2010

Toast, Vol. 2, Issue 4, 2010

DIT: Students Union

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Welcome & Contents

Welcome Back!

Semester 2 arrived in a frenzy of activity. I hope you all enjoyed Rainbow Week and you should be very proud of the way you got involved. We have been reminded of the services and support the Students’ Union offers to the student body and the work we do. We've had our first elections and the results are in. There was a lot of work that went into getting the SU office open and running smoothly. The elections were a success and we've been working with the SU office to make sure the new Student Accounts are ready for use. We've also been working hard on the Student Rep system, being a Director of DITSU, Ltd, sitting on the Governing Body of Ulster Bank and a hundred other committees, fundraising and hell raising and that doesn't even sum up the job of the DITSU President and Vice Presidents.

Not an easy task – combine that with running campaigns and events, Governing Council and the Class Rep system, being a Director of DITSU, Ltd, sitting on the Governing Body of Ulster Bank and a hundred other committees, fundraising and hell raising and that doesn't even sum up the job of the DITSU President and Vice Presidents.

This year the SU Elections turnout has been growing over the last few years as has the number of candidates coming forward. This year is bigger again with all 3 Sabbatical positions contested and next year it will be vital you have strong representatives in the SU. So check out our Election Special starting on page 23, see ditsu.ie/elections, come to the hustings or talk to a candidate where you see them canvassing.

This year, for the first time you will also be voting for the Class Rep Convener on your site. Check out your options and vote for the people you want to take over when the 6 current convenors pass the baton in July.

Finally – just to add that the excitement is building and there are lots of plans afoot for RAG Week 2010 – page 14 so make sure you do one at least one thing in the week and help us raise and give lots of money for the CMRF. Our Lady's Children's Hospital in Crumlin, and the brilliant work they do there, needs no introduction from me. So mark March 05-12 in the diary, get stuck in, and let's show this town the real meaning of RAG – DI Style.

Mairead

Welcome Back!

Semester 2 arrived in a frenzy of activity. I hope you all enjoyed Rainbow Week and you should be well-re-freshed on what's going on and more importantly reminded of the services and supports here for you. Cutbacks or no cutbacks, the Students' Union will continue to deliver to all our members. If you are an Evening student in Aungier, Bolton, Cathal Brugha, Kevin St, or Mountjoy Sq, please note the SU office will be open until 8pm one evening per week. See ditsu.ie or local notices for details. So, drop in and see what we can do for you.

We celebrated the reopening of the gym and pool with a dip (page 12), because, while it may be just one thing to tick off a very long list of things to be sorted. It does show that with a lot of hard work and negotiation progress is being made to recover some of what seemed lost due to the cutbacks. Tracey, Jen and Sean have been working extremely hard with the Staff of DIT, the HEA & both Depts of Ed and Finance all year and will continue to do so on this thorny balancing act of dealing with inevitable cutbacks while maintaining an acceptable level of service to students.

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Mairead
A couple of weeks into semester two and I can tell you we have a jam packed calendar full of all sorts! There are lots to be looking out for, after the much anticipated SHAG Week 2010 (sexual health awareness & guidance week) which took place last week.

Of course our famous Raising and Giving Week 2010 takes place on the 8th of March so please put that in your diary. This year we are raising the much needed funds for Our Lady's Childrens Hospital in Crumlin. We have Freefall, 40th Swim and Dive, Waxing and Shaving for Charity, events and promotions. It doesn't matter how crazy the idea if you think you can raise money for it then pop into your local office for a sponsorship card. If you have any ideas of what you want for Raising and Giving Week events wise please get in touch with us and we will see what we can do.

Gyms and Pool Open for Business!! Due to the flexible embargo that was adopted by the HEA on the 7th of January we were able to appoint staff to re open our gyms and pool. I would like to thank all you students for signing petitions and getting involved in this much needed campaign!

Will Strikes affect our Education? Over the slow month of January there have been a number of discussions taking place at Government level with regards to National Unions and pay talks. It is my job to keep all of you informed as much as possible so please keep your eyes on my blog page and read the student emails that are sent to your account. We in the Students' Union will do everything in our power to make sure your education does not suffer if and when disputes are taking place.

Grangegorman, not so far away! Just before Christmas we had a student representative appointed to the Grangegorman Development Agency. His name is Bob Coggins and he will be feeding into Governing Council with up to date info on what is exactly happening at the high table. After numerous emails and letters on behalf of the student body a memo has gone to cabinet and the projected £2 million budget will be allocated once voted on. We will keep you posted!

Election Fever! The annual DIT Students Union Elections are taking place over the coming weeks. Hustings (5min speeches per candidate on site at lunch time) are a great opportunity to ask the candidates what they are going to do for you! I get the feeling that the greater student body does not know entirely what the Students Union does. An easy way of explaining it would be "The Apprentice" TV show! So if you think of the candidates as the apprentices and you are their boss. You ask them questions just like Bill Cullen. You have to ask yourself the question, would you hire them to represent you for a year on a full time salary? These people are paid through your capitation fee from the start of each year! Make sure you choose the right one for the right job!

So please vote in the elections - it is your vote and your voice, not to mention your money! Take 2 minutes to tick a box, that's how simple it is!

YOUR STUDENTS' UNION PRESIDENT
TRACEY FLINTER
SU President

WHAT'S THE CRAIC?

Well...2010, a new decade, I suppose we're all well used to it by now, I still find myself going to write zero instead of one for the date though. Funny how it takes so long to break a routine, like remembering you're a year older when people ask just after your birthday! Maybe that's just me...I'm cringe!

The new year has brought along a whole new semester underway, for some of you that means new modules, new years resolutions if there's anything left of them! I knew I never last much longer than a few weeks. Some I don't even say out loud so I can deny I didn't bother when the February guilt sets in!

For many, a new year means a detox, January being the clean month, the healthy month, maybe the weight loss month or the fitness craze. Loads of you are probably still promising yourselves you'll keep the head down a bit more this semester than last so you don't go through the same exam panic as the January exams and I hope you do, because there's no way you'll fit in everything we have planned for you if you fall behind.

For those of you still waiting for results don't forget we're here to help if anything goes wrong. There are re-checks, appeals, and this year you can even get a re-mark of your paper. Happy days...

I guess the constant re-iterating of what we do can be a bore at times, but if you look at where we're coming from...you guys are paying for us to work for you. So the potentially annoying reminders are just to make sure you get your money's worth. SHAG week is over for this year but the message still remains...if you choose to have sex then remember what that philosopher dude said about getting laid..."you're too ugly to be reproducing and probably too stupid to be keeping your STIs to yourself. Wear a condom." Offensive - Maybe. Good Advice - Definitely!!

The election buzz has started for this year, my replacement is out there campaigning somewhere as you read this, dperessing really, feels like I just started the job, the time really does fly working here. Best of luck to all those involved in the elections, it's a hectic and stressful few weeks but the process creates a feeling of pure adrenaline being injected right into the vein!

Get out there and vote, there's nothing to it really. Except that you can't complain if you don't vote. It's just not fair to not take part and still give out. People say it's your right to vote so you should. Screw that, if you vote you get an automatic entitlement to complain as much as you want after...that's the best thing about being a student, you can crip to the students' union about anything you feel the need to, and actually ask us to do something about it. Ask someone who isn't a student anymore...that release of frustration is something that won't always be available to you. So for whining sakes and to keep the complaigners from harrassing you all week get to a polling station and tick/number those few little boxes.

Well that's my ramble done and dusted. Have a flick on to read all about Semester 2.

CHAT SOON
YOUR VICE PRESIDENT, JEN

GRUPPUS : Jen Jordan
Words: Jen Jordan
**Elected Officer Report**

**Sean Campbell**

**SU Vice-President [Est]**

**Howdy Partners!**

Right here we go after Rainbow week/Refresh week & SHAG week we are now heading into the SU elections. Get out and vote folks – it’s your way of making the hard choice of selecting the people that are going to represent you next year.

Next on the agenda is Art and design week, then my favorite week of the year, RAG week. Trust me folks it's going to be EPIC, yes EPIC, we are talking to people at the moment looking the first “new” bungee well a bungee without a rope really but its high its mad and its going to be the fun day out that you all can enjoy. RAG swim is looking to be on the cards along with another first for DITSU - zorbing, yes we are trying to get you all into Grangegeorgia, to stuff you into a big balloon and roll ye down that hill – man it’s going to be fun!!

You can pick up your sponsor cards in any of the union offices and sign up for the week of fun. Planned this year is something that has never been tried before, yes the Friday stuff, it's going to be worth waiting for and saving your money for, that's all I can say!

Get involved and have a blast because it's going to really fun, have you signed up to the Ents team, want free nights out, want a free tshirt or two then really fun, have you signed up to the Ents team, want for ye guys and so get involved. Your Vice President, Seany.

Before I go dont forget to sign up of the Ents Team, we have ordered Ents Team Tshirts for all to take part in volunteering with our RAG charity and GIGs in Semester two. Its going to be the best thing since sliced bread.

That's the craic all folks good luck in the second semester, enjoy the pool and gyms up and running again thanks to all your and our hard work with the HEA and DIT.

So remember our RAG charity is Our Lady's Children's Hospital, Crumlin so get involved.

**Your Vice President, Seany**

**What's the Word: Aungier St**

**Sean Campbell**

Hello there!

The madness of exams may be over, but the insanity of second semester has just begun! What a way to kick off with SHAG Week, week, am I right! Make sure the next time you see your VP, Jen, to thank her for all the free johnnies you managed to nick!

Do things seem a little different since you came back? Notice the swanky new TV in the common area? How about the fact that, after consistent lobby by DITSU and students, the gyms & pool are back open? Don’t say that we aren’t nice to you guys...

I'm working hard with our LPT to make sure you guys are kept up to date about what's happening and sorting out local events. If you have any questions, like always, call into myself, Sharon and Fiona and let us know what's on your mind. We're only too happy to help!

**Eric**

**What's the Word: Rathmines**

**SEAN CAMPBELL SU Vice-President [Est]!**

Before I go dont forget to sign up of the Ents Team, we have ordered Ents Team Tshirts for all to take part in volunteering with our RAG charity and GIGs in Semester two. Its going to be the best thing since sliced bread.

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**YOUR VICE PRESIDENT, SEANY**

**What's the World: Bolton St**

**Olga**

Hello there!

Well guys welcome back to Semester 2 & welcome to the Adventurers who have been slaving away all on their own since January. Now we're back let's show them the atmosphere Bolton Street usually has!

If you have any suggestions for what YOU would like to see on stage during lunch hour I would love to know what ideas you have and I will see what I can do! So if you see me floating about the college just call me, even if it's just to say hello I think that's it... if I forget something I will add it on the Bolton Street Blog on the DITSU Page!

**SUZANNE X**

**What's the World: Cathal Brugha St**

**Howdy Folks**

I'm thinking that this is the first TOAST of the year, how about talking about new year's resolutions? Have you made any?

This also got me thinking about what I could do differently, it's the new year, it's a good start. Maybe doing a little study throughout the year and not leaving everything until the night before the exams like I did last semester would be beneficial. But the problem is someone once told me that resolutions should be realistic and achievable so that's those two gone.

Now then, I'm all out of ideas so I think I'm done here. To sign off, I shall bid you good morning and if I don't see you, good afternoon, good evening and good night.

**NATHAN J**
CRUMBS - TASTY NEWS T10-BITS

TEA: TEACHING EXCELLENCE AWARDS

The Presidents Teaching Excellence Awards are DITs way of recognising and rewarding the best lecturers out there. It's a simple enough process for you guys, the nominations process will start on February 8th with a notification email and all you have to do is fill in the survey before February 20th.

We've worked hard with DIT to make sure students get a say in this, after all we're the ones being taught! There are some savage lecturers across DIT but we can't know who they are unless you tell us. I sat on the panel with 4 others choosing last years winner and he was the guy with the highest number of student nominations. It's not always right, but we do care about our opinions, so do tell us what you think about the DIT

Show you appreciate the effort and give that exceptional lecturer a compliment.

GET READY: IT'S THE E TEAM!

The Events Team is a team of students, interested in getting involved and helping out in any of a multitude of ways, some of which are listed below and some of which you'll tell us or will be dealt to us through divine inspiration along the way.

Send us an email [events@ditsu.ie] and let us know what you're up for getting involved in and which site you're based on.

- Helping organise / plan / run events on your site to make fun happen and create an atmosphere
- Helping out at DITSU events
- RAG Week - LOADS to do during RAG Week
- Promoting events - running around all happy and smiley with flyers or tickets etc.
- And much much more.

AND if that wasn't enough, would you check out the wicked T-shirts we've had made for ye... seriously, how can you resist?

DIT STUDENT SATISFACTION SURVEY

'I fed up doing assessments? Then why not assess us!' DIT Campus Life and the Retention Office, with the assistance of DITSU are asking you to take part in the DIT Student Satisfaction Survey 2010. This major survey will ask all DIT students about their Student Experience here at DIT.

The questions cover all areas that make up the student experience, like the library; sports; catering; academic feedback; administration; student support services; transport.

The survey takes less than 10 minutes to fill out and as we are aware that time is valuable, every student who completes the survey will be entered into a draw for a top prize of an Apple iPhone and five €100 cash prizes. The draw will take place after the survey closes. Students can access more information about this survey and a link to the survey at www.dit.ie/life. The survey is currently underway so please get involved and tell us what you think about the DIT Student experience!

CARS: POSTER COMPETITION

CARS (College Awareness of Road Safety) promotion and showcase - April 19th - 23rd

Poster competition - Design a poster for this Road Safety campaign and win an amazing prize!

More details at www.ditsu.ie

FIT2GO: BACK IN BUSINESS!

Details of the membership packages can be found below and, as always, are easy on the pocket.

Ms Ireland: FUND RUN

Why not get down and dirty to raise some much needed cash for Ms Ireland? All you need to do is take part in Ireland's first ever Mud Run.

It takes place on Saturday 27th Feb. More details are available at mudrun.ie

Mud Run - Ireland?

We are delighted to announce that the Fit 2 Go facility has re-opened its doors. Now is the time to make good on those new year resolutions and make use of the state of the art gym and pool facilities.

Details of the membership packages can be found below and, as always, are easy on the pocket.

Membership packages will be available for purchase from Monday 15th February 2010

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<thead>
<tr>
<th>Package Type</th>
<th>3 months</th>
<th>6 months</th>
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<td>Staff - All Inclusive</td>
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<td>Student - Pool Only</td>
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<tr>
<td>Staff - Pool Only</td>
<td>€50</td>
<td>€80</td>
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</tbody>
</table>

Join online at www.ditsports.ie or call into Fit 2 Go Club facility for further details.

www.ditsports.ie

DONATE BLOOD

The IBTS Bloodmobile will be in DIT Aungier Street on Thursday 25th February from 11.00am - 2.15pm.

This is your chance to save a life. Give blood.
What if... Things go wrong...

I THINK MY EXAM MARKS ARE WRONG?

If you think that the marks you have received in your exam/assessments are wrong you can get the marks Rechecked. The purpose of a Recheck is to make sure that there are no errors in the adding up of the marks and that the results have been recorded accurately.

Firstly you should contact the lecturer in question to discuss the marks. You are entitled to get detailed, constructive feedback on EVERY assessment so if you have a chat with them it may clarify the situation for you. If you still have doubts you can submit the Recheck form within 3 working days of the publication of results on-line or on the Exams Noticeboard - not when you receive them in the post as it will probably be too late then.

Rechecks cost €15 per module and is fully refundable if errors are found. You can get the form (A/R from 1) from the Exam Office or download it from www.dit.ie/media/documents/academicregistrar/20092010/recheck_form_0910.pdf and submit it along with the fee. The Students' Union will be happy to advise you with the process.

I HAVE DISCUSSED MY MARKS WITH THE LECTURER AND I STILL BELIEVE THAT THE MARKS ARE WRONG?

This year for the first time any student may apply to have assessments Re-marked.

If you believe that the marks you have received were wrong you must contact the lecturer who corrected the exam paper/assessment immediately to discuss the marks in detail. Following this if you are still concerned with the marks you can have the exam paper/assessment Re-marked. This costs €15 per module and you have 5 working days from the date the results are published on-line or on the Exams Noticeboard – not when you receive them in the post.

You can get the form (A/R from 2) from the Exam Office or download it from www.dit.ie/media/documents/academicregistrar/20092010/remark_form_0910.pdf and submit it along with the fee. The Students' Union will be happy to advise you with the process.
"Fancy a roll down a hill in a big balloon? or jumping from a crane into a large net? Or going for a swim at the 40 ft? Get your sponsorship forms in your SU office. It's the only way you can get to jump from the highest thing in DIT since the Viagra truck crashed into Bolton street last year!

Raise money and have a blast for RAG week 2010 for Our Lady's Children's Hospital, Crumlin. Our target is €20,000, so please help!"

Seany
We're not going to write about all the standard events that will be returning this RAG Week. What we WILL do here is give you a run down of the new things coming up in 2010. Enjoy... and for those of you looking for the highlights, the colour blue is your friend!

Year on year we have been organising a Bungee Jump and year on year you line up to throw yourselves from the great height so we thought, how can we step things up? What is better than the big crane with the big long bungee cord? Well, it's obvious isn't it? The big crane MINUS the big long bungee cord. Clearly.

So, ladies and gentlemen, boys and girls, YOUR Students' Union present, for your plummeting pleasure, for the very first time ever in Ireland, **SCAD Freefall!!** SCAD stands for Suspended Catch Air Device and is, simply put, a freefall from 150 feet onto a giant net suspended above the ground. There's a significant amount of science behind the whole system that allows you to experience pure freefall for around 3 seconds. No bungee cord; just a big net for you to land on. Now, granted, you'll experience g forces of around 4 Gs but we're reliably informed that the landing is a soft one!

As for safety, the quote from the SCAD people is that it's safe enough for your gran! Now... I don't know about YOUR gran, but mine is a very safety conscious lady. We would never put on anything that wasn't 100% safe and the people who run these things are professionals and are all about the safety. So, there you go. That's the story. This year, instead of getting sponsored for a bungee jump you'll be getting sponsored for a freefall!!

Sponsorship cards are available now, from your local Students' Union office and the minimum amount will be €100 as usual. As always, feel free not to stop at raising €100. The record from last year stands at around €1400 for one bungee jump. Apologies for resurrecting the memory, as I'm sure any of ye who witnessed it have since banished it from your consciousness, but dearest Eamon raised the €1400 last year and did the bungee all but nekkid with some very poigniant messages written on his buttocks. <cute>But hey, it was all for charity so it's a good, good thing! Course it is...<cute>

The freefall is not the only new departure for RAG Week 2010. Following swiftly in its rather sizeable footsteps will be DIT students going *Zorbing*! Yo... ya... I hear ya... Question the first – *What is Zorbing*? Well, Zorbing is that thing where you climb into the big ball and roll down the hill.

Now, question the second – where are we gonna do Zorbing in DIT? We will, in fact, be transporting ourselves into the not too distant future and shall Zor in Grangeegorman, the future site of DIT. It's not far away, it has a load of green space and a hill and we may even put on a bus or two to get ye there if ye are that lazy. It'll be well worth it we assure you! Zorbing will be fun. It'll cost ya a mere couple of quid and the mere couple of quid will go straight to charity so you'll get the warm fuzzy feeling. And that rocks.

There'll be a RAG *Mag* out before RAG Week which will give ye the lowdown on what's going on so keep an eye out for that hitting the streets. Our new Events Team will be thrusting them into your waiting grubby paws.

**Die Hard Day** is a concept we're working on currently as a solid way to round the week off for all those who decide to go to the week full force! Go Hard or Go Home, that's what we say.

We'll have the nice people from 3 Ireland in during the week around the sites and they'll be bringing a gazoo, some nice flat screen TVs and a couple of Wii's for you all to play with!

This year we're returning to a successful formula from a few RAG Week's back where we're gonna take a shot at *bridging the gap* between college time and the night time events. We call that evening time and you'll be putting on some entertainment in a couple of Dublin's finer public houses to get ye all warmed up. And yes, we know it's not strictly speaking a NEW departure but still, it deserved a mention.

**TOAST 3** had details of upcoming events for 2nd semester. If you didn't catch it at the time then check the calendar at your local students' union office for February. The trees won't thank us for printing the same info again here it's the latest confirmed line up of madness to get us through to RAG.

**DJ Woody**

DJ Woody will be bringing the house down in Twisted Pepper on **Tuesday 23rd March**. It's had to describe what DJ Woody does. Google him on the internet machine and you'll see what we mean. Or, just head to myspace.com/woodymadura. It'll save you time with the Googling. If you like your music pounding and your dancefloor heaving then you're gonna wanna be there. We're hosting the Dublin leg of his Turntables in Technicolour AV Tour. It's a bit of a coup so we're a little bit happy with ourselves. DJ Yoda loves this guy and we love DJ Yoda so, by proxy, we have to love DJ Woody. Even if we didn't have to love him by proxy then, we'd love him anyway. Ya we would. And so will you! You know who else we love? The Bodystonic crew in Twisted Pepper, that's who. They've arranged some extremely student-friendly discounts for you all so the night should be reasonably easy on your pocket too. Tickets will be on sale in your local Students' Union office, usual story, and will be the **not-so-grand total of €5** in line with our ongoing commitment to bring you the best nights out for the best price out there. Keep your eyes peeled for the posters.

**Best Of The Rest**

That's what's confirmed... by the time you're reading this we hope to have added a couple more gigs in before RAG Week... I promised myself I wouldn't mention what we're working on but find it hard to keep promises to myself... I'm getting help with that though. So... we're looking at doing a gig on Sunday 21st February (yes, it's a Sunday - shocking, I know!) to kick off the DITSU Elections in style... we're also hoping to squeeze in a 90's night gig with the Smash Hits 90s Band doing their thing. The Class Rejas loved them at Class Rep Training. The 1st Years loved them at the Fresher's Ball. We reckon the rest of you guys will love them even more. We're working on the best venue for that one. As the man says, keep an eye out for the posters to appear if these ones come together!
THE STUDENTS' UNION OFFICERS AND STAFF ARE DEDICATED TO ENSURING THAT ALL STUDENTS HAVE A POSITIVE EXPERIENCE IN DIT AND THAT ANY PROBLEMS OR ISSUES THAT ARISE ARE BROUGHT TO THE ATTENTION OF THE RELEVANT PERSON/DEPARTMENT IN THE COLLEGE AND RESOLVED AS SOON AS POSSIBLE.

It's been a busy six months!

Financial queries at 234 are the highest category, reflecting the effects of the national economic situation on student life. Student annoyance at the impact of the Staff Embargo on classes, labs and facilities is captured in two categories – Quality Assurance and Class Issues totalling 118 so far and DIT Facilities problems at 67. Hopefully these problems will not recur in Semester 2 but if they do we will be on the case straight away! Tracey the President and Sean the Vice President have been centrally involved in finding solutions to these issues in particular. Finally there is the usual 'spike' in the number of Exams and Assessments issues in September at Repeat exams time.

So if you or your Class have any issues/queries about anything you can contact us and we will try to get it sorted out. Remember it’s your Union; we’re here to help and advise. All you have to do is ask!
**ADVICE: SAFE SEX**

**shag week**

_evolve you like, love safer sex...

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**Sexual Health Awareness and Guidance - SHAG WEEK IS OVER BUT THE MESSAGE IS THE SAME:** If you choose to have sex, protect yourself!

Apart from all the fun, the games, the messing, the paint and of course the free stuff... namely condoms! The week had a serious message for all of you... if you choose to have sex, protect yourself. I know sometimes you're out late, have a few beers and just can't be arsed with the condom, but think of what you're risking...

Check out the advice here from the DIT Medical Centre and use their service. You can contact the Medical Centre any time to book yourself in for a STI screening. A typical screen usually lasts for about 20 minutes.

**YOUR SCREEN INVOLVES:**

1. A chat with the nurse or doctor to obtain information about any relevant medical history, allergies, your previous sexual history (number of partners etc.), about any signs or symptoms and discuss any concerns you may have.
2. Blood samples will be taken for HIV, Hepatitis B and Syphilis. If you had an episode of unprotected sexual intercourse within the last 12 weeks with a new partner you will be asked to return for another blood test because HIV antibodies may take up to 12 weeks to be detectable in the blood.

Note sometimes the result of a HIV test can be inconclusive; in this case a further sample will be required.

3. **PHYSICAL EXAMINATION**

**FEMALE EXAMINATION:**

- Your examination cannot be carried out during your period.
- A speculum will be inserted in the vaginal area to take swabs from the vagina and neck of the womb (cervix). These will test for Chlamydia, Gonorrhoea, Trichomonas Vaginalis, Bacterial Vaginosis, Candida (Thrush). You may find this examination uncomfortable but it should not be painful. It only takes a couple of minutes.
- You will also be examined for presence of genital warts.
- An STI screen is not a smear test. A smear test is usually advised for women over 25 years.

**MALE EXAMINATION**

- A tiny swab will be taken from the tip of the penis (urethra) to test for infections including Non-specific Urethritis, Gonorrhoea, and Candida (Thrush)
- A urine sample will be taken to test for Chlamydia; please do not pass urine for at least 1 hour prior to your appointment time.
- A routine testicular examination will be carried out by the doctor and instruction will be given on how to do this yourself. Testicular cancer is not related to STIs but is common in young men.
- Men who have sex with men will also have a small swab taken from the throat and rectum (back passage).

**Screening for Herpes and Genital Warts**

It is not possible to screen for herpes and genital warts. You will be examined for the presence of both of the above at your appointment in the clinic. However, if no evidence is found, this does NOT mean that you are not a carrier of these. Approx 1 in 10 people who are sexually active carries the HPV (Human Papilloma Virus). Up to 70% of herpes is spread without signs or symptoms. Therefore it could be dormant in your system at time of examination and you may develop either at a later stage. The above STIs are spread by skin to skin contact, therefore even if you use condoms all the time you will not fully protect yourself from either of the above.

Condorn use, will however help protect you from all other STIs including HIV. The only way to reduce your risk of catching the wart or herpes virus is to limit your number of partners.

STIs are spread through oral, vaginal and anal sex and sharing sex toys.

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**DIT STUDENT HEALTH CENTRE**

**ROOM 2051, 2ND FLOOR,**

**DIT AUNGIER STREET**

**PHONE 402 3051**

**NOTE:**

THERE IS A CHARGE OF 15 EURO FOR SCREENING, IN THE CASE OF CANCELLATION THIS MONEY WILL BE REFUNDED ONLY IF 24 HOURS NOTICE IS GIVEN.
This is the time of year that everyone thinks about resolutions. Well think about this if you always do the same thing you always get the same results!

Try to make some changes this year.

Have a quick wander at the panels to the right of this page to see how making a small change can have big consequences. So if you are one of the lucky people to actually have a part time job earning €6.65 per hour you would need to work, 120 hrs for the win, 300 hours to enjoy all that beer, and 356 hours to smoke 20 cigs per day.

Apart from the financial cost think of your health too. Call up to one of the Student Health Centres in Aungier Street/ Linen Hall and to speak to a nurse or doctor for advice on how to lose weight safely.

By not using a condom once you are exposing yourself to the risks of HIV, Hepatitis B, Chlamydia, Gonorrhoea, Syphilis, and the risk of an unwanted pregnancy. Do you really want to become a mother/ father while in the middle of your college studies? (STI clinic available in the DIT Student Health Centre if you have had an episode of unprotected sex)

So why not think of changing one thing for the coming year? You can lose weight, become healthier, find it much easier to concentrate by drinking less alcohol and not feeling TIRED ALL THE TIME and if you put that money aside that you would have used to drink/ smoke look how much money you would have in your pocket this time next year! Enough to go on a FAB holiday. And after all your hard work in college YOU DESERVE IT!

Health tips courtesy of the DIT Health Centre.

Food for Thought

Feeling poorly? Horrible headache, runny nose, sore throat, fever, tired, moody and miserable?

Well, here's some good news. You can eat your way back to health. All you need to do is eat foods which are rich in immune boosting vitamins and minerals, and avoid foods which will make you feel worse. Simple!

'But which vitamins and minerals do we need and what foods should we avoid? I hear you ask (with wide-eyed enthusiasm). I'll begin by telling you about what you need.

I'm sure you've heard about Vitamin C. This super vitamin is found in citrus fruits, potatoes, blackcurrants, parsley, red peppers, guavas, kiwi, broccoli amongst other fruit and vegetables. It protects us by acting as an anti-oxidant (in other words, it gets rid of nasty toxins from our bodies) and generally helps our immune systems.

Next on my list is the mineral Zinc. Found in cashew nuts, baked beans, oysters, beef shanks and in many other foods, it benefits us by acting as an immune booster and healer in our bodies.

The mineral Selenium, which like Vitamin C is high in antioxidants, can be found in Brazil nuts, tuna, whole-grains, beef. Again, this is very beneficial in improving the health of all who feel under the weather. Next, Co-enzyme Q10, found primarily in meat and fish and B vitamins, found in oatmeal, cereals and lots of other foods, are all full of antioxidants.

Finally, a tip for you when cooking is to use lots of garlic, which is a natural anti-viral and to use as much onion as you can as it produces ‘killer’ cells which eat up nasty viruses and bacteria in your body. It is important to note that where possible, all vitamins and minerals are better taken as part of your diet rather than as supplements. This is because many vitamins and minerals need other vitamins and minerals to work (a partnership if you will) e.g. Vitamin C needs iron to work properly within the body. Also, food travels more slowly than supplements through your body, giving your body time to really utilise all of the vitamins and minerals before shooting it out the other end.

Now, let's get to what you need to avoid. Chocolate, coffee, alcohol and sugary things. No wonder we all get sick, I can guarantee you though, that avoiding these, especially when you're feeling 'yucky' will get you better in no time.

Armed with all of this useful information, you can create meals which will heal your tired body. You can eat yourself healthy! For breakfast have a vegetable smoothie (full of nutrients), or for those who can't face an oatmeal, baked banana and frozen berry smoothie (just put it all in a blender). For lunch have a vegetable soup (meanwhile the onion) and for snacks you could munch on some cashew nuts or brazil nuts. And for dinner why not try the below recipe for Grilled Tuna with Honey Mustard Marinade. Enjoy!

Grilled Tuna with Honey Mustard Marinade

Grill the fish to perfection:

Ingredients:
1. 1 to 1 1/2 pounds tuna medallions or steaks
2. 2 tablespoons dijon mustard
3. 1 tablespoon olive oil
4. 2 teaspoons soy sauce
5. 2 tablespoons white wine

Method:
1. About 1/2 pound of garlic, minced
2. Place tuna in a glass bowl
3. Mix all ingredients together
4. Grill for 5 to 7 minutes, or until a bit pink in the middle.
WELL A TRULY HECTIC SEMESTER IS NOW OVER, AND A NEW ONE IS UPON US, WITH MANY EXCITING THINGS TO COME!

Last year finished with a Meeting of the DITSU Governing Council, where USI Representatives: Peter Manion, President; Dan O'Neill, Deputy President and Chris Bond, Eastern Area Officer were invited to a Question and Answer session by the Governing Councillors. Many contentious issues were discussed, and USI will be invited back before the end of the year.

All of the Governing Council Sub Committees have been meeting regularly, and this will continue into the new semester, where the committees start sitting from the 2nd February. I would like to take this opportunity to thank all the members for the hard work and time they have put in to make the all the committees successful for the first time since the new Constitution was adopted.

Class Rep Meetings, and Local Programme Implementation Teams (LPIT's) have all been sitting regularly, with great attendance. Let's hope we can continue the momentum into the second semester.

February will be a crazy month on the democracy side of things, starting in the first week with Class Rep Meetings being held on all sites, and two sessions of Governing Council, 10th February and 22nd February. The latter will be accommodating the Sabbatical Husting sessions, and will be held in Gleeson Hall. This is a chance for the candidates running for Sabbatical Officer to address the Governing Council, and take questions from the floor. If you are not a Governing Councillor, you are still welcome to come and watch the evening's proceedings.

We are also preparing for USI Congress, which will be taking place from the 30th March to 2nd April 2010. We will be taking 10 motions forward, and if passed, these will form part of the USI Policy which stands for 5 years. If you are interested in going as part of the delegation, an application needs to be submitted to the Clerk of Governing Council's office, no later than Thursday the 18th February. Spaces are very limited, so make sure you get your application in on time.

Please keep checking the website for all democracy updates, and you will also find past Minutes and important documents. Once again, if you have any queries, please drop into your local Students' Union Office, or contact Claire Healey on 01 402 2940 or administrator@ditsu.ie

HOW CAN I FIND OUT ABOUT THE CANDIDATES?
Apart from the many posters adorning the walls, each candidate’s details and manifesto are on the following pages and on ditsu.ie. Also the HUSTINGS are a great opportunity to see & hear the candidates in person.

HUSTINGS are public questions & answers sessions where the candidates address the students and take questions from them. They explain why they wish to run for election and what they plan to do during the term (sabbatical). Students ask questions or raise issues and ask how they would deal with them. It's an excellent opportunity to suss out the people you will choose to represent you next year.

WHEN & WHERE CAN I VOTE?
You need to vote on the site you are registered on (except for Temple Bar and Portland Row Students who can vote in Aungier & Mountjoy if they miss Monday voting). Polling stations will be on your site during the following days 22 – 25 FEB.

HOW DO I VOTE?
1. Take your Student card to the polling station on your site. Your name will be ticked off the list. If you are not on the list - you're probably on the wrong site. You must vote where you're registered.
2. Get the 3 ballot papers in total - 1 for each position.
3. Mark your preferred choices as number 1, your next preferred as number 2 and so on.
4. Pop your ballot papers into the sealed ballot box.
5. Revel in the feeling of having done your civic duty.

WHEN WILL WE KNOW THE RESULTS?
The ballot papers are counted on 25 Feb 09 in Bolton St at 2pm. This is a public count and all are welcome so come along. Results will be announced on ditsu.ie

WHY SHOULD I VOTE?
While you are a member of the Students Union already, you should vote in the elections to further add your support. Like all unions, the bigger we are, the stronger we are.

When you students take part in SU activities such as voting and campaigns, our voice becomes louder and we can DO MORE FOR YOU OUR MEMBERS.
So, here they are - your candidates for election. But aren't used to their faces? You'll be seeing a lot of them! Read on to find out what each candidate has to say and why they think you should give them your vote.
Candidate Running for:
SU President
Sean Campbell

Manifesto for Election:

This year has been one of the busiest years for DITSU officers - on top of the usual issues, we've had the cutbacks/staffing embargo and more and more students struggling in this recession. All of this means that we have been pulled from pillar to post, which I suppose is what we were here to do when we ran for election.

For me and the part I played in it, the reopening of the pool/gym means that for the first time ever DITSU was worked successfully at a national level to solve issues in DIT and shows what we can do when we are together.

Sitting on the Governing Body (High Court Decision Making Committee) of DIT, and on the Boards of DITSU, DITSU Trading and the many more committees in DIT, as VP, has given me the great experience and a head start, if elected as President with the running of the Institute. If you give me your vote you will certainly get value for money. I for one have learned that I am not afraid of taking my say for you the students, whether at Governing Body or with the HEA / Minister for Education.

For me, DITSU is something that we can all be proud of, and to be a member of active, powerful organization, making sure on protecting students rights. This means making sure all Union activities and services are relevant to you, while at the same time challenging DIT to provide the excellent student experience you are entitled to. So far this year I have achieved a great deal for students all over DIT, and I'm not finished yet!

RAG week is on the way and the plans are looking really great, it's going to be the best week of the year!

Other Achievements...... so far:

- Part of effort to get Gymn & Swimming Pool back open
- Abot of Improvements to facilities on campus for students, bottom of library a work in progress
- Attended well over 250 meetings in DIT to raise issues on your behalf
- All our events prices down to €5.00 per gig
- Classes finally moved out of Gleason Hall and into rooms
- Lobbyed for Plasmar Screens for most of the sites for ents and info campaigns
- Insomnia Coffee and Tea Machine in all our SU shops, including Cathal Brugha
- 3 fully packed fun filled Grad balls
- Fundraising for the RAG charity and also got it to be the USI National Charity
- Organised the only Fresher's week to ever last 2 weeks
- Organised over 50 class party's to date
- Planned the best RAG week DIT students will see, I promise! And a lot more, see fliers for Details!

Yours Sincerely,
Sean Campbell.

What I want to do next year as you President:

First things first, we need to tackle communication. There have been a lot of improvements to communications this year but I want to do more. I want to look into using Gmail as the new student e-mail system. Let's face it, the system we have has problems. Gmail is a more user-friendly system and will give students improved access to e-mails. Less annoying, less hassle, much better for everyone.

I also want to incorporate Boards into the DITSU website. Boards is a system used successfully by colleges across the country and I think it would work well in DITSU. It is a great way to open up the lines of communication even further. Every little helps.

One of the big things I'd like to work on is Christmas Exams. They are scheduled in January which effectively means a stressful Christmas. I don't see any reason why the exams shouldn't be before Christmas, that way you guys get some well earned rest over the holiday. It would take a lot of work, but that's not something I'm afraid of.

I want to work on making sure that the same high standards are available across every site in DIT. It shouldn't matter what site you are on, whether it's one of the six main sites or one of our many smaller sites around Dublin, every student is entitled to the same level of supports, communication and attention. That's very important to me and something I will work hard on.

The students in DIT are the Union. So it's really important that students get involved. I want to push student participation even further. I want even more students getting involved and having fun, whether it's within the union or having a laugh in clubs and societies. Again, I believe communication is the key here. I want to sit down and review and improve how students are communicated with.

Finally, I want to ensure that DITSU maintains its reputation as a union that informs and defends its students. They say no man is an island and I think that goes for colleges as well. It is important for us to maintain good working relationships with other college unions because we can learn from them and I know they can learn from us. That will include talking at as many people, listening to others and making sure that DITSU's interests are represented outside DIT. I intend to make sure that students get value for money by keeping them advised and involved on DITSU's efforts on a national level. I hope this convinces you that I am the man for the job. I won't let you down.

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Sincerely,
Sean Campbell.

"Our Union is a great resource, but many students don't know this.
I don't want to leave DIT without changing that. Also I have done everything I set out to do in my manifesto, for this current team. I will do the same next year when you vote for me as your SU President."
The Role of The President

The president of DITSU is responsible for two departments. These are Chief Operations (strategy and running of the organisation), and Communications (with students, DIT, and the world beyond). The president is also the chief spokesperson for the Union. I believe that a more important role however is that of Chief-Lessee.

My Promises to You – The Student That Pays For This Union

A president of the people, I will not hide in meetings but instead will be out listening to your thoughts and issues.

An open office policy, making my office open to you to voice your issues.

A weekly Q&A session, so you can ask me direct questions and get the answers you deserve.

Q&As of importance to the whole student body will be published in the Union media.

Creation of a leader of the opposition type position to directly ensure that the president deals with your questions or matters – your watchdog.

Greater transparency on decisions.

An electronic forum allowing students to directly interact with the President, Vice Presidents, and Conveners.

A Time For Change – Not Empty Promises and Soundbites.

In my five years I have held many DIT Students’ Union positions, including Clubs Officer, Services Officer, Governing Councillor, Class Rep, Convener, Director of DITSU Ltd, and most importantly Class Rep. I have also represented DIT students at a national level for the post five years as a delegate to The Union of Students in Ireland National Congress.

While this section may seem like a CV, and it is in many ways, I only mention the positions I have held so as to show my wide experience of this union and of its institutions. In my five years I have seen much that has impressed me, but I have also seen much that I am very unhappy with.

The biggest failure of this union in my five years has been its inability to reach out to its most important asset, You – the student who pays for the wages, and services offered by this union.

Over the past five years this union has greatly improved the efficiency and quality of everyday services. As a service provider it has grown strong, but as a democracy it has become weak.

Being a dedicated class rep for five years, I know that nothing is more important than the grassroots, the members of this union, the students who benefit from its success and who suffer greatly as a result of its failings.

For years, presidents, and vice presidents have been elected on the back of promises that can never be kept. Promises of sweeping changes to DIT and to the quality of student life. Those changes can never be brought about in the manner that they have been pursued to date. Union leaders have lost touch with students on the ground, and without the support and backing of our 22,000 plus students, no real change can be made.

There has been too much concern with changing DIT, and not enough with getting our own house in order first. As you will note, almost all of my promises are concerned with the effectiveness and efficiency of Your Union. I aim to enact these changes, to provide you with the strong union that you deserve and have paid for. Even if we are strong we can achieve any of the changes we would like to see.

Another major weakness is our lack of real representation at a national level. Each Year DIT students pay a total of €66,000 to the Union of Students Ireland USI. I do not believe that we get value for our money. How many of you can name the USI president for instance, or can claim to have spoken to him. €66,000 could pay for two more full time positions to give you a better service, or could give 15 students part time paid positions, or pay for a Public Relations consultant. It would also help a lot of students in very hard times. What do you think?

A Man Of The People

By definition, a leader requires followers, and this has not been evident of many of our leaders in the past. Our presidents have catastrophically failed to bring students behind them. They have failed to lead from the front. Choosing instead to hide in paperwork and bureaucracy.

As a presidential candidate, I have clearly laid out the president that you will get by voting for me. I will focus on what this union can offer you, and how effective it is at offering you support and services. Every minute that I can, I will be out and among the students, walking and talking my way through the canteens, and the common areas, ensuring that you see the president that you elected, and that you get an opportunity to hold me to account.

Past candidates have recognised that they will never be the leader of this union without your votes, but this is not all that must be recognised.

This union will never have a strong leader until it has a strong following. Voting for me is the first step, and I will reward your trust in me by ensuring that your voice is heard! A vote may sometimes just be a tick in a box, but a vote for Ciaran Nevin is about giving yourself a voice, and giving this union a direction! Thank you for your time, I look forward to serving you!

Sincerely,

Ciaran Nevin.
Manifesto for Election:
Relevant Experience
Office Assistant, Oifig Na Gaeilge
DIT, 147-149 Rathmines, Rathmines,
Dublin 6.
Responsibilities included:
- Event planning I organised an
  All day cross Campus event “La
  NO Bearla”: Sourced prizes for
  each competition, organised
  and delegated staff to man
  promotional stands & to judge
  the completion.
- Poster design & Scheduling of
  “La NO Bearla”
- Publicising this event & Other
  Society activities by through
  Direct mail and through face
  to face promotion. This required
  the effective communication
  skills clearing detailing and
  promoting the appeal of each
  event.
- Design of T-shirts, Posters and
  hoodies for society promotions.
- Ordering of Prizes and dealing
  with suppliers for Society
  promotional apparel on a daily
  basis.
- Working as part of an office
  team reporting to my line
  manager.

Aims and Objectives:
My aim is to make DIT a more
environmentally-friendly and accom­
modating place for students. I wish
to improve the student experience as
much as possible. I aim to listen to the
students and change the things that
they want to change. My objective
is to make college as enjoyable an
experience as I can.

Policies:
- Link DIT with more affordable
  student accommodation.
- Get more recycle bins in DIT.
- Create an energy-saving envi­
  ronment, with computers being
  turned off overnight.
- Work with the Vice-president
  of Services and Trading to
  get library hours that suit the
  students.
- Work with the elected sab­
  baticals towards reinstating the
  rag trip.
- Work with the staff to get
  things fixed quicker around the
  campuses.
- Get more downtime activities,
such as pool tables, in the
  smaller campuses.

Reasons for Running:
I have a passion for all things DIT
and think I would fit in in the SU. I love
the idea of helping people with the
difficulties in college, like finance and
accommodation. I want to help the
student body change things that need
to be changed.

Yours Sincerely,
Claire Cullen.
CANDIDATE RUNNING FOR

SU Vice President. [Academic & Student Affairs]

John May

Manifesto for Election:

So for those of you who don’t know, Vice President of Academic and Student Affairs deals with anything from you picking up exam papers to problems with your landlord. Among friends I am the problem solver so I know expanding this role to all the students of DIT is the job for me. We are the Students’ Union, a clique some say but it’s a clique with some 22,000 members. So participate, communicate and informate

Background and Experience:

- Captain of school debate team
- Directing casts of 60+
- CBST Drama Soc President, Vice President, Treasurer and North-side Public Relations Officer.
- Class Rep 08/09
- DITSU Governing Councillor 07/08 and 09/10
- Four years experience working on DITSU campaigns, promotions and events.
- Seven months of professional placement engaged in conflict resolution and legislative enforcement.

Most relevant of all however, I am this year’s Chairperson of the Academic and Student Affairs Sub-Committee which reviews the Academic Affairs and Student Affairs yearly work plan. From this I have an in-depth working knowledge of the function and role of the VP of Academic and Student Affairs.

Aims and Objectives:

My main goal as VP of Academic and Student Affairs is to reinforce the mantra of “participation, communication and information”. Students across all campuses are still oblivious to the services available to them, and their entitlements as DITSU members and as students of DIT as a whole. Participation within the Union and communication throughout DITSU and the DIT needs to be improved just as information on the services and resources available needs to be communicated effectively to all. The services are there for you and they should be utilised.

In relation to Student Affairs I wish to highlight and work on the following areas:

- Accommodation – Students now find themselves in a rare position of power when it comes to accommodation and with regard to terms of tenancy. I intend to promote awareness on tenancy rights, health standards, electricity ratings etc.
- Employment – I plan to make information on employment rights more accessible to all students. I also plan to investigate the feasibility and merits of creating an overall employment committee/site specific officers to manage and update a database of job opportunities, and to take positive steps towards the provision of adequately paid work placement for students.
- Finance – I believe that a comprehensive information campaign on the financial supports and services available should be run upon students return to the new academic year. Throughout the year I intend to continually highlight your entitlements with regard to financial supports and services through information campaigns, the class rep system, fresher packs, and all available channels of communication.
- Welfare – I intend to increase promotion of the health services already in place, throughout my term of office. The DIT’s counselling service is worryingly understaffed. This must be addressed as a matter of urgency along with tackling any possible negative perception surrounding this service. One possible way of achieving this change to perception could be through the use of confidential student testimonials. I would work towards the introduction of health and safety training (first aid, manual handling etc) for class reps as a pilot scheme, with a view to expanding it to a wider student base.
- Non-traditional Students – With the introduction of the Lifelong Learning Pilot scheme there will be an increased demand for more funding and resources to provide support for these students. I will work tirelessly on opening this increased demand.

In relation to Academic Affairs:

Exams – I intend to push for standardised procedures for exam registration across all sites, increased communication between DITSU, the exams office and faculties, with meaningful academic feedback. These are all issues I plan to work tirelessly on during my term of office.

Class Rep recruitment – I will encourage and work along side Course Reps to strive for a full compliment of class reps to ensure your opinions are heard and acted upon.

Library – I will work towards site-appropriate library opening hours, improved services, and increased quiet room spaces.

Support services – I intend to continue the work on the schemes, and second-hand books database to ensure it is comprehensive, up to date and that every student knows of the existence of these great resources.

Technology – I intend to continue the development of the new student e-learning and communication.

Accreditation for Participation – I plan to lobby the DIT and Government to address this increased demand.

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- Technology – I intend to continue the development of the new student e-learning and communication.
- Accreditation for Participation – I plan to lobby the DIT and Government to address this increased demand.

Declaration of my Commitment to you:

I have gained valuable experience in diplomacy and conflict resolution through my life experiences. This is one of the key elements I will bring to the role as your representative in Academic and personal matters. When you elect me I shall protect your rights and advocate on your behalf, and every time you need me and in the process of doing so I shall strive to ensure that at all times, I will remain accountable to you, the students, and that while maintaining the confidential nature of some of my work I will allow complete oversight of my actions and will at all times make myself available to assist with any issues or concerns you may have.

"Participate, communicate, informate"

It’s your Union, use it.

Yours Sincerely,
John May.
CANDIDATE RUNNING FOR:

SU VICE PRESIDENT (SERVICES & TRADING)

BARRY DRAKE

MANIFESTO FOR ELECTION:

RELEVANT EXPERIENCE:

I have a lot of experience with the students union. I am involved in a lot of different areas of the students union at the moment. I am currently a resident assistant in the Herberton student accommodation in Rialto. This is my second year to DIT at the Herberton student accommodation union at the moment. I am currently sitting on the governing council for DITSU at the moment. I know what it takes for the daily running of the DITSU and the work involved in the job.

The experience I have had as a residential assistant is huge. On a daily basis I would be sorting out problems for students that are living in the accommodation. I also organised induction evenings, events, nights out and parties and I would like to think that I brought some life changing moments to the students that lived in the Herberton. If I am elected Vice President I would like to think that all of the experience I have gained would stand me in the position.

I was also a part time officer in DIT Kevin Street in 2008/2009. I helped with the organisating of events in the campus. I hope all of this particular experience will be very useful and will make my role as VP more interesting and more enjoyable for students. I also organised very successful days where societies like the DJ soc came in and performed their stuff for us in the Kevin Street Students Union. In 2008 and 2009 I was part of the induction team Kevin St. I also was part of the team that helped with the ftes and matches for the Eastern area colleges and also for the national protest the USI organised in Dublin.

OTHER EXPERIENCE:

I am currently a member of the Mostrim Gun club. In recent years I was elected as the treasurer of the club. I also sat on the committee as the PRO of the club. With these roles I was dealing with the day to day running of the club, the spending in the club and also the advertising the clubs events and news. I have won four U21 county high Gun competitions in successive years and in 2002 I was involved in the club team that won the overall Longford title. I also represented Longford at the All Ireland Clay Pigeon Shooting from the years 2003 to 2008. In 2004 I came 4th in Ireland in the U21 event. As a Gaels football player I have played under the severest pressure at all levels of the game. I have won medals also at all levels of the game.

I also am a qualified electrician and as my first experience of DITSU was when I was an apprentice electrician in Kevin Street in 2006. As an electrician I was a Foreman for the company that I worked for in which I was in charge of 20 other electricians. This was no mean feat for a 21 year old at the time but the challenge and experience was great and I believe that I stood up to them. However in 2007 I did make the life changing move to go back to college and DIT was my college preference.

REASONS FOR RUNNING:

One of my main reasons for running would be to change the lives of thousands of students and give them the best college experience that any student would ask for. In the past few years I have noticed when students are going into second and third year they will no longer want to participate in the DITSU events. It seems to me that most events would be aimed at the Freshers coming into DIT and lets be honest a 22 year old 4th year student wouldn’t like to be at events where there is a gathering of newly freshers. They would much prefer to go to more sophisticated clubs in town to meet mature people. I believe that college should be fun no matter what year a student is in so I will intend in doing events for each and everybody that attends DIT.

We all know that the services in DIT particularly in this year is a massive issue and affected almost all of the students in our college. I intend to make some major moves in this area in the attempt to make DIT a better facility in general by working with the buildings manager and other sabbaticals to ensure the safety and comfort of the DIT students.

I would also like to make improvements to the DITSU shops. I would try and get them to hold more stock over the period of the Christmas and the summer for the students. I would work with the shop managers and other sabbaticals to ensure that non-perishable goods would always be kept in stock for these times.

Library opening hours are also a very important issue especially around the times of exams. I will work with the rest of my team for trying to solve this problem that affects all students around these times.

I would like to improve the Wi-fi systems around each of the colleges. I will work with the system to improve the Wi-fi systems in the college has been a very contentious issue in the past few months and I would like to improve this facility for the students. Also the issue with the printing system in the colleges is a major issue. I would propose to introduce the new system in the colleges. I would also like to make printing cheaper through out the colleges.

I would also propose to move the DIT email accounts to google. I would like to do this by working with the IT department to give the students a lot better system of emails and communication.

ENTERTAINMENT:

Loads of events across the board for all students to get involved in the student lifestyle. There are loads of different types of events run each year over the two semesters for all students to get involved in the student way of life. I would like to have loads events for all big occasions such as Christmas ball, Halloween and Easter parties. I would look after all occasions and all areas of DIT.

I would try to introduce more fun into the Union with more games. I propose to introduce such systems as the Nintendo Wii into all the common areas, where possible.

I would also propose to introduce good working PA systems into all of the unions and I would put in place a juke box in each of the Student Union areas where possible to make it much more fun at lunch times for the students. To make lunch times and break time more interesting for all students.

I would also like to try and bring back some sort of a Mystery trip for DIT students for e.g. during RAG week for the students. As an apprentice electrician I attended one of these trips and thought it was the business, however since coming back to DIT the Mystery Trip has not happened at all. Although it is only one day that I think that we need this bit of mystery back in DIT. I would like for this issue to be resolved and bring a mystery trip which would be safe and enjoyable for all students.

Yours Sincerely,

BARRY DRAKE

WE ASK THE IMPORTANT QUESTION, SO YOU DON'T HAVE TO:

In less than 50 words, why should we vote for you?

You should vote for me to be your VP Services & Trading for the simple reason that I am the best in DIT for organising a good party and getting things done. Next year will be a great year when I am elected VP Services & Trading.

If you were a biscuit, what biscuit would you be?

I would be a chocolate caramel digestive (dumped in tea for best results).

What's the best thing about DIT?

Having the city of Dublin as our Campus!

What's your biggest gripe about DIT?

The lack of good sports facilities for DIT students.

World Peace or The Puppies?

World Peace!!
CANDIDATE RUNNING FOR:
SU Vice President [Services & Trading]

Eric Fitzgerald

Manifesto for Election:
Hi, I'm Eric Fitzgerald and I'm running for Vice President of Services & Trading. I'm a final year Journalism student at the Amsterdam School of Communication (Amsterdam, The Netherlands) and I'm passionate about improving the student experience at DIT.

Background and Experience:
As a student, I've worked with the Students' Union in various capacities, including as a class rep for the DIT Union in 2009/10. I've served two terms as Class Rep Convenor and these roles have given me a wealth of knowledge about how the Students' Union works and what needs to be done to change it for the better. My two terms as Class Rep Convenor have given me a unique perspective on how your Union works and how I can make it work better for you.

We have the best Students' Union in the country, no doubt about it. But it's missing something — a little something.

Aims and Objectives:
Your Students' Union is missing something — a student voice in events organisation.

It's missing a strong student voice in the organisation of events. Students currently have very little say in the events that they want to see happening. As your Vice President of Services & Trading, I promise to establish an Events and Venues Management Team which will involve students in the decision-making process for events.

Your Students' Union is missing something — hassle-free class parties.

It's missing a simple, easy way to organise a class party. When I am elected your Vice President of Services & Trading, I will establish an Events and Venues Management Team which will involve students in the decision-making process for events. These students will be on hand to help you should you need it.

Your Students' Union is missing something — basic needs.

It's missing an adequate response to your basic needs being met for learning facilities. We have rooms across DIT without adequate heating, adequate seating, adequate lighting, locks and even window seals. As your Vice President of Services & Trading, I promise to fight tooth and nail to make sure that your basic needs are met.

Your Students' Union is missing something — a forum for the stars.

It's missing an award to entice the world's finest actors, musicians, politicians and sports-persons to come and talk to DIT students. If elected, I will promote the DITSU's Domestic Tourism Scholarship Fund, which will enable the DITSU to fund travel expenses for students who wish to attend events, and to bring in students from other institutions to attend events at DIT.

Your Students' Union is missing something — a powerful force for change.

It's missing an alternative to the worlds finest actors, musicians, politicians and sports-persons to come and talk to DIT students. If elected, I will promote the DITSU's Domestic Tourism Scholarship Fund, which will enable the DITSU to fund travel expenses for students who wish to attend events, and to bring in students from other institutions to attend events at DIT.

Yours sincerely,
Eric Fitzgerald.
CANDIDATE RUNNING FOR:
SU VICE PRESIDENT, (SERVICES & TRADING)

John Wade

MANIFESTO FOR ELECTION

RELEVANT EXPERIENCE:

Product Design is one of the few courses in DIT which is based on more than one campus. As a result of this I know the campuses of Bolton Street, Aungier Street and Mountjoy Square equally well. I am also familiar with all of the other campuses through my involvement with the Students Union during induction week as I was a member of the WOW crew this year. Being president of the DIT Ski Club has given me the opportunity to get to know all of the DIT locations around the city and their respective facilities.

During my time as president of the DIT Ski Club, I ran The Launch Club and the following year I was elected secretary of the Ski Club and the following year became president. I have extensive experience in fundraising, event organisation, group management, and problem solving and issue resolution.

In the summer of 2009 I cycled from Dublin to Paris in aid of the Irish Hospice Foundation covering 600 km in 5 days. As a result, I raised £5,500 for the IHF.

OTHER EXPERIENCE:

I spent two consecutive summers (2006 & 2007) doing volunteer work on a monkey sanctuary in South Africa, constructing enclosures, cleaning cages, feeding the monkeys, building fire breaks, patrolling etc.

In 2008 I was elected secretary of the Ski Club and the following year became president. I have extensive experience in fundraising, event organisation, group management, and problem solving and issue resolution.

In the summer of 2009 I cycled from Dublin to Paris in aid of the Irish Hospice Foundation covering 600 km in 5 days. As a result, I raised £5,500 for the IHF.

REASONS FOR RUNNING:

As a final year student I can see the benefits of getting involved in every aspect of student life, as college is about much more than just attending lectures and exams! I feel that the social scene in DIT can still be improved greatly through the use of better cross-campus communication and events. Every DIT student pays the same capitation fee of €1500 to attend but not every student receives the same facilities or services. As the VP Services and Trading I would strive to ensure that each campus and each student, whether international, part-time, full-time, or mature, is treated equal!

What's the best thing about DIT?

"The fact that the smaller colleges don't receive the same facilities and services as the bigger ones despite the fact that every student pays the same €1500 capitation fee! Also, the cross-campus communication and perhaps the lack of student bars!"

What's your biggest gripe about DIT?

"The fact that the smaller colleges sometimes get the same facilities and services as the bigger ones despite the fact that every student pays the same €1500 capitation fee! Also, the cross-campus communication and perhaps the lack of student bars!"

Objectives:

- There will be no such thing as "the forgotten college", every campus will be treated as equal. If facilities can't be matched due to space issues or building regulations, then I will make every effort to ensure that alternative services will be provided.
- If elected to office, I will set about achieving the following for students:
  - Lower prices for students in the canteens, SU shops, and coffee shops on all campuses.
  - Better meal deals and better savings for students.
  - Laser card machine in the canteens and shops.
  - Working computers, keyboards, mice, desks, printers, scanners and up-to-date software.
  - Access to working printers outside of library opening hours on every campus.

John Wade

In less than 50 words, why should we vote for you?

As a final year student I can see the benefits of getting involved in every aspect of student life, as college is about much more than just attending lectures and exams! I feel that the social scene in DIT can still be improved greatly through the use of better cross-campus communication and events. Every DIT student pays the same capitation fee of €1500 to attend but not every student receives the same facilities or services. As the VP Services and Trading I would strive to ensure that each campus and each student, whether international, part-time, full-time, or mature, is treated equal!

If you were a biscuit, what biscuit would you be?

I would be a chocolate caramel digestive (dunked in tea for best results).

What's the best thing about DIT?

"The fact that the smaller colleges don't receive the same facilities and services as the bigger ones despite the fact that every student pays the same €1500 capitation fee! Also, the cross-campus communication and perhaps the lack of student bars!"

What's your biggest gripe about DIT?

"The fact that the smaller colleges don't receive the same facilities and services as the bigger ones despite the fact that every student pays the same €1500 capitation fee! Also, the cross-campus communication and perhaps the lack of student bars!"

World Peace or The Puppies?

Puppies obviously!
In the past, the Convenor was elected by the Class Reps but this year we have opened up the voting to all students. So while there may be just one person running on some sites – you still need to vote yes to their election on the ballot paper or you can vote to Re-Open the Nominations and start the whole race again for that position. So talk to the candidates and check out your options and then vote for the people you want to take over when the 6 current convenors pass the baton in July.

The Class Rep Convenor, does more than look after the Class Reps Meeting for the year – s/he is the link between the Sabbaticals and the site. The Convenor will be helping organize local events and activities so make sure you find out what they’re planning for your site next year.

THE CONVENOR HUSTINGS PROVIDE YOU WITH THE CHANCE TO MEET THE CANDIDATES IN PERSON AND TO ASK THEM QUESTIONS.

CHECK OUT THE DATE THAT THE HUSTINGS WILL BE TAKING PLACE ON YOUR SITE, AND GET YOUR QUESTION READY.

CANDIDATE RUNNING FOR:
SU CLASS REP CONVENOR.

Siobhan Abrook.

Manifesto for Election:

Background:

Siobhan Abrook is a 2nd year Business and Management student. From her very first day in DIT SUs she has been involved in all SU campaigns including inductions this year and is the first part time officer for Aungier St. this year.

In her 1st year she was class rep for DT365 and was elected as a Governing Councillor in 2008/2009 and again in 2009/2010. She is also on the Academic and Student Affairs Sub-Committee.

Siobhan is passionate and committed to the Students’ Union but most of all to students within it. She wants to improve participation and enhance the good parts of student life and smooth out and address the problems in Aungier st and Temple Bar to make it a brighter and better place for all students.

Aims & Objectives:

Facilities: Aungier st is a brilliant campus but there are problems all over the buildings with broken chairs, projectors, the water fountains not to mention the mess in the Student Union common area. Also Library opening hours are a big problem for students as they have been closing at different times and not staying open long enough. Siobhan intends to drive improvements in Aungier st and Temple Bar to make it a brighter and better place for all students.

Reasons for Running:

I want to fix facilities. I want to ensure that everyone knows about the SU and the services it offers. But above all I want to get students involved. I will do this by getting out there, being active and encouraging people to join in, whether as Class Reps, Governing Councillors or simply being active in the day-to-day goings on of student life – remember the academic side is only a small part of college!

Yours Sincerely,

Siobhan Abrook.
**Candidate Running for:

SU Class REP Convenor. **[Aungier Street]**

**Darren Bates**

**Manifesto for Election:**

**Aims & Objectives:**
The campaign is going to centre around THREE central themes: Ends, Academics and Involvement.

- **Ends:**
  - The increased level of free on site entertainments during lunch hours!
  - This not only provides a platform for DIT’s countless bands, but also DJs, societies and lunch hours! Music during lunch: While jukebox, I promise to provide form for DIT’s countless bands, can immediately increase investigating the feasibility of a involvement and costs nothing!

- **Academics:**
  - Quality Assurance: if elected Convenor I’ll make sure your lecturers are assessed by making sure EVERY student knows that their lecturers can be judged and will try make the process of Quality Assurance more student controlled!

- **Involvement:**
  - A vote for Bates is a vote for Aungier Street tradition of full class RRP recruitment. No stone will be left untold!!
  - Dramatically positive changes in student involvement! Again I’ll be thorough at making sure that Aungier Street and Temple Bar becomes an union powerhouse and that we take our rightful position as most active campus in DIT!
  - Carry out a review of the Aungier Street campaigns and see what I’ll improve on if elected for next year with the new team in September!

**Conclusion:**
I hope you now see that I’m the best person for the job at hand. In these recessionary times Aungier Street and Temple Bar need a leader who is willing and able to do the tough work that I have no doubt will be dealt in 2012. Darren Bates is the man that will make Aungier Street and Temple Bar look to their futures with hope knowing I’ll make at least one year of their lives in college the best one ever.

Yours Sincerely,
Darren Bates.

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**Candidate Running for:

SU Class REP Convenor. **[Aungier Street]**

**Conor Thompson**

**Manifesto for Election:**

**Aims & Objectives:**
Aungier Street needs a Class Rep Convenor that represents every single student on our site, not just those politically active. As class reps, I believe it is our duty to encourage our classes to come forward with problems, demands and suggestions - too many students in our college are struggling with a wide range of issues without ever popping down the student union, and I will give my all to make these numbers dwindle.

If elected, I promise to increase two-way communication between our whole student body and their union; being a constant, visible presence on the campus and in the classrooms. I will organise end of year awards for the students most involved in clubs, societies, charities and for the volunteers at our events. Also, working with my Ens Officer and Clubs & Societies Officer, will deliver on campus events on a weekly basis, at the very least.

Aungier Street needs their class reps to organise class parties - early and frequently. A class that parties together sticks together, and class reps should aim to bring their classes together by organising nights out on a weekly basis.

**Conclusion:**
Aungier Street needs meaningful change. Aungier Street needs a strong voice. Aungier Street needs Conor Thompson as Class Rep Convenor. Yours Sincerely.

Conor Thompson.

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**Student:**

- **With 4 years experience in student politics, I believe I am the strongest voice needed for Aungier Street - to continue our fight to clean up our campus, to push for the desperately needed repair of our classrooms, and to improve student involvement in all non-academic affairs.**

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**Q & A:**

- If you were a biscuit, what biscuit would you be?
  - I would go for a Wagon Wheel - thick and simple, yet indulgent and rarely seen outside football stadiums. Sounds about right.

- What’s the best thing about DIT?
  - Without wanting to sound like a fence sitter, I think it’s to be students, in my experience, a lot less cliquish and generally a lot friendlier than our NCU and Trinity counterparts. Smaller classes certainly helps with this, it’s unusual to find a DIT student that “doesn’t really know anybody in college”.

- What’s your biggest gripe about DIT?
  - This year, the cuts have been very frustrating and disruptive. We as students deserve, and pay for much better. I would also love to see more social and democratic participation from students, something I’ve been struggling to try to improve if elected as Class Rep Convenor.

- World Peace or The Puppies?
  - Peace. Just about survived 300,000 years without World Peace, but a world without Puppies is not something I’m willing to contemplate. This Puppies wins out, as per usual.
**Candidate Running For:**

**SU Class REP Convener:**

**Beresford Street**

**Suzann Tutty**

Manifesto for Election:

**Reasons for Running:**

The reason why I am running for election is as follows:

- Elect Class Reps for all full and part-time students so that they are represented on their Programme Committee.
- Build on the relationships between Departments, Programme Chairs, Lecturers and Tutors.
- Ensure all students are represented on their Programme Committee's.
- Put out Q5 forms for quality assurance.
- Increase participation with the Annex Sites - Linenhall and Beresford Street.
- Increase the number of on stage events.
- Promote the Students Union so students are fully aware of what we can do for YOU.

These are the reasons I am running for election, these are the issues I want to change and this is what I want to do for you. The points identified are the things I want to improve, change and build on. This is what needs to be done to improve participation within the college and between lecturers and students.

**Aims & Objectives:**

Having held the position of Convener since March 2009, I know what is possible to do and all the items listed are achievable. There are many ways in which these can be implemented and I feel I have the ability to do so, and the know how to do it. Enthusiasm is the way forward and that I have, as well as passion. This is what I want to do, this is how I want to change Beresford Street for the better and this is how I plan on doing so:

- Programme Committee and Q5 Forms:
  - Make students and lecturers aware of these items.
  - Student input is vital.
- Appointments:
  - Incorporate YOU into the overall student body and give an induction evening the first week of every term.
  - Make aware of what we can do for YOU, it's YOUR Union too.
- Students' Union:
  - It's YOUR union, tell me what YOU want to see happening.
  - Do you want to know what the Students' Union does for you? GET INVOLVED and make sure you do.
- Students' Full and Part-time:
  - The students are the college, your input is important.

**Conclusion:**

If you want a strong voice, then I am the person for the job. I have showed nothing but passion and enthusiasm in the last year as your current Convener and I promise this will be carried forward. I will make these changes happen and I will make your voice heard. I will represent YOU.

I would like to take this opportunity to thank you all for reading the objectives which will be fulfilled when I get elected.

Small Girl, Big Solutions

Yours Sincerely,

Suzann Tutty.
CANDIDATE RUNNING FOR
SU CLASS REP CONVENOR. [KEVIN KEANE]

Manifesto for Election:

Background:
Hello all u amazing Mountjoy Sq and Portland Row students!
In Kevin, the one with the big hair and unnecessary amount of piercings that usually strolling around the student union.
In third year in interior and furniture design, I’ve been in DIT 7 years, and loving every year of it!

Why Vote for Kevin:

I think that I can offer a well rounded person, who has the experience at the job, and is known by staff in and out of the union. We all pay to go to college, and I think that we deserve the best equipment and facilities in DIT. In DIT we need to be more militant in our status with the college, and stop pandering to the staff of DIT.

Aims & Objectives:

- Maintain the high standards set down by the current Convenor
- Increase local activity in the SU
- Most importantly have fun and make it a year to remember

Yours Sincerely,

Kieran Keane.
CANDIDATE RUNNING FOR: SU CLASS REP CONVENTOR. [Rathmines]
GARETH WALKER-AVERS.

Manifesto for Election:

Background:
There are a number of key issues I would like to see addressed on the Rathmines campus. There are a number of repairs on the campus that require attention. The TV and DVD player in the canteen need attention, as does the pool table, which is simply not being used due to a number of faults.

The computers in the canteen are prone to repeatedly breaking down, and require a number of software upgrades, particularly the internet browsers. The computers in the library also require software upgrades. The wireless access signal in the canteen has become weaker and unreliable, and now appears only to work in select pockets of the canteen with some devices, so this requires immediate looking into.

There is a problem with Rathmines College of Further Education students using our canteen at lunchtime. This year it has become particularly problematic, with overcrowding in the canteen. There is no problem as far as I am aware with the students themselves, it is simply a matter of spacing. The canteen cannot accommodate the numbers that have been using the space, and it can be a very uncomfortable environment at times. I would seek a resolution which benefits both DIT and Rathmines College students, but my priority must be the welfare of DIT students.

There has been an issue in Rathmines, as I am sure there is in other small campuses, of DITSU event ticket distribution. It is only fair that a proportional amount of tickets is allotted to Rathmines, as opposed to having to request tickets from other SU offices when asked for them by students.

Due to the success of previous Rathmines-based events, the organisation of more of such events is very important. The need to surpass any events held previously will only serve to drive us to have many more of these great nights out together. These events are important and useful to try and dissolve the social barrier between the music and drama students.

New methods of communication will make it easier to let students know what is happening, both on their campus, and within DITSU. The potential of Facebook, Twitter, Boards, and, when fully integrated, Google Wave, cannot be ignored as useful tools in keeping students informed of everything that’s going on in their college, and I fully intend to implement and promote every available course of communication.

There are a number of issues in the college, such as fixtures needing attention, broken windows, lighting issues etc., and all of these are to be looked into ASAP. As many Rathmines students will have noticed, a new swimming pool has been constructed next-door, and all indications say it will be open soon. As to the accessibility of the public to the pool, nobody is sure what the situation will be when it opens, however I fully intend to get on to the managers of the building to see if it may be possible to arrange some sort of beneficial agreement.

Conclusion:
The promise I can make is that anything that you don’t think is fair or right within the college, I will be on your side. Tell me what you want sorted, and I’ll do my best to sort it. Any time of the day or night, I’m literally ten minutes up the road.

Yours Sincerely,
Gareth Walker-Avers.
Election Schedule

Convenor Hustings: This is where the candidates deliver their manifestos in person and the student body has the opportunity to question the candidates.

Mountjoy Sq. Hustings: Wednesday 10th February. Time 1PM
Kevin St. Hustings: Thursday 11th February. Time 1PM
Bolton St. Hustings: Monday 15th February. Time 1PM
Aungier St. Hustings: Tuesday 16th February. Time 1PM
Cathal Brugha St. Hustings: Wednesday 17th February. Time 1PM
Rathmines Hustings: Thursday 18th February. Time 1PM

Sabbatical Hustings: This is where the candidates deliver their manifestos in person and the student body has the opportunity to question the candidates.

Rathmines Hustings: Thursday 11th February. Time 1PM
Aungier St. Hustings: Monday 15th February. Time 1PM
Kevin St. Hustings: Tuesday 16th February. Time 1PM
Mountjoy Sq. Hustings: Wednesday 17th February. Time 1PM
Cathal Brugha St. Hustings: Thursday 18th February. Time 1PM
Bolton St. Hustings: Monday 22nd February. Time 1PM
DITSU & USI Hustings: Monday 22nd February. Gleeson Hall, Kevin St.

Presidential Debate: Your chance to hear the Presidential candidates debate campaign issues.

DIT Aungier St. [Room 5-050]: Thursday 18th February. 6PM

Voting: The all-important voting. There will be designated polling station on your site and this is where you cast your vote.

Monday 22nd February: Temple Bar & Portland Row. 10PM. to 4PM
Tuesday 23rd February: All Stations* 8.30 AM to 8.30 PM*
Wednesday 24th February: All Stations* 8.30 AM to 8.30 PM*
Thursday 25th February: All Stations* 9.00 AM to 11 AM
* All Stations: Aungier Street, Bolton Street, Cathal Brugha Street, Kevin Street, Mountjoy Square, & Rathmines.
* Rathmines: The polls in Rathmines will operate from 9.00a.m. until 5.00 p.m.

Results: The count is carried out live in public, so feel free to pop along and see democracy in action.

The Election Count: Thursday 25th February 2010 at 2p.m. Bolton St.