robyn Daly who Graduated in August. Image Credit: Jason Kennedy

Written by Miriam O'Brien

IF someone had said to me that by the time I'd reached the end of my degree I'd be facing a recession, I wouldn't have believed them. I hadn't just spent four years of my life doing a degree to finish with very few options. We thought the good times would never end

By the autumn of 2008, having secured my BA in New Media and English, I began to realise that all was not right with the world, and I was quickly becoming a statistic, gathering dust in the unemployed graduate heap.

So, what's it like on the other side? I can only give an insight into my experience. If, like me, you hadn't thought what to do after you graduated, all is not lost. There are options. The year I took out gave me a chance to think about what I really wanted, and I

decided to do further study.

I have recently completed an MSc in Marketing, Consumption & Society and I'm trying to prepare myself for the new expectations employers now have. If you are lucky enough to get an interview, expect cross-examination.

"All is not lost. There are options."

It may be time working for free to get experience. If you know of a skill that would improve your chances of being employed, start learning it. While the recession may have ruined our fun and burst our employment bubble, I hope that eventually we might be all the better for it.

AMERICAN STUDENTS ARE REFRESHINGLY ECCENTRIC

Written by Gina O'Brien

ROBERT Morris University is in Moon Township, Pennsylvania; a scenic little town that is reminiscent of county Kerry. RMU has no shortage of riveting classes. It boasts a rich history spanning ninety years and an abundance of friendly and curious people who are more than happy to help an enthusiastic, if weary, traveller. I started classes last week!

In Pittsburgh, I met the infectiously peppy Carly, an employee of the RMU International Office. This was only the beginning of a surprisingly busy night of meeting and sharing stories with my American classmates. I made fast friends with one of the resident assistants in my Washington apartments. Heidi is her name and she was gracious enough to show me around the parts of the picturesque campus. My new friends are also fond of my distinct Irish brogue. It didn't take long to familiarise myself with

the place, with its crickets and ancient oak trees that are positively teeming with bushy little squirrels. After getting my Freedom Card, (my RMU ID card which also acts as a debit card, allowing me free snacks and is complete with a shameful photo that reflects my twelve hour journey the previous day), I bumped into the extremely welcoming journalism majors. They practically forced me to eat free and very delicious pizza and insisted that I write for the RMU student newspaper, The Sentry. I wasn't about to argue with them.

Among these aspiring reporters is the vivacious Adrianna. I instantly liked her. She is the head of photography for The Sentry and in my Shakespearean literature class. We share a love of irony.

I'm excited by my first thirty-six hours in this college of wonderfully kind and refreshingly eccentric young Americans.

Let's Talk About Sex Baby!

Considering that many of you arrived here from single sex schools, I thought it would be fun to split the column into the boys section and the girls section, just this once.

Boys:

College: the place where it is theoretically easier to get laid than a brothel but far cheaper.

Before you rush off and bang bits with the first vodka-fuelled, Lodgefrequenting girl you find, remember these important things:

- 1. Wrap your pecker before you deck her no matter how many times she showered today, it's not going to wash off gonorrhoea. There's nothing sexy about condoms, but there's nothing less sexy than oozing.
- 2. Staying in is cheaper and less messy than a baby.
- 3. Sex is not a team sport so try not to invite your friends.
- 4. Your virginity is not the flu don't try to get rid of it as quickly as possible. What's the point of having awful sex just to say you did?

Girls:

College: the place where testosterone hangs in the air like the ash cloud from that Icelandic volcano. I'm not a shrinking violet but even I would exercise caution in UL, or any other university. Ladies, before you run home and vertically tango with the

first beer and Lynx-scented boy you find, try to keep some things in mind:

- 1. Carry your own condoms: it's not slutty, it's prepared and it's not expensive because you can get them in the SU for a small donation. Do you really trust one that is produced by someone you only just met?
- 2. If he tells you he loves you on the first night he is a weirdo, a liar or both.
- 3. If you must do it, do it in your place. Someone will always spot the walk of shame and that fake tan and mini skirt that looked so good last night will just look streaky, short and possibly orange in broad daylight.
- 4. Some houses have thin walls and although you're in the throes of all-consuming passion, housemates are trying to sleep. Don't disturb them.

Features

THE UL GLOSSARY OF TERMS

Written by Patrick Ryan

The points race is over, you've accepted your offer, the folks have dropped you to your new accommodation and you wait expectantly on your own for your housemates to arrive.

IT'S nerve-wracking, by God it's exciting and it's the very first page in your life's latest chapter. Welcome to University! This is an alphabetical glossary of terms, explaining a number of things you'll see, hear about or experience in UL.

An Focal: Your campus, your life, your newspaper. An Focal is written by students, for students. It's free, it's all over campus and it comes out fortnightly. Get involved. Contact sucommunications@ul.ie



An Focal

Assignments:

Undesirable and difficult to avoid. Also known as course-work.

Baked Beans:

Cheap, late-night dining. Especially good when seasoned with toast.



Home Cooked Baked Beans

Banks: They all want your money, they all provide freebies and they'll all offer you great overdraft interest rates. See Ulster Bank.

Books: Here comes another booklist. But fret not! Books can be found in the library. Books are expensive, so buy a photocopy card or borrow from the Library well in advance of your deadline.



Brown Thomas and The Plaza

Brown Thomas: The rusty sculpture standing in the Plaza, by the Library. He also likes to wear various objects of stolen clothing.

Buckfast: Be a hero!

Buses: You're quicker walking. (Or cycling! See Unicycle!)

Castletroy:

The Limerick suburb where UL is situated. See Community.

Campus: One of the most beautiful in Ireland, the UL Campus boasts over 200 acres of mature trees, greens, river, medieval, classical, concrete and modern architecture. It's Ireland's best-kept secret.

Charity Week: The best week of your life. Brought to you by your Union in Week Six, Semester Two.



Charity Week -Credit Hugh O'Brien

Checker Board, The: A large, wall of black and white squares at the Main Entrance to UL. An unusual landmark. Prone to vandalism.

Class Reps: Kind of like your school prefect if you had one, these guys organise class trips, hoodies and liase with the Students' Union. To get involved, contact sueducation@ul.ie

Clubs and Societies: There are around 60 clubs and societies in UL, so there's bound to be one to suit you. So join a few and see which you like best!

Co. Clare: The North Campus (where you'll find Thomond and Cappavilla Villages) is actually in County Clare.

Community: If there's one serious message in this glossary, it's this. Please keep it cool and respect your new neighbours. No funny business!

Co-Op: A UL synonym for work experience. This great opportunity is compulsory with many degree programmes at UL, in second or third year

County Colours Night: An evening when Boggers go out in their native colours. Involves Dutch Gold.

Deadlines: They whoosh by. Try to meet these or risk losing precious percenties.

Don Barry: The President of UL, our illustrious leader. You probably won't see him very often, but if you do, ask for his autograph and sell it on ebay!

East Gate: Can be located with any good compass. It's the original entrance to The White House (see below). Buses leave from the nearby car park on Fridays.

Eden:

The beautiful, shiny, new restaurant in the D Block of The Main Building.



Don Barry

Elm Park: A residential experience.

Exams: Horrible.

Generally happens twice a year.

Facebook:

Your Union is on Facebook. Be sure to like its page and visit often for handy updates on Entertainments and much, much more.

First Seven Weeks: A programme designed to ensure your smoothest transition into UL life.

Flag Poles:

That massive pair of over-sized snooker cues at the Main Entrance.



The Flag Poles -Courtesy UL Press Office

Foundation Car Park, The: A good place to spot an argument between motorists contesting a parking space. Available spaces are few.

Fountains: There are several.

The simple addition of washing up liquid leads to some very expensive extraction work. Don't do it!

Grades: University Percentage/Grade exchanges are different to those of the Leaving Cert. What's more, the vary from department to department. So get to know your department's grading system and don't take anyone else's word for it!

Housemates: Friend, foe or night-time fumble. See Buckfast.

Home Cooking: Pasta,

Dolmio, spoon and pot. Yum! **ID Cards:** Chances are your photo was a disaster. What's worse, you can't change it. Sigh.

I-Grade: Incomplete Grade.

A special type of grade given if you are sick, mourning the loss of a close relative or have another valid reason to miss an exam. With this grade, you can re-sit the exam during the August repeats.

Javas

The old name for the Scholars.

KBS, The:

The Kemmy Business School.

Lab:

Some students never have one. Others have them too often. A practically-based, educational experience.

Lectures: Try not to miss too many. A golden week is when you go to all of them. A platinum week is when you go out every night and don't miss one.

Library: A place for study, procrastination and everything in between. See Talent-Spotting.

Living Bridge, The:

Spectacular at day or night; this is Ireland's longest pedestrian walk-bridge. Call me an engineer, but shouldn't a bridge be the shortest distance between two points?



Ulster Bank

Lodge, The: You will visit. You will learn. And when you graduate from UL, you'll desperately miss it.

Main Building, The: Home to the Jonathan Swift, a mysterious theatre that goes missing from time to time.

Orientation: Officially happened last week. A chance for you to get the standard guided tour and pick up a Fresher Pack. Did you get your Student Handbook?

Parking: Like the UL buses, spaces are hard to come by.

Plaza, The:

The large space in front of the Ski Slopes. You'll find Brown Thomas standing here.

President's Volunteer Award:

Sort of like Gaisce, for UL. Email the Student Affairs Department or call in to your SU to find out more.

QCA:

Your grade point average, represented by a figure. After four years, your accumulated figure will decide the grade of your degree.

RAG Week: An out-of-fashion term for Charity Week.

Rain: Happens often in Limerick.

Red Raisins: Also known as the B1 Canteen, this is where you'll find a premises which brews Starbucks, a Subway, an ATM and lots of space to relax or to study.

Ride, The: Bogger terminology used by some UL students. Often suffixed to the end of the question "Did you get.."

SAA

Student Academic Administration.

Scholars: The new name for Java's.

Ski Slopes:

No, there's no alpine sport to be enjoyed here. That's the glass entrance of the main building, which overlooks The Plaza all the way to the Schumann Building and KBS.

Stables, The:

A long-established campus bar. Sign up to become a member!

Student: You! Me! Us!

Student Handbook:

The most desirable book you'll get all year. Free in your Fresher Pack from ULSU.

Students' Union: There when you need it; a clique if you don't.

Study: Horrid.

Try to avoid, if possible.

Superdine:

All part of The Lodge experience.

Talent-Spotting:

People-watching with a twist. Not a UL term per se, but certainly part of the experience.

Timetables: Visit timetable.ul.ie to check up on any student's timetable. Makes stalking easy. Disclaimer: stalking is illegal.

Tutorials: A special time in your week where you can discuss special topics with a very special tutor. Special.

Ulster Bank:

Official sponsor of UL Fresher Fest.

₩Ulster Bank

Ulster Bank

Unicycle: The best bicycle shop in the world. Established 2010.

University Arena:

State of the art, home of Ireland's largest indoor swimming pool and outdoor mudbath.



UL Arena

Villages: Five on campus. Plassey, Kilmurry, Dromroe, Thomond and the latest addition, Cappavilla. Run by Plassey Campus Centre Ltd.

Weeks: There are about 14 per semester so make the most of them!

White House, The:

Also known as Plassey House, this is the Italianate, Georgian house surrounded by the Main Building. The presidential offices are located here. One of UL's oldest buildings.

Definitely worth a visit!

Student Speak

Welcome!

Are you in this issue of Student Speak?



An Focal reporter Kelly O'Brien gets out and about on Orientation Week to ask you for your advice.

So guys, what are your top tips for Freshers 2010?

Louise Hollywood

"Catch as many gigs as you can in Dolan's Warehouse."



Deirdre Carey "In your first lecture, introduce yourself to the people beside you, no matter how awkward you feel."



Kieran Murphy "Enjoy 10% off everything for the next four years!"



Niall Curry
"Discover Bakers early!"



Eileen Armstrong"Once you get your reading list, go to the library for them asap"



Billy Roche "Enjoy!"



Chris Ryan
"Don't get glandular fever. It ruins the experience."



Stuart Parsons "Don't be afraid to put yourself out there. Do new things! Meet new people! Have the time of your life!"



Eric Doyle
"Save your money. You'll need it!"



Dee Wilson"Get involved as much as possible. But don't take on too much!"

Letters

FOCAL LETTERS TO THE EDITOR

The Editor, UL Students' Union, Castletroy, Limerick. T: 0860435304 E: sucommunications@ul.ie W: www.ulsu.ie An Focal endeavours to accommodate all letters as far as legally possible. All parties have the right of reply to letters printed herein.

Sir, - On behalf of Ducuum Education Projects Sudan, I would like to sincerely thank the Students' Union for its efforts and help during our recent book appeal. The provision of book collection points and the use of the room for storage were central to the success of the project. The donation of a large quantity of books is also greatly appreciated. In all, five crates of high quality and relevant academic books were successfully shipped and have landed safely in Port Sudan. They will be arriving at the ultimate destination, Dr. John Gerang University, shortly.

Thank you again for your efforts and please continue to support the work of Ducuum in the future.

 Yours, etc, NYIEL KUD

Sir, - I am writing to discuss the tripling of the continuation fee and the introduction of 4th year fees. The continuation fee is paid by postgraduate research students that are registered greater than 2 years on a Masters and 3 years on a PhD. The current continuation fee amounts to €437. The proposed increase is as follows:

- Business, Arts & Education
- candidates: €437 increase to €1,000
- Science & Engineering candidates: €437 increase to €1,500*

*The additional €500 represents a laboratory bench fee, which a large number of candidates at this stage of their research do not use.

This dramatic increase is set to be introduced from 1 September 2010. It is already set in stone. A further increase of €500 will be introduced from 1 September 2011.

Full fees are being introduced to students commencing their research from 1 January 2011 with the increase in continuation fee also applying. Full fees will not affect students currently in the system. Of the seven universities in the country, three charge full fees for the duration of the programme while UL is aligning with NUIG to charge for the fourth year only.

The University's reasoning for these increases is as follows:

1. It is an area that can yield additional

- income for the university;
- 2. An incentive for researchers to exit the
- university in a more promptly manner;

- 3. Before this fee introduction, UL was the only university not to charge 4th year fees, so it is matching the other University
- 4. Align the fee with our strategic partner NUIG.

I have received huge concerns to this dramatic increase, an increase in which no consultation with postgraduates' students by the university was sought. Postgraduates are outraged and disappointed to say the least. I have received tear jerking response from them. In a number of cases, these candidates are heartbreakingly close to completing their research. To be lumped with an increase like this is appalling. Many may end up leaving as they simply cannot afford this increase.

This is something that needs to be brought to the attention to all students. It may not affect you now but it may certainly affect you in the near future. It is disgraceful that such an action can simply be carried out with no prior consultation or warning.

- Yours, etc, DAN COMERFORD President

Postgraduate Students' Association.

Sir, - The UL Africa Volunteers returned recently from Uganda after working on a number of projects. The group had five people from UL, one from Limerick, one from Dublin and three from Australia.

Funding was provided by Irish Aid, individual contributions and fundraisers. The cost of all flights, accommodation and living expenses were met by the Volunteers themselves therefore allowing all funding to be spent on the projects.

On behalf of the children we assisted in Uganda, we want to sincerely thank the campus community for their moral and financial support which, as always, is so important in bringing these projects to conclusion.

 Yours, etc. RICHARD HENNESSY

Sir, - Thank you UL, for the time of my life. I remember it well; the day I arrived in Ireland. I hardly got any sleep the night before. I was too excited. I was going to a country of magic. And it turned out to be everything I had hoped for. The big, Clubs and Societies recruitment drive in the Arena was impressive! Curious as I am, I signed up for six clubs and societies. I only actually got properly involved with one in the end. "My" club was the OPC. We had a wonderful OPC trip to the Ring of Kerry, under the burning sun and a lunch under trees.

I got caught by OPC that day. The OPC became my Irish home, friends, family and hobbies. My Ireland is the mountains, the caves, the friendly Irish and the pubs everywhere. I will keep the memories forever. I discovered the feeling on top of a mountain. I trusted people on the other end of the rope with my life without hesitation. I'll not forget the beautiful Irish accent spoken by wonderful people.

As a native German, studying in France, I am well able to recognize that such a great college-experience as one gets it at UL would not be possible without the typical Irish organisation of clubs and societies.

The Students's Union, the Clubs and Socs Development Officer Paul Lee, the council and every committee is doing a great job. Without them, most students would not know half of their actual friends and they are carrying a great responsibility for health and safety of their members, physically and psychologically.

Take this letter as a compliment. For you, your club, your university and your country and do your best so that the next Erasmus-generation goes home with the same feeling of love and regret that the time is over already.

There are a lot of people I owe my special thanks. They all know who they are. Ireland, UL and OPC, thank you for the time of my life.

- Yours, etc, JUDITH HONIG

Sir, - I think we need an Evening Tennis Club In UL; put the courts to good use. Can't really have it at 2pm or 3pm in the day alongside important classes. Would be great to have it in the Evening, at least the courts will be used.

- Yours, etc. JOHN FITZGERALD

Clues:

- 1 Order to Leave (7)
- 4 Old Monument (5)
- 8 A Witches Pots (9)
- 9 The Ability to Read and Write (8)
- 10 Studier of God (10)
- 11 Rice Field (5)
- 13 Education Aides (6)
- 16 Children's Playground Toy (6)
- 20 Large Horned Mammal, abv. (5)
- 21 Returned to the Task at Hand (10)
- 23 Encompasses Space and Time (8)
- 25 Premium Imported Larger (5,4)
- 26 American Sweets (5)
- Foot-Like Appendages (7)

27 - Having Many Feet or

17 - Injured (7) 18 - Agreed Peacetime (5)

- 19 Edition (5)
- 22 Get Ready (3,2)
- 24 Unpleasant in Appearance (4)

1 - Make A Code Intelligible (7)

5 - Major Race of Europe (9)

6 - Negatively Charged Ion (5)

14 - 3 Days After The Day Before

2 Days After Tuesday (8)

15 - An Obsessive Intellectual (4)

2 - 160,934cm (4)

4 - Unable To Relax (8)

7 - 's World (5)

12 - Genuine (9)

10 - Part of Vehicle (4)

3 - Thieved (5)

THE STARS

Written by **Astro Aoife**

You think you're feisty, outgoing and confident but they're all just ways of saying pushy, loud and obnoxious and your friends know it.

Your friends will realise that you're not worth the trouble stop talking to you but you won't miss them.

You see yourself as cool, calm and collected. In reality, you are just antisocial loner and think you're better than everybody else.

Uranus's influence means you should stop being so anal and learn that "organised fun" isn't actually fun.

Gemini

You think you're chatty, spirited curious. Unfortunately, everyone thinks you're airheaded, hyperactive and nosey.

Your silliness means you'll apologise to your own reflection. The stars say "Duck!"

Cancer

You are a moody and self-absorbed. The only way to show you that the world doesn't revolve around you is take you to the Moon. This week the stars say "Remove head from ass and resume living"

Leo

You are a trendsetter and a leader. That means you're a vain controlfreak. You can't stand criticism. Venus in Sagittarius means you should accept that you're not even close perfect.

Virgo

You're a giver, a perfectionist and dedicated to making people happy. You're fussy and desperate to be liked.

You'll do anything to be popular. When people say "Jump", you shouldn't say "How high?".

You think you're sociable. But you're motivated by fear of loneliness. You don't want to offend or upset anyone and avoid tough decisions. No-one would trust you with anything important. "Chicken or tuna sandwich?" is not a decision to cry about.

Your passion makes you an intense lover. Your short temper makes you too much work Real life isn't Mills & Boon. You should chill out or maybe consider cracking a smile sometimes.

Sagittarius

Your free-spirited curiosity and uninhibited nature please you. They annoy everyone else. You have the tact of a jackhammer. Your unbridled optimism means you should realise that winning the Lotto is unlikely.

Capricorn

You pride yourself on responsibility. Unfortunately, you're drunk on your own self-importance.

You use your friends for unscrupulous ends. You're one of the dullest signs of the Zodiac. The stars say nothing.

Aquarius

You're a deep thinker and pride yourself on being able to look at something from different angles.

You're unable to act and live in a world where you insist on "mind over matter". This just makes you a timewaster and a pain.

Pisces

You breeze through life. You are an enigma. Unfortunately, you appear to be permanently dazed. You live in fantasyland.

You are romantic and wait for true love. You'll probably get dumped, even if you're not seeing anyone.



Mamihlapinatapai (sometimes spelled mamihlapinatapei) is a word from the Yaghan language of Tierra del Fuego, listed in The Guinness Book of World Records as the "most succinct word", and is considered one of the hardest words to translate.

It describes "a look shared by two people with each wishing that the other will initiate something that they both desire but which neither one wants to start."

OVERHEARD IN UL

Excerpts from the hit Facebook page

Guy on the phone outside Spar: "Don't you remember my Mum's best friend? The prostitute one?"

An overheard greeting: "I haven't seen you since the toilet."

A genuine conversation between two Americans, crossing The Living Bridge:

Girl 1: "Guess what? I never met anyone called Trevor or Trev!" Girl 2: "Really!?"

Girl 1: "Ya!"

Girl 2: "Wow."

A pre-party discussion:

Guy 1: "Can we walk in smoking, with a bottle of Paddy in one hand and a woman on the other?" Guy 2: "It's sad when alcohol is easier to get than a woman.'

A chat about a brilliant friend: Girl: "He's very smart you know. Do you know what his QCA is?!" Guy: "Class, I'd say...

Girl: "Just guess!" Guy: "Oh I dunno... 5 maybe?"



Credit to Brige Newman.

Union

THE PRESIDENT'S **COLUMN**

Written by Ruán Dillon-McLoughlin, ULSU President

An introduction to your Union

Welcome and welcome back! I hope you enjoyed your summer. It's been quick! The summer break gives your SU a chance to catch up and get everything in order. It's when we take a step back and examine our work.

The SU is your organisation. It was established by students for you. We've become an advice and service centre for you, without losing focus on our representative functions.

There are five full time Sabbatical Officers. Each is a student but works for the SU. We represent you at three levels; internally to the University, locally and nationally.

Internally we sit on University committees. At this level, we give the student perspective and push for your needs. At a local level, we work with other Limerick colleges to lobby on issues that affect all the Limerick institutions. At a national level, fees are the most notable example. Other examples include The Student Service Charge and grant reform.

To find out more about your SU visit www.ulsu.ie and become our fan on Facebook. Or just call in!



WELFARE WATCH

Written by Derek Daly, Welfare Officer

It's been a hectic summer in the SU and I can't believe you're all back already! There's so much going on in the world at large and you don't want to hear about my boring summer.

All you first years are coming to university at an excellent time. You can ride out the recovery here and hopefully by the time you graduate in 2014, things will be a lot better.

Recently, we have all seen the devastating floods in Pakistan that continue to ravage the country and destroy lives.

Ireland has sent aid that will reach 33,000 people. It is now estimated that over 17 million people suffering because of the floods, which have swept away homes and livestock. This will be felt for years to come.

The SU is adopting a new approach to charity this year. We need your help in fundraising to help Pakistan. Anyone interested should e-mail suwelfarecrew@ul.ie

EDUCATION

Written by Aoife Finnerty, **Education Officer**

Whether you've just seen the Flag Poles for the first time you're returning from a summer of debauchery, welcome. You're not in Kansas anymore.

One piece of advice I'd give to you, Fresher or nay), is, forget everything you learned in secondary school about how to learn and study. You're in UL now and learning to think for yourself is a pretty big deal here.

Lecturers don't want you to learn off by heart. They want you to think for yourself, to question, to apply things and to comment.

Finally,, REGISTER unless you want to hand your hard earned cash over to SAA for late registration and that applies to everyone.

You have until the end of this week to do it, so get moving! If you don't know how, call into the SU and we'll talk you through it or email me on aoife.finnerty@ul.ie or sueducation@ ul.ie or visit the www.ulsu.ie.



Written by **Vivion Grisewood**, Campaigns and Services Officer

Community spirit means different things to different people, but in essence it means respecting your neighbours.

Castletroy is possibly one of the nicest and most affordable places to live in Ireland for students. Rent is reasonable and the residents are affable but their patience isn't limitless.

They don't mind you going out for a night out and enjoying yourself but please don't shout on your way home, breaking glass along the way.

Everyone enjoys a house party, except the poor person who has children who have to be up for school and has work the next morning. Try to keep this in mind the next time you want to blare out "Sex on Fire".

This year, the SU is organising estate cleanups and we need your help. Everyone who makes a significant effort will receive the President's Award from UL President Don Barry.

We hope to clean up the riverbank, pick up litter and clean graffiti. If you would like to get involved, e-mail sucso@ul.ie

WORDS FROM THE PSA

Written by **Dan Comerford**, **PSA President**

Hello Postgrads!

My main concern is Postgraduate Students. The Postgraduate Students' Association (PSA) is the body responsible to Postgraduate Students.

The PSA Centre is open Monday to Friday and is located in the Stables' Courtyard. It has a Common Room and the President's Office. The Common Room provide free tea and coffee, newspapers, seating, internet and radio. The PSA also has a Vice-President, a Treasurer, a Mary Immaculate College Representative, a Publicity Officer and an Events officer, whom will be elected soon. Come to the AGM which is set to take place in the coming weeks.

CONTACT:

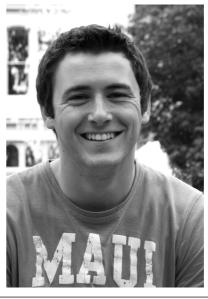
PSA Centre is located in the Stables' Courtyard. (061) 213473 Phone:

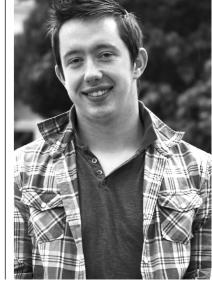
psapresident@ul.ie / Email: dan.comerford@ul.ie

Web: Facebook: PSA UL

Check out the PSA. website on www. postgrads.ie for up to date info on PG events, news and issues. Come find us on Facebook on PSA UL.

www.postgrads.ie









OBITUARY

Written by Anne Sheridan

Paddy McHugh

Heartfelt, emotional tributes have been paid to the late Patrick 'Paddy' McHugh, who passed away recently, aged 32.

A native of Co Laois, Mr McHugh was educated at UL and was widely known on campus and throughout Limerick. He made such an indelible impression in UL that he was voted Best Society Person in 2006/2007.

He worked as CSO with the SU in 2007/2008, and was president of Out in UL a year previously.

While he had left some years ago to further his studies in Galway, his untimely passing has left a void in Plassey nonetheless.

Known for his larger than life personality, outspoken nature and passionate beliefs, his death came as a shock to many, who struggled to understand how someone with such a zest for life, someone who "defied categorisation", could die so young.

He graduated from UL with a BA in Irish Music & Dance three years ago, and his chosen MA in NUI Galway came as no surprise to those

who knew him - Public Advocacy & Activism.

Even on his Facebook page, where he counted over 700 friends, his tagline was: "It's nice to be nice, but somehow better to be honest!"

Paddy was most certainly honest, and unafraid of controversy.

Sheena Doyle, UL Press Officer, said he "totally spiced up UL" and was "one of the biggest, funniest and most genuine characters ever."

Maria McHale was PSA President four years ago when she first met Paddy.

"He had an amazing presence; such an ability to walk into any crowd and pull everyone in. People flocked to him and he was tremendously loyal to those he loved."

Paddy Pratt, former Education Officer with the SU, said his late colleague was a "passionate and charismatic person" who "spoke his mind and defended everything he believed in without exception."

Deirdre O'Shaughnessy, former Communications Officer with the SU, noted all the contradictions of his character - "a rogue, a prophet, a

believer, a sceptic, a peace protestor and a fighter."

She remembered a man who was "fierce and proud".

Limerick musicians Eoin and Moley O Suilleabhain and their mother Noirin sang at his funeral mass in St Joseph's Church, Ballyadams, Co

He is survived by his father John, mother Dolores, brothers John D. and Eamon, sisters Aideen and Edel.

Paddy McHugh; born 28 July 1977; died 6 June 2010.



Paddy McHugh

Entertainment



"INCEPTION": DO YOU BELIEVE THE HYPE?

Written by Patrick Lonergan

EVERY TV station and reporter proclaimed "Inception" to be "the best movie ever". Could this film really be that good? Perhaps it was the ingenious marketing men who generated the hype and made everyone fall in love with the film before it was even released.

Sometimes people like films because they want to like them so much they convince themselves before they even see it that it's excellent. The problem with "Inception" lay in the fact that the film spends more than an hour explaining the concept of the film and what a dream actually is. I don't want to come across as slating this film because I didn't hate it.

But was anyone else wondering just what Saito (Chinese Businessman) and Cobb (Leo) might have been up to in the third phase of the dream while the everyone else was waking up? They were clearly there long enough for Saito to become so old that he resembled

a prune that's been at the back of the press. "Inception" did not merit five or 10 minutes of explanation. It would have been a better film if it had focused more closely on Cobb's (Di Caprio's) journey. Did Saito take over Fischer's (Cillian Murphy's) business? The main reason behind creating the inception in the first place yet was left dangling for our own interpretation.

WELCOME TO THE BURGEONING LIMERICK ARTS SCENE

Written by Kelly O'Brien

"Daghdha quickly established itself as a dance company with a unique artistic identity."

STUDENTS should be happy about the growing arts scene in Limerick. Thanks to some hardworking individuals, Limerick city is fast becoming a forerunner in artistic development and innovation.

The Belltable Arts Centre is the premiere arts organization in the city. It was established in 1981 and boasts a diverse programme of theatre, dance, visual arts, music, film and comedy. The Belltable houses the Fresh Film Festival that holds regular events for young filmmakers and actors.

The venue is a vital resource for Limerick arts and is responsible for developing such arts organizations as the Island Theatre Company and Daghdha Dance Company. Daghdha Dance is one of Europe's most progressive dance organizations. Daghdha has successfully undergone an invigorating

period of growth and innovation under the direction of choreographer Michael Klien. Daghdha quickly established itself as a dance company with a unique artistic identity.

The company toured extensively throughout Ireland and was invited to perform at international dance festivals in London, Paris and While The Belltable Arts Centre and Dagdhda Dance Company are the main organisations developing arts in Limerick, the White House Poets should not be overlooked. Limerick now has an outlet for local poets to read their work. This is the focal point

for poetry in Limerick. The Limerick Theatre Hub was also instrumental in increasing interest in the arts. This project received an overwhelming amount of local media coverage and proved that there is a hugely talented theatre community in the region.

The Hub was set up as a pilot project in Limerick last year to produce four shows over five months and, despite funding issues, successfully demonstrated that the Hub model is capable of producing excellent work.



A performance at The Daghdha Space, Limerick

OXEGEN DELIGHTS MUSIC FANS

Written by **Donal Halligan**



Muse at Oxegen 2010

OVER 75,000 music lovers enjoyed a weekends' camping at Europe's greatest music festival, Oxegen, this summer and not even the rain managed to dampen their spirits.

Oxegen organisers took a risk by easing the festival away from Indie and Rock and towards RnB and Electro. This seems to have paid off with more people attending the festival than the population of Galway city.

David Guetta gave a performance that wouldn't be out of place at a rave in Amsterdam and no-one was disappointed. The Black Eyed Peas, whom Guetta co-produces, unfortunately didn't make an appearance as part of his set. Guetta and other House DJs Armin Van Helden and Steve Angello pleased crowds from the very start when a DJ played House

Music at the Blue Camp's Nokia Live Stage until it was time for those back in reality to go to work.

Eminem and Jay-Z and others delighted Rap fans. The atmosphere for Jay-Z was incredible. Eminem outdid even this performance with a stellar tour de force of his old school hits, even collaborating with his former group D-12 for some of his most famous songs.

The rapper showed his sensitive side when he dedicated a song to a fan of his who had died the night before.

Nothing stopped festival fans from partying this year. They slept leaking tents during storms, walked saturated to crowded concerts eating overpriced food and drinking warm beer all in the name of a good time and first rate music.

INDIEPENDENCE FESTIVAL ROCKS THE GALTEE MOUNTAINS

Written by **Amy Murphy**

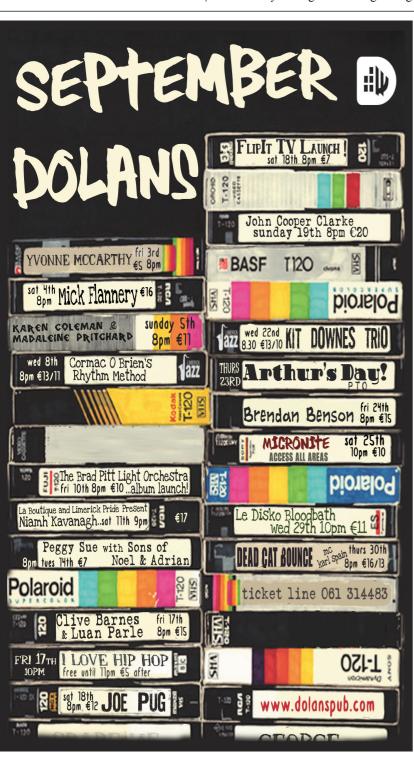
INDIEPENDENCE 2010 was billed by the media as an "independently run festival weekender". This was the festival's second outing and the organisers must be applauded.

The festival was on a 40-acre site in a limestone basin at the foot of the Galtee Mountains in Deer Park, Mitchlestown, Cork. Despite its rustic surroundings, it was only minutes away from the town centre.

105 acts performed on four stages, playing to 4000 revellers. The line up boasted some famous and celebrated names of the Irish music industry there were some new delights to be found at the Square Stage.



Festival flags this summer



Entertainment

FRESHER FEST Thursday, 9 September in the SU Courtyard from 5pm.

Line-up includes Newton Faulkner, Ocean Colour Scene and Tiffany Page.

Tickets cost €18, available at SU Reception. Student ID with Club Membership Sticker required. Over 18s ID required. Fresher Fest is kindly sponsored by **XUIster Bank**. Brought to you by your Union Ents.

oceancolourscene

ANNIVERSARY WITH NEW ALBUM



OCEAN Colour Scene celebrates its 21st anniversary this year, and with five Top 10 albums and six Top 10 singles, this enigmatic, indie band has the right to be pleased. Their new album "Saturday", reminds fans of OCS's glory days at the top of the Britpop scene and is guaranteed to impress any fan of these ambitious lyrical craftsmen. OCS

has a committed and passionate legion of fans who have taken an interest in the group since they first appeared on the scene in the mid 1990s. The band members may be in their forties but that hasn't slowed them down. They have been touring for the past few years. See them in UL at Fresher Fest 2010!

Don't miss Tiffany!

DESCRIBED by Q Magazine as a "23-year-old, Fender-wielding Chrissie Hynde for the 21st century," Tiffany's voice is strikingly unique. Her voice knocks you back and then sits you to attention, with the sassy swagger of Chrissie Hynde, Shirley Manson's vampish purr and the hellion roar of Courtney Love. It soars and soothes

and cracks around the edges, as spiky as it is seductive. Her lyrics wrap around perfectly formed melodies of sunburst guitars and a chorus that cements itself to the inside of your skull.

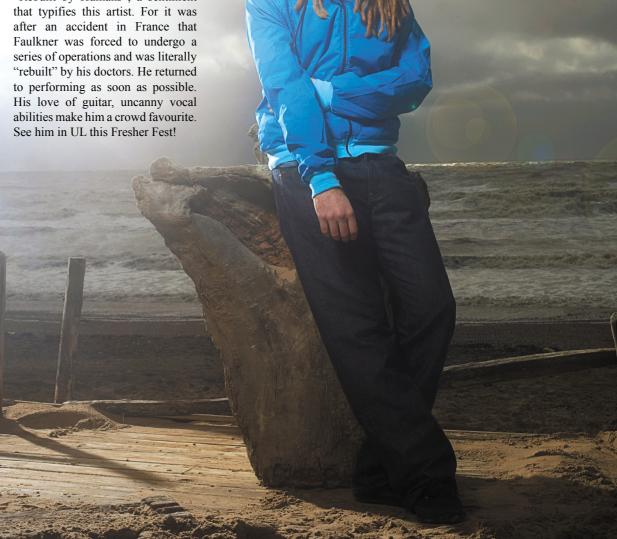
Tiffany began work on her debut album last summer, writing and recording in Los Angeles and London. Don't miss her this summer at Fresher Fest 2010!



NEWTON FAULKNER'S UNIQUE TALENTS NEVER FAIL TO IMPRESS

extraordinary voice. One moment, he is crooning the blues and the next he launches into falsetto tones. It is this uniqueness that attracts his many fans. Faulkner's second album has the unusual name "Rebuilt by Humans", a sentiment

NEWTON Faulkner is acclaimed for the incredible range of his



CAMPUS LISTINGS	DAY	WHAT'S ON	WHERE	TIME	TICKETS
WEEK 1	Monday	Open Mic Night + DJ	Stables	7pm	FREE
	Tuesday	Hot Electric	Stables	8pm	FREE
	Tuesday	Spin SouthWest on campus	SU Courtyard	All day	n/a
	Wednesday	We Should Be Dead, supported			
		by Loaded Kings (Music Soc)	Stables	8pm	FREE
	Thursday	Vodafone Campus Carnival	SU Courtyard	All day	n/a
Ents Highlights	Thursday	FRESHER FEST	SU Courtyard	From 5pm	€ 18
	Friday	International Postgrad Party Night	Stables	9pm	FREE
WEEK 2	Monday	Open Mic Night + DJ	Stables	7pm	FREE
	Tuesday	Our Little Secrets (UL Music Soc)	Scholars	9pm	FREE
	Wednesday	Kareoke	Stables	8pm-2am	FREE
Ents Recommends	Thursday	County Colours + Late Bar	Stables	8pm-2am	€2
	Thursday	Last Days and Chaser (Music Soc)	Dolans	9pm	FREE
	Friday	International Postgrad Party night	Stables	9pm	FREE

Special Olympics





The Special Olympics, In Focus

June saw 1900 Special Olympics Athletes come to UL for the 2010 Special Olympics Ireland Games. The Games involved athletics, aquatics, gymnastics, basketball, football and kayaking competitions, which took place across campus.













Special Olympics

















Cers

OPC ADVENTURERS BRAVE THE ICY MOUNTAINS OF CHAMONIX

Written by **OPC PRO**

"Often going up seems so much easier than coming down."

THE Outdoor Pursuits Club travelled to Chamonix in France during the summer do some sport climbing and bolted climbing amongst the glaciers and snow covered peaks and improve their climbing skills. The OPC explored multi-pitch rock routes or snow and

ice-covered ridges and climbed from 3,000m and above. On rainy days, the members relaxed and looked for shelter from the torrents of water that rolled up the valley during violent weather.

They reached the summits of several routes and had something to eat or drink while enjoying the scenic view. Often going up seems so much easier than coming down. On descending, the club practiced climbing, abseiling, sliding in the snow and kicking steps. The descent took some time but they successfully found their way home in time to relax with a hot meal.

The members enter the hostile world of

snow and ice and found their way back safely through the glaciers and snow fields. Neither harsh terrain, torrential rain, ice tunnels, hard mountain rock surfaces nor the unpredictability of the elements deterred the members of the Outdoor Pursuits Climb from exploring this new, exciting environment and honing their orienteering and mountain climbing skills.

If you want to become part of an OPC adventure like this, call to the climbing wall, located in the PESS building, between 7 and 10pm on Monday, Tuesday and Thursday.



An OPC member descending the dangerous slopes of Chamonix, France.

FRISBEE NINJAS COMPETE IN AMSTERDAM

Written by Ultimate Frisbee PRO

UL's Ultimate Frisbee team, the UL Ninjas attended Windmill Windup in Amsterdam for the third year in a row this June. The Windmill Windup is Europe's biggest Ultimate Frisbee tournament on grass. Seventy-nine clubs from all corners of Europe attended for three days of Ultimate Frisbee, camping and socialising. This tournament is the highlight of our year after a long season of training and domestic competition.

The domestic circuit is also fun and the Club has spotted potential in its' young team and emphasised results this season. The young team won DCU's beginner tournament, Whacking Day, and also won the Development Intervarsities, which were held in Santry. The squad also improved on last year's rankings at the Cork Open in October. The Club held its' own intervarsity called the Siege of Limerick in February. The club also achieved a very respectable sixth place finish at National Intervarsities.

Windmill Windup 2010 was the biggest tournament the squad has ever seen and was successful couple of days in Amsterdam. The small squad played difficult Frisbee matches against higher seeded international opposition in 90 minute games in humid conditions. Saturday's temperatures soared and the squad was tired after a night of socialising on Friday. The hot weather and late nights did not unduly affect the enthusiasm of the squad. The Frisbee Squad managed to keep the score lines respectable against tough competition Friend of the Ninjas, Eamon, was voted Most Spirited Player and Most Gangster Player went to Niall McCarthy, on a very White-Boy weekend!

For more information on Ultimate in UL visit www.ulninjas.com or email ulultimatefrisbee@gmail.com, visit us on recruitment day or keep an eye out for our flyers with training times and details.



There's nothing better than Ultimate Frisbee

UL WINDSURFERS CELEBRATE SUCCESSFUL YEAR ON THE WATER

Written by Gerald Flynn

THIS year several Windsurfing Club members travelled to Argentina, Boston and Vancouver. Last year the Club raised more money than ever before, with events like our first UV Full Moon party, naked calendar, the St Patrick's day hair dying and, of course, our infamous beach party, which was a sell out.

The Club hosted a very successful intervarsity this year and won for the third time in a row. The Windsurfing Club is now the best in Ireland we and hope to hold on to the title. The Club remains as strong as ever, with our new equipment, wetsuits and committee, the year ahead should be great. The Club is now focusing on recruiting new members

Our weekend trips and sense of fun have always encouraged people to join the Club. Trips usually cost €30 or less, which takes care of transport,

accommodation, equipment, lessons and food. All you need is yourself and a spare change of clothes.

We usually windsurf around Castlegregory on the Dingle peninsula, where there's breathtaking scenery, brisk air, friendly people, the craic and, of course, the ocean. It's always a great experience for regulars and newcomers alike, whether you are sporty or not, you can still have a good time. We surf the wind by day and sing around the bon fire at night.

So if you want to try something new, or maybe you would like to improve skills you already have with the country's best facilitated windsurfing club, make sure to sign up on Clubs and Societies Night on Wednesday Week One to keep yourself informed of upcoming trips and events. Find us on Facebook by searching for ULWC.

EDITOR'S NOTE

"Calling all Clubs and Socs Committees!"

FOR the attention of all Club and Society Headpersons and PROs

Future issues of An Focal will feature a dedicated section for each Club and Society. Sections will be compiled as a one or two page grid, to be decided at design stage.

As PRO, your section offers your Club or Society 30-50 words in every issue of An Focal this year.

The section can be used to communicate to members and the wider campus community. Communication can involve a brief on upcoming events, a simple logo, a Facebook page link etc.

Your involvement is essential. PROs or Headpersons, please email

sucommunications@ul.ie to submit information.

Note: If a Club or Society fails to submit information, the dedicated space will be left blank. Your space will carry your Organisation's name. So don't waste this opportunity by leaving your space blank.

Feature articles will also be accepted in the normal way and published, in addition to your allocated section. Email sucommunications@ul.ie

Your feedback is appreciated.



The Windsurfing Club hitting the water this summer.



C&S

STORIES FROM THE DEPTHS OF THE RED SEA

Written by Leah O'Brien Bernini

THE UL Sub-Aqua team dived many of the most famous and extraordinary wrecks and reefs of the Northern Red Sea this summer.

The divers explored the coral formations of Sha'ab El Erg reef in pairs. Some were larger than VW Beetles. Swathes of color surrounded us as tropical fish and blue-spotted rays zoomed and glided around the reef and over the sand. Near the end of the dive, my friend's eyes suddenly widened.

I spun around and locked eyes with a large bottlenose dolphin. He'd been hovering just behind me. We stared at each other for a moment before he and the rest of his pod began to circle us, curious and playful. They rolled; spinning around us.

I swam beside the first. We didn't break eye contact until the dolphins circled us again and disappeared into the blue. Their grace and intelligence left us awed. We learned they had visited all 14 divers. Luckily, one of our members had a video camera.

On our first day, we did a "check-dive" and later descended to the Chrisoula K wreck. That night, we dived at Sha'ab Abu Nuhas. Between dives, we basked

"I spun around and locked eyes with a large bottlenose dolphin"

in the warm sunlight on deck. The many highlights included four dives on the famous wreck SS Thistlegorm. Bombed in 1941, she was still loaded with wartime cargo including two steam-locomotives, perfectly preserved BSA motorcycles, armoured vehicles, guns, ammunition, and aircraft parts. We later dived into the SS Rosalie Möller, sunk just two days after SS Thislegorm's explosion lit up the night sky, revealing the Allied ships anchored nearby.

The writer would like to acknowledge Paddy Finn, trip organizer; Kate Lawlor, appointed Dive Officer for the week; and everyone on the trip for their positive and fun attitudes.



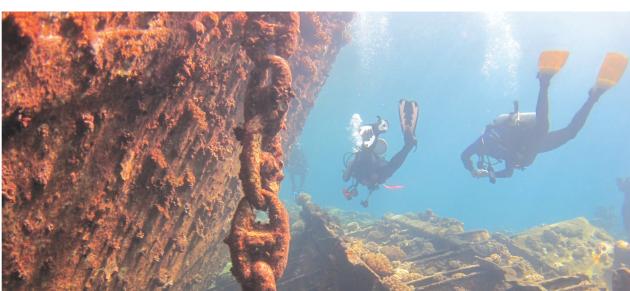


Image 1 - UL divers exploring a WW2 wreck Image 2 - The Red Sea Reefs

KAYAK CLUB DISCOVERS THE BALKAN WILDERNESS

Written by Kayak Club PRO

SUMMER 2010 has been one of the most successful ever for the UL Kayak Club. The Club has been consistently active in its 30 year history.

This year, only two days after exams, the kayakers embarked upon their biggest ever summer trip. The Club extended its Alps trip to accommodate a trip to Montenegro and spent three days on white water, carrying supplies through the world's second largest canyon.

A number went to the Alps where they spent time in Slovenia and Italy. Others travelled to Montenegro to take part in the adventure which was to become a first for any Irish kayak club.

There were many first years on the trip who had never kayaked before college. This didn't stop them from learning and gaining confidence upon Alpine waters. Thanks to many experienced kayakers, Freshers quickly gained knowledge and

experience vital to kayaking. The world famous international competition, The Liffy Descent, will be held in Dublin in first week of September.

Many members will be competing in this marathon race and have been training on the River Shannon just behind UL. Kayakers refer to the Shannon as "the Outback". There will be many weekend trips including a Fresher's weekend trip to Lahinch in Week 5.

If you are interested in becoming a part of the Kayak Club and learning and experiencing something totally insane but cool, then come along to the recruitment drive on Wednesday Week 3. And bring some friends! You don't need to have kayaked before to join. Everyone is welcome. If you have any questions or concerns please feel free to contact us by email at ulkayak@gmail. com or visit www.ulkayak.com



Emma Ryan, Sorba Slides, Italy. Image Credit: ULKC PRO

UL ROWERS VANQUISH THE OPPOSITION AT INTERNATIONAL EVENT



Left to Right - Stephen Penny, Andrew Hurley and Liam Rice

Written by Meaghan Woulfe

FOLLOWING the Rowing Club's success at the Championships, most members of the squad took a break. But three members of the Club's Men's Squad went straight in to another competition. Andrew Hurley, Stephen Penny and Liam Rice devoted themselves to training for the Home Internationals Regatta which saw England, Ireland, Scotland and Wales compete for glory. This year's competition was held in Cork.

The rowers considered it a great honour to compete for their country. It was Andrew Hurley's first time representing Ireland and Mr. Rice and Mr. Penny's second time. Mr. Hurley's boat came second in the Men's Lightweight Double Scull. Mr. Rice and Mr. Penny's boats won the Men's Under 23 Coxless Four and Men's 8 Plus respectively. It was an incredibly successful month for the rowers. The Rowing Club would like to thank the SU and the Sports Department for funding the levies for the successful rowers.

DEBATERS CELEBRATE IRISH VICTORY IN AMSTERDAM

Written by **Kieran Murphy**

THE UL Debating Union was well represented at the annual European Universities Debating Championships in Amsterdam.

The Free University of Amsterdam hosted the competition and competitors were able to unwind after debates at many different social events and meet new people from all across the continent.

The UL delegation engaged in a bit of light-hearted rivalry at the final, which lifted the mood, as the English participants' rendition of God Save the Queen was drowned out by the Irish teams singing Ireland's Call at the top their voices.

The final saw an Irish team take on teams from the universities of Oxford and Cambridge, and overcome both these venerable institutions.

The Irish had reason to celebrate when Paddy Rooney and Eoghan Casey, of Kings Inn in Dublin, became this year's European champions.



WHERE ARE THEY NOW?

For every Wayne Rooney and Lionel Messi there are 10 Lee Hendries and Francis Jeffers. This issue, An Focal traces the paths of 10 former boy wonders and their dramatic decline to obscurity.

Richard Wright

Lauded by the English Press as the Prince in waiting to the England and Arsenal throne guarded by David Seaman. Wright impressed at Ipswich who finished fifth in the Premiership in 2001, piped for a Champions League place on the last day of the season by Liverpool.

Then just 24, Wright was snappedup by Arsene Wenger for £6m in what was the unlikely pinnacle of his career. Punching into his own net in a defeat to Charlton and eventually finished the season as third-choice keeper, Wright was later shipped out to Everton.

He failed to establish himself ahead of old warhorse Nigel Martyn and has since graced the books of West Ham and Southampton before moving back to Ipswich who recently let him go. He is 32 now and without a club

Francis Jeffers

Another remnant of Arsene Wenger's attempted Anglicisation of Arsenal in 2001; Jeffers was signed as the 'fox in the box' that Arsenal was lacking, after 18 goals in 49 apps for Everton. Sadly for Jeffers and Arsenal, the £8m signing scored only four times in as many seasons for the Gunners.

His career since then has been spent languishing in football's lower levels with stints at Charlton, Rangers, Ipswich and Sheffield Wednesday culminating in a failed trial at Blackpool that has left Jeffers club less at the present moment.

Denilson

Manager in the late nineties/early noughties you'll be aware of Real Betis' wonder Brazilian. Once the world's most expensive player at £21.5m, he spent seven years with Betis including a season in the Spanish Segunda after the club had been

If you are partial to Championship

relegated a mere two years into his contract. He joined Bordeaux in 2005 with the club finishing second to Lyon soon after his arrival. Unable to nail a regular starting spot, Denilson has since strutted his stuff in the Premier Leagues of Saudi Arabia and Vietnam. A World Cup winner in 2002, the 61 times capped left winger is still only 32 and currently a free agent.

Liam Miller

Tipped as the next Roy Keane, the Corkman sparkled at Celtic before snubbing a long term contract offer from them to link up with Alex Ferguson at Manchester United. The move didn't work out for Miller, who made only 22 apps in 3 years for United interspersed with loans at Leeds.

Joining Roy Keane's Sunderland revolution in 2006, Miller was an integral part of their return to the Premier League before a lacking attitude and poor timekeeping led him to fall out of favour with Keane. Miller's career has petered out to such an extent that he now turns out irregularly for Hibernian in the SPL.

Stefan Moore

It's been a dramatic fall from the top for the current Halesowen Town striker. He once outshined a Mr Wayne Rooney in the FA Youth Cup Final when captaining Aston Villa to victory.

14 appearances for Villa were as good as it got for Moore who has added Kidderminster and Walsall to his playing CV in recent years. From Premier League star to the seventh tier in less than five years.

Ian Harte

After a stellar World Cup display in 2002, Inter Milan were reputed to have offered in the region of £15m for Leeds' star left back. This is the same Inter Milan who Gary Breen would have turned out for if he hadn't failed a medical.

Staying to the bitter end with Leeds until they were relegated in 2004, Harte moved onto Levante for a spell yo-yoing between Spanish first and second division. It's been a rather tragic decline for a player who was expected to become Ireland's first choice left back for many years. He is now Carlisle United's first choice left back in League 1.

Keith O'Neill

Norwich City originally provided the platform for O'Neill to showcase his talents and the pacey winger quickly impressed enough to make the Ireland team. He earned a move to Middlesbrough where he commented that 'The World is my Lobster' after signing for them. Thirteen Caps for his country are in O'Neill's possession yet he retired from football at the early age of 27 following a stint at Coventry. Just 122 appearances over the course of his career tell its own story; a precocious talent consumed by incessant injuries.

Alfonso Alves

Another of the Brazilian wonder variety, Alves was clinical in his time at Heerenveen, dissecting the nets of the Dutch League to the tune of almost a goal a game. Capped by Brazil and Middlesbrough making £13m overtures, things were going swimmingly when Alves landed on Teeside in January 2008.

He chipped in with just four goals in his first full season as Boro went down in 2009. Currently one of a host of former big name stars who have been lured by the oil dollars of the Qatar League, he now plays for Al Rayyan.

FOOTBALL

- Who is the only player to score a hat-trick in the Premiership, Championship, League 1, League 2, (or the divisions under their previous names), the League Cup, the FA Cup and for his country?
- Which Limerick born player has played in The Champions League, The UEFA Cup, The Premier League, Divisions 1, 2 & 3 and The Conference?
- Who is the only person to captain England and manage a team in a European Cup Final?
- Which two players played in the last FA Cup final and the last England international at the old Wembley Stadium?
- Which Liverpool player of the Premiership era has more medals than actual appearances for the club?
- Which player scored 50 Premiership goals in the fewest games?
- Who is the only player to play in the English, Italian, Spanish, German and French leagues?
- Which players have won the Champions League and World Cup in the same year?
- Which four players have played in the English top flight AND scored in a World Cup Final?
- 10. Which former Welsh striker played for four teams who won the European Cup but never actually won it himself?

Forest, Aston Villa, Benfica). 10. Dean Saunders (Liverpool, Nottingham Petit, Marco Materazzi.

9. Geoff Hurst, Martin Peters, Emmanuel (Real Madrid & France in 1998) in 2002) and Christian Karembeu 8. Roberto Carlos (Real Madrid & Brazil

> West Ham (England) and Monaco Milan (Italy), Stuttgart (Germany), (Spain), Bari, Verona, Brescia and international played for Espanyol

7. Florin Raducioiu. The former Romanian 6. Andy Cole (65 games) Super Cup, all as an unused substitute.

Cup, Charity Shield and European League Cups, an FA Cup, the UEFA Anfield, the goalkeeper won two Pegguy Arphexad. In three seasons at

4. Gareth Southgate and Gareth Barry 3. Jimmy Armfield (Leeds in 1975)

2. Steve Finnan 1. Robert Earnshaw

TIME FOR THE GAA TO UP ITS TECHNOLOGY?

IS it just me or has this years' Championship made for some seriously dramatic television?

With two controversial goal awards, match officials being slated, County Boards in uproar and a plethora of Facebook groups being set up in anger, is it time for the GAA bite the Officials(TMOs) to the game?

Some top GAA brass certainly think so. Liam O'Neill, defeated GAA presidential candidate, has openely backed the introduction of instant video replays. He knows the games need to modernise. So with increasing

bullet and introduce Television Match | pressure on the GAA to protect its | "try" against Scotland in the 2007 Six | to human error too. So will the GAA officials, it seems video replay is the only future. But will TMOs actually solve anything?

There have been countless arguments as to how it will make refereeing fairer. For example our very own Donal Coutrney awarded Jonny Wilkinson's a Nations, when every commentator was openly stating he was clearly in touch. It was a widely criticised decision. But the match referee surrenders to TMOs when they are uncertain about a decision. If Donal Courtney proved anything, it was that video is open see a day when points are replayed to overrule an umpire and where referees are afraid to make a decision without calling on the man upstairs for fear of criticism? Only time will tell.

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Sport

THE SCOUCERS ARE IN THE DOLDRUMS

Written by Vivion Grisewood

THE Premiership Season is still in its infancy. Already I fear for Liverpool. Ever since George Gillette and Tom Hicks bought the Merseyside club in February 2007, I have dreaded the future Liverpool. Since the takeover three years ago, the debt of the club has spiralled to over £350 million. This is coupled with a seventh place finish in the Premiership last season. The club is now in danger of losing its reputation one of the best clubs in Europe.

Rafael Benítez worked wonders for the club in his first few years. He even managed to win the Champion's League with Djimi Traoré in the squad. Despite coming close to winning the Premiership, I always felt they were short of two or three top quality players to do the job. Liverpool's defence has been questionable for some time. And if

you look at the squad this year, nothing seems all too different.

Jamie Carragher is solid, but is getting noticeably slower year on year. Daniel Agger is an average player; out-leagued by Carragher. But has the pace when needed. Martin Škrtel is one to look out for though. Some say he could grow to be the best player Liverpool has seen in a decade. Given the proper support and opportunity, the player could form part of the solution to Liverpool's defence woes.

A 3-0 defeat to Manchester City so early in the year highlights how far off the pace Liverpool actually are. A brave performance against Arsenal was uplifting, but in the end, a flaky mistake from Reina threw away the spoils. One signing I'm looking forward to seeing is Joe Cole. A hugely underrated player at

Chelsea, he has proven that he can do the business when given the chance. Being sent off while playing against Arsenal shows how eager he is to impress Roy Hodgson and how hard he is willing to work for his place. One can only hope that the fortunes of the Merseyside club can be turned around. Perhaps they'll even win some silverware before Torres becomes restless.

Until Liverpool can cut out the Gillette and Hicks tumour, it will never have the funds available to buy the world class players it needs to be a world class team. I hope in a few months time I will be eating these words. But somehow I don't envisage the most successful club in English football lifting the Premiership trophy next year.

George Gillett and Tom Hicks: Hampering Liverpool's ambitions since 2007?







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EUROPEAN CHAMPIONSHIP WIN FOR UL VIKINGS

Written by Seamus Ryan

UL's American Football side, the Vikings, confirmed their place as the most successful sports team in the university's history at the end of June by winning the Atlantic Cup, the official Western European Championship for amateur clubs. A tightly fought championship game against Lelystad Commanders of the Netherlands gave the Vikings a 19-18 win in the final minute. Despite taking first blood with a field goal to open scoring for the game, the UL players found themselves trailing Lelystad, dropping 12-3 behind just after half-time. A determined effort by quarterback Liam Ryan and running backs Adrian Garvey and James Twomey brought the university back into contention with a field goal and touchdown in quick succession at the end of the third quarter of the game. While their Dutch rivals opened the last quarter with a touchdown to put UL five points adrift, competitive play kept the pressure on Lelystad as UL waited for their opportunity to strike.

"More than half of the players are currently studying at UL"

Still behind by 18 points to 13 in the final minutes, the ever reliable Adrian Garvey ran into the Lelystad end zone for a touchdown with only 51 seconds left on the clock to snatch European victory for the University of Limerick side. Their victory came hot on the heels of a 58-14 demolition of the Dudelange Dragons from Luxembourg in the semi-final. The UL team qualified for the tournament by winning the 2009 Shamrock Bowl, the national championship game for Irish clubs.

Completing the list of honours awarded to the club, the Vikings were named team of the month by the International Federation of American Football for June 2010. The IFAF is the worldwide governing body for the sport, representing 57 countries on five continents. Vikings hopes to complete their European title winning season with a fourth successive Shamrock Bowl victory were dashed in the Irish American Football league final at the end of August at Tallaght Stadium, where they were outplayed by the Dublin Rebels to lose 15-0.

Three-time winners of the Shamrock Bowl, the vast majority of the Vikings squad is made up of students or UL alumni. More than half of the players are currently studying at UL.



UL Vikings Adrian Garvey scores the winning touchdown against Lelystad



The University of Limerick first seven weeks programme

www.facebook.com/first7weeks

The first seven weeks is an initiative at the University of Limerick designed to provide strong, enhanced and targeted support to students during the very early weeks of their time as UL students.

Recognising that successful early adjustment is linked to subsequent success, we provide a range of information, target our resources, and interact with our new students in ways that make them know we care about them and are interested in their successful adjustment.

Each of the first seven weeks has its own theme, designed to focus students' attention on various issues that we know are important for settling in and thriving as a higher education student.

Themes for the first seven weeks and associated events

WEEK 1

(6th September): WELCOME, SETTLING IN, FINDING YOUR WAY AROUND

WEEK 2

(13th September): STUDY SKILLS AND TIME MANAGEMENT

WEEK 3

(20th September) HEALTH AND WELLBEING WEEK

WEEK 4

(27th September): MEET YOUR ADVISOR WEEK

WEEK 5

(4th October): LEARNER SUPPORT CENTRES

WEEK 6

(11th October): CAREER AND CIVIC ENGAGEMENT AWARENESS

WEEK 7

(18th October): CRITICAL THINKING AND LONGER TERM PLANNING

Interview

Inside the mind of a CEO

Willie Walsh talks to An Focal

Written by Finn McDuffie-Editor

HAVE you ever thought of climbing the career ladder all the way to the top? Ever reckoned it might be cool to see where opportunities and raw ambition takes you? Ever wondered how the mind of someone on around £700,000 a year works? I have.

Willie Walsh is CEO of British Airways (BA) and if you've ever been intrigued or tempted by success, you'll find his career story riveting. A leader in his industry, he came to UL last semester to discuss the future of global aviation. I caught up with him after his address. Sharp-witted, bold and uncompromisingly direct, he became CEO of Aer Lingus in the wake of 9/11 and achieved a huge turnaround at the

carrier. Later, he became CEO of BA.

During his short visit to UL, he experienced the KBS live trading floor. "I'd read about it beforehand actually. You know, from my point of view the first thing I'd look at in the morning is the dollar pound rate, the dollar euro, pound euro and the price of oil. These are things I look at all the time. It was great to see that in UL."

Mr. Walsh studied an MSc in Management and Business Administration in TCD. It was a part time masters which he described as "a great experience." At the same time though, he was a pilot for Aer Lingus." But what was it that attracted Mr. Walsh to the airliner industry? "To be

honest, I didn't set out to be a pilot," he revealed. "I just had the opportunity." He is admittedly thankful for his luck. "I've been very fortunate throughout my career in that I've had lots of opportunities," he said.

"The first big break I got was the position of CEO with Futura, the airline in which AER Lingus had a share in Spain," he recounted. "I remember getting a call on a Friday evening from the deputy CEO of Aer Lingus, Larry Stanley, who said they needed somebody to go down to Futura. I said yes, straight away."

So that's how it all started for Willie Walsh. But where does the enthusiasm come from? Or is it blind opportunism?

"My ethos is carpe diem," he said. But surely it's difficult juggling family life with business life. Being a frank man, he revealed it can be very difficult.

"I'm not good when it comes to this work-life balance," he said.

"I'm first and foremost work. I think if you enjoy it, it's easy to put in long hours. I'm fortunate. I love my job, I love working," he said, joking "I'm terrible when it comes to holidays. It's my idea of torture; sitting in the sun doing nothing."

So aside from a hard work ethic, is there any clear-cut route to becoming a CEO of an international organisation?

He thinks there isn't. "Never be afraid!" he said. "I have never planned

my career. I never set out to be an airline CEO. This is the third airline I've been the CEO at. It just happened that circumstances developed. I was confident in my own ability that something was going to come up."

He also said he looks for the same qualities in a graduate. Spontaneity is a huge part of what he looks for in an employee. "Business is all about change and it's about spotting opportunities," he said, concluding "It's about being brave enough to respond to a threat by trying to see an opportunity in it."



Willie Walsh, CEO of British Airways, talks to An Focal.

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