

UL LINKS

Summer 2018

Interstellar

An Irish woman's
space mission

Fielding greatness

David Burke
on staying
grounded



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Standing on the Shoulders of Giants

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Dear friends, for me, universities are all about their people. So, the stories in this edition of UL Links put our people first – our community, our academics and most of all, our students and our graduates.

Each story is remarkable but allow me pick just a few for you to consider. Galway Senior Hurling captain and UL graduate David Burke reveals the sacrifices he has made for his sport, while our cover star and UL aeronautical engineering graduate Norah Patten shares her journey to be the first Irish woman in space – two amazing graduates whose stories we will continue to follow.

The designation of UL as a University of Sanctuary has been a real highlight for me. UL was proud to award 17 scholarships to asylum seekers living in direct provision centres and Donnah Vuma from Zimbabwe, who is now studying sociology, politics, history and English literature, tells us of that experience in her own words.

On a wholly different front, read about the ground-breaking research taking place in UL's Department of Physics and the Bernal Institute – sustainable, eco-friendly ways to generate electricity, we chat with visiting lecturer *Making A Murderer's* legal eagle, Dean Strang about law in the age of Netflix.

UL alum Aoibheann O'Brien reveals why she co-founded food-sharing software platform, FoodCloud: "In Ireland, we waste one million tonnes of food." To date, the initiative has redistributed the equivalent of 23 million meals to over 7,000 charities.

Another piece of UL 'enterprise' is celebrating the shared history between Ireland and New York - the new I.N.Y international cultural festival is the brainchild of UL graduate David O'Donovan and festival co-founder Aoife Flynn. David shares a memory from an amazing evening with award-winning author Joseph O'Connor and Oscar-winning songwriter Glen Hansard. Kathrine Barneccutt knows only too well how rewarding the gift of music can be to children. Katherine, she talks about Sing Out With Strings, a UL-funded programme bringing orchestral music to two Limerick primary schools.

There are so many other inspiring stories in this edition that I simply invite you to discover the amazing array of UL people who are having an impact on society, locally, nationally and internationally.

Finally, I would urge you to share these stories by going to www.ul.ie/ULLinks.

Des

Dr Desmond Fitzgerald
President, UL



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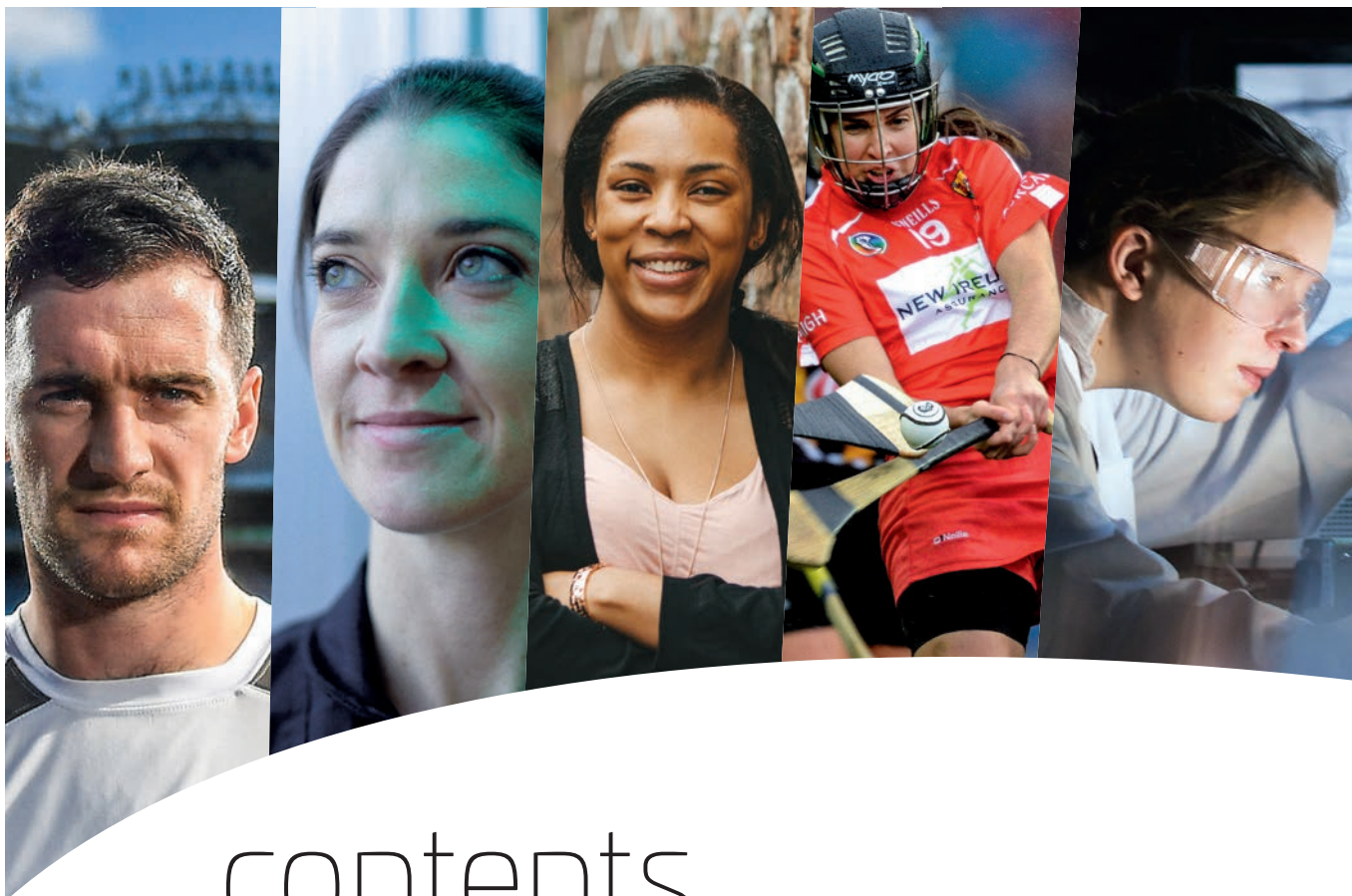
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contents

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- | | | | |
|----|--|----|---|
| 1 | Welcome
A note from our President | 18 | Blog On
The Irish website making simple work of smart technology |
| 4 | Sporting great
Galway hurler David Burke talks training and teaching | 20 | Powering change
The UL researchers changing the way we generate electricity |
| 6 | Shining star
Norah Patten's mission to be the first Irish woman in space | 22 | Trial by TV
We speak to <i>Making a Murderer's</i> Dean Strang |
| 11 | Favourite places
UL President, Dr Des Fitzgerald, on beautiful campus spaces | 24 | Driving forward
Self-driving cars look set to shake up the insurance industry |
| 12 | Back to school
Meet Donnah Vuma, a recipient of a UL Sanctuary Scholarship | 26 | Sharing plate
Aoibheann O'Brien on co-founding her food sharing platform |
| 15 | Blaming Bono
Why we love to loathe the U2 frontman | 28 | Triple threat
Meet three triathlon stars going for greatness |
| 16 | Life goals
Camogie star Julia White on how the balance between work and play can be a good thing | 31 | Favourite places
Donal Ryan shares his favourite UL spot |



32 Aviation

Shannon's aviation hub
(and why it's growing, fast)

34 In memory of Dolores O'Riordan

Remembering The Cranberries gigs
played at The Stables in UL

36 New York state of mind

The cultural festival celebrating
Ireland's ties to the Big Apple

39 Recipe for success

The many benefits of eating the
Mediterranean way

42 Helping hand

The volunteer medical clinic helping
Limerick's most vulnerable people

44 New York, New York

The UL alumni taking the Big Apple
by storm

48 Making music

The programme bringing orchestral
music to Limerick schools

50 A family affair

Meet the graduates keeping UL
in the family

55 On the ball

The ancient Irish sport creating
a smash across the globe

56 The view from Down Under

Stephen Kinsella reports on life at
University of Melbourne

58 Medical marvel

GEMS: the post-graduate programme
for those with an interest in medicine

61 Favourite Places

Sinn Féin President Mary Lou
McDonald remembers her time at UL

63 News

Looking back at the year that was,
and forward to 2018 at UL

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UL Team

Mark Mulqueen
Nicola Corless
Kerry Betts

Harmonia Team

Project Manager: Ciara O'Halloran
Editor: Tara Corristine
Editorial Consultant: Shauna O'Halloran
Art Director: David Gibbons
Design: Aine Duffy / Simon Baillie

Contributors

Ber Anglely
Patrick Edmond
Penny Grey
Mary Cate Smith
Rachel D'Arcy
Alison O'Neill
Professor Sheila Killian
Martin Meany
Professor Finbarr Murphy
Professor Martin Mullins
Dr Stephen Kinsella
Dr Patrick O'Donnell
David O'Donovan
Dr Audrey Tierney

Imagery

True Media
Mark Duggan Photography
Hazel Coonagh

Winning form

UL graduate **David Burke** has proved himself one of the most talented hurlers of his generation, but finding a balance between life and sport can be a challenge, as he recently told us.


PwC All-Stars
GAA GPA

← → David Burke at the PwC All-Stars hurling nominations at Croke Park in Dublin

✎ David Burke lifts the Liam MacCarthy Cup after the GAA Hurling All-Ireland Senior Championship Final match between Galway and Waterford at Croke Park in Dublin, 3 September 2017



Social events can often end up being put on the long finger, but it's also important to get time out and relax and switch off.

DAVID BURKE

When it comes to accolades in the world of GAA, few have managed to scale the heights achieved by UL alumnus and Galway Senior Hurling Captain David Burke:

Two Leinster titles, two National Hurling League titles, one All-Ireland and four All-Stars – it's clear that David is one of the very best midfielders of his era. This level of achievement doesn't come easily, especially in hurling, a sport that is evolving and becoming more physical and competitive by the season. But as an amateur sport, a player of David's calibre must strike a balance between the sport he adores, his career and the rest of his life.

"The last year has been hectic," David says. "We have been training most weeks of the year, back in the gym in January and then into the League early February, before the busy summer months. You're in a bit of a bubble during the season and it's a lifestyle, but I enjoy it. I was carrying an injury at the end of the season, I didn't train much in December so it was really good to be back and having the craic. Social events can often end up being put on the long finger, but it's also important to get time out and relax and switch off – getting that balance right is difficult but it's important."

Both football and hurling have ramped up in recent years in terms of competitiveness and physicality, so it's important for players to train correctly, rest and eat right. It is something that managers and players alike are conscious of. "There's only so much you can get out of a player, and they have to be looked after. I think players are wise enough now to go to the coach or manager and say if they need to rest or do more running or gym work."

The level of commitment expected of an inter-county player is huge, yet it's still an amateur sport, so a solid career plan is a strong consideration. "You need a good Leaving Cert, for example," says David, who graduated from UL in 2011. "I'm a teacher and I'm happy with my job and progressing nicely at it, but every person is different. There are loads of courses and financial aid for people if they need it – it's different in each inter-county team, but the help is there."

As a teacher in a GAA-crazy county like Galway, David naturally sees a lot of up-and-coming talent and is well-placed to offer some life-sport balance advice of his own. "I would tell them to keep their feet firmly on the ground as they're only a few feet away from falling into a big hole," he says. "If you win, don't get too carried away, as there's another training session or match coming up. Same if you lose, don't get too down about it. It's only a game at the end of the day. Enjoy the win, forget the loss and try to learn from it and move on." **UL**

David Burke, *B Tech (education) Materials and Construction Technology 2011*





Set for space

A graduate of UL's
aeronautical engineering
programme, **Dr Norah
Patten** is set to be the first
Irish woman in space.

Seeing stars

One of just 12 people invited to take part in a unique citizen-astronaut training programme, Ballina woman Dr Norah Patten shares her journey from University of Limerick to the final frontier.

“At the age of 11, I was fortunate enough to visit NASA in Cleveland, Ohio and that experience shaped the rest of my life. It ignited a lifelong passion for space that has steered my studies. Growing up in Mayo as the youngest of five children, I was always looking for the next adventure and that characteristic has stuck with me ever since. After secondary school, I studied Aeronautical Engineering at UL where I learned all about aircraft, aerodynamics, materials and how planes fly. During the course, I interned at the Boeing Company in Washington and in the summer of 2006 when I completed my undergraduate, I spent six weeks at Space Florida and NASA Kennedy Space Centre learning all about space. I enjoyed the course immensely.

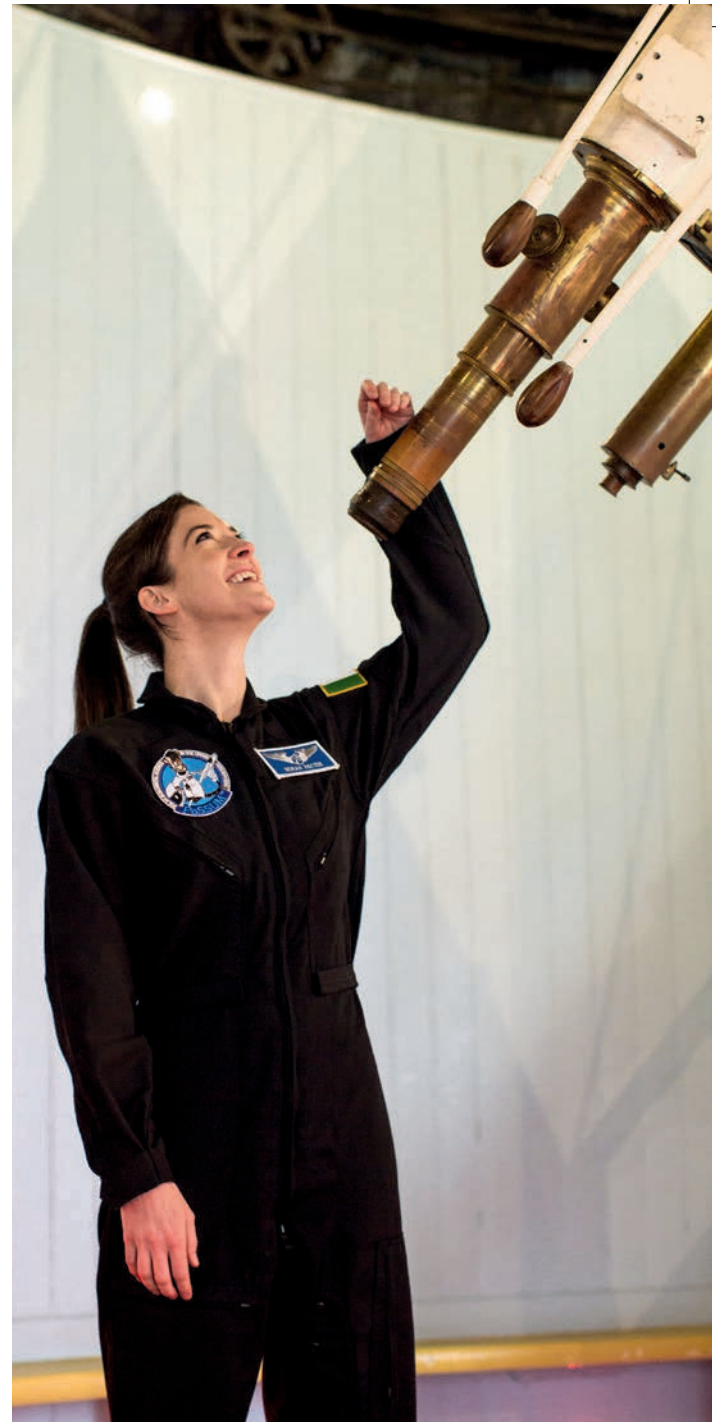
After my undergraduate, I obtained my PhD in aeronautics from UL and, always keen to progress, I attended the Alpbach Space Summer School in Austria, a research and education lab for space science and technology. In 2010, I was accepted into the International Space University (ISU) Space Studies Program in Strasbourg, France and this was really the platform that allowed me to advance my space career. I have stayed involved with ISU since then and currently I am a faculty member. My tenure at ISU has also allowed me to bring something back to the younger generation at home in Ireland.

After finishing my PhD, I worked as Communications and Outreach manager at the Irish Centre for Composites Research (IComp) in UL for almost three years. That experience allowed me to work with industry from all over Ireland, write funding applications and increase my



I managed a project that sent Ireland's first secondary school experiment to the International Space Station.

NORAH PATTEN



Set for space



← Norah and astro granny from Planet Zebuniar take to the skies for the High-G training at Project PoSSUM

↓ At Dunsink Observatory

↗ Norah shares her experiences at the Inspire Space day at Christmas in the Science Gallery, Dublin

↘ In the mock up of the Automated Transfer Vehicle at the European Space Agency European Astronaut Centre in Cologne Germany

knowledge and capabilities in the workforce.

In 2014, while working in IComp, I managed a project that sent Ireland's first secondary school experiment to the International Space Station. This was possible through a commercial agreement with NanoRacks and I hope will be the first of many for young Irish students.

Over the years, I have enjoyed fantastic experiences and in October 2017, I made it one step closer to achieving my ultimate goal of one day making it to space when I became a scientist-astronaut candidate with Project PoSSUM. Project PoSSUM, Polar Suborbital Science in the Upper Mesosphere, is a NASA supported research programme that is designed to teach candidates how to perform research on the next generation of commercial space vehicles and I am excited to continue training with them in 2018.

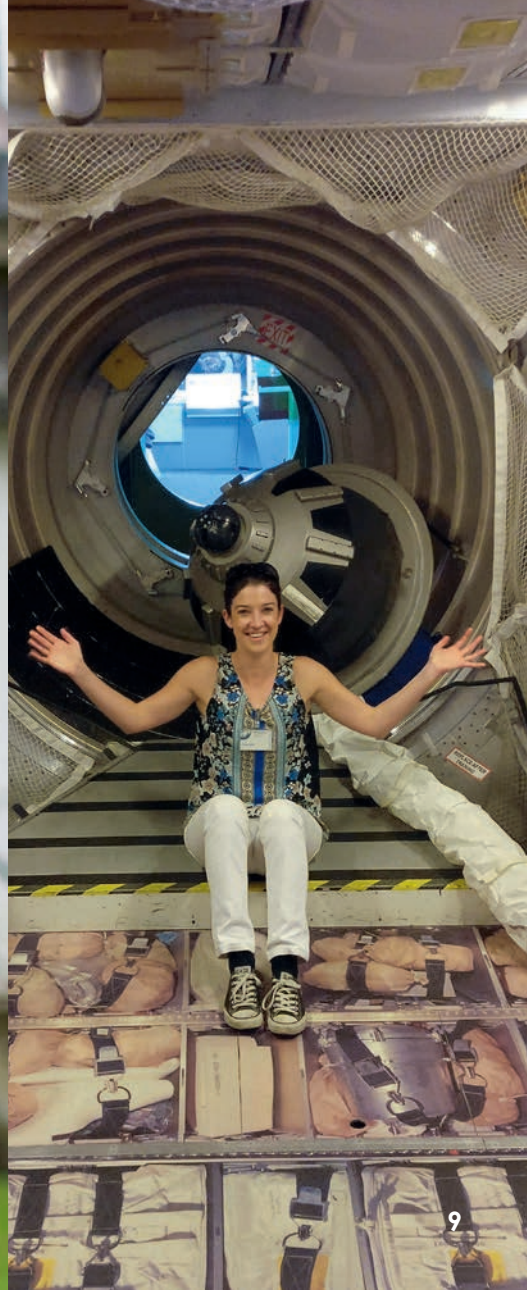
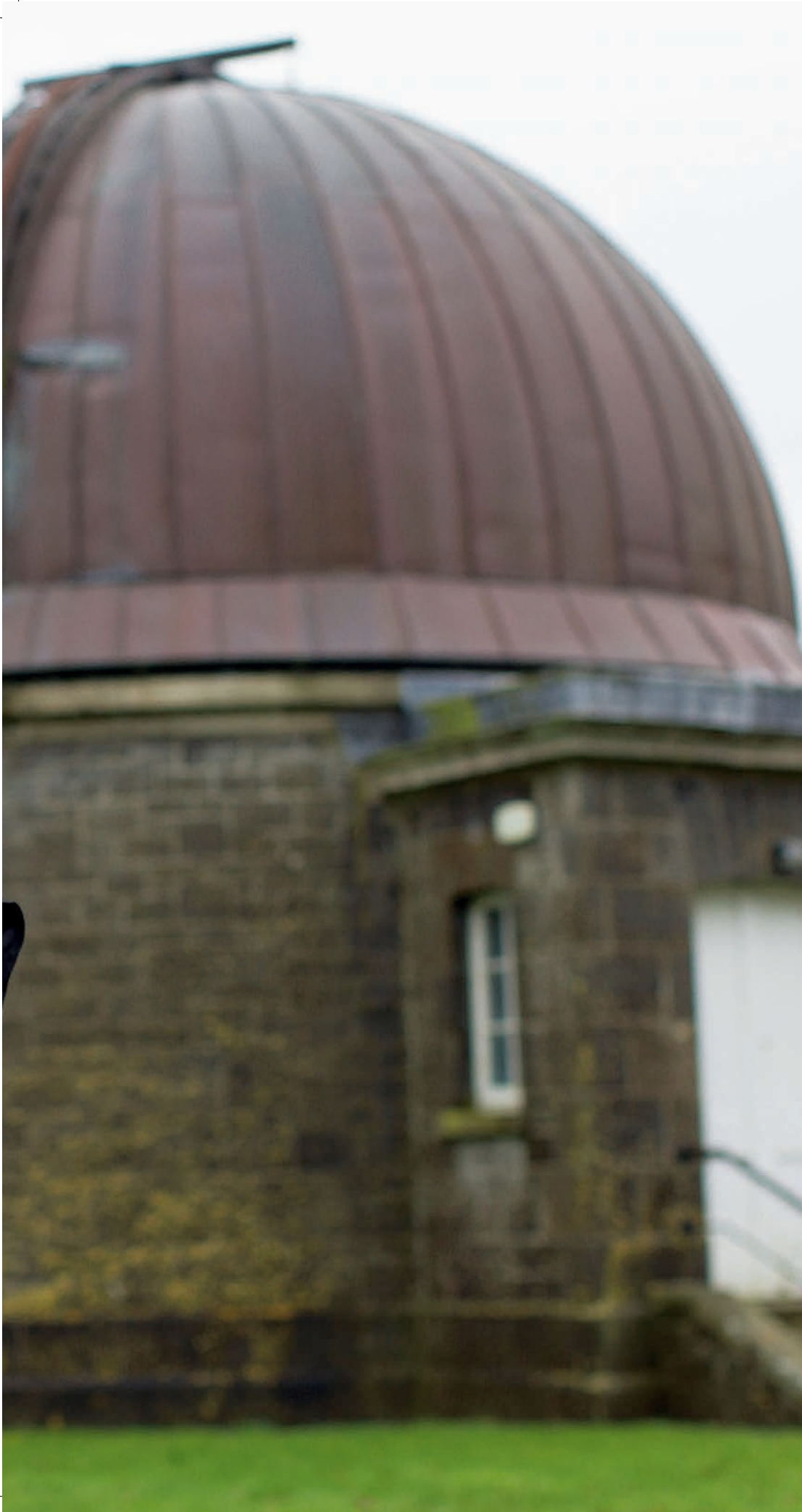
One really important element of everything I do is being able to share it with others and encourage everyone to follow their dreams. I teamed up with Wexford Libraries for Science Week 2017 events and workshops, and I was delighted to host a live Q&A at the BT Young Scientist and Technology Exhibition 2018 to answer questions about space.

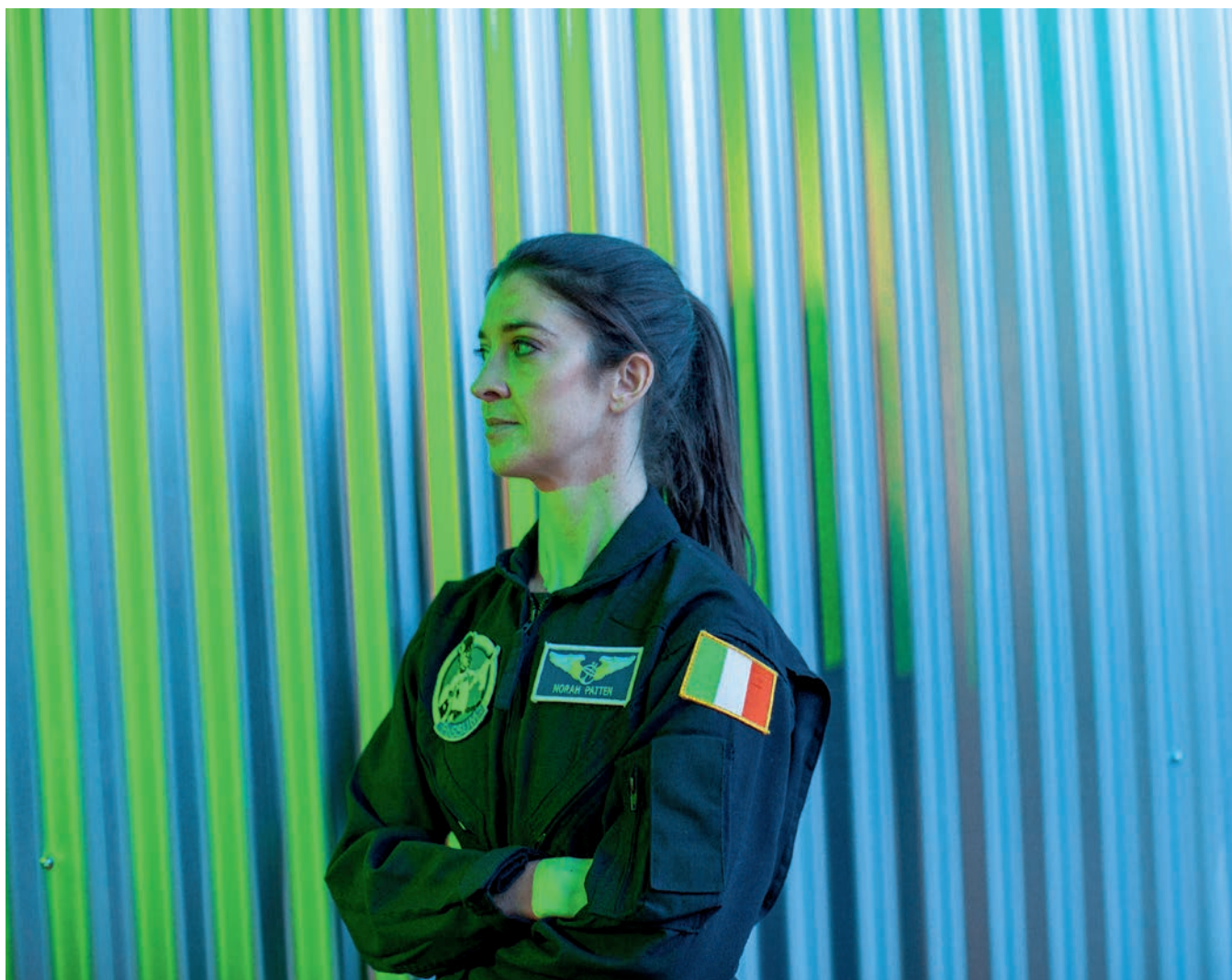


I wanted to create something that could reach children worldwide and inspire them to follow their dreams – however big and bold they might seem.

NORAH PATTEN







Over the years, I have spoken with thousands of students about STEM and space and the opportunities that studying these subjects can bring. I realised, however, that my impact as one person alone is limited and this was one of the reasons for my latest project. Planet Zebunar is a world we have created to excite the next generation of engineers, astronauts, scientists and innovators. Realising that not every 11-year-old is going to get the opportunity to visit NASA, I wanted to create something that could reach children worldwide and inspire them to follow their dreams – however big and bold they might seem. We launched our first product in Ireland at the beginning of November: a pack containing a storybook, comic book and free to download augmented reality app.

People have often asked me over the years who my role models were. I have met many amazing people over the years but definitely meeting Eileen Collins – the first female space shuttle commander – was a highlight. One word: legend! I really hope that sharing my story will encourage others to shoot for the stars because after all, the sky is not the limit!" UL

Follow Norah on Twitter @spacenorah and Facebook Norah Patten. Norah Patten, PhD, Aeronautical Engineering, 2010



my favourite place...



President of University of Limerick, Dr Des Fitzgerald pays homage to one of the most beautiful places in Ireland.

The President's House is one of the most beautiful and innovative buildings on campus. It's by far the largest and most unique of the 17 homes my wife Maggie and I have lived in during our life's journey from Dublin to London, to the US and back. The house is meticulously looked after by Pat McMahon and the team in Buildings and Estates – a continuous challenge given the number of receptions held there for visitors and staff every month, all ably managed by Orla Kenny and the Aramark team.

My favourite part, though, is the riverbank by the house. It's just 50 metres or so away, opposite the beach or the 'Banks' and lined with reeds, bulrushes and now early spring flowers. It's a quiet spot except for the sound of the river and, on sunny summer days, the shouts and screams of kids jumping into the water from the 'beach', colloquially known as 'The Sandys'.

The river changes constantly; sometimes it is as high as the garden of the fishing hut that sits just below the house, sometimes calm and other times rushing over the nearby rapids, churning grass and mud torn from the riverbed.

The fishing hut is one of a series sitting on what used to be the bank of the Shannon as it winds its way west, but peculiarly they are now well back from the river after Ardnacrusha hydroelectric station was built and the river diverted upstream of the campus. There's quite a community of fishermen and hunters there in wildly different 'huts', including an old railway carriage.

I sit here reading and taking pictures on my phone of a constantly changing 'garden' like none I've ever had and feel privileged to witness one of the most beautiful places in Ireland. UL



Finding refuge

An asylum seeker
reveals how a Sanctuary
Scholarship from
University of Limerick is
set to change her life.





single mother with three young children, Donnah Vuma travelled to Ireland from Zimbabwe in 2014 and is currently living in direct provision. She has experienced many difficulties, from financial strain to societal stigmas, but rather than resting on her laurels, she founded Every Child is Your Child, (ECIYC) a community group that aims to improve the lives of children in direct provision. Living on a weekly allowance of €21.60 without the right to work or social welfare benefits is extremely difficult for parents, says Donnah. "All children deserve the chance to live full and happy lives and we want to help them do just that."

Educational expenses can be extremely costly and Donnah felt it was important that children in direct provision shouldn't stand out amongst their peers. Together with her team at ECIYC, she has raised money to establish a back-to-school fund that has so far assisted 43 children. "The stress of having to meet the back-to-school requirements was reduced for parents and it allowed the child to fully focus on their studies."

Word of Donnah's initiative began spreading and in September 2016 she was approached by Gráinne Hassett, a practising architect, lecturer and member of the advisory board at the School of Architecture, University of Limerick (SAUL). Gráinne's students were making tables as part of their first year project. She and Donnah discussed the lack of cooking facilities for people. "What if we found a space where people in direct provision could cook and serve a meal on

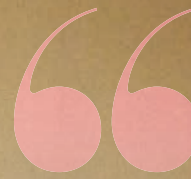


A lot of people don't know about direct provision and there are stigmas and stereotypes associated with asylum seekers. This was about breaking down those boundaries and making connections.

those tables?" The idea for a community kitchen was born. But this initiative was to go beyond just cooking. "We wanted to bring together two groups of people who wouldn't meet under normal

circumstances," she explains. "A lot of people don't know about direct provision and there are stigmas and stereotypes associated with asylum seekers. This was about breaking down those boundaries and making connections."

The support came rushing in. Christ Church in Limerick offered a space to host a meal and Sarah and Ean Malone, owners of Zest Café brought practical and financial support. Sarah Malone, a member of the women's friendship and service organisation, Soroptimist International, donated money to buy kitchen utensils, dinnerware, a new fridge and freezer.



We shouldn't play the victim or burden people. Instead, we should strive to find temporary solutions that we can use to empower and get people involved without making them feel bad.



Donnah and six others from her centre prepared a meal on Christmas Day with traditional cuisine from Zimbabwe, Syria, Malawi, Palestine and Nigeria. She's hoping with impending food safety training, this community kitchen will become a regular occurrence.

Continuing to push beyond the boundaries placed upon her by direct provision, she has recently gone back to education. She was awarded a scholarship to study sociology, politics, history and English literature on the mature student's access course in UL, something she describes as life-changing. "I can finally pursue an area that I'm very passionate about." Donnah says she enjoys studying the topic of social construction and she particularly relates to the gender issue. "Stereotypes confine us as human beings. As women, we're expected to stay home and rear children, not to have our own hopes and dreams. I'm trying to be a role model to my kids, to show them that you don't have to be limited by what society expects of you. You can go out there and be a doctor, you can be the CEO of a company. You don't have to fit into that role that has

been defined and says this is who you're supposed to be."

This scholarship is just one of the initiatives welcoming asylum seekers and refugees that saw UL designated as a University of Sanctuary in 2017. Commenting at the award, President of UL, Dr Des Fitzgerald said, "UL has committed to a three-year action plan to promote access and to integrate those from a refugee and asylum background into third level education." The scholarship includes a fee waiver and travel subsidies and covers stationery, printing and IT requirements.

So how does she feel about the future? "I'm really hopeful – people are telling other people about ECIYC and expressing such an interest in getting involved. I've made a lot of friends and I've learned a lot of things."

Donnah has become a symbol of hope for her community: her upbeat attitude shines through everything she does. "We shouldn't play the victim or burden people. Instead, we should strive to find temporary solutions that we can use to empower ourselves and get people involved without making them feel bad." UL



A little technical background is in order. Back in 1969, Ireland made royalties on artistic works completely tax free to support struggling writers and artists.

Decades later, that measure has saved U2 millions on their music royalties. When Ireland capped the tax free element at €250,000, far above what might affect most artists and writers, U2 promptly moved their royalties operation offshore to the Netherlands to avoid an Irish tax bill.

We were not happy. We have not forgotten. We specifically blame Bono, not U2's accountants. Why is this?

It's not that we're mad at him for not leaving millions in Ireland to solve our pressing social problems. Even Bono isn't that rich, and we have easier targets to tax. It's not simple begrudgery because he's rich and famous. Lots of Irish people – entrepreneurs, for instance – are rich, and we don't mind. Saoirse Ronan is hopefully minted by now, and we love her. As a role model, he could give a better example, but so could the motley crew of actors and soccer pundits whom we don't hate for their tax aggression. He's not shy about his good deeds, which Irish people don't like, but there are other non-humble Irish people – sports stars, for instance – that don't rankle as much.

The trouble with Bono is something else, and it has to do with two core contradictions. There's a specific disconnect in the way he very publicly (and rightly) lobbies governments to spend more on foreign aid, while minimising his own contributions to government coffers. The phrase 'not putting one's money where one's mouth is' gets close here. Secondly, Bono has wrapped himself in the Irish flag, literally and metaphorically, for years. For Irish people, this no longer squares with his taking active

steps to pay less tax here. He became a prophet without honour in his home country because he moved his profit from the country he calls home.

Seen in this light, the Bono backlash could reflect a growing Irish view that tax is about the common good, and that tax avoidance is not harmless. When Britain ruled Ireland, avoiding tax meant paying less to our colonial rulers. Like stealing Trevelyan's corn, it could be seen as patriotic. Then we had decades of a nod-and-wink attitude to tax as a kind of post-colonial hangover. But we seem to have moved past that now, to see paying tax as a basic part of having a stake in a country. Blaming Bono might be harsh, but maybe, just maybe, it means that we're maturing as a country in our attitude to tax. **UL**

Photograph: Alan Place

PROFESSOR SHEILA KILLIAN is Assistant Dean of Research at the Kemmy Business School and Director of Principles for Responsible Management Education at University of Limerick where she teaches corporate finance and corporate social responsibility.



On THE ball

All-Ireland camogie player **Julia White** reveals how she combines career with competition.

Photograph: iaras Ó Midheach/Sportsfile

← Julia White of Cork scores the winning point late during the Liberty Insurance All-Ireland Senior Camogie Final match between Cork and Kilkenny at Croke Park in Dublin

→ At the launch of the Finals of the Littlewoods Ireland Camogie Leagues

hey say there's no 'I' in team, but looking after your personal wellbeing is key to success for your club. Finding the time, however, is another matter.

This is the situation that many of our GAA players find themselves in: working to make a living while reaching the top of a highly competitive, amateur sport, and still trying to have a personal life.

For UL alumna and Cork camogie player Julia White, finding that sweet spot has been a challenge. As a teenager, Julia rose to prominence in the Cork team, taking up the captain's mantle in 2012. But injury plagued her for two years, until a defining moment in September 2017 when, after coming on as a last-minute substitute, she scored the winning point for Cork during injury time in the all-Ireland final. It was the stuff of dreams, but much hard work went on behind the scenes before that big moment.

Julia, who studied PE and chemistry and graduated in 2015, has been involved with camogie since she was a child, but it was as a teenager that she really began to devote herself to the sport. "It's a little different for girls," she says. "If you're good, you can find yourself playing for several different teams at once, training five nights a week for nine to ten months. I remember when I was 17, I was playing at under 18s, Cork intermediate team and Cork senior team – I could be playing three matches in one day."

This level of playing can take its toll on the body, and Julia says she ended up with glandular fever. "In terms of a social life, I was lucky that most of my friends played too," she says, "but healthwise, it does take its toll. I was sick for about six months with glandular fever when I was in sixth year, and it's come back twice since. I can now sense when I've overdone it, and I just stop and take a break for a few weeks."

Prioritising her wellbeing was something that Julia had to learn, however. "I think it comes with confidence. You don't want to say no, because you don't want people to think you don't care. But you have to put yourself first – there's no point playing if you're not up to it and if the manager sees you half-playing and doesn't understand why, it will reflect badly on you, too."

Julia is now a teacher in Cork, and admits it can be a struggle to find a balance between her love for the game and the other aspects of her life. "It can be hard," she says. "I've always loved travelling and I see my friends heading off for months or even years travelling around the world, and that's tough. I keep saying, 'this year I'll

You're giving up weekends and four or five nights a week and you mightn't even get to play a match.

Photograph: Morgan Treacy/INPHO



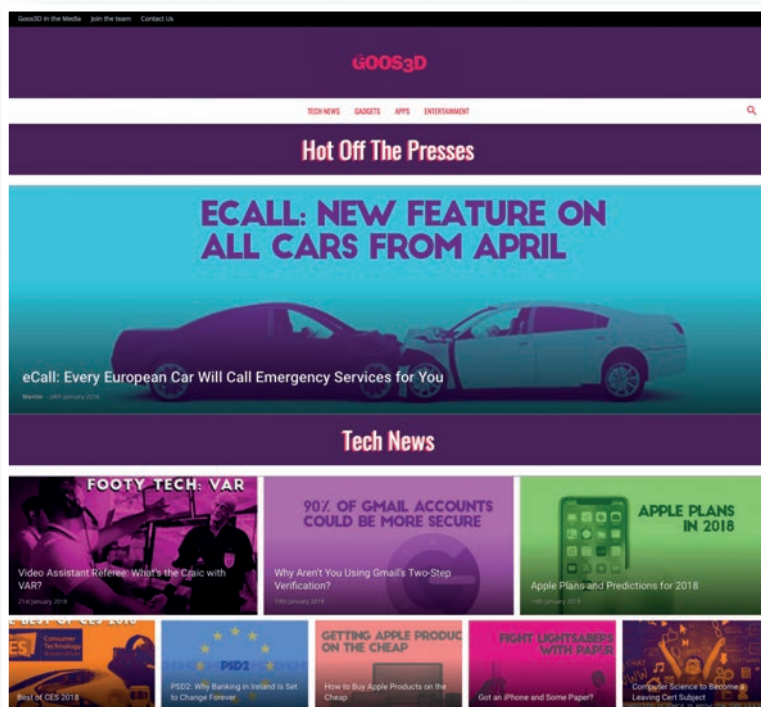
go', but I never do! Career-wise, I'm lucky because I'm a teacher and I have my summers off, but I definitely question how some people keep it [playing] up with their careers. Your personal life – that can take a hit. It's hard for a partner to understand that for nine months of the year, you're tied up with matches and training. The answer is probably to go out with someone involved in the sport too!"

But then you score the winning point in an all-Ireland final and all those tough moments are worth it. "Yes," she laughs. "But for the nine months before it, you do find yourself questioning if it's worth it all. The run-up to the 2017 final was particularly tough as I was struggling for a long time with injury – in about two years I had maybe 20 minutes of matchplay. You're giving up weekends and four or five nights a week and you mightn't even get to play a match."

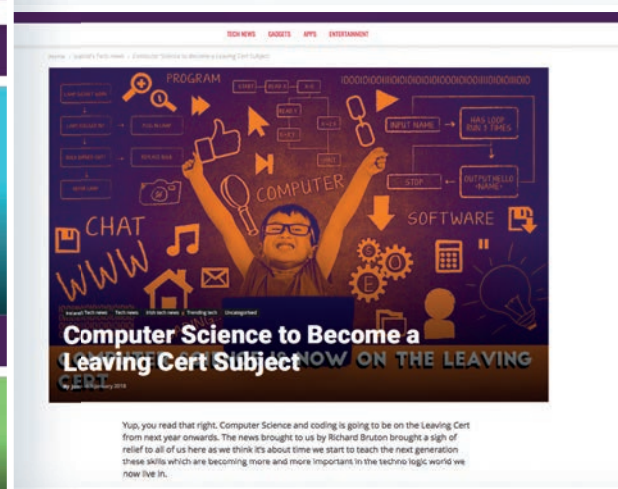
Julia says that there are measures being introduced to improve player welfare but it's early days. In the meantime, she has some sensible advice for up-and-coming players, and indeed anyone playing a sport that requires a lot of commitment. "Try to focus on the here and now, and don't look too far into the future. Listen to your body and check in with yourself every now and again to make sure you're feeling good and you're enjoying it. Burnout can creep up on you; physically you might feel okay, but mentally you could be struggling. Try to be self-aware and be kind to yourself. Most of all, don't be afraid to say no." **UL**

Julia White, BSc Physical Education, 2015

Blogging ON



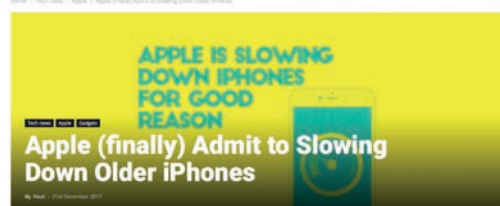
University of Limerick alumnus and blogger **Martin Meany** is on a mission to make the world of technology more accessible for the people of Ireland.



I'm fairly sure half of Ireland now has an Amazon Echo Dot if not the full-on Echo itself. Which means most of the country is now looking at this odd little hoovey puck device and wondering what the hell they need to do with it. Here's how to setup your Echo Dot (and yes, it's the exact same for the Echo).

Download the Amazon Alexa App

It's with great pleasure I can tell you that this app is now available in Ireland. For an absolute age, Android users had to sideload the app and iPhone users could only access their Echo and Echo Dot through the mobile website. Easy updates and full access to all of the Alexa smart assistant features; what a time to be alive.



We have all long suspected this to be the case, and yesterday, Apple came clean and admitted they do indeed purposely slow down older iPhones via software updates.

This came to light after various reports in the tech media recently noticed that battery life on older iPhones can have a significant performance impact on the phone. Then earlier this week, a developer shared test results on Reddit which pointed to recent software changes in iOS to prevent older iPhones shutting down, was resolved by artificially making out performance on older iPhones to prevent too much power draw on degraded batteries.

Apple released a statement yesterday in response to these reports -

Our goal is to deliver the best experience for customers, which includes overall performance and prolonging the life of their devices. Lithium-ion batteries become less capable of supplying peak current demands when in cold conditions, have a low battery charge or as they age over time, which can result in the device unexpectedly shutting down to protect its electronic components.

Last year we released a feature for iPhone 6, iPhone 6s and iPhone SE to smooth out the instantaneous peaks only when needed to prevent the device from unexpectedly shutting down during these conditions. We've now extended that feature to iPhone 7 with iOS 11.2, and plan to add support for other products in the future.

Blogging about technology might not seem a likely fit for an academic with a background in history and English, but Kilkenny man Martin Meany of Goos3D.ie says that his interest in gadgets goes way back.

"My dad got our first computer when I was only about four or five years old," he recalls. "We were one of the first houses in the parish to have a computer and I remember playing games on it; breaking it, fixing it... that's really where my love of technology started."

It was while working at Carphone Warehouse after completing his Masters in history that the idea to start the blog came to him. "We were getting the same questions from people day in, day out about really simple technological things. I got the sense that the general public in Ireland was starting to become more tech-savvy but didn't really have a place to turn to online with questions that were specifically Irish." Goos3D was born out of this void, and now, four years on, it's a five-man operation with Jon Harrison, Dean Ahern, Neal Breen and Gary Cronin also on board.

Describing the blog as a 'second full-time job,' Martin says that the team has a quality-over-quantity approach when it comes to producing content. "We try to keep it to a few posts a week; we don't just write for the sake of it. The stuff we're writing about isn't necessarily time-sensitive—we do a lot of how-to guides for example." Estimating that Ireland is anywhere from three to five years behind the US when it comes to acquiring the latest gadgets, he notes that one of the blog's most popular posts is on how to buy the Amazon Echo. When it comes to the next big thing, Martin predicts that voice assistants are going to be huge in Ireland over the next few years, noting that a recent Google survey found that 20 per cent of all searches are by voice.

Being able to help empower the Irish public when it comes to technology, he says, is incredibly rewarding.



← Dean Ahern, Martin Meany and Jon Harrison at the Littlewoods Ireland V by Very Blog Awards 2017

You have to be prepared to get your hands dirty and learn a lot of new skills... and thoroughly research your brand.

MARTIN MEANY

"We once got a message from a guy saying that he'd bought an Amazon Echo six months ago but that it was just sitting in a drawer because he had no idea how to work it. We were able to guide him through it and he was delighted – he's gotten back to us a few times since just to thank us and let us know it's still up and running!"

To any bloggers starting out, Martin has a few words of advice. "First of all, decide whether you want it to just be a hobby or if you'd like it to grow into something bigger. If it's something you'd eventually love to do full-time, social media and SEO (search engine optimisation) are hugely important – if you can't be found on Google you won't be able to grow. You have to be prepared to get your hands dirty and learn a lot of new skills, and you have to thoroughly research your brand. If you want to monetise your blog, you have to be prepared to make some sacrifices. For example, we've decided not to have display ads as they're distracting to the reader – that's one area of monetisation gone straight away. Being able to make money without sacrificing quality is one of the biggest challenges bloggers face."

Lastly, if you were wondering about the significance behind the blog's name, Martin explains with a laugh that it's derived from a colloquialism one of his co-workers at Carphone Warehouse used. "Instead of saying someone's phone was broken, he'd say it was 'goosed.' That spelling was already taken though, so I added a 3 in. I came up with it in the space of two seconds and sort of regret it now, but it is what it is!" ^{UL}

Martin Meany, *BA English & History, 2012; MA History, 2014*

Pioneering research into piezoelectricity has the potential to change the way we generate electricity in the future – in a sustainable, eco-friendly way.

Powering THE future

Piezoelectricity is commonly used in consumer devices such as cars, phones and games consoles.

The way in which we generate electricity has won many headlines over the past number of years.

The earth's disappearing supplies of coal and oil have necessitated the development of more sustainable sources, but many of these have brought their own controversy along with their benefits. Wind turbines are becoming an increasingly common sight throughout Ireland, but the location of wind farms needs to be carefully considered in terms of their impact on communities and neighbouring houses. And while wind energy is considered a viable form of energy production for the future, there are ongoing efforts to find even easier and even more sustainable forms of electricity generation to give us more options, both now, and in the years to come.

Dr Damien Thompson and post-graduate Sarah Guerin, both from the Department of Physics and the Bernal Institute, UL, and Professor Tofail Syed, Science Foundation Ireland (SFI) Centre for Medical Devices investigator

Researchers generate electricity from low-cost biomaterial

One of the most promising research areas is in piezoelectricity, and thanks to pioneering research by University of Limerick (UL), this looks to be one of the most exciting potential areas for electricity generation in the future. Sarah Guerin, a Science Foundation Ireland-funded post-graduate researcher at the Department of Physics and the Bernal Institute at UL, explains exactly what piezoelectricity is. "Piezoelectricity translates as 'pressing' electricity. It is a property of certain materials, whereby squeezing or bending them makes them generate electricity. They will also strain themselves if electricity is passed through them."



Piezoelectricity is commonly used in consumer devices such as cars, phones and games consoles. Traditionally, the materials used are synthetic and often contain toxic elements such as lead or lithium – and so the challenge was to find a more sustainable and safe form of producing piezoelectricity. “Currently, the majority of consumer electronics use inorganic materials for sensing, which contain zinc, lead and aluminium,” explains Sarah. “The materials we study are proteins and amino acids, which occur naturally and can be used for unique applications.”

Sarah and a group of scientists at UL’s Bernal Institute have discovered that the biomolecule glycine, when tapped or squeezed, can generate enough electricity to power electrical devices in a sustainable and economically viable way. The team begins by identifying suitable materials using computer models. “What attracted me was the computational aspect of my own research,” Sarah reveals. “I use computer simulations to predict which biological materials have the most desirable properties. This speeds up experiments as we can focus on the most promising materials. We also study biological piezoelectricity in its crystallised form, and growing crystals and measuring their properties is a challenging and fun area of scientific research.”

Aimee Stapleton, an Irish Research Council EMBARK Postgraduate Fellow in the Department of Physics and Bernal Institute of UL, is also researching piezoelectricity, and is the co-author of a paper that details how applying pressure to a protein found in egg whites and tears, lysozyme, can generate electricity. “We know a lot about

John Sweeney, Aimee Stapleton and Vincent Casey from the Department of Physics and Bernal Institute of UL
→ Aimee Stapleton, Irish Research Council EMBARK Postgraduate Fellow



Biological piezoelectric materials can be used for wearable and implantable electronics, that can sense things like blood flow inside the human body.

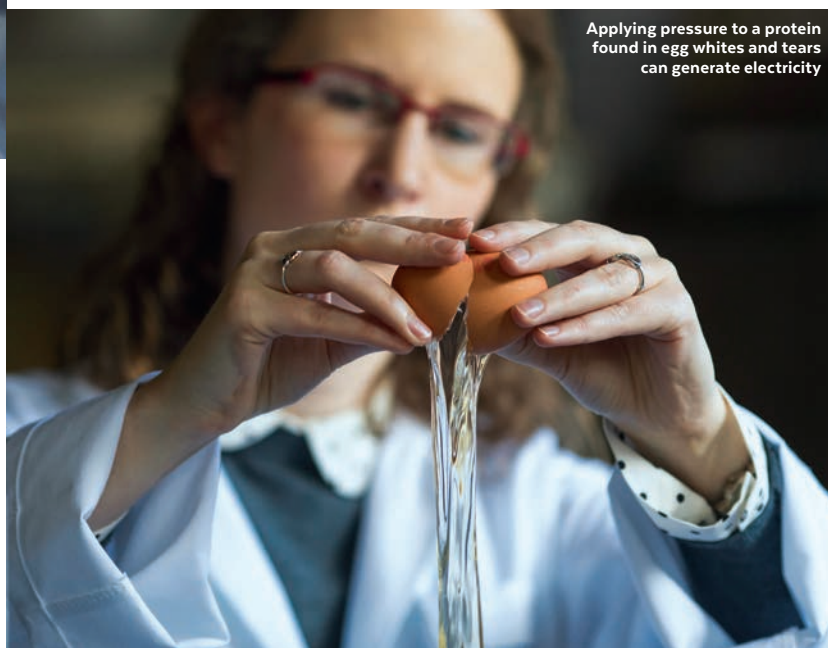
how piezoelectricity works in conventional materials but much less about how it works for biological materials. As a physicist, I was curious if the same rules of physics were at play. It’s fascinating that at the crux of piezoelectricity in both solid state samples and protein samples is their crystal structure. This knowledge will underpin future applications of our research.”

The potential for this research in consumer terms is pretty astounding when you consider how widely piezoelectricity is used. “Piezoelectric materials are absolutely everywhere – vibration sensors and touch screens in phones, video game controllers, car sensors, scientific equipment, microphones, speakers, lighters, printers, and even musical greeting cards,” says Sarah.

With such a huge range of products and applications depending on piezoelectric materials, finding economically sound and environmentally sustainable biomaterials is a vital forward step, not just for Ireland, but the world. “These organic materials are the future for piezoelectricity,” she continues. “Biological piezoelectric materials can be used for wearable and implantable electronics, that can sense things like blood flow inside the human body. This could help to monitor and treat disease and help in the revolution of personalised medicine. I also like thinking about the energy harvesting potential of these materials – applications like charging your phone by walking or running.”

It’s an exciting area for researchers, but also for consumers who can rest safe in the knowledge that their favourite devices won’t be going anywhere anytime soon thanks to the pioneering research performed by scientists in Ireland and further afield. UL

Applying pressure to a protein found in egg whites and tears can generate electricity



Law in the age of Netflix



***Making A Murderer's* Dean Strang**
on how the series has changed the
perception of the profession.

When you think about law as a career, there's no doubt you envision high flying lawyers in courtrooms much like the scenes depicted on some of the world's most loved shows. From the fictional settings of *How To Get Away With Murder* or *Law and Order*, to the much more real documentary-type shows such as Netflix's *Making A Murderer*; law has become a key focal point of pop culture in recent years.



*I see a great number
of young people
determined to pursue
justice.*



Focusing on the justice system in the United States and its impact on the case of Steven Avery – a small town man who has spent the majority of his life in prison charged with murder – *Making A Murderer* has piqued the public's interest in law around the globe. "I think that the current high tide of good true crime stories, in film, podcasts, television and books has promoted public interest in how the criminal justice system really works," says Dean Strang, Steven Avery's former defense attorney. The show had so much of an impact, that over 536,000 people signed online petitions for Avery's release.

The documentary allows for a more real, deep-rooted



✎ Professor of Law, Shane Kilcommins with Dean Strang at An Evening with Dean Strang, UL, September, 2016



Pursue law if you think you can contribute to making life better for other people.



I think Making A Murderer has helped how people perceive law.



view of the world of a lawyer, unlike other television shows which Strang says can glamourise the profession. "On balance, I think that [*Making A Murderer*] has helped how people perceive law. I think the net effect has been good." As well as it's impression on the wider public, he notes that his part in the show has also lead him to consider his own profession. "I have had more opportunity to learn about other places and people, to meet interesting and thoughtful people, and to think broadly about criminal justice than in the 30 years of practicing law before then," he says.

In the age of Netflix and social media, he feels that young people have become increasingly engaged in politics and the justice system. "I see a great number of young people determined to pursue justice, to make the world a fairer, better place – whether it's for the poor, women, LGBTQ people or those in developing nations, minorities; everyone. I really do sense a renewed commitment to justice."

When asked if he would encourage these young people to pursue law in an age of social media, Strang notes that law is not so much a profession as a vocation. "My answer never has changed since I became a lawyer: yes, pursue law if you honestly want to be a lawyer because you think you can contribute most to making life a little better for other people that way; no, if you cannot say that honestly."

Dean Strang is a visiting lecturer at University of Limerick returning February 10 to March 27. UL



Brave new world

Self-driving cars look set to shake up the insurance industry. **Professors Martin Mullins and Finbarr Murphy** explain.

It's a question of relative speed. Technology just motors ahead, be it nanotechnology or automated vehicles, and governance struggles to keep pace.

This is true of regulation, legal frameworks, applied ethics and indeed liability regimes. The Emerging Risk Group, based in the Department of Accounting and Finance within the Kemmy Business School at University of Limerick works on spanning the gap between emerging technologies and their attendant regulatory and liability requirements. Working closely with our colleagues in the

School of Law, UL's software scientists in Lero (the Irish software research centre), and material scientists at the Bernal Institute, it's a truly interdisciplinary effort that has ensured UL's involvement in five EU H2020 funded projects over the last few years.

Our last two projects are really fascinating and put us in the vanguard of development in one of the most disruptive and valuable technological revolutions taking place: Automated vehicles, a technology that means that today's toddlers might never drive a car and implies a complete change in our relationship with the automobile. It will also save millions of lives globally.

The insurance industry is paying close attention to developments in this field as the motor insurance business in Europe is worth some €130 billion per annum and is, in all likelihood, going to be completely transformed over the next 10 to 20 years.

The two EU Horizon 2020 projects we are involved



→ Google testing driverless tech
 ← ↘ The autonomous driving experience by Mercedes-Benz

with are the Horizon 2020-funded Cloud-LSVA, and VI-DAS. The former is located within the ICT research calls and is a highly technical enterprise devoted to the problem of just how we manage the massive quantities of data automated vehicles are going to generate. VI-DAS takes a more holistic view of the questions that surround this technology. The consortia, led by the Spanish research group, Vicomtech, includes amongst others, IBM, Intel, TomTom, Valeo and Honda Research. VI-DAS posits the notion of 720 degrees of surveillance that is both within the car or truck and taking in the outside environment. Cameras within the vehicle will gather information about the driver and his or her state of readiness to take control of the vehicle. This is important because, for the next decade or so given the probable state of digital infrastructure cars

If a semi-automatic car detects you are driving irresponsibly, should it call the police and report you?

will, on occasion, hand back the control of the vehicle to the driver.

There is a myriad of ethical and legal dilemmas facing this new technology. In the future, cars will be able to provide a very accurate picture of a driver's behaviour behind the wheel. One question that immediately arises is who should have access to this data. For example, should your insurance company be able to tap into data and price your risk accordingly? Similar issues arise with law enforcement. One of the ethical questions we work through with students is – if a semi-automatic car detects you are driving irresponsibly should it call the police and report you?

Our core message is one that speaks to the sustainable roll-out of any new technology. Our target audience has been the EU Commission, auto manufacturers and major research institutions across Europe. Working closely with insurers such as XL Catlin and the Lloyd's market, we



provide a bridge between scientists and technologists and the insurance underwriters who may assume the risks inherent in their innovations. The pitch is pretty simple: 'If you can't insure it, you can't do it – allow us to help you communicate with the insurance industry.' ^{UL}



Dr Martin Mullins is currently working on a number of insurance related research projects, including four EU Commission funded projects in the area of emerging technologies and risk transfer. Dr Mullins works closely with Lloyd's of London and XL Catlin on emerging risk and his work also encompasses the area of applied ethics as it pertains to new technologies.

Dr Finbarr Murphy is a Principal Investigator in three European Commission H2020 research projects, two in the area of autonomous vehicle development and one in Nanotechnology Risk. His research uses machine-learning techniques to estimate the changing risk profile produced by emerging technologies. He is also a member of the European Road Transport Research Advisory Council (ERTRAC) and is also a Fulbright Scholar.

Food for thought

Social entrepreneur
Aoibheann O'Brien
speaks about
founding the
pioneering food
sharing platform,
FoodCloud.



→ FoodCloud co-founders Iseult Ward and Aoibheann O'Brien at the launch of the FoodCloud Hub in October 2016



Launching a social enterprise requires passion, innovation, focus and tenacity – the qualities Aoibheann O'Brien holds in abundance.

Not only does creating such an initiative from scratch require a good deal of risk-taking, an entrepreneurial spirit is essential.

Aoibheann, from Portumna, County Galway, credits UL for fostering her business acumen and drive to enact change. She studied the Bachelor of Arts in Law and Accounting, a course she describes as cultivating a good grounding in the principles of businesses and law. Not just purely theoretical, the degree course involved a work experience module which she took up at JP Morgan in London. "The CoOp placement was extremely valuable in giving us practical and really good quality work experience."

Aoibheann worked as part of the environmental and social risk management team within the investment bank in 2009, securing a place on their graduate programme. "In my time there, I was delighted to find a role that brought together my passion for sustainability with finance."

Whilst living in London, Aoibheann encountered food sharing and food rescue organisations like FoodCycle, FareShare and Rubies in the Rubble that were addressing the problem of food waste in a way that brought communities together through food.

Almost 30 per cent of food is wasted across the global food system – an incredible waste of money and resources. "This raises serious moral questions at a time when almost 1 billion people don't have enough to eat. In Ireland, we waste one million tonnes of food [each year]."

Returning home, she found there were no such organisations and the seed for FoodCloud was planted. "Seeing an obvious problem with such engaging solutions that could also bring people together was a real motivator. I loved the idea that sectors within local communities could work together in a really practical way to address the social and environmental problems associated with needlessly wasting food."

Aoibheann attended a meeting about Enactus, a global organisation promoting social enterprise in universities,

where she met Iseult Ward who later became her business partner and co-founder of FoodCloud.

"We had our first donation from Honest to Goodness Farmers market in Glasnevin in June 2012 and realised that to scale our solution we needed to use technology. With a lot of help and support over the following year, we launched with a Tesco store in Dublin in October 2013. We have grown a lot from there, across Ireland and into the UK with retailers including Tesco, Lidl, Aldi and Waitrose."

A huge step in leading the revolution was joining the Bia Food Initiative in 2016 to launch FoodCloud Hubs. FoodCloud matches retailers with surplus food to charities that need it through a technology platform in communities across the UK and Ireland.

So, what's her advice to budding social entrepreneurs? "Talk to as many people as possible about it; there are lots of resources out there now including Social Entrepreneurs Ireland, Social Innovation Fund and Social Entrepreneurs Network. Setting up any kind of organisation is a challenge. [Ask yourself] what is the problem you are trying to solve? How are you going to fund it?"

Awarded the *Irish Tatler* Business Woman of the Year award in 2017 alongside her business partner, Iseult Ward, she describes the experience as 'humbling.' "It really is a testament to the work done over the last number of years by so many people. We have received a lot of funding and support along the way from very early stage support in 2013 right through to now where we have a lot of supporters who are helping us to scale the impact of the organisation nationally and internationally."

To date, FoodCloud has redistributed the equivalent of 23 million meals from a network of 3,200 supermarkets (including Lidl, Tesco, Aldi, Waitrose) and connected over 100 food businesses (Pallas Foods, Glenisk, Nestlé, Lakeland Dairies) to a network of over 7,000 charities: No small feat. **UL**

Aoibheann O'Brien, BA Law and Accounting, 2007

IN A league OF THEIR OWN

The Irish athletes going for gold in sport and academia.



What do you get when you mix true grit, dogged determination and sheer talent? A triathlete.

When it comes to dominating college sports, University of Limerick is leading the pack with a new generation of triathletes emerging stronger than ever before. We spoke to some of UL's most promising talent.

Con Doherty

From a young age, Con Doherty was an all-round sports enthusiast enjoying everything from rugby, football, karate, boxing to horse-riding. But the catalyst for his sporting interest came from an unusual area: the WWE.

"I remember my first ever triathlon was in the National Aquatic Centre. I had no fear or nerves in me – just sheer excitement. It was bliss."

CON DOHERTY

"I remember I really wanted to be a wrestler and thinking I couldn't go to the gym because I was too young. I was a pudgy little fellow – I needed to get lean so I went out and started running because I knew it was the best way to get in shape."

Hailing from Westport, the cardio bug had bitten the Mayo man and his ambitions to excel never waned. At the age of 14, he began running with the school cross country team. "I told my dad I was going to run across America or do something crazy. He told me to do a triathlon instead."

Con's Dad suggested the Ironman triathlon and he spent his confirmation money on a "good bike." It wasn't long until he was on the Irish triathlon squad after impressing the judges at a talent scouting day aged just 15. "I remember my first ever triathlon was in the National Aquatic Centre. I had no fear or nerves in me – just sheer excitement. It was bliss."

Within two years, Con had won bronze at the Junior World Championships in Auckland. Since then, he's gone from strength to strength, placing second at the Junior Cross Triathlon World Championships and first in the Junior European Cup.

As a UL scholar, Con benefits from having the facilities needed for his three disciplines on the one campus, as well as extensive physiological testing if required. His rise as a triathlete is nothing short of meteoric with a whole host of podium placements in tow.

Con is as fastidious about his course work as he is about his training. Having initially taken some time out after school and travelling to Australia, he is now in his second year of the BSc in Product Design and Technology in UL. He enjoys the mixture of creative thinking and practical, problem-solving techniques it affords him. A huge draw for Doherty is the studio-based project work. He enjoys seeing a project from its inception to fruition, a motto that applies for his sporting goals also.

His dream is to qualify for the Olympics in 2020, a dream that seems very plausible considering the level of success Con has achieved in such a short space of time. With a two-year window of qualification, he plans on competing in domestic races until he finishes his exams and then it's on to Spain for warm weather training and racing. But at the end of the day, he tells us, the Olympics is not just one race; it's a journey.

That being said, his game plan is pretty solid. "I ask myself what it is that I want to achieve, I assess what it will take to achieve it, I plan, and then I execute."

Con Doherty, BSc in Product Design and Technology, 2020

Con Doherty photograph: Janos Schmidt, ITU Media



I have had lots of support from my lecturers when it comes to clashes with my sporting commitments. This helps keep things stress-free and lets me focus on my sports and studies in a balanced way.

DARREN DUNNE

Darren Dunne

Darren Dunne is used to thinking outside of the box. One of Ireland's finest triathlete talents, he has fuelled his passion for success with innovative and adaptive thinking.

When he was preparing for the World Junior Championships last year in Mexico, Darren realised that if he were to acclimatise his body for competing in warm weather, he would need to train in a heated environment. But he didn't let the Irish weather conditions stop him. He fashioned a small heat chamber in one of the labs on the campus, using it for treadmill sessions.

The best facility the University has to offer is the world class altitude house, according to Dunne. Situated right on campus, it allows users to simulate being at altitude instead of having to travel abroad.

The support offered to him by UL has been fundamental to his success, he says. "I have had lots of support from my lecturers when it comes to clashes with my sporting commitments. This helps keep things stress-free and lets me focus on my sports and studies in a balanced way."

Renowned across Ireland as one of the best sporting campuses any college or university has to offer, Darren describes UL as, "a triathlete's dream." The sports arena has an array of facilities with one of the only Olympic-sized swimming pools in the country and a 400m outdoor track. Darren loves to run along the path that connects the campus to the city. It allows for some lush, scenic run routes.

Training for a triathlon involves short, sharp bursts of high

intensity interval training. A typical training week for the athlete at this time of year consists of between 20-25 hours of training: six swims, three cycles and five runs with some stretching and core/gym work thrown in, too.

It can be pretty demanding on top of a part-time job and college work, says Darren. "Thankfully, having worked with my coach Lynne Algar for several years now, we've developed a very good routine of balancing everything to make sure I'm performing at my best."

To succeed at this game, he says, you need to stick with it. "It won't happen overnight. You need to be in it for the long run. Dedication and hard work will eventually reward you with success. Have a good team around you. Trust yourself, trust the process and believe in your own potential."

Darren's goal is to be an Olympian and to be competitive on the international triathlon circuit. "I'm constantly learning. Little things like nutrition, sleep and recovery add up over time." Having just finished a year abroad in Leeds University where, he says, they have the best triathlon facilities in the world, he is now training in Spain with the national squad to prepare for the 2018 season. "If everything goes to plan, I'm hoping to compete in two European Cups in March, one in Spain and another in Portugal. In April, my main races are the Intervarsity Triathlon championships in Nenagh and the Joey Hannan Memorial Triathlon which takes place in UL. For May, then I might do another local triathlon in Carlow before a European Cup in Poland."

Darren Dunne, BA Arts (Joint Honours), 2019

Sporting greats



I always enjoyed training, I had great training partners in UL and I thoroughly enjoy the buzz of racing when I know the hard work will pay off.

CAROLYN HAYES

Carolyn Hayes

Carolyn Hayes has been going to and from UL for sports since she was seven years old. She swam with Limerick Swimming Club from a very young age, using the 33m swimming pool but when the 50m project was announced, the excitement was palpable. When it opened, it surpassed all her expectations. "We used to travel to the UK on swim camps but nothing compared to UL. Even the NAC lacks in comparison. The facilities are world class."

A champion triathlete, Carolyn has enjoyed success from her first competitive season in 2014 when she won the Standard Distance Triathlon National Championships, the Aquathlon National Championships and the Vodafone National Series. She credits her success to hard work, dedication and access to exceptional facilities that she says are continually developing.

Carolyn believes support was crucial to her development as an athlete. A recipient of one of the inaugural Beo sports scholarships, she enjoys membership to the pool and gym as well as access to

physiologists and dieticians.

A final year student in medicine, pursuing an athletic career has meant early mornings, strict discipline and exceptional time management. "I had to be extremely disciplined with maintaining my studies and balancing the demands of training for three individual sports. Early morning studying and swimming meant I had a head start on my peers each day we presented to teaching or hospital."

Combining her passions, Carolyn managed to secure a placement five minutes from campus in third year with a GP who had a special interest in sports medicine. "In hindsight, it was tough to keep on top of study, placement and training but I always enjoyed what I was doing so I found a way to make it work. I sacrificed a lot of social events to study and train but I know I gave my all to both at the time."

Hard work, self belief and consistency in training is key to success, she says. "If I had sat down and thought about it, I would have said it wasn't possible to combine both. But if you enjoy what you do then you will succeed. I think my success came from never feeling pressured to succeed: I always enjoyed training, I had great training partners in UL and I thoroughly enjoy the buzz of racing when I know the hard work will pay off."

Although she has obviously worked extremely hard, Carolyn says there's an element of luck involved. Having achieved so much in such a short timeframe, we reckon the only way is up. **UL**

Carolyn Hayes, Bachelor of Medicine, Bachelor of Surgery, GEMS, 2017

5 Upcoming Triathlons in Ireland this Year

May 20th	Tri795 Carlow Sprint Distance Triathlon
June 16th	Westport Sprint Distance Triathlon
July 8th	Base2Race Harbourman Standard Distance National Champs
August 11th	Caroline Kearney Memorial Standard Distance Triathlon
September 8th	Dublin City Sprint Distance AG National Championships

Carolyn Hayes photographs: Hazel Coonagh

my favourite place...

Multi-award-winning author and Lecturer in Creative Writing at University of Limerick, **Donal Ryan** shares his favourite place on campus.

Photograph: Sean Curtin, True Media

The Millstream Common Room, at the Limerick end of the Living Bridge is a light-filled, airy place, full of positive energy. I used to sneak in there to write sometimes, long before I was a fellow or a lecturer at UL. One of my first public talks was held there, hosted by the Regional Writing Centre, and chaired by Joseph O'Connor. I have a lovely memory of my dad, falling asleep for most of my reading and waking up again just as Joe started to speak. 'He is,' he said aloud, in agreement it seemed with someone he'd been talking to in his dream, 'He sure is. A lovely lad, that Joe O'Connor.' **UL**



Dr Kathleen Turner, Course Director at the Irish World Academy of Music and Dance speaks about her UL experience.

I have lots of very happy memories of my time to date at UL.

Probably one of the best was my graduation ceremony this summer. I'm sure everyone feels like finishing their PhD was like running a marathon. Standing on that stage this August, getting my scroll from the President and looking out to see my family – it was the most incredible feeling of crossing a finish line. So special! **UL**

Dr Kathleen Turner, Community Music MA, 2017

Flying high

Shannon is fast becoming a global leader in the aviation industry, thanks to its excellent location, skilled workforce and forward-thinking attitude.

Attracting foreign companies to Ireland has long been a key strategy of government, but with space and property prices at a premium in Dublin and its surrounds, developing key regional areas as hubs for certain industries is an excellent strategy for both the companies looking for an Irish presence, and for the communities living in the area. In the Midwest, much headway has been made to develop Shannon Airport as a real global player in the aerospace industry, particularly in the last few years, thanks largely to the stellar work by the International Aviation Services Centre (IASC), a business unit within Shannon Group set up in 2012. IASC Managing Director Patrick Edmond explains how and why the unit was established.

"Shannon Airport was under the management of Dublin Airport Authority for many years, but in 2012, the government decided it made more sense to have a locally managed and controlled company look after not just developing air passengers but also the cluster of aviation and aerospace companies located around Shannon."

The name was chosen to mirror the International Financial Services Centre in Dublin, explains Patrick, and the vision from the start was to develop Shannon as a hub for the aerospace industry.

"Ireland has been terribly successful in developing centres for various industries over the years, such as pharmaceutical and medtech, and there's no reason why Ireland can't do the same in aerospace. We have a highly educated workforce and we have a strong presence in the shape of aircraft leasing, for example, and in aircraft maintenance – the latter is quite Shannon-specific. So we feel that we are in a strong position to develop Ireland's role in the global aerospace industry – an industry that is growing rapidly, with an estimated 35,000 new airliners being added to the global fleet over the next 20 years."

This rapid growth means lots of opportunities, for

↑ Pan AM Boeing 377 Stratocruiser arriving at Shannon on its maiden transatlantic flight from New York

which Patrick believes Shannon is ideally positioned.

"This growth means opportunities for manufacturers, for engineers, for training pilots, for dealing with aircraft transitioning from one company to another, recycling aircraft parts and so on – our vision for IASC was to develop a nucleus in Ireland to develop these opportunities. And I'm happy to say that from three to four years ago, we have gone from 40 companies to almost 60 companies, and we're up to 2,600 jobs in the cluster right now – and that continues to grow."

Patrick says that this growth can particularly be seen over the last year, with a good amount of construction taking place in the area.

"One of our key challenges is how fast we can build new office and industrial space and warehouses, because we're really seeing both the critical mass

→ Pan Am flying boat service departing from Foynes 1939



Photograph: courtesy of Foynes Flying Boat and Maritime Museum



Photograph: courtesy of The Irish Picture Library Fr F.M. Browne collection

of the cluster growing and attracting new aerospace companies, but also US companies realising they want a presence in Ireland but seeing the high prices in Dublin – and choosing to come here instead.”

Shannon region has a number of attractions for foreign companies, not just ones in the aerospace sector looking for an Irish presence: space, access to an educated workforce, and its location.

“In Shannon, you have all the advantages of being in the Irish jurisdiction and the links to Irish industry,” says Patrick, “but you also have great quality of life, access to excellent talent thanks to the likes of the University of Limerick – who are very aware of industry’s needs when it comes to a skilled workforce – and you get much lower property costs. We are also developing the airport in terms of passenger and cargo traffic – and we recognise the airport as being absolutely critical for companies looking to locate in Shannon.”

Developing Shannon as a global aerospace hub has obvious advantages for the area in terms of jobs.

“By and large, companies are finding much of what they want in terms of workers,” says Patrick, “but there are lot of opportunities in the aviation technical space, as with so many more new aircraft being delivered into the global fleet that there is an increase in demand globally for skilled people who can work with aircraft. So it’s important for us to be working with UL and with apprentice providers to show there are, and will be, people available for these companies now and in the future.”

By its very nature, the aerospace industry is a global one, and so with more jobs in the sector developing in Ireland, there is also scope for skilled Irish people working abroad to return home.



“While several Irish higher education institutions have entered the aviation arena in the last decade, UL’s position as the leader in the engineering and technical side of the industry remains clear-cut.”

**PROFESSOR MICHAEL MCCARTHY,
CHAIR OF AERONAUTICAL
ENGINEERING AT UL**

“We can see this as one of Ireland’s strengths as well,” says Patrick. “There’s a huge diaspora out there, and if we can put the underlying companies and framework in place, then the people will come back.”

It seems the future for Shannon is bright – which can only be good for the surrounding area and population.

“We’ve been growing the aviation cluster, and in a broader sense too, we’re seeing more and more companies choosing Shannon as a location, and we’ll have more announcements in 2018 too. That’s a reflection of all we can offer in the region in general and in Shannon in particular.” UL

UL’s suite of Aviation Management and Aeronautical Engineering programmes:

Master of Business Administration - Executive MBA with Aviation Stream

Master of Science in Aeronautical Engineering

Bachelor/Master of Engineering in Aeronautical Engineering

Bachelor of Science in Aircraft Maintenance and Airworthiness Engineering

Specialist Diploma in Continued Airworthiness and Maintenance Management

Specialist Diploma in Aviation Leasing and Finance

Ber Angley,
Entertainment
Manager for UL
Students' Union Ents
Society in the 80s
and 90s, remembers
Dolores O'Riordan.

Dolores O'Riordan

In Memoriam 1971 - 2018

Photography: left: Sipa Press/REX/Shutterstock

← Dolores O'Riordan performing with The Cranberries at the Zenith, Paris, France, 22 Mar 2010

→ In concert at The London Palladium, 20 May 2017

↘ Dolores O'Riordan on stage with The Cranberries at the Manhattan Center in New York City on 11 November, 1993



It was a great period for live acts with up to 22 events taking place each week in the nineties. One of those events was a showcase gig every Tuesday in the Stables Club thanks to UL Music Society – this continues to this day. Sometime in 1990 I was in Xerick Studios where I met The Cranberries for the first time. I was impressed by that fantastic voice and the songs blew me away, so I booked them as support for a gig in the Stables. I could see all the band was nervous with the exception of Fergal (Lawler, drummer). Dolores O'Riordan was very shy but really nice. I remember she wore a big red baggy jumper.

It was after the second Stables gig that I decided to take a risk and put them on in one of our Thursday venues, a pay-in gig. Some 900 people turned up. I got to know the band better and Dolores' brother PJ. At the time he was an accounting finance student, he formed a company, Curtin Call, to take care of their business affairs.

It was in Rag Week 1991 during Limerick's Treaty 300 events that we decided to hire a warehouse in the Jetland centre. After a low turnout on Wednesday, the

Cranberries were the saving grace; 32 record company reps turned up and had to form a queue outside the door to have a few minutes with the band. They later signed to Island Records.

In the summer of '93, Paul Charles, the band's agent, asked if I was interested in putting on a show in Limerick that December. Although it wasn't term time I decided to risk it and booked the Theatre Royal. Meanwhile the band were taking off in the USA and two weeks before the gig, it was sold out. The band had bought most of the balcony seats for family and friends. The gig was great and it was to be the last Cranberries gig that I would promote.

I met Noel (Hogan, guitarist) and PJ on many occasions over the years but sadly I did not get to meet Dolores in the later days. She was kind, witty, caring and extremely talented, as are the rest of the band and crew and I was delighted to work with them in the early days. I am also happy that UL played a part in their success.

I am shocked and saddened by her passing. On the Friday following her death, when I was DJ-ing at the Stables in UL, 400 students sang *Zombie* as a tribute. UL



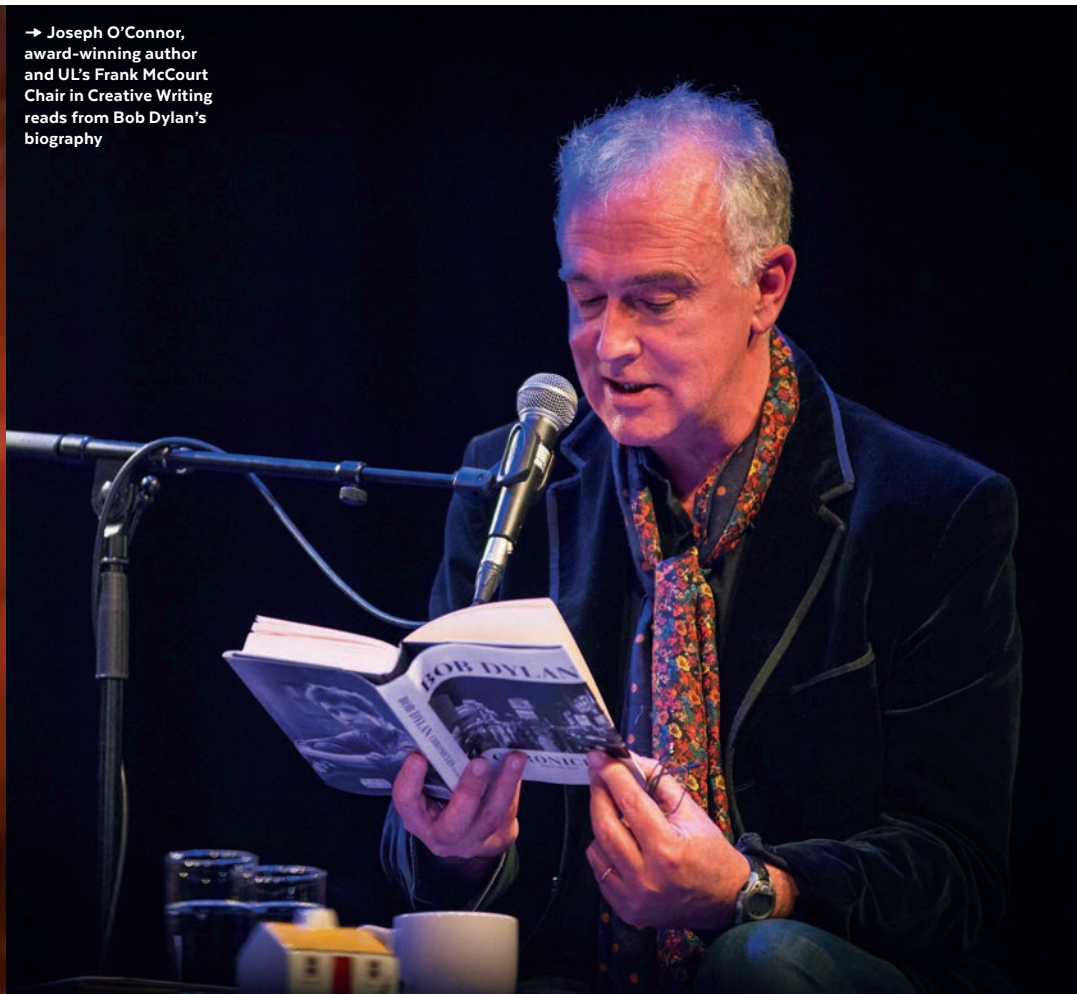
Photography: top: James Shaw/REX/Shutterstock; inset on right: Ebet Roberts/Redferns

THE Apple OF OUR eye

Celebrating the relationship between Ireland and New York, one story at a time.



← New York's Qool DJ Marv amongst the lights during a set at the I.NY Festival Club in Limerick's Tuscany Bistro



→ Joseph O'Connor, award-winning author and UL's Frank McCourt Chair in Creative Writing reads from Bob Dylan's biography

NY is an international cultural festival that celebrates the breadth and depth of the connection between Ireland and New York through music, literature, film, theatre, exhibitions, presentations, street-art and the Annie Moore talks series.

Last year saw the launch of the festival, and director David O'Donovan recounts one particularly memorable moment.

"About an hour in, Joseph O'Connor invited Glen Hansard to tell his story of the evening David Bowie passed. Hansard had left his East Village hotel with his guitar on his back and walked to Bowie's Lafayette St residence, where he played *Ashes To Ashes* to the crowd gathered outside leaving flowers, notes and lyrics on the stoop.

Having told the story, he stood to play the song once more, this time to a capacity audience at Limerick's Lime Tree Theatre. The Oscar-winning songwriter and award-winning author were performing together for the first time, a headline show of the inaugural I.NY Festival staged across multiple venues in Limerick last October. The festival, exploring and celebrating the relationship between Ireland and New York, tells that story through music, literature, film, theatre, talks and more. Over three hours, the author and musician discussed the impact New York has had on their lives, both personally and artistically, and performed the work inspired by the city."



← The I.NY Gathering at Dromoland Castle welcomed designer Orla Kiely, former New York Consul General Tim O'Connor and Emmy-winning producer and Killarney native Maura Kelly. Here, Orla is interviewed by KBS graduate, Dr Leonie Lynch

✕ Jean Butler leads a panel at the I.NY Creative Education Symposium. The New York-born Irish dancer was the first principle lead in *Riverdance*, and is a graduate of UL's Irish World Academy

↓ Dermott Rowan, Managing Director of the Orla Kiely fashion brand, delivers his keynote speech at the I.NY Creative Education Symposium in the Irish World Academy at University of Limerick

They were joined within a diverse, 11-day programme by leading personalities from the worlds of politics, education, fashion, sport and media, with Orla Kiely, Jean Butler, Damien Dempsey, Gerry Leonard, Dara Ó Cinnéide and many more also welcomed to Limerick to host or headline I.NY events. Guests from New York also had a significant presence in the programme, with Dr Jane O'Meara Sanders, political advisor to and wife of US Senator Bernie Sanders, Rhonda Sherman, Director of The New Yorker Festival, and Kathryn Lloyd from the Lower East Side Tenement Museum headlining the I.NY Annie Moore Talks programme. Harlem's Qool DJ Marv headlined at the I.NY Festival Club, and Caroline Heafey from NYU's Glucksman Ireland House spoke at the I.NY Creative Education Symposium.

The concept for I.NY came from the work of David O'Donovan, a UL graduate of the MA in Festive Arts at the Irish World Academy, and Aoife Flynn, a graduate of the Cultural Entrepreneurship MA in Trinity College Dublin. Both had worked in event and festival curation and management for 20 years, and, with the support of Fáilte Ireland and Limerick City and County Council, had researched and developed the I.NY project over 18 months. Stemming from a personal fascination with and love for New York City, that research turned up a score of stories that were unexplored, while conversations in both places showed just how personal these stories were for people, and how everyone, no matter what age, home-place or area of interest, had their own individual tale to tell.



destination, and to the on-going re-imagining of the city. University of Limerick, as a key partner in the inaugural I.NY Festival, regards this partnership as part of its commitment to support Limerick's growing cultural reputation and accelerate the work of speaking about the city, both nationally and internationally.

I.NY 2018 will run across various venues in Limerick from October 5-15, with significant cultural and educational programming taking place in UL. Visit www.thisisiny.com for news of confirmed artists and events, festival video and audio. **UL**
David O'Donovan, MA Festive Arts, 2014





A lighter life

Senior Lecturer in Human Nutrition and Dietetics, **Dr Audrey Tierney** advocates adopting a Mediterranean approach to eating.

PHOTOGRAPH BY HARRY WEIR

Health and wellbeing is on the agenda at University of Limerick.

The Healthy Campus initiative at UL is committed to the health and wellbeing of students, staff and visitors through coordinating and consolidating existing and future programmes and services being offered. As part of this, the provision of healthy food options will be more readily available throughout the campus. The area of food and nutrition is further increasing with the introduction of a Master's of Science in Human Nutrition and Dietetics course beginning in September 2018. Course director Dr Audrey Tierney's research interests involve translating evidence base with whole of diet approaches to practice in the clinical and public health areas. When it comes to a healthy eating plan that can be sustained throughout the year, without losing out on taste and variety, she recommends adopting the traditional Mediterranean ways of eating.

Over the last few decades the Mediterranean diet has been promoted as one of the healthiest dietary patterns worldwide and has been shown to be consistently beneficial and superior in the management of many chronic diseases and for promoting long and healthy lives. Populations adhering to a Mediterranean diet have lower risk of death, heart disease, diabetes, cancer, depression



Photograph: Sean Curtin, True Media

DR AUDREY TIERNEY is a Senior Lecturer in Human Nutrition and Dietetics in the School of Allied Health, University of Limerick, and adjunct Senior Lecturer at La Trobe University, Melbourne Australia.

and a decreased risk of dementia. The Mediterranean diet has been shown to reduce cholesterol, blood pressure, blood glucose and waist circumference – all risk factors for diabetes and heart disease which is the leading cause of death in Ireland. The diet has been shown to outperform other diets in weight loss and controlling blood sugar levels in Type 2 Diabetes. In many countries, health and medical authorities are now



The Mediterranean diet is sustainable, it's tasty, easy-to-follow, healthy and affordable

DR AUDREY TIERNEY



promoting its use for health and disease. Whilst the majority of research has been conducted in Mediterranean countries, there is increasing evidence of its use elsewhere, with promising results.

The Mediterranean approach incorporates all the basics of healthy eating: it is rich in plant-based foods including vegetables, whole grains and fruit with the main added fat being extra virgin olive oil. The diet emphasises increased intakes of legumes, raw unsalted nuts and oily fish with moderate amounts of dairy and poultry intakes and small amounts of red meat consumption. Alcohol consumption is common in the traditional Mediterranean diet, but generally in moderation, in the form of wine and as a rule, during meals.

The diet is sustainable, it's tasty, easy-to-follow, healthy and affordable. It promotes home cooking and food preparation but can also be easily incorporated into a busy lifestyle. ^{UL}

EAT THE MEDITERRANEAN WAY

So how do you translate the traditional Mediterranean diet into a modern day Irish diet? There is no one meal plan or prescribed way to follow this diet. Of the 20 countries or so that follow a Mediterranean style eating pattern, each has slightly different versions, however there are common features and principles throughout.

- Start by using olive oil in cooking and serving.
- Offer vegetables with every main meal, to ensure as much variety and colour is on your plate.
- Use herbs and spices to flavour food, look to garlic, basil, mint, rosemary, sage, cinnamon, pepper.
- Eat legumes like beans, peas, lentils, pulses, chickpeas.
- Increase your intake of oily fish like salmon, mackerel, tuna, trout, sardines, herring to twice a week with meat and chicken consumed less often.
- Choose wholegrain or sourdough bread rather than white bread.
- Snack on plain Greek-style yogurt with fresh fruit and nuts daily.
- Enjoy wine in moderation and with meals.
- Sugar sweetened beverages, added sugars, processed meat and refined grains are not promoted when considering this way of eating.



Help FOR THOSE WHO need it most

A volunteer medical clinic is tending to the needs of Limerick's most vulnerable people.

“I come here because being homeless, a drug addict, other GPs already have their mind made up before they even see you, trying to rush you in and rush you out.

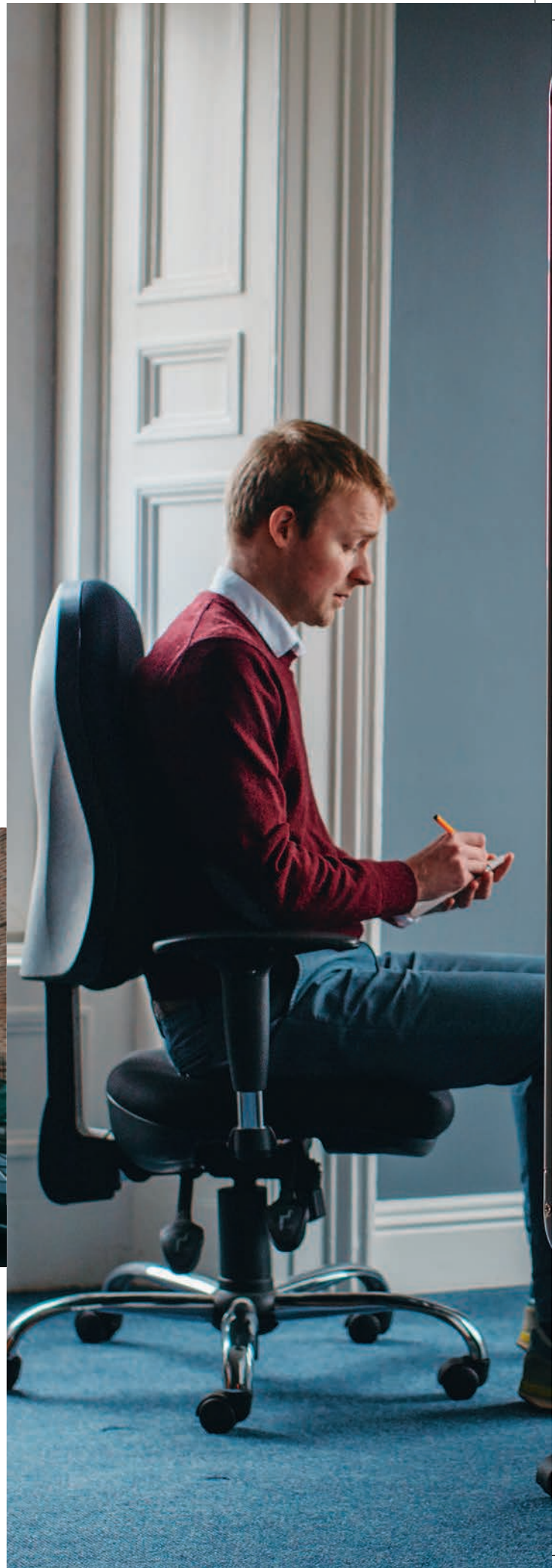
People know that you're here for homeless people and drug addicts, when they come in, they don't feel like they're different, they don't feel out of place, like it's them and us. Thanks for being here.” *A clinic user*



Dr Patrick O'Donnell, who runs the clinics at two locations in Limerick

“The aim of the clinics is to provide basic healthcare for some of the city's most marginalised people who don't have access to primary care or general practice.

DR PATRICK O'DONNELL





All photograph: Sean Curtin, True Media

"The Partnership for Health Equity (PHE) clinics were established on a pilot basis in April of 2014. The aim of the clinics is to provide basic healthcare for some of the city's most marginalised people who don't have access to primary care or general practice," says Dr Patrick O'Donnell, a founding member of the clinics with Professor Anne MacFarlane.

A GP who is employed as Clinical Fellow in Social Inclusion at the Graduate Entry Medical School (GEMS) of University of Limerick, Patrick runs the clinics at two locations, where GEMS students can observe and learn; the Ana Liffey Drug Project at the Fairgreen and the St Vincent DePaul Drop-in Centre on Hartstonge Street. From these locations, he works with many of the statutory and voluntary services in the city and he visits some of the homeless hostels across the city.

Patrick won the GP Buddy Establishing GP of the Year award in 2016, and the clinic initiative was Highly Commended in the Health Service Excellence Awards 2016. The clinics have now been included in the 2018 HSE Annual Service Plan.

"We've seen many benefits from the operation of the clinic including the improved cooperation between the relevant services in the city and improved access to healthcare for the patients that we meet," he says. "This has been very well received by patients, their advocates and by service providers across the city."

"The PHE has seen innovative collaboration between researchers, educators, front-line healthcare professionals and health policy makers and planners in order to improve the health of vulnerable people in the city," Patrick continues, "while also allowing doctors of the future to gain an understanding of the needs of these groups." **UL**

from UL to NYC

Meet the UL alumni taking
New York City by storm.



Tim Kenny

Co-founder, Director and Chairman Emeritus at
St Baldrick's Foundation

Tim Kenny graduated from University of Limerick in 1981 and embarked on a successful career in the insurance sector, culminating in establishing Aran Insurance Services Group in 2009. He has lived in the States since receiving his visa in 1987 and played a key role in the recent re-launch of the New York UL Alumni Chapter of which he is Chair of the local Chapter Committee.

In July 1999, Tim and two friends, John Bender and Enda McDonnell, decided to support the fight against childhood cancer by getting 17 people to raise \$1,000 each by shaving their heads on St Patrick's Day, 2000. They ended up raising over \$104,000 that day, and by 2002, they had raised \$1 million.

St Baldrick's Foundation was formally established by the trio in 2004 and the goals of the not-for-profit foundation are to raise money for childhood cancer research, boost research capability, increase survival rates and to raise awareness of childhood cancer.

It is now the world's biggest volunteer-driven fundraising programme for children's cancer and the second largest funder of paediatric cancer research after the US Federal Government. To date, St Baldrick's has raised over \$300 million and the range of grants now include hypothesis-driven research grants, scholar awards and infrastructure support to help local institutions treat more children in clinical trials.

Tim Kenny, ND Business Studies, 1981



Ann Marie Hourigan

Head of Science and IB Middle Years Programme Coordinator at The British International School of New York



Ann Marie Hourigan

Originally from Patrickswell in Limerick, Bachelor of Science and Education graduate Ann Marie Hourigan moved to New York in 2013 after spending nine years in London as a science teacher and assistant headteacher. She became Head of Science at The British International School of New York, and has since added Middle Years Coordinator to this title.

"I have always worked outside of Ireland as an educator, apart from teacher training in UL in 2002 and 2004. From listening to friends that are posted in the land, there are far more opportunities to progress in the career of education in an international setting like New York than at home. Job stability is much higher abroad. The salary is much more lucrative in London and, although highly competitive to break into, more so in the US private sector. I'm more than happy to stay in New York for the foreseeable future."

Ann Marie Hourigan, BSc Biological Sciences with Chemistry, 2004

Fionnuala Delahunty

Director of Risk Management at Honeywell International Inc.



Fionnuala Delahunty

Fionnuala Delahunty first lived in New York from 2002 to 2007 and transferred back to

Ireland to take up her current role, a world away from her native Sneem. "Working in New York is extremely demanding. In my first year out of UL, I worked for a private firm on Wall Street and I was doing 14-15 hour days straight out of college. This tempered me well for further positions. I think with technology now, the expectation is to be connected 24/7, and with the responsibilities of my role, anything can happen anywhere in the world at any time, and I have to be responsive. The US is famous for being one of the greatest meritocracies in the world, and this fosters a strong, determined, competitive workforce. With the proliferation of US firms on Irish soil I am certain Irish employees are becoming more familiar with the more demanding work environments, but I believe all of my friends in Ireland have a much better work life balance than is offered by firms here."

"I have always said I will move home again and hopefully this will happen in the next couple of years with my current company. New York has immense energy, opportunity, constant stimulation, but as I am older now, a more low-key lifestyle may be better!" UL

Fionnuala Delahunty, BA European Studies 2001, GDip Business Administration, 2002





Frances Ronan-Sutterby

Executive Director at JP Morgan



Frances Ronan-Sutterby

A Business graduate from Clonmel in County Tipperary, Frances Ronan-Sutterby spent time in New York during her degree and always wanted to move back. After five years working in investor relations in Bermuda, she returned with her husband. Currently an Executive Director at JP Morgan, Frances says her role is interesting and varied. "Working in NYC is different. It truly is the city that never sleeps. There is always a major buzz and sometimes the city can be overwhelming, but I love the atmosphere. I also see a huge focus on further education. In preparation for moving to New York I enrolled in an MBA programme and graduated in 2010. This was a key component in my career growth in the US.

The commutes often are very long so there is a 'work hard and go home to family' attitude. I live in New Jersey with my family so my commute is over three hours a day. We have two small children and it's tough to work full-time in finance but we have been very lucky and have a great network of friends locally."

Frances Ronan-Sutterby, Bachelor of Business Studies, 2000

Laura Hurley

Vice President, Legal & Compliance,
at SVPGlobal

Laura Hurley from County Limerick moved to New York in 2013, following her now husband. "I (reluctantly) left a very fulfilling role as a solicitor in Limerick to take the NY Bar Exam. I'm a lawyer at an investment adviser with offices globally. They advise a hedge fund and four private equity funds with approximately \$7 billion of assets currently under management. As Vice President in the Legal & Compliance department of an SEC registered Investment Adviser, my role is very demanding, often involving long hours but it is also exciting and rewarding. As our funds invest in Europe, it's very useful to have both an Irish and English qualification."

"We have no short-term plans to move back to Ireland. Both my husband and I are very settled in New York, but no doubt we will return to Ireland at some stage."

Laura Hurley, LLB Law & European Studies, 2008



Play it loud

Sing it **PROUD**

← TOP The 6th class cello ensemble performing with the ICO in the Sing Out with Strings Gala concert at LIT's Millennium Theatre
 ← BOTTOM The 2nd violin section at ICO's Sing Out with Strings Summer Gala concert in UCH
 ↓ A 6th class student performing on one of the new double basses funded by Music Networks Music Capital Scheme



I'm so passionate about the experiences and skills that the children are taking with them into the future... It gives them great self-confidence and a sense of autonomy.

Kathrine Barneclutt oversees the Sing Out With Strings programme bringing orchestral music into two Limerick primary schools.

"I would teach children music, physics and philosophy; but most importantly music, for the patterns in music and all the arts are the keys to learning" the Greek philosopher Plato once mused, and now, over 2,000 years later, his words still resonate. As Programme Coordinator of Sing Out With Strings, Kathrine Barneclutt has seen how rewarding the gift of music can be to children. The only one of its kind in the country, the programme was started in 2008 with seed funding from the Strategic Innovation in Education Fund from the Department of Lifelong

Today, in her busy position as the programme's manager, Kathrine is responsible for overseeing the team who make it all happen: eight facilitators who work alongside the ICO's musicians to teach the children of St Mary's National School and Le Chéile National School. "I manage the teachers' day-to-day schedule, and coordinate with the schools, the ICO, the parents, and above all, the children," she explains. "Our team facilitates sessions in songwriting, choir, violin, viola, cello, double bass and traditional singing to over 300 children, three times a week. Each day can feature anything from tuning 300 violins, 20 violas, 18 cellos and six double basses to exploring mad thematic ideas for songs and melodies, to calling parents to remind them about a child's after-school rehearsal. We could also be getting on a bus to go and set up 100 chairs in a city centre venue for one of our performances – there's always plenty going on! Fundraising is also a vital part of the role and takes up a considerable amount of time throughout the year."

Despite the challenges the programme faces – limited resources and trying to achieve ideals within the bounds of what's practical – Kathrine says that the pride she takes in the children's progress makes it all worth it. "I'm so passionate about the experiences and skills that the children are taking with them into the future, and the fact that their creativity and imagination are matched with tangible skills and knowledge. It gives them great self-confidence and a sense of autonomy."

The programme will be entering its tenth year thanks to ongoing support from Limerick Regeneration, Limerick Enterprise Development Partnership (LEDP), The Healy Foundation, the JP MacManus Foundation and other private donors, and Kathrine is hopeful that it will grow to facilitate even more children in the Limerick area, as well as extend musical opportunities to the wider community. "Thanks to generous support this year we have also begun teaching in Thomond Community College and Nano Nagle secondary schools," she notes. "It would be amazing to secure funding so these vibrant groups can come together to form a big after-school youth orchestra in central Limerick. I'm also hoping that this group will be able to participate in the Sistema European Youth Orchestra Summer Camp, where young musicians from all over Europe in other Sistema-inspired programmes come together over 10 days to form a symphony orchestra and get to perform in some of Europe's most prestigious venues."UL

Learning at University of Limerick. With UL lecturer Kathleen Turner at the helm in the beginning, Sing Out With Strings started out as a community engagement programme with the Irish Chamber Orchestra (ICO). What was initially a songwriting initiative that combined the children's ideas, lyrics and melodies with the musical abilities of the ICO soon grew to include an immersive violin programme, inspired by the El Sistema orchestral programme in Venezuela. Joining the programme as Strings Director in 2013 while on sabbatical from her job at RTÉ, Kathrine eventually took over from Kathleen in 2015 and now finds her role as Programme Coordinator thoroughly rewarding.

Growing up in Hull, East Yorkshire, Kathrine's family was musically inclined, and she was able to see firsthand the benefits that music brought to her own childhood. "My dad plays clarinet and saxophone and was in a jazz band when I was growing up," she explains. "There was always music blaring around the house, and I started playing the violin at the age of six, while my sister played the cello. Where I grew up, there was a free music service delivered through the schools; it was there that I made my closest friends from all over the city and from all walks of life – many of them went on to become professional musicians."



TALKING ABOUT MY generation

Just how different is the college experience for the new generation of scholars? We spoke to four University of Limerick alumni families to find out.

The Collinses

Jim

The best thing about my presidency? I met my wife Marguerite who was the first female president of the union in UCD.

JIM COLLINS

Jim Collins photograph: Sean Curtin, True Media; Oisín Collins photograph: Hazel Coonagh

was born in Limerick and with my mam being a widow, studying close to home was the only way I could afford it.

It was back in a very different time. We were under the National Council of Education and we had major actions going on over getting recognition for the degrees. In those early years, we were protesting and marching in between study, struggling for parity against the old university sector. I ended up doing a sabbatical year as President of the Students' Union. I was the first president to be down in the infamous Stables. The best thing about my presidency? I met my wife Marguerite who was the first female president of the union in UCD.

I became heavily involved with the Alumni when we came back from the UK in 1992. I sat on the board for about 15 years and I also served on the Board of the Governing Authority for four years.

I was fairly up to speed with technology but having my kids made me want to keep ahead. I studied the BSc in Manufacturing Technology and I now lecture on the part-time courses and developed and designed the Lean Thinking modules on the ULearning Lean and Six Sigma curriculum.

While I was there, my son Oisín had a part-time modelling career, donning the new Alumni kit. I remember it well. We were surprised he didn't take it further. **UL**

Jim Collins, BSc Manufacturing & Production Engineering, 1981

Oisín

As you walk through the Stables, there's a plaque with the names of all the former student presidents on it. It was pretty amazing seeing your Dad's name on it.

He'd spoken so fondly about UL, so when I was looking at universities, it was high on the list.

Growing up in New Ross, I always had a huge interest in sport so I studied sport and exercise science. Because of the way it was structured, I got to study so many aspects from business, psychology and science to the pedagogy of coaching.

Dad helped me get a part-time job with the UL Foundation raising funds, and of course, that modelling stint he mentioned. They'd revamped the Alumni kit and needed someone to throw on the new threads. I still have that kit – cringe.

What's interesting is that you grow up to be your parents' friends and not just their kids. It's been incredible over the last few years having shared interests like college and rugby – we're planning a trip to Paris for the Six Nations – Jim, myself and Marguerite.

It's funny how that dynamic changes. **UL**

Oisín Collins, BSc Sports & Exercise Science, 2008

The Donovans



St. John

I studied the Bachelor of Arts in History, Politics, Sociology and Social Studies. It fitted very well with my personal values.

I began looking at society with a critical eye and analysing how it works. I was very politicised anyway and the two went hand in glove.

I was appointed President of the Students' Union from 2006 to 2008. I was heavily involved in the environmental society, establishing initiatives for greener living and protests. We ran a green fair every year to raise awareness around environmental issues and distribute information. Campaigning against Shell when they were involved in the Mayo pipelines was very important to me and after my time at UL, I lived in the Rosspoint Solidarity Camp for a couple of years.

My focus as president was engaging the student contingent and fostering involvement within the union. It's one thing to negotiate behind the scenes but as leader of the union, I wanted to give the students a sense of ownership.

There was a busy main road between the university and a lot of the student accommodation. The student council wouldn't put a pedestrian crossing there so one night, we went out and painted one there ourselves. Overnight, suddenly, there it was – a concrete example of achieving something solid when we worked together. We campaigned around getting better public transport and negotiating better funding for the library. All these things came through different methods of dialogue.

My mum has very positive memories of UL and she was really happy I chose to go there. I got my love of sports from her; we have hill walked together for many years. Now, I work as a rock climbing and kayak instructor and I'm working towards getting my mountain guide qualification. *UL St. John O'Donnabhain, BA History, Politics, Sociology & Social Studies, 2006*

Nuala

When I went to UL, it was a tiny college, there were only 40 of us in PE and 100 in the whole college, but we had a ball.

There was no public transport; we all had our Honda 50s and although the college was a building site for part of the time, we didn't pay any attention.

I did PE and Social and Economic Studies – the college was known then as the NCPE (National College of Physical Education). I'm amazed at how the university has developed since then.

I remember going down the Shannon in anything other than a boat. It was a simple time but we were happy. We were in prefabs for a lot of the time but I loved the campus which was out by the river in a lovely green space. We had a feeling that we were the first, the pioneers if you like.

The curriculum was quite progressive. It demanded inclusiveness and was participation-based rather than having an over-emphasis on competitiveness. It was a different philosophy than anything that had gone before it.

My son St. John and daughter Louise, who grew up in my home town of Kilkenny, both went to UL so I've had a connection with the college for quite a while and I'm still great friends with all my former classmates. *UL Nuala Donovan, BA Physical Education, 1975*

Louise

Being interested in global politics and sociology, I studied the Bachelor of Arts in History, Politics, Sociology and Social Studies.

Straight away I became involved with the International Development Society. I have so many good memories from my time there but the one that stands out the most is my cooperative work placement in second year.

I was lucky enough to travel to Ghana in West Africa to work with an NGO. This experience really changed my path in life and inspired me to continue working in developing countries and in the humanitarian and development sector.

After university, I went on to work with the UN in development and progressing towards humanitarian work with refugees. I'm currently working in Niger in West Africa. I love my job, and attribute the choices I made to the basis I had in my studies and time in UL.

In secondary school it's very hard to know exactly what you want to do with the rest of your life, but my mum's positive experience definitely had a part to play in my decision. *UL Louise Donovan, BA History Politics, Sociology and Social Studies, 2010*



I remember one year when I was about 16, Dad took us around the campus and that was a stand-out moment for me. I knew then I wanted to go there.

GILL KINGSTON



Gill

One of the reasons I chose UL was because my Dad went there. I'd go back in a heartbeat.

I remember one year when I was about 16, Dad took us around the campus and that was a stand-out moment for me. I knew then I wanted to go there.

I studied the BA (Hons) in History, Politics and Social Studies. I liked the idea that my course had a six-month internship and a term abroad. I did my work experience in the Department of Health, working in the Tobacco Control Unit just after the smoking ban came in.

It quickly became apparent to me that I wanted to pursue a career in sociology. I remember one of my lecturers remarking that we were a generation that would probably go through a recession and sure enough, he was right and ahead of his time.

My learning never ended. I'm more fascinated by society now than I was then; understanding social differences, inequality, social dynamics, migration and all those different elements to how societies work. UL really nurtured that sense of curiosity in me. UL

Gill Kingston, BA History, Politics, Sociology & Social Studies, 2007

Gill Kingston photograph: Hazel Coonagh

The Kingstons

Mike

opted for Limerick because the quality of the curriculum and the work experience were exceptional.

I played Gaelic football and soccer and squash. At that stage in Ireland, the sports facilities were leading edge. Even though the PE college was very small at the time, there was a lot of interaction between the PE and NIHE college.

I studied finance and when I left college in 1979, I had a number of job offers in a time when the economy in Ireland was in a very difficult state. That was a true testament to the course and I'm currently Director of NM Group which operates ATMs, Travel Money Branches and mortgage services primarily in the UK.

I never believed in telling my kids where to go but my daughter Gill and I enjoy exchanging stories about our time at UL. Living on the campus, she was more ingrained in college life than I was. UL
Mike Kingston, Bachelor of Business Studies, 1979



When I left college in 1979, I had a number of job offers in a time when the economy in Ireland was in a very difficult state. That was a true testament to the course.

MIKE KINGSTON

The Harrows

We were integrated with the day students, so we weren't regarded as second class citizens.

DALE HARROW

Photograph: Sean Curtin, True Media

Dale

I reached a point in my employment with De Beers Industrial Diamonds (now Element Six) whereby if I wanted to obtain promotion, I felt I needed a third-level qualification.

In 1980, UL launched their first evening degree in business studies. At the time I was married and my son, Ivan was five. Nevertheless, I got stuck right into the course with fantastic support from my wife Mary.

I had never experienced continuous assessment before but I found it was a great way to keep on top of the course material. Over the four years we did 36 subjects. We were integrated with the day students, so we weren't regarded as second-class citizens.

It wasn't just the course content though that I loved; I forged strong, lasting relationships with friends and lecturers. I remember walking up the riverbank – two or three of us – talking through the subject matter of the course, asking each other questions and learning from each other.

When I went back to work in De Beers in 1988 I was appointed purchasing manager – I had achieved my goal. They sponsored me to do the course, something for which I was very grateful.

Ivan was an excellent student – far better than I was. I always wanted him to follow his own path but I was very proud he graduated from UL.

Dale Harrow, Bachelor of Business Studies, 1984

Ivan

I always thought it was very impressive that Dad went back to college in later life. I still do.

His work ethic really inspired me – writing everything out by hand, driving out to Shannon every morning to go to work and only having time to have a cup of tea before heading back out to college. Hearing about the campaigning that went on during his time there, it was great to see university status being granted.

I remember when Dad was submitting his thesis: He had it written out on A4 sheets and Mam help to type and revise it. I was very proud of what he achieved in getting that degree.

I really wanted to study Applied Physics and the degree programme at UL offered such varied course content and practical experience on the CoOp placement.

I used my first computer in sixth year at school in Limerick. From there on, I was always trying to push the boundaries with technology. I went back to do the MSc in Technology Management after six years out of university. I was in Intel at the time and I wanted to make the shift into a managerial role.

Moving to San Francisco wasn't a culture shock; it felt like a natural progression. Already a thriving hub of innovation, I was involved in setting up a new team in Intel focused on analytics and big data.

In my first role as a manager, I had two or three people reporting to me, and in my last role I had more than 80. The skills I cultivated from the Masters enabled me to develop a strong leadership style that helped me motivate my team, as well solve problems in a very practical way.

*UL
Ivan Harrow, BSc Applied Physics, 1997; MSc Technology Management, 2005*

The Great Wall

Ireland's lesser-known, ancient sport is finding a new legion of fans.

It was a sweltering day, late March, in Arizona. Two sportsmen stepped into the small court, and fixed their stare at the wall ahead.

Limerick student Colin Crehan, bedecked in his GAA jersey with club colours, eyed his opponent: a sophomore from Lake Forest College, Illinois who cleaned the floor with his competitor in the semi-finals of this championship, the World Collegiates. The winner would take home the men's singles title and all that stood between Crehan's victory was a ball, a wall and two thrilling games of fast, furious and highly skilled play.

Handball is perhaps the lesser-championed division of the GAA – its All Ireland finals don't take place on the hallowed grass of Croke Park, and they don't attract crowds in the tens of thousands – but it is the association's only true international game and one that Ireland produces an elite legion of players for. With rapidly growing popularity, handball is played at a significant level in the USA, Canada, Mexico, Australia, Puerto Rico, the UK and Spain. Emerging nations include Holland, Italy, Belgium, Argentina, Japan and India, and the recently established World Handball Association is making tracks to have the sport recognised by the Olympic Council.

Colin Crehan is a Clare native studying at University of Limerick and is hot on the heels of Ireland's top players, having dominated at 2017's collegiate finals. He went on to win against Lake Forest's Leo Canales and also took home the doubles title with the help of fellow UL player, Jason English.

In Ireland, handball goes back many hundreds of years: The first record of the rebound wall sport was in 1527 although it's widely perceived to be much more ancient than that. Archaeologists have discovered ancient ball courts and reliefs depicting hands striking balls across Mexico and in the US, while Henry VIII had a bespoke court at Hampton Court that survives to this day.

Whatever its exact roots, the sport as it is known today is presided over in Ireland by the GAA and its sportsmen and women dominate on the worldwide stage, with Cavan handballer Paul Brady holding no fewer than four world senior singles titles. As the season reopens for 2018, all eyes are on the World Championships, taking place in Minneapolis, Minnesota, in August. In the lead up to this, teams from around Ireland will travel across Spain, The Netherlands, England, France and Italy for the European Wallball Pro Tour following a fresh stint at the US Collegiates in Springfield, Missouri, this February. Most notably, perhaps, the UL Wolves Handball team will be looking to add to the 50-plus international medals they have taken

home in recent years, with new additions to the growing team for 2018 and top ranked players Colin Crehan, Martina McMahon and Catriona Casey among the team members.

What is Handball?

Handball is a fast-paced, highly skilful sport that keeps its players in peak fitness. The beauty of the sport is that you only need your hand, a ball and a wall to play. In Ireland, there are four 'codes' or types of handball – the 60x30 Softball and 60x30 Hardball are the more traditional incarnations, while the Four Wall and One Wall (or Wallball) are the internationally played sports. Despite the slight differences (in court size, number of walls used and shape/weight of the ball), essentially the idea is the same: to rebound the ball against a wall and for it to bounce twice before your opponent can return it. Think of squash, minus the rackets, and you will have a good idea of the pace and skill of the sport. The pinnacle of the sport is the World Championships which take place in August and at which Ireland will defend both the men's and women's titles in 2018.

Limerick Leaders

As a growing sport with up-and-coming players dominating, college handball has developed greatly in the past ten years and is a vital training ground for new and experienced players. Under the careful tutelage of coach John Bosco Hurley, UL's college handball team has become the first Irish club to win the Men's Team competition in the US Collegiates twice in a row. UL

The names to know: Irish handball rankings

Men's Four-Wall 40x20

1. Charly Shanks
2. Robbie McCarthy
3. Martin Mulkerrins
4. Diarmuid Nash
5. Colin Crehan

Women's Four-Wall 40x20

1. Catriona Casey
2. Martina McMahon
3. Aisling Reilly
4. Fiona Tully
5. Ciara Mahon

Photo: GAA

Colin Crehan



More choice, more collaboration and more outward focus: **Dr Stephen Kinsella** reports back from University of Melbourne on the changing nature of higher education.

Southern

charm

A paradox is a self-contradiction, and universities embody a kind of social paradox: They are part of a global system of research and teaching, but they are also intensely local institutions.

University of Limerick shares the same fundamental set of goals as University of Melbourne in Australia, where I'm a visiting research fellow. The goals of both centre around excellent research, high quality teaching, and engagement with groups who matter to the University: a set of people and institutions across the world and at home they want to work with and influence. Melbourne benchmarks itself against the best in the world. You could say exactly the same thing about UL, except we call what we do 'broadening horizons'.

At the highest level of description, every university's goals are essentially the same. And yet, every university has its own way of translating those goals into concrete actions. That's where the local comes in. The local encodes history, and space. It encodes politics and policies and culture. You can't understand a university without getting a sense of its 'local'.

I expected to meet a different 'local' when coming to Melbourne with my wife and three children. In fact, that's largely why we came. Melbourne has been voted the world's most liveable city for seven years in a row. The coffee here is so good that Melbourne-trained baristas are in demand across the world. I love the approach Australians take to the public realm. Everyone uses the many parks, playgrounds, climbing sets and barbeques at the end of the working day. It's where you meet your neighbours, my kids play with their kids, and you can see the benefits of a well-run state everywhere, from the greenways we cycle on to the museums (one with the world's largest IMAX screen) we visit.

My children's school is a local public one, and they are flourishing there. Half of their subjects are taught entirely

through Spanish and they cycle to school every day. I'd recommend a sabbatical period to anyone just for the life experience alone.

But we're not here on holiday. I'm here to work on my research, and in particular, on a book project with some of the world's great political economists. The book is called *The Strength of the Weak: How Small States can flourish in the 21st Century*. The idea for the book comes from my experience of studying the impact of austerity on tiny economies like Ireland, Greece and Portugal, but makes a global point: Sri Lanka and Tuvalu have lessons Ireland can learn. Denmark has much to teach the world and so does Indonesia. Small states are defined in terms of what they aren't – they don't have natural resources, perhaps, or an independent monetary policy. Since the 1960s, social scientists have tried to think about the evolution of small states in the wrong way, in my opinion.

I know I'm in the right place to write this book. University of Melbourne is ranked number one in Australia, number 32 in the world, and is ranked number 23 in the world for social sciences. The University has 48,000 students, 40 per cent of whom are not Australian, 4,000 faculty members, and is a €2.5 billion exporter of services, part of a €21 billion higher education export sector.

The higher education system in Australia runs on the kind of income-contingent student loans the Cassells report recommended for Ireland's higher education system for domestic students. Essentially, higher education is free at the point of entry, and you pay back a loan for your education only when you reach a certain income threshold. The system is set up to attract students from around the world. Each department has a 'business development manager' to connect researchers to possible funders and executive education opportunities. All of this means the higher education system is



Both pages, left to right:
Flinders Street Station
with the vintage tram;
the University of
Melbourne is
Australia's second
oldest university;
the Melbourne School
of Design at the
University of
Melbourne



very well resourced. Your job is to focus on excellent research.

Contrast the Australian story as I've told it with the experience of Irish universities. My colleagues Darragh Flannery and John Cullinan studied the Irish experience and found that while higher education student numbers have risen by more than 20 per cent, the spend per student has fallen for a decade, as has the State contribution.

It's clear as the uncertainty around Irish public funding sources remains, universities will move to generate more non-exchequer income. These sources include increasing numbers of international students, more research income and more corporate partnerships. The process is already underway. Larger Irish universities already get around 60 per cent of their income from non-exchequer sources. This change in funding is going to change the shape of the Irish university system, forcing it to become more global. UL is already a leader in Ireland with 2,581 international students through its doors in 2015/16.

Hard work, work hard?

Day to day, things are very different here at Melbourne. For example, I'm teaching a course about the political and economic effects of austerity to students on the Masters in Public Administration and teaching is delivered intensively. The entire course will be delivered over five days, with 41 hours of mandated contact time over that period: Even lunches are working lunches. There's a pre-assessment to make sure the reading is done before we meet, and a post-assessment. Everything the students need for the module in February 2018 is ready in December 2017 to begin their preparation online. Intensive teaching allows both more teaching-time and contact hours, and more concentrated researching.

This teaching set up is part of what they call the Melbourne Model. The essence of this is that you start with a general three-year undergraduate degree and then you can choose to major in one area, or take 'breadth' modules from across the

university, and then partly specialise. You might do a BA in Journalism, but take courses in programming, Mandarin Chinese, and anthropology. You then specialise at the graduate degree level. The emphasis is on choice and breadth, but with the option to study any subject throughout your undergraduate experience.

The Melbourne model emphasises choice and self-direction, and the funding set-up of the university supports that model. The trend globally is for universities to move towards more choice for students, more research intensity for faculty, and more links abroad. UL is moving in this direction, and has been for some time. The paradox of the global and the local hasn't gone away, but how we in UL respond to it will change. *UL*
Stephen Kinsella is Senior Lecturer in Economics at the Kemmy Business School, UL, and until 2018, a Research Fellow at the School of Government at University of Melbourne, Australia

5 things we enjoy about Melbourne

1. The Botanic Gardens. There's always something going on, most events are free and the children love it there. Shakespeare in the Park has been a real treat.
2. Open air swimming pools. These are community-run. We have an Olympic-sized one 10 minutes away from us.
3. Sovereign Hill, Ballarat. Think Bunratty Castle, but with 18th Century gold prospectors. My kids loved it so much we went twice.
4. Dialogue in the Dark. You walk in total darkness around reproductions of Melbourne with a guide who is visually impaired. This was one of the most enriching hours of my life.
5. The Queen Victoria Night Market. Dozens of stalls selling everything from amazing food and hand-made clothing to computer leads and fossils, with free things for the children to do like painting and dance classes.

A life less ordinary

Embarking on a medical career can be daunting. The Graduate Entry Medical School is celebrating 10 years since its foundation. Here, two graduates from its first class share their experiences.

The graduate entry medical programme at University of Limerick's Graduate Entry Medical School (GEMS) is a four-year medical degree open to graduates from any discipline.

Its highly innovative curriculum is designed to produce competent, confident and caring doctors who recognise the social and environmental context in which health and illness exist and in which medicine is practised and who have skills for and commitment to service, scientific enquiry and life-long learning. Two graduates from the inaugural class reveal how the course has not only shaped their professional approach, but their personal outlook.



Managing the perceptions people have about the role of a doctor is something that can only be learned with experience.

BRIAN KING



↑ Brian King, a graduate of the Graduate Entry Medical Programme, 2011

Currently a final year GP registrar in his native Salthill, **BRIAN KING** was one of the first graduates of the Graduate Entry Medical School in 2011.

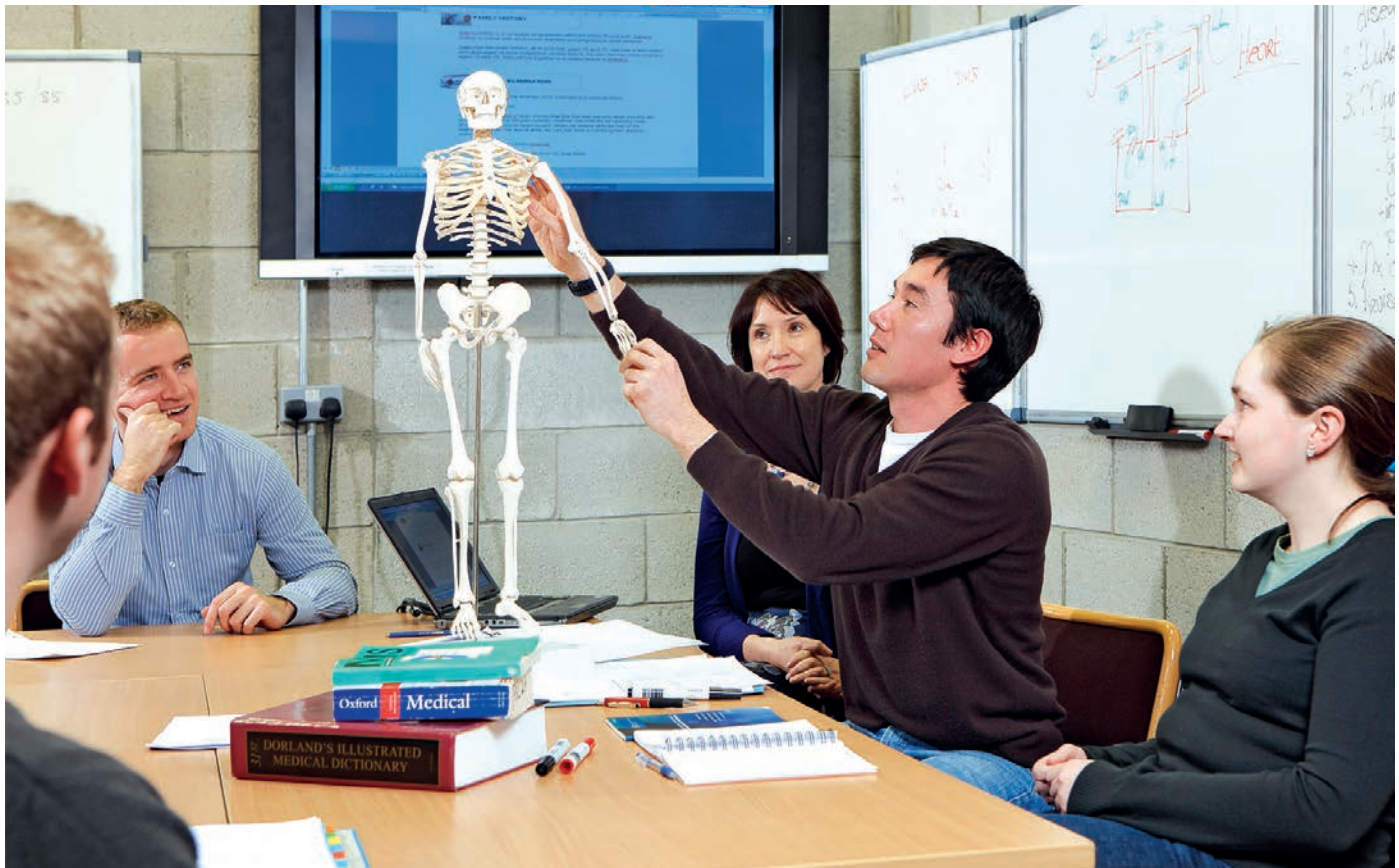
I feel from the start of my medical career, the clinical exposure we were given in the GEMS programme definitely had us well prepared. It set me up for the job of being a doctor, both in hospital and primary care. Given that we were the first graduates of the programme, we certainly had an element of curiosity attached to us.

In the past seven years since I've graduated, medicine and surgery have progressed at a phenomenal rate. Some drugs and diabetes treatments were only coming on stream when we were medical students and interns, and now I routinely prescribe them on a daily basis. The key is that GEMS prepared me for a life of self-directed learning, and that learning will be life long.

I've learned a lot about medicine from GEMS and since leaving the programme, and I've also learned a lot more about life. Recognising and managing the perceptions and thoughts people have about the role of a doctor is something that can only really be learned with experience. Medicine is a very rewarding career, professionally and personally. It can be very tough sometimes, and there will still be years of training once you qualify.

Four years of college at graduate entry is a big commitment. If you are considering the GEMS programme, you need to ask yourself if you are someone who is able to self-direct their learning. I had a great four years in UL – it's top class when it comes to sports facilities. I had a hard time going back to being a student again after working for a number of years, but it was great.

Brian King, Bachelor of Medicine, Bachelor of Surgery, Graduate Entry Medical Programme, 2011



↑ Lee Yap, (centre) graduate of the GEMS programme, 2011

LEE YAP is also one of the first GEMS Graduates, and is currently completing a higher specialist training scheme in surgery, with a specialisation in urology, at Beaumont Hospital in Dublin.

I graduated from University of Limerick in 2011, and have since worked in eight different hospitals, moved seven times, worked up to 80 consecutive hours, performed hundreds of operations and have come close to throwing in the towel twice. Surgery is a mentally and physically challenging career that can take a toll, but ultimately I enjoy my work and find it very rewarding – that is why I go back every day. I learned you need to take control. Decide your own goals, and back yourself to achieve them. The programme may not suit everyone but it certainly offers the resources and skills to become a great doctor. It isn't an easy ride, but there is no substitute for hard work and perseverance.

My approach to both managing patients and achieving various goals is fuelled by the skills I learned in the GEMS programme.

LEE YAP

My approach to both managing patients and achieving various goals is fuelled by the skills I learned in the GEMS programme. GEMS is as much about giving you a set of skills to take with you, as it is about knowledge acquisition. The world of medicine is constantly evolving, and trying to keep up with all the latest clinical trials and research publications can be difficult. The professional competencies modules that ran throughout the programme, spanning topics such as health, law, ethics and more, have stood to me as these topics come to the fore at some point during a career in medicine.

I look back on my time in UL with great fondness. During my clinical years in the GEMS programme, I conducted an orthopedic-based audit of hip fractures in the Emergency Department at University Hospital Limerick. This won me a prize at the medical school and my work was also accepted for presentation at a national meeting. Although research can be time consuming and often a frustrating process, it is a skill that gets easier.

As the first GEMS class, we were missing the bricks and mortar of a medical school, but what we did have was an excellent faculty that supported and guided us through. There was a great camaraderie between the faculty and the class, as well as within the class itself. The friendships I have taken away with me are the most precious, and I am very proud to be a University of Limerick graduate.

Lee Yap, Bachelor of Medicine, Bachelor of Surgery, Graduate Entry Medical Programme, 2011



Head, Graduate Entry Medical School, **DESMOND LEDDIN** cites the programme's successes to date, with an eye to future goals.



← UL's Graduate Entry Medical School

The student experience

As Ireland's first wholly graduate entry medical school, we take students from a wide variety of academic backgrounds. We also have a very active access programme. This diversity produces physicians with a variety of perspectives who are well positioned to meet the needs of a rapidly diversifying Irish society. Our students have been the recipients of many national awards and are recognised internationally for their excellent skills.

Patient care

The impact on patient care has been striking. GEMS students spend 18 weeks in GP practices, many of these are in rural areas. The students energise the practices and communities in which they work. We are very proud of our GP network which includes 130 practices and nearly 500,000 patients. In addition to the UHL hospital network, we have developed state-of-the-art learning facilities in Kilkenny, Clonmel, Tullamore, Portlaoise and Ballinasloe.

People

Last year University Hospital Limerick (UHL) had the highest number of interns ever and the majority are GEMS students. The transformation of the former Regional into University Hospital Limerick has attracted outstanding physicians back to the region who would otherwise not have come. The benefits to the population of the region are clear.

UL international profile

One third of GEMS students are international, with a predominance of Canadians. As these students, and EU students as well, go out into practice, the international reputation of UL as a centre of learning grows. GEMS graduates are laying down solid footprints in clinical and research work especially in North America but in other countries as well.

Research

GEMS researchers are active in a number of areas including clinical care, education, migrant and refugee health and the basic sciences of infection and cancer. We are opening labs in the state-of-the-art Clinical Education and Research Centre which UL has built at UHL with our HSE partners. This will further link the university campus and the developing academic health sciences centre at UHL.

FUTURE FOCUSED

- To make GEMS the preferred destination for graduate entry medical education in Europe.
- To grow the academic health centre at UHL so that we retain our graduates in Ireland and contribute to the education of our health care professional colleagues in other disciplines.
- To answer research questions which will help improve lives at home and globally. **UL**

Desmond Leddin is Head of the Graduate Entry Medical School, University of Limerick, Ireland and a Professor of Medicine, Dalhousie University, Canada

my favourite place...



Dublin Central TD and President of Sinn Féin, **Mary Lou McDonald** champions her university city.

My favourite memory of my time spent at UL is the city and the people. My undergraduate years were spent at Trinity College Dublin, I arrived at University of Limerick to study for an MA in European Integration Studies. I've always had a *grá* for Limerick. My mother is from Tipperary so we were regular visitors to the city growing up. To me, Limerick was an underdog, a great city unfairly given a bad name. I loved the relaxed atmosphere and intimacy of the city. It moved to a different beat than my home city.

Students came from all over Ireland and beyond – testimony to UL's reputation for academic excellence and innovation. I was the only Dub in my class and I shared a house in Plassey with women from Germany, China, Monaghan and Ennis. We got on great and there were always people coming and going. Great craic, and we studied too! *UL Mary Lou McDonald, MA in European Integration Studies, 1995*

Juliette Gash, Senior News Reporter, Today FM reveals how UL won her over.

I chose UL based on its subject choices, academic reputation and career prospects. What I did not factor in was its location. Being a Dubliner in Limerick, I felt like a fish out of water, I missed friends and family and living with seven strangers was a culture shock. I gave myself three months and said, 'if by Christmas, you're not happy, you can reapply to the CAO.' I think it's a big shock for many people to live away from home for the first time, but I'd been on a three-month exchange to Germany, so I knew what being away meant, I guess it just took a little while to embrace the whole vibe in UL. I needn't have worried. Little by little, I took to campus life and social life, and before long, I felt totally at home. I remember looking back and my three-month escape clause and thinking there wasn't anywhere else I'd rather be. I think it was the making of me at that stage in my life. *UL*

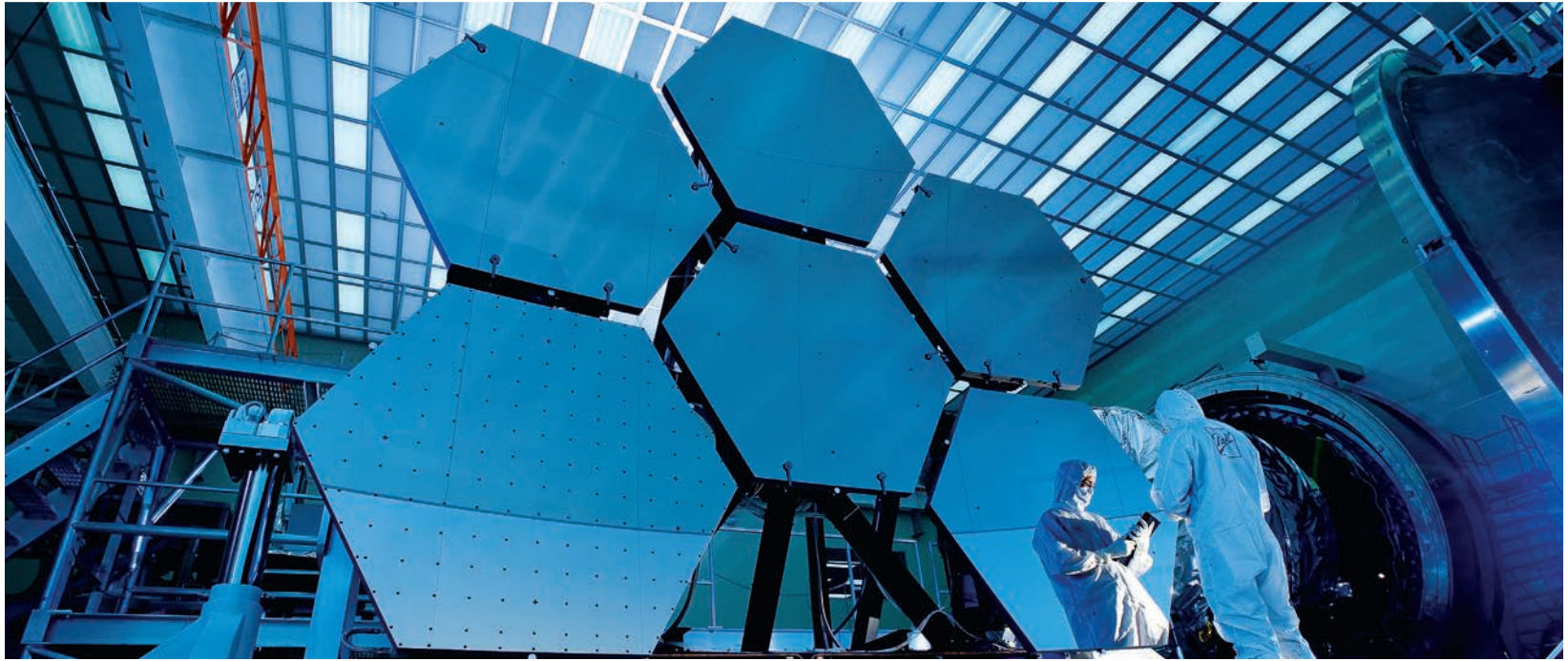
Juliette Gash, BA Law and European Studies, 2000





UNIVERSITY of LIMERICK
O L L S C O I L L U I M N I G H

Study At UL



UL Engineering Common Entry Programme

The programme (LM116) offers students an introductory first year in engineering, with four different Bachelor Degree course options, Biomedical Engineering, Civil Engineering, Mechanical Engineering or Design & Manufacturing Engineering.

WHY STUDY COMMON ENTRY TO ENGINEERING AT UL?

- Learn about fundamental engineering disciplines during a common first year;
- Discover your degree specialism from 4 diverse areas of engineering;
- Choose your preferred degree pathway from second year onwards;
- Avail of exceptional lab facilities and equipment on a modern campus;
- Work experience as part of every degree course;
- Become part of UL's excellent graduate employment record.

STEP 1

Introduction to engineering



LM116
Engineering
Common Entry

STEP 2

Choose to specialise in one of the following courses:



Design and Manufacture
Engineering



Mechanical
Engineering



Civil
Engineering



Biomedical
Engineering

MORE INFORMATION

Visit www.studyatul.ie or check out
your UL prospectus for further details.



Photo: Jeremy Craine/REX/Shutterstock



New chancellor

"UL is a nimble, responsive university at the forefront of innovation in pedagogy." A glowing report from UL's new Chancellor and Chairperson of UL's Governing Authority, former Tá aiste Má y Há ney on her new posting in January 2017. Mary's tenure will extend to 2022.

Healthy campus

No smoking and no vaping signs popped up on campus last October as part of the university's Healthy Campus Initiative. UL President, Dr Des Fitzgerald said: "This initiative is close to my heart - I believe it will enhance the overall health and wellbeing of our entire community".

Photo: Alan Place



Researcher of the Year

Professor Mike Zaworotko, Bernal Chair of Crystal Engineering at UL was named the Science Foundation Ireland Researcher of the Year in November for his work on on fundamental and applied aspects of crystal engineering.

Confirm

September 2017 saw the announcement of CONFIRM, the new €47m centre for smart manufacturing, led by University of Limerick and UL Professor Conor McCarthy, with Tyndall National Institute, UCC, CIT, NUI Galway, AIT, Maynooth University and LIT as academic partners. Professor McCarthy said: "This innovation will enable consumer-driven mass customisation, where future Irish products will be tailored to individual needs, delivered directly to them in just hours."

a year in review

From new centres to new appointments, here are the highlights from UL's 2017.

Legal honour

UL School of Law went to the top of the class last May when it was named the top law school in Ireland at the AIB Private Banking Irish Law Awards. Accepting the award, Professor Shane Kilcommons, head of the School of Law at UL, said it was a tribute to the commitment and dedication of the staff: "Every colleague contributes to the enhancement and development of the school."

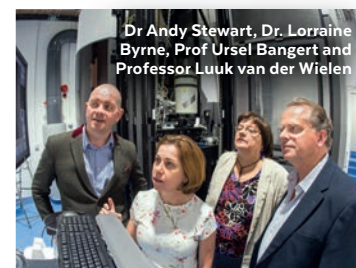
Photo: Alan Place



Award recipients
Sharlene Mawdsley
and Paul White

Atomic advances

A multi-million-Euro microscope funded by Science Foundation Ireland and UL was unveiled last summer at UL's Bernal Institute. The Titan Themis microscope will allow researchers to study materials at an atomic level in real-world conditions and is one of only a handful of microscopes with these capabilities worldwide.



Dr Andy Stewart, Dr. Lorraine Byrne, Prof Ursel Bangert and Professor Luuk van der Wielen

Awards days

110 scholarships worth nearly €280,000 were awarded by UL in 2017. As well as the 40 UL40 scholarships, 10 Mature and 33 Sports Scholarships, there were awards across engineering, nursing, arts and journalism. First year physics student Emily McCarthy secured the Stryker Scholarship valued at €10,160, while Engineering student Conor Carmody was presented with the Paddy Dooley Rowing Scholarship worth €2,500.



Gardaí graduates

Policing graduates

188 gardaí graduated with Bachelors of Arts in Applied Policing, accredited by University of Limerick (UL), at a special conferring ceremony at the Garda Síochána College, Templemore, last October.

the year ahead

New recreational places and study spaces; 2018 is looking bright.

Open to learning

Thinking of studying at UL? Visit their Open Day on Thursday 18 and Friday 19 October and learn about the range of undergraduate, post-graduate, mature and part-time, and professional courses available. There will be presentations, information stands and campus tours to give potential students a flavour of the facilities and services on offer. Book your space at www.ul.ie



A redeveloped space

The new Glucksman Library will be a technology-rich hub with an extra 1,200 study spaces for silent and collaborative learning. Some 6,000 sq metres of space will be added to the existing library including a Special Collections area with exhibition, reading, presentation and digitisation spaces which will provide facilities for media creation, practice presentations and high-end computing. Other new or redeveloped areas will include a graduate reading room, smart classrooms and group study rooms, a Health Science library and a Law library.

Photo: Sean Curtin, True Media

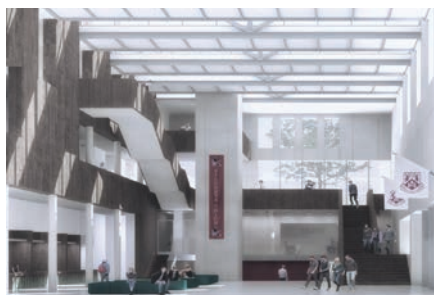


At the University of Limerick open day was Sianna Bruce, Fidget Feet Aerial Dance Theatre



Fun and games

The Aldi Community Games National Festivals will take place for the first time at University of Limerick from 25-27 May and August 17-19.



Building blocks

It's full steam ahead for the new Student Centre building at UL with the design getting the seal of approval from the Governing Authority. The proposed three storey, 3,529 square metre centre will be next to the Stables Complex and the Library and the building has been designed to house a number of new activities that were identified following consultations with the student body, and will incorporate hang out spaces, relaxation and games areas, student union offices and student services. **UL**



UL

#StudyAtUL

**Watch out for University of Limerick
Open Days October 18th & 19th, 2018.**

www.StudyAtUL.ie



UNIVERSITY of LIMERICK

OLLSCOIL LUIMNIGH



PostGrad At UL

For a full list of UL's postgraduate programmes visit

www.ul.ie/graduateschool

(L - R: Shane O'Hara - Technology Management, Ellen Brasseur - Food Science and Health and Laura Cotter - English and New Media)