

AN FOCAL

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Tuesday

Official Paper of the University of Limerick Students' Union

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FREE

Education Officer re-elected

By Aoife Ní Raghallaigh – Editor

THE current Students' Union Education Officer, Aoife Finnerty, is set to spend another year in office after she was elected unopposed at close of nominations last Friday. 11 students will contest the other four positions with an unprecedented five candidates vying for the position of President.

In addition to Ms Finnerty, two more of the current officers are seeking another term with the current President and Welfare Officer both seeking re-election. The position of President will be contested by Louise Clohessy, Nicholas Ryan, Paddy Rockett, Ruán Dillon McLoughlin and Sharon Brosnan while the position of Deputy President/Welfare Officer will be contested by Daniel Reid and Derek Daly. The campaign for Vice President/Campaigns and Services Officer will see Lorcan O'Neill and Vivion Grisewood running. Finally Eoghan O'Brien and Finn McDuffie will run for the position of Vice President/Communications Officer.

This year the Electoral and Referenda Board (ERB), who oversee the election to ensure fairness amongst all candidates, have decided to change the time of location of the hustings. The hustings is a public debate held between the candidates and is normally held in the Stables Courtyard at mid-afternoon. The hustings has now been moved to 6pm on Wednesday in the Jonathon Swift to spare the students and candidates from the cold. All students are invited to attend the hustings and pose questions to the potential officers.

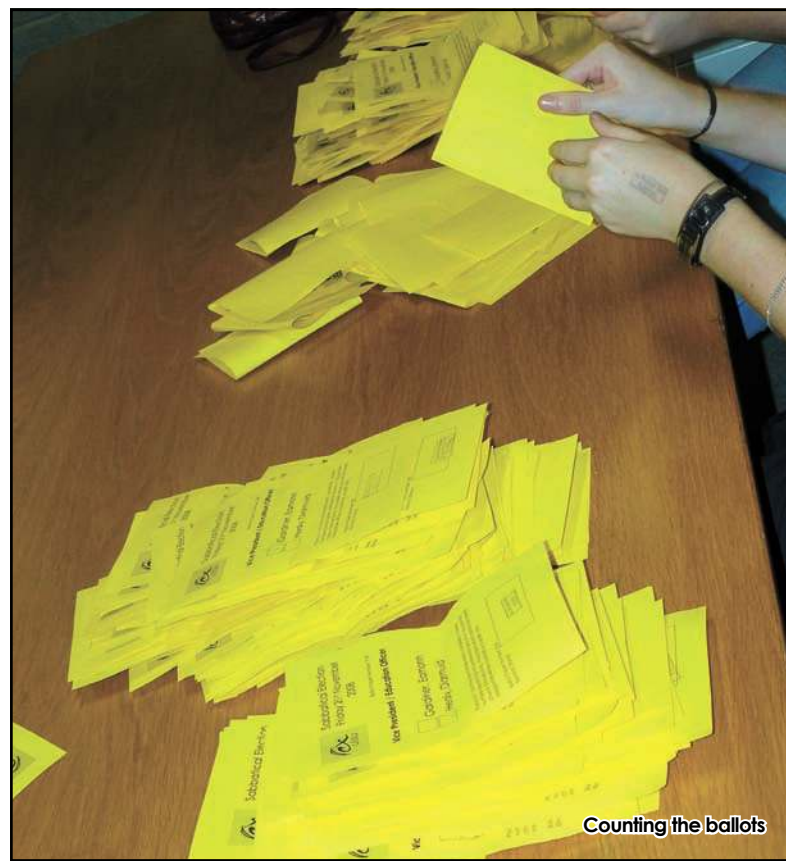
The ERB have also informed that any complaints will be published on the ULSU website. This means that the result of any complaint made to the ERB, and the ruling of the Board, will be published online for all students to see. The candidates have also been informed that they may not use chalk drawings or stickers in this year's election.

Polling will take place on Thursday of Week 7 (March 11) in five locations across campus. Student

will be able to cast their vote in the Students' Union Photocopying Room, the Library, Red Raising Canteen, the Kemmy Business School and the Health Sciences Building. All polling stations will remain open from 9am – 5pm except for the station in the Students' Union which will open at 7.30am and close at 6.30pm. All registered students are eligible to vote on production of a valid University of Limerick student ID.

At the polling booths students will be presented with a ballot paper listing the candidates in alphabetical order. Election procedures are the same as for Dáil Éireann elections, i.e., a system of single transferable votes will be in place. The election count will take in the Students' Union after close of polling on Thursday and the results will be revealed later that evening.

More information about all the candidates can be found in the election pullout at the centre of the newspaper.



Union Executive welcomes new arrivals

By Finn McDuffie – Chief News Correspondent

FOUR new members have joined the Students' Union Executive this semester. The Executive, or SU 'cabinet', whose primary responsibilities involve policy initiation and the day-to-day running of the SU, now includes Equality Officer, Mr Jason Kennedy; Community Relations Officer (CRO), Mr Vivion Grisewood; Funding Officer, Mr Paddy Rockett and Chair of Class Reps' council, Ms Triona O'Sullivan. Mr Kennedy and Mr Grisewood were elected

to their positions, uncontested, at the start of this semester. Mr Rockett took up his position at the first Class Reps council meeting of the year. The second council meeting saw Ms Triona O'Sullivan take the chair. Mr Kennedy commented on the new stability of this Executive.

"Everyone seems to work well together" he said, adding "we've already been very productive and students can expect a lot for the rest of the semester." Ms O'Sullivan

said she was "excited" about and "looking forward" to engaging with Class Reps council. The Executive normally consists of eleven members including sabbatical and non-sabbatical officers, the Union Secretary General and the First Year Rep.

It meets weekly. "We meet every Thursday to discuss issues that arise, to see what's been done lately and to discuss what the student body want done and what they're not happy with," commented Mr Kennedy. Only Executive

members may attend these meetings. The new members come in the wake of two resignations. Last year, CROs Ms Larissa Mirtshink and her successor, Mr Daniel Reid, were each deemed resigned; Ms Mirtshink following her absence at the Union AGM last semester and Mr Reid after he did not attend two consecutive Executive meetings. Another new face at Class Reps council is that of Mr Barry Kennedy, who was elected to the position of Deputy Chair of Class Reps council.

An Focal Digest

Ponderings on the rest of term

THE Sabbatical Elections are scary. Not only do they dredge up painful memories of long days, sleepless nights and anxious waiting from last year but they also act as a raw reminder that in a matter of months I will have to leave UL. For good.

Having spent five years in UL at this point I am going to find it strange not being here every day anymore. I'm also dreading saying goodbye to all the friends I've made over the year. The best thing about this job is definitely

all the people I have gotten to know, and the people I've also gotten to know better. Saying goodbye to the staff and sabbats will be hard too since they've become like my second family!

But there's no point dwelling on that now. I still have the best part of four months left before I have to pack my bags and be escorted off campus by security. Until I'm going to make the most of the rest of the semester and make sure I leave nothing undone. I've still got

Charity Week to look forward to which we're all going to be working very hard from here on out. Aoife Finnerty, the Education Officer, persuaded me to do my bit and run (and by run I mean walk) the 5KM Fun Run with her on Thursday. I can't say I'm excited about that but at least I'll be able to say I did it!

I've also got loads of things I want to finish up before my term is over. I'm only got a few issues of An Focal left to do, as well as two issues of Pulse, so I need to get my head down

and keep those to the same standard, if not a higher standard, than the ones previous. I've plans to make a few changes to the website and I've been meeting with the Communications Working Group to see how I can improve there as well.

Basically what I'm trying to say is my time as Communications Officer might be over soon but that doesn't mean I've started to phone it in. I'm going to continue working just as hard for you, the students, until the day I leave!

Quotes of the Fortnight

"Are there dogs in America?"

Co-Op student, Julieann Evans, thought America would be too hot for our canine companions

"I don't need you to like me.

I just need you to let me smell you"

Alan Corbett tells it like it is

"It sounds like you're some sort of vigilante group"

Tighearnan Noonan, 2nd year MMPT, on the proposed student patrols during Charity Week

"Word on the street is you're into communications"

Guess which officer Will Reidy is talking about

"There's nothing worse than losing your favourite pen"

Communications Officer, Aoife Ní Raghallaigh, has her priorities just right



ULSU President, Ruán Dillon McIoughlin, will be going green for Special Olympics on March 17



And thanks to...

News Editor – Jason Kennedy

Features Editor – Finn McDuffie

Arts Editor – Darragh Roche

Sports Editor – Tomás McCarthy

Design & Print – Impression

Senior Designer – Cassandra Fanara

www.impressionprint.ie

Contributors	Mairtin Lally
Jill Franz	Cormac Reidy
Rhona Tarrant	Gerald Flynn
Róisín Healy	Katie Meade
Sharon Whelton	Enda Dowling
Daithí MacGabhann	Mark Connolly
Nicole Ní Riordáin	Liam Togher
Diarmuid Lucey	Daniel Bridge
Amy Murphy	Stephen Kelly
Andrew O'Doherty	Michael Considine
Ciara Considine	Alan Keane
Niall Mac Donnacha	Conor McGrath
Alan Corbett	Tommy Cream
Daniel Ó Conaire	
Paula Jane Murphy	...and anyone else
Kanielle F Danite	I've forgotten

Next An Focal deadline is Friday, March 12 for Opinion/Features/Columns/Arts/C&S and Sport. News deadline is Monday, March 15.

Email submissions to sucommunications@ul.ie

LIMERICK COUNTY COUNCIL

Invites applications to form panels for the recruitment of:

Temporary Lifeguards at Glín & Kiltery Piers – Summer 2010 (5 posts)

Rate of pay: €409.50 per 35-hour week

Candidates must hold as a minimum a current Irish Water Safety Beach Lifeguard or an equivalent qualification and be not less than 17 years of age on the 1st April 2010. Application forms and details of the above posts are available to be downloaded from www.lcc.ie/careers or from Human Resources, Limerick County Council, County Hall, Doora Doyle, Co. Limerick T: 061 496331; e-mail: hr@limerickcoco.ie.

Latest date for receipt of completed application forms in the Human Resources Department is

4.00 p.m. on Thursday 18th March 2010

Limerick County Council is an equal opportunities employer.

Petition against bad blood between IBTS and gay community

By Rhona Tarrant

UL STUDENTS have submitted a petition to the Irish Blood Transfusion Service (IBTS) to change the prohibition of blood donations from homosexual men. The petition was signed and presented to the IBTS following the blood donation clinic which was on campus from Tuesday to Thursday last fortnight.

The petition aimed to apply pressure to the IBTS to revise their policy on blood donors and was drawn up by Equality Officer, Jason Kennedy, PSA President, Michael Bourke, and Out in UL President, Dan Comerford. Jason Kennedy explained that it was an issue that they were personally interested in bringing to the attention of the organisation but insisted that it "was done with the greatest of respects." While the policy claims to promote safety, it also reinforces the stigma and myth surrounding the gay community and AIDS.

The ban on blood donations from gay men in Ireland was initially introduced as an emergency measure, at a time when contraction through blood transfusion became common and gay men were the largest identifiable group affected by the HIV/AIDS pandemic. While it was initially successful in lessening the spread of the virus, the prohibition now represents the outdated misconceptions that have been inherited from that era.

While influential heterosexual sufferers such as Magic Johnson have helped to dispel the myth of HIV as a "gay disease", the stigma of HIV is maintained by the policy of the IBTS. Blood donation is not accepted from a man who

has had sex with another man although blood donation is accepted from a heterosexual man, regardless of relationship status, frequency or risk of sexual activity.

This is a problematic and dangerous policy, particularly in the light of new research which has demonstrated the consequences of new attitudes and lifestyles. The Health Protection Surveillance Centre showed that of the 336 new cases of HIV in Ireland in 2006, 83 were homosexual men and 169 were of the heterosexual community. The IBTS's disregard of new research means that instead of raising the safety levels of blood transfusion, they are reducing it substantially.

Last week, the IBTS appealed to the students of UL to donate blood in order to fill the 3,000 pints needed for transfusion every week. Considering that a number of students represented the 5% of the male population of Ireland are gay or bisexual, they eliminated a significant percentage of potential donors.

However, Mr Kennedy described how the petition was given a positive response from those involved in the clinic, "The petition was well received by the IBTS, we are all happy with what was done". Following its submission, a meeting between representatives of the IBTS and the Class Reps Council was scheduled for Tuesday, March 2. There is no doubt that continued pressure will force the organisation to accept the reality of the situation. According to Mr Kennedy it is now "a matter of waiting on when they will change their policy, but that will be a bit down the road."



Petition against bad blood between IBTS and Gay community

UL Writers enter SMedias

By Jill Franz

A NUMBER of writers for An Focal have entered the Student Media Awards 2010 in what is expected to be its best year yet. Jason Kennedy and Aoife Ní Raghallaigh, who are both active members of An Focal, are two of those that entered this year's Student Media Awards.

Jason Kennedy said: "It's a great idea. There's great potential in the student media and it's a good way for student journalists to make contacts, if they get nominated, that is." "I think they are a great idea and a great incentive to any budding journalist. It's so nice for someone who is just getting started to be recognised for the commitment and talents," added Finn McDuffie, Features Editor of An Focal.

In previous years the University of Limerick has won three times; once in 2005 and then again in 2006. Last year UL also saw a student receiving an award. "I am proud that UL has picked up an award three times," said Mr McDuffie. He added: "The fact that UL has won two years in a row indicates a recognised and consistent level of quality which can be continued and improved upon. Further, with the recent introduction of the BA in Journalism, UL has ample opportunity

to draw on a field of student knowledge previously unavailable."

There are 33 categories, ranging from traditional print journalism to broadcasting, new media to scriptwriting, headline writing to articles as Gaeilge. Coupled with a wide range of topics from sports to arts, there is something for everyone. The writers have entered the 'Student Journalist of the Year', 'Colour writer of the Year', 'Feature writer of the Year', 'Blog of the Year', 'Newspaper of the Year', 'Journalist of the Year', and 'Short story of the Year', to name but a few.

This year two new categories have been added: The Road Safety Authority Award for journalism relating to road safety and the Radio DJ of the Year Award for the best music show broadcast on student radio.

Mr McDuffie said: "I regard the SMedias very highly because they present a very worthwhile opportunity for student writers and photographers to receive national recognition for the hard work they put in to their University newspapers and magazines."

The 10th National Student Media Awards have been confirmed for the Mansion House in Dublin on Wednesday, April 21.

Dublin Institute of Technology

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Go green for charity

By Róisín Healy

THIS St Patrick's Day a group of charitable UL students will be dyeing their hair green in aid of the 2010 Special Olympics. Over 60 people have already signed up while one individual has managed to collect over €250 in sponsorship according to ULSU's Campaigns and Services Officer, Fergal Dempsey.

"We're raising money and we're raising the profile of the Games that will be happening on campus from the 9th to the 13th of June. Anything raised is welcome; money is money and it's all going to a great cause," Mr Dempsey said. SU President Ruán Dillon-McLoughlin, Deputy President/ Welfare Officer Derek Daly and Mr Dempsey himself will also be doing their part by "Going Green". "We did Movember as well so we're no strangers to making fools of ourselves for charity," he explained. Movember was a charity event in November 2009 in aid of Action Prostate Cancer during which volunteers grew moustaches in order to raise funds and awareness. Those who want to get involved in

the Go Green for Special Olympics event can email Peter at specialolympicsul@gmail.com or can call into the SU. Registration for the fundraiser costs €5 and participants are also asked to gather sponsorship money. The hair dyeing will take place in The Stables on March 17 at 1:00pm. All those attending the Clubs and Soc's ball the following day need not worry as the dye washes out. Special Olympics athletes and representatives from the Head Office of the Special Olympics will be attending the fundraiser.

A céilí is also going to be held on March 17 in the courtyard so everyone can get involved in the spirit of St Patrick's Day. International students are

encouraged to get involved with the céilí so they can experience a bit of "Irishness" according to Mr Dempsey.

Spin South West, a.k.a. the Spinnies, were in the

courtyard on Tuesday March 2 to launch the fundraiser. The 2010 Special Olympics All-Ireland Games are taking place in Limerick from June 9 to 12. SU will also be organising a Tag Rugby tournament at the end of the semester in aid of the Special Olympics. The tournament is open to UL students and staff and is set to take place on the weekend of Week 12.

"Students facing into exams can get a bit of exercise and good sport before the Games take place," Mr Dempsey said. "Hopefully we'll have some celebrities doing it," he added. Participants are encouraged to raise sponsorship money prior to the full-day event. Special Olympics athletes have an oath and those who may be reluctant to "Go Green" for the Special Olympics on St Patrick's Day would do well bear it in mind. "Let me win. But if I cannot win, let me be brave in the attempt."



Jon Kenny, of D'Unbelievables, gets in on the action

Equality Week to hit campus soon

By Finn McDuffie – Chief News Correspondent

EQUALITY on campus will be celebrated with a weeklong series of events, set to take place later this semester. Over the five days of Week 11 (5-9 April), the UL campus will feature a number of themed events that will highlight the importance of equality in UL. Events will be interactive and range from group activities to cinema screenings.

SU Equality Officer, Jason Kennedy, has been working behind the scenes to organise the week. "Monday will celebrate religious diversity while Tuesday will focus on an international theme," he said. "Wednesday will be LGBT day, Thursday will raise

awareness of physical and mental disability and Friday will be Paddy Day, focusing on the Irish stereotype."

"Lots of ideas have been thrown around so far," he commented. "For International Day we're hoping to get the farmers market people involved and for LGBT day, we're going to have a number of gay weddings." The weddings will take place in the Stables courtyard.

SU Education Officer, Aoife Finnerty organised last year's weddings in her role as Equality Officer. "It was great fun but it also highlighted the importance of on campus

equality. That's what equality week is all about," she said. There will also be a film screening of "The Larmie Project". "This was originally a play about a man who was killed because he was gay. We hope the film will highlight the importance of equality on campus," said Mr Kennedy.

Physical and mental disability day will feature four people who shall give up a certain ability that most of us take for granted. "We'll have a person not talking for a day, another not hearing for a day, another won't see for the day and the last will not walk all day," said Mr Kennedy. "We also hope to get a guest

speaker from the Special Olympics to further highlight mental and physical disability."

The Friday will be "a fun day to wind down. It plays on the Irish stereotype," he said, adding "we're also planning a film screening of 'Darby O'Gill and the little people'."

"It's going to be a fun week," he said. "I've worked really hard on it and I'm hoping it'll be a success. Welfare Officer Derek Daly has also been very supportive." Response has reportedly been very positive. Anybody else who wants to participate or help with organising the week is asked to contact ulsuequality@gmail.com.

Galway staff unhappy with alliance

By Sharon Whelton

CONCERNS have been voiced by staff in Galway over the newly announced strategic alliance between NUI Galway and the University of Limerick.

An NUI Galway Arts lecturer has said that while the initiative is clearly significant for both institutions it has taken place without including academic staff in the discussions. "All of us have a stake in this and would want to participate in shaping developments and to engage in debate over the merits of such an alliance," the lecturer added. The Irish Federation of University Teachers have reiterated these sentiments and expressed disappointment that neither staff nor students were consulted about the alliance.

Although the aim of the Alliance is to create centres of world-class excellence within the universities, questions have been raised among staff as to whether a union with UL is in the best interests of NUI Galway. Concerns have been expressed regarding UL's highly focused teaching ethos, compared with NUI Galway's more moderate approach to a mix of research and teaching. This move has been viewed as

possibly limiting for the future of research in Galway.

Furthermore, with science and economic development research focuses of the Alliance, there are further concerns that the Arts and Humanities will be marginalised. "The worry is that this alliance would define NUI Galway as having a predominantly regional mission, rather than a national or international one; a move which appears to have been facilitated by the dissolution of the NUI and existing relationships with UCC, UCD and Maynooth," the NUI Galway lecturer added.

There has been speculation that the "strategic alliance" is in fact, a pre-emptive defence against growing governmental opinion that the Irish state cannot sustain seven universities.

However, the University of Limerick Students' Union has come out in support of the alliance, with President Ruan Dillon-McLoughlin saying: "It is great to see these two institutions working closer together to an all round better future for students, faculty and the country. This is a positive move for students and will

give much more variety and scope to their education."

Similarly, NUI Galway Students' Union has declared that they hope "in the long run [the alliance] will be good for the university and good for the region."

Former EU Commissioner Peter Sutherland has openly called for the number of universities in Ireland to be reduced, arguing that "universities should be amalgamated so that they can compete seriously on comprehensive world-class research, education and postgraduate training."

Welcoming the recent announcement, An Taoiseach Brian Cowen, T.D., said: "NUI Galway and the University of Limerick are demonstrating how working together means working smarter. This Alliance is an exciting new departure for two very progressive Universities.

It represents a key building block for our Smart Economy project. And it promises to make a major contribution to economic and social development in this country, at both regional and national levels." ENDS

Why you should go to the 1st year ball

By Daithi Mac Gabhann

Law ball cancelled due to unresolved legal reasons...

Socs ball cancelled due to a mismatched pair...

Business ball cancelled due to recession...

MedSoc ball cancelled due to people being sick of it...

PESS ball cancelled due to it being kicked over a high wall...

Politics ball cancelled due to a lack of leadership...

Music ball cancelled on a bad note...

Woodwork ball axed...

Education ball suspended...

Psychics ball cancelled due to unforeseen circumstances...

Debating ball cancelled due to a dispute on the committee...

Rock climbing ball cancelled due to people getting stoned...

Aeronautical ball cancelled

due to lack of lift...

Maths ball cancelled due to no designated derivier...

Trampolining ball cancelled due to the cheque bouncing...

Nurses' ball cancelled due to lack of patience...

Skydiving ball details are still up in the air...

Tickets to the 1st year Ball are on sale now. The Ball will take place in Limerick's Greenhills Hotel on April 19 and tickets are €45.

Serving the public interest?

University of Limerick to host major Agenda-Setting Lecture on the role of Higher Education.

AT A time of unprecedented economic and social crisis the University of Limerick is hosting a major public lecture on the important role that Third Level Education can play in promoting a just and equal society. The Department of Sociology at UL are organising this year's annual Arts, Humanities and Social Sciences (AHSS) lecture, which will be delivered by Professor Kathleen Lynch of UCD at 6pm on Thursday, March 11.

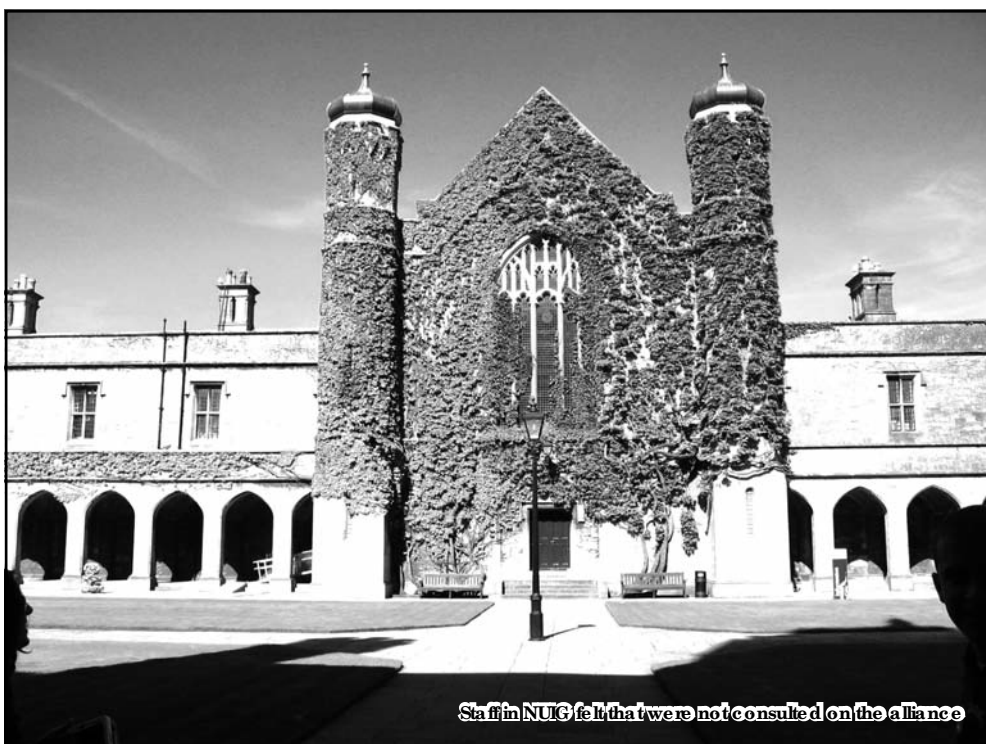
Professor Lynch is the Professor of Equality Studies at UCD and has published widely in the field of education. As an academic activist all of her working life, Professor Lynch is guided by the belief that the purpose of scholarship is not just to understand the world but to change it for the good of all of humanity.

Head of the Department of Sociology at

UL Dr. Eoin Devereux said "This public lecture will be of major significance to all who work in education – regardless of level. It will be of particular importance for all of who are interested in how Third Level Education can bring about a fairer and more equal society. We are delighted that Professor Lynch will deliver this year's lecture.

As a renowned sociologist who has written extensively on the theme of education and inequality, Professor Lynch's research interests match the strong research and teaching expertise at UL on the theme of social exclusion."

The lecture will take place at 6pm in Lecture Theatre CSGO1 in the Computer Sciences Building UL. Admission is free and is open to all. Please RSVP to Anne McCarthy on (061) 202445 or email [anne.mccarthy@ul.ie](mailto:mccarthy@ul.ie)



Staff in NUI Galway felt that they were not consulted on the alliance

Dear members of staff

An Open Letter by Jason Kennedy

IT HAS come to my attention that some bad blood spilled on the opinions mailing list over the recent petition against the Irish Blood Transfusion Service's refusal to take the blood of homosexual men.

I have been forwarded some of the correspondence between staff members on this matter as it was me who brought the idea of a petition forward to the Students' Union Executive, as Equality Officer. The idea started after I met with members of Out in UL, as Equality Officer, to discuss matters arising. From there, a petition was drafted by PSA President, Michael Bourke, Out in UL President, Dan Comerford and myself. Unfortunately, as I am just a student, I don't have access to the opinions listings, but from what I have read so far, I am horrified. One line in particular, written by a member of staff, disgusts me. It asked why homosexuality was okay, but homophobia was not and went on to infer that for one to be acceptable and the other not was discrimination. I would not embarrass this man by publishing his name to such a statement. A vocal minority of staff members also seem to confuse the word "petition" with "protest". Neither the SU nor the PSA protested the IBTS. I was the one that handed in the petition to the

nurses last Thursday. There were no scowls or angry remarks or posters with witticisms and above all, we did not encourage people to boycott the IBTS. The IBTS were also invited to the most recent Class Reps Council to give their side of the argument. On a personal note, I would love to give blood, but there are a number of policies that prohibit me from doing so. One staff member also asked why we were campaigning so negatively and why we would not try for more positive action. To this lecturer, I ask, why is creating a petition to seek the allowance of gay people to give blood negative? Actually, how are we negatively campaigning in the first place? A few staff members also claimed we were causing a fuss. Again, they are incorrect. When the petition was handed in, it was done discreetly and without causing even the slightest hint of a fuss. No students who were queuing up to give blood were disturbed.

Now, as I understand it, some staff members seem to have a serious issue against the petition and as I am the one who brought it up, I invite anyone to express their concerns by emailing me at ulsuequality@gmail.com. Looking forward to hearing from you.

Jason Kennedy



Chocláid

Week 7: Wed 10th March

The SCHOLARS @ 9pm

Fundraiser in aid of:

STUDENT COUNSELLING SERVICES

ag céiliúradh Seachtain na Gaeilge le ceol traidisiúnta

A chocolate themed night with all proceeds going to a great, on-campus cause

Report into grade inflation

By Aoife Ní Raghallaigh - Editor

MINISTER for Education, Batt O'Keeffe has instructed that an investigation into allegations of grade inflation in Leaving Certificate exams and third level qualifications be undertaken.

The report was ordered after Mr O'Keeffe attended a meeting with senior representatives from several multinational companies which are based in Ireland.

At this meeting the officials expressed concern that the calibre of graduates had declined in recent years. The report will be compiled by State Examinations Commissions, the Higher Education Authority

(HEA) and Mr O'Keeffe's own advisors. The report will look at the profile of Leaving Certificate results over the last ten years and also at the amount of first class honours degrees that have been awarded.

In an article featured in The Irish Times, it was reported that an internal report by Trinity College found there has been a 700% increase in the amount of first class honours degrees awarded by NUI Maynooth, as well as substantial increases at UCC, UCD, TCD and NUI Galway. In UL there has been a 107%, one of the lowest figures reported.

As a result of these increases,

multinational companies appear reluctant to employ graduates from some colleges for fear the student will not be of the standard expected. This comes as a further blow to students who are already facing an increasingly competitive job market upon leaving the University. Mr O'Keeffe declined to indicate which colleges held this stigma and instead stated that all colleges should now be looking to up their educational standards.

Preliminary results of the report were expected within days but at time of going to print they had not been released.

ULSU Nite@link

Timetable for Academic Year 2009/10

Route A

19:00, 20:30, 22:00

Stop 1: Droimroe Village
Stop 2: Thomand Village
Stop 3: Cappavilla Village
Stop 4: Plassey Village
Stop 5: College Court
Stop 6: Groody Student Village

Stop 7: Courtyard Student Village
Stop 8: Brookfield Hall
Stop 9: Parkview Hall
Stop 10: Park Mews (Clancys)

Returns to UL
via Flag Pole Entrance

Route B

19:45, 21:15, 22:45

Stop 1: Kilmurry Village
Stop 2: Elm Park
Stop 3: Oklawns
Stop 4: Kilmurry Lodge
Stop 5: Brierfield (Back of the Estate)
Stop 6: Woodhaven

Stop 7: Annacotty (Synotts)
Stop 8: Spar (at University Court)
Stop 9: Courtyard/
Brookfield Roundabout

Returns to UL
via East Gate entrance

Route C 23.30 Only

Route A+B Stops on Request, Drop off only

YOUR COUNTRY
YOUR CALL



Get Thinking



Your Country, Your Call is a competition to find two proposals that will help transform our economy by creating job opportunities and prosperity for Ireland.

The two winning proposals will each win a cash prize of one hundred thousand euro. But that's just the half of it.

Real success will come from the participation of everyone in a new movement of optimism.

So let's get thinking.



For more information visit:
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Union Debrief

A Bright Future for UL Students' Union

In the last issue of An Focal I looked at what I had achieved over the last few months, Now we need to look forward to the next few! What are the main issues I will focus on in the coming months??

On a National Issues

Grant reform

Grant delays are at an all time high. Some Students still don't know if they are getting a grant this year. This is a disgrace. The Batt O'Keefe is sitting on a bill that will reform the system but is failing to act on it. We need the new Student Support bill to be enacted for next September.

Student Service Charge

With the University trying to siphon your money away we need to put procedures in place to stop this. You should have a say where your money is spent.

On the Home Front

Grinds Register

A one stop shop for all your grinds needs, whether you're looking to take grinds or looking to give grinds. I want to all to be online for ease of access.

Day Link

With numbers picking up on the Night Link we can now look at expanding it to the daytime. We are searching for a sponsor to fund it so it won't cost ye a cent! Ill keep ye posted on it!

Bike Shop

With approval to use the current location being granted we can now make it a proper bike shop. Work will start in the next couple of weeks. We will then have a full time bike shop for all your cycling needs!!

Lecture Evaluation

With the Universities reluctance to take this on we have decided to do it ourselves. If you want an evaluation to carried out of your lecture then give Aoife Finnerty your Education Officer a shout and an online survey can be arranged

7 week project

Why is Orientation crammed into 2 days?? Why not spread orientation over the first 7 weeks, each week focusing on a specific area relevant to students. We have been working on this and it will be up and running for September.

Entertainments reform

We need a change in our Ents set up. A full time Events Co-ordinator is being sought to be dedicated to providing you with the events that you want.

Pitches

On the final stretch with this issue. I want to see work start by May, so the pitches are fixed as soon as possible.

As always let me know what you want, give me a shout at sufeedback@ul.ie

Postgrad News

Half way through the second semester already... madness! What's happened in Postgrad land in the past fortnight?

Well first off - the PSA Annual Charity Ball in association with Ulster Bank and in aid of the Alzheimer Society of Ireland took place on Friday, February 26 in Limerick's Strand Hotel. While the final figures still need to be worked out we know that we have raised somewhere in the region of €1,000 and €2,500; this article went to press before we got a chance to do our maths.

The money will be used by the Alzheimer Society as we support them in their bid to build the first respite centre in Ireland outside of Dublin. Waterman's Lodge will be built in Ballina/ Killaloe and will serve the entire Mid-West region. If you would like to donate towards this very worthy local cause then go to www.alzheimer.ie. If you know someone who may be suffering from the effects of Alzheimer's then call the national helpline on 1800 341 341 for more information.

=The night itself was a great success with over 200 people at the event - many of whom had to be carried off the dance floor. I'd like to thank everyone for coming and also some people for all their help. Firstly I'd like to thank Criona and Sinead and all the staff at Ulster Bank - without your support the night could not have been half as successful. A very big thank you to Jennifer Dempsey (PSA Deputy-President); Finian McCarthy (PSA Events Officer); Pa O'Brien (Chair EWG); Martha Gorman (PSA Communications Officer); Shane O'Sullivan (Mary I Rep), Nugget and the two DJs - Dave and Dave. Once we get organised enough to present a cheque to the Alzheimer's Society it will be

up on the website - www.postgrads.ie.

In other news the Dean of the Graduate School Professor John Breen is stepping down and the position is being advertised internally. From a PSA point of view Professor John Breen has always been a great friend to Postgrads and has worked tirelessly for the benefit of all postgrads on campus since taking office. We would like to thank him sincerely for all his hard work and wish him all the best for the future.

PSA Elections will be held before the end of the semester. No dates have been confirmed as yet so watch this space and the website for more details.

That's all for now - Happy Paddy's Day and don't forget ULSU Charity Week is Week 9.

Slán

Michael



Michael Bourke

Council Corner

Clubs and Socs Council

The third Clubs and Societies Council of this semester took place in Week 5. Representatives at this meeting discussed a number of issues pertaining to the running of Clubs and Societies. Clubs and Societies were asked to support other Clubs and Societies in their fundraising efforts for the Clubs & Socs Haiti Charity Fund. A number of Clubs and Societies took part in fundraising efforts during Week 6 to raise money for the Haiti which was recently devastated by an earthquake. These events included an archery display by UL Archery as well as a welly throwing competition

which was organised by OPC. Council was informed that a survey will be carried out on all Clubs and Societies to examine the needs and requirements of Clubs and Societies over the next three years. The survey will be carried out as part of the long term plan for Clubs and Soc in the University.

The representatives present were informed that the Clubs and Societies Liason Officer, who will aid Clubs and Societies Development Officer, Paul Lee, has been hired and will start work on March 29. Finally Clubs and Societies were asked to promote and raise awareness about

the local lotto whose jackpot currently stands at about €5000. The next meeting of Clubs and Socs Council will take place in Week 7.

Class Reps Council

The third Class Reps Council of this semester took place in Week 6 and a number of issues were discussed. The meeting commenced with a discussion between the reps and a member of the Irish Blood Transfusion Board (IBTS).

The IBTS had recently been on campus to collect blood and a number of students presented them with a petition against their policy to ban homosexual males from donating blood. The

discussion centered around this policy with a number of students asking questions. PSA President, Michael Bourke, also spoke as part of the discussion, outlining the other side of the argument.

Students present also asked the Officers a number of questions on their work and students were asked to give their opinion on the idea of student patrols in the off campus estates during Charity Week. The idea was met well although a number of students were worried about the safety of those involved. The next meeting of Council will take place in Week 8.

RAG Charity

Raising and Giving Charity: Irish Heart Foundation

The Irish Heart Foundation is just one of four worthy charities selected by the University of Limerick Students' Union to benefit from any money raised by students during Charity Week. The Foundation is a national charity which fights stroke and heart disease.

The Foundation, which was founded in 1996, hopes that every person living in Ireland will live a long, active and healthy life free from heart, stroke and blood vessel disease. They aim to achieve this mission by improving the cardiovascular health of people living in Ireland so they do not experience disability or die from preventable heart, stroke and other blood vessel diseases.

Heart disease is the number one killer in Ireland with approximately 10,000 people dying from cardiovascular disease (CVD). This includes those who die from coronary heart disease (CHD), stroke and other circulatory diseases. In the region of 5,000 people die each year after suffering a heart attack and nearly 2,000 die after suffering a stroke. The Irish Heart Foundation also estimates that some 30,000 people are living with disabilities in Ireland as the result of a stroke.

The Irish Heart Foundation aims to raise awareness about CVD through a number of different avenues. One of the main ways in which they raise awareness of CVD is by providing the media and the public with information on heart health as well as organising heart health programmes in schools and work places. The Foundation also co-ordinates the

training of medics and the public in emergency life saving skills, such as CPR, as well as supporting research, education and development in the medical professions. They also aid patients in managing their heart disease or stroke, in addition to campaigning for better patient services and treatment.

Since its inception in 1996, the Irish Heart Foundation has managed to accomplish a number of achievements. The achievement that students are probably most aware of

Limerick region, including one here in Castletroy. The Castletroy route is 6.8km and will bring you along parts of the Dublin Road and Plassey Park Road so it is more than accessible for students and staff in the University.

Another community scheme organised by the Irish Heart Foundation is the Happy Heart Catering Award. The award was developed the Health Promotion Unit of the Department of Health and Children and North Eastern

the Action for Life scheme which is run in schools nationwide. Action for Life is a health related exercise programme which is run in primary schools and aims to provide valuable, practical and easy to use educational resource package to assist teachers in planning and teaching part of the physical education (PE) curriculum in schools.

In addition the Irish Heart Foundation was also achieved the introduction of coronary care units in all hospitals, as well as introducing

days for people affected by heart disease or stroke. The Irish Heart Foundation provides an invaluable service to people across Ireland. Almost every family in Ireland has been affected, or knows someone who has been affected, by heart disease or stroke. The Foundation is 90% funded by public donations and every little bit that you donate will be greatly appreciated. This year The Irish Heart Foundation's Happy Heart Weekend, which takes place from May 13 – 15, aims to raise a huge €650,000. The Foundation plans to use the money raised to train as many possible as possible in bystander CPR. A small donation of 50c per student would bring the Foundation €12,000 closer to its goal, as well as bringing them closer to their mission to improve the cardiovascular health of people living in Ireland so they do not experience disability or die from preventable heart, stroke and other blood vessel diseases.

Charity Week takes place during Week 9 (March 22). This year, be more, donate more, and make a real difference in the lives of the people around you. Register to take part in one of the Charity Week Challenges, throw your change in a collection box during the week or just leave a donation when you pick up condoms from the SU Reception.

Every little helps but we need everyone to get out and donate if we want to make a real difference this Charity Week.

More information on the Irish Heart Foundation, and the work they do, can be found at www.irisheart.ie



is implementing the Slí na Sláinte walking and cycling routes. The scheme encourages people of all ages and fitness levels to get walking for fitness and leisure. The routes are now featured in 164 locations and have also been adapted in other countries. The routes have been developed in partnership with local communities, Sports Partnerships, the HSE, Walking Leaders, Tidy Towns Committees and workplaces. There are a total of 7 routes in

Health Board, to help encourage healthy food choices in a healthy environment when eating out/away from home. The aim of the award is to encourage restaurants, hotels, pubs and workplaces to provide and promote healthy food choices in a healthy environment. It is also hoped that the award will encourage customers to make healthier food choices and help them appreciate the benefits of a healthy environment.

The Foundation has also championed

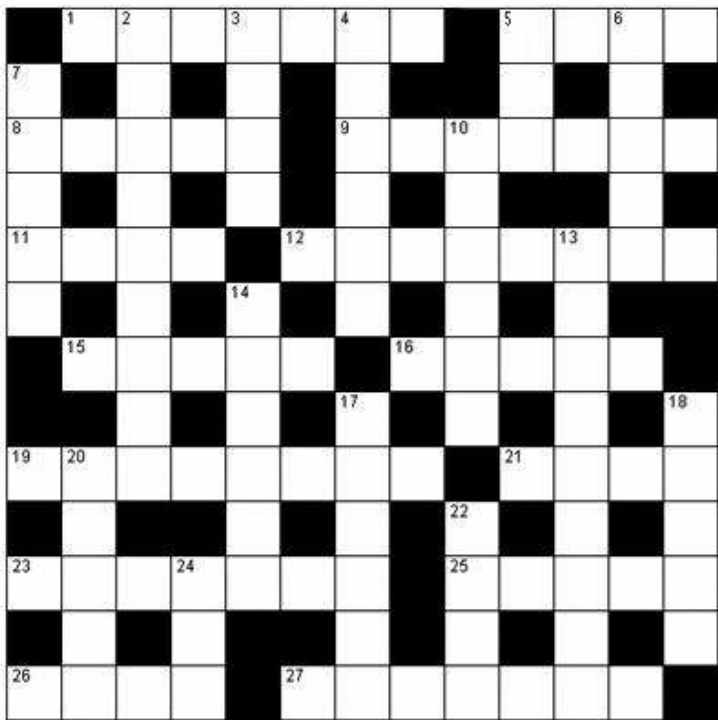
the National Patient Helpline in 2006. This helpline allows members of the public to call a nurse who can answer any questions the person may have regarding heart health. The nurses can also provide guidance and reassurance to someone as well as adding to the information already supplied to a patient by their doctor. In 2008 the helpline provided assistance to some 2,000 people. As well as the helpline, the Foundation also organises patient information



IRISH HEART FOUNDATION

Fun Page!

Crossword



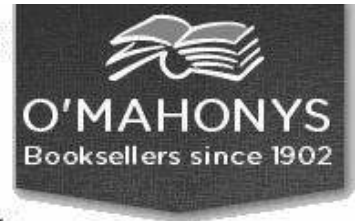
Across

- 1. Mix together
- 5. Listening organ
- 8. Clergyman
- 9. Old fashioned
- 11. Immediately after
- 12. American actor, lead in Shane (1953)
- 15. Pug faced dog
- 16. Second planet from the sun
- 19. Sudden accident or catastrophe
- 21. Anything to urges to action
- 21. More infrequent
- 23. Dazzled by light
- 25. Request compensation
- 26. Baptism bowl
- 27. Vehicle that prevents ice on roads

Down

- 2. Unpleasant
- 3. Dishonest
- 4. Almost
- 5. Old testament priest
- 6. Circular
- 7. Part of a play or movie
- 10. A bike for two
- 13. Skim over water
- 14. Made fun of playfully
- 17. Painful to touch
- 18. Muscle contraction
- 20. Eskimo house
- 22. Person from northern Britain
- 24. Another name for louse

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In Numbers

- 3 Issues of An Focal left this semester
- €250+ Amount raised by Engineering students for Charity Week
- 1000 Students need for the Go Green for Special Olympics event on March 17
- 24 Teams entered the Tag Rugby tournament, including an SU team!
- 2 Weeks until Charity Week!
- €4000+ Amount raised for Charity Week so far.

Word of the Issue

“Fulgent”

Dazzlingly bright, radiant
 The word derives from the Latin verb, fulgēre, meaning “to shine”, a root that is similar to the Latin flagrare, meaning “to burn”. English speakers have been using “fulgent” to depict splendence since the 15th century.

Sudoku

Sponsored by:



	5	6	4		9		
8				5	1	7	
1			6				8
					3		9
	1	2			8	7	
9		5					
2				3			5
		7	5	8			6
		8			6	2	3

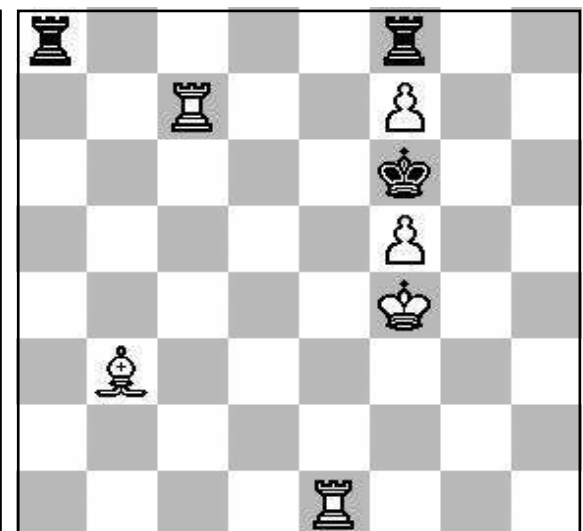
Instructions:
 The objective of the game is to fill all the blank squares in a game with the correct numbers. There are three very simple constraints to follow in a 9 by 9 square Sudoku game:
 * Every row of 9 numbers must include all digits 1 through 9 in any order.
 * Every column of 9 numbers must include all digits 1 through 9 in any order.
 * Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

The winner will receive a €20 voucher to spend in
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STUDY TIP #3: BRAIN FOOD IS ESSENTIAL



Illustration: Amy Murphy



1. Rc6+ Kg7 2. Rg6+ Kh7 3. Rh1++

“You put Ash on your forehead?!”

Some experiences from Lithuania

By Nicole Ní Ríordáin

WELL, work has been crazy this fortnight. One of my responsibilities is to cover the classes of absent teachers and there seems to have been a hell of a lot of absenteeism in the last week.

Supervising classes is fine if it's an English class and the teacher has left work, but not so good if it's a biology class and the students have nothing to do. The words “zoo” and “crazy” come to mind. Surprisingly, the older ones are the worst, even though their English is better. Saying things like “Why don't we have a nice game of Simon Says?!” doesn't have the same effect on 15 years olds as it does on the younger kids, strangely. Earlier this fortnight the entire school was in preparation for a concert to celebrate Lithuanian Independence Day, which fell on 16 February. This is a huge national event and the older classes prepared patriotic songs and dances to celebrate their nationality. As the day itself fell on a Tuesday, we had a four-day weekend. Wahey! The city was buzzing, with everyone out celebrating with family and friends. The Lithuanian flag was strung from most buildings and the street in the city centre was lit up in the national colours of green, yellow and red (apparently the red symbolises blood... Odd!). There were war veterans roaming

around in their old uniforms, children playing traditional music on the streets and stalls selling wooden toys and souvenirs everywhere. It was a bit like St. Patrick's Day, but without the rain, shamrocks and drunk people.

I went to a concert in one of the city's oldest churches with a Russian teacher in honour of the occasion. There was a string orchestra playing, fronted by a famous Lithuanian conductor whose name I can't remember and wouldn't be able to pronounce anyway! All I can say is that it was an experience to be in an cobwebby church with creepy statues coming out of the walls, listening to classical music, on a Tuesday evening. An eerie experience. Also, although the culture shocks have become less and less frequent, I was entirely unprepared for what I saw, or rather, didn't see on Ash Wednesday. Considering that Lithuania is 80% Roman Catholic, I was really surprised that I didn't see anyone with the ash-cross thingy on their forehead that Wednesday. Not one person. I asked some of the teachers in school the following day, and they didn't have a clue what I was talking about. “You put ash on your forehead?!” I could almost see them mentally cross Ireland off their lists of places to visit. Sorry about that, Bord Fáilte, I should've kept quiet.

First Year Diary

By Amy Murphy

Wow, Friday was a busy ol' day; I made so many new friends! I didn't think that was possible so late into the year but I guess that's what happens when you become a society committee member. I also acquainted myself with some of the far corners of the University I hadn't yet visited; namely the Health Sciences building. I still have yet to manage a “golden week” this semester and I have so much ahead of me; it's probably not going to happen anytime soon. Perhaps it's time to implement a strict timetable. But then, it is so late in the year.

Ok, so maybe I'm losing my motivation, but at least I have my friends to rally around me. It's amazing! I never realised how badly I fitted in in secondary school until I made friends in college. I never realised how supportive and comforting people

can be. You know what else is amazing? How much you can change as a person, and how much your outlook can change in the space of five months. I wonder who I'll be when I do finish college. There really is so much opportunity for change. Well, it seems my motivation is back at least.

One fact that will immediately mark me out as an anomaly is that I haven't gone out since the first night of college. But I have plans to see my current band obsession in Cork and while I shouldn't really be able to afford it, I've justified it by asking other students how much they've spent on going out. I think I deserve it! It'll be weird going back to Cork; back to the home county. Back to a place that is as familiar to me as the back of my hand. But it doesn't feel like home anymore. Independence? When did that happen?

Recipe of the Fortnight Spaghetti Bolognese

By Brian Finneerty

Ingredients:

- Spaghetti
- Minced beef
- 1 Onion (peeled)
- Pasta sauce
- Oil for frying
- Spices – Salt, Pepper, Oregano & Basil
- Garlic (crushed)
- Bolognese Sauce

Cooking instructions:

1. Fry a small amount of oil in a frying pan or large saucepan

2. Add the spices and heat
3. Add the crushed garlic
4. When the pan is sizzling, add the onions, followed by the mince a minute later. Stir frequently
5. When mince is browned and cooked pour the Bolognese sauce into the pan
6. Place the spaghetti into a pot of boiling water and cook until soft
7. While spaghetti is boiling, the mince should be simmering and reducing
8. Keep stirring to ensure that the Bolognese does not stick to the pan
9. Remove spaghetti from the pot, strain and serve
10. Eat

Getting used to life in China

By Diarmuid Lucey

CULTURAL greetings to UL from a freezing Beijing! You're probably half way through the semester and I bet the dreaded assignments are creating a mix of frustration and panic. While the library printers work over time, I have perfected an ancient Chinese art; I've walked on one of the wonders of the world, been squashed in transit and bargained, RMB style.

The Chinese college shares few similarities with the green expanse of UL. The college is basically a blend of high-rise buildings and miles of staircases, without a blade of grass in sight. But it is quite impressive to see the 27,000 thousand students rush around this factory of knowledge. I have been forced to move away from my beloved McDonalds and experience food at the college restaurant. It seems lunch and dinner are social events that comprise an assortment of meat and vegetables served on plates in the centre of the table. The plates rotate and you must help yourself using chop sticks. I must admit, I left the table still starved the first day, as my chopstick skills left a trail of food from the table's centre, to my plate! But to stave off starvation, with the help of a friendly Chinese student, I have perfected this ancient Chinese art.

Our journey to the College is a matter of life or death some mornings. The most used form of transport is the subway as it connects each corner of Beijing. Plus, you can stay all day on the subway for the equivalent of 25 cents. However, there is a greater cost; that of being squashed into oblivion and/or the actual train bursting under pressure. An approach I do admire in Beijing is the

innovative reduction of cars in the city. With 1,000 new cars a day being sold in Beijing, the Chinese government have imposed a rule. Only cars with registrations ending with an even number can enter the city 4 days a week, while registrations ending with odd numbers can only enter the city 4 days a week the following week. I wonder if this would this work in Dublin?

Last weekend, we took a tour to the Great Wall, which was an absolute wonder. The Great Wall spans 50,000kilometres and in some places has a gradient of 70 degrees. Walking on this wall was thrilling but one slip of the foot in high places will lead to a bruised and scared fall, as one of my group discovered. We also took a tour of a market in Beijing and practiced the Chinese RMB bargaining. For instance, I was only looking at an iPod shuffle, prices at 700RMD (75 euro), when a sales assistant approached me demanding “You buy, You buy?” I stared blankly at her thinking she would go away but, then she said it in Chinese, then French, then Spanish, then Russian. I eventually said too expensive, and after a lot of bargaining in price for something I had already, she then agreed 200RMD (22 euro). Having impressed myself with my bargaining skills, I said it was still too expensive and began to walk away. But, the ever eager sales assistant shouted after me “150 150. You crazy man! 150 You crazy man!!”

I'll leave ye with a useful phrase: tai gui le = That's too expensive

Hope to keep ye all updated in the next issue. Maybe I'll actually buy a bargain next time!

The Flight to Economic Stability

By Andrew O'Doherly

ANOTHER fortnight of grim numbers: Bank of Ireland unable to repay its loan to the Government; Foreign Direct Investment created jobs dropping by 42% in 2009; National Debt figures creeping towards €76 billion; and the Central Statistics Office reporting that overseas trips to Ireland fell by 11.6% on the 2008 numbers. But is it all doom and gloom? Never...

The champion of capitalism, Ryanair boss Michael O'Leary has emerged as a beacon of hope in recent weeks for the unemployed, fighting relentlessly to secure the now infamous Hangar Six. The original proposal to Government included the creation of 500 well-paid aircraft maintenance jobs. However, this offer has fallen to 300 due to the Government's short-sightedness and ever-evident inability to see beyond preserving their own, that is, the Dublin Airport Authority (DAA).

It has become known in recent days that Round One of the "Michael O'Leary v Mary Coughlan" bout began as far back as February 2009. It quite astonishing that the Minister for Enterprise, Trade and Employment, who already has a pretty colourful relationship with Joe Public would turn down such an opportunity to create jobs by giving precedence to bureaucracy over the unemployed. Ironically, Aer Lingus CEO, Christian Müller, openly admitted he did not understand why his company were leasing Hangar Six from themselves!

It is obvious that the Government's self-preservation tactics are keeping their eye off the ball in getting the country's economy back on track. Credit rating agency Standard

& Poors has just downgraded the DAA to A-, surely a poor reflection on "Ireland Inc." given the Government's ownership of the organisation. Surely, a deal with the world's largest international airline would have reduced this likelihood of such a reduction? Will this also mean that local Labour TD, Jan O'Sullivan's proposal to bring the 300 remaining jobs on offer to the Shannon region has diminished? The DAA-controlled Shannon Airport is scarcely going to entertain cutting the airport's €10 travel tax to please Mr. O'Leary.

On a more optimistic note, I attended a lecture this week by Gavin Harte, of ESD-Training, on Sustainable Development. Mr Harte's lecture was inspiring and highly informative. Mr Harte's main emphasis was on the need to revolutionise how the economical and ecological worlds interact to ensure sustainable development and an all-round happier life for everybody. As predicted by many economists, the "Green Bubble" is just around the corner, with the potential to create tens of thousands of new jobs, adding billions of euro to the Irish economy. Will the Government be as lethargic and egotistical in their interaction with the boom to come as they were with the last? Do the Government have the liathróidí to admit their mismanagement of the Celtic Tiger led to unsustainable rapid growth and learn from the experience? Toyota President, Akio Toyoda's, recent declaration that the company's latest disappointments resulted from the company growing too fast comes to mind.

Perhaps we should look to Google for a path out of despair. Their exciting philosophy

and drive for innovation is wholly inspiring. Many employees emphasise how Google have created a culture that is high on trust, low on politics, great at sharing resources and sharing the wealth, and full of meaning and significance. Google is a company that is trying to make a difference in the world in all ways, including fixing global warming! The company is now giving \$5,000 rebates to employees if they buy a hybrid car, lining the rooftops with solar panels, giving employees bikes to ride around campus and much more. Perhaps our Minister for Enterprise, Trade &

Employment should take the connecting flight from Dallas to Mountain View, California on her next trip Stateside – and leave Willie O'Dea at home! Despite the economy's recent ominous performance, we must keep faith and remain open-minded for the revolution that is to come. To quote Dr. Spencer Johnson in his book "Who Moved My Cheese?", "If you do not change, you can become extinct" – the embodiment of Mr. Harte's lecture.

If all else fails, surely they'll make some room for us in Greece?



Ryanair's Michael O'Leary has given hope to the unemployed as he fights to secure Hangar Six

St Patrick's Day in Japan

By Amy Murphy

IRISH pubs - they're everywhere!

I remember my uncle trotting off to Thailand and not long after reporting back that he spent the entire holiday in an Irish pub. Apparently Thailand is crawling with them, New York too.

I could understand why there were a few to be found in New York but I was utterly baffled about our presence in Thailand, so imagine my confusion when I discovered Irish pubs can be found in Japan! There is even one in Osaka that sells "Irish curry": chips slathered in curry made with Guinness, sound familiar?

Apparently Guinness enjoys a reputation in the land of Sake but more surprisingly so does St. Patrick! On March 17, all across Japan, there

are numerous parades to be found and green to be seen. Oddly though, not the luminous, sickly green we use to promote ourselves here but instead various lush shades that speak of fields after a downpour and our amazing landscapes. A more traditional approach to our culture is taken in Japan.

Every year I watch the St. Patrick's Day Parade in Cork, depending on what the family are up to. On the one day everyone wants to be, I get swept up in the pride of being Irish. I get all hyped up waiting for the visual feast about to begin and then ten minutes into it; I realise it's irrelevant and unengaging and that all around me is a drunken stupor and a psychedelic mish-mash of green white and

gold. I may as well have gone to the circus, as every year the designers of the floats try and out do themselves in "creativity" and leap further and further away from a genuine celebration of our culture and closer to a tacky subversion of it. It's not that in the parade in Japan there aren't leprechauns, but they aren't the only thing on display either!

The first thing that caught my attention was the dogs. They get the numerous dog clubs to parade our native breeds, cloaked beautifully in emerald green cloth with just enough knot work, or some lovely golden shamrocks on the trim. It's wonderful to see the crowds delight at the frivolity of the Irish setter, made infamous by our public transport, or see them

awed by the gentle, playful, might of the Irish wolfhound. They are followed closely by the traditional ceol complete with tin whistle and bougan, accompanying some lovely young ladies from RINCE, the Japanese Irish Dancing Association. Again, it's wonderful to see the crowds marvel at our culture. The most amazing thing is that all the volunteers in these St. Patrick's Day parades are Japanese. It's fantastic to see people so far away so dedicated to our culture; they probably dream of the day they can come over here and see a "real" St. Patrick's Day parade. I wonder what they would make of our parades; with all the giant red robots and dragons they would probably think we're celebrating their culture!

ULSU

Sabbatical
Elections

2010

March 11 (WK7)

Who are you going to pick?
Find out more inside



President

Name: Sharon Brosnan

Why are you running for election?

For the past four years I have been involved with Clubs and Socs. I have seen the ins and outs of the Students' Union.

I want to make it better, I want to make it more inviting and I want to pay back UL for the great time I've had.

What are the top three things you'd do if elected?

1. Pump up the social scene!
2. Seek more accountability and consistency from lecturers.
3. Today €15 for parking is ridiculous – a serious look at the €3 parking needs to be had.

In 15 words or less, why should you be elected?

I'm dedicated, I know this college and I know I will enrich the student experience.



Name: Louise Clohessy

Why are you running for election?

I am running for election because I feel that the time is now to make a change.

The Students' Union is here for students and at the moment it does not play a big enough role in the lives of the students on campus.

What are the top three things you'd do if elected?

1. Become a more personable president.
2. Freedom of information and accessibility of information.
3. Continue to change the face of the Students' Union.

In 15 words or less, why should you be elected?

I aim to make a difference, I will not make promises I cannot keep.



Name: Ruán Dillion Mc Loughlin

Why are you running for election?

I want to build on the foundations I have laid over the past year. After being President for a year I know how to get things done.

I can hit the ground running on the issues I have been working on. I know I can make a real and tangible difference that will benefit all students.

What are the top three things you'd do if elected?

1. Part time jobs program.
2. Lecturer evaluations – for all courses.
3. Cheaper campus accommodation.

In 15 words or less, why should you be elected?

Choose fun,
Choose entertainment,
Choose progress,
Choose anarchy,
Choose buck,
Choose fast,
Choose Ruán.



Name: Paddy Rockett

Why are you running for election?

With four years experience and one year of planning, for me, this is a great opportunity to provide the best, fight for the best, and meet the best, it's the students that have made my time here the greatest – I feel I owe something back – so I have been working on it since I got here.

What are the top three things you'd do if elected?

1. Representation/protesting for key issues, e.g. car parking, registration fee hikes and university standards.
2. Improve the entertainments with bigger name bands.
3. Visibility so you know what your union is doing for you.

In 15 words or less, why should you be elected?

Paddy Rockett, - better entertainment, better representation, no to fees. The best man for the job.



Name: Nicholas Ryan

Why are you running for election?

I feel that the ULSU needs a strong leader that will be able to represent all members of the student body.

I feel that the SU has a lot of potential to make a campus in which all students feel that it's more than a work place but a home.

What are the three top things you'd do if elected?

1. Have a net put in place for the astro turf pitches to stop balls going into the river.
2. Create jobs for students.
3. Simple solutions for big issues, i.e., more funding for C&S

In 15 words or less, why should you be elected?

I am an innovative positive person who takes action before it is needed.



Deputy President/ Welfare Officer

Name: Derek Daly

Why are you running for election?

I'm running to continue with the work I've started on with accommodation, restriction of the list, work on grants within Governing Authority and highlighting the misappropriation of funds from the Student Service Charge.

What are the top three things you'd do if elected?

1. Grant reform is a priority
2. Resourcing in the Counselling Service
3. Getting students to ask what's available to them

In 15 words or less, why should you be elected?

I have the hook into the University; just need to reel them in next year.



THE WORD

9ú Márta 2010
Máirt

Iatán oifigiúil Seachtain na Gaeilge

Imleabhar 1, Eagrán 1
SAOR

Scéim Ollscoil Luimnigh 2009-2012 Seolta

Le Aoife Ní Raghallaigh – Eagarthóir

Sheol Ollscoil Luimnigh (OL) Scéim OL 2009 - 2012 faoi alt 11 de chuid Acht na dTeangacha Oifigiúla 2003. Is é Ollscoil Luimnigh an chéad institiúid 3ú leibhéal ar faomhadh an dara Scéim dó ag an Roinn Gnóthaí Pobail, Tuaithe agus Gaeltachta.

Sheol an tOllamh Don Barry, Uachtarán Ollscoil Luimnigh an Scéim: “Ba mhaith liom chomh maith buíochas a ghlacadh go háirithe leo sin go léir atá páirteach i rith an ama i gclár oideachais Ghaeilge don fhoireann le linn agus i ndiaidh uaireanta oibre. Tá sibh ag cabhrú le caomhnú ár saochta agus ár n-oidhreacht agus ag saibhriú phobal an champais go léir trí bhur gcuid oibre i gcur chun cinn na Gaeilge ar an gcampas”

Tugann Scéim OL 2009 - 2012 cuntas ar ghealltanais ghinearálta Ollscoil Luimnigh i dtaca le seirbhísí agus gníomhaíochtaí Gaeilge. Táid seo leagtha amach in Acht na nOllscoileanna 1997 a mhíníonn go mbeidh sé ar cheann de chuspóirí Ollscoile ‘teangacha oifigiúla an Stáit a chur chun cinn, ag féachaint go speisialta do chaomhnú, do chur chun cinn agus d’úsáid na teanga Gaeilge agus do chaomhnú agus do chur chun cinn chultúir shainiúla na hÉireann’.

Tá Scéim 2009 - 2012 ag treisiú ar rath agus ar mhórghníomhartha na chéad scéime agus tugann sé cuntas ar an tslí a gcuirfidh an Ollscoil le hómhá na Gaeilge ar an gcampas,

tabharfaidh sé aird an phobail ar nithe a bhaineann le Gaeilge, cabhróidh sé le tacaíocht teanga, cuirfidh sé le cumas Gaeilge na foirne i réimsí réamhcheaptha agus leanfaidh sé de bheith ag tacú le forbairt i dtaighde trí Ghaeilge.

Ar cheann de fhorbairtí suntasacha na Scéime nua, tá an Líonra Tacaíochta Teanga, gréasán tacaíochta foirmeálta teanga do bhaill foirne a ceapadh le seirbhísí Gaeilge a sholáthar i spriocréimsí riaracháin san Ollscoil. Tá an fiontar nuabheartaithe ag teacht in oidhreacht ar thraidisiún láidir tacaíocht teanga atá ag Scoil na dTeangacha, na Litríochta, an Chultúir agus na Cumarsáide OL agus ag Aonad na Gaeilge. Is é a bheidh ina phríomhchuspóir ag an Líonra Tacaíochta Teanga, soláthar a dhéanamh ar riachtanais sainiúla teanga gach baill den bhuíon, in ionad díriú isteach ar aon riachtanas reachtúil a chomhlíonadh. Reachtáilfear cruinnithe an Líonra Tacaíochta Teanga i Seomra na Gaeilge in Áras na dTeangacha, foirgneamh úrnua den scoth. €6.15 milliún a ghlac sé Áras na dTeangacha a thógáil atá 1,645 méadar cearnach agus ina bhfuil áiseanna foghlama teanga den scoth, teaglanna ilmheáin, seomraí seimineáir, Aonad Tacaíochta Teanga, foghlaim oscailte agus oifigí acadúla.

Gné ar leith de is ea Seomra na Gaeilge, seomra atá curtha in áirithe do thiomús

cainteoirí Gaeilge as gach earnáil de phobal an champais. Tá geallta sa Scéim Teanga go gcuirfear imeachtaí Gaeilge chun cinn i Seomra na Gaeilge ar bonn rialta.

Chomh maith le bheith ina lárionad ag Ionad Teanga OL, ag Scoil na dTeangacha, na Litríochta, an Chultúir agus na Cumarsáide, tá oifigí Eurocall agus Aonad na Gaeilge ann, an

t-aonad atá tiomanta do chur chun cinn úsáid teanga na Gaeilge ar fud an champais. Úsáidfear an foirgneamh le haghaidh ranganna oíche sa samhradh don phobal i gcoitinne d’fhonn cabhrú leis na cláir teanga a reachtáilann Ionad Teanga OL.

Is féidir teacht ar Scéim Ollscoil Luimnigh 2009 - 2012 ag www.ul.ie/ola



An tOllamh Páit O'Connor, An tOllamh Don Barry, Deirdre Ní Loingsigh agus Pádraig Lenihan ag seoladh na scéime

Seachtain na Gaeilge 2010

Le Aoife Ní Raghallaigh – Eagarthóir

BEIDH Seachtain na Gaeilge, an fhéile bhliantúil Gaeilge, ar siúl ón 5ú go dtí an 17ú Márta 2010 agus tá imeachtaí sochruithe ar fud na tíre agus an domhan. Is é aidhm na féile na teanga a chur chun cinn agus a chaomhnú i measc an phobail.

Seoladh an féile ar an 25ú Feabhra ina an Button Factory in Ionad Cheol Barra an Teampaill. Sheol Bláthnaid Ní Chofaigh, ó The All Ireland Talent Show, agus Ian Dempsey, ó

2FM, an fhéile agus bhí Rónán Mac Aodha Bhuí agus Aoibhinn Ní Shuilleabháin mar fear agus bean an tí don ócáid. Tar éis an seoladh bhí oíche chéiliúrtha agus siamsaíochta i gcomhlúadar ceoltóirí ó ‘Ceol ‘09’ & aoíonna speisialta eile.

Beidh Coláiste Mhuire Gan Smál ag socrú a lán imeachtaí anseo i Luimneach i gcomhar an fhéile. Beidh “Talkathon” ar siúl acu an 9ú Márta agus beidh said ag socrú Oíche Gaelach

ins an Clubhouse i Trinity Rooms ar an oíche céanna. Ar an 10ú Márta beidh Tráth na gCeist ar siúl acu agus beidh “Traid Factor” ar siúl i Dolans ar an céad oíche eile. Is féidir níos mó eolais a fháil ar na imeachtaí go léir ó www.snag.ie/events. Tá sceideal de na imeachtaí go léir in Ollscoil Luimnigh ar fáil ar an leathanach deireanach den iatán seo.

Ina theannta sin beidh Ceol '10 ar fáil ins na siopaí gan mhoill. Is eard é Ceol '10 ná albam

Gaeilge le amhráin ó ceoltóirí Éireannach. Bíonn na amhráin ar an albam ina leagan Gaeilge de amhrán Béarla, nó amhrán nua Gaeilge.

Ins na blianta roimhe seo rinne BellX1, Cathy Davey, Mundy is araile ar an albam. An bhliain seo beidh ceol ó The Sawdoctors, Walls Bird, The Swell Season agus Mick Flannery ar fáil ar an albam, chomh maith le ceol ar an-chuid bannaí eile.

Seo la dh Raidió Rí-Rá

Le Conradh Na Gaeilge (www.cnag.ie)

BHÍ Danny O'Reilly, príomhamhránaí ón mbanna mór le rá The Coronas, i measc na nGaeilgeoirí gnéasacha a sheold na seirbhíse FM don t-aon chairtstáisiúin cheoil Ghaeilge, Raidió Rí-Rá, mar thús leis an gcráolachán beo i mBaile Átha Cliath (100.3 FM), Corcaigh (106.7 FM), Gaillimh (99.1 FM), agus Luimneach (105.5 FM) ón 01 - 21 Márta 2010, díreach in am do Sheachtain na Gaeilge 2010.

Arsa Traic Ó Braonáin, Cathaoirleach Raidió Rí-Rá: "Is iontach an rud é go mbeidh teacht ar bhreis agus milliún go leith duine ar sheirbhís FM ilcathrach Raidió Rí-Rá arís an Márta seo, agus is céim níos cóngaraí í i dtreo stáisiún raidió Gaeilge don aos óg a chur ar an gcóras náisiúnta FM go lánaimseartha."

Is é Raidió Rí-Rá an t-aon chairtstáisiún lánGhaeilge don aos óg in Éirinn, ag seinm na hamhráin is déanaí ó na cairteacha go hiomlán trí mheán na Gaeilge ar líne ag www.rrr.ie tríd an bhliain ar fad. Thosaigh an stáisiún ag craoladh ar líne i mí Mhárta 2008 faoin ainm oibre Raidió X agus chaith muintir Raidió Rí-Rá trí sheachtain ag craoladh beo ar FM i Márta 2009 buíochas le ceadúnas sealadach ilcathrach ó Choimisiún Craolachán na hÉireann agus le tacaíocht ó Chonradh na Gaeilge agus Samsung, urraitheoir corparáideach Sheachtain na Gaeilge.

Deir Síne Nic an Ailí, láithreoir agus Oifigeach Caidrimh Phoiblí Raidió Rí-Rá: "Tá Raidió Rí-Rá ag treabhadh an ghoirt ag soláthar sheirbhís cheoil agus Ghaeilge d'aos óg na tíre seo le feidhmchlár iPhone in aisce agus teacht ar an stáisiún ar ghutháin Nokia anois, agus tá pleananna dul ar an gcóras teilifíse digití chomh maith leis an gcóras FM agus DAB amach anseo chun réimsí éisteachta an chairtstáisiúin a fhorbairt."

Is iardhalta Ollscoil Luimnigh i Sine. D'fhág sé an Ollscoil i 2007 le céim sa Léann Éireannach sa Spáinnis.

"Beidh fiú Podge agus Rodge le cloisteáil ag labhairt Gaeilge"

Beidh iarratais cheoil, cláracha spóirt, giotaí popnuachta, Cath na mBannaí agus aíonna speisialta ag glacadh páirt i gcráolachán beo Raidió Rí-Rá arís i mbliana, agus tabharfaidh foireann Rí-Rá cuairt ar chumainn G h a e l a c h a , ó g c h l u b a n n a agus scoileanna

le Gaeilgeoirí óga timpeall na tíre a chur faoi agallamh le linn an chraolacháin. Beidh fiú Podge agus Rodge le cloisteáil ag labhairt as Gaeilge ar Raidió Rí-Rá i mbliana, mar sin cas ar siúl an steirió agus cuir cluas leis an gcairtstáisiún ceoil is fearr i nGaeilge an Márta seo!

Chun teagmháil a dhéanamh le Raidió Rí-Rá, ní gá ach RIRA a chur ag tús na teachtaireacht agus seol téacs chuig 51155 ar an gnáthráta; seol ríomhphost go ceol@rrr.ie; nó fág tagairt ar Facebook, ar Twitter, nó ar bhalla an stáisiúin ag www.rrr.ie.



Danny O'Reilly ó The Coronas ag sheoladh Raidió Rí-Rá

De aradh an rud is tábhachtach

Le Aoife Ní Raghallaigh - Eagarthóir

IS DUINE mé atá an-bródúil as mo chuid Gaeilge. Táim líofa i nGaeilge, rinne mé mo chéim trí Gaeilge agus úsáidim mo shloinne Gaeilge den chuid is mó. Ach ní bhíonn Gaeilge a labhairt agam go rialta agus ní scríobhaim Gaeilge go minic i mo shaol laethúil agus tá dhá fáthanna ag bhaint le sin.

Den chuid is mó, ní úsáidim Gaeilge toisc nach bhfuil muinín ar bith agam i mo chuid Gaeilge. Scríobh mé roinnt ailt Gaeilge cúpla bliain ó shin ach fuair mé gearrán

múinte tar éis toisc nach raibh mo stór focail, nó mo ghramadach den scoth! Is cinnte nach chualathas "is fearr Gaeilge briste na Béarla cliste riamh". Tar éis sin, ní raibh mé ag iarraidh Gaeilge a scríobh nó a labhairt le duine eile le Gaeilge mar bhí mé i gcónaí ag fanacht i gcomhar gearrán nó ceartúcháin ón duine eile.

De réir seo bíonn sé an deacair dom caint as Gaeilge. Téann na focail go léir as mo cheann agus nílím ábalta smaoinemh ar an slí ceart chun rud ar bith a rá. Bíonn mo chaint go

léir ins an aimsir mícheart agus lán de Bhéarlachas. Braithim mar an gcéanna fós ach táim ag déanamh mo dhícheall chun mo mhúinín a fhorbairt. Is é an dearcadh an rud is tábhachtach; mo dhearcadh agus dearcadh gach duine eile araon. Caithfidh mé bheith bródúil as mo chuid Gaeilge fiú má tá sé briste agus lán de ghramadach uafásach. Caithfidh cainteoirí eile bheith sásta go bhfuil duine ag iarraidh an teanga a úsáid agus is cuma cén saghas caighdeán Gaeilge a bhfuil acu in ionad gearráin a dhéanamh

toisc nach bhfuil an Gaeilge den scoth.

Is é an fáth eile nach úsáidim Gaeilge ná nach bhfuil sé chomh dathannach le Béarla. Bíonn na mílte slite difriúil chun rud a rá i mBéarla ach níl an rogha céanna ag Gaeilge. Nuair a bhí mé ag scríobh mo FYP, thug mo léachtóir píosa comhairle iontach dom. Dúirt sé go mbíonn léachtóir Béarla ag tabhairt amach má úsáideann tú an frása nó an focal céanna i gcónaí ach ní mhiste dom bheith buartha faoi sin mar níl an méid céanna slite chun

rud amháin a rá i nGaeilge. Ach is é sin an rud is fearr liom ó thaobh scríbhneoireacht de. Is breá liom an filíocht a bhaineann le Béarla agus ní bhíonn sin ar fail i nGaeilge.

Ach is aoibhinn liom Gaeilge ag an am céanna.

Bíonn i gcónaí bródúil go bhfuil mé dátheangach, agus níos mó ná sin, go bhfuil mé ábalta mo teanga náisiúnta a labhairt. Deirtear go bhfuil an teanga marbh ach, i mo chroí, tá sé beo agus láidir agus, ó inniu, táim chun an iarracht níos mó Gaeilge a úsáid ó lá go lá.

UL Med-Soc ag idir-ollcoile rugbaí i UCC

Le Alan Corbett

AR FEABHRA 27ú, bhí na buachaillí agus na cailíní ó UL Med-Soc i gCorcaigh ag tnúth leis an céad idir-ollscoile idir na scoileanna leigheas in Éireann. Bhí se in a seans dúinn na leabhair a cur síos, tóg sos ón staidéar agus bain taitneamh as an aclaíochta. Fé mar a dúirt said fadó “Mens Sana In Corpore Sano”. An spóirt a bhí i gceist ná “Tag Rugby” agus bhí craic mór againn!

Bhí an ghrian in ard sa spéir nuair a shroicheamar ag an “Feirme”, an leas ainm atá ag na bpáircí UCC. Caoga daoine a bhí ann ó UL. Fiche daoine ag imirt, cúpla “Cheerleaders” agus go leor lucht leanúna! Bhíomar ag imirt in aghaidh fhoireanna ó UCD, NUIG, RCSI agus UCC. Bhí beagnach trí gcéad daoine ann agus bhaineamar a lán taitneamh as an aimsir agus an spóirt a bhí ann. Bhuamar an chéad cluiche in aghaidh UCC (6 -2) agus ní raibh seans ag UCD tar

éis sin. Bhí an fhoireann ag imirt ar fheabhas ar fad! Bhí fhoireann iontach againn agus bhíomar sa chluiche ceannais. Ní bhuaigh aon fhoireann eile dhá cluichí agus i ndeireadh an lae bhí “play-off” idir UCC agus NUIG don spás eile sa chluiche ceannais.

Bhuaigh UCC ach idir an dá linn tháinig “Dominos”, an moltóir príomháideach, leis an pizza saor. Gan dabht, sa chluiche ceannais bhí na buachaillí agus cailíní ó UL ag rith go mall tar éis an féasta Dominos a bhí againn! Bhuaigh UCC sa deireadh agus b’fhéidir go feicimid an corn an bhlian seo chugainn!! Dáiríre, bhí mí-ádh an domhain orainn ach bhí lá iontach againn.

San oíche bhí chéilí mór againn san Savoy agus bhí na trí gcéad mac léinn ag damhsa go dtí breaceadh an lae. Tá cúpla scéaleanna eile againn ach ceapaim gur cheart na rudaí a tharla i gCorcaigh, fanacht i gCorcaigh!



An fhoireann

Peil sa nGaeltacht

Le Daniel Ó Conaire

LE BLIANTA fada anuas tá peil gaelach mar ghné chroí lár i measc muintir na Gaeltachta. Chruth na daoine sa nGaeltacht comórtas peil speisialta do na foirne a bhí bunaithe san nGaeltacht amháin agus is “Comórtas Peil na Gaeltachta” an t-ainm a thug siad air. Gach bliain i rith mí Meitheamh tagann na foirne peil, mná agus fir, le chéile ar feadh deireadh seachtaine chun an ócáid fíor cháiliú seo a cheiliúra.

Bíonn ar na foirne éagsúil dul i gcoimhlint le cúpla foireann eile sa nGaeltacht ceanna leo féin chun dul tríd go dtí An Comórtas Peil. Freisin bíonn an comórtas seo á rachtaíl i nGaeltacht éigin difriúil gach bliain.

Is buntáiste iontach é seo do muintir na háite ós rud é go spreagann sé an Ghaeilge i measc na ndaoine agus tugann sé tacaíocht maith do na comhlachtaí ins na gceantar difriúil. Bíonn an-suim sa gcomórtas seo, bíonn sé

á chlárú ar raidió na Gaeltachta agus bíonn na cluichí le feiceáil ar TG4 chomh maith. Tagann muintir Ghaeltachtaí, chomh maith le daoine as chuile cheard na tíre, an bhfuil suim acu sa bPeil agus sa nGaeilge le h’aghaidh ócáid Peil na Gaeltachta. Is cosúil, le cúpla bliain anuas go bhfuil méid lucht féachanna ag méadú, rud a bhfuil an-mhaith le l’aghaidh forbairt ár teanga dúchas. Tá an cosúlacht ann

go gcoinnigh sé air ag méadú, ag tabhairt poiblí don Ghaeilge agus ar lúthchleasaíocht i gceantar na Gaeltachta. Is deireadh seachtain lán le

spraoui, craic agus spóirt é Comórtas Peil na Gaeltachta. Anuraidh tháinig slua go dtí ceantar beag i gConamara, Rosmuc áit ar bhuaigh Árd Rath, foireann as Gaeltacht Dún na nGall, comórtas na fir. I mbliana beidh ar dream an Chomórtas dul suas go dtí Béal an Mhuiread, Maigh Eo le h’aghaidh bheith i láthair le coimhlint na Gaeltachtaí a fheiceáil.

“Bíonn an comórtas seo á rachtaíl i nGaeltacht éigin difriúil gach bliain”

Cultúr na Gaeltachta

Le Niall Mac Donnacha

Iscultúrsainiúlagusacmhainneach í cultúr na Gaeltachta. Theas sí an fód nuair a bhí na Sasanaigh ag iarraidh fáil réidh léi agus is uacht í do na daoine a throid chun í a shábháil.

Is tréithe í an Ghaeilge, an pheil Gaelach, na féilte báid seoil agus currachaí, agus an sean nós den chultúr seo. Tagann daoine as gach

taobh den domhan chun í a bhlais. Tá go leor daoine anois as tíortha eile atá socraí síos sna ceantair Gaeltachta ar fud an tír, ó Gaoth Dobhair go Conamara agus ó Rath Cairn go An Roinn. Bíonn daoine ag caitheamh anuas ar an gcultúr mar gheall ar an méid airgead a chaitheann an Rialtas ar an gcultúr ach is beag an praghas é sin chun ár aithne a choinneáil. Tá

sé soiléir sa lá atá inniu ann go bhfuil an líon na ndaoine atá ag labhairt na Gaeilge ag laghdú go mór, fiú má tá líon na ndaoine a chónaíonn sa nGaeltacht ag méadú. Agus is í an Ghaeilge an tréith is mó atá mar chuid den cultúr.

Tá sé soiléir go bhfuil an-chuid saibhreas sa gcultúr seo agus ba mhór an péacadh dá gcaillfeadh an tír í.

Txt Spk as Gaeilge

Le FoclóirGaeilge.ie – foclóir comhoibritheach na Gaeilge. <http://www.foclóirgaeilge.ie/>

Tá sé deacair an líon focail i dtéacs as Gaeilge a choimeád íseal. Cad faoi phíosa txt spk a fhoghlaim as Gaeilge! Clúdaígfí bhur geluasa leis an mBéarlachas lofa seo thíos.

In English	Gaeilge Iofa	As Gaeilge
tnx	gma	Go raibh maith agat
lol	goa	Ag gáire ós ard
ok	cgl	Ceart go leor
was	v	Bhí
u	2	Tí
d	n	An
2	gd	Go dtí
wk	7n	Seachtain
bye	sgf	Slán go fóill

Agus cad faoi cheann amháin eile...

A hash key.... #A thaisce

An tseachtain seo, seol téacsanna chuig do chairde as Gaeilge, agus ná bígfí faiteach.

Anois, sgf.

FoclóirGaeilge.ie

Seachtain na Gaeilge 2010, Ollscoil Luimnigh

Clár imeachtaí do Mhic Léinn : 5-15 Márta 2010



Dé Máirt 9 Márta 2010

CAINTATHON!!

Seomra na Gaeilge LC0-016

09.15 – 21.15 Gaeilge á labhairt gan stad gan staonadh!!!

Fonnort bheith ag caint?? Sló táin ar fáil ó c. ciara.considine@ul.ie

Dé Céadaoin 10 Márta

Grúpa Traenála don Ollrith Náisiúnta Rith 2010

Ionad: Aireána na hOllscoile

Am: 13.00 Tuilleadh eolais: c. ciara.considine@ul.ie

Céilí le rannpháirtithe na Scéime Cónaithe, Ollscoil Luimnigh & Seirbhísí Beatha Campais

Céilí with students of UL Irish language

residency scheme & Campus Life Services

Ionad: Halla Ghráig Phleasaí/ Plassey Village Hall

Am: 19.30

Eolas:

Kelly Ní Chonaill 09005552@studentmail.ul.ie

Úna Ní Fhatharta 09005359@studentmail.ul.ie

Máire Rós Ní Loingsigh 09004780@studentmail.ul.ie

Choc láid!

Ionad: Scholars, Clós Aontas na Mac Léinn

Am: 21.00

Seisiún Ceoil & Seac láid

Ocáid Tomsaithe Aigid do Sheirbhísí Comhairleoireachta na Mac Léinn

Trad session & Chocolate themed fundraiser in aid of Student

Counselling Services UL celebrating Seachtain na Gaeilge

Tuilleadh eolais: Gavin Murphy 0732753@studentmail.ul.ie

Déardaoin 11 Márta @ 18.00

Léiriú Scannánaíochta/Teacht

le chéile do Mhic Léinn le Gaeilge

So láistí & Féiríní do chách!

Ionad: Seomra na Gaeilge LC0-016

Tuilleadh eolais/RSVP: Róisín Healy 0645338@studentmail.ul.ie

Domhnach 14 Márta

Rith 2010

Ionad: Cathair Luimnigh** Am: 20.45

Grúpa Ollscoil Luimnigh ag glacadh páirt in Ollrith náisiúnta ag teacht

tríd an gcathair an oíche seo **áit le deimhniú

Tuilleadh eolais: c. ciara.considine@ul.ie www.rith.ie

Dé Lua 15 Márta

Tráth na gCeist

Ionad: An Spórtlann Am: 20.00

Tuilleadh eolais: Kelly Ní Chonaill 09005552@studentmail.ul.ie

Úna Ní Fhatharta 09005359@studentmail.ul.ie

Máire Rós Ní Loingsigh 09004780@studentmail.ul.ie

Coimeád súil amach do sheastán
Sheachtain na Gaeilge sa cheantín
(Bloc B) & sa bhialann (Bloc E) agus
tuilleadh fógraíochta thar timpeall an
champais le linn Sheachtain
na Gaeilge 2010 !!

Beidh Turas Gaeltachta ar siúl 19-21
Márta do mhic léinn na Gaeilge chomh
maith. Sonraí ó c. ciara.considine@ul.ie

Deputy President/ Welfare Officer

Name: Daniel Reid

Why are you running for election?

I feel that I have an opportunity to make a real difference as the ULSU Welfare Officer. I believe that I have developed considerable experience during my nine months in Uganda, in caring for and helping all members of the community.

What are the top three things you'd do if elected?

1. Promote greater integration among International Students.
2. Heighten the focus on mental health.
3. Let students know that the service is there for them!

In 15 words or less, why should you be elected?

To give all the students of UL an opportunity to express themselves without fearing judgement!



3. Reduce cost of car parking and lobby the University for more spaces.

In 15 words or less, why should you be elected?

Do you want bigger, better gigs?
The best year of your life? Got wood?
Vote Grisewood.

Name: Lorcan O'Neill

Why are you running for election?

I'm a friendly and energetic person who likes to get people involved. I like getting things organised and making things happen. And most importantly the Students' Union has made my student experience much more enriching. I will endeavour to do the same for students.

What are the top three things you'd do if elected?

1. Promote a campus community which is more of what the Union does for them.
2. Create greater campus awareness for students of what the Union does for them.
3. Increase discourse between the Union and students so that I can do what students really want.

In 15 words or less, why should you be elected?

I promise that I will work harder for you (the students) than anyone else.



Vice President/ Education Officer

If Aoife was to have run a campaign this is what she would have said...

Name: Aoife Finnerty

Why are you running for election?

I'm running for re-election because I really believe that I did a good job this year and that I have more to give to the job if I do another term. Improving things for students in terms of education was my goal last year and it will be for another year.

What are the top three things you'd do if elected?

1. Continue and strengthen module and lecture evaluations
2. Publicise and promote the role of education officer so every student knows where to go if they're in trouble
3. Overhaul Class Reps

In 15 words or less, why should you be elected?

I've a years experience under my belt and I guarantee UL students are my priority.



Communications Officer

Name: Finn McDuffie

Why are you running for election?

I've always wanted to work in journalism and more lately P.R. The position of Communications Officer would be a rewarding, relevant and interesting position to which I can bring my talents and skills and from which I can learn a great deal.

What are the top three things you'd do if elected?

1. Further website development.
2. Increase in the quality of An Focal.
3. Greater writer recruitment initiatives.

In 15 words or less, why should you be elected?

With my experience I would have proved my ability, devotion and dedication to An Focal.



Vice President/ Campaigns & Services

Name: Vivion Grisewood

Why are you running for election?

I want to bring back gigs for €5, it can be done. I brought the Hardy Bucks here for only €5! If given the chance I will fight against increase in fees the University may try and impose. I have been working with the Union for two years and I believe I am the best person for the job.

What are the top three things you'd do if elected?

1. Fight registration fees and other increases, e.g., the student card.
2. Have the Charity Week gigs on Plassey Lawn in front of Plassey House.



Name: Eoghan O'Brien

Why are you running for election?

I'm running for elections because I feel the website needs to be utilised better. I plan to bring some form of radio back, online or FM. I plan to put more content into An Focal by shortening articles, to keep reader interest.

What are the top three things you'd do if elected?

1. Bring back radio.
2. Reintroduce letters to the editor.
3. Get Sabbatical blogs onto website and get An Focal online properly

In 15 words or less, why should you be elected?

I'll get radio back and I'll improve the website. I'll reintroduce poster campaigns.





AWARENESS WEEK 7

TUE
9th Mar

RSA Interactive Shuttle
Free Eye Tests
(Main Courtyard: Outside Ski Slopes)

WED
10th Mar

Operation Lifesaver - 1pm
RSA Interactive Shuttle
Free Eye Tests
(Main Courtyard: Outside Ski Slopes)

THU
11th Mar

Memorial Service 4pm
(Contemplative Center)

ARRIVE ALIVE

Students

Use the Ulsu Ents Alternative Calendar

All tickets are available from the Students' Union

For more info & extra events yet to be announced check us out on:

- www.facebook.com/ulsuents
- www.ulsu.ie
- sufeedback@ul.ie



Week	Date	Time	Event	Venue	Price
Week 2 <i>Re-freshers Week</i>	Tues 2nd February Thurs 4th February	9pm 8pm	Stevie Starr Andrew Maxwell	Stables Monnet	€free €10/12
Week 3 <i>Choose a Challenge week</i>	All week Thurs 8th February		Choose a Charity week challenge Late Bar	Students' Union Stables	Varying €Free
Week 4 <i>Wedding Week</i>	Mon 15th February Tues 16th February Wed 17th February Thurs 18th February	8pm 10pm 11pm 6pm	Quick Flirt Speed Date The Hen & Stag The Wedding (Late Bar) The Honeymoon	Java's Trinity Rooms Stables Mystery Tour	€free €5 €free €12/15
Week 5	Thurs 25th February Thurs 25th February	8pm	Mick Flannery Late Bar	Jean Monnet Stables	€10/12 €Free
Week 6	Wed 3rd March Thurs 4th March Fri 5th March	11pm 8pm 8pm	The Oscars Ball Neosupervital Neil Delamare	Trinity Rooms Javas UCH	€5 €5 €25
Week 7	Wed 10th March Wed 10th March	12pm 11pm	Charity Week Ticket Picnic Charity Week Ticket Party	TBC Trinity Rooms	€free €free
Week 8 <i>The 'Save-Your-Money' Movie Week</i>	Mon 15th March Tues 16th March Wed 17th March Thur 18th March	6 & 9pm 6 & 9pm 6 & 9pm 6 & 9pm	movies of the week movies of the week movies of the week movies of the week	Storm Cinema Storm Cinema Storm Cinema Storm Cinema	1/2 Price 1/2 Price 1/2 Price 1/2 Price
Week 9					
Week 10	Mid-term Break				

The chemistry behind the magic

By Finn McDuffie – Features Editor

OUR LOVE affair has been going on for some time now. We have the perfect chemistry. That dark and sensual aroma makes my heart race. We like it best in the morning, but sometimes it's just as good in the evening. If I don't get my fix, I can't function; can't think about anything else. At just €2 a go, I can't get enough. I'm addicted. And I'm not the only one.

In fact, we Europeans have been infatuated with coffee for centuries. It is now the world's second most valuable, exported commodity. 20 million people work in some part of the coffee industry and around 400 billion cups are enjoyed each year.

But why so precious? The answer lies in the magic behind that chocolate-dusted froth. The caffeine in a cup of coffee represents one dose of the world's most widely taken, psychoactive drug. And the effect is phenomenal. It makes you feel more alert, more energetic and more positive. The really interesting part is how. Coffee works by altering the chemistry of the brain. The first chemical is adenosine, which occurs naturally in the brain. It causes

drowsiness by slowing nerve cell activity. Caffeine interrupts this process by binding to adenosine receptors. So adenosine is replaced and made redundant. This causes nerve cells to speed up when they should be slowing down.

A domino effect begins. As caffeine replaces adenosine, neuron firing in the brain increases. That means greater electrical impulse transmission from nerve cell to nerve cell. The pituitary gland reacts by releasing hormones that tell the adrenal glands to produce adrenaline. Of course, adrenaline causes increased heart rate, pupil dilation, faster respiration and increased sugar release from the liver. And all it took was a cup of coffee.

The next chemical is dopamine. By slowing the rate of dopamine reuptake, caffeine increases dopamine levels in the same way as heroine and cocaine. Dopamine is a chemical that works in the "reward pathways" of the brain. These are your pleasure centres and dopamine triggers happiness and euphoria. While caffeine's effect is much lesser than heroin's, it is believed the dopamine connection contributes



to coffee addiction. That explains the love affair. But how long do these positive effects last? Caffeine has a half-life of six hours. This means that if you take 200mg at midday, by 6pm there should be around 100mg left in your system. By midnight, there should be 50mg. And so on so forth. The trouble with this is its effect on

sleep. While you may fall asleep at midnight, the remaining 50mg still prevents you from achieving the deep sleep your body requires. This may increase your tiredness the next day, leaving you feeling drained. Taking more coffee will trick your body into more false alertness. But repeating the process will only compound your

exhaustion. So it's best to take coffee in moderation. Easier said than done. As I wrote this piece, I conducted a little experiment. I drank a cup of aptly named 'insomnia' coffee. It's had over an hour to settle in now and despite what it's doing to my brain, I feel quite sure that this love affair is set to continue.

Unique alliance signals the future for UL

By Damagh Roche – Arts Editor

THE National University of Ireland (NUI) is dead and we are richer having lost it. It is now time for Irish Universities to reassess their education strategy and begin to bring Ireland's third level standards in line with the rest of the world. The new "strategic alliance" between NUI Galway and UL is the first step in this momentous process.

Ireland is a small country with a small, well-educated population. Until recently, our GNP per capita was one of the highest in the world and our standard of living remains one of the world's best. However, our Universities are facing a turbulent future. World University rankings place only two Irish institutions, Trinity College and UCD, in the top 100 worldwide.

In a country where the top seven Universities are the only seven universities, it is absolutely essential

not merely to maintain educational standards but also to strive to improve them. In a small and close-knit nation, co-operation between Universities is not only preferable but natural and the relationship now formalised between NUI and UL seems almost organic.

UL is a unique, young and vibrant college imbued with the best of European and American educational traditions. NUIG is a long-established hub of national education and a bastion of Irish language and culture. In many ways, these two institutions could not be more different. UL is fundamentally "new" in its outlook and practices, it always looks abroad and to the horizon. NUIG is steeped in history and is proud of the traditional continuity and excellence

it provides to its students. It is because of these very differences that the two Universities can come together to look to a future of close co-operation, shared resources and greater academic potential.

The NUI was recently dissolved

in due course. The actual educational potential of Universities is the long term concern of students and the government. Or at least it should be.

Ireland needs to compete internationally. The government habitually tosses around the phrase "knowledge economy". It is undeniable that Irish people will depend on their

education to get by both in this country and if they venture abroad for greater opportunities. Every one of us should want the best possible education. The better standard of education we have, the further we will go. While it is currently unclear what the details of the alliance are or how students will benefit, it is a move that we should welcome. Any honest attempt to improve our

Universities is something we should endorse.

However, there are fears among some that the very uniqueness we treasure will be compromised; UL will become little more than an adjunct of NUIG or of some amalgamated University of the west. Such fears are largely unfounded. There is little danger of UL being subsumed by NUIG; of some monstrous new creation coming into being. Both UL and NUIG value their independence and integrity too much to form one soulless behemoth. It is their uniqueness that gives the Universities their strength.

Every new beginning brings some fear along with it. It would not be right to simply expect the alliance to make things magically better. We should, however, look positively on this new move and continue to value improvement to academic excellence.

“However our Universities are facing a turbulent future”

The key to a happy mind

By Amy Murphy

NOT TOO long ago my friend found themselves face to face with the Dublin road. They were admiring the streetlights and awed at the speed of the car lights rushing past.

Then a Christmas tree flew past, well actually, it was the light show that is every truck on that road. They described their week's fascination with the road and the swoosh of air left behind by speeding trucks and then went on to describe how on this particular day they waited, tense and ready to spring, for the right vehicle but, just as they were about to jump, their favourite song came on their iPod.

The shock and comfort from something so familiar was enough to push them back onto the footpath and back to their home. There has always been a fascination in our minds with the influence of tiny instances throughout the day, take Sliding Doors for instance; a cinematic description of the changes that can result from simply missing your train. When dealing with

mental health you have to let every tiny, happy instance carry you through the day.

If you have had relaxation tapes and the like recommended to you, or its an idea you like the sound of I have a better suggestion: Youtube. I was browsing it the other day when I came across the most delightful video of a corgi trotting around an exquisite frozen landscape. It had everything; a deliciously bitter sun shining, a cute little dog toddling along, and a crisp, refreshing backdrop. Six minutes of that left me utterly de-stressed. Another fantastic site that will have you grinning like a maniac is cuteoverload.com, fairly self-explanatory. Whatever works for you. Just let yourself stumble across it, the internet is great for things like that.

Little instances of accomplishment are enough to lift anyone's spirits and little games come to rescue! The internet is full of them but they can also be found on iPods and phones. At the moment I'm a big fan of Sushi Cat; as he

dangles from a pair of chopsticks, munching his way through copious amounts of sushi, every time I clear a level I'm left giggling and proud. You may not have won the noble prize but skill is skill!

If you need a more substantial sense of achievement – study is the answer! You may cringe and think, “Well that's half the problem in the first place”, but if you sift through what needs to be done you'll find yourself glowing with self satisfaction. You'll feel productive, smart, capable, and all the other traits that make you feel good about yourself. Plus that ominous pile of overdue work will be swept out from the back of your mind. Your brain will be very pleased with the spring cleaning.

I find when trying to chase the blues away that the stranger the action the better and I always feel great if I can give my friends a laugh too. A great example can be found in Natalie Portman's performance in Garden State, especially the scene where she remedies her

unoriginality with a unique mini performance! So when you have all that negativity bottled up inside, just let loose with a crazy interpretive dance, or just say the most random thing that comes into your head. Run around campus, hyper, and attract as many stares as possible! There's nothing better for making you feel like everything is possible than thinking outside the box.

None of these things are particularly significant, or life changing experiences, but that's what's great about them; because they're mundane they can happen every day. It's up to you to let them influence your happiness. Certainly the people around you can comfort you and support you but ultimately it's up to you to be delighted with the wonder of everyday life and to make it wondrous! You'd be amazed at how little instances can change the course of your life so why not instigate them yourself and ensure they influence your life for the better.

Hachiko: a symbol of loyalty

By Amy Murphy

*Side by side, their faces blurred,
The earl and countess lie in stone,
Their proper habits vaguely shown
As jointed armour, stiffened pleat,
And that faint hint of the absurd -
The little dogs under their feet.*

SO BEGINS Philip Larkin's An Arundel Tomb, a tribute to everlasting love. Fittingly he included the symbol of love and loyalty so widely recognised that it has been included on many a grave monument as a testament to the loyalty of the deceased – the dog. Not unlike his sculpted counterparts, Hachiko waited ten years after his master's death for his return, and even now his monument at Shibuya station, Japan, waits patiently, and will continue to do so for many years to come.

Hachiko was born on the November 10, 1923 in the Akita Prefecture, from which his breed derives their name, near the town of Odate. He was found by Hidesaburo Ueno, a professor in the agricultural department of Tokyo University and not long after their daily routine was established. Hachiko would see the professor off to work every morning and then wait at Shibuya station for his return every evening. The pair became well known amongst the regulars at the station. When Hachiko was eighteen months old Professor Ueno died at work of a cerebral haemorrhage in the course of a lecture and so never returned to Shibuya station, where Hachiko was waiting. Hachiko was rehomed after Ueno's death but he routinely escaped to search for his master at their old home. Quickly realising Ueno no longer lived there he changed tack and began to wait at Shibuya station, only arriving in the evening – when the professor's train was due. Hachiko's continuous presence attracted the attention of some of the commuters and those who recognised him as the professor's dog began to give him snacks to keep him

nourished and ensured his safety. This continued for ten years until March 8, 1935 when, aged 11, Hachiko died.

Hachiko quickly became a national symbol of loyalty and family love. Two traits excruciatingly important in Japanese culture and Hachiko's importance as a national symbol can't be over estimated. Every year on the anniversary of his death there is a ceremony held at Hachiko's monument in Shibuya station. In 1994 the Culture Broadcasting Network in Japan went to huge length to lift a recording of Hachiko's voice from a broken record. On May 28 of that year millions of people tuned in to hear Hachiko bark – 59 years after his death; a testament to his continuing popularity and cultural significance.

Hachiko also had tremendous significance for his breed, the Akita Inu. One of the Professor's students began to observe Hachiko, which led him to publish a paper on the breed. He discovered that only 30 purebred Akitas, including Hachiko, remained. The attention thrown on Hachiko through the student's publications revived interest in the breed and ensured their survival. Hachiko also helped bring the breed to America.

Helen Keller, the woman famous for achieving a Bachelor of Arts despite being deaf and blind, heard of Hachiko during a trip to Japan in 1937. She expressed her desire for such a dog and was presented with an Akita but he later died of canine distemper. However, the Japanese

Government sent her an official gift of another Akita and through these two dogs the Akita was introduced to America.

Hachiko's story has begun to filter through to western society. In 2002 an episode of Futurama made reference to Hachiko in their depiction of Fry's faithful dog. In 2004 Hachiko Waits was written by Leaslea Newman and won numerous awards. Most recently, in 2009, Hachiko: A Dog's Story was released, starring Richard Gere. Many years after Hachiko's death he is still a hero to many across the world, his story is still spreading and he is still used as an example of family love to all children across Japan. He is the proof of Larkin's closing line: “what will survive of us is love”.



Hachiko had a statue erected in his memory at Shibuya Station

Glee brings much needed verve and melody

By Damagh Roche - Arts Editor

TELEVISION is not as good as it once was. For some time now, there has been a broad consensus that TV shows have been exhibiting declining standards. That bastion of irreverence, The Simpsons, is still running though there has been a noticeable decline in comic quality. The age of the sitcom, the stand-up comedian and the sketch show is effectively dead.

Yet, in the midst of all this decay, a certain American musical comedy has appeared that has permeated our society and our consciousness in a relatively short time. Glee pirouetted onto Irish screens in a burst of verve and melody not too long ago and it has already left an indelible mark on popular consciousness. There are few people who cannot quote the indomitable Cheerios coach Sue Sylvester or sing a few bars of the now famous Glee Club mash ups.

The Glee Club members are, for the most part, outcasts in a cruelly stratified high school world yet the appeal of Glee is more or less universal. Both American and Irish audiences are able to dip into a musically charged world where teen pregnancy, homosexuality, love triangles and racial tensions are played out through medleys of some of our favourite tunes.

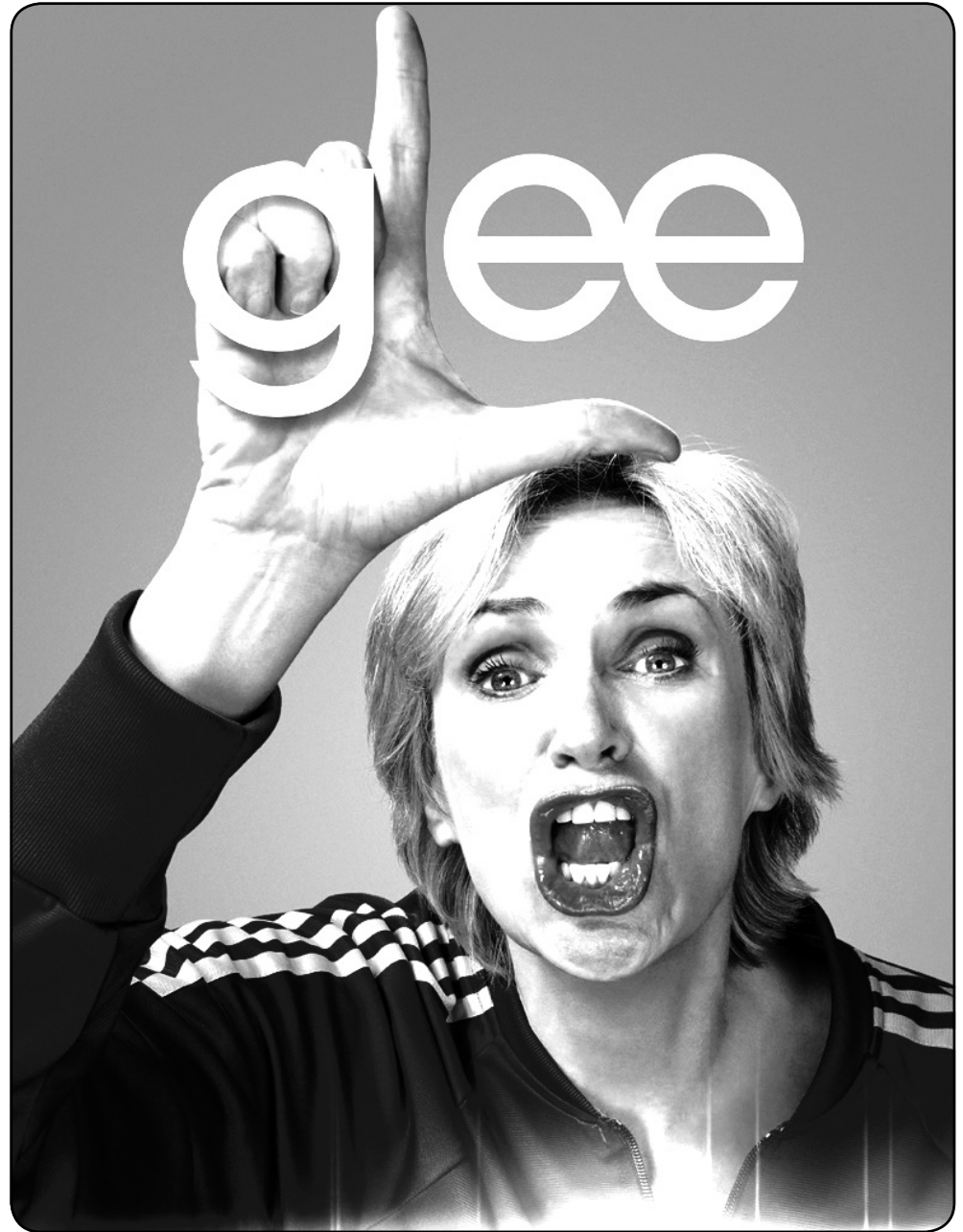
William McKinley High School is a place where conformity is king and popularity is currency. While the Irish experience is nowhere near as acute, there are few of us who can say without reservation that we have never felt isolated, preyed upon by society's conventions or just cast out of the natural order. Glee Club provides a window on the world of the "strange" and the "uncool". Glee's genius is that the quirks of its characters endear them to us so that we want to see them succeed, not in the barren world of high school, but in the world they have created for themselves, the world of Glee Club. But one rule of any epochal TV show is that it is only as good as its villain. For

our generation, who grew up watching Monty Burns wend his nefarious webs, TV villainy has become a part of our consciousness. Sue Sylvester provides the malevolence that brings Glee to a new level. Irrational, single-minded, unnecessarily cruel, vindictive and determined to destroy the clique of freaks, Sue never fails to deliver the best one-liners the show has to offer. Her vile behaviour is a crowd pleaser but like all the other Gleeeks, her motivations have complex origins.

There is an added bonus to watching Glee: it is hated. In the United States, the show has caused consternation among Evangelical groups who considered the risqué attitude and overt sexual references in the show as well as the outright attacks on the hypocrisy of authority and celibacy, as a danger both to children and the moral fabric of society. Biases aside, enjoying something that a moralising minority condemns always brings a smile to the face.

The media has also been kind to Glee. The singles chart reflects the growing popularity of the Glee Club's hits, while the national newspapers have been effusive in their coverage of this latest phenomenon. The Irish Times, in its usual definitive way, has stated that Glee is not a phenomenon intended for children. It is an adult show. True, Glee is not a kids' show, it is not intended to impart moral lessons to children anymore than The Tudors is a reliable historical source. It is entertainment. As a source of entertainment, it fulfils every criterion. Its loveable characters, its catchy songs and its irreverent take on modern attitudes have made it instantly popular.

Glee will remain a part of pop culture for the foreseeable future. While the exact reasons behind its success take much more examination than this, it isn't going away. And that's something we should be grateful for.



Invictus: Infectionously Inspirational

By Paula Jane Murphy

FEBRUARY 11 this year marked the twentieth anniversary of Nelson Mandela's release from prison on Robben Island, where he had been held for almost 27 years. This film then has a timely release and serves to highlight just how great a job Mandela did as the first President of post-apartheid South Africa.

Mandela desperately wanted to unite the black and white people of his country and he realised that the best way to do this was for both sides to appreciate compromise. Rugby was a sport of the whites and he endeavoured to make it a sport of South Africans. Nelson Mandela

decided that the South African rugby team needed to win the 1995 World Cup and so he asked them to and they did. This film, based on the book "Playing the Enemy" by John Carlin, takes us through that time, showing why that was their goal and how they achieved it.

Nelson Mandela plays himself or rather, might as well have, as Morgan Freeman is uncanny in the role; he delivers his recognisably cool and flawless performance and indeed has earned himself his fifth Oscar nomination.

He is supported by Matt Damon who plays the part of Francois Pienaar the South African rugby

captain. Freeman and Damon show clearly the strong mutual respect between Mandela and Pienaar and how the two were solidly unified in their one objective. Damon also earns an Oscar nomination for his performance.

Most will be familiar with the outcome of this story but the film makes the journey to that outcome interesting. Under the direction of Clint Eastwood it is almost guaranteed to be a thought provoking and moving picture, indeed experiencing this movie one cannot but be inspired. Anthony Peckham's screenplay is simply excellent; even in a serious film his

penned dialogue manages to retain nuggets of sharp wit which are excellently placed. Kyle Eastwood (son of Clint) along with Michael Stevens creates a pleasing and memorable score, "Invictus Theme" and "Madiba's Theme" are worth the download.

This film is littered with memorable moments and resonating lines. "Invictus" comes from Latin and means unconquerable. It is a poem written by William Ernest Henley in 1875 and gives us the unforgettable words "I am the master of my fate: I am the captain of my soul." It is this poem, a humbling trip to Mandela's cell on Robben Island

and a training session with some black children from the poor South African townships that stirs a desire in the hearts of the 1995 South African Rugby team providing their winning weapon.

This film is not about rugby, it is about the power of sport. Sport can divide people, it can isolate minorities and it can spark great unrest, but in 1995 in South Africa Nelson Mandela showed the world the wonder of sport. It delivered hope, it inspired many and it united a people. This film is worth your time, go and see it, absorb it and ponder its message, that: "forgiveness liberates the soul".

Advice Bureau

Welfare Corner

Alcohol Awareness Week

Wednesday Week 7 – Tuesday Week 8

THIS week my article gives way to a very big campaign focus.

The Alcohol Working Group, comprised of members from ULSU, Counselling, Student Affairs and Campus Life Services, is putting together a programme of events to run from Wednesday Week 7 (March 10) until Tuesday Week 8 (March 16).

The aim of the campaign is to make students more aware of how they consume alcohol and its effects. The Will Leahy Show will kick off the campaign on Wednesday of Week 7 from the 2fm Roadcaster on campus. The show runs from 4pm to 7pm and will bring a significant buzz to campus for the launch of this health promotion campaign on alcohol awareness.

In the run up to Paddy's Day, which has traditionally been a day of overindulgence, the Alcohol Working Group thought it would be an innovative idea to put the alternatives out there.

Over the course of the week the plans are for a poster campaign, a quiz in the B1

Canteen with a savage cash prize, a Céilí on the Friday (pending approval), a debate on whether alcohol is needed to have a good time and an acoustic set.

Over the course of Charity Week Drinkaware.ie will also be running campaigns on campuses around the country which point to the harmful effects of too much alcohol.

It is important that students understand that the aim of this event isn't to demonise alcohol, but to show that it isn't a necessity for having a good time.

All events will be advertised on the ULSU Facebook in advance, as well as with posters.

Enjoy the week

D

Compromise in the bedroom

By Kanielle F. Dantie

RELATIONSHIPS are tough. If you find someone special, someone really sexy, someone with your exact outlook on life, your sense of humour and your values; that still might not be enough.

Taking a relationship to the next level can either seal the deal or smash to pieces the relationship that existed before the sex. The bedroom can be a volatile subject when a relationship starts getting serious. But it's a natural part of finding the right person.

If it works out in the bedroom, great! Unfortunately, as I've indicated, this isn't always the case. What do I mean? Well, sometimes your partner's expectations, experience and habits in bed may not match yours. Put simply, he/she might like it one way; you might like it another. Your partner might have rules. This could be something really small. "No hickeys please!" It might be something like, "Not that way please!" It could be that your partner is really demanding or just far too passive. Or it might be something really weird. "Only on Sundays please!"

The problem with having rules is reconciling them with your bed-buddy's expectations. Your partner might really want to have sex a certain way. They might prefer a certain position.

They might like foreplay more than you. They might like oral more than you. And so it goes on. Then there are the gender-specific ones. Someone emailed me recently asking about swallowing after a blowjob. She doesn't want to, but she just does it to make him happy. She compromises. I don't necessarily agree with this. It's natural to have things that turn us on and things that turn us off. In such a case it may be a good idea to say something about it to your partner, as your partner probably isn't aware he's pressurizing you and may be upset to learn that he is.

It's important to remember that compromise in the bedroom should work both ways. Sex is intrinsically mutual. So if you're compromising for your partner, maybe your partner can give you a concession. Or maybe both of you can just avoid those conflict areas.

There's also a time element. While both you and your partner may be happy enough to compromise for each other in the short term (for example, I'll swallow if I'm on top, or the like), it may become more difficult as the sex goes on. That's why it's a good idea to find out how your partner likes it and what he/she doesn't like, around the beginning of that leap into a sexual relationship.

Ed's Education



IN THE last few weeks I've been focusing on how you can increase your energy levels and learn to study more effectively. So I'm sure at this point you're bouncing off walls and half way to doubling your QCA!

This week I thought I'd focus on something completely different; how you can improve how you're being taught. One of my campaign promises from last year was to have a system of mandatory evaluation of lecturers. The reason I pushed for this was because I believed that UL should be famed for being a teaching university, one that put the education of its students before anything else. Sure, what's the point in being lectured if you're not learning? So, in Week 4 I launched the module evaluation system and I've been processing evaluation requests since then.

But how does this affect you? Well, think about all your current modules for a moment. Do you have any modules that you think are particularly beneficial, ones where the lecturer is innovative and where the topics being covered are relevant to what you want to do? If you do, then why not tell that lecturer and their Head of Department that about the excellent standard of teaching. Why not give that module feedback

to your course director and show them that the course that they have designed is suited to the needs of students? By the same token, do you have any modules that you feel are irrelevant to your degree and your future? If you do, then give feedback to the course director that the course is in need of updating and modernising. Is there a lecturer that you have, whom you have difficulty understanding? If so, then tell them. Often times, lecturers are completely open to hearing constructive feedback, because to them teaching is extremely important!

It's all about whether or not you want to improve your time and the time of others in UL. The University is open to listening in a lot of cases, they're just not hearing anything from students. So if you want to have a say, contact your Class Rep and request that one or all of your modules be evaluated or email Aoife. Finnerty@ul.ie with Evaluation in the subject line and the module code and the name of the lecturer in the email.

Think about it... what's the point in complaining to your friends when you can actually do something about the problem?

Campaigns and Services Officer

WELL guys! How's life with ye all? Can't wait for Charity Week now. The lineup is due out soon and it's definitely going to be worth the wait! I'm going to enjoy it anyways!! I want to thank everybody for signing up to the Sports League's; the TAG and Soccer are going to be great craic. It's something a bit different that should bring a bit more of a community feel to the whole event this year!

Once again I have to ask to respect the residents around our Castletroy Campus. They are honestly sound and, regardless of what some might think, they were young themselves once as well! The main issues that keep coming up are parties that go on til all hours. We can all identify with that, if you've exams and the guys next door are having a party would you enjoy it? You'd be raging. Now think of that every day of the week and you having to get up for work!

The parking is a nuisance issue with residents as well; some people treat private housing estates as car parks. Residents become trapped in their houses because of people parking up to their door. Often children are left late at school and meetings are missed! All I'm trying to say is that go out there have the craic but don't be a fool to the rest of the local people in the area.

This is a busy week on campus, between the Elections, alcohol awareness and the Road Safety Stuff it'll be very busy! I hope everyone enjoys themselves this week. Can I take a minute to wish all candidates the best of luck! It's a great job and I'm sure whoever gets in will do a fine job.

The Road Safety stuff that's going on is just to encourage safe driving among students. There will be a lot going on with the Shuttle in the Plaza area and the Lifesaver Demonstration going ahead on Wednesday. There will be an excellent presentation on afterwards. Emergency Services, victims of road traffic accidents and survivors of road traffic accidents will all talk.

We really need this talk to be successful guys so if you could come along it'd be great! There will also be a memorial service on Thursday at 4pm in the contemplative centre here beside Teach Failte. This service is for all members of the campus community. We all know of someone affected by road accidents, you might pass on the message.

Thanks for your time guys,

Ferg

Skydive ULFAQ's

By Mairtin Lally and Comac Reidy

Crap, I haven't signed up yet... Can I still do a course? How much does it cost?

Yes you can! We are still running First Jump Courses every Saturday and on some Wednesdays depending on demand so you still have loads of time to start skydiving with us this semester. At the moment courses are a mere €180 per person. This includes all of your expenses for your first jump! Each jump there after is around €40. We also have 50/50 Raffle Cards available which help make your skydiving experience cheaper and these can be collected at the packing classes every Monday night. On the fundraising side we've also had two successful days of bag packing in Dunnes Stores in the city in Week 5. Thanks to all who helped out with that. We also have a Pro-Evo Tournament coming up soon as well as a table quiz in Java's which was held Week 6. We are constantly looking at new ways of fundraising for the club to help make it even cheaper again to jump, so if you see us about throw us a couple of euro's, it will all go back to the students pockets!

How active are you as a club?

Very active! The weekly Parachute Packing Classes started back in Week 4 and have been very successful. We are now holding the packing exams so our members and getting certified to pack a parachute.

Classes are held every Monday night in the Dance hall of the PESS building from 7-10pm. In order to become a certified skydiver and get

your "A" licence, you have to be able to pack a parachute and it is also one of our requirements to come on the France trip with us in May. Since Week 3, we have put 33 members through training so now they are all ready to jump out of a plane-just like that. The weather hasn't been great over the past few weeks for jumping but we still plan to jump every Wednesday and on weekends. It's nearly jumping season so we plan on getting even more active! Oh, and there's all that fundraising we've mentioned earlier that we get up to.. They're some Craic! :D

What is this "big trip" I'm hearing about?

We have now started taking deposits for our trip abroad to France from May 18 - 31. There is, as always, a huge demand for this trip simply due to the fact that it's probably the most progressive. Members have been known to be coming home with their "A" licence or very close to it. Deposits are been taken at the parachute packing classes. Pics and Vids are on the website - www.skydiveul.org

Ok, I'm interested... What next??

If anyone needs more information, email us at info@skydiveul.org or come along to the packing classes on Monday nights (7pm-10pm) and we will be able to give you all the information you need. Information and sign up to courses can also be done through our website www.skydiveul.org Search for "Skydive UL" on Facebook and keep up to date with everything that is going on in.

Blue Skies!!!



ULSkydive

Egyptian windsurfing for the InterVarsities

By Gerald Flynn

THIS year's winter trip the Windsurfing Club took a trip to the African continent to windsurf on the red sea in Egypt. The location the club visited was called Dahab, not far from Mount Sinai. The club had a total of 16 people on the trip which ranged from some of our long standing committee members to our fresh new recruits.

Conditions for the trip were perfect; with strong to light winds and a shallow lagoon, it was the ideal environment for learning, whatever your level. The sun shun down as we sailed along the red sea at great speeds. Other windsurfers from all parts of the world were there too displaying all their skills and tricks like fancy turns and 360's at amazing speeds with what seemed the greatest of ease.

The club also had the chance to sample some of the culture that Dahab had to offer. From their food to their scenery a great time was had by all. The windsurfing resort had all the resources needed to windsurf, from wetsuits to boards and sails. Professional lessons were given by our own instructors to the intermediate and beginner members on the trip. An advanced lesson given by the resort's instructors was taken up by our own

instructors to learn new skills and tricks for faster turning and all round better technique. This was helpful to all concerned in the run up to the Windsurfing InterVarsities this March.

The next event, the Full Moon Party, will be taking place on Wednesday, Week 7, in the Lodge.

We will be dishing out UV paint to all who enter while, kitting out theLlodge in the process. This promises to be as big hit as the beach party if not bigger. Tickets will be sold by the club for €3 each so get on to us at ulwc.committee@gmail.com if you want one in advance as tickets are going fast. We hope to see you there.

This year UL Windsurfing Club will be hosting the Intersities in Castlegregory from March 26 to 28. In the last five years UL have one the IV's four times. We will be racing windsurfing colleges such NUIG, UCD, TRINITY, Wind Riders of Ireland and more. Having won it last year and now hosting it this year, the club is looking to win it again. With the interest of several organisations and the strongest committee the club has had in years this could be the biggest windsurfing IV's in Ireland yet.

Glendalough Trip

By Katie Meade

FRIDAY night, February 12, about 100 packed themselves on to two buses headed to the breathtaking town of Glendalough, marking the beginning of the madness that would be the first weekend trip of 2010. Friday night was filled with getting to know one another on the bus and at the local pub and discovering the layout of the hostel that became OPC-dominated for the weekend.

Saturday morning began, and we were off to the mountains. Some hiked, some hiked further, and some climbed. Those of us who deemed ourselves hill walkers started around the lake, went up what may have seemed like 5 million trail stairs, around the hills, through the reeds, before making it to the top. It is truly miraculous looking out across the valleys on the countryside from the mountaintop for the international students and Irish alike. At the base of the valley, where the trail followed the stream down waterfalls, we were able to look up at what we had accomplished. If you have ever had the feeling of seeing a mountain, towering above, and feel that you accomplished being at its peak, then you know what kind of feeling I mean. If you haven't, then you now know you do not have to look far to find how

you can-with the OPC. It is a self booster and a great bonding experience, to say the least.

There is no possible way that I could retell the events that occurred Saturday night. Let's just say the main themes include: eating delicious spaghetti, thanks to the OPC cooks; giving a new meaning to the word "karaoke"; and dancing like madmen. We broke boundaries that in the past were not breakable. Gold stars, good drink, and twister were a couple highlights.

As much as I can say about how ridiculously epic this trip was, you could never understand without being there yourself. If you want to feel this sense of accomplishment, get tons of fresh air, and have a wicked fun time, you know that the OPC is the place for you. It does not matter if you're an expert outdoorsman or have never taken a step outside, as long as you keep an open mind the officers are some of the most welcoming and friendly people I've ever met. Join us! Have some craic!

You can contact us at the climbing wall in the Sports Building on Monday, Tuesday, and Thursday from 7pm to 10pm or by emailing info@ulopc.com.

UL secure hard fought Colours win

By Mark Connolly at Thomond Park

UL RUGBY club claimed a sweet victory at Thomond Park in their colours contest against bitter rivals Limerick Institute of Technology (LIT) on an 11-6 score line in what proved an entertaining local derby and a fine advertisement for 3rd level Irish rugby.

The University side will feel they deserved their win having dominated possession and territory, particularly in the first half, and at no stage having seen their line under threat from a spirited yet limited Institute outfit. Yet it was LIT who first managed to trouble the scoreboard operator with a finely taken drop goal after 10 minutes, securing points from one of their few 1st half forays into opposition territory. That sort of efficiency eluded UL for much of the opening period as a profligate back line squandered opportunity after opportunity in what was an error strewn effort to breakdown an organised LIT defence and they trailed by 3-0 at the break, a grossly misrepresentative score line.

The half-time cup of tea seemed to do the trick for UL as they showed intent at the start of the second half to finally convert dominance into points and it was scrum-half/ Captain Cillian Kennedy who gleefully obliged to level the scores with an early second half penalty.

The effort was quickly followed with what proved to be the decisive score for UL. A long punt downfield that found touch in the LIT 22 was poorly dealt with by their back three who allowed alert UL openside Johnny Crowley to profit from the confusion caused by the quick throw-in. Kennedy failed to add the conversion but the try was a bitter pill for the Institute side who would be disappointed to concede in such a soft manner having defended so resolutely up to that moment. But it seemed to be a catalyst for an LIT awakening as sustained possession in the UL half forced a penalty in front of the posts which was duly converted to narrow the gap to 8-6 and reward LIT patience. Growing UL indiscipline, which was a feature of the second half and will surely concern player/coach Mike Storey, forced the concession of two further kickable second half penalties but these were crucially sent wide of the post and

UL 11 LIT 6

short respectively to the relief of the university side who seemed to struggle to maintain their forward intensity into the latter stages.

However UL calmly regrouped and with the match still finely in the balance, they secured a crucial 73rd minute penalty, responsibility for which fell on the shoulders of out-half Harry de Stackpoole, having taken over the kicking duties from the replaced Kennedy. He landed it confidently for the score which finally broke stubborn LIT resistance and UL held on for the remaining minutes to secure an extremely hard-fought colours win.

The match was played at a frenetic pace throughout and a physicality which could have been mistaken for a Magners League contest. The quality on show was a credit to both sides involved and kept a reasonable size crowd entertained throughout.

An Focal man of the match goes to UL No 8 Noel Kinanne whose barnstorming runs throughout helped UL to gain vital territory and the back row forward was generally at the centre of what UL did well.

UL squad: Tom Foley, Eddie Rossiter, Mike Storey, Ger Layden, Mark Feeley, Alan Campbell, Johnny Crowley, Noel Kinane, Cillian Kennedy, Harry De Stackpoole, Kyle Murphy, Andrew O'Neill, Ross Butler, Matt Graham, John Scully, Tom Massey, Eddie Brennan, Will Kearney, Gavin Burke, Stephen Dunne, Adam Doyle, Patrick Long, Tommy Rickard, Sean Sweeney, Niall Flaherty, Ryan Cafferkey.

LIT squad: Mike O'Donnal, Eddie Gleeson, Ciaran O'Sullivan, Ian Maloney, Carl Geoghan, Sam Corrigan, Shane Hassett, Evan Culhane, Hugh O'Neill, Aidan McMenamin, Victor O'Riordan, Kevin Hockett, Darragh Fitzgerald, Sam Nolan, Darren Murphy, Stephen Melbourne, Shane Mullaney, William O'Connor, Pat Tobin, Ciaran O'Coileain, Jamie English, Dave Corcan, Richie Mullane, Ray Moloney, Martain Casey, Ken Inbush, Mike Kelleher, Derek Corcan, Dave Barry, Matthew Costello.

Ladies soccer complete league hat trick



ULadies have won three in a row

By Tomás McCarthy - Sports Editor

THE UL ladies soccer team have been crowned league champions for the third time in a row. They did so with two games to spare with a 2-0 away win at UCC in Week 4.

The campaign didn't get off to the smoothest possible start. A 1-1 home draw against UCC (with Kacey O'Driscoll on the mark) didn't please many of the UL players. UL failed to drop a point for the rest of the league. CCFE were in the firing line on the first away day with UL dishing out a 6-1 hiding. It was to be the first of many hammerings that this UL ladies team would dole out. IT Sligo were hit for 10 (Jenny Critchley netting a hat trick), CCFE for eight (with Julie Ann Russell getting a hat trick) and UCD got off with a 6-1 scoreline. With that win over UCC, UL (on 22 points) held an unassailable seven point lead over nearest rivals IT Sligo (on 15 points). Their triumph is all the more noteworthy as they were minus the services of Niamh Mulcahy, Ruth Fahy and Emer Flatley from last season's squad.

While the talent in this squad is immense the attitude of the players also has to be commended. Skill counts for little without work rate, determination and conviction. The management team have also adopted an attacking formation that suits the resources available. All that added together has left UL miles ahead of the competition.

The statistics reflect UL's memorable campaign. UL scored 41 goals in eight league matches. Julie Ann Russell, Aoife Herbert and Michael O'Brien up front have led defences on a merry dance all season long. Sarah Considine and Kacey O'Driscoll in the engine room of

midfield go about their business in a quiet but composed manner. Karen Duggan meanwhile can reflect happily on her goal against IT Sligo. In defence they have conceded a measly five goals with three clean sheets into the bargain.

Manager Mike Considine was delighted with the new blood which has come into the side this year. He maintains that "we haven't had our strongest side". He paid particular tribute to the seven freshers who have been moulded into the team. He explained how he sets out the team to play. "We always play a 4-3-3 system. We play that all the time. We have one holding midfielder. The two wingers never go into our half of the field." This attacking style undoubtedly suits the skilful players UL possess with Considine admitting that "two touch football" is what they practice constantly on the training ground. Considine picked out the away game against UCD as his highlight. "The highlight was when we were 1-0 down at half time. It was the first time we were in that position. Then we scored six goals in 17 minutes. That proved to me what a good side they are." This is Mike Considine's final year with the ladies side and he wants to go out on a high note at the intersvarsities. He would also like to win it for the four members of the squad who are in their final year. He took the opportunity to thank Martin Hayes and Stephen Griffin of the UL soccer club and wished them continued success in the future.

It is up to the other teams like IT Sligo, UCC and UCD to come up to the mark set by this team. For now UL can celebrate another title, look forward to the varsities and maybe even dare to think of four in a row.



Cunningham: The best is yet to come

By Liam Toghher

IT WAS a cloudy Wednesday afternoon on Pitch 1 and UL Senior Hurling manager, Ger Cunningham, was very much on cloud nine after his team's emphatic win over holders UCC in the Fitzgibbon Cup quarter-finals. Of course, the Leesiders beat UL in last year's final, so the taste of revenge was a very sweet one for Cunningham.

"I'm very proud of the lads," said the manager at the end of a thrilling game. "The character they showed today was exceptional. No offence to any previous Fitzgibbon teams, but it's been a while since a performance like that was delivered. It was particularly sweet to get it on our own pitch because we've disappointed the home crowd in the past. It was brilliant to score 2-20 and the work rate was fantastic as well. The conditions helped today and winning Fitzgibbons is all about having a strong panel. The calibre of players we can bring off the bench is massive. I must give everyone credit

for training immensely hard over the last few weeks." Anyone who thought revenge wasn't on Cunningham's mind would be mistaken. "The team who wanted it more won the match today. The missed goal chance for UCC at the start of the second half woke us up a bit. I had the team on the pitch at half-time and we were waiting a while for them to resume for the second half. We were a bit sluggish at times and we just needed a kick to get us going. We were hurting big time from the final last year. They did to us when what we did to them today. A lot of the team today weren't involved last year but lads like Kieran Joyce, Brian Carroll and Seamus Hickey played like fellas who were still hurting from the final." Cunningham, though, is a realist, and while he was understandably thrilled with the day's work, he knows the war isn't won yet. "We're still building towards better things and we're not going to get carried away. They're all experienced hurlers and we've plenty of mature

lads here so we'll keep their feet on the ground. We're only a bit of the way there yet. Waterford IT in the semi-final will pose another massive challenge for us. They'll match us for work rate so we'll have to take it to the next level. We'll have to repeat today's showing and go a

little higher. You don't win a Fitzgibbon in the quarter-finals. We learned a lot from last year and we're not going to play our final on the Friday [the day of the semi-final] this year." To paraphrase an election slogan from a few years ago – plenty done, more to do.



Ryan fires UL into Fitzgibbon semi

Enda Dowling reports from pitch one

By Liam Toghher

UL hurling manager Ger Cunningham must have been proud of his side's keen and whole-hearted efforts against UCC on Wednesday of Week 5 as UL translated their fantastic group stage form into a fast, eye-catching performance in the first knockout stage, to dispose of the reigning champions.

A superb display from Tipperary star Willie Ryan, who scored a total of 1-9 on Pitch One, ensured UL's passage to a semi-final encounter with WIT on Fitzgibbon Cup weekend. Realistically, anything less than achieving a semi-final place would have rendered the entire campaign a disappointment, such is the strength of the squad. But UL will take great satisfaction reaching that marker by eliminating the team they lost out to in last year's final.

The game started explosively, with both sets of midfielders lucky to escape yellow cards in an incident right at the throw in. The two sides battled and traded points at a frantic pace before the half's key moment arose ten minutes in; Willie Ryan bore down on goal before unleashing a ferocious shot into the UCC net, creating a

lead which UL didn't relinquish for the rest of the game. For the rest of the half UCC proved to be far more economical than UL with the amount of scoring chances they created. Despite having less possession, the Cork college kept in touch with points from Luke O'Farrell and standout forward Stephen Moylan, which left UL leading 1-8 to 0-8 at half time.

Robert White had a great chance to bring UCC right back into the game not long into the second half but saw his low shot trickle painfully past the wrong side of Thomas Lowry's left hand post. UCC frustration at this spurned chance was compounded minutes later when Shane Dooley battered UL's second goal of the game from a Ryan sideline. When Moylan finally raised the green flag for UCC they still found themselves five points behind and in desperate need of more goals. But the Cork students were given no space by the UL defenders, with Kieran Joyce and Paddy Stapleton, not for the first time this campaign sniffing out any danger. Luke O'Farrell was denied a goal late on by a heroic Conor Fogarty block. Brian Carroll, Ryan O'Dwyer and

UL 2-20
UCC 1-13

Noel O'Murchu tagged on a string of points to create a final score line which masked an extremely competitive UCC performance.

UL: Thomas Lowry, Paddy Stapleton, Michael Malone, Conor Fogarty, Kieran Joyce, John Devane, Seamus Hickey, Martin Walsh (0-1), Noel O'Murchu (0-2), Thomas Connors, Ryan O'Dwyer (0-3), Brian Carroll (0-4), Willie Ryan (1-9), Matthew Ruth (0-1), Shane Dooley (1-0).
Subs: Matthew Whelan, Andrew Quinn, Paddy Murphy.

UCC: Matthew Collins, Dan Kearney, Seamus Corry, William Kearney, Joe Jordan, Aidan Quilligan, Eanna Martin, Michael Cahill, Richie Foley (0-2), Brian O'Sullivan (0-1), Bill Beckett (0-1), Robert White (0-1), Graeme Mulcahy, Stephen Moylan (1-6), Luke O'Farrell (0-2).
Subs: Shane Burke, John Halbert, Darrach Honan.

Referee: Jason O'Mahoney

Shield success for UL Camogie

By Tomás McCarthy – Sports Editor

THE UL Camogie team claimed the Ashbourne Shield in Cork IT on February 21 after a weekend where Áine Lyng underlined her class and stamped her authority on the competition.

UL began their quest on Saturday afternoon with a semi final clash against NUIG. Áine Lyng stole the show firing a total of 3-6 as UL ran out comfortable 6-9 to 0-7 winners. Aine Brislane, Mairead Scanlon and Ciara Johnston also raised green flags for a goal hungry UL side. Lorraine Ryan was the only NUIG player to emerge with some credit as she finished with a tally of six points.

The final on Sunday morning pitted UL against hosts CIT who defeated Athlone IT 5-18 to 1-8 in their semi final. UL led 1-5 to 1-2 at half time with Lyng again grabbing the goal for UL and Michelle Browne on the mark for CIT.

The UL backs limited the home side to only two points in the second period with Sabrina Larkin, Alison Walsh and Mary Ryan impressing. Lyng (1-5) was helped up front by Fiona Lafferty (0-2), Elaine Hough (0-1), Darina Ryan (0-1) and Ciara Johnston (0-1). At the final whistle UL emerged with a 1-10 to 1-4 win.

Áine Lyng unsurprisingly was awarded the player of the tournament. The Waterford lady accounted for

a whopping 4-11 over the course of the weekend. Sabrina Larkin and Fiona Lafferty along with Lyng were rewarded for their efforts with a place on the Ashbourne Cup All Star selection. Credit must also go to the management team of Eoin Brislane, former inter county hurler with Tipperary and also to Micheal Potterton.

UL panel: Susan Vaughan (Clare), EdelFrisby(Kilkenny),SabrinaLarkin (Tipperary), Alison Walsh (Kilkenny), KarenDuggan (Kilkenny), Mary Ryan (Kilkenny), Clare Ryan (Tipperary), Clodagh Glynn (Galway), Shonagh Curran (Waterford), Fiona Rochford (Wexford), Mary Coleman (Cork), AineLyng(Waterford),CiaraJohnston (Tipperary), Mairead Scanlon (Clare), Darina Ryan (Galway), Ann-Marie McGann (Clare), Siobhan O'Neill (Tipperary), Roisin Byrne (Kilkenny), Fiona Lafferty (Clare) Juanita Brennan (Cork),Maria Walsh (Cork),Elaine Hough (Tipperary),Maria Moran (Cork), Ursula Quinn (Cork), Aine Brislane (Tipperary), Lisa Phelan (Kilkenny), Maire O'Regan (Tipperary), Lisa Hanrick (Kilkenny), Lorraine Whelan (Waterford) Edel Murphy (Cork), Elaine Kenny (Kilkenny), Anne O'Dwyer (Tipperary),Carolyn Motherway (Cork), Sharon Whelton (Cork), Eimear Murphy (Cork)

Heartbreak for UL as UCC march on

By Michael Considine

UCC 1-15
UL 1-13

UL FRESHER B footballers suffered heartbreak in their quest for All Ireland glory, as UCC eventually managed to shoot their way through after two additional periods of extra time on Pitch One.

On a bright if chilly day, this slow burning quarter final lit up in extra time as both teams displayed great heart and passion to try and rescue the tie. Eventually UCC managed to tag on two unanswered points in either half of the second period of extra time to pull away and move into the All Ireland semi final.

None of this will help console the UL players after they fought their way into a game which began with two quick points by UCC. With pressure being applied to the UL fullback, the ball was slow coming out, but when they got ball into their full forward line with both corner forwards, Brian Walsh and Daire Summerville looking dangerous anytime they got decent possession.

Midway through the first half UL went on a purple patch, scoring 1-4 with Captain Colin Dempsey impressing with his free taking abilities. The goal came after a dangerous run from Daire Summerville brought play

near the UCC square. He fired the ball into the square and after a scramble the net bulged as Alan McGarr fired home. With half time approaching, it looked like UL would head in at the break with a solid lead. However two points before half time from corner forward Colin Murphy brought UCC within a goal of UL.

The second half began with both sides trading points and Colin Dempsey again impressing with his accuracy from frees. UL were in the ascendency as their forward line got moving thanks to some good ball from their half back line. Despite this, UCC kept in touch and thought they had won it when David Ward hit a point for his side near the end. However a foul 30 yards from goal presented Dempsey with a chance to level the game with the last kick of the game and he duly obliged.

Entering extra time, UL tagged on 4 points, with 2 points apiece from Colin Dempsey and Brian Walsh. However UCC managed to grab a goal and a point to give us another period of extra time. At this stage fatigue was beginning to affect UL despite the great heart shown by them. UCC scored another two points through Darragh Hennessey and UL could not come up with a response.

The final whistle was greeted with something of an anticlimax as UL petered out, but they can exit the competition with their heads held high as their determination and team effort was something to be admired and an attitude that can be applied to all UL teams further up the ladder.

The problems facing UL football

By Alan Keane

NO MATTER how good you are at maths, 32 into 2 just won't go. That's the problem facing UL at this moment in time, with 32 teams from the category of sport vying for training time on the pitches the college has to offer. As Cian O'Neill said in the last edition, the Sigerson football team haven't been able to train properly since last November.

The lack of floodlights on the main pitches and Maguire's ensure that during the winter months, when UL's finest should be preparing their challenge for the Fitzgibbon and Sigerson competitions, on field training time is considerably shortened.

Take last year's Sigerson winners CIT for example; their facilities for their GAA teams include floodlit pitches. This is something that UL should take heed of in order to bring this college in the right direction in terms of winning the prestigious competitions, instead of being unceremoniously dumped out in the second round like this year's Sigerson.

UL football is going through a barren spell of late, and this unfortunately cannot all be attributed to the facilities (or lack of same). The bitter truth is that the University of Limerick is hardly situated in an optimum football location. Limerick and border counties Clare and Tipperary are, at this moment in time, not exactly the names on people's tongues when they speak of All Ireland, or indeed Munster Championship contenders.

Tipperary have come on in leaps and bounds in the past few years under John

Evans and their narrow defeat to Kerry earlier this year shows that on their day they can put it up to the big boys. However the football lesson dished out by Kildare on Valentines weekend will ensure they keep their feet firmly on the ground for the time being

I digress. UL's problem is not the players they have got, as they are a talented group who work extremely hard, but rather their problem is the players they haven't got. Again with the example of last year's Sigerson champions CIT; in their squad of 32 players in 2009, just one player was from outside the football strongholds of Cork and Kerry. Among the other 31 players, a few are already household names having played for their county's senior teams. I'm speaking here about the likes of Daniel Goulding and Paul Kerrigan.

Having a panel with such strength in depth enables CIT and other colleges such as DIT (who two years ago had the considerable talent of Mark Vaughan and Paul Brogan in their ranks) to have the upper hand over UL.

And sadly it's a vicious circle, as those promising young players who would potentially be Sigerson material in a few years will overlook UL as a college from which to display their worth. All is not doom and gloom however, for as I previously mentioned, there is an array of talent in the UL Sigerson panel, with Mayo's Enda Varley and Tipperary's Philip Austin among those who'd catch the eye of any football follower. Now, if only we could get those floodlights.

Who Are Ya?

Compiled by Liam Toher

The Basics

Name: Rory Bane Age: 21
UL Club: Water polo
County: Galway
Position: Right back
Course: Grad Dip in Computers
Sporting Heroes: Brian O'Driscoll, Paul O'Connell, Johnny Spaight
Biggest sporting achievement: Getting to the All-Ireland final in the Under-16s 100m breaststroke
Best thing about the club: Speedos
Worst thing about the club: Speedos

Favourite

Food: Steak
Drink: Buck Fast
Song: (after considerable thought) Hurricane - Bob Dylan

Movie: Blow
Jersey: (again thinks long and hard about it) British & Irish Lions

Take Your Pick

Lodge or Trinity Rooms: Lodge
Dunphy or Giles: Dunphy
Tea or coffee: Coffee
Simpsons or Family Guy: Family Guy

Four to Finish

Describe yourself in 3 words: Messy, drunk, intelligent
Who will win the 2010 World Cup? Spain
Best chat-up line you've heard: "I feel like Richard Gere next to you" - girl asks why - "Because you're a pretty woman!"
What will you be when you grow up? A teacher

UL Sports Round Up

By Tomás McCarthy - Sports Editor

Handball

The UL handball club held a popular race night in The Stables on Tuesday of Week 5.

Basketball

The UL Eagles currently sit on top of the Nivea for Men Superleague. In the women's competition UL are vying for top spot with Team Montenotte Hotel Cork.

Facebook

Become a fan of An Focal Sport on Facebook to get all the latest news, results and comment on the UL sporting world.

Angley Video

It is well worth checking out the Angley video channel on Youtube for the latest UL sporting videos which are produced by Ber Angley.

Fresher hurling

The UL fresher 1 hurling team surprisingly lost out to UCC in the semi final of the All Ireland championship in week 5. After defeating NUIG in the quarter final and winning the league UL had reason to be confident on the trip to the Mallow venue. It is UCC who march on however winning by 0-16 to 0-14.

Greatest Irish sporting disasters

By Stephen Kelly

SPORTING disasters - as a nation we don't really do them. We have a tendency to grasp defeats from the jaws of victory but we usually find the positives and have invented that curiosity known as the Moral Victory. This is a sort of national doublethink that allows us to feel good when we really shouldn't.

1. Saipan 2002

This is surely the most over-analysed event in Irish history so I apologise for giving the dead horse another flogging. The most disturbing thing about the incident was the collective national lunacy that ensued with people aligning themselves with either Keane or McCarthy. It was Jesus v Satan or Satan v Jesus. There was no middle ground. Those of us who retained our sanity and could see that two pig-headed morons had put their own egos ahead of the squad's interests were left crying in a corner pulling our hair out in frustration. Still it all ended well with a morally heroic penalty shoot-out defeat against Spain and the absurd but comforting notion that we could've won the tournament if Keane had played.

2. Sonia O'Sullivan at the Olympics, 1992-2004

First the disclaimer; Sonia O'Sullivan was a victim of her own success. She produced phases of international dominance that we are unlikely to see in an Irish track and field athlete for a very long time. At the Olympics, however, it seemed to be one heartbreak after another. In '92 she led around the final bend and finished fourth. Just to rub things in and up the moral victory ante, the silver medallist was convicted of doping the following year. In 1996 she had the infamous, eh, tummy issues and in 2000 she was pipped on the line by Gabriel Czabo. Worst of all was 2004 and the cringe-inducing crowd ovation when she came last in the 5000m final. It was as if the nation had chosen to honour her as another plucky Irish loser rather than the world class athlete she had been.

3. Chris Johnson goes mental, 2005

Until 2005, the International Rules tests

had always been competitive. Not this one however. Australia handed out some serious thumpings both in the sporting and the literal sense. Captain Chris Johnson summed up their superiority. He was sent-off for almost decapitating Philip Jordan with a clothesline and, on his way off the field, he laid out two more Irish players with solid right hooks. What followed was national outrage and calls for the series to be disbanded. We got to feel morally superior to the shackle-dragging convict thugs but truth was we were a bit humiliated at seeing one of them knock out three of our finest athletes.

4. Macedonia 1997 and 1999

Volume one of the Macedonia nightmare seems almost surreal in hindsight. Jon Goodman, the orange kit and Jason McAteer's sending off for a flying kick that Lyoto Machida would've been proud of. Realistically though the result didn't matter that much in the context of World Cup qualification. Volume 2 was infinitely worse. We'd done the hard work in a tough group featuring Yugoslavia and Croatia and just needed to beat Macedonia in Skopje to qualify for Euro 2000. A last minute header from Goran Stavrrevski meant we missed out by a single point. This disaster was almost unique as it was completely without a redeeming feature.

5. Cian O'Connor and the doped up mule, 2004

This was a disaster alright, but only in a Basil Fawlty slapstick kind of way. O'Connor on his horse, Waterford Crystal, was Ireland's only medallist at the 2004 games. When he was stripped of his medal after the horse failed a drugs test there was mostly just a collective laughter. It seemed particularly funny in the light of the Michelle Smith fiasco. The incident showed that reverse snobbery was alive and well in Ireland. O'Connor was portrayed as a pampered, Porsche-driving aristocrat. It may have meant we were left without a medal from the 2004 games but the rich kid got his comeuppance so once again in disaster we found our happy ending.

Togher's Top 20: names Paul Merson couldn't pronounce to save his life

By Liam Togher

- | | |
|------------------------------------|-------------------------------|
| 1. Velontsiory
Rakotondramanana | 10. Miodrag Belodedic |
| 2. Jan Vennegoorof
Hesslink | 11. Sohrab Bakhtiarizadeh |
| 3. Yahya Gilmohammadi | 12. Dimitrios Konstantopoulos |
| 4. Siphiwe Tshabalala | 13. Gilles Yapi Yapo |
| 5. Mbulelo Mabizela | 14. Pavel Pogrebnyak |
| 6. Mitsuo Ogasawara | 15. Sebastian Gancarczyk |
| 7. Diniyar Bilyaletdinov | 16. Roberto Abbonanzieri |
| 8. Tomasz Cywka | 17. Mark Bosuffa |
| 9. Jakub Blaszczykowski | 18. John Aloisi |
| | 19. Jo |
| | 20. Paul Merson |

Confessions of a Liverpool fan

By Daniel Bridge

THIS season has been above average for the Merseysiders in terms of drama and turmoil and that's saying something, given the previous 20 or so years.

This season was due to be "The Year" (although that has been the case every year since the last title in 1990), but due to financial troubles, coupled with horrific performances (as well as a balloon on the pitch), Liverpool will be lucky to snatch the final Champions League position. Even the players said in November that fourth was best they could hope for. Not since Gerard Houllier has there been such a lack of ambition from both coaching and playing staff.

This is not only down to the Reds' results, but also the emergence of more consistent Aston Villa, Tottenham and Man City teams this season. Could it now be argued that the "Big 4" is now a "Big 7"? The factors behind the upturn in the fortunes of these three clubs is intelligent purchases and, while no one has the financial clout of City, both Villa and Spurs have shown that it is possible to assemble a top class side without splashing crazy cash on unproven players.

Since taking over in 2004, Rafa Benitez has spent north of €250 million on bringing in players. Of all these players, only Xabi Alonso, Fernando Torres and Pepe Reina would be considered world class footballers. In my opinion, money has been wasted on players unfit to wear the jersey off the pitch, let alone

on it. A perfect example of Benitez's reckless spending policy was his consistent attempt to replace Limerick man, Steve Finnan. First he signed Josemi. When he was found to be a waste of space, Rafa snapped up Dutchman Jan Kromkamp and guess what he turned out to be? Finnan was, hands down, one of the best and most consistent right backs in the Premier League and it's commendable that he didn't give out about this treatment.

Alonso, however, wasn't as forgiving as Finnan. In the summer of 2008, Benitez attempted to sign then Villa captain, Gareth Barry. Many offers were made, but none matched The Villains £18 million valuation. Alonso was disillusioned by this and was courted by Real Madrid for about a year. Despite the treatment suffered by the Spaniard at the hands of his manager, Alonso managed to have arguably his best season in a Liverpool shirt. What really angered me was the fact that after the refusal to pay £18 million, Man City came in and signed him for £12 million.

Out of the running for the league, out of the Champions League, out of the Carling Cup and out of the FA Cup; all consequences of awful performances that have led to the calls for Rafas head. Benitez is a great tactician; May 25 2005 is proof of that, but maybe his time has come for him to step down as he's done all he can do. A fresh outlook is maybe what is needed at Anfield, along with a decent scouting network.

Sports Writers Diary

By Tomás McCarthy - Sports Editor

13 February

Paris once again lives up to title for being the graveyard of Irish rugby. The thrilling game beforehand between Wales and Scotland finally kick started the Six Nations with an epic finish.

14 February

Love is in the air but there is nothing at all romantic with England's sloppy victory in Rome against Italy.

15 February

The start of Week 4, and another long Monday in the life of the New Media and English student. Bob Geldof didn't like Mondays and I can see why.

16 February

Pitch 1 is the destination for two hours of fresher football action. Two periods of extra time is needed to separate the sides as frozen supporters feel the chill on the bank.

17 February

Alan Keane struggles to figure out how many players are on a five a side team at the Writers' Meeting. Yes folks, we are entering a team so the opposition should beware!

18 February

I make the schoolboy error of watching Liverpool in the Europa League. Unirea's tactic of parking the team bus in front of the goal nearly pays off but the man who isn't even related to a decent striker (i.e David Ngog) nets a late winner.

19 February

Ronan O'Gara writes a bizarre Letter to the Editor in the Irish Independent about an article by Kevin Myers. A certain Mr Sexton must be rubbing his hands with delight.

20 February

Tipperary and Kilkenny is snowed off as Christmas weather arrives 10 months early at Semple Stadium.

21 February

Good start for the Waterford hurlers in the league but after years of experience I know not to get too excited too soon!

22 February

A certain Aston Villa housemate displays his colours ahead of the Carling Cup final! Efforts to confiscate the flag were unsuccessful.

23 February

Jens Lehmann, at 40 years of age, is back to entertain us in the Champions League. In other news my betting eye fails me again at the handball club race night!

24 February

What a day! I leave my house in Thomond at 10 in the morning and don't get back until 10 that night. 4 hours of classes, a sports writers meeting, a Fitzgibbon quarter final and Colours rugby at Thomond Park. Unbelievable scenes!

25 February

The efforts of the previous day take a toll so the Sports Editor keeps a low profile.

26 February

FYP, Six Nations rugby and An Focal all need my attention. Could do with a couple of more hours in the day! If anyone can give me some of their hours drop me an email at mossy.mccarthy@gmail.com. Comments on sport are also welcome of course.

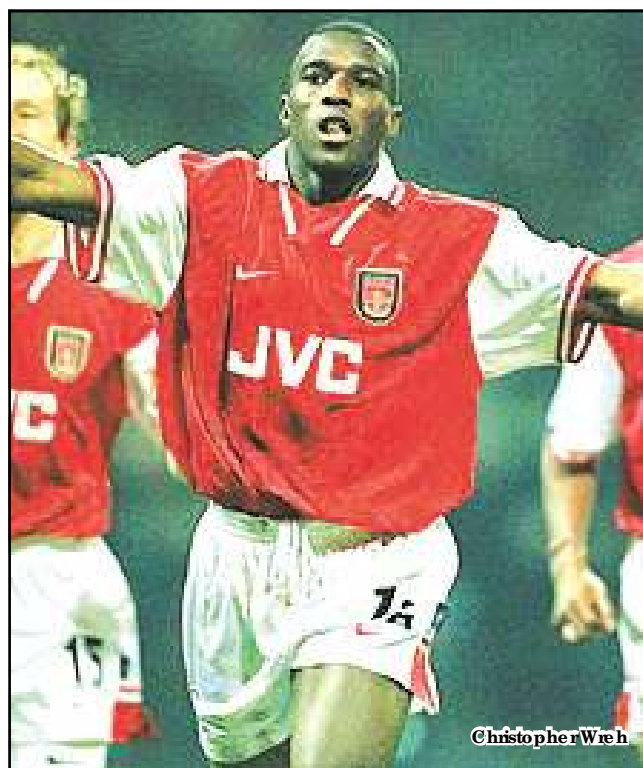
Forgotten Footballer - Christopher Wreh

By Stephen Kelly

UNLIKE Ali Dia, the non-footballer who conned Graham Souness into playing him for Southampton, Christopher Wreh was telling the truth when he claimed to be George Weah's cousin. To say he wasn't quite the same standard as the AC Milan legend would be an understatement but he is remembered fondly by Arsenal fans.

Towards the end of the 1997/98 season the club was chasing a domestic double but struggling for goals with injuries at various times to Wright, Anelka and Bergkamp. In the absence of some of his more illustrious teammates Wreh's star briefly shone. He instantly repaid Wenger's modest £300,000 investment by scoring the only goal in three 1-0 victories – tricky league fixtures at Bolton and Wimbledon and the FA Cup semi-final against Wolves. He never reached the same heights again and his career soon went into freefall.

A spell in Saudi Arabia was followed by failed trials at St. Mirren and Bournemouth and his career in England ended when he was sacked by non-league Buckingham Town for failing to show up for training. He tried his hand in Indonesian football but soon retired to focus his energies on his band, Soul Rebels. Wreh is widely regarded as a flop and only remembered for his spectacular celebrations but few players can claim to have had a similar vital impact on a Premiership title victory.



The Rumour Mill

By Conor McGrath

OVERHEARD in UL: a gossip fuelled conversation outside the SU last week, "Do you like her Steph? Not really but I suppose she has got a cool sense of rumour like." Well, well, hearsay has taken precedence over character in the judgement category these days ladies and gentlemen. I certainly cannot find it surprising.

Times are tough for the racquet sports at the minute. The lowly Tennis club of UL have apparently been unable to improve facilities due to their burgeoning debt. The club has been unable to paint the tramlines for quite some time now which has led to confusion amongst its members. According to one affiliate, "we don't even have a tin of Dulux to our name.

The club still uses wooden racquets because it's gotten that bad". What's next? Using clotheslines for nets? A source in the Lodge hotel has confirmed that a Mr and Mrs Terry stayed there in a luxury suite back in February. However, the Mr Terry failed to turn up for breakfast on the Wednesday morning of their brief stay. Could it be a coincidence? Surely not...

Quotes of the Edition

By Liam Toghher

"He's hungry for hurling!"

An alliterative take on UL's Seamus Hickey during the Fitzgibbon Cup quarter-final on Pitch 1. Indeed a good appetite helps at this level of competition.

"That Nani is a tram of hay!!"

Viewers of the AC Milan-Man United match are unimpressed with the Portuguese winger. So much for the long-awaited renaissance!

"This is the highlight of the game for me."

Paul Jewell is not sorry to see the withdrawal of Pavel Pogrebnyak during the Stuttgart-Barcelona game. Good job Paul Merson wasn't covering it so.

"He's approaching 40 all right, but from which direction?"

A few lads in the Stables ponder over the age of esteemed veteran Clarence Seedorf. He's 33, so perhaps that comment was a tad harsh.

"Aaaah!!!"

Jeff Stelling gets a fright when he sees Hartlepool lying one place above the relegation zone. It's still all to play for in League One, though.

"I don't know hurling. I'm from Meath."

Dan, of An Focal Sport, declines to weigh in with his opinions during the UL-UCC game. Get off the fence, Dan!

Give It A Lash Quiz

By Tommy Crean

1. Where was this year's Sigerson Cup weekend held?
2. What is the name of Westmeath's GAA home in Mullingar?
3. Davy Fitzgerald hails from which Co. Clare hurling parish?
4. Which side lost out in the recent All Ireland club semi-final to Kilmurray-Ibrickane?
5. Which current UL student hit 1-1 in a recent National Football League encounter against Galway?
6. Who is the Waterford hurlers current first choice goalkeeper (since 2005)?
7. Who scored Meath's goal in the 1999 All Ireland Football Final?
8. Which side lost the same final the following year, following a replay with Kerry?
9. Where will one of the International Rules Test matches be played this autumn, aside from Croke Park?
10. Who were runners up in the 2009 TG4 Senior Ladies All Ireland Championship?

- | | |
|-----|------------------|
| 1. | Maynooth |
| 2. | Cusack Park |
| 3. | Sixmiletbridge |
| 4. | Portlaoise |
| 5. | Enda Varley |
| 6. | Clinton Hennessy |
| 7. | Ollie Murphy |
| 8. | Galway |
| 9. | Gaelic Grounds, |
| 10. | Limerick |
| | Dublin |

AN FOCAL SPORT

Colours match lives up to box office billing

By Tomás McCarthy - Sports Editor

FEBRUARY 24 2010 was probably as big as it gets in terms of UL sporting action. In the afternoon a sizeable attendance packed around Pitch 1 where the UL hurlers exacted revenge on UCC for last year's final defeat. It was on to the colours rugby in the evening and an occasion that the UL rugby club had been looking forward to.

Holding the game in Thomond Park added to the sense of intrigue surrounding the game. Although it was well advertised all week speculation mounted over ticket sales and what size of a crowd the game would attract. In cold conditions with the Champions League on the television marketing skills were tested

to the maximum. Fortunately the attractive price of tickets as well as the lure of Thomond Park brought out the UL support on the night. Doubts also surfaced over the standard of fare on show. In these types of matches it would be understandable for players to freeze and not to perform to their potential. However, concerns about the quality of the play quickly disappeared as both sets of players hit the ground running. Indeed in much of the early exchanges the physicality of the game sent shudders through many of the spectators. While UL had undoubtedly reached the pitch of the game some of their execution left much to be desired. Despite holding close to 70 per

cent possession LIT entered the break 3-0 up and as one of my colleagues pointed out it was "a gross misrepresentation of the match".

The teams emerged from the half time interval far quicker than the An Focal sports crew were ready for and UL had already levelled the scores. In a tight game every score is vital. UL's try, courtesy of Johnny Crowley, proved the match changing score. After defending impeccably for majority of the game a simple line out error cost them dear. Although LIT missed kicks and were superbly led by their captain Stephen Melbourne UL's victory was well merited. The game itself and the occasion was a fitting tribute to the O'Brien

brothers Andrew and John. The brothers attended UL and LIT but died tragically at a young age. The minutes silence before kick off was impeccably observed by everyone at the ground.

The Thomond Park experiment is one well worth revisiting and should become the permanent venue for this annual fixture. Anyone in attendance not only got to experience seeing the home of Munster rugby but also enjoying a fine, honest contest between two committed teams. The O'Brien trophy resides with Captain Cillian Kennedy and UL after a night to remember on a great day for UL sport.

Is UL the real sporting campus?

By Tommy Crean

FOLLOWING Cian O'Neill's frustrating comments in the last issue of An Focal, I felt that it was a suitable time to evaluate sports facilities at some of Ireland's other Universities. Yes, we accommodate the Munster and Irish rugby teams at the Bowl, possess an excellent athletics track and superb indoor facilities, but it's the likes of Maguires and Pitch One that are constantly dragging down the standards of UL sport.

Many matches played on campus this year have resulted in mud baths, which is surely costing our college a ton on washing powder for destroyed jerseys but more importantly the safety of our players.

The lack of a proper floodlight facility for teams has also been a constant moan around campus. Many games and training have been switched to alternative venues for both of the above reasons, costing clubs more than it should to compete to the highest level possible.

UL is marketed internationally as "Ireland's Sporting Campus", although after having a look nationally I feel that one institute could rightly strip that tag off us over the coming years.

UCD

UCD appears to be setting the standard as an Irish sporting campus this decade. Its more regarded facilities include the UCD Bowl (which can accommodate evening events due to its sport lighting infrastructure), six outdoor five-a-side pitches, athletics track, indoor sports hall and 19 grass playing surfaces for field sports. In relation to rugby and soccer, the University is "endeavouring to deliver a quality venue which complies with UEFA licensing and IRB standards with regard to playing surface quality and spectator comfort and safety." The only facility that UCD currently lacks is a 50m swimming pool to match UL Arena standards; of course it's already in construction, with the objective to attain 'elite status' in mind.

NUIG

Outside of the capital, NUI Galway has invested heavily in sport facilities in recent years, opening its spanking new 'Kingfisher' complex 18 months ago. Its main assets are the 25m pool, state of the art gym and a large sports hall which can cater for a variety of events, similar in size to our own Arena. There are also numerous grass pitches, a running

track and an astro turf pitch at its Dangan facility, the host for this year's Fitzgibbon Cup. There is one floodlit, but overused training pitch used by any team that can find a corner.

UCC

UCC's Mardyke Arena is regarded nationally as another quality venue, with appealing indoor facilities. Its adjoining Sports Grounds includes a full rugby/soccer, a synthetic and GAA pitches as well as an International

Athletics Track. All have fully operational floodlights. Many other pitches are available at the nearby playing fields on Curraheen Rd, two of which are also floodlit.

UL has made great strides with resources to cater for sport in the last decade, but unfortunately seems to still lag behind UCD, particularly with the quality of the outdoor pitches. If we want to attract the best possible athletes to study here, we must strive to constantly improve all aspects of sport, and the pitches should be top of the list.



UL's University Arena