

1988

Forum : Year Book and Diary 1988 / 1989

DIT Students' Union

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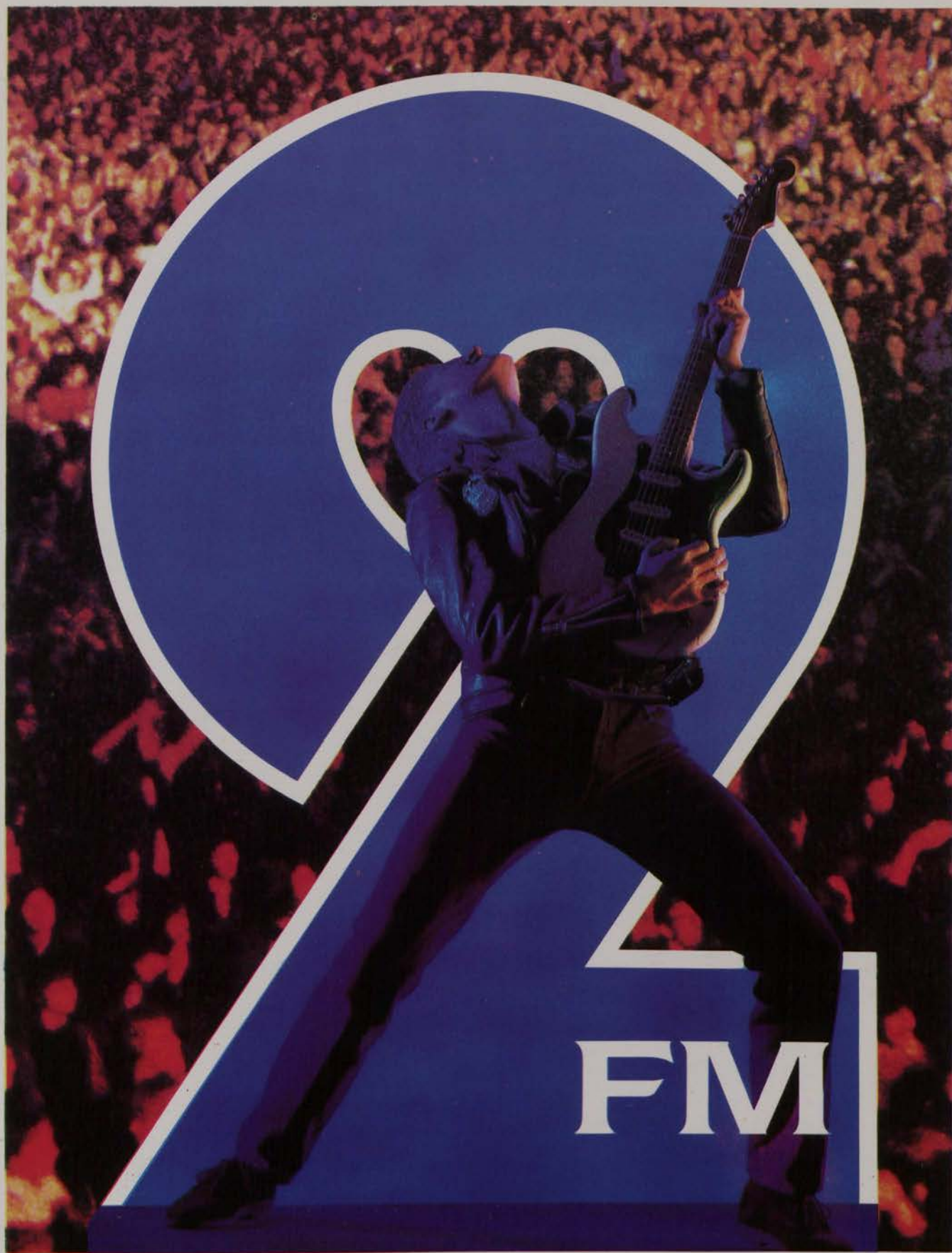
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FORUM

YEAR BOOK AND DIARY 1988/1989





IN · THE · HEAT
OF · THE · NIGHT

FOREWORD



As we enter the academic year 1988/89, "Forum" magazine enters its third year as the publication of the Dublin Institute of Technology Students' Unions'. With almost 23,000 students, both full and part-time, registered in the institute, the

unions find it important to dissipate as much information as is possible to their members through credible publicity material.

This "Forum" yearbook has a changed format from what it had previously been. At the rear, before the diary, is a comprehensive section containing facts and information on all different aspects of young peoples health and welfare. There is also an expanded section on each of the five local students' unions' activities, in addition to their sports clubs and cultural societies. General information on the Dublin Institute of Technology is also given. Included are also several interviews with relevant people from the industry sector where many of the Dublin Institute of Technology graduates seek employment.

The magazine issues of "Forum" are published monthly during the academic year. Student Travel, the future of the Irish Construction Industry, the work of the Employment Equality Agency were some of the topics we carried features on last year. Also included in the magazine are union newsitems, sports information, reviews and information on up and coming entertainments.

Monthly, 10,000 copies are published so you should never have a problem obtaining an issue.

As you will notice, our letters page is always a lively theatre for debate, and contributions are welcomed from any interested party.

Wishing you the best over this academic year.

Yours sincerely

Aidan J. Kerins.

AIDAN J. KERINS
Managing Editor,
Forum Publications

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The CDVEC and the DIT

What is the CDVEC?

After each Local Government Election the newly elected members of Dublin Corporation decide on who will sit on its sub-committees. These sub-committees include, among others, the City of Dublin Vocational Education Committee—the CDVEC. Like all local government sub-committees, it tends to be dominated by nominees of whichever political party controls the corporation. This party is currently Fianna Fáil.

Who sits on the CDVEC?

Of the fourteen members of the current CDVEC, eight are members of Fianna Fáil. These include the Chairman, Councillor Liam FitzGerald TD, and the Vice Chairman, Councillor Michael Donnelly, Councillors Andrew O'Callaghan, Pat Carey and Mary Hanafin, Mr. Michael Cotter, Mr. Barry Earley and Mr. Seamus Uas Puirseil. There are two labour party representatives—Councillor Michael O'Halloran and Mr. Patrick Donnegan. Fine Gael have one nominee, Councillor Charlie McManus. The Workers Party are represented by their ex Party Leader Alderman Tomas MacGiolla TD. There is one independent member, Mr. Sean Lyons, who was nominated by Fianna Fáil. The final member is Mr. Aidan J. Kerins. He represents the views of the 23,000 full time and part time students in the DIT Colleges, which are governed by the CDVEC.

What do the CDVEC do?

The CDVEC oversees the operations of the committee's various sub-committees. It is responsible for the maintenance and development of vocational education in the city of Dublin. In addition to the six DIT Colleges the CDVEC also controls twenty two second level schools in Dublin. Its sub-committees include finance and building committees, staff relations group, Comhairle le Leas Oige (the Dublin City Youth Services Board), various sub-committees overseeing each college under its control, the curriculum development unit, the DIT governing body, the sports advisory council, the apprenticeship education board, the student services council and the DIT academic council.

What is the DIT?

The DIT is the Dublin Institute of Technology—a sub-committee of the CDVEC called the DIT Governing Body was set up in 1979 to work towards the development of a unified institute comprising the six third level colleges of the CDVEC. The Governing Body was set up in 1978 to work towards the motions from the six DIT College Councils, the Joint Academic Council, the Apprentice Education Board and the Student Services Council. The original intention of the VEC was to house most of the Dublin Institute of Technology on the site in Glasnevin now occupied by, the National Institute for Higher Education (NIHE). This proposal, originally known as the "Ballymun Project", was delayed by conflicting opinions as to exactly what was proposed for the site, and this resulted in a committee being set up by the Minister for Education in 1974 to develop the NIHE as an independent institute on the site, and decide which VEC courses should be transferred to it. The CDVEC resisted what it saw as attempts to break up the DIT and the NIHE eventually began operations, without any VEC courses, in 1980. It now appears likely that in the medium to long term there will be no unified campus for the DIT colleges, though it is intended to move the Colleges of Commerce and Marketing and Design to the old Jacobs building in Bishop Street, near Kevin Street College of Technology. New extensions to Bolton Street and Kevin Street Colleges have been completed, and the Colleges of Catering and Music have recently increased their facilities through the use of rented accommodation.

What are the DIT Colleges?

The DIT Colleges are the six third level colleges of the City of Dublin VEC:

The College of Technology, Bolton Street

The Bolton Street College has courses in Architecture, Surveying and Building, Engineering and Printing. Wholtime courses for professional qualifications in the Construction field last four years, except for Architecture which lasts for five. Direct involvement with community activities helps to relate coursework to practical situations in social experience. The largest College with one third of the DIT student population being based here.

The CDVEC and the DIT

The College of Commerce, Rathmines

The College of Commerce has full time courses in Business Studies, Communications, Data Processing, Advertising, Legal Studies, Transport and Public Relations and a wide range of related part time courses. A four year degree level course in Business Studies was introduced in the early 1960s. The college has close connections with many aspects of business and the media.

The College of Catering, Cathal Brugha Street

Since it was opened in 1941 the College of Catering has offered courses in Home Management, Dietetics and Home Economics, expanding from the early 70s into Environmental Health, Tourism, Food Processing, and other technical catering subjects. It has produced many of the technical and managerial staff in the hotel, catering and tourism industries in Ireland.

The College of Music, Chatham Row

The College of Music has 2,500 students, and pupils may be admitted as early as five years old, though about half the work is third level. There is a Keyboard section which takes up half the activity, an Orchestral section and a Vocal, Orchestral and Dramatic section. The most important entry criteria are recognisable potential and finest effort.

The College of Marketing and Design, Mountjoy Sq.

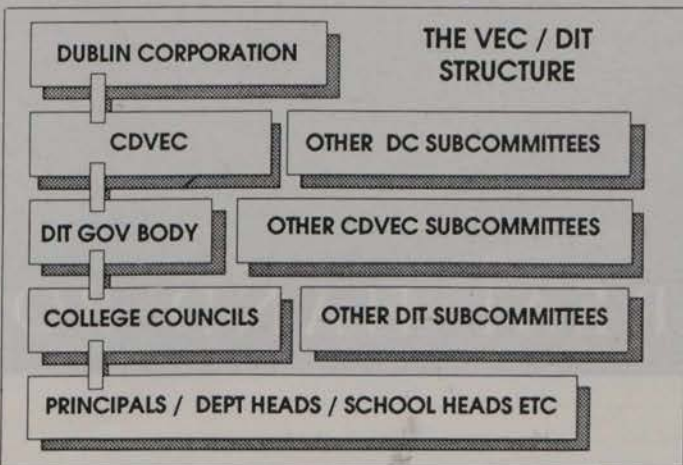
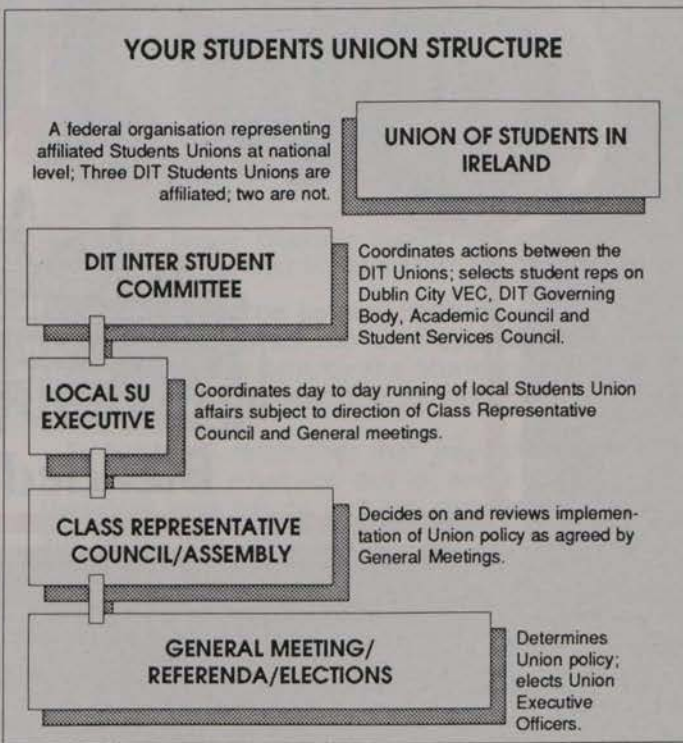
Formerly the School of Commerce and Retail Distribution, COMAD is charged with preparing students for careers in business and design, helping businesses with short courses management training programmes, mid career training, and helping research in business, economics and design. The college publishes an international journal of market research which has contributors from Europe and the US.

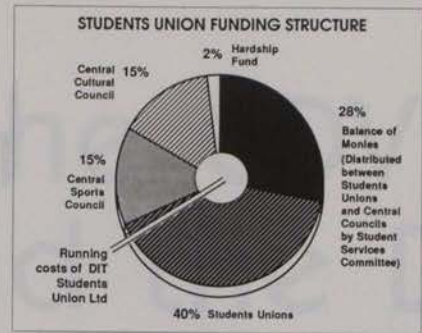
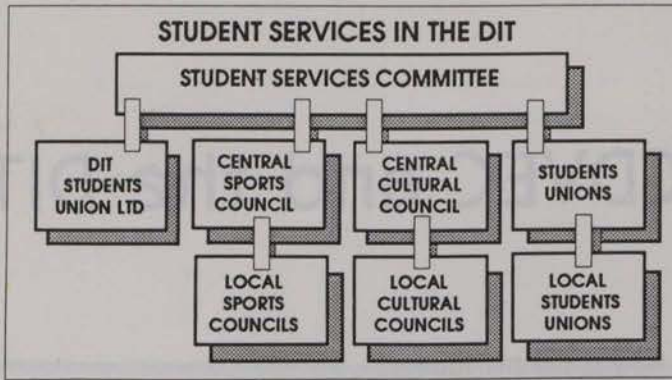
The College of Technology, Kevin Street

Kevin Street is a college in which Applied Sciences and Engineering have always featured strongly in the curriculum. There are departments of Biological Sciences, Chemistry, Mathematics/Statistical/Computer Science, and Physics.

How is the DIT funded?

The DIT is funded by the Department of Education, through the CDVEC. Theoretically the CDVEC is an independent body capable of raising its own finance through tuition fees and other means, but in practice it depends so much on its annual grant from the Department of Education, that it cannot make its own way financially. As a result of this the Department of Education can—and does—dictate the level of tuition fees charged by the VEC by threatening to cut back on its grant if it does not comply with the Department's wishes.





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Government Warning

Your Union and You

A message from DIT Inter Student Committee Chairperson, Ray Boyne.

Dear Member,

On behalf of the Students Union executives of the Dublin Institute of Technology colleges, may I welcome you back after the summer, and extend a special welcome to all first year students.

To many of you, you may not see the DIT, or its inter student committee, as being relevant to you. However, that is not the case. Despite the fact you are a student in Bolton Street, or Cathal Brugha Street, on a larger scale you are a student in the Dublin Institute of Technology (DIT).

Since the DIT itself was set up in 1978, it could be said that the individual colleges have not moved towards a centralised unit in the way they should have. It is worth noting though, that recently, the Department of Education set up a committee to investigate the future of further education in Ireland and when it reports in the near future, it will undoubtedly have major implications for the DIT.

There are many shortcomings which will manifest themselves to you during your stay in the Institute. Space is a major problem in the College of Marketing & Design and the College of Commerce with the famed new DIT centre at Bishop Street, recently being shelved. Cathal Brugha Street Union are fighting ridiculous suggestions by the local College Management that due to increasing student numbers, the college gym should be demolished so as to facilitate some new classrooms.

In relation to Kevin Street and Bolton Street, despite the fact that they are much better equipped in the space area, one should not forget, that for colleges of their size, they are severely lacking in any form of student services back up.

Over the past few years, with other Dublin colleges expanding rapidly, we seem to have been somewhat neglected. Nevertheless, on graduation, you can be assured that your qualification can hold its own against any other award from any other institute in the country.

In general, the cutbacks being implemented by the present government are nothing short of scandalous. Fees in the DIT for certain courses have rocketed from just over £100 six years ago to £850 now. Obviously this has been increased way ahead of inflation. The stated policy of many officials is to charge the "Full Economic Cost" for college courses.



Mr. Ray P. Boyne, Chairman Dublin Institute of Technology, Inter Student Committee.

If this were to be applied, a student could end up paying more than £3,000 for a course such as Engineering. The fight by the Students Unions to stop these moves need the support of every student in the system.

To finish off, remember that you can only get out of college life what you put in, and I would therefore urge you to join any club or society that you might find interesting.

In closing, the Students Union is not the Presidents Union or the Colleges Union but **your** Union. It is a democratic organisation and not only is your participation and opinion welcomed, but they are needed so as to help the Union function effectively.

So whilst I look forward to working with you over the coming year, may I wish you the Best of Luck.

RAY BOYNE

Chairman

DIT Inter Student Committee

Your Students Union

What Your Student Union Does

To most of the "Fresher" and non student population, Students Unions tend to have an image of constantly parading from Parnell Square to Dáil Eireann to complain about lack of money and college facilities.

However, nothing could be further from the truth.

In the past eight years, since the Dublin Institute of Technology was set up, the five different college student unions have combined resources to operate under a single Dublin Institute of Technology Inter Student Committee umbrella.

At the present, with a staff of 20 and 8 full time elected officers, DITISC represents by far the largest student group in the country (DIT figure of student attendance 1987/1988 = 23,500).

The broad range of services being offered by the unions stretch from representing members interests with Dept. of Education officials to where to get a job if you travel to Southern Germany.

Your Union and Defence

The Primary function of your Students Union is to defend and promote its memberships interests within Irelands education system.

This role includes campaigning for better facilities in college, for better services, for more input from students into the decision making processes in our Institute, to defend the membership against discrimination and victimisation and campaigning on a more overall basis with students from other colleges, for a more equal and fair education system, where everyone, regardless of background or class has the same opportunity to further their education at third level.

Your Union and Services

The Students Union also provides many services to their membership. In relation to each specific campus, details are outlined in matters (loans, health, etc.) freely available in leaflet form in their offices. Most of the Colleges run Students Union shops which sell subsidised stationery, calculators art materials, and so on in addition to goods as diverse as coffee to bicycle lamps and confectionery to birthday cards.

The Student Unions also have photocopying facilities, pool and video games.

Your Union and Entertainments

The DIT Student Unions have recently appointed a full time entertainments Officer to co-ordinate all the discos and bands that the Unions organise. As time

goes by in the first term "Forum" magazine will carry entertainment dates and upcoming events.

Your Union and extra curricular activities

The Student Unions through their Administrative Officer distribute more than £85,000 to different Sports Clubs and Cultural Societies around the Colleges. It is only during the past two years that DIT sporting teams have become so organised and as such they are gaining high reputations nationally for themselves.

There are many different groups operating in the different colleges and specific details are contained in the local union sections in this publication.

DIT Inter Student Committee:

Decides on joint actions between the DIT Students Unions where appropriate; consists of the Presidents or nominees of each of the five DIT Students Unions. Nominates Student Representatives onto all relevant DIT committees and councils, and generally works to ensure closer co-operation wherever possible between the Students Unions in the five DIT Colleges.

D.I.T.S.U. Limited

The Students Union employs all the staff through a company called Dublin Institute of Technology Student Union Limited (DITSU Ltd.). This company is responsible for all staffing matters and receives funding for its activities from capitation money. The company chairperson is Mr. Félix McKenna, an ex-Dublin City Vocational Education Committee member.

The Company's Administrative Officer is Mr. Eamon Connor. He also works locally in each Student Union and oversees the administration of Clubs and Societies. He works one day a week in each college.

HOW YOUR UNION WORKS

The government of your Students Union—of which you are automatically a member on starting your course—is based on the democratic principle that every member has the right to participate fully in controlling the affairs of the Union.

The management of the Union's affairs is therefore conducted on three main levels: Union General Meeting, Class Representative Council or Assembly, and Executive Committee.

Union General Meeting:

A Union General Meeting is the supreme policy making body of the Union and every member is

Your Students Union

entitled to attend and participate fully. A General Meeting can be convened by the Executive Committee, the Class Rep Assembly or by a petition of Union members—the amount of signatories needed varies with each College. The Union General Meeting decides on all policy positions, and usually approves the Union Budget for the year. Union General Meeting decisions can only be over ruled by a ballot box referendum of all students; this is also the method used to elect the Union's Executive Officers.

Class Representative Assembly:

The Class Representative Assembly, or Class Rep Committee, meets fortnightly during academic term. It is basically a meeting of all class or course reps, who are elected by and from each class or course in the College. The Class Reps oversee the operation of the Union's work and discuss issues such as political campaigns, services, Union finances and class problems. It can only make decisions consistent with existing Union policy as decided by the Union General Meetings.

Executive Committee:

The Executive Committee, elected by, and from the student body every year, carries out the day to day management of the Union's affairs. It consists of a President and Deputy President—usually full time—and several other part time officers. Any Union member is eligible to stand for election. Positions are held for one academic year.

HOW YOUR UNION IS FINANCED

The DIT Student's Union collectively is a large organisation. The Union employs some 20 full-time and part-time staff and has 8 sabbatical (full-time) student officers. The Union provides a broad range of commercial services including five shops, photocopiers, pool and video games and a range of nightly entertainments. Three of the Student Unions also sell the International Student Identity Travel Card (ISIC), a must for all students to buy.

As well as the above, the Unions also administer the affairs of over 115 Club and Societies from G.A.A. to Badminton and from the Computer Society to the Christian Union. Whatever your hobbies or interests we're sure we can cater for them.

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Your Students Union

How is all this activity financed?

A large proportion of the money is made up from what is called "capitation money". This is an amount of money which is levied on every full and part-time student—£32 and £5 respectively. Last year the money totalled almost ¼ of a million pounds.

As well as capitation money, the Unions also generate funds from their commercial services: shops, pool, video etc. Whilst every effort is made to keep our prices as keen as possible any surplus generated, goes back into the running of the Students Union.

The Division of Capitation Monies

Over the last two years, Capitation Money has been divided up between Sports Clubs, Societies, and the Student Unions. The reason behind the division was to give each group control over its own affairs. The result has been a disaster for clubs and societies and the Student Unions have had to revise the situation. Nevertheless the division of money, whilst extremely bureaucratic is set to continue into the next year.

STUDENT CLUBS & SOCIETIES

In the different colleges, there are many varied sports clubs and cultural societies. Most set up stalls in college on "Freshers Day" and let people know what they do and seek people to join.

Membership of a club is open to any interested student.

The funding of these groups, for trips, social events and so on, is co-ordinated by the local Students Union and distributed by their administrative staff.

It will become obvious within a short space of time as to what different clubs do. If you find that your particular sport or interest is not catered for, it is quite straightforward to actually set up a new club. Local Union Officers will be able to advise you on this.

Some of the clubs are extremely active and well organised and are well worth investigating.

Remember, although you are here initially to gain an educational award, you should also develop personal skills and interests and so the Unions urge people to get actively involved in extra-curricular activities.

In addition, to local clubs and societies, there are several DIT teams. Included here are G.A.A., soccer and swimming/water polo. Further information on their activities is available in your local union office.

The different clubs and societies that are active in colleges are listed in each different local union section.

The Student Services Council

The body overseeing this division of money is the Student Services Council. This Council was set up to develop Student Services in the Institute. The Students Union has two representatives on this committee.



Mr. Eamon Connor, DIT Students Union Administrative Officer.



DIT Students Union, Ltd. Company Chairman, Felix McKenna.

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The DIT and You

A message from the Director of the Dublin Institute of Technology

May I Welcome you to the Dublin Institute of Technology (DIT). I hope that your period with us will be both enlightening and enjoyable as you prepare for your chosen career. Each of the DIT Colleges caters for different specialisations and has its own distinctive features, but they all operate under the City of Dublin Vocational Education Committee and share a common educational philosophy.

Largest Enrolment

The DIT has the largest enrolment of higher education institutes in this country with over 22,000 students and it offers a very wide choice of disciplines and modes of study. It has some twenty whole time degree level programmes, over fifty other whole time third level programmes and is involved in a very significant way in part time third level education on both a day and evening basis. Craft apprenticeship education and training, features strongly in the programmes of some of the Colleges and they are also involved in many short continuing education courses and updating of skills courses to meet the challenge of new technologies.

Committed to Improving Resources

Although the DIT Colleges have extensive modern workshop, laboratory and other facilities, their managements are very committed to improving their teaching and other resources. Major extensions to the Bolton Street and Kevin Street Colleges were completed during the 1987/1988 session and their are plans to rehouse the College of Commerce and the College of Marketing and Design together on a new site in Bishop Street, adjacent to the Kevin Street College. Additional facilities for the Dublin College of Catering and the College of Music have recently been provided and they have further development plans. The central DIT administrative offices at 14 Upper Mount Street were refurbished within the last four years and this now houses the major central DIT computer installation which is networked to each of the Colleges.

Semi Autonomous Structure

While the DIT is by any standards a large higher education institution it functions as six semi-autonomous colleges each with its own management structure and these are subdivided into schools and departments. As a result each unit is in itself not

Dublin Institute of
Technology, Director,
Mr. Michael O'Donnell.



very large and this leads to fairly close personal contact and communication. Many courses are project based or have a practical emphasis and this also enhances the level of interaction between staff and students.

Primary Objective of Institute

The Colleges maintain close links with industry, the professions and the community which they serve. They see it as their primary objective to assist young people (and not so young people) in acquiring the basic knowledge and skills on which to build a fulfilling and rewarding career. At the same time, they recognise that young graduates today will have to continue to study and research as they progress in their careers, keeping abreast of new developments in this era of rapid technological change. It is important for each student to develop good study techniques and his or her capacity for self teaching or learning. Our students are as a consequence allowed considerable freedom and are encouraged to be self reliant.

High Reputation

The Colleges of the DIT enjoy both high national and international reputations for the standards of their courses and the Institute is justifiably proud of the achievements of its graduates. It is not resting on its laurels however, but is anxious to develop and scale new heights and in achieving this goal obviously it will be dependent on your progress as its future graduates. I wish each and every one of you success in your studies and hope you will have a pleasant fulfilling time while you are a student of the Institute.

MICHAEL O'DONNELL
Director
Dublin Institute of Technology

What is USI

A MESSAGE FROM THE USI PRESIDENT

A Chairde,
On behalf of the Union of Students in Ireland,
welcome to college.

You are now part of an education system with many inadequacies and problems—problems such as exorbitant fees, inadequate grants over-crowding, bad lecturing standards etc., which will hinder your progress.

An already bleak situation has been turned into a crisis by the adoption of regressive and detrimental education policies by both the Irish and British governments.

Over the last number of years we have seen both governments spend less and less on education while the demand for third level places is increasing. The cuts have resulted in increased overcrowding, job losses, restrictions in library opening hours and services, and a decline in the quality of education. But it need not stay that way. You must stand up for your rights and take whatever action is necessary to gain positive results.

The most important point about the injustices of the education system is that they can be changed and eradicated. Your students union and on a national level USI were formed not to lecture about the problems but to tackle them. They were founded on the principle that while individually, students are powerless to change the system, together we are stronger and can influence the direction our education system and society is taking.

The higher education system is not the only target for government cuts and lack of commitment. The primary and post primary sector and the health service are being devastated by public spending cuts; also the escalating unemployment figures and unprecedented youth emigration get no response from the government.

All of these contribute to the kind of society planned for us by the Irish and British governments. As the largest youth organisation in the country with over 110,000 members USI has a role to play in effecting change.

USI is about everyone working together on many areas covering a wide range of issues. Find out about it through your union, read USI material and get involved.

If we don't work together to change the present system who will?

Last year many of the campaigns run in the DIT were successful because of mass support and cross campus co-operation

The people in the DIT Unions are committed, we in USI are committed. The rest is up to you. See you at your first Union General Meeting.



Is mise le meas,
AONTAS NA MACLEANN IN EIRINN

TADGH DALY,
Uachtaran.

What is USI

The Union of Students in Ireland is the national union of Students in this country. By bringing together over 110,000 students in some 50 colleges, it forms a powerful and recognised lobby to represent its members to government, academic bodies, Vocational Education Committees, Education and Library Boards, and a wide variety of other organisations. Students in the North of Ireland are joint members of USI and the British Union NUS (UK).

What Does USI Do?

a) Education

Throughout the years, USI has been to the forefront of campaigns to open up access to third level education with a fair system of financial support.

b) Representation

USI represents student views to, and negotiates with, the government, the Department of Education, political parties and all other national organisations. It is the only body recognised as such by the southern government.

c) Welfare

USI publishes a comprehensive welfare manual and other materials to enable local students unions to provide as full a service as possible. Last year, seminars were organised on such issues as overseas students rights and disabled access.

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What is USI

d) Student News

USI keeps its members up to date with what is happening in the student scene through its twin publications—USI News, published 8 times a year, and Seal, published fortnightly during term time.

e) Research

Over the last year USI has produced a large number of briefing documents and submissions on the 1986 Budget, to the Inter Department Review Committee on Third Level Education, and has begun research into private funding of Higher Education. Our regional office in Belfast has produced materials, on the social security review, on the Greater Education Reform Bill (in conjunction with NUS (UK)).

f) Women's Rights

USI actively involved in the area of women's rights. We are opposed to all forms of sexual discrimination against women, and sexual harassment of women students while at college. We have pressed for better lighting and transport to campus as a means of minimising the high incidence of rape and sexual assault.

g) Training

USI activity assists local students in their work through the organisation of seminars, conferences and training events and through the active help of national officers working in the colleges.

h) Democratic Forum

USI provides a democratic forum for the expression of the views and interests of students as a whole. All students can get involved through general meetings in their own college, which all students may attend.

What has USI Achieved? (1968-1988)

Established USI's right to negotiate on behalf of Irish students (1970).

USI action in its early years led to the establishment of the Higher Education Grants Scheme (1968) and the national Council for Educational Awards (1974).

Dropping of loans scheme proposals by government both North and South (1979-84). Collective student action can again ensure that these proposals are confined to the bin.

Extension of circular 7/70 to the North. This gives FE students the right to organise themselves in Student's Unions.

Proposal to abolish mandatory fee awards in the North defeated.

Index linking of student grants (South).

The grant for Southern students studying in the North increased from IR£1250 to Stg.£1250.

Students representation on many college governing bodies.

1986 Fowler Review proposals to abolish supplementary benefit in the long vacations and student-housing benefit rejected.

After a long campaign the government agree to examine the possible future uses of Carysfort College.

Major debate on students, fees in Dáil Eireann. Government proposals for fee increases in some colleges were reduced.

Secured grants for theology students.

Improved conditions for students in CERT (Catering Sector).

Overtaken library cutbacks in some member colleges.

Can "Ordinary" Students get Involved in USI's Work?

1. Every student can and should get involved in USI's work by supporting the campaign for a better education system and a better society run by your local union.
2. On another level, USI runs regular meetings of students at a national level, on a local geographical level or through the different educational sectors, e.g. the university sector or RTC sector, and the Women's Rights Advisory Committee, WRAC, organises women students in defence of their rights as women. Details of all these should be available from your Students' Union.

USI Officers

TADGH DALY

An tUachtaran/President.

GARBHAN DOWNEY

An Leas Uachtaran/Deputy President.

FIDELMA JOYCE

An tOifigeach un Chearta na mBan/
Women's Rights Officer.

MICHAEL CLIFFORD

An tOifigeach un Fhorboirt an Aontais/
Union Development Officer.

MICHAEL MURPHY

An tOifigeach Feachtais/Campaigning Officer.



DIT students leading one of the USI demonstrations in Dublin last year.



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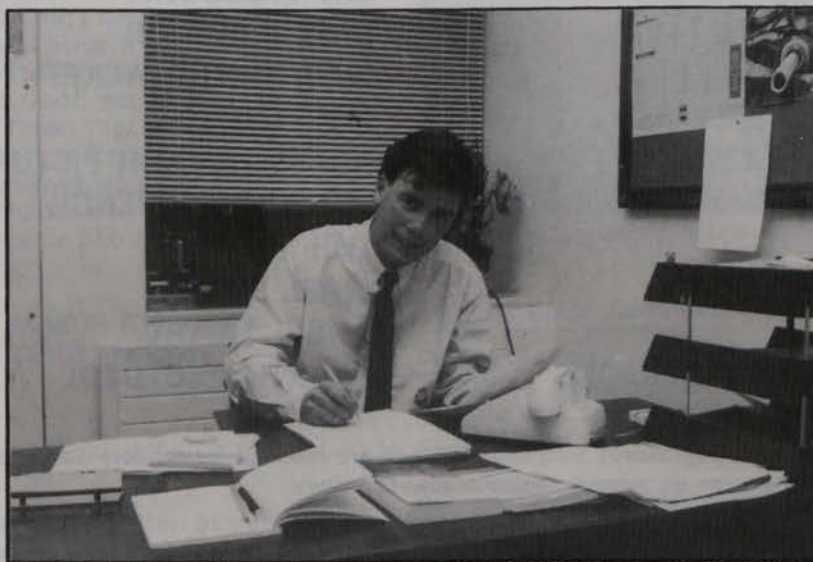
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DIT

BOLTON STREET COLLEGE



Ray P. Boyne, President of Bolton Street College's, Students Union.

Presidents Address

Fellow Students,
I would like to welcome you all to, or back to, Bolton Street College of Technology. The past few years have seen great changes in our College. The advent of the long awaited extension opened last year, the expansion of many full time courses while the numbers of apprentices has fallen dramatically, have all been recent occurrences.

Having just completed six years here as a student myself, I am aware of the many shortcomings the College has, but it also has several positive aspects. As regards college facilities we are probably the most catered for within the Dublin Institute of Technology.

Our college awards have gained high recognition levels not only at home, but also in London, where, unfortunately, most of our graduates seem to be emigrating to.

As I have said before, the main reason that you are in college is to obtain an academic award. But you should not travel through your two, three or four years here with a blinkered view on college life.

In addition to a well organised entertainments schedule, we have more than fifty clubs and societies in operation in the college. The chances are that you will find at least one that interests you.

But not only does the Students Union organise social events. We are first and foremost a defence organisation. We are a union that "defends and promotes the interests of our membership" as our constitution dictates.

We do this in many ways. Fighting against fee increases, seeking higher grant levels, negotiating with college management for improved student facilities are all integral areas of our work. Bolton Street College Students Union has been fortunate for many years now in having one of the most active and well supported unions in the country. This is a record that we are proud of, and it is one we wish to keep.

To do so, we need your support.

The Union also organises regular meetings between class representatives and their relevant course department head. These meetings are very beneficial to both the students and the academic staff.

The Students Union office is "your" office and as such you should never be reluctant to come in and ask any questions or seek assistance. Both myself and the Deputy President have offices adjacent to the union general office, which is located in the student common room (below the restaurant) We will be calling to classes in the first weeks or term to introduce ourselves to you.

It is also planned to run a "find your feet day" for first years just before "Freshers Day" which will be held early in October.

So whilst I look forward to working with you over the coming year, may I wish you all the best of luck.

RAY P. BOYNE
President



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 BIG FOOT & THE HENDERSONS



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Deputy-Presidents Address

May I extend a welcome to you whether you are a first or final year. My role as Deputy President of the Union is a very varied one. Firstly, I am a full time officer and my office is based at the end of the Common Room opposite the shop.

I deputise for the President as an initial role, but my portfolio is a very broad based one. I represent the students on the College Library and Canteen Committee in addition to being the person that clubs and societies officers liaise with.

As we are devoid of adequate student back up resources in the Institute, I also get involved in the area of welfare. By this I mean that if you have any questions on availability of grants, medical cards and so on, I am available to answer your queries.

Both myself and the President will be addressing all classes in the first week or two into term, so I'm sure that we will meet then.

MARTIN FITZPATRICK
Deputy President

College of Technology Bolton Street, Executive Committee 1988/1989

President:	RAY BOYNE
Deputy President:	MARTIN FITZPATRICK
Entertainments Officer:	CATHERINE CANNING
Chairman:	ROBERT KELLY
Secretary:	ANDREW McCULLAGH
Sports Officer:	ANDREA LEENANE
Editor/Publicity Officer:	AIDAN DEEGAN
Equal Rights Officer:	DIARMUD STONE

UNION SERVICES

Student Union Shop:

The shop is based in the Union Common Room at the bottom of the main social area in the new building. It is open from 9.00 a.m. - 9.30 p.m. five days a week and on Saturdays during examination time.

It stocks a very broad range of goods. The shop is very popular for people who just want a cup of coffee and a chat during a break. In addition to confectionery, minerals and newspapers, it also sells a very large amount of course related goods at very competitive prices. Here calculators and so on are by far the cheapest in town.

The shop also sells bicycle lamps, rain gear, college scarves, C.I.E. commuter tickets and birthday cards, in addition to film processing.

Shop manager Jimmy Kane and his staff Paul, Claire and Theresa are very helpful. Its well worth checking out.



Martin Fitzpatrick, Bolton Street Deputy President.

Student Union Common Room:

This is the large room adjacent to the shop. It is well furnished and very comfortable. It is where most people arrange to meet. It also contains several pool tables and video games.



Bolton Street Students Union Common Room. Situated on the ground floor of the new building, adjacent to the Union Shop.

Student Union Offices:

At the opposite end of the Common Room from the shop, Ms Maura Cunningham, the Union Secretary is based. She answers general queries that students may have about topics as diverse as where to get a bank loan to where is a good local spot to have lunch.

In addition to Maura, the two full time Students Union Officers are based here. Both have their own offices and they are always willing to help you if you have any problems in college.

Student Cards:

International Student Identity Cards are sold through the Students Union office by Maura Cunningham. These are necessary if you want to get a student bus/train commuter ticket or wish to travel abroad with USIT (the Student travel company).

Welfare Information:

A host of information leaflets are available in the union office dealing with student welfare. Whether its a shortage of money or a troublesome landlord, call in and see the Deputy President, Martin Fitzpatrick and he will do all he can to help.

He also organises lunchtime lectures on welfare issues and they are well publicised and normally well attended.

Cloakroom Service:

The Student Union operates an all day cloakroom service in the Library for the safe keeping of coats, bags and so on. For 20p, it is well worth knowing that your equipment is being well taken care of. You can take items from, and replace your gear as often as you like for no extra charge. This service is highly successful.

Photocopying:

The Union will be operating two student photocopying machines in their Common Room from early October. They are worked on a card-basis and cards valuing £1 and upwards can be purchases in the Students Shop.



One of the Students Union's photocopiers based in the Union Common Room.

Accommodation Information:

A detailed accommodation list is available in the Students Union office from early September. It carries details of flats and digs around the city. Rent books can also be obtained in the Union office.

Class Rep./Department Head Meetings:

Meetings between class representative and their relevant department head take place regularly during the year. They are chaired by one of the full time Union officers. These are very good forum for raising problems that you and your classmates are experiencing in the course. Further information will be made available as the term begins.



Bolton Street Students take to O'Connell Street yet again in the ongoing fight for grants, and against fee increases. (Please Note: rain is not a deterrent).

ENTERTAINMENTS

The main college pubs are The Yarn Hall and the Kings Inn, both across the street from the main building. Also included here is Joxer Dalys which is up towards Dorset Street, beside the ESSO petrol station.

Students tend to meet regularly in any of these three.

College discos are held very frequently. Not only Union run discos, which are normally the biggest, but also sports clubs and societies run events. The venues change regularly but normal spots include Club 21, O'Connell Bridge, the Ierne and National Ballrooms in Parnell Square.

Films are shown weekly in one of the College lecture theatres and lunchtime concerts are held in the open social area in the new extension. For the films, a nominal fee is charged.

FACILITIES

Library:

The College Library is of a very high standard and is based on the second floor of the new building. All first year groups are taken for a visit and an explanation of its workings by Peter Callanan, the Librarian.

College Restaurant:

Based on the new buildings first floor. Spacious venue, a bit pricey though. Standard of food is good and managers, Margaret Fitzgerald is always willing to help. It is run by Campbell Catering, an external private company. There is also a college run restaurant in the Trades Building across the far side of Bolton Street. Helpings are notoriously mountainlike.

First Aid Post:

The post is operational all day every day and is of great benefit. It is there to help whether you injure yourself on a machine, falling down stairs or

suffering the effects of a rough Rag Week. It is located in the corridor adjacent to the Students Union Area.

Bicycle Shed:

The bicycle shed is located beside the college car park. It is monitored all day by a college security person. However, if you do plan to cycle into college, buy some decent locks. They are a good, and unfortunately, a necessary investment.

College Gym:

This is situated at the top of the School of Trades building which is (Linenhall) across the street and up past the Yarn Hall pub.

Here Mickey Whelan knocks out some of the best sports people in the Institute. Everything from Karate to weight training is catered for.

Continental Languages courses:

The college run, at a nominal charge, language courses in French and German during the year. All grades are catered for and lessons begin in October.

Chaplains:

There are several chaplains based in different offices around the building. It is hoped that they will be involved in a day long "Welcome to Bolton Street Seminar" to be held early in October. Mass is

celebrated regularly in the college. Watch notice boards for details.

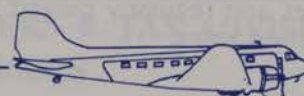
Tea/Coffee Vending Machines:

These are based on the first floor balcony in the main social area. We would like to point out however that during a survey last year, 99.5% of students said that they found the Student Union shop staff much more "User-Friendly" than the vending machines for tea and coffee.



Bolton Street Students Union Secretary, Maura Cunningham.

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Bolton Street Students Union Shop Manager Jimmy Kane.

SPORTS CLUBS

Mountaineering Club:

This club, armed with the best quality equipment, makes many week-end trips around the country. Training takes place most week-ends in quarries around Dublin County. Last year trips were made to The Mourne Mountains and frequently to the Burren in Clare.

Golf Club:

This club always attracts a dedicated following of members. Last year they participated in competitions in Portmarnock and Milltown Golf Courses and regularly played in the Royal Dublin at subsidised rates.

Walking Club:

The purpose of this club was to encourage students to partake in country walks. Trips were arranged by Helen Fitzgerald to Galway and frequently to Wicklow.

Handball Club:

Despite being a fairly new club, they fared well in the Higher Education Colleges Competition in Croke Park last April. The group are always willing to welcome new members.

Orienteering Club:

This being one of the colleges most active clubs, organised a huge amount of trips away last year. Trips to competitions in Sligo, Kildare, Cavan, Kerry, Cork and so on were arranged by Club Chairperson, Tom Caffrey and his energetic executive.

By all accounts the club is rated very highly nationally.

Soccer Club:

On their way to the Finals of the Irish Technical Colleges Football Competition Final, they beat all opposition, including away games at Limerick, Waterford and Cork.

Unfortunately for Club Chairman, Dermot Bolger and his impressive team, Dundalk R.T.C. won in a very close final at Tolka Park last April.

The team also played many "friendly" matches.

Cycling Club:

Popularity of this club soared in the past year (Thank You Mr. Roche and Mr. Kelly, "Encore"). The team performed well in a 10 mile race on the Navan Road and on their outing to Clonee.

They also took part in interschools competition last March in the Phoenix Park.

Karate Club:

This club played host to a national competition which was held in the college gym last year.

Training which was extremely well attended, was held weekly.

Equestrian Club:

Participation in a competition in Galway and the Furstenberg Interschools competition was well organised last year by Club Secretary Deirdre Kennedy and other executive members.

Subsidised riding lessons were also organised.

G.A.A.:

Between football and hurling the Colleges' teams have excellent track records. With Chairperson, Mick Sheils and Trainer Mickey Whelan, the teams have performed well in many tournaments. Further information will be available at their Freshers Day stall.



Last years mountaineering club spent many active weekends in the West of Ireland.

SOCIETIES



Bolton Street PE teacher Mickey Whelan.

Canoe Club:

Again, here is a club that has done the College proud in the past, but which has faded away during the past year.

With a few interested people though, the club could be re-activated.

Tennis Club:


With adequate equipment, coaching was organised at Lansdowne Tennis Club last year.

It is hoped to expand club membership this year.

Rugby Club:

The team, known as the "Bolton Bears" had a very successful run last year. During the year, they played many away matches including NIHE, Dublin; Galway R.T.C. and Tralee R.T.C. They also organised a trip to Scotland.

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Motorcycling Club:

The purpose of this club is to arrange meetings on topics of interest to motorcycle enthusiasts in the College who are plentiful.

Club chairperson Rudi Monahan was very active in promoting bike safety and security for club members.

Windsurfing Club:

This club, with its four sailboards, held regular training at week-ends in Dublin Bay. Last year more than 20 club members took part in different intervarsity competitions around the country.

Basketball Club:

The teams (both male and female) trained at what seemed like every available opportunity in the college gym. Last year they played many away matches including Maynooth University and the other DIT teams in Loughlinstown.

Sailing Club:

With the 3 club boats based at the Royal St. George Yacht Club outings were frequently organised by club executive members. The two college teams that entered the All Ireland Sailing Competition performed well.

Squash Club:

Training was organised last year at Squash Ireland centres with Student Union subsidised rates.

The members also arranged leagues which resulted in high participation levels.

Weight Training Club:

This club has a fantastic range of equipment, but tends to be a bit "nomadic" due to space shortages in the College. According to last years Club Chairman, Frank Waters, a permanent Weights Training Room will be organised early this year.

Para-Climbing Club:

As the name suggests, this club formed to cater for students who wanted to go on adventure week-ends. In the clubs history, they have organised parachute jumps and so on.

It tended to be rather dormant over the past six months but there are plans to revive it.



Top: Bolton Street Equestrian Club on a ride-out.
 Middle: DIT participants at last years Championships, UCD.
 Bottom: Action from last years AIB Cup Final between Bolton Street and Galway RTC.

SOCIETIES

Architectural Students Association:

This society encompasses activities organised for students from all five years of the architecture course.

Last year, the entire second year class spent a weekend in Donegal. Also, fourth and final years arranged a trip to Moscow.

Society of Student of Motor Industry Management:

In previous years this group has often organised events to acquaint employers with the courses existence. An example was their very successful "Busines-breakfast" in Sachs Hotel. Arranged a course visit to Belfast for last March's Ulster Motor Show.

Goe-Surveying Society:

A society that is well known for its high course spirit. last year, as part of their course, the Students Union subsidised a two week practical visit for them to Wicklow. They also went on many day trips to venues such as Tara Mines in Navan.

Society of Student Architectural Technicians:

An annual foreign trip is the norm for this group. Last year, they also visited the North West of Ireland for a few days.

Student Society of Quantity Surveyors:

More than thirty society members travelled to London last April to visit building sites and so on.

Ballad Appreciation Society:

This high calibre society has been acclaimed as the backbone of Bolton Street Colleges' student life. The organisation of cultural events was its main area of work. For the past three years its President has been Aidan Kerins who has guided the society from strength to strength.

Society of Student Engineers:

This large society is an extremely active one. They organise many site visits to industry during the year, several social outings and a Graduation Ball annually. They also arrange guest lecturers from industry and the Institute of Engineers in Ireland to visit the College.

Third World Society:

With the situation worsening in the Southern African regions, this society is an extremely active one. They also have solidarity campaigns and fund raisers for groups, such as World University Service and the Irish Anti Apartheid Group. The group was helped by Conor M. Lawlor.

Building Services Engineering Technician Society:

This newly formed group had an excellent track record of events last year. A trip to London was praised as a great success by all who went. It also



Bolton Street College: originally the Central Hotel, before becoming a college in 1911.

was active in gaining recognition for its members by the Institute of Engineers in Ireland. John Dolan and Tadhg Sullivan were society executive members.

Christian Union:

One of the more active college societies. They organised many meetings and guest speakers in addition to visiting bands, and also travelled to Frankfurt for a conference.



College main entrance

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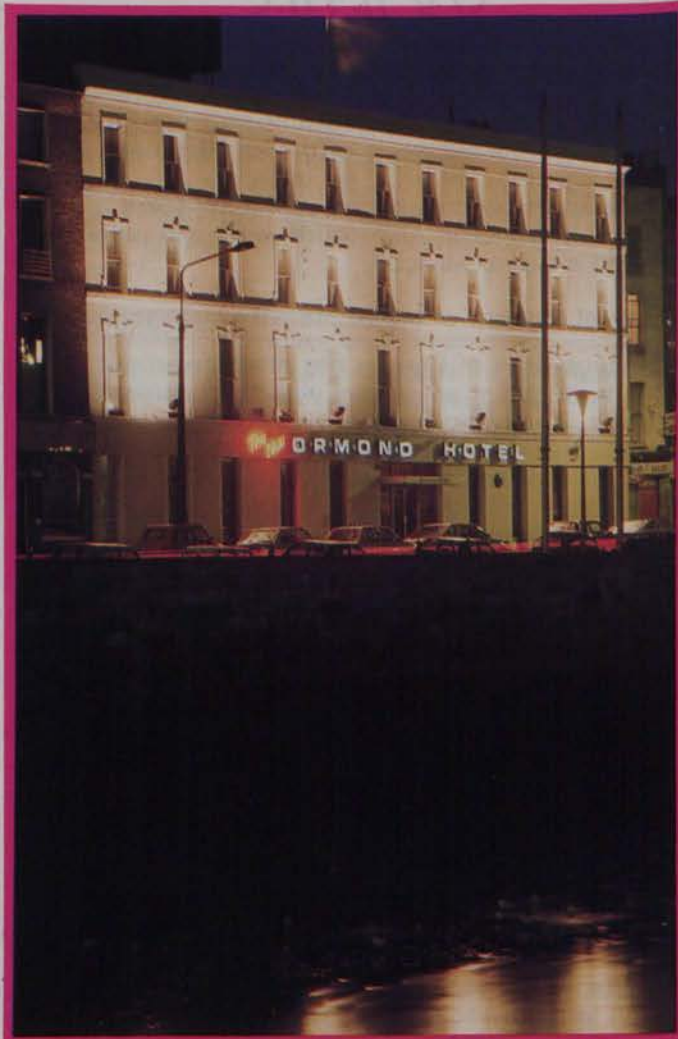
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The new garden area in Bolton Street College.



The Bolton Street restaurant, "Good Food but Pricey".

Auctioneering Society:

This group has only recently been formed. However, they do organise good trips around the country.

Instrumentation Society:

A non faculty based technical society. They normally visit industrial centres such as ESB power stations and so on. Noel Carroll was last years society chairman.

Cairdeas:

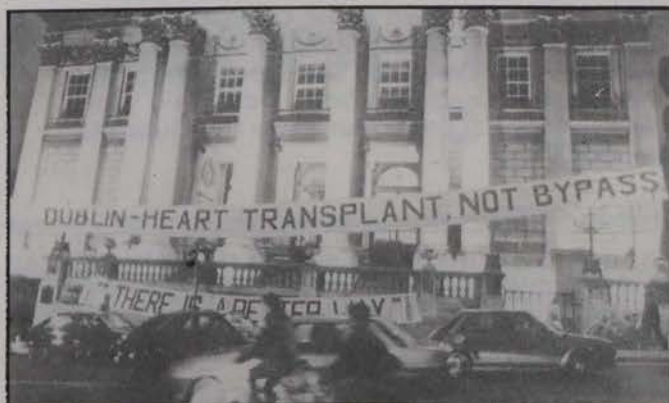
This group aims to promote friendship and co-operation. They went to Wales last November for a very enjoyable trip by all accounts. An extremely successful venture was last years debate that they organised in the college between the six counties Loyalists and Nationalists.

Hopefully this society continues to grow. Society Chairman is Nigel O'Neill.

Students Against the Destruction of Dublin:

A society mainly dominated by architectural students, but open to all. They were set up in the wake of the famous Clanbrassil St. Motorway and were highly acclaimed for their work in getting the Corporation to refuse the plan (See Photo).

They also "occupy" historic buildings if there is a threat to demolish them.



An active night at City Hall for SADD.

Mechanical Engineering Technician Society:

Any graduate from this college is guaranteed to remember the activities of the M.E.T.S. group in the college. They organise many factory/industry visits, guest speakers, a fun week-end in Galway and many successful social events. A group to watch. Last years Chairman was Martin Fitzpatrick.

Property Economics Diploma Society:

Last year a trip was organised to a planning conference in Galway. Recently, they presented an impressive report on Inner City Development to Minister for the Environment, Padraig Flynn. Also visited Wexford.

Civil Engineering Technician Society:

This society has not been as active recently as in previous years. Tends to organise site visits and social events. Went to Platin cement works last January.

Society of Student Printers:

Mainly organise visits to different printing works in Dublin and one major overseas trip annually, last year London. They also organise many well attended social events.



The main students social area in the Bolton Street College extension. A very relaxing atmosphere.

Bolton Street Film Society:

This society has had an excellent recent track record. Films are shown in the college "Kinema" and a nominal fee is charged. Some of their better films shown last year included "Salvador"; "When the Wind Blows"; "Dead Men Don't Wear Plaid" and "Runaway Train". Conor Young was the clubs main organisor.

Political Society:

This small but active group aims to stimulate political debate among students within the College. It is non-party aligned.

Ireland/Cuban Friendship Society:

Last year their main event was to organise a lecture in the College by Senator Brendan Ryan on Che Guivera. Over 200 people attended it on the evening in question, including the First Secretary from the Cuban Embassy in London.

Society of Student Construction Technicians:

This course was always based in a college annex until this year and so its activity was hampered. Tended to organise trips and social events for its members.

Bolton Street Greens:

A society to promote environmentalist issues among students. Membership last year was small but more than likely will expand this term.

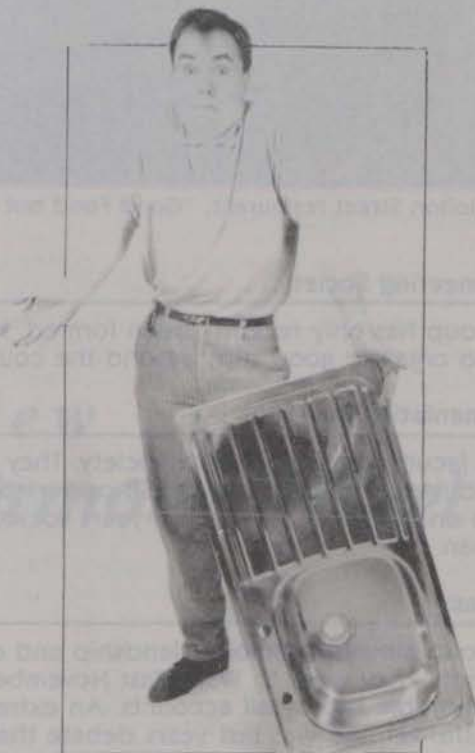


Some of the M.E.T.S. outside the Galway Bay Hotel, who travelled to the West on their annual trip last March.



"The New Obsession", who played to a full house at a lunchtime gig in the College last year.

"I only came in for a coffee"



STUDENTS UNION SHOPS
from coffee to kitchen sinks

The "Open Door" Policy

The Institute of Engineers of Ireland can offer immense benefits to both engineering students and graduates. We spoke to Institution Director, Finbar Callanan at his Clyde Road office.

The Institute of Engineers of Ireland has its Head Office at 22 Clyde Road, Dublin 4. It is at this venue that it hosts its regular membership meetings, the 200 lectures given yearly on engineering topics, and its many social events.

"In previous years, students seemed to associate the role of this institution being solely relevant to graduates in industry", said Institute Director, Finbar Callanan, "however recently the student members are making much more use of us".

Until 1987, student membership was open to degree students only. Now though, as a result of negotiations between the Institute, Oliver McNulty (Engineering Department Head) and some of his Bolton Street students, that membership has been broadened out to non-degree students.

Strong Link

"There has always been a strong link between the Student Society of Engineers (Bolton Street) and myself and whenever the Institute could be of help we obliged", said Mr. Callanan.

He has given numerous lectures in Bolton Street on different topics ranging from basic necessary skills for an engineering interview to getting suitable engineering jobs elsewhere in the European Community. He pointed out that unlike the 1950's immigration to London today is only £35 and fifty minutes away. "It is beneficial for engineers to travel and gain experience that they would never get here".

With the recent announcement by Minister for the Environment, Pdraig Flynn that over the next 20 years, the Government plan to spend £2.2 billion on road improvement nationally, Finbar suggests that we could actually find the country to be short of engineers when the project starts.

Community Wide Recognition

In relation to 1992, and the Single European Market, the I.E.I. have done extensive work in obtaining community-wide recognition for Irish engineering educational awards.

The Institute, in conjunction with the Department of Industry and Commerce is currently running a programme geared towards the greater employment of Irish Engineering Graduates in Irish enterprises. This programme will be an approach by the Institute and the Government to keeping more



Finbar Callanan, I.E.I. Director, with his "Pioneers of Engineering" painting.

Irish graduates at home where they will do something for the Irish, rather than a foreign economy.

"Irish firms have apparently given less thought than they should to the idea that Irish engineering graduates are leaving in droves for countries which cherish their worth, while here we seem content to chug along with no better idea, than that engineers may be too expensive to employ".

In addition to this new initiative, they are also co-ordinating a campaign called "Engineer Aid" This is a scheme whereby selected members of the engineering profession provide advice in engineering, marketing, production and finance to start up firms and to provide such services free of charge.

The "Open Door" Policy



Presentation to Mr. Finbar Callanan C.Eng.EUR.ENG., Institute of Engineers of Ireland from Mr. Nael Bunni, President of the Association of Consulting Engineers of Ireland, for his outstanding contribution to both Irish Engineering and Industry.

It is designed to be available only at the "start-up-stage", when such advice from experienced engineers could be invaluable to those whose initiative and ambition in commencing new businesses may not be matched by their engineering or management skills. The I.E.I. office in Clyde Road has all relevant information on those schemes.

Active in the I.E.I.

The relevant engineering societies in Kevin Street do not seem as active as their Bolton Street counterparts in the Institute. Declan Phillips Society of Student Engineers (Bolton Street) President has commented on the benefits that students have gained from being active in the I.E.I.

"Last November, a group of our structural engineers spent the afternoon with Finbar discussing the areas that we should try and cover in our theses so as to give us the edge in an interview situation" said Declan Phillips. "The information packs that they distribute to student members on working in London and further studies are also very useful".

As Finbar Callanan said, "Here we try and operate the most effective "open door" policy to students coming to us looking for help. Whether its a query on interview techniques, or job prospects abroad or on a new product idea that a student has thought up, if we can be of assistance, we try our best".

When drums roll up. . .



SMOKING CAUSES HEART DISEASE

Government Warning

The Growth of FÁS

Despite the fact that many people still speak of AnCO, The Youth Employment Agency and Manpower, none of these groups still exist. Since January the 1st last, the Labour Services Act merged them into one new body, FÁS. We spoke to Dr. Arthur O'Reilly, the secretary of this newly formed body.

Until last December the overall budget for the Youth Employment Agency, National Manpower and AnCO was £180 million and had a total staff compliment of 2400.

"With the merging into one, it was planned that the three services would be streamlined and become more effective", says FÁS secretary Dr. Arthur O'Reilly. "We have an initial two pronged approach of reviewing and rationalisation."

FÁS feels that the 'real' needs of the long term unemployed must be tackled if unemployment levels are to be brought down. Included here is an investigation of how other EEC countries have tackled this issue. They are also evaluating if programmes were being effective in what they were intended to do.

Enterprise Programmes

The rationalisation, again, was a move to streamline the activities of the organisation into making them more responsive and relevant. In, for example, the case of enterprise programmes, the three old agencies each had their own in operation. This resulted in time waste, confusion and an abundance of overlapping. Now, with the one-agency new package, a much more coherent programme is being offered.

"Now people can get the package most suited to their requirements from the one office. And, in addition we can put them more quickly into contact with the I.D.A. and C.T.T." says Dr. O'Reilly.

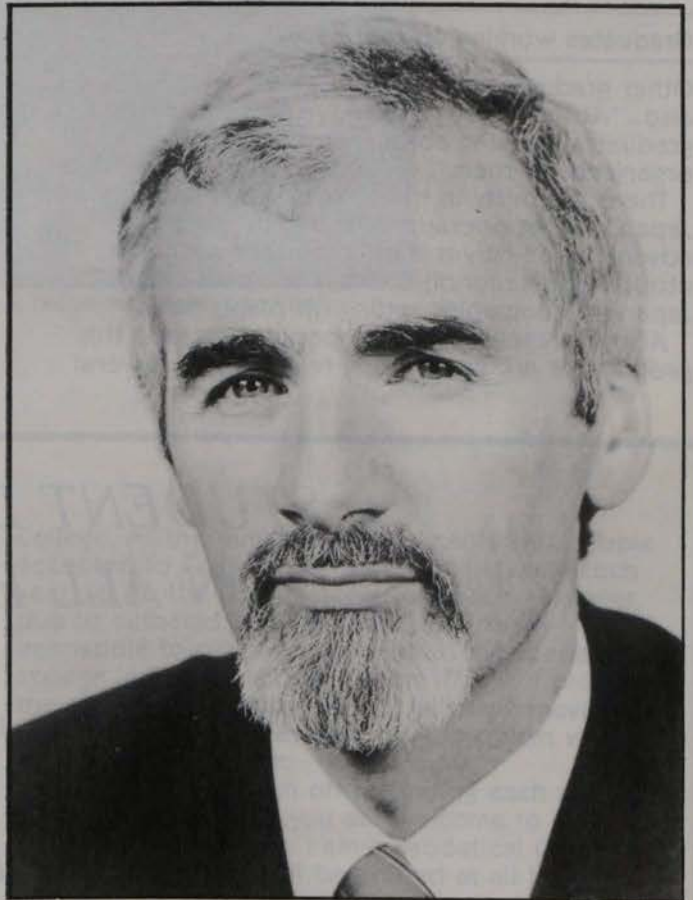
With the present review of apprenticeship coming to a conclusion, it is worth noting that any recommendations will have an impact for such a large centre for apprentices as the D.I.T.

"There are improvements that are needed in our system and they must be implemented as a matter of urgency. We should watch how apprenticeship operates in countries such as Germany and Switzerland, and learn from them if needs be".

There is a strong feeling that as the State's cost in the area of training apprentices has grown enormously in the recent years it should no longer support it to such a level.



Foras Áiseanna Saothair
TRAINING & EMPLOYMENT AUTHORITY



Dr. A. P. O'Reilly, FÁS Secretary.

"There are improvements that are needed in our system and they must be implemented as a matter of urgency."

Minister for Labour

Their first report should be with the Minister for Labour before Christmas, and it's findings will be made public soon after that.

Graduates can apply also for any of the 150 FÁS run courses.

"In most cases, academic qualifications for entering into a course are not really looked for. Entry is based more on the interview, and the interviewee's personal skills".

Their most popular courses are in the marketing area. A much sought after course is the export marketing programmes.

This ten month course includes a month in a FÁS centre researching a factory and its products. Then three weeks are spent in the actual factory premises doing further research.

A period of time is then spent in the Irish College in Leuven, Belgium, getting acquainted with local Japanese companies setting up plants here". chosen country.

Finally, a month is spent in the field doing market research on the possible export potential of an Irish product there. A detailed report is then submitted back to the Irish head office.

They also place people in Japan and the U.S.A.

"The country needs people with export marketing skills, but unfortunately at the present this is an area where we are badly lacking".

Graduates working abroad

Other graduates based courses are in operation also. "At the present, we have more than 100 graduates working abroad on contracts we organised for them".

There are thirty in the United States and fifty in Japan. "Being operational in Japan has two advantages. Firstly it is an exporter's untapped utopia. And secondly there is the possibility of Japanese companies setting up plants here.

At the present, the more popular areas in this programme are engineering related, with several

engineers from Bolton Street being based in Tokyo, but this is being broadened out to include other disciplines.

As regards the response of the overseas factories management, "all countries we have sent participants to on these projects have been satisfied with the quality of Irish graduate received" says Dr. O'Reilly.

On the larger scale Dr. O'Reilly feels that there is no doubt that the economy here is improving. "Inflation is down, growth rates are up and the public debt is being brought under control".

He sees a difficulty though, in quickly turning these positive gains into jobs. He feels that there is no huge job expansion due in Ireland in the foreseeable future.

"When one considers that there will probably be a job creation of 5,000,000 when the single European market comes into effect in 1992, we must ensure that we are prepared to capitalise in on the event".

"For the country to improve, the education sector, industry, trade unions and government must be prepared for change".

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DIT

CATHAL BRUGHHA STREET



Cathal Brughha Street Students Union President, Lisa Ennis.

Presidents Address

On behalf of the Student Union Executive members in the Dublin College of Catering, I would like to extend a warm welcome to all you new first years to the College.

Student life can be very lonely and traumatising and in the beginning, what with leaving home for the first time, having to manage your finances, and meeting many new people, we hope to be able to help you through this period.

The Union organises many social events throughout the year which can be great fun and also I would encourage you all to join any clubs and societies within the College that are of interest to you as this is an ideal way to meet people and to get involved in Student Union activities.

While the popular idea of Students Unions remains one of parties and demonstrations, I would like to take this opportunity to stress that the Students Union represents its students in many other ways. After succeeding to get through the most difficult part i.e. exams. and applications you are now a member of the Higher Education System, which presents with many inadequacies and inequalities. We are here to help you get through this system.

During the academic year 1987/1988 our College was faced with many problems. The most noted of these was the delay in the distribution of ESF grants and it was the DIT Student Unions and their members, who managed to put enough pressure on the Government to have these paid out before Christmas. Another major problem we face at the moment is the chronic shortage of space in the

College. As the numbers of applicants and people accepted to Colleges increases dramatically each year, so do the requirements for space. However, due to cutbacks in all sectors it is virtually impossible to perceive a growth in the space of this college in the forthcoming years. This is a problem the students are facing as lack of space inevitably means lack of facilities and it is a problem which we must strive to change.

I would like to finish off reminding each and everyone of you that you are welcome to drop into the Union at any time. I am a Sabbatical Officer which means that I will be around at all times and I am eager to meet you all. The Union is here to represent you and it can only do this if you are willing to participate in meetings and general activities. Remember your vote is your voice.

Lisa Ennis
President

Cathal Brughha Street College Executive Committee 1988/89

President:	LISA ENNIS
Vice-President:	STEPHEN BELTON
Treasurer:	YOICHI HOASHI(Acting)
Education/ Welfare Officer:	CATHERINE FITZGERALD
Social Officer:	GILLIAN GUY
Sports Officer:	SHANE MALLON
Employment Officer:	COLETTE MOYLES



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Cathal Brugha Student Union Secretary, Gay Dalton.

Cathal Brugha St. Student Union

If you are a student in the College of Catering in Cathal Brugha Street, your local Students Union office and Common Room are located on the ground floor of the main building—turn right as you enter the building, then turn left at the end of the corridor and keep going straight and down one flight of stairs. Here you will find your Union Office on the left with Common Room facing, at the end of the corridor.

Office/Common Room Services

Again, your Union offers you much the same facilities and services as the other local unions, although we have only one full time officer. Union Secretary, Gay Dalton, is available to deal with queries of a general nature. Other services includes photocopying at subsidised rates and a Student Union shop run by Seamus Murphy. Again the shop supplies everything from subsidised course related materials and equipment e.g. Chefs hats, to confectionery, fruit and minerals and is open every day from 9.00 a.m. to 5.00 p.m. You can relax in the Common Room and listen to music while having a cup of Bewleys tea or coffee or if you are feeling very confident you can try to beat some of the very high scores on our video games.

Highlights of the year

These include the Dress Dance which will be held in February of next year. This is the premier social event of the College year as well as being one of the largest Dress Dances in the country, and if at all possible, should not be missed.

Another activity unique to Cathal Brugha Street, Students Union is the annual trip. Last year, it was to Hotelympia. This is an International Hotel and Catering Exhibition held in London which welcomes catering students from all over the country and abroad to its showings, which occur every two years. It is hoped that this years trip will be to an exotic destination but one thing is certain no matter where its destiny lies, an exciting time is guaranteed.

Millennium Cake

As part of this years Millennium celebrations, the Students Union made a presentation of a "Millennium Cake" to the Deputy Lord Mayor, Cllr. Alice Glenn, last March. The event was arranged to coincide with Rag Week and it was used as a focal point to raise money for charity (See photograph).



The Deputy Lord Mayor, Cllr. Alice Glenn, receiving the Cathal Brugha Millennium cake on the steps of the Mansion House.

FACILITIES

The Cafeteria can be found at the back of the Common Room. The food is very good, ranging from roast chicken to smoked salmon and excellent value at £1.40 for a 3 course meal. Most of the food is cooked in practical classes with the remainder cooked by the cafeteria staff.

The Library is located on the 3rd floor but don't let that be a disincentive to study. The Chief Librarian is Ursula Gavin and she gives each first year class a tour and talk on the library early in the first term.

There is also a nurse in the college. If you turn left when you enter the building and turn right at the end of the corridor and then keep going straight through the fire doors, you will find her station on the left hand side. She is there to deal with any injuries you may acquire in or out of lectures.

The College gymnasium is on the third floor. (Despite the College Managements attempts to turn it into classrooms and an extension of the library).



SPORTS CLUBS

Karate Club:

This very successful club was extremely active last year. A Karate-Technique' training week-end was organised in Aughavannagh, Co. Wicklow.

During the year, weekly two hour classes were given in the College gym in addition to individual training for brown and black belts.

In the Karate University Championships after beating the U.C.D. team, they went on to finish third in the competition.

Soccer Club:

Last year, headed by the Students Union Sports Officer, Frank Reilly, the team went on to finish third in the Irish Technical Colleges Football League.

The clubs active executive committee did vast amounts of work in the area of ensuring that the members had an enjoyable year.

G.A.A.:

This team honoured the College last year by winning the Inter DIT Guinness Blitz in a very competitive final against Bolton Street.

Members of the club also partook in the DIT G.A.A. teams activities under team trainer Mickey Whelan.



Action from last years DIT "B" League Final in Tolka Park where Cathal Brugha Street were the victors.

Rugby Club:

Participated well last year in Inter College matches.

Visited Dundalk R.T.C. for a friendly match where the high standard of play was well noted.

Badminton Club:

A small but very active club. Further information will be available at their Freshers Day stall.

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SOCIETIES

Basketball Club:

Played many matches last year with a very enthusiastic membership. Again further information will be available at their Freshers Day stall.

Meals on Wheels Society:

Meals on wheels are provided by students for the elderly in the local community each Saturday. The meals are supplied by the College and distributed by the students.

As of late, the society has not been as active as in previous years though.

Photographic Society:

A very active society last year. Information on their activities will be available at their Freshers Day stall.

F'N MAD (Film, Music and Drama) Society:

This is probably the colleges biggest society. It was set up with the intention of increasing students appreciation of the wide and varied area of drama and music available.

Last year, many trips were organised to both the theatre and National Concert Hall, at subsidised rates.

They also organised a very successful carol singing day out where £350 was raised for the Irish Society for Autistic Children.

This year, they hope to set up a local radio station. Membership is open to all.

Environmental Health Society:

This group organised several trips during the year. Glenveigh National Park and Connemara National Park were venues included.

Declan O'Leary, Society Secretary was also active in arranging guest speakers to visit the college. One of their best attended lectures was when a representative from Greenpeace visited the College.

Business Club:

The newly formed business club was founded so as to introduce students to graduates already established in relevant areas and to build a platform for students to develop their entrepreneurial skills.

Last year, an open forum was organised with representatives from the main supermarket chains speaking on different aspects of this business.

Food and Beverage Society:

This society has grown rapidly since its inception in 1986. Membership is made up from second year students. The highlight of the year is their New Year Dinner.

A monthly bulletin is distributed by the society's executive to the members. It is planned this year to have a visiting guest lecturer every two weeks. The lectures will be held to promote expertise skills in the Irish hospitality industry. The group also organises trips to breweries and restaurants.

The Video Vault:

This group has regular showings of videos in the College. They regularly show more artistic than commercial videos but members have found the mix to be quite good. Some of the films shown last year were "To Live and Die in L.A.", "Desperately Seeking Susan" and "Stop making Sense".

Admission was a nominal 50p per showing.

Debating Society:

The aim of this group was to make students more aware of current affairs and to help them gain confidence when talking to large numbers of people and to get students accustomed to speaking publicly.

Last year, they participated in many debates, including the World University Service Inter College Debating Competition.



The College of Catering, Cathal Brugha Street. Before the DIT arrived it was known as St. Mary's College.



The College of Catering Union Shop, run by shop manager Seamus Murphy, which sells a broad range of items.

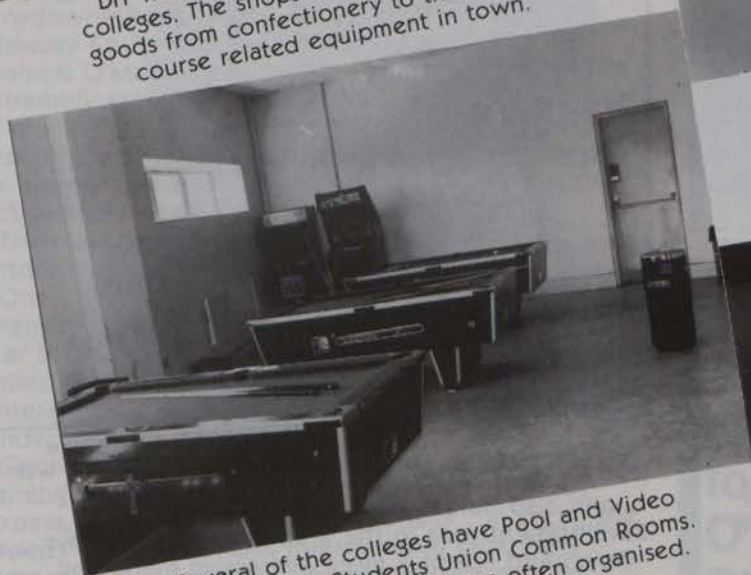
DIT STUDENTS UNIONS



DIT Trading has an outlet in each of the colleges. The shops stock a broad range of goods from confectionery to the cheapest course related equipment in town.



The students operate photocopiers in each of the colleges. They work on a card basis and these may be purchased through the Union Shops.



Several of the colleges have Pool and Video games in their Students Union Common Rooms. Tournaments with prizes are often organised.



Published monthly "FORUM" magazine is the publication of the DIT Inter Student Union Committee. It carries news and views from around the colleges in addition to monthly features. There are 10,000 printed and they are distributed freely.



Whether its information on a bank loan, student work visas for Canada, transferring to another college or the first train to Westport you will find that your local Union office is a mine of information. Check it out!

SERVING STUDENTS BETTER

KEVIN STREET COLLEGE



Kevin Street College Students Union President, Niall Dunne.

Presidents Address

On behalf of the Kevin Street Students Union let me welcome you all back to college. I hope you all had a good, and for those who were working, a rewarding summer.

Let me extend a special welcome to our new first year students. Many of you may find college life a bit more daunting compared to secondary level. That is where the Students Union comes in. Hopefully, this handbook will answer a lot of your questions. However, do not hesitate to come on in to the Students Union office (you will find the location of this office on the college map in this handbook) and we will do our best to help you in any difficulties that arises.

I would like to start now with a quick introduction to myself. For the past three years I have been attending Kevin Street College on a block release basis for 3-4 months every year in the Electrical Installation Department. On top of this I was attending night school as a part-time student in the Electrical Engineering department. During my three years in Kevin Street I was not involved in the Students Union. I did not know what the Union was all about; I did not know what I could do for the Union and more importantly I did not know what the Union could do for me. I hope next year will be different. Now that I know how the Union works, I want to pass on the information. I don't want anybody going through the years like I did. My plan to achieve this is what they call "The Open Door Policy". That simply means my door is always open.

To be practical about this, it is not always possible to be there all the time. As you read through this handbook, you will see how the Union works and all the different committees and what they do. A lot of my time will be taken up representing and

defending, you, the Kevin Street students, at these committees.

What I propose to do is to put a certain amount of time aside every day to be available in the office. I will post this time table on the Notice Board and at least people will know that time to catch me at every day. This does not mean that this is the only time I will be available it simply makes it convenient for everybody. Of course, I will be available at many other times so please call in.

I am sure there is no need for me to remind anybody that student life is not all books, study and libraries and it is important to get involved in extra curricular activities, in order to make your stay here a more enjoyable one.

We have a wide range of clubs and societies here so there must be something there for everybody. A full list of clubs and societies can be found in the following few pages. There will also be the usual discos, gigs and Rag Week. Anybody with new ideas on these events can call in to the office and let us know. We are always open to new suggestions.

We, the Union Executive will all be working very hard next year. We need your support and co-operation to succeed. We would like to see all of you turn up to the Annual General Meeting. All students in the College are entitled to vote. We will be passing Union policy for the forthcoming year and passing the Union's budget. It will be held in the Gleeson Hall sometime in the first term.

Looking forward to working with you over the next twelve months.

Yours sincerely,

Niall Dunne,
President



Laura Glennane, Kevin Street Deputy President.

Kevin Street Student Union Executive Committee

- | | |
|---------------------------------------|-----------------|
| President: | NIALL DUNNE |
| Deputy President/
Welfare Officer: | LAURA GLENNANE |
| Treasurer: | DAIRE O'MAITIU |
| Entertainments Officer: | BER MCENTEE |
| Communications Officer: | CAROL FALLON |
| Education Officer: | PAUL BAKER |
| Womens Rights Officer: | ELEANOR BALDWIN |
| Apprentice Officer: | PETER MOORE |

If any of the above can be of assistance to you at any time, please do not hesitate to contact them through the Union office.



Last years DIT Swimming/Waterpolo Team proved to be highly successful in many of the competitions they entered.

Deputy-Presidents Address

Welcome to Kevin Street to all first years: Welcome back to everyone else. Congratulations on getting your exams.

My name is Laura Glennane and I am Deputy President/Welfare Officer in your Students Union for 1988/89. As such it is my job to ensure that everyone enjoys this year in college and that whatever problems you may encounter may be dealt with, and as quickly as possible.

This handbook contains quite a comprehensive welfare section, but of course it is impossible to list all services and information in one publication, so I would urge you to contact me if there is anything about which you are unsure or require further information on. I can inform you myself or put you in contact with an organisation who will deal with the issue. I would like to stress that anything said to me will of course be kept in strictest confidence.

The Welfare Office which is my main base is situated on the 1st floor, opposite the President's Office. It contains books, leaflets and posters on many issues.

Lastly, I would like to remind you that as an elected union officer, I work for you, the union membership, and as such, my office door is always open to help you in any way possible.

Yours sincerely,

Laura Glennane,
Deputy President/Welfare Officer

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UNION SERVICES

The Students Union as well as representing your views and dealing with day to day problems offers a wide range of facilities.

These include:

1. Secretarial Services:

The full time Union Secretary is available to answer any general queries you may have. She can also do typing, time permitting. Student Cards (International Student Identity Cards) are sold here also; and remember you need a photograph.

2. Photocopier Service:

A photocopier service is available in the Games Room (see map). Photocopier cards can be bought in the Student Union Shop and the cost per copy is 4p.

3. Pool Tables/Video Games:

Pool Tables are situated in The Snackery. There are three pool tables. The Area Supervisor, Christy O'Connor services both pool tables and photocopiers and should be contacted in regard to any problems.

There are also several up to date video games in this area and competitions to achieve the highest scores are organised during the year.



Kevin Street Students on the march over the threatened closure of their Union Shop.

4. Students Union Shop:

The shop is situated on the ground floor in the new College building (see map). They sell a very broad range of course related materials at very competitive prices. A broad range of other goods, from confectionery to newspapers, is also available here.

Shop Manageress, Teresa Sheridan, and shop assistant, Geraldine Gill operate the shop from 9.00 a.m. - 9.00 p.m.

5. Welfare Service:

The full-time Deputy President offers a broad range of information and advice from her office (see map). Advice on health, grants and other related areas is freely available there.

6. Accommodation Service:

Of particular interest to first years, the DIT Students Union Accommodation List, is available in the Students Union office. It gives a large listing of bedsits, flats and digs that are available around the city.

FACILITIES

Swimming Pool:

The pool is situated at the rear of the new extension (see map). The pool is available during the academic year and its timetable is posted throughout the building. Competitions and tournaments are often arranged.

First Aid Service:

A service is run from the 1st floor in the main building. Its personnel are made up from the Order of Malta and their door is always open to deal with individual queries and complaints.

College Gymnasium:

Situated over the swimming pool, the College P.E. teacher, Seamus Byrne, organises many sporting activities here during the year.

Library:

The library is on the second floor in the new building. First years should acquaint themselves with its operation and join as early as possible in the term.

Bakery:

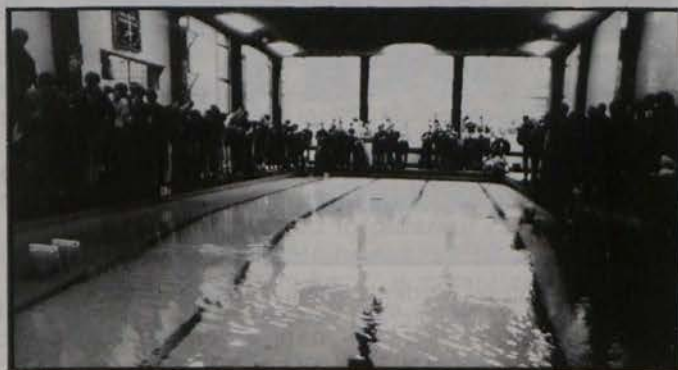
The Bakery Department hold cake sales from their 2nd floor offices daily. (see notice boards). This being the only bakery school in Ireland produces high quality produce and their sales are well worth a visit. Prices are very low.

Chaplains:

A chaplaincy service is available in the College and many denominations are represented. Further information from the Student Union Office.

Canteen/Snackery:

These two areas are based in the new college extension. The canteen on the ground floor provides a full meal service, while the snackery on the first floor sells tea, coffee and snack items.



The "Great Egg Race". Last years science society's Rag Week event which was organised with Dr. Hickey and sponsored by Bank of Ireland. On the left the winning craft does a lap of honour.

SPORTS CLUBS

Unlike other colleges, the clubs in Kevin Street are operated by a College employee, Seamus Byrne, who has his office in the gym.

Mountaineering Club:

Usually organise outings to the Wicklow Mountains. They are well equipped with climbing gear.

Table Tennis Club:

Games and competitions are held frequently in the college gym.

Sub Aqua Club:

Training sessions are held regularly in the college pool. Equipment is provided.

Canoeing Club:

A very active club. Beginners training sessions are organised where new members can borrow canoes.



View from above: the Kevin Street College canteen area.



Kevin Street Students Union shop manageress, Theresa Sheridan.

Sailing Club:

This club is well equipped with boats. Outings are arranged most week-ends from Dun Laoghaire.



As part of this years centenary celebration in Kevin Street, Fergal Quinn presents an award for outside achievement to a science student.

Windsurfing:

This very active club is always over-subscribed for places, so if you are interested, get along early.

Badminton Club:

As place numbers are limited it is advisable to go along to club meetings as early as possible in the first term.

Basketball Club:

In addition to training one night per week, lunchtime competitions are also organised during the year.

Judo/Karate Club:

Self defence lessons are given to members of these clubs. Classes are held in the gym.

ENTERTAINMENTS

The local pubs most frequented by students from Kevin Street College are The Junction, Clarkes, and The Wexford Inn both on Wexford Street.

Both venues are also used to host gigs and other social events during the year.

Films are also shown weekly in a college lecture theatre, at a nominal charge.

Until recently, lunchtime concerts were held in The Union Common Room, but since their more last year, this facility is no longer available. However, negotiations are under way to use alternative venues within the College.

College discos are organised quite regularly and are normally extremely well attended. Regular venues include Club 21, at O'Connell Bridge, and the Olympic Ballroom, near the College.

SOCIETIES

Human Nutrition Society:

Last year trips were arranged to the food research centre at More Park, Fermoy, and to Mitchelstown Creameries.

They also sent a delegation to partake in a successful Nutritional Seminar in Trinity College.

Bakery Society:

A society that never complains about lack of "dough" when it is fundraising for a trip.

Last year, 45 student bakers spent a few days in North Wales visiting companies such as Parks Bakery before travelling to Liverpool to see the Geldrei Foods plant.

Christian Union Society:

This group meets quite regularly in the College. Last year they attended many conferences around the country, in addition to sending representation to the Christian Union Conference in Germany.

Technician Society:

Fairly inactive society. Tends to purchase periodicals and reference books for students to use.

Apprentice Society:

Set up last year for the first time. Organised a very well attended visit to Turlough Hill power station.

Music Society:

Organises guitar lessons during the year. They also organise regular talent shows and carol singing at Christmas time.

At the D.A.M. (Drama, Art, Music) festival in Donegal last year, the society entered four bands and one solo act and they all performed well.

Womens Group:

This society meets every second Tuesday in the College. They have many debates and show videos on issues such as equality in the workplace, womens health and so on.

Camera Society:

In addition to purchasing some club equipment for the members, they also organised a photographic competition with very good entries and prizes for that matter.

European Society:

Involved in continental language promotion. Organised social outings to foreign films and plays in Dublin.

Computer Society:

Arranges for people with an interest in computers to liaise and discuss issues of common interest. They also keep magazines, software and books on computers for members to use.



One of the Students Union pool tables based in the snackery area.

Homebrew Society:

A very popular society in the College. Produces magazines during the year. Last year organised many Rag Week events.

Engineering Society:

This society is an extremely large one. Organises many site visits during the year, including Money Point power station.

Social and Cultural Society:

Organises lectures on issues such as film making and theatre. Last year, trips were made to several theatrical productions, some concerts and a jaunt to Belfast.

IOTA:

The Irish language group organised for Ciaran O'Morain to give weekly Irish classes in the College. In February, last, a weekend was spent in the Donegal Gaeltacht.

Drama Society:

Very active society. Last February they staged a play at the D.A.M. (Drama, Art, Music) Festival in Donegal and it was well received.

Science Society:

A very active college society. Last year, they arranged a trip to London to meet prospective employers, for students interested in going there.

They also arranged a series of lectures from graduates now working with I.B.M., N.B.S. and other large companies.

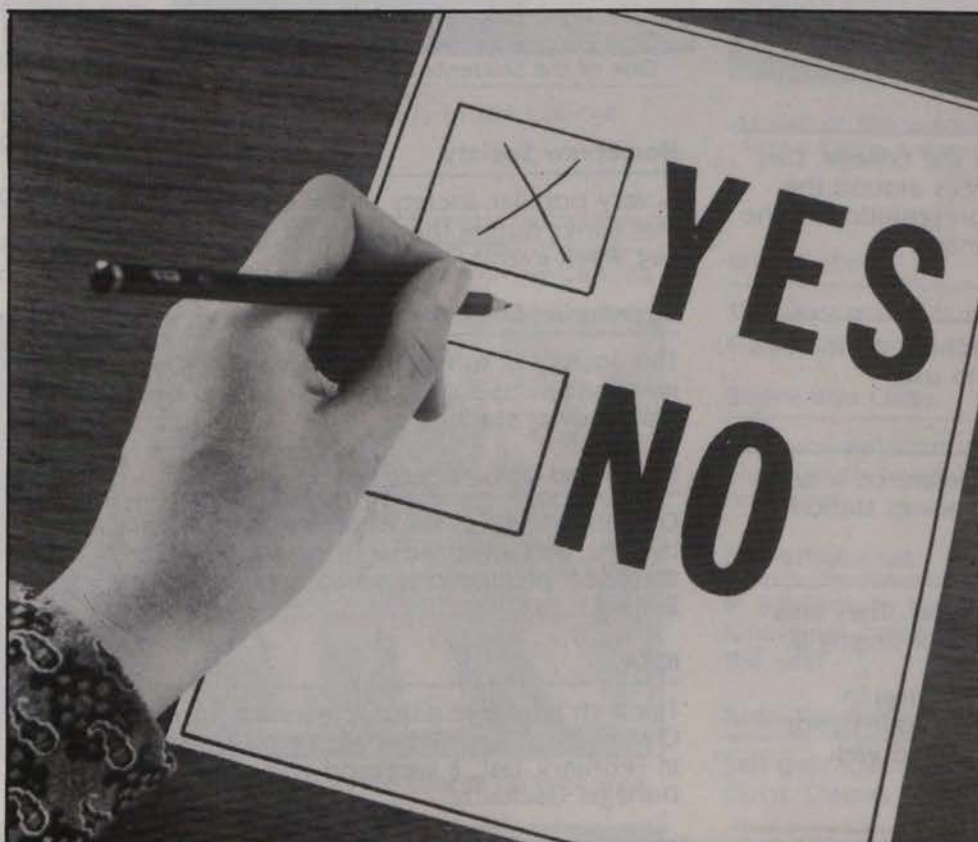
Trips were also arranged to different centres around the country including Maynooth.

Annually, a "Great Egg Race" is organised during Rag Week. The idea is to make a small craft, powered by no more than 10 elastic bands, that can carry an egg from one side of the college swimming pool to the other in as short a time as possible. This event always generates great interest and last year in fact (see photograph) more than 250 people turned up to watch the final.

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| <input type="checkbox"/> Danish | <input type="checkbox"/> Indonesian |
| <input type="checkbox"/> Dutch | <input type="checkbox"/> Irish |
| <input type="checkbox"/> English | <input type="checkbox"/> Italian |
| <input type="checkbox"/> English (Intermediate) | <input type="checkbox"/> Japanese |
| <input type="checkbox"/> English (Advanced) | <input type="checkbox"/> Malay |
| <input type="checkbox"/> Finnish | <input type="checkbox"/> Norwegian |
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| <input type="checkbox"/> French (Intermediate) | <input type="checkbox"/> Portuguese |
| <input type="checkbox"/> German | <input type="checkbox"/> Russian |
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| <input type="checkbox"/> Greek (Modern) | <input type="checkbox"/> Spanish (of Latin America) |
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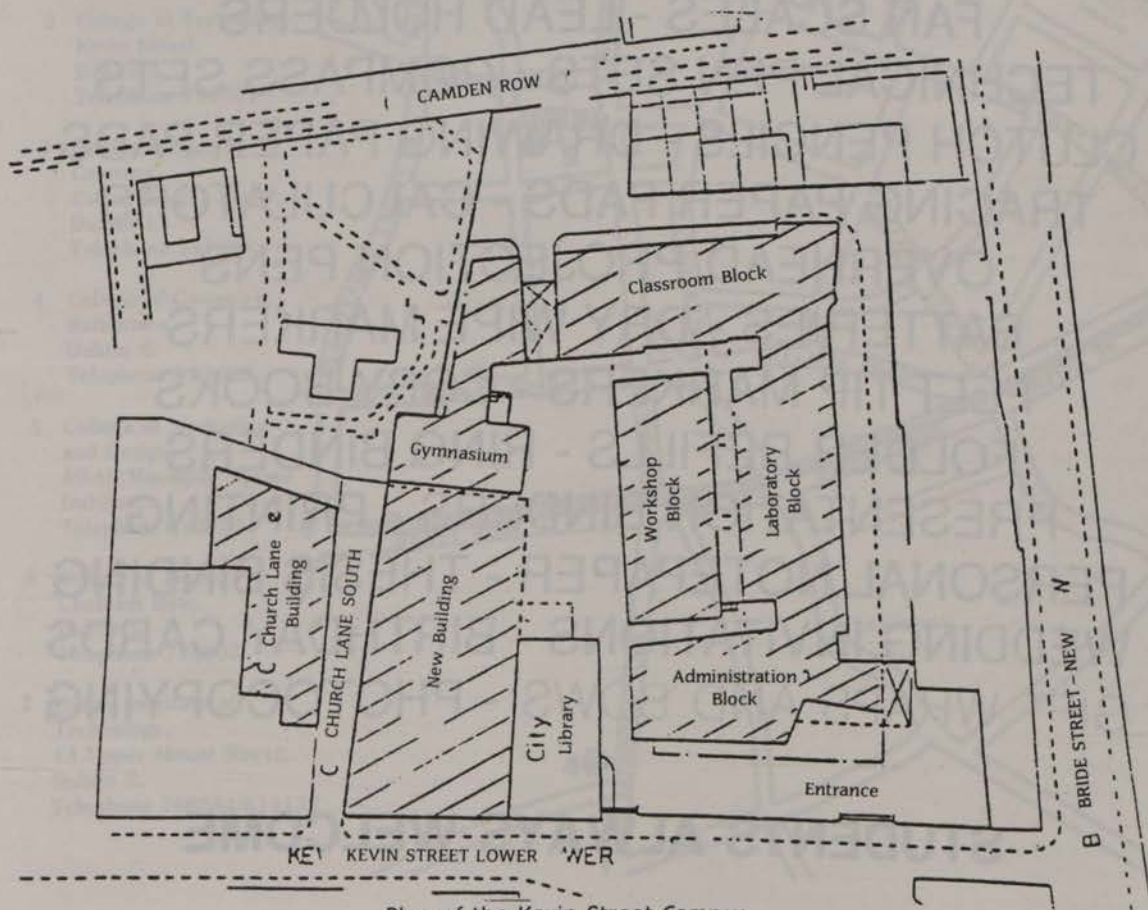
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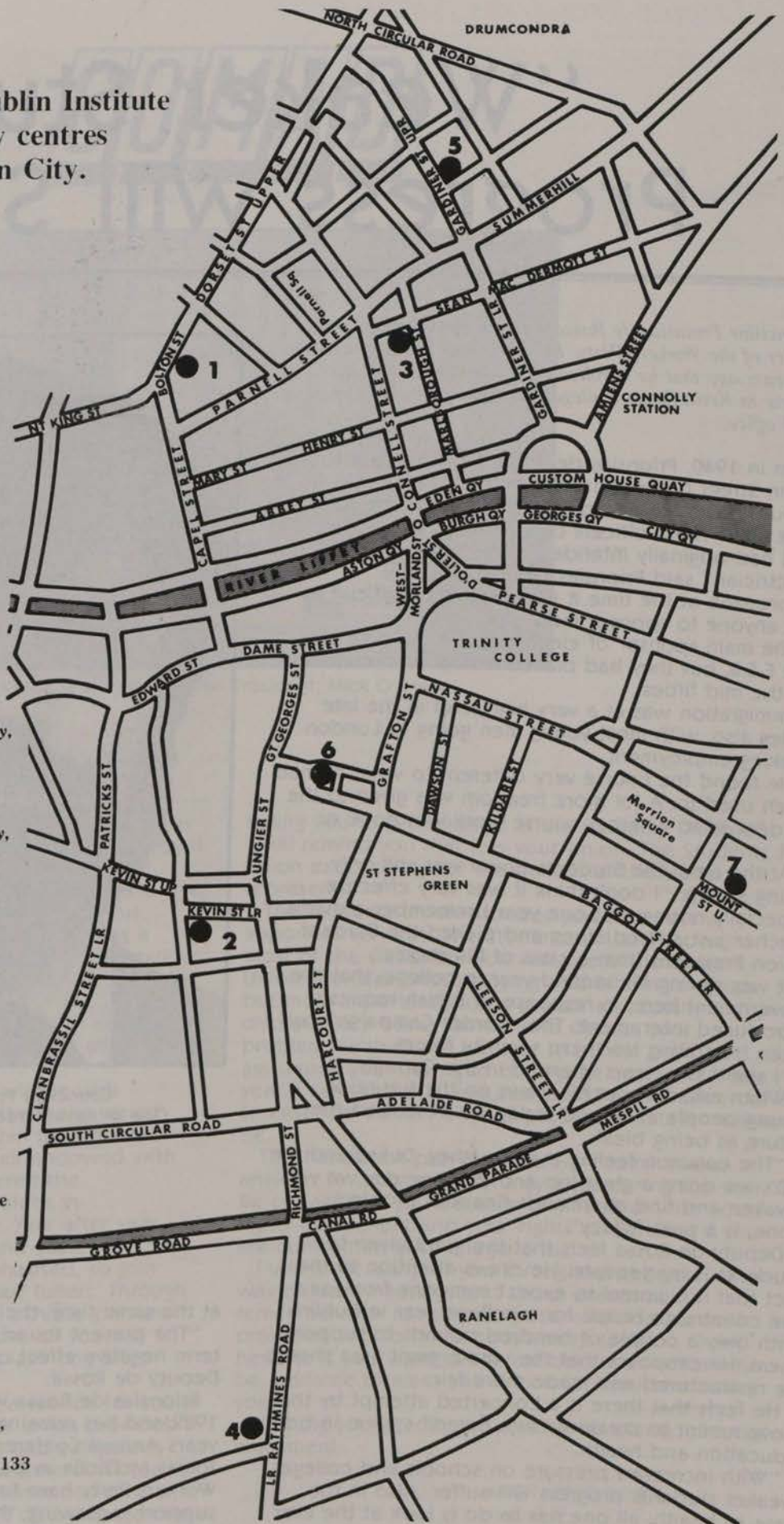
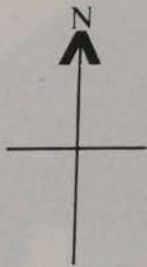
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Telephone 970666
- 5 College of Marketing
and Design,
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Telephone 742721
- 6 College of Music,
Chatham Row,
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- 7 Dublin Institute of
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“Weaker Students Progress will Suffer”

Councillor Proinsias de Rossa T.D., is the newly elected leader of the Workers Party. However, it is just slightly over 30 years ago that he enrolled on a telecommunications course in Kevin Street College. We spoke with him in his Dáil office.

Born in 1940, Prionsias de Rossa T.D. first went to Kevin Street College in 1954. In 1957, he sat his Group Cert. and then decided to pursue the full time ships radio officers course there.

“I had originally intended to become an electrician” said Prionsias, “but due to the depression at the time it was extremely difficult to get anyone to sponsor me”.

The main sponsor of electricians at the time was the E.S.B. but they had placed a stop on recruitment by the mid fifties.

Immigration was at a very high level in the late fifties also, with most young men going to London seeking employment.

He found the course very different to what he had been used to. A lot more freedom was given to the student as to whether course work was done or not.

At the time, the Students Union was still only being set up. “I don't think it was very effective. Especially noting that one year I remember a maths teacher just arrived along and picked the Student Union President from a class of his choice”.

It was during his second year in college, that the Government here, in response to British requests, introduced internment. The “Border Campaign” had been frustrating Northern security forces.

“I spent two years interned in the Curragh”.

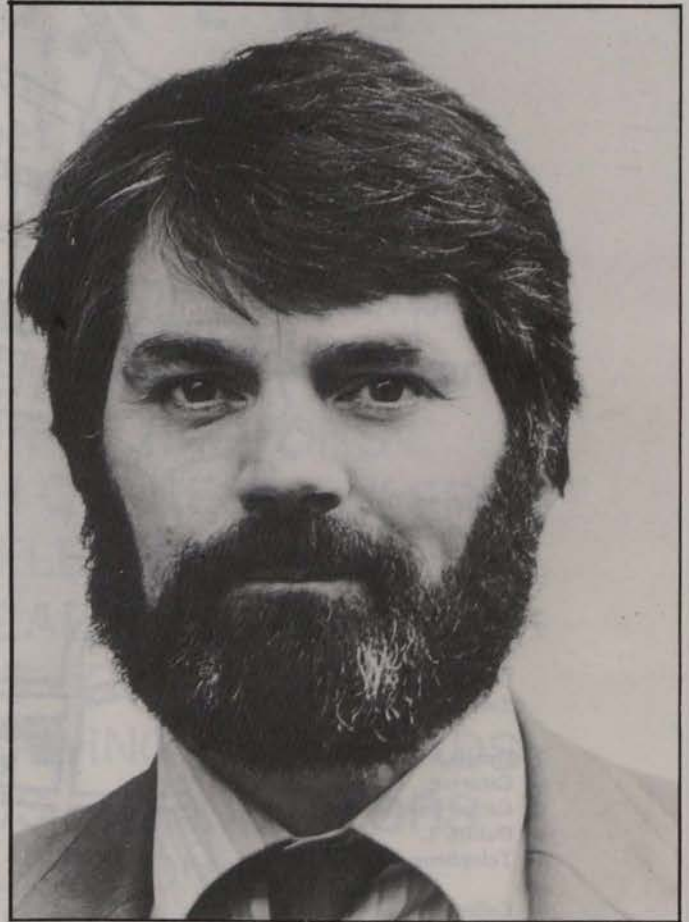
When asked about his views on the future of young people in Ireland today, he described the future as being bleak.

“The common feeling that Haughey, Dukes and the P.D.'s are doing a great job and that one day we will awaken and find all Irelands financial problems gone, is a pure fallacy”.

Deputy de Rossa feels that the grant given to students is inadequate. He draws attention to the fact that it is unreal to expect someone from, say, the country, to reside for a college year in Dublin with only a couple of hundred pounds to support them. He proposes that the whole grant area should be restructured and made more fair.

He feels that there is a concerted attempt by the Government to create a “two tiered” system in both education and health.

“With increased pressure on schools and colleges, weaker students progress will suffer. Also in the case of health, all one has to do is look at the ever increasing availability of private hospital beds whilst



Councillor Proinsias de Rossa, TD.
One of Kevin Streets more famous graduates.

at the same time, the loss of so many public ones”.

“The present round of cutbacks will have a long term negative effect on Irish society”, concluded Deputy de Rossa.

Prionsias de Rossa was firstly elected to the Dáil in 1982 and has remained there since. It was at this years Annual Conference in Dublin, that he replaced Tomas McGiolla as party leader. At present the Workers Party have four T.D.'s in the Dáil, but as their support is growing, they are confident of “performing well in all future elections”.

COMAD



C.O.M.A.D. Students Union President, Mick O'Brien.

Presidents Address

The start of another academic year is now upon us and while memories of the summer months just past will linger on, you must now begin to study in earnest. For many it will be the first taste of life after secondary school and I would like to take this opportunity to congratulate you on achieving a place within this college. I would also like to extend my congratulations to the other C.O.M.A.D. students after the summer recess.

The first few weeks of a students life in college can prove to be very difficult and above all at times quite disorientating.

"Freshers Week" of which you will be well informed will acquaint you with the many varied clubs and societies that exist within the college. Even though the college is not well endowed with sports facilities this has not hindered the participation and success of our clubs in competitions all over the country. Year after year students fail to utilise the clubs and societies. Their value to you cannot be over emphasised, so join one or two and enjoy them to their fullest. Through these clubs and societies you will achieve personal enjoyment and fulfillment but above all you will develop friendships that may well last long after your college years are over.

The clubs and societies provide a service for social integration and then your Students Union provides another vital service; it looks after and safeguards your interests within the academic sphere. All too often students are complacent when it comes to accepting College and Government distates regarding fee increases and educational cut-backs. I am not

telling you to get involved in the Students Union but I will remind you that it is your Union. The Students Union exists solely for the benefit of the students it represents.

The Students Union provides you with several important services. The Students Union Shop sell most of the stationery you will need. The Students Union provides photocopying and binding services but most importantly, on a private and totally discretionary basis, someone to discuss your problems with. Don't hesitate to ask for any assistance you may need during the course of the year. I can't move all mountains but I can endeavour to ease the burden of your problem whatever it may be.

This handbook provides you with many of the answers to questions that may arise during the year. Be certain that you become very familiar with your rights as a tenant and your rights as a citizen if you are confronted with a legal crisis.

I will meet many of you throughout the year by way of class meetings and social events but remember that my sole purpose is to address your problems and to find a satisfactory solution. Don't hesitate if you want to see me because I will always be available to meet you. I look forward to meeting you.

Wishing you academic success and plenty of social enjoyment.

MICHAEL O'BRIEN
President

Deputy-Presidents Address

Well its back to the study time again and for those of you who want to get some sort of qualification that means a couple of nights a week away from the pub. It might sound hard but it can be done.

Because of your results and your financial situation you are among the priviledged few who can avail of third level education. But think of those who will never get a chance to see the inside of a third level institution never mind take up a place in one.

As Deputy President of your Student Union I will be helping the President, Michael O'Brien, to represent you in our fight for a better run and a more accessible third level education.

I will also be overseeing all the non-sabbatical union officers so if you have any questions on anything from Women's Rights or Welfare, to Clubs and Societies to Entertainments, don't hesitate to ask.

Looking forward to a good year.

ENDA MURRAY,
Deputy President



C.O.M.A.D. Deputy President, Enda Murray.

Executive for Year 1988/1989

President:	MICHAEL O'BRIEN
Deputy Presiden:	ENDA MURRAY
Publications:	COLIN WILSON
Entertainments:	CONOR McLOUGHLIN
Education:	GERRI PENNEY
Welfare:	CORMAC KELLY:
Women's Rights:	EMER O'CALLAGHAN
Clubs & Societies:	PAT McARDLE

UNION SERVICES

1. Student Union Shop

The shop is based adjacent to the Union offices in the bsement. It is open from 9.00 a.m. every day and stocks a very broad range of goods. In additionn to tea, coffee and confectionery items, it also sells course related materials and stationery at extremely competitive prices. Shop manager Paddy Mulholland and his staff are always willing to help with enquiries or special orders.

They also sell C.I.E. Commutor tickets and newspapers.

2. Union Common Room:

This is situated in the "Bunker" underneath the car park. There are some pool tables and video games here.

3. Photocopying

The union has a photocopier for use by students. It is worked on a flexicard basis and these can be purchased from the Students Union Shop.

4. Binding of Projects

Projects, reports and c.v.'s can be spiral bound in the Students Union Office at a nominal charge.

5. International Student Identity Cards

Student I.D. Cards are sold through the Student Union Office and issued by full time Union Secretary, Vivienne Byrne. The cards are necessary to obtain cheap USIT travel and student commutor tickets.

C.I.E. commutor tickets are available in the S.U. shop.

6. Lockers

Student lockers can be rented for the year through the Students Union Office. They are not the largest in size but are of great benefit for storage of books and so on.

7. Welfare Information

A comprehensive welfare information service is offered by the Union Welfare Officer. Leaflets and so on are all available in the Union office.

8. Accommodation Information

A comprehensive list of flats and digs is available in the Students Union office. Also, if you are experiencing any difficulties with landlords, call into the Union and get advice from one of the Union officers.

Local Entertainment

Most students spend their time socialising in either "Hill 16" or "Billy Doyles", both are adjacent to the College. Gigs are often held in Billy Doyles.

Hill 16 are famous for their "Special" toasted sandwiches.

College discos are held regularly during the year. The normal venue is Barry's Hotel, The Tudor Rooms and discos are always very popular.

The customary "half-day off to the flicks" is very popular in the college. For £1.50 or £2.00 one can visit any of the cinemas around town during the afternoon.

Sport Facilities

Due to the fact that the Mountjoy Square building for the College of Marketing & Design is not a long term venue, merely rented for five years, there is no

proper student sports facilities in the college. There is however an all weather Corporation pitch across the road in Mountjoy Square Park. The Student Union pays rental to Dublin Corporation for three lunch hours every week. (Wednesday, Thursday and Fridays 1.00 - 2.00 p.m.).

Students can also avail of the swimming pool in Kevin Street College and the DIT pitches in Whitehall and Terenure.

College Facilities

It is planned that the College of Marketing & Design move to the new DIT centre in Bishop Street when it is completed, and as such no one seems enthusiastic about spending any money on the existing building.

The College Canteen is ridiculously small for a college of this size and despite the best efforts of the Caterers, it cannot cope with the crowds at peak times. It is located in the Basement beside the Students Union office.

The Library is on the first floor. Again space limitations here are a major drawback but the range of text books is good.

There is also a Chaplin based in the College.

Class Rep/Department Head Meetings

Meetings between class representatives and their relevant Department Head take place regularly during the year. They are attended by one of the full time officers. These are a very good forum for raising problems that you and your classmates are experiencing in the course. Further information will be made available as the term begins.



Students ask the ex Lord Mayor, Ms. Hederman, to intervene in a dispute that last year threatened the correcting of the Marketing students final theses.

SPORTS CLUBS

Athletics Club:

In addition to taking part in the All Ireland Student Track and Field Championships, the club also went to Cork R.T.C. last April.

Equestrian Club:

Riding lessons were arranged last year in Kinsealy Riding Centre. The Club last year also partook in the "Inter-Varsity" competition which was held in NIHE, Limerick during January.



C.O.M.A.D. Union Secretary, Vivienne Byrne.

G.A.A.

Last years team did the college proud by winning the DIT Guinness Blitz tournament.

Mountaineering Club:

In addition to organising week-ends away, they also arrange for guest speakers to attend and give lectures.

Rugby Club:

The team, known to their enemies as "The Pirates" performed well last year by reaching the final of the Gleeson Cup for the second year in succession. They also went to Twickenham and beat local team Richmond R.F.C. This year they hope to travel to Edinburgh.

Sailing Club:

In addition to competing in Inter Varsity competition during the year, they also competed with teams from U.C.D., Trinity and so on, as they did last April.

Soccer Club:

The team performed well last year making it to the final of the AIB Colleges Cup Final in March. they also travelled to Holland. A club that has growing respect among other colleges teams.

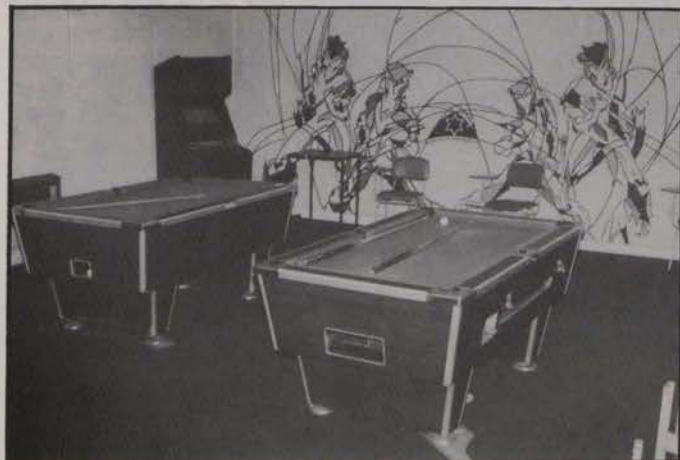


C.O.M.A.D. Union shop manager Paddy Mulholland.

Deputy-President's Address

Pool Club:

This club tends to organise competitions during the year. Turn out is quite high and all participants have a good time.



The C.O.M.A.D. Union Common Room situated in the "Bunker".

SOCIETIES

Arts:

Trip to Belfast Seminar on "Women in the Arts". Lecture by artist Brian McGuire on 1st December, 1987. Lecture on Jackson Pollock. Lecture and slide show on painting.

Trip to Arklow: Boat building demonstration.
Trip to the Burren.

Cumann Gaelach:

Went to Galway in February and took part in drama competition also took part in play in Dublin in March.

Communications:

Several lectures were held throughout the year.

Drama

DAM (Drama, Art and Music) Festival in Letterkenny. The play was very well received. Audrey Henley won a special award for performing art. The highlight of the week-end was Conor "Haggis" McLoughlin's performance which by all accounts was mind trowing.



Last years College Debating Society team that made it to the semi-finals of the World University Service Inter College Debating Competition, which consists of debates on Third World issues.

Debating:

Semi-Finals All Ireland Debating Group. Took part in Irish Times Debating Competition, also completed in World University Service Inter College Debates.

Environmental Design Society:

Visited the International Furniture Fair, Cologne and had several lectures throughout the year. Also an Exhibition of environmental Design Students in March, in the R.D.S.

Graphics:

Several lectures given throughout the year including one given by David Sim from London. Talk given by past pupils from Visual Communications. Reception at end of year exhibition.

German:

As well as various guest speakers a trip was organised to a German graveyard at Glencree Glendalough.

Marketing Society:

Fergal Quinn, Superquinn was one of the most popular guest speakers during the year.

Marketing Communicator:

Once again the publication of the magazine "Marketing Communicator" proved a great success.

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Political Society:

After a slow start the political society produced their magazine towards the end of the year.

Print Society:

Organised a trip to Wexford for photographic and visual studies, also had lectures on papermaking etc.



The College main building, opposite Mountjoy Sq. Park.



Activities during last years C.O.M.A.D. Rag Week.



C.O.M.A.D. canteen in the College basement.

ENTERTAINMENTS

Another pub which attracts many COMAD students, is the Findlater Lounge on Upper Dorset Street. They also offer a good lunch menu at very reasonable prices.

The Winding Stairs restaurant on Lower Ormond Quay is also a good student eatery. They also have a good second hand bookshop adjacent to their restaurant.



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Marketing the Country

As the famous "1992" Euro-deadline approaches, the Confederation of Irish Industry have entrenched themselves in their view that the only way forward for Ireland, is through proper marketing.

We spoke to the marketing Institute of Ireland chief executive John Kerrigan and sought his views on the future of Irish Marketing.

The Marketing Institute of Ireland are based in the South County Business Park in Leopardstown. It is from here that they can co-ordinate the syllabi for their marketing courses, held in more than twenty different Irish colleges around the country. Unlike the full time course in COMAD and Rathmines, which have Trinity College as their degree awarding body, the M.I.I. run part time courses leading to certificates, diplomas and a graduateship, which is seeking degree status from the National University of Ireland.

Student enrolments have rocketed upwards over the past few years. In 1981 there was 575 students registered with the Marketing Institute of Ireland. By 1987, this figure had passed the 2000 mark.

"We expect this month's enrolments to top the 2,500 mark, with maybe the final number nearer 3000", says M.I.I. chief executive John Kerrigan. "As we approach the 1990's we see that marketing has reached a much higher profile as a career. It is now being realised as much a profession as say engineering".

Minister for Marketing

To reinforce John Kerrigan's views, it is worth noting that for the first time, the government's present cabinet contains a Minister for Trade and Marketing, Seamus Brennan, T.D.

Although the present membership of the Institute is quite small, there are hopes that this will grow rapidly in the near future as the service offered to members is expanded.

"We have appointed a new Director of Education and it is hoped that this person will be able to co-ordinate both academic standards for members and activities for student members", says Mr. Kerrigan.

In order to make the governing body more dynamic they have allowed student representation to attend their meetings. The COMAD Marketing Society have at present representation on the M.I.I. student committee.

Joint Registration

As more than half of the student membership of the Institute is based in the Dublin Institute of Technology, regular meetings are held with the COMAD and College of Commerce principals to co-ordinate courses and so on.

In fact this month saw the first joint registration whereby students enrolled to their courses and registered with the Institute at the one event.

"We hold the session in the Mansion House, and with many visual aids and information stalls, the event proved to be a great success for us, and the D.I.T. Colleges".

The Institute is watching with scepticism the development of many private colleges and their running of marketing courses. There is a fear that with rapid development in this area, the D.I.T. might cease running their courses.

"Initially, recognition levels would not be quite clear and fee levels would probably increase way ahead of these the D.I.T. charge. On the whole, this could be a retrograde development. The M.I.I. want to ensure that educational standards are kept at a high level".

Single European Market

Their Young Marketing Group organise regular breakfast events. It gives student members the opportunity to meet and mingle with relevant marketing people from industry. In the recent past, people from the marketing divisions of Smurfit and Ryan Air have attended.


The impending single European market of 1992 is also an area in which the M.I.I. have been working.

"One must remember that by 1992, even if Irish companies decide not to expand into Europe, they will be expanding here and so we must be prepared for that. By then we should have seen the true high importance of international marketing".

From their many branches around the country, the M.I.I. are noticing an expansion trend in the marketing areas of companies involved in the service sector. Here would be included insurance companies and leisure groups. The Institute also has regular meetings with the Department of Trade and Marketing as it is here that it promotes the interests of those working in the marketing industry in Ireland.

John had a positive view on the future for jobs in the marketing industry.

"There is no doubt that there are huge prospects developing in the area of employment for people involved in the marketing area".



DIT Entertainments

Student entertainments in the DIT despite being well attended, lacked any co-ordination or long term development.

Most student union executives have an elected entertainments officer, but to broaden the service being offered to students the Inter-Student Committee have recently appointed a full time entertainments officer. His name is Tom Humphries and we spoke to him for his opinion on the future of DIT "Ents".

A University College Dublin graduate, Tom Humphries was always very active in the student union whilst in College. "As an executive member of U.C.D. students union for several years, I saw at first hand the shortcomings that existed in college run entertainments", says Tom. "For an Institute the size of the DIT, the way to offer the broadest and best, range of 'ents' activities is to think not on a college by college level, but on a cross campus basis"

Too Unimaginative

He sees the present 'ents' being offered as too unimaginative. "I appreciate that the colleges find it quite easy to attract over 1000 people to a Disco, but do the people really enjoy it, or would many of them prefer to attend a student Jazz Session or Traditional Night".

Tom sees the possibility of the DIT students union actually becoming a large promoter of entertainments in this country. With an initial catchment audience of 23,000 he feels that the possibilities are limitless.



The presentation of a plaque to the Bolton Street Students Union from the Irish Spina Bifida Association after they donated their profits from last year's Rag Week. (from left: Eamonn Conor, Joe Green, Aidan J. Kerins and Ray Boyne).



Recently appointed DIT Entertainments Officer, Tom Humphries.

In addition to colleges keeping their own events such as a Christmas Disco, he sees that there is a gap for a more regular 'DIT-wide event'. "Many students find themselves with nowhere to go during the week apart from their local pub and then if they can afford it a nightclub. There has to be a market there for a weekly event, or two, that either caters for a speciality taste or a general interest evening."

Tom sees the area of inter-college events such as regular "Pub-Quizzes" as interest generating activities. "With Bolton Street and its 85% male population, surely a successful event could be run with say Cathal Brugha Street, and its 75% female population."

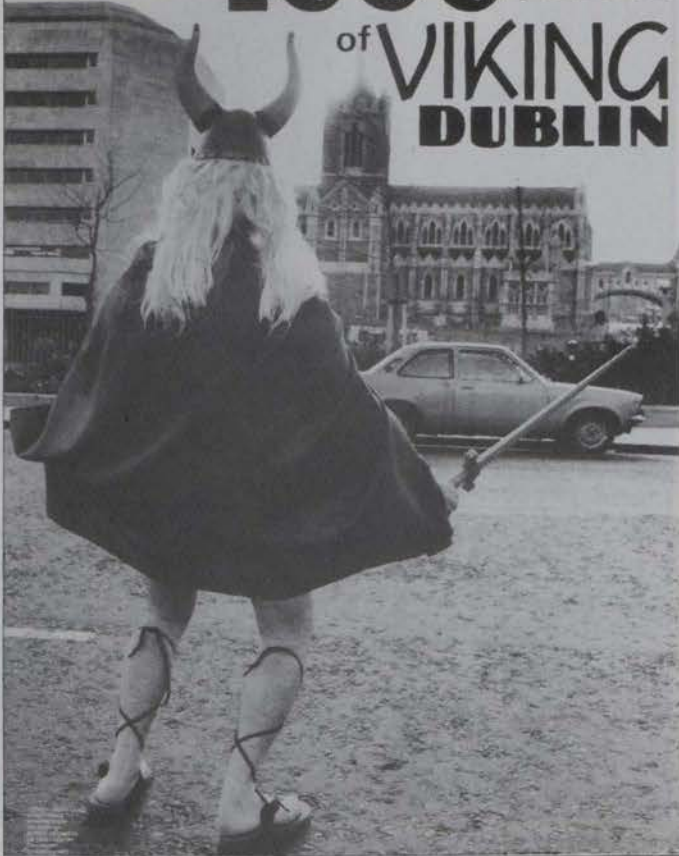
Reduced Block Booking

At the present, the only students to benefit from reduced block booking for theatrical productions is Bolton Street. On several occasions in the past few years, they have sold less-than-half-price Abbey tickets through the students union shop. Tom hopes to broaden this facility.

On the planning of Rag Weeks, he feels that work has to begin now to achieve maximum effort. "We should aim towards doubling the £8000 figure that the unions raised last year for charity".

He also feels that there should be more publicity events organised for rag week. "The last Bolton Street raft race down the Liffey took place in 1985, and yet every year it used result in the bridges and banks being packed with spectators".

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Donkey Derby

Rag week, as any student knows is probably the social highlight of the year. It normally occurs in March and the range of events can be vast. Outings such as the Bolton Street Donkey Derby in the Phoenix Park to the attack by Kevin Street Home Brew Society on the College of Catering (special thanks to Matt Connolly) were all arranged last year.

As gigs such as Bon Jovi, Elton John and Chris de Burgh, all happening in the near future, Tom hopes to keep students informed on ticket availability and so on through a regular 'ents' column in "Forum" magazine.

"The way my job can be made more successful though, is by letting us know if we are catering for all the different tastes that people have, and want satisfied. But from the experience we have in the unions, we feel that no appetite will be left wanting" concludes Tom.

Many Millennium events will still be happening around the city until Christmas. All are well publicised either on radio or through newspapers. "Join in the Fun".

Hothouse Flowers who have played twice at Bolton Street Rag Week events.



HOTHOUSE FLOWERS

RATHMINES COLLEGE



Enda O'Callaghan, Rathmines Students Union President.

Presidents Address

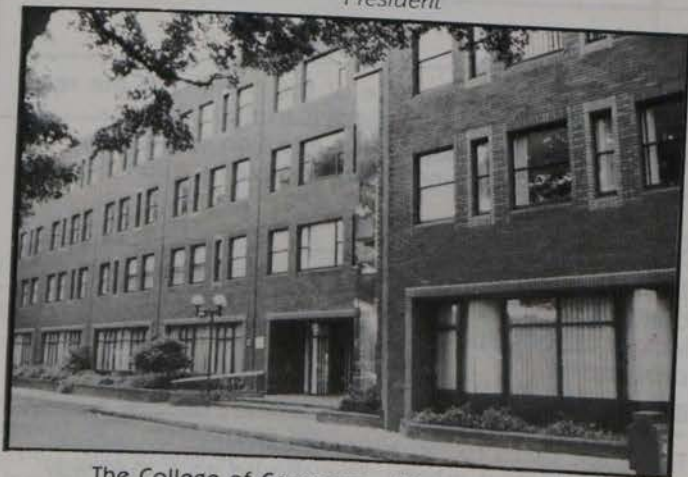
Welcome to the College of Commerce. I hope you will enjoy and gain maximum benefit from your time here. Especially I would like to welcome you as members of the Student Union. All students in the college, upon payment of fees, automatically become members of the Union.

The Union's main function is to defend students interests. We do this at many levels. Locally, by meeting Department Heads, Canteen Management and College Management and on a larger scale through the DIT Inter Student Committee where work is done on large scale issues such as fee levels and grant levels.

The Union is also involved in allocating funds to all Clubs and Societies both sporting and cultural. There is a "Freshers Week" organised in the first week of October. All clubs and societies will have stands set up in the College inviting new members. While you will no doubt get to know the members of your class, clubs and societies are the best way to get to know a broad range of students from the many courses that exist in the college. You would be well advised to get involved in as many as you feel interested in. Similarly if you have a special interest and feel that you share this interest with others, you might like to inaugurate a new society. Notify the Union and we will be delighted to assist you. Emphasis should be placed on attracting members from as many courses as possible, in the college, as opposed to simply seeking members from your own class.

I hope you will enjoy your time here and remember that its **your** union. If you have problems you may approach Fr. Liam Greene, the College Chaplain. There is a counsellor available to the five DIT colleges, Ms. Susan Lindsay, and she can be contacted through the Union, if you so wish. If you have problems with landlords, banks, government cutbacks or if your clubs and societies are failing to fulfill their obligations come and discuss it. I look forward to meeting you all and enjoy a great year.

ENDA O'CALLAGHAN
President



The College of Commerce "Durka" Building.

Rathmines Executive for Year 1988/1989

President:	ENDA O'CALLAGHAN
Deputy President:	DAMIAN O'DONNELL
Treasurer:	MICHELLE FEE
Welfare Officer:	JEFF FITZPATRICK
Entertainments Officer:	SEAN HASSETT
General Secretary:	AIDAN BOURKE
Education Officer:	CIARAN STACK
P.R. Officer:	MARK LEONARD

UNION SERVICES

Union Office:

The Students Union Office is based at the rear of the main building (the building opposite the Town Hall Clock). It is here that the Union President and full time Union Secretary, Ann Pouch are based.

Ann can deal with most of your queries of a general nature about the college.

Photocopying:

The Union operates a photocopier in the Union General Office. It operates on a card basis and these cards can be purchased in the office.

Welfare Information:

Leaflets and forms pertaining to student welfare matters are available in the Students Union Office.

Stationery Supplies:

We arrange the selling of these through a retail outlet in the college. They are sold at extremely competitive prices.

These are in fact plans to expand this area over the coming year.

Accommodation List:

A comprehensive list of digs and flats is available in the Union Office from early September.

FACILITIES

Library:

The library is based in one of the prefabs at the rear of the main building. It is open from 9.00 a.m. - 9.00 p.m. five days a week in addition to Saturday opening when coming up to the examination times.

Canteen:

This is based on the lower floor of the main building. It offers a broad range of food, but the lack of seating space and adequate ventilation is a problem.

Bicycle Shed:

There are plans to introduce a card-lock system on to the shed next month. This should go a long way towards making the area more secure.

Chaplain:

The college chaplain is Fr. Liam Green and he has an office in the main building.

ENTERTAINMENTS

Rag Week is held in March. Last year the Rag Ball featured "The Subterraneans" in the Olympic Ballroom Quiz's Talent Competition, £1 per pint promotion etc., were held in the Lower Deck. Any suggestions are welcome. All profits are donated to charity. Throughout the year (at Halloween, Christmas, Valentines Day, for example) the Union organises college parties. Admission fees are at a lower rate to members of the College. Parties can be either discos or live bands and, again, always come forward with your ideas.

Locally, the students of the college, on a quiet night out (?) tend to use either "The Lancer" directly opposite the gates of the college, or "Slattery's" (turn right outside the college gates for about 100 metres and its just past the "Stella" cinema). The "Rathmines Inn" has live music most nights. The "Stella" cinema has nightly showings and is cheaper than the city centre cinemas. With such a large proportion of the population of Rathmines living in flats, the area is well serviced with late night shopping and fast food outlets.

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SPORTS CLUBS

Rugby Football Club:

The Rathmines "Bashers" as they are affectionately known, had quite an active year last year. After drawing 4-4 with the College of Marketing and Design "Pirates", they progressed on to beat the Bolton "Bears" in an excellent match.

Nationally they fared well, playing the teams from Waterford, Carlow and Tralee Regional Technical Colleges. Last years team was captained by Niall Ferns.

Ladies Basketball Club:

Despite a small membership in the first few weeks of term, this clubs popularity grew rapidly in the second term.

Training was held between 12.30 and 1.30 p.m. each Tuesday in Bessborough Community Hall (adjacent to College). They participated in the Basketball Blitz, held in Loughlinstown in mid-February, and performed well by coming third overall.

Mens Basketball Club:

An extremely successful year was had last year by this club. During the year they managed to beat all other DIT teams and in fact went on to win the Basketball Blitz in Loughlinstown.

In a challenge match against Lad Lane Accounting College, they were again victorious. Training was held every Tuesday from 1.30 to 2.30 p.m. in Bessborough Community Hall.

Ladies Soccer Club:

Despite a defeat by Carlow R.T.C. in the first term, the ladies soccer club persevered with their training and at a match in Tralee R.T.C. proved to be the victors.

Ignoring broken wrists and damaged calf muscles, the team hope to progress even further this year.

Mens Soccer Club:

Last year the club had two teams playing in the Irish Technical Colleges Football Association. The "A" team beat Cork R.T.C. and C.O.A.C.T. (Limerick) in the Allied Irish Banks Cup. The "B" team also fared well, winning more than 60% of their matches.

Active membership ranged between sixty and seventy with many supporters turning out for league matches. Last years captain was Brian Cassin (D.B.S.).

Karate Club:

This newly formed club had a membership of almost 30 last year. Training took place in the College of Catering gym, however, it is unlikely to continue there this year.

A team was entered into the "Inter-Varsities" Karate Competition and did well in its first effort by coming third. The club also developed close links with the U.C.D. Karate Club. Last year, Rory Emerson (Brown belt) was the main co-ordinator of the clubs progress.

Judo Club:

With club membership restricted to less than 15, due to pressure of space, the club is not exactly one of the colleges largest. Training was done in conjunction with Kevin Street College students union.

The sessions were well attended and by the end of the year, all members had been graded. It was felt that if membership grew sufficiently, separate training arrangements would be made to absorb the expanded interest.

Horse Riding Club:

The aim of this club was to encourage students to take up riding by offering them lessons at subsidised rates and to help develop the skills of students who have basic skills.

The club membership, despite being small, held regular sessions throughout the year at the Killeagar Stables in Enniskerry.

Both "beginners" and "advanced" riders found the stables' lessons to be very helpful and it is thought that club membership will grow this year.

Swimming Club:

This club met regularly on Thursday afternoons in Kevin Street College swimming pool. Normally 30 students attended.

Three of the clubs members did represent the DIT in a water polo intervarsity competition.

It is hoped to also have time in the Rathmines Corporation Pool this year in addition to Kevin Street.



Entrant at last years College Championships.

Windsurfing Club:

This clubs activity suffered due to bad weather conditions in the first term.

However, club leader, Cathy McGovern did organise a training weekend in Malahide in the second term which was well attended and all agreed that it was very helpful.

It is hoped that the club can be more active this year, weather permitting of course.

Parachute Club:

This club was basically aimed at getting people to raise sponsorship money for charity in return for the training and event of having a jump.

On the first outing, 18 students actually raised £500.

The club was run through Falcons Parachute Club in Punchestown Racecourse, Naas.

It is hoped that the club will continue to be active this academic session.

Squash Club:

This club gained a large membership of 50 last year. Training was on Monday, Thursday and Friday afternoons in Squash Ireland, Dartry. The cost of membership per student was ten pounds for the full year, and no court fees were necessary.

A well attended squash tournament was organised in March and proved to be a great success. Suzanne Liffey was last years club secretary.

SOCIETIES

In addition to those listed below, Rathmines College has many "course based" societies funded by the Students Union.

Many organise guest lectures to speak on matters relating to their chosen discipline and often arrange for students to attend seminars that are of benefit to them in their studies.

Societies in this category include:

- | | |
|------------------|-------------|
| Computer Studies | Advertising |
| European Studies | Law |
| Transport | Commerce |
| French | Economics |
| Communications | |

Theatre Society:

In its initial year this society proved to be quite active. The function of the society was to organise outings to the theatre in Dublin. This happened on average once a month.

Some of the plays attended last year were "The Borstal Boy", "Brownbread" and "Salome".

Film Society:

Normally screens a "flick" once a fortnight. Admission is either minimal or free.

Music Society:

Last year, they started off with a well attended workshop on African Music and Dance.

During the session, displays on Bodhran and didgeridoo playing were also given. Poetry reading was also incorporated into this group.

The Drama Society:

After much preparation, they managed to stage Brechts "Good Woman of Setzuan" in the Gleeson Hall in Kevin Street. Costumes were designed by



"Famous Gates", The College of Commerce Rathmines.

Enda Walsh who won an award for them at the Irish Students Drama Festival in Belfast. By all accounts, this society's popularity is set to spiral this year.

Overseas Student Society:

Helps foreign students benefit as best as possible from their stay in Ireland whilst studying.

Debating Society:

After an impressive run in the World University Services Inter college Debating Competition, beating Sligo R.T.C., Maynooth University, All Hallows College and the Royal College of Surgeons, they were pipped in a close final by U.C.G.

Conor Kavanagh, Captain, however, won speaker of the competition award and led the team on the runners up prize of a trip to Brussels.

Communications Society:

This society brought in many guest speakers during the year including Eoghan Harris (Producer of "Cursai") and Niall Meehan (Anti Section 31 Campaign).

They also show many videos and short films during the year. An extremely active society.

Cumann Gaeligh:

This group produces the highly rated Irish language magazine "Cumaisaid". This publication regularly receives National Press coverage.

Photographic Society:

Last year, their main project was "24 hours along Rathmines Road", when students worked around the clock trying to capture every aspect of life in the "city that never sleeps".

They plan to hold an exhibition of the project early this year.

A.I.E.S.E.C.

This is an international organisation that establishes cross cultural links between students of different countries. Each branch of the society organises events on a local level, i.e. stocks/shares competition. The society also fosters links with industry whereby students are placed on work programmes for up to one year throughout the world.

Classical Cartooning

Sullivan Bluth Studios

Classical Cartooning

Many of our graduates from the communications and design disciplines within the Institute have been pleased to note the opening of the new Sullivan Bluth Studio beside Dublin's Phoenix Park.

We spoke to some of their management team to find out exactly what they do.

In 1979, Don Bluth, an animator with Walt Disney Productions decided that not enough attention was being paid to classical animation and so left to set up his own animation studio. Working from a converted warehouse in California, Bluth and 13 other animators produced the award winning "Banjo the Woodpile Cat".

Following a meeting with American Irish financier, Morris Sullivan, the idea of setting up Sullivan Bluth Studios was born. Their first venture, with executive producer Stephen Spielberg, was "An American Tail" which was released in 1986. Since then, it has become the highest grossing animated feature, for a first release in motion picture history with projected theatre and video receipts at 180 million dollars".

Conyngnam Road

Due to spiralling costs in the U.S., the company decided to move to Ireland and opened an office here in November, 1986. With the active involvement of the Industrial Development Authority, they set up office on Conyngnam Road.

Their present staffing level of 330 includes more than one hundred specialists from countries as varied as the United States, Denmark and New Zealand.

"We are proud of the fact that we produce the highest quality animated films in the world" said Sullivan Bluth Personnel Officer Annabelle Conway. She outlined the areas from where they employ their staff. At the present, the majority of their employees are involved in purely the art area, with the National College of Art & Design and Crawford (Cork) being their main suppliers of people. They do however take on graduates from DIT courses such as the College of Marketing & Design based design course and Rathmines based communications course.

Talent and Enthusiasm

"To be honest, its not the number of degrees you have, but more your talent and enthusiasm that will get you a position with Sullivan Bluth". Ms. Conway suggest that people who think they may have a flair in the classical animation area should send in a copy of a curriculum vitae to her office, and that

they should outline their preferred area of work.

The Public Relations Director behind Sullivan Bluth is Sean Carbury and he is quite pleased with the fact that so far, "An American Tail" has been screened in 45 different countries. He also outlined details of a new deal that Sullivan Bluth has reached with the British "Gold Crest Films" where together they have agreed a 70 million dollar joint venture deal.

Sean Carbury feels that with the success they have encountered so far, Sullivan Bluth are set to expand rapidly over the coming years, and of course he was quite willing to point out the huge employment prospects that will be created.

As he said in a closing comment: "Ireland is now the world centre for classical animated movies, and we intend to keep on growing".




A scene from Brennan's bread commercial, animated by Sullivan Bluth




The Sullivan Bluth offices on Conyngnam Road, beside the Phoenix Park.

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Accommodation

PRIVATELY RENTED

Most students looking for somewhere to live have to rely on renting a home from a private landlord. There is a great deal of competition for private rented housing in Dublin, and it is becoming increasingly difficult to find decent and secure rented property without having to pay a very high rent. There are laws covering such areas as protection from eviction and the rents landlords can charge.

With so much competition and so many pitfalls for tenants, finding somewhere to live is not easy. Looking for accommodation can easily lead to depression, because it can be a hassle depending on people to put you up while you are looking for suitable accommodation, and so many students will be living rough and uncomfortable until the right place comes up. It is first of all a question of knowing where to look, then finding the time to look around and finally just being lucky.

Where to look for private rented housing:

STUDENT UNION ACCOMMODATION LIST

- a) Since 1984 when the D.I.T. authorities ceased compiling a student accommodation list, the students unions have been fulfilling this need. A comprehensive list of flats and digs type accommodation will be available from your local union office.

b) WORD OF MOUTH

Much student housing changes hands on an informal grapevine. It is worthwhile contacting students who live in private rented housing, and who will be leaving at the end of the academic year. It is often possible to arrange to take over a tenance directly.

c) NEWSPAPERS

Most national and local newspapers carry adverts for accommodation. It is best to buy the early edition and if something suitable is found to phone immediately. Newspapers usually also accept adverts from people seeking accommodation. When placing an advert, if possible, try to give a telephone number for a reply as landlords are not always keen to write back. You may be able to use a Dublin based classmate's home phone.

d) NOTICEBOARDS

Some D.I.T. Students Unions have an accommodation notice board featuring accommodation to let "flat sharers", accommodation wanted, exchanges etc. You can check this locally.

e) SHOP WINDOWS

Shop windows are another alternative. Not many places are let this way, but it is often the cheapest way of finding accommodation. Most adverts in shop windows are houses, flats, rooms, bedsits to let. Students should check with the shopkeeper whether new adverts are put in on a particular day as this will be the best time to look and most vacancies go quickly. Again it is possible to place an accommodation wanted advert in shop windows.

f) ESTATE AGENCIES

Few estate agencies deal with rented property nowadays, but they are sometimes worth checking. Some landlords would rather leave the dealing of rented accommodation to estate agents, than do it themselves. Most rented accommodation with estate agents can be very good and sometimes also very pricey.

These are the main sources of private rented accommodation. There is no guarantee that you will find somewhere straight away even after trying all of them.

Most students share rather than live alone although clearly personal preferences as well as a student's income and the lack of choice will dictate whatever is decided. There are obviously considerable advantages in sharing accommodation, particularly with friends, as well as some possible savings. The student unions recommend that students share, particularly first years.

Almost all private rented housing is furnished and facilities such as the bathroom or the kitchen often have to be shared. Rents can vary a great deal, but it is sometimes possible to get a rent reduced after moving in, and it is sensible to seek advice before taking any action. At the moment an average student rent is about £20-£25 for a single bedsit or perhaps slightly less for one person sharing a house.

Lodgings and Hostels

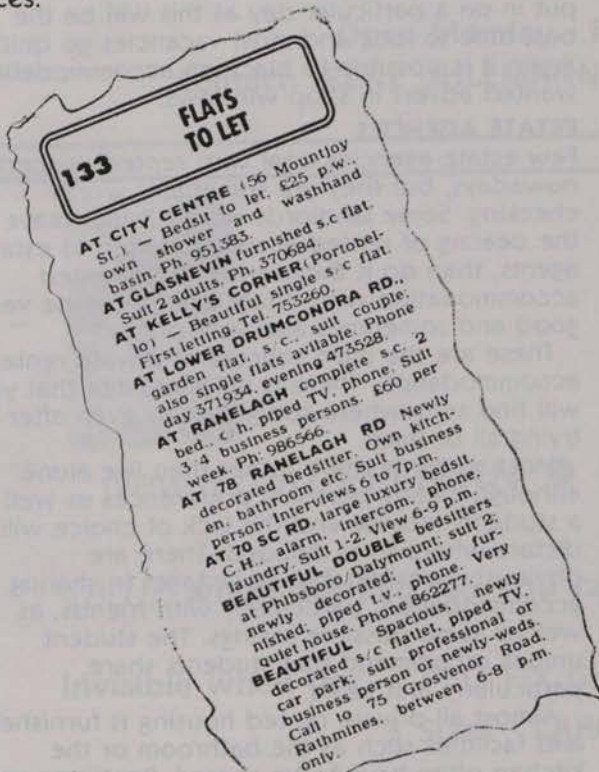
Many years ago a very high proportion of students lived in lodgings or digs. The accommodation was shared with the owner's family and full meals were provided. The number is not very much smaller because students find the restrictions often placed

Accommodation

on the use of such accommodation too harsh. Some students still like this sort of accommodation however, because they may not want to cook for themselves or they will want to spend their time studying.

Most first year students also avail of digs because this will give them time to settle into new surroundings and also for many of them it will be a first time away from home.

Some students will also use hostels for a while until they find more suitable accommodation. Hostels are mainly centred around the Dublin area and again lists are available in Student Union Offices.



TENANTS RIGHTS

1. Receipts

Make sure you get a rent book in which all payments are recorded. Insist on a receipt for any deposits or "key money" paid by you, particularly if the deposit is returnable at the end of the agreement. If the landlord does not provide a rent book or receipts he is probably dodging tax. But it also means you have no proof of any agreement. If this happens, pay your rent and deposit etc. by cheque as this will constitute legal proof of payment.

2. Privacy

All tenants have a statutory right to quiet and peaceful possession as long as they pay the rent. Nobody (including the landlord) has the right to enter your flat without your permission. Anyone there without permission is trespassing and you have the right to have him/her removed.

3. Conditions and Maintenance

You are entitled to the conditions agreed when taking the flat, if for example, central heating is included in the rent, the landlord is not entitled to cut it off or to reduce the amount supplied. If facilities are promised but are not supplied, the landlord is in breach of contract. The tenant would be entitled to a rent reduction. If the heating, cooking etc. appliances break down through normal usage, the landlord is responsible for repairs. Of course without a tenancy agreement, you will find it hard to legally prove any promise made by the landlord. Dublin Corporation have bye-laws for houses in flats.

Check the bye-laws. If they are not being complied with, report the landlord to the Sanitary Services Department at 56 Dame Street, Dublin 2.

4. Rent Increases

Generally, the landlord can increase the rent at will. If you have a written lease this may not be possible. It depends on the terms of agreement. If you refuse to pay the rent increases the landlord will have to give you "Notice to Quit".

5. Tenancy Agreements

Before signing such agreements, read the terms carefully. The terms of such an agreement govern your contract and you are bound by them. You should not sign any tenancy agreements without seeking legal advice. It is always advisable to get the landlord to sign a tenancy agreement as it can eliminate hassles and leave both parties sure of their position (always get a copy of the lease for your own reference). Some agreements are made in a verbal manner. In this case the law will apply certain basic covenants—the tenant to pay the rent.

Accommodation

6. Notice to Quit

1. A landlord is obliged to give a Notice to Quit either as required by the written agreement or as determined by rent payments (weekley rent means one weeks Notice to Quit is required in advance).

2. Refusal to leave a tenancy makes the landlord seek a Court Order for Ejectment Proceedings which can be defended by the tenant.

3. An injunction prohibiting the landlord from re-entering the flat may be served at the discretion of the court. This may be due to the landlord trying to bully the tenant into leaving.

4. A Notice to Quit must be a formal written document served personally on the tenant.

5. A Notice to Quit, if validly served, means tenancy is terminated and the tenant who stays beyond the expiry date risks having to pay costs incurred by the landlord in obtaining a Court Order.

6. A tenant who decides to plead the Court Order must continue paying "mesne rates" (equivalent to the rent amount).

7. The Court does not usually order the tenant to pay landlord costs and any legal costs incurred by the tenant may be covered by free legal aid schemes.

8. If the Court finds for the landlord, he/she cannot remove the tenants from the premises but must arrange for bailiffs to do it.

7. Health, Safety and Fire Regulations

Where lack of maintenance constitutes a danger to health of tenants, the matter may be reported to the local authority who will send an inspector to investigate the complaint and may prosecute the landlord. Each local authority has bye-laws covering health and fire precautions, so do not hesitate to check these at the local council office.

8. Electricity and Gas

Slot meters are installed in many flats for gas and electricity. You should ensure that the gas supply is in your name (otherwise the landlord may take the refund due to you) and that the electricity meter is fixed at the correct setting and has not been tampered with by the landlord. Check the setting with the ESB.

9. Insurance

You are strongly advised to take out a policy to insure the contents of your flat against theft or damage, since this is not the landlords responsibility, although ultimately it should be.

10. Rent

Rent should be paid when it is due. Once a tenant stops paying rent, he/she puts him/herself in a position where a landlord can gain possession because of breach of covenant. Whenever a Notice to Quit has been served and the landlord refused to accept any further rent, pay it into a bank account and mark it for rent—it saves paying it in bulk after the case is settled. N.B. never withhold rent as a bargaining strategem—by not paying it you lose your rights to tenancy.

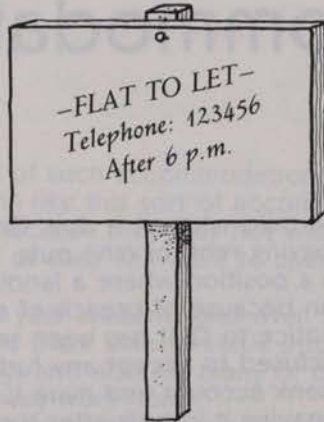
11. Harassment

In the event of the landlord intimidating, harassing or threatening to evict a tenant, a High Court injunction may be sought to restrain him or her. Cases will be heard at very short notice on matters such as these, if your solicitor is ready to make the application and if you supply the necessary affidavit and any relative exhibits. The landlord would be liable to pay the legal costs. A tenant can prosecute a landlord for attempted or successful illegal eviction. Tenants who prosecute their landlords have been awarded large demands and costs.

Answers to questions on Tenancy Agreements

(i) What kind of cover does an informal agreement give the tenant?

An Oral Contract of Tenancy is as good as a Written Contract of Tenancy with regard to the general rights and obligations of a tenant. An Oral Agreement is that where there is a dispute as to the terms of the Agreement and the obligations or rights thereunder the court must decide as a matter of fact on the evidence. The advantage of a Written Agreement is that the terms by way of rights and obligations are clearly laid down for both parties and the period of such tenancy is determined in advance. Where there is such a Written Agreement there will also generally be provision that the tenancy can only be terminated by the failure of either one of the parties to observe the terms of the Contract and where a valid Notice to Determine the tenancy has been issued and served. Where the tenancy is not in writing the length of the tenancy will be determined generally by the Court by looking at the mode of payment of rent. Thus if rent is paid each week the tenancy will be construed as a weekly tenancy affording the tenant the right to one week's notice to quit to determine the said tenancy.



Accommodation

rid of the situation in which tenants are basically subjected to the will of the landlord and where their tenancy can be terminated by a simple Notice to Quit without reason.

- (ii) **What defence has a tenant in an informal agreement?**
Should a landlord decide to end a tenancy which is not in writing and has served a valid Notice to Quit, the tenant has no defence with regard to termination of the Agreement. All other rights as would exist under the normal landlord and tenant relationship exist for a tenant in an Oral Agreement situation.
- (iii) **What are the usual provisions of a lease?**
A copy of a standard lease issued by the Incorporated Law Society should be available in the Student Union Office for inspection.
- (iv) **Are any of these provisions negotiable?**
All provisions in a landlord and tenant agreement are negotiable. The agreement is an Agreement between two parties and they can agree to whatever they like provided the same do not breach the rule of Contract in that the Agreement might be for an immoral purpose or a purpose against the common good.
- (v) **Should a tenant seek legal advice before signing a lease?**
It is advisable that a tenant should always seek legal advice before signing a lease as they are generally of a cumbersome nature and require explanation at least.
- (vi) **What steps can be taken when a lease is contravened?**
An action for damages or for termination of the tenancy with damages, can be taken where a lease is contravened by either party.
- (vii) **What happens if a tenant wishes to leave a flat before the lease expires?**
A tenant is liable for an award in damages against him or her should he or she leave the flat prior to termination of a valid lease.
- (viii) **Is it advisable to have a formal landlord/tenant agreement?**
It is always advisable to have a formal or written Agreement as this delineates clearly the lease and the condition upon which the lease can be terminated. It avoids and gets
- (ix) **Is a landlord entitled to demand a deposit where there is an informal agreement only?**
A landlord is entitled to demand what he likes from a tenant and is subject only to a tenant agreeing or disagreeing to pay it. There used to be a practice in which key money was demanded of tenants to secure the flat. This has now been made unlawful and the idea of deposits has now entered into its place. To date, this has not been attacked by any legislation.
- (x) **When is a landlord justified in withholding a deposit?**
A landlord is justified in withholding a deposit only in circumstances that have been expressly agreed upon between the parties prior to the payment of the deposit. The normal reason for paying deposit is to secure the safety of the flat and its contents. The landlord, therefore, is entitled to retain the deposit where this agreement has been contravened. Here it is worth noting that where a deposit is paid for the purpose of securing the safety of the contents the landlord is not entitled to retain the deposit purely to make good wear and tear in the flat.
Thus he would not be entitled to redecorate the flat at the end of the tenancy at the cost of the tenants deposit, unless severe damage has been caused to the decorations in the flat beyond what is known as fair wear and tear. To define wear and tear, depends on the facts in each case.
- (xi) **What is the tenant's responsibility towards the landlord?**
The normal principle in law is that the tenant is responsible for the upkeep of the internal fittings and furniture in the flat while the landlord is responsible for the exterior of the flat namely the roof and outer walls.
- (xii) **What are "fixtures and fittings"?**
Fixtures or fittings is such object which has become part of the fabric of the flat by way of being permanently built into the flat. This would cover for example, a gas cooker fitted to the main not an electric cooker. It would also include any bed fixed to the wall or any built-in wardrobe or table fixed to the side of the flat.

Accommodation

COMMON PROBLEMS

- (i) **Can a landlord forbid a party?**
A landlord has no right to forbid anything being held by the tenant in the flat provided that it does not amount to a breach of any prior agreement between the parties as to the particular dwelling, and further, does not interfere with the peaceful enjoyment of the neighbours. Thus if a landlord makes it a strict term of any letting that no parties take place without his prior consent or knowledge then he has a right to forbid parties. Otherwise, a tenant is entitled to the peaceful enjoyment of the dwelling without undue interference from the landlord.
- (ii) **Are tenants entitled to invite friends to stay overnight?**
Tenants are again entitled to invite anyone they feel like to stay in their flat subject to any other prior condition imposed in the agreement, whether written or oral by the landlord and agreed to by the tenant.
- (iii) **Is co-habitation legal?**
Co-habitation is not illegal and never can be.
- (iv) **Has a landlord the right to enquire into a tenant's private life?**
The landlord has no right to enquire into a tenant's private life and this should never be done as it is often used by landlords to intimidate tenants in the future, as and when disputes may arise.
- (v) **Is a landlord entitled to give a tenant Notice to Quit over matters of this sort?**
A landlord is entitled to give Notice to Quit for no reason or any reason. Once a Notice to Quit is valid, that ends the tenancy.

LANDLORD'S VISITS

- A landlord is entitled to visit only on reasonable occasions with the prior consent of the tenant.
- A landlord is not entitled to enter except with the prior consent of the tenant in the tenant's absence.
- A landlord can only enter, again with the prior arrangement of the tenant for the purpose of collecting rent.
- A tenant is entitled to refuse the landlord permission to enter a flat where such a request is unreasonable. Here it is important to note that a landlord is entitled to enter for one purpose only i.e. to survey the flat and to ensure that it is being maintained/alternatively to read any meter that may be installed there and under his

supervision. A landlord is not entitled to prowl a tenant's flat to satisfy himself that the moral character of the tenant, is up to the landlord's.

A tenant may enforce the right to refuse a landlord permission to enter by changing the lock and informing the landlord of so doing and in future informing the landlord that access will be given as and when reasonable, provided the request is made in advance. If this is not satisfactory, a tenant can seek an injunction to restrain the landlord from entering unjustifiably without the tenant's permission and seek damages for trespass where the landlord has done so against the express request of the tenant.

REPAIRS AND MAINTENANCE

A tenant's responsibility is generally to maintain the interior of the dwelling and is subject to any other express provisions that may be laid down in a written agreement. The landlord is obliged to maintain the exterior, in particular the roof and outer walls. The windows are generally maintained by the tenant.

DECORATION/IMPROVEMENTS

A tenant is entitled to redecorate the flat as and when he/she so desires. This is subject to any written or express provision between the parties.

This expense would be the tenant's responsibility unless otherwise agreed normally.

A tenant is not entitled to make structural improvements to a flat without the express prior approval of the landlord. The tenant pays for such structural improvements and on quitting the tenancy there is provision under the 1931 Act to entitle the tenant to recover compensation from the landlord.

CONCLUSION

If a student is taking private rented accommodation it is best that he/she gets a formal lease signed by the landlord and him/herself. This would solve a lot of problems faced by the tenant securing his/her tenancy. The above gives general guidelines to problems faced by students and if there is no lease, and problems arise, it is vital that the person gets expert or professional advice. Contact can be made through your local union office or contact "Threshold" directly at the Capuchin Friary Church Street, at T20769 for further information on your rights as a tenant.

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Student Financial Aid

GRANTS FOR STUDENTS

Basically, there are three different types of grants available to third level students within the Dublin Institute of Technology.

They break down under three headings:

1. Higher Education Authority Grants (H.E.A.)
2. Vocational Education Committee Grants (V.E.C.)
3. European Social Fund Grants (E.S.F.)

Higher Education Authority Grants

This grant is awarded by the local authority where the student lives i.e. his/her County Council or Corporation

The following points must all be in order before somebody can receive a higher education grant:

1. The student must get at least four honours in the Leaving Certificate and must at the same time pass at least five subjects. There are various stipulations in this section. Normally, the student should apply on the year they sit their Leaving Certificate through exceptions apply.
2. Student must apply for the grants in the area which their parents live.
3. Students are means tested and their parents income (combined if both parents work) must fall inside a certain limit. The maximum grant includes fees and a maintenance amount of £1255. The other amounts calculated by taking a combination of parents income and the number of other dependents in the family. Students living within 15 miles of college will receive a maximum grant of £500 which is also subject to the means test. As well as this, any money which the student has will be included in the calculation.
4. Students must be seventeen or over on the 1st of January 1989.
5. The students course must be at least two years in duration and must be full-time.

Students entitled to H.E.A. Grants

Students can apply for a grant which has been refused previously if their situation changes e.g. a parent being made redundant. This would involve presentation of the students case to the local authority concerned.

Appealing a Grant Decision

An appeal on a grant decision should be made to the local authority and it is the Minister for Education who will make the final ruling if there is a dispute. Normally, however, the authorities stick to the letter of the law and there is not provision for hard cases, except due to a change in circumstances.

Vocational Education Committee Grants

This grant is awarded by the students local V.E.C. (County of City) in the area in which the student lives.

The following points must be in order to qualify for a V.E.C. Grant.

1. Students must get at least two honours (or two "A"s in pass papers) and three passes to qualify. Again there are variations here.
2. Students must apply to their local V.E.C. on a special form before July 15th on the year they begin their course. Again they must apply to the V.E.C. in the area in which their PARENTS live.
3. As with the H.E.A. grants, students are means-tested and entitlement is judged on their parents income, combined with the number of other children in their family. Fees are paid directly to the college concerned and the student is granted maintenance allowance (maximum £1255 for the year) depending on the above mentioned decision. Students living within 15 miles of college will receive a maximum grant of £500 which is also subject to the means test.
4. Students must be seventeen or over on the 1st January, 1989.
5. The grant lasts for one year only and is renewed each year. This needs a recommendation from the college principal regarding the student's "progress, conduct and attendance".
6. Again students can get a grant for further study for a diploma, degree or post-graduate courses.

European Social Fund Grants

Most two year courses (i.e. Certificate) within the D.I.T. qualify for European Social Fund sponsorship. In the case of three year Diplomas, since 1984 many of these have been altered so as to make them into 2 year plus 1 year format of course. This satisfies the European Community regulations of sponsoring courses that do not last longer than 2 years.

To qualify, a student must be more than 17 but less than 26. The grants value is £13.89 per week for each student, or £34.86 per week if the recipient is normally resident more than 15 miles from the college. In the latter case it is not as clear cut an issue as it should be. The college management have the discretion as to whether a student from more than 15 miles can "reasonably be expected to commute" to college on a daily basis. If they decide so, a student may be granted the lower level of funding irrespective of his/her normal place of residence. The grant lasts for 36 weeks of the year.

Student Financial Aid

A student is entitled up to a maximum of 15 sick days in the year before a doctors certificate is needed to offset any grant deduction. However, days may only be taken one at a time, otherwise sick notes are needed.

Kevin Street College at one stage did actually pay E.S.T. Grants to students but this was stopped two years ago when college management decided that they did not want "R.T.C. grants in their college" (sic). The students union has been active in a campaign to get grants re-instated and information will be forthcoming during the year.

COVENANTS

1. What is a Deed of Covenant

A deed of covenant is a legally binding agreement to make a series of gratuitous payments to another person. The Covenantor is the person who gives the money and the Covenantee is the person who receives the money.

The advantage of using a covenant to make regular gratuitous payments to another person is the Covenantor can get full tax relief on the money if simple conditions are met.

- The Covenant must be capable of lasting for more than six years.
- If the amount is from a parent or grandparent to a child or grandchild the amount of the covenant is restricted to 5% of the Covenantor's "total income" unless the child or grandchild is permanently incapacitated.
- A son or daughter must be over the age of 18 years for a parent to receive tax relief.

2. 6 year plus rule

As stated above the covenant must be capable of lasting for more than six years. However, it is possible to terminate the agreement at an earlier stage and this can be achieved in one of three ways.

- A deed of Covenant by parent to adult student.
This special deed of covenant may be terminated when a son or daughter ceases to be receiving full-time education at any university or any other educational establishment.
- Both parties can voluntarily agree to terminate the covenant. This will not effect the tax relief provided it is not agreed at the outset that this would happen.
- Alternatively the Covenantor can terminate the agreement with the consent of a third party named in the deed of covenant at the outset. Note that this is not applicable to the special deed of covenant from a parent to adult student and that this third party cannot be the Covenantor's spouse.

3. The 5% rule

If a parent or grandparent is covenanting an amount to a child or grandchild, tax relief is restricted to 5% of his "total income". In this context "total income" consists of taxable income (i.e. excluding any exempt income) less certain deductions. For example:

- Superannuation contributions
- interest paid insofar as you can claim tax relief
- allowable expenses
- Capital allowances
- trading losses.

4. Completing the Deed of Covenant

A draft deed of covenant by a parent to an adult student is available from your local tax office or students union offices.

Points to be noted when completing a deed of covenant.

- Deed of covenant wordings must not be altered or adapted in any way.
- The sum to be shown on the Deed is the gross amount payable i.e. the amount before deduction of the standard rate income tax.
- The date of the first payment under the Deed must not be earlier than the date on which the Deed is made.
- The document should be "signed, sealed and delivered". This simply means that it is "signed", it is "sealed" by sticking on a red disc of paper and it is "delivered" by handing it to the Covenantee (student).

5. How to get Tax Relief

Having completed the legal formalities the covenant should then be submitted to the Inspector of Taxes. The Inspector will want to be satisfied that the arrangement is bona fide i.e. that the actual payments are made and evidence of payment may be requested.

To understand how tax relief is granted one must look at the cash transactions involved.

Let us take an example of John donating IR£1,000 of his income to Mary, his daughter over 18 years of age or his niece (no age limit) with or without a covenant.

John is a top rate tax payer (5%). When covenanting IR£1,000 of his income per annum to Mary, he is assumed to deduct tax at 35%. In this case, he will pay over an amount of IR£650 to Mary and IR£350 to the taxman. Mary presumably pays no tax and is able to reclaim the IR£350 directly from the Revenue.

Without the deed of covenant John pays IR£580 to the taxman on his IR£1,000 income. He, therefore has only IR£420 to give to Mary.

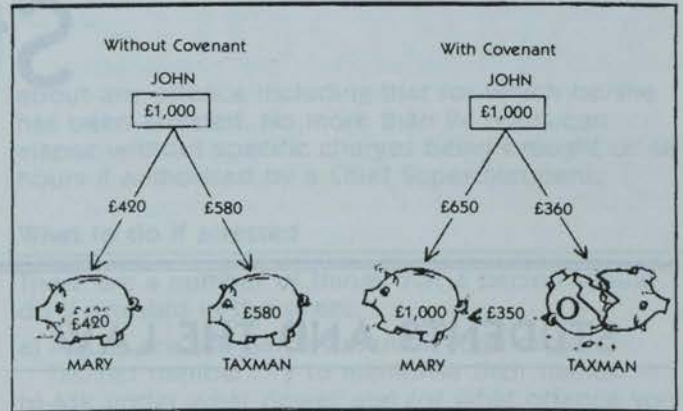
6. How does Mary Reclaim the Tax?

- a) When the money is paid by John to Mary he completes a standard form (R185).
- b) John gives this form and deed to Mary.
- c) Mary submits the deed together with two photostat copies to John's income tax district and makes a return of income on Form R40 to get her tax refund IR£350 in this case.
- d) The end result is that Mary received IR£650 from John and IR£350 from the tax man.

7. How does John get Tax Relief?

When John completed his annual return and produces evidence of the payment to Mary his tax inspector will adjust his tax free allowance to give full tax relief.

P.S. If the aggregate amount of payments for seven years exceed IR£10,000 gross a small amount of stamp duty is payable, also payments made under a deed of covenant could have capital acquisition tax implications.



For further information please contact your local student union office, your tax office or The Taxation Advice Bureau, Eagle House, The Angle, Ranelagh, Dublin 6. Tel: 962542/962653.

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Students and the Law

STUDENTS AND THE LAW

Most of us are badly informed when it comes to knowing our basic rights under the law, and especially what procedures to follow if arrested or detained by the Gardai. We have a vague idea that we are entitled to a phone call, and the attendance of a solicitor, but what is the reality at present? The Criminal Justice Bill dramatically extends the powers of the Gardai to arrest and detain ordinary citizens. Basic rights such as the right to remain silent, are being reinterpreted under the new Bill, and the implications of arrest under the new Bill will be far more extensive than at present.

LEGAL AID

There is a state scheme of civil aid which makes the services of solicitors and, if necessary, barristers available to persons of modest means at little cost. The service includes anything from writing a solicitors letter on your behalf to representing you in court proceedings.

The civil legal aid scheme does not cover criminal cases. In these cases, the Criminal Justice (Legal Aid) Act, 1962 applies. If the case appears at the District Court, legal aid is granted if the District Justice believes (a) a person could not afford to pay legal costs, and (b) that "by reason of the gravity of the charge or in exceptional circumstances it is essential in the interests of justice that he/she should have legal aid". Essentially (b) is on the whim of the individual district justice.

In the case of a trial on indictment heard before the Circuit Court or the Central Criminal Court, an application should be made to the District Justice when the accused is returned for trial from the District Court for a Legal Aid (Trial on Indictment) Certificate. This entitles the accused to a solicitor and a barrister (two barristers in murder cases). Other legal aid certificates exist for appeals to higher courts.

You should contact a law centre for further advice on legal aid.

Qualifying for Legal Aid

The staff at any of the law centres will assist you in filling out a statement of means to determine whether you qualify for legal aid or not. Qualification depends on "disposable income" i.e. what is left after certain allowances are made.

Similarly, under the Criminal Justice (Legal Aid) Regulations 1965, a statement of means is required for free legal aid in the case of criminal cases. An application form is needed to show financial commitments of applicants (e.g. rent, mortgages, dependents, etc.). also the applicant must declare any money or assets which could be deployed to enable him/her to pay for his/her own legal expenses.

If the applicant is under 21, parents or guardians will be requested if they wish to provide or assist in providing for legal costs.

It should be noted that in criminal cases, there is no right to have any solicitor of your choice from the legal aid panel but the court will usually take into consideration representation made by the accused.

The Cost

Again this depends on your disposable income. It may be as little as £1 for advice or £10 where you have to go to court.

The scheme is administered by the Government appointed Legal Aid Board, 46 Upper Mount Street, Dublin 2. Based on the original FLAC system, a Citizens Legal Advice Service is also available through existing local and national Community Groups and organisations.

For a full outline of the scheme you are referred to the document laid before the House of the Oireachtas in December 1979 by the Minister for Justice.

CRIMINAL LAW

The aim of this section is to provide some basic information on a person's rights when arrested or stopped in the street by Gardai and some advice on what to do. Contrary to popular belief the Gardai can only act within certain powers which they derive from two sources—common law (judge made law) and statute law (Acts of the Oireachtas and Regulations passed thereunder).

Arrest

Arrest is merely a process by which a garda can bring a person before a court at the earliest opportunity. There are no general powers to detain "for questioning" or "to help the police with their enquiries" and no-one is obliged to "accompany a garda to the station" unless she/he has actually been arrested.

Students and the Law



Arrest with Warrant

Gardai may arrest by obtaining a warrant from a District Justice. The Garda swears information before a District Justice and if it discloses a criminal offence, the justice may, in the exercise of his/her discretion issue a warrant. If the Justice believes a summons will suffice to ensure attendance at court, then he/she should issue a summons. Given that few crimes are anticipated in advance it is unusual for someone to be arrested with a warrant.

Arrest without Warrant

Gardai may also arrest persons under their common law powers where a felony (serious offence) is committed in his/her presence or for a breach of the peace.

Most arrests are carried out under specific statutory powers. There are many powers and the important thing is for the arrested person to ask under what power he/she is being arrested and for what offence.

Under the Criminal Justice Act (1984), a person arrested on suspicion of an offence punishable by five years imprisonment, he/she may be detained without charge for 6 hours (12 hours if authorised by a Superintendent) to allow for "proper investigation of the offence". If an arrest is late in the evening, the periods of questioning may be split to allow for sleep. Thus the section allows Gardai to arrest merely to question someone.

Under Section 30 of the Offences Against the State Act (1939), a person arrested is obliged to give his/her name and address. Under Section 52 of the Act the Gardai are entitled to question him/her

about any offence including that for which he/she has been arrested. No more than 24 hours can elapse without specific charges being brought or 48 hours if authorised by a Chief Superintendent.

What to do if arrested

There are a number of things that a person should do if arrested in the street:

- Ask to see the Garda's identification or get his/her number. Try to memorise their names.
- Ask under what power and for what offence you are being arrested.
- You are not obliged to say anything once arrested (see Offences Against the State Act).
- Do not resist arrest.
- Once in the station ask to phone a solicitor. If you do not know one phone the Students Union or a friend. The Gardai must allow you to consult with your solicitor out of the hearing of the Gardai. There is no right to a solicitor under the free legal aid scheme while in custody.

STOP AND SEARCH

Gardai also have a number of powers by which they can stop people and search them either in the street or if they are in a vehicle. The three main such powers are given below:

- S30 Offences Against the State Act (1939). Gardai may stop and search any person suspected of involvement in offences to which the act applies.
- S8 Criminal Law Act (1976). A Garda acting on reasonable suspicion may stop a vehicle and search both the vehicle and its occupants with a view to ascertaining whether they are involved in murder, manslaughter, firearms offences, burglary, malicious damage or explosive offences.
- S23 Misuse of Drugs Act (1977). A Garda acting on reasonable suspicion may search any person whom he/she has reasonable cause to suspect is in possession of a controlled drug.

IN THE STATION

Fingerprints, Photography etc.

Where a person is arrested, and informed of his/her right to object but does not do so, she/he may be photographed, measured and fingerprinted in the application of an Inspector. If she/he does object she/he may nevertheless be photographed, measured and fingerprinted with the authority of the Minister of Justice or if an Inspector makes an application to a District Justice or the Commission or Deputy Commissioner of the Garda Síochána. If a person is released from custody or acquitted in subsequent court proceedings all such photographs and prints must be destroyed or returned to the person.

Students and the Law

Under the Offences Against the State Act (1939), where a person is arrested she/he may be photographed or have his/her palm-prints or fingerprints taken. In addition Gardai may make forensic tests to establish if a person has been in contact with firearms or explosives. Under the Criminal Justice Act, similar demands may be made with additions of possible swabs of skin or hair samples or any other test may be taken which may show contact with explosives or firearms and retainment for testing of any possession may take place.

Questions: The Gardai are entitled to ask questions but you are not required to answer them, except under the Offences Against the State Act and Criminal Justice Act. If the Gardai have evidence to connect you with a specific offence they must charge you and caution you. Ask to phone a solicitor or friend. **DO NOT MAKE ANY STATEMENT UNLESS YOUR SOLICITOR TELLS YOU TO.** Persons under 17 must be notified of their right to consult a solicitor and his/her parent or guardian must be informed of the detention.

Food and Sleep: You are entitled to be treated well and be provided with food, refreshment and opportunity to sleep.

Remand in custody: If arrested and charged you must be brought before the District Court at the earliest opportunity (NB: if arrested on Friday evening this could be Monday morning). Failure to do this would make continued detention unlawful.

Bail: The sergeant or other person in charge of a Garda Station is empowered to admit to bail any person who is brought in custody to the station, providing there is no warrant outstanding against the person in question. Remember to ask for bail as the Gardai will not volunteer the information.

Statements: Do not sign any statement, no matter how much pressure is placed on you. Ask to be advised of your rights. Do not be taken in by the hard/soft approach.

Ask to see your doctor immediately and try and get the names of the Gardai who questioned you.

Failure to account for firearms and/or property

Under the Criminal Justice Act, where a Garda finds a person in possession of a firearm or property which the Garda believes to be stolen, the Garda can require the person to give an account of why she/he has the firearm or the property. Failure to comply or giving false information may lead to a fine of £1000, 12 months imprisonment or both.

EVIDENCE

a) If a Garda finds any object, substance or mark on a persons clothing or in his/her possession and the person fails to account for such object, substance, or mark, the court is entitled, in a subsequent trial, to draw inferences from his/her failure to account, and to use any failure to account as corroboration for any other evidence.



b) If a person is detained at the scene of a crime and a Garda believes his/her presence is due to their participation in the crime and the person fails to account for their presence there, the court is entitled in a subsequent trial, to draw inference from this and to use any failure to account as corroboration for any other evidence.

The full time Law Centres for Dublin are based at:
45 Lower Gardiner Street, Dublin 1. Tel: 778295.
Astons House, Astons Place, Dublin 2. Tel: 712172.



World University Service-Ireland
33 Lr. Pembroke Street, Dublin 2.
Telephone (01) 607172
Fax: (01) 612910
Telex: 91259

World University Service (WUS) is a 'Third World' development agency whose membership is made up of staff and students from 44 colleges and universities both in the Republic and Northern Ireland.

WUS's aim is to increase awareness in Ireland of issues affecting the developing world and to support education, health and self-help projects in Africa, Asia and Latin America.

Development Education activities include: debating, essay and art competitions; study visits to and from Africa and Latin America; cultural events; exhibitions; lectures and training programmes. WUS co-ordinates a Summer volunteer work scheme for student teachers, medics and paramedics to development projects in Africa, Asia and Latin America.

WUS is a member of World University Service-International and an associate member of the National Youth Council of Ireland. It also has consultative status with various United Nations agencies including UNESCO.

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Substance Abuse

SUBSTANCE ABUSE

The normal attitude to drugs in our society is one which views them exclusively as illegal stimulants and depressants. "Expensive and dangerous". This attitude however, is maintained while accepting the daily, and in many cases, excessive use of alcohol, nicotine, anadin, and a thousand other "legal" stimulants and depressants. The medicine chest can in reality often harbour more dangers than the street dealer. Therefore we should have a broad appreciation of the definition and potency of drugs of all kinds, be they prescribed or legally available. We should temper any analysis with the caveat that all drugs have the potential to cause both mental and physical side effects. The likelihood is that you will be confronted with drugs at some stage in your student life, and whatever choice you make, you owe it to yourself and others to at least be informed on the subject.

Before proceeding, it is worth defining a few terms related to drugs:

1. Psychological dependence—this form of dependence occurs with most of the mind-altering drugs. The user who is psychologically dependent on a drug(s) usually feels that he/she needs a particular drug to cope with normal demands and stresses of everyday life.
2. Addiction or physical dependence—this form can only be pin-pointed when a drug has been removed. Constant use of some drugs alters the metabolism with the result that sudden withdrawal means the body cannot cope.
3. Tolerance—the body builds up a resistance to a particular drug with the result that more and more is required to give the desired intensity of effect.

DRUG IDENTIFICATION

These are loosely defined as drugs which give rise to vision distortion and/or hallucinations. The main ones are as follows:

Cannabis: This drug is used mainly for the intoxicating effects it produces. It is usually smoked and enters the bloodstream and acts on the brain and nervous system. It affects the users mood and thinking and may cause mild hallucinations. Judgement is often impaired, and the user may often be more easily open to others' suggestions. It is not addictive and no concrete evidence exists for psychological or physiological harm. Since distortion of time and distance are two of the main side effects, it is unwise to drive while under the influence of the drug. When consumed with alcohol, nausea and vomiting often ensues.

If one wishes to minimise the effect of the drug, it is advisable to induce quantities of Vitamin C e.g. by eating a lemon.

Cannabis is legal in two E.E.C. countries—Spain and Holland, and moves are being made to decriminalise it in the U.S.A. where the value of the home grown crop reaches \$1 billion.

HALLUCINOGENS

Inhalents: Evaporating substances such as glue, shoe conditioners, cleaning fluid, Tippex type correctors, and so on, while not strictly qualifying as drugs, are in increasing use. Normally sniffed they produce a combination of illusions and hallucinations, coupled with possible long term damage to liver, bone marrow and kidneys. While not including physical dependence, an overdose could have very serious effects.

PCP: A relatively new hallucinogen is "angel dust" or Phencyclidine (PCP). It is almost always sold as something else, because of its bad reputation. Large doses create loss of memory, delirium, convulsions, lasting up to two weeks after use.

LSD: Another sub group of the hallucinogens is LSD. Much has been written about the "trip" which users experience from its use. This normally consists of a series of hallucinations with varying degrees of sensory distortion. Taken in microdot form "acid" can produce a broad spectrum of responses. In other words, there are good trips and bad trips. The point that should be made is that LSD does not induce a standard or predictable response from the user, and for the unfortunate, the bad trip can be very harrowing indeed. One aspect of acid which has received great exposure is the flashback i.e. an unexpected recurrence of the trip or elements of the trip, without further use of the drug.

LSD sold in London and Dublin in the '80s is chemically unstable and has unpleasant physical side effects compared to the glamourised drug sold in the '60s.

Never take LSD alone and never leave a person who is having a bad trip on their own. To reduce the effects of the drug, take quantities of vitamin C e.g. a lemon.

Psilocybin: Psilocybin or "magic mushrooms". Often dried for increased potency, the effectiveness tends to be related to the amount taken, although not always. There is one danger in that when harvesting the user could wrongly identify the fungus being sought and this could cost her/his life.

Substance Abuse

STIMULANTS

Stimulants tend to make the individual more active in mind and body. Temporarily the effect of tiredness is alleviated and one experiences an initial feeling of alertness and confidence. They are used both in isolation and in an effort to counter the affects of another drug. The psychological dependence on stimulants, even seemingly harmless ones like Caffeine, is quite high, and some people find themselves needing the stimulant in regular doses to get them through the day.

"**Amphetamines**" viz. Benzedrine, Dexedrine, Purple Hearts etc. although not over prominent on the Irish market, are extremely potent. They have the effect of accelerating the system, leaving the user disorientated and irritable as the effects wear off.

"**Slimming drugs**" like Ponderax and Tenuate, are also stimulants which have a high psychological dependence.

"**Cocaine**": Cocaine is like a cross between speed and cannabis. It is potentially both psychologically and physically addictive and concrete evidence exists for psychological or physical damage. The long term effects of using cocaine is erosion of the partitions between the nostrils and possible brain paralysis. Short term effects are a sore nose, irritability and paranoia. Cocaine can destroy the user.

"**Nicotine**": Smoking tobacco leads to an addiction to nicotine. In general, nicotine arouses or stimulates in small doses (i.e. per cigarette) and depresses in large doses. However, tobacco contains carbon monoxide and tar which are the causes of heart attacks, lung cancer, chronic bronchitis, emphysema, etc. in the long term.

SEDATIVES

These drugs are taken with the expectation of slowing down the mind and body. This group includes the highly addictive Barbiturates, which can be lethal especially when mixed with alcohol. Sedatives in general invite dependence, and harbour a great threat to the individual if taken in overlarge doses. Withdrawal can be just as severe as that experienced on Heroin.

Heroin (smack, opium): Heroin is the most dangerous of all drugs described herein. Depending on its state, heroin can either be injected or more rarely, smoked. Initially when injected, the drug gives a feeling of intense pleasure. It is physically addictive and can do untold damage to the body, so be wary of it and those who push it. Pushers will offer potential clients cheap deals and as the user becomes more and more addicted the price will go up accordingly.

Minor Tranquillisers: These are normally benzodiazepine pills under brand names Valium, Librium, Ativan and Mogadon. They are used to treat anxiety, stress and mild depression. High doses taken with alcohol can be fatal. Side effects such as drowsiness, dizziness, headaches and vomiting.

However, tranquillisers taken in the long term can cause physical and psychological dependence, and withdrawal symptoms can be severe.

DRUGS AND THE LAW

The definitive legislation in regard to drugs and drugs offences in Ireland is the Misuse of Drugs Act 1977. This is amended by the Misuse of Drugs Bill 1984 especially in relation to the penalties imposed for the various offences outlined in the Act. The government may at any time by order, declare any substance to be a controlled drug for the purpose of the Act. This leads one to surmise that the drugs listed in the schedule to the Act are open to revision at any time. A controlled drug means any substance, product, or preparation specified in the schedule to the Act.

OFFENCES

Possession

Subject to conditions a person shall not have a controlled drug in his/her possession, unless such is prescribed for use within the provisions of the Act. This means in essence that if a quantity of the drug is found on the defendant and he/she knows it is there and what it is, then there is no defence.

Possession with Intent

Possession of an amount of a controlled drug which is in excess of what could be considered appropriate for personal use, is considered to be possession with intent to supply to others.

General Offences

1. The manufacture, production or preparation of controlled drugs
2. The importation or exportation of controlled drugs
3. The supply, the offer to supply, or the distribution of controlled drugs.
4. The transportation of controlled drugs.

Growing Plants

It is an offence to cultivate any plant of the genus Cannabis, except under licence. Permitting the growing of, or use of, a controlled drug on ones premises is an offence. To knowingly allow any of the offences already mentioned on ones premises or in ones home is an offence under the Act.

Gardai - Powers of Search/Arrest

If a Garda reasonably suspects a person to be in possession of a controlled drug, a Garda may search and if he considered it necessary, detain that person for such time as is reasonably necessary for making the search. Likewise he may stop and search any vehicle etc. in pursuit of controlled drugs. A Garda may seize and detain anything thus found if it appears to constitute evidence under the Act of an offence.

Study Techniques

Coping with examinations

As jobs become scarcer and competition keener the pressures on students today are continually increasing. The time leading up to examinations can be particularly stressful and this stress can adversely affect both the physical as well as the mental well being of some of these students. In its more extreme form, now unfortunately becoming far too common, this manifests itself in "Burn out syndrome" in which the sufferer reaches a state of total mental exhaustion.

In recent years, the D.I.T. Student Counsellor, Susan Lindsay, has been encountering a growing number of students who are experiencing varying degrees of problems associated with preparing for and performing examinations. The concerns brought by these individuals range from severe anxiety or panic attacks to sleeplessness, depression, inability to concentrate etc., memory blocking and difficulties with time management are other issues confronting these students.

Even though the best time to think about preparing for an examination is day one of the year, most students will probably only become fully aware of the reality of the forthcoming ordeal 4-6 weeks before the examination. The all too common practice of cramming at the last minute can only increase in overanxious students the sense of panic, reducing the effectiveness of preparation while also militating against effective performance on the day of the examination.

To a certain extent low levels of anxiety can have a positive effect as a stimulus for some students to work harder. On the other hand the performance of most students will be seriously reduced by high levels of anxiety, this means that students who are not functioning normally for varying periods of time, for example, if they are not sleeping or eating well, if they can't concentrate and feel restless. Anxiety in this form may have a variety of causes, some of them are not easily overcome. However, major contributing factors are neglect or physical and emotional health and the failure of students to develop a work strategy or plan of action designed to improve overall work efficiency.

Developing a plan of action need not be a demanding task. Indeed the approach should not be over-ambitious. For students who are not entering into the final "run in" to examinations the following simple set of prescriptions may assist them in organising their work programme and to achieve a better return for their efforts. To these are added the need for proper attention to physical and emotional well being.

STEP 1: Get Settled

Most students experience a pronounced difficulty in getting down to study. So how can one get settled more quickly and effectively? First of all carry out an equipment and material check at the beginning of your study period. Remember one aspect of procrastination is jumping up to get this and do that, thus putting off the start of the task. Once you have completed this check, stay seated, anything else which pops into your mind should wait until your next break.

STEP 2: Define the task and establish a routine

When you consider the pre-examination revision period you are really confronted with the issue of how to use your time most effectively. So it is very important that you plan your revision. Organise your revision on two time plans i.e. work out a weekly study plan for each of the final weeks and a daily plan for each day.

Here is a sample daily plan:

<i>The Tasks</i>	<i>Priority</i>	<i>Time</i>	<i>Done</i>
Maths problems	1	1 hour	
Read Chap.5 of Chemistry Text	1	1 hour	
Revise unit 2 of French Handout	2	½ hour	

● The Done column is provided to reinforce the feeling of accomplishment when you have completed the task.

● Make sure each study goal is task and time specific and allocate your time in proportion to the importance of the subjects and the marks available.

● Make a real effort to accomplish your high priority goals each day.

● Periodically assess your plan and ask yourself whether you could be organising your time more effectively.

Establish a routine by setting a time and place for your revision and being there and ready to go at the appointed time. During the initial days you might need to set an alarm or ask a friend to remind you that "it is 7 o'clock". This time signal should activate your study behaviour.

STEP 3: Divide tasks into manageable parts

Dividing your study tasks makes revision far less daunting.

STEP 4: Specific rewards for work done

But beware of using TV as a reward as it can quickly lull you into a state of mesmerism.

Study Techniques

STEP 5: Set breaks

Take frequent but short breaks as mental and physical exhaustion from sustained study will begin to wear you down.

STEP 6: Clarify uncertainties about exams

Know who your examiners are if possible. If your examiners are the lecturers you have throughout the year, then pay particular attention in class to delivery cues of the lecturers. Interpreting delivery cues such as the words, phrases, pauses and gestures of the speaker can provide valuable hints about which topics might appear in the examination, for example, a pause in the lecture might mean the proceeding point is important.

Know what major points will be examined and know when and where your examination will be held. As soon as possible practice answering questions on past examination papers. This can be viewed in the form of a dress rehearsal for the actual examinations.

KEEPING FIT

Diet

- Eat a well balanced diet and avoid weight loss during lead-in time to examinations.
- Monitor your intake of caffeinated beverages. More than 4-6 cups of coffee can have undesirable effects such as restlessness and poor concentration.
- Seek your doctors opinions about prescribed medications.

Sleep

- Try to maintain a regular sleep pattern over the year.
- Practice relaxation exercises if sleeping is a problem.

Exercise

- Maintain a regular exercise programme during the year.
- Do not take up severe and strenuous exercise before an examination.
- Use mild form of exercise at study breaks.
- Try simple body stretching exercises at your desk.

A POSITIVE APPROACH

It is important at this anxiety laden time that you make a real effort to banish negative thoughts from your mind. Thoughts such as "I'm going to fail" or "do I know enough to pass?" are likely to unsettle you and create an anxious response. It is far better to say to yourself "I'll have a go at it" or "I can pass". When you are studying at your desk, place a card in front of you with a meaningful message such as "Success is the product of positive thinking" or make it more personal "John Smith will study daily and pass his exams."

Ms. Susan Lindsay, the DIT student counsellor. Contactable with your problems at the DIT Head Office, Tel: 611134.



On the day of the actual exam you should try to:

- Eat a good breakfast
- Leave home with plenty of time to spare
- Relax immediately prior to the exam.
- In the examination, read every question carefully, if stuck on a short question, don't ponder, move straight on, leave time to go back at the end.
- Allocate time for every question asked. You must finish them all;
- keep a careful watch on time.



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★ STUDENTS WELCOME ★

Sex Discrimination in Employment

Employment Equality Act (1977)

In brief, the Act provides for equal treatment between men and women and between single or married persons, in access to employment, in training promotion and working conditions.

The Scope of the Act

Under the Act it is unlawful for an employer to have rules of instructions which discriminate on grounds of sex or marital status. The Act also prohibits the display or publication of discriminatory advertisements. The Act gives an individual the right of direct access to the Labour Court for legal remedies for unlawful discrimination. The Act defines unlawful discriminations which may be either direct or indirect i.e. direct discrimination arises where a person treats a woman on grounds of her sex less favourably than he treats or would treat a man.

Indirect discrimination arises where a woman is required to comply with a requirement which is not essential for the job e.g. a minimum height etc.

It is unlawful for an employer to discriminate on grounds of sex or marital status—including among others:

- in the arrangements made for recruitment.
- in the provision of training—on or off the job.
- in the opportunities he/she affords his employees for promotion.

Enforcement Procedures

A woman who considers that she has suffered unlawful discrimination has the right under the Act to have her case investigated by the Labour Court. The case must be referred to the Labour Court within 6 months of the act of discrimination. The Court will decide whether to seek a settlement of the case by conciliation or to refer the case to an Equality Officer for investigation and recommendation.

Equality Officers are empowered to enter premises, examine records and seek information.

Either party may appeal to the Labour Court against a recommendation by the Equality Officer. The appeal must be lodged in the Labour Court not later than 42 days from the date of the equality officers recommendations. An employer who fails to carry out an order of the Labour Court shall be guilty of an offense and shall be liable on conviction in a Court of Law to a fine on a continuing basis.

The Employment Equality Agency

The functions of the Employment Equality Agency are broadly:

- to work towards the elimination of discrimination in relation to employment
- to promote equality of opportunity between men and women generally.
- to keep under review the working of the Employment Equality Act 1977 and the Anti-Discrimination (Pay) Act 1974 and make recommendations for any amendment of these acts which are necessary.

The Act provides for the establishment of an Employment Equality Agency with responsibility for promoting equality of opportunity in employment between the sexes generally. The agency sponsors research and actively engages in disseminating information for the promotion of equality between men and women.

Enforcement Role of the E.E.A.

The agency may conduct formal investigations into any matter in relation to employment and where it discovers conduct which contravenes the Employment Equality Act 1977 or the Sex Discrimination (Pay) Act 1974, it will have the power to issue a non-discrimination notice. The Agency is empowered to seek a high court injunction in respect of persistent discrimination. The Agency has the sole right to initiate proceedings in cases of:

- a) Discriminatory advertisements
- b) Pressure on persons to discriminate
- c) General policy of discriminatory practices.

The Agency may also refer a case to the Labour Court on behalf of an individual.

Equality of Opportunity

The achievement of equality in practical terms between men and women in the workplace is a difficult task, as was the long struggle fought by women to establish acceptance of a theory of equal pay and equal opportunity and to get support for the principal in legislative change. The Agency's statutory function is to promote the principle of equality and to keep under review the effective working of the legislation gives it a particular role in which it is provided with powers of enforcement.

Further information:
Employment Equality Agency
36 Upper Mount Street,
Dublin 2.
Tel. 605966.

Alcohol

Breaking the Ice

Most people start drinking alcohol in their teenage years. They are introduced to beer, cider, wines, spirits and other drinks containing alcohol through their families, friends or on their own. To many, they see it as part of the transition from child to adult.

Alcohol – The Drug

Many people don't seem to realise that alcohol is a drug. It effects the brain very soon after its consumption.

Excessive use by an individual over a number of years could well produce permanent physical damage and contribute to a variety of illnesses.

A persons drinking can sometimes harm their relationship with family and friends and can in fact effect ones whole social behaviour.

Eventually, the person with a drink problem can become so dependent on alcohol physically or pychologically they can be called an alcoholic.

Alcohol dulls the nervous system

When alcohol is taken into the body it is absorbed through the stomach wall into the blood stream. It passes into the general circulation and in particular enters the brain. It is finally broken down by the liver.

Slower thinking

Alcohol slows down the working of the brain because it is a depresant. The reason it appears to stimulate some people and make them more sociable and talkative is because it slows down the part of the brain that normally makes them shy, quiet or restrained.

Long lasting

Alcohol does not just disappear from the body. The liver has a special anzyme to break down alcohol and this works at a fixed rate. It will take about 3 hours to rid the body of 1 pint of beer.

When a person is under the influence of alcohol acting on his nervous system he may harm himself and others by anti-social behaviour and accidents at home, at work, or on the roads.

The smallest amount of alcohol starts to slow down the workings of the brain and the body.

It causes intoxication

The normal effects of alcohol are:

1 – 2 drinks	skin flushes; lessening of inhibitions; increase in sociability.
3 drinks	slow judgement; giddiness; lack of co-ordination
5 – 6 drinks	blurred vision; speech deteriorates; reactions considerably slowed.
8 – 9 drinks	loss of balance; double vision
20 drinks	possible unconsciousness

Large doses kill by arresting breathing. Often unconsciousness occurs before this stage.

It can make you ill

Excessive drinking can contribute to illnesses in the following parts of the body:

Liver	This can become fatty then scarred and diseased. This process is called cirrhosis. Death rates due to this are steadily rising.
Stomach	Alcohol can lead to inflammation of the stomach. This can be a factor in the formation of peptic ulcers and also slows down the rate at which they heal.
Heart	The heart can become fatty. Alcohol may sometimes affect the heart muscles, weakening them and causing heart failure.

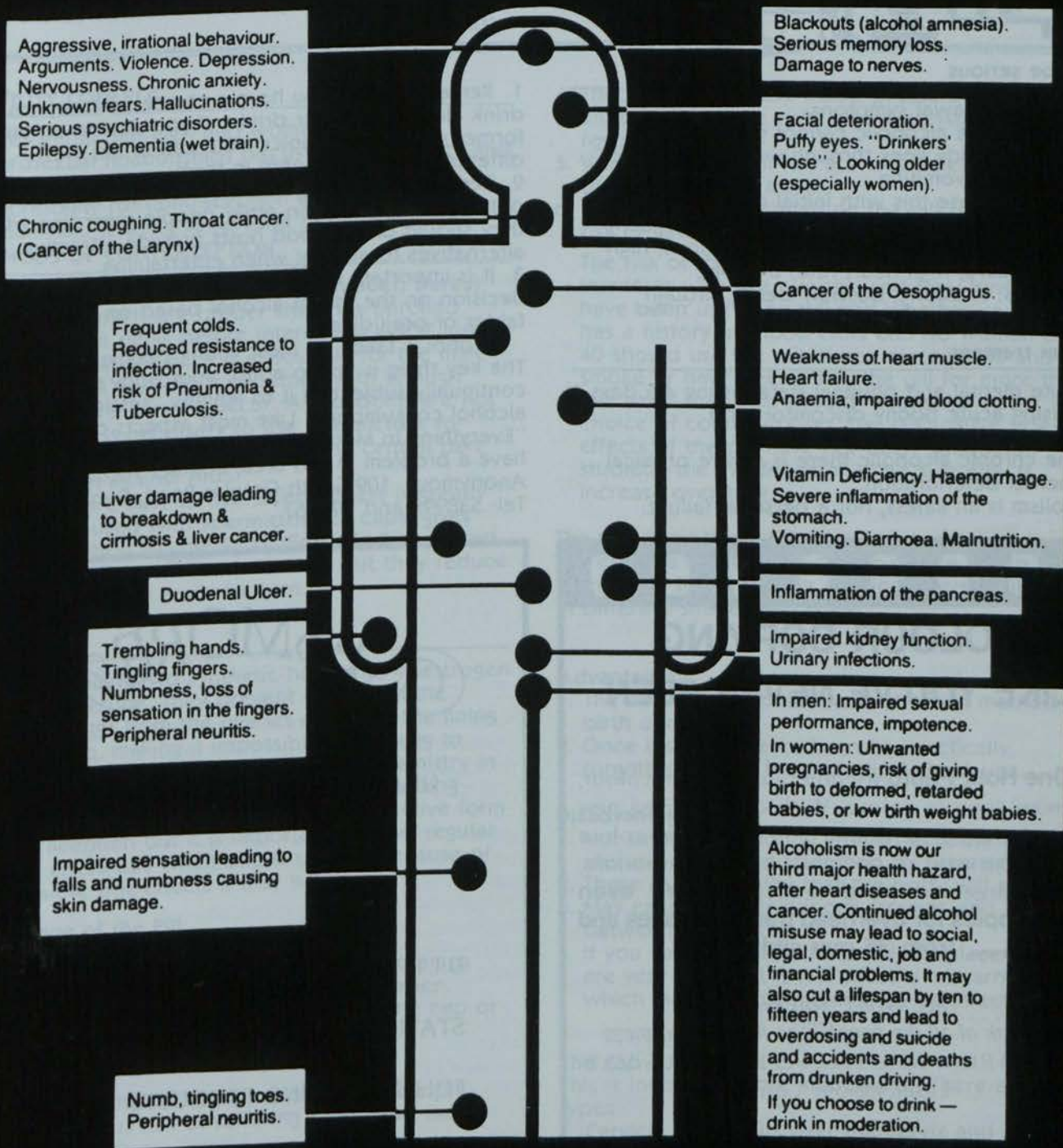
Also affected are:

Food intake	For some drinkers, the drink takes the place of a good varied diet and so the person suffers from vitamin and protein deficiency.
Body Warmth	Alcohol enlarges the blood vessels and therefore increases the skin temperature. It causes loss of body heat and chilling whilst one may feel warmer.

There are may problems in which alcohol plays an important part.

1. Accidents:
When a person is under the influence of alcohol he is more prone to accidents on the roads or with machinery. In 1974, 35% of all drivers who died in road accidents had been drinking.
2. Absenteeism due to alcohol, affects industry considerably.
3. Aggressive Behaviour: Under the influence of alcohol many people become more aggressive than normal.

WHERE ALCOHOL MISUSE TAKES ITS TOLL



For further information contact: Alcoholics Anonymous. Tel: 538998/795967

Alcohol



It can be serious

Alcohol Withdrawal symptoms:

When the acute alcoholic cannot get alcohol regularly his body goes through withdrawal – this may start with vomiting.

(Do not confuse this with initial drinking when some may vomit due to irritation of the stomach).

Other symptoms: Diarrhoea, hallucinations, high blood pressure, high heart rate, tremors, convulsions, sweating, possibly death through delirium tremens.

Delirium tremens

An acute mental and physical state lasting 4-5 days comprising acute bodily discomfort and hallucinations.

In the chronic alcoholic there is severe physical and mental deterioration.

Alcoholism is an illness, not a personal failure.

GUIDELINES

It is advisable to follow these guidelines:

- drink alcohol only with foods.
- decide total consumption for a session before starting to drink
- never drink alone.

1. Remember that you have a choice whether you drink alcohol or other drinks. If you decide on the former you have a choice between drinks with different levels of alcohol in them.
2. Respect each others views. It is important not to put undue pressure on other people regarding what they should drink. Good hosts provide attractive alternatives to alcohol when entertaining.
3. It is important that each person make their own decision on the use of alcohol based on facts, not fables or prejudices.

Alcohol is taken by most young people in College. The key thing is not to abuse your body's system by continually subjecting it to lengthy "sessions" of alcohol consumption. Like most aspects of life "Everything in Moderation". If you feel that you may have a problem in this area, contact Alcoholics Anonymous, 109 South Circular Road, Dublin 8. Tel: 538998 and 795967.

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Fertility Control

FERTILITY CONTROL

It is essential that men and women within heterosexual relationships discuss their sexuality and contraception. Men should be involved in the responsibility for contraception even if it is the woman who is using some form of contraception.

METHODS OF CONTRACEPTION

Condoms: (French Letters, Sheaths, Rubber, Durex)

A condom, which is a rubber sheath is unrolled over the erect penis before intercourse—NOT just before ejaculation, since it is possible for the male to discharge a few drops of semen with enough sperm for pregnancy to occur. As condoms are not 100% safe, it is necessary to use spermicides to increase safety. Condoms are also the central part of protection against AIDS.

Condoms are easy to use. Effectiveness is greatly increased if used with spermicides or caps, gives some protection against S.T.D. (Sexually Transmitted Diseases), AIDS and other infections but they reduce sensitivity and can easily be torn.

The Pill

The pill contains two synthetic hormones—oestrogen and progesterone. They prevent or reduce the release of eggs from the ovaries and alter the lining of the womb, making it impossible for an egg to implant successfully. It also changes the chemistry in the neck of the womb to prevent sperm getting through. The pill is probably the most effective form of contraception but it is important to have regular medical check-ups when one is using it because of the possible side-effects it may have.

Advantage of the Pill:

1. Very low risk of pregnancy.
2. Lightens period and relieves menstrual cramps and pre-menstrual syndrome in some women.
3. No physical relationship to sex unless the cap or sheath.

Disadvantages:

1. A woman who both smokes and is on the pill runs a serious risk of suffering from heart and lung disease.
2. May cause unpleasant side-effects, depression, nausea, headaches, breakthrough bleeding, weight gain. These are common side effects which normally disappear after the first two months, or if you change your brand of pill. If they persist you should see your doctor.
3. It is important to have regular cervical smears because the relationship between the pill and cancer is not yet known.

4. The pill can increase blood pressure—it is important to have your blood pressure checked regularly.
5. Women on the pill run a 3 to 5 times greater risk of having a heart attack.
6. Thrombosis—all women on the pill run a greater risk of getting blood clots which may be fatal.

The risk of these more serious side-effects increases with age, weight, and how long you have been using the pill and whether your family has a history of blood clots etc. No woman over 40 should use the pill. If you are over 30 and smoke or have been using the pill for more than five years then you should reconsider your choice of contraception. The cumulative side-effects of the pill have not been adequately studied—the incidence of some side-effects increase over time.

The Coil (Intra-Uterine Device, the loop)

The coil is a small, white plastic device which is inserted in the uterus by a trained person. It comes in different shapes and sizes.

Advantages:

1. The coil is the second most effective method of birth control.
2. Once inserted the coil can be practically forgotten except for periodical check-ups.

Disadvantages:

1. Not suitable for young women because their uterus hasn't been stretched by pregnancy.
2. There is a possibility that the body will expel it.
3. May cause heavier periods, cramps and spotting between periods.
4. If you get pregnant with an IUD in place changes are very high that it will cause a miscarriage which may be accompanied by an infection.

The Cap

This is inserted before intercourse. There are three types:

1. Cervical Cap—it fits over the cervix and cream or jelly is smeared inside.
2. Vault Cap—which is held in place by vaginal walls.
3. Diaphragm—fits across the roof of the vagina. The cap must always be used with spermicidal cream or jelly, they are the important contraceptives and the cap exists only to hold them in place. It must be left in the vagina at least 6-8 hours after intercourse, it takes this length of time for the spermicide to kill the sperm.

Advantages:

1. No side-effects or danger.
2. Very effective if used properly.

Disadvantages:

1. Can only be fitted after a woman has had penetration a few times.

Morning-After Contraception:

This form of contraception is not usually regarded as a regular form of contraception, and is mainly used after an act of unprotected intercourse. There are two methods of post-coital contraception.

1. Hormonal (Morning After Pill)

Post coital contraception with hormones initiated within 48 hours has the best chance of success. The overall side effects associated with the pill are those associated with morning after pills.

2. Post-Coital I.U.D. treatment

This prevents pregnancy by interfering with implantation within ten days of unprotected sex. An integral part of any post-coital treatment must be the follow up visit which usually takes place within four weeks after treatment.

Natural Birth Control

This is a form of birth control which is an attempt to teach women to become more familiar with the pattern of variations in their cervical mucus. As it takes lengthy periods of time to be capable of distinguishing your "safe days" and in the event of making mistakes it is not totally reliable unless you know how to use the method properly.

CHILD BENEFIT

This is the only income maintenance scheme in operation.

All children under the age of 16 qualify. However, if you are between 16 and 18 and undergoing a full time education or an apprenticeship, you can still qualify, providing that you re-apply annually.

TESTICULAR CANCER

This form of cancer is relatively unknown in Irish Society. Yet, it is the commonest form of cancer found in young men.

Almost all cases can now be cured by simple treatment if found early enough. The first warning is generally a swelling or lump on one of the testicles. It may be painful but usually is not. The risk of developing this form of cancer is much greater if one testicle is missing or has not come down into the scrotum.

The risks are greater if the condition is discovered late, but even then the rate of successful treatment is three out of four. For this reason, early discovery

means certain cure, and therefore you should examine yourself once a month. The best time is after a warm bath or shower.

Early discovery allows the simplest treatment and almost guarantees cure.

OVERSEAS STUDENTS

Normally, this title refers to young people from the EEC countries who come to Ireland to study. Despite the fact that more than 2,000 foreign students come to Ireland, only a relatively small number end up in the D.I.T.

It can be a very traumatic experience for students, to decide to leave their families for several years to pursue a qualification in a foreign country, or as in most cases, continent.

Despite that fact we very often deny it, Ireland is quite a racist country and this can leave many foreign students feeling very isolated.

Students should try and make the effort to help overseas students in college life and social life if possible.

The Irish Council for Overseas Students (I.C.O.S.) can be of great benefit to foreign students whilst in college here.

For further information contact Peter Nolan, I.C.O.S., 41 Morehampton Road, Dublin 4. Telephone: 605233.

DISABLED STUDENTS

Many people in the DIT will tell you how there is no need to make special arrangements for disabled students as there "are none in the college".

Perhaps we should see as to why the disabled community is so poorly represented in our institute. Initially, the majority of our buildings are totally unsuitable for access to a physically handicapped person.

A flight of even three steps can be taken by a non-disabled person in one stride. However, the difficulties that such a hurdle could pose to a wheelchair bound student are quite large.

In Bolton Street College extension, architects have designed the building to be totally accessible to disabled students. Even including a special wheelchair lift to transfer between the Students Union area and the main concourse.

Commitments have been given that when the new DIT premises in Bishop Street have been completed, they will be totally accessible.

Pregnancy

Could I be pregnant?

If a woman has had sex with a man without using a contraceptive or the contraceptive she uses failed she could become pregnant. If the woman has been using contraceptives she shouldn't stop using them - she might be wrong about being pregnant. "Morning after" birth control can prevent an unwanted pregnancy if the woman is treated within 72 hours of unprotected sex. It is available from some family planning clinics. It is not an alternative to regular contraception but an emergency measure which can prevent unwanted pregnancy.

What are the symptoms of Pregnancy?

The more common sign of possible pregnancy is a missed period. Other early signs are sickness, swollen breasts and passing water more frequently.

What do I do if I miss my period?

If a period is 14 days overdue she should go for a pregnancy test. Simply bring an early morning urine sample to your doctor - or to a family planning clinic or maternity hospital. Self-test kits are also available in chemists.

If you are pregnant, don't panic or make any hasty decisions. Think about it carefully. If you are not absolutely sure what to do try and talk it over with sympathetic people.

A pregnant woman has three options:

1. Continue with pregnancy and have the child, in which case you should see your family doctor who will give you a general medical check-up, make an appointment to see you a few weeks later and arrange ante-natal care.
2. Continue with pregnancy and have the child adopted. Details of adoption agencies may be obtained from citizens advice bureau, local social services, local churches, the family planning association etc.
3. Seek to have an abortion
Under present legislation, we are unable to distribute further information in this area.
A telephone "Open Line" counselling service was in operation from 1983 which distributed

information on the availability of abortion in the United Kingdom. Since the Society for the Protection of the Unborn Child took a successful legal injunction against this service, in 1986, the service has terminated.

Mr. Justice Hamilton, in his High Court ruling of December 1986, stated that,

"Obedience to the law is required of every citizen and there exists a duty on the part of the citizens to respect that right and not interfere with it. The court is under a duty to act so as not to permit any body of citizens to deprive another of his constitutional right, to see that such rights are protected and to regard as unlawful any infringement of such constitutional rights, as constituting a violation of the fundamental law of the state".

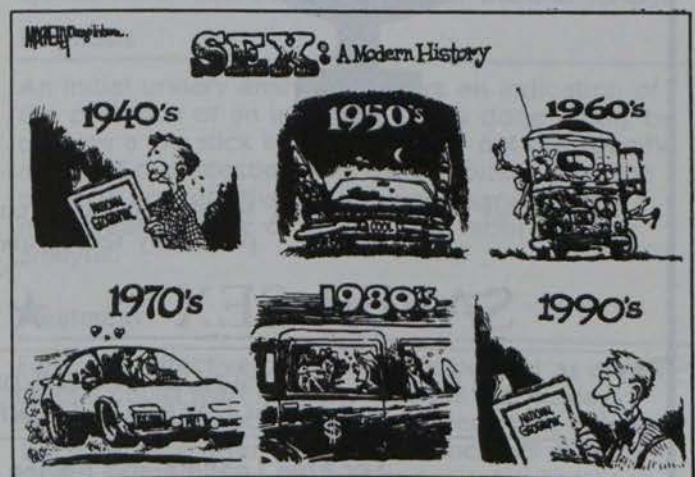
He based his ruling on the relevant section from the Irish Constitution as follows:-

"The State acknowledges the right of life of the unborn with due regard to the equal right to life of the mother guaranteed in its laws to respect and, as far as practicable by its laws, to defend and violate that right".

This case has since been appealed to the Supreme Court, where again the Society for the Protection of the Unborn Child won the case.

There can be no denying that the problem of Irish women seeking abortion in the United Kingdom still exists. But as said earlier, it is illegal for information on abortion availability to be distributed through publications such as this.

If you wish to discuss the above issue further, do not hesitate in calling into your local union President/Welfare Officer and airing your own views and so on.



Unplanned Pregnancy; Advice from:

ALLY: Service for unmarried expectant mothers. Accommodation arranged prior to birth with families or in mother and child homes. Dominican Priory, Upper Dorset Street, Dublin 1. Tel: 732200.

CHERISH: set up by single parents for single people. Offers advice, information practical help, non-directive counselling, group discussions also lobbying for social change. All services free of charge and confidential.

Drop in centre, Pembroke Street,
10.00 a.m. - 5.00 p.m. Monday to Friday.
2 Lower Pembroke Street, Dublin 2. Tel: 682744

CURA: offers Pregnancy Testing, directive counselling, marriage counselling, ante-natal accommodation, temporary foster care and nursery care, assistance, adoption.
Tel: 710598.

Ante Natal Services:

GINGERBREAD: single parent organisation, offers support, meetings, socials, information, antenatal counselling.
12 Wicklow Street, Dublin 2.
10.00 a.m. - 5.00 p.m. Tel: 710291.
New members Thursday, 8.30 p.m.

WELL WOMAN CENTRE: wide range of services for women now including pilot non directive pregnancy counselling service. At present free of charge - donations accepted.
73 Lower Leeson Street, Dublin 2.
Tel: 610083/610086.

contraception need not be a problem!!



The Irish Family Planning Association provides a friendly, confidential and expert service.

Drop into:

THE FAMILY PLANNING CENTRE
5-7 Cathal Brugha Street
(just off O'Connell Street)
Dublin 1. Tel: (01)727276

or

THE FAMILY PLANNING CENTRE
59 Synge Street,
(just off Camden Street)
Dublin 8. Tel: (01) 682420

Full range of Contraceptive services including condoms and spermicides, morning-after contraceptive, pregnancy testing and womens health service.

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Women's Health

A Screen in time saves lives – cervical cancer

Cervical Cancer – Cancer of the neck of the womb or uterine cervix, is one of the most common causes of premature death of women. It can occur at any age in a woman who is heterosexually active. There are no symptoms – it may go undetected for a considerable time and can only be detected by a proper cytology examination – e.g. smear. Smear tests are painless and take only a few minutes.

The disease mainly effects women over 35, but there is evidence of an increase in cervical cancer among young women. In 1984, there were 30 deaths in Northern Ireland due to cervical cancer. Cervical smears detect pre-cancerous cells – they do not, in the true sense prevent the disease, but early diagnosis can lead to successful treatment.

Thrush

A yeast or fungus called *Candida Albicans* grows naturally in the vagina or rectum. However, pregnancy, being run down, taking antibiotics and certain other factors can upset the natural acid/alkaline ratio and cause the yeast-like organisms to grow profusely, producing a thick white discharge which looks like cottage cheese. It can cause an itching sensation which scratching only worsens. You may also get a bad stinging sensation when you urinate. Most women will be aware of having thrush. Your cervical smear test result will also mention if you have it. The treatment is to insert an anti-fungal pessary (e.g. *Mycostatin*) into the vagina or to apply a similar cream locally. Sometimes thrush may occur with another common vaginal infection called *trichomonas* and it will be necessary to treat both conditions at the same time, generally with *Flagyl Compak* (unless you are pregnant). It is important not to drink alcohol while taking *Flagyl*. Although thrush itself is not a sexually contacted infection your partner can pick it up and re-infect you so it is important that he is treated at the same time by applying an anti-fungal cream like *Canesten* to the penis. You should however try and avoid intercourse whilst the thrush is active as the friction will make the irritation worse – apart from running the risk of re-infecting yourself. Women who are particularly prone to recurring thrush or who get a very mild discharge can take preventative measures which should both help avoid recurrence and give relief to the infection.

You should avoid sugar in your diet and only take antibiotics when absolutely necessary. Avoid wearing trousers which are tight in the crotch, nylon panties or tights. Wash your panties with soap rather than detergents and avoid using soap to

wash your genital area. To help relieve the itch you can throw two handfuls of salt into a warm bath or fill a contraceptive applicator with live natural yogurt or a mixture of vinegar and water (2 tablespoons vinegar to 2 quarts water) into your vagina, especially at night, using a sanitary towel for protection. During the day you can insert a tampon dipped in natural yogurt.

Cystitis

Cystitis, a problem for many women, is characterised by a desire to pass water frequently, up to a couple of times an hour and a severe burning pain when doing so. It is the most common symptom of a urinary tract infection or is caused by trauma or inflammation to the urinary tract. This tract starts with the ureters which takes the urine from the kidneys to the bladder where it is stored until the amount builds up (generally to about 250cc) before being emptied down the urethra which has a tiny opening just above the vagina.

The infection is caused by bacteria the most common being *E.coli* present in the excreted faeces which are often introduced into the urethra by wiping your bottom from back to front. Lowered resistance to bacteria can be caused by bad diet, being run down, emotionally upset. Trauma to the urinary tract can be caused by vigorous or prolonged sexual intercourse which can damage the urethra wall which lies beside the vagina. Women having sex for the first time often get cystitis – hence its old name as "honeymoon disease". Sexual hygiene and proper lubrication are therefore important. Any inflammation will be exacerbated by spicy foods, vaginal sprays, etc. It is important also to bear in mind that young girls can suffer from cystitis which can be a problem for them at school.

Diagnosis

An initial urinary analysis can give an indication of the presence of an infection. This is done simply by dipping a lab stick in urine. To find out the specific cause of the infection and the antibiotics that the bacteria are sensitive to, it is necessary to send a mid stream sample of urine to the laboratory for analysis.

Treatment

Early and effective treatment is important as chronic cystitis could lead to complications like kidney trouble, high blood pressure or premature babies. Doctors quite often prescribe a once off dose of *Gantrisin*. This involves swallowing a full bottle of

Women's Health

liquid which gives immediate relief as well as being effective in killing the bacteria. Other antibiotics can be used in this once off dosage.

Prevention

1. Avoid strong or spicy foods, also tea, coffee or alcohol especially if symptoms have started.
2. Drink enough bland liquid to urinate several times daily as this helps to flush out the bacteria before they build up.
3. Ensure that your partners hands and penis are clean.
4. Using a condom during intercourse can help and always ensure that the vagina is adequately lubricated, using KY jelly if necessary (available at the chemist without a prescription). It helps if you urinate after sex.
5. Have a flannel cloth to wash the peritoneum—the area between your legs. This cloth should be boiled regularly in plain water only, to keep it clean.
6. Wear cotton pants and avoid tights and tight trousers as they can create an environment favourable to the growth of the bacteria.

If you suspect that you are about to get an attack of cystitis and especially if you have just had fairly vigorous sex or eaten spicy food, then test your urine with litmus paper which is available in the chemist. The ideal acid/alkaline level in urine is 4.5 to 5.0 and if the litmus paper shows the alkaline level is too high you should certainly drink one pint of water and try to flush the infection out before it becomes painful. You could also dissolve 1 tsp. of bread soda in a glass of water and drink it. This should change the alkaline level.

Emergency Treatment

If you feel an attack coming on, the following measures can help:

- a) Drink a pint of water to help flush out the infection—one cup of coffee can help as a diuretic.
- b) Go to bed with two hot water bottles—one for tummy and one for your back and take some painkillers.
- c) Over a 3 hour period, drink one glass of water every half hour. Every second glass should have 1 tsp. bread soda dissolved in it. Only do this once in a 24 hour period.
- d) If well enough, sit in a warm bath to which you have added one tablespoon of bicarbonate of soda.

Rubella Vaccination

Last year saw an increase in the number of rubella babies born in Ireland. They were born with congenital abnormalities such as deafness and blindness. This means that at some stage during the first three months of her pregnancy, their mother had contacted German measles—rubella. She may have only contacted the subclinical dose and been totally unaware of it. Specially at risk are teachers and nurses.

Such risks are totally unnecessary. At the Well Woman Centre they can take a blood test which will

measure your immunological levels against rubella. Should you have German measles, even without knowing it, your levels may be sufficiently high to guarantee your immunity. The blood test—a rubella titre—will tell you. If your levels are not sufficiently high then they can give you the vaccination which is effective for at least 10 years. At the end of that period a further blood test is necessary, but by then you may well have sufficiently high immunological levels. If you do have the rubella vaccination, then you must insure that you will not become pregnant for at least 3 months afterwards.

A pregnancy may well be the furthest thought from your mind at present. However, if you are using a reliable method of contraception now such as the pill or IUD, then it is very worthwhile to use the protection offered to have the vaccination carried out, if necessary. But every women should certainly have the rubella titre—the blood test. If not you may well spend a future pregnancy, especially an unplanned one, unnecessarily worried about having a rubella baby.

Breast Cancer

Breast cancer is one of the commonest cancers in women.

Regular self examination of the breast can lead to earlier diagnosis of breast cancer and increase the chances of a cure.

Most doctors advise that breast self-examination should be carried out every month by every woman over 17 years of age. This takes very little time and ensures that you get to know your breasts and makes it easier for you to spot any changes early.

When

The best time to examine your breasts is the seventh day after the start of your period. This is the time when breasts are at their softest.

Because the breasts are made up of tiny fatty glands it is normal for them to feel a little lumpy. However, the lumps are felt to be the same size throughout. It is only by regular examination and becoming familiar with your own breasts that you will be able to recognise changes in how they look or feel.

What to look for

- Any unusual increase in the size of one breast.
- One breast lying lower than the other.
- Puckering or dimpling of the skin.
- A rash on or around the nipple.
- Recent turning in of the nipple.
- Fluid or blood escaping from the nipple.
- A persistently painful area in the breast (not related to pre-menstrual pain).
- A lump not noticed before.
- Enlarged glands under the skin of the armpit.

Remember

- Do examine your breasts once a month.
- Do check with your doctor if you find any changes in your breast.
- Early detection is your surest protection.

Sexually Transmitted Diseases (S.T.D.)

What are the Symptoms?

The symptoms of each infection are different, and the following is only a brief guide—anybody having reason at all to suspect that they may have a sexually transmitted disease must seek medical advice—quickly.

a) **Gonorrhoea:** A man usually finds that a thick yellowish discharge appears from the penis within three to seven days after infection. Passing water and having sex may be painful, and if the untreated infection spreads up the urethra to his bladder this pain increases and he may feel ill and feverish. The visible symptoms may disappear within a few weeks, but harm to internal organs or the testicles may ensue.

A woman, unfortunately, often manifests no symptoms at all, so it is vital that an infected male who has had sexual intercourse with a woman should let her know immediately. Those women who do have symptoms may find sex and urination painful and may notice genital swelling and foul-smelling discharge from the vagina, usually within a week to ten days after infection. If left untreated, the infection will not only be passed on to other sexual partners, but can eventually damage the fallopian tubes and cause sterility.

Homosexuals and heterosexuals, who enjoy anal intercourse should take care to have a check up if in doubt, as symptoms in the anus and rectum may not be readily noticed.

b) **Syphilis:** is fortunately rare. Three or four weeks (or occasionally, up to several months) after infection, a small, painless, pimple like sore, also called a chancre, appears on the man's penis or the woman's external genitals (vulva). It may also appear in or around the mouth, after oral sex, or on the anus or lower rectum after anal intercourse. Unfortunately, as with gonorrhoea, the woman's symptoms may be internal and unnoticed, i.e. on her cervix.

The sore is hard around the edges, and the soft centre oozes a little clear fluid as it becomes an ulcer, which gradually heals within a month or two. The sore should not be ignored because it is small or "just a scratch". Usually at this stage, the lymph glands in the groin swell and feel "rubbery", so this is another symptom to note. If untreated, the sore slowly heals and the primary stage is over. The secondary develops some weeks later and various symptoms may occur, the most common being a reddish rash on the skin (which may be pimply), headaches, sickness,

feverishness and loss of hair. Painless warts, flat topped and red or grey in appearance, may develop around the vulva, scrotum, anus or mouth. These symptoms may last for up to a year, and are obviously not easy to ignore.

The third stage of syphilis may not occur until years later, and is fortunately becoming less common as more people go for treatment in the early stages. It can involve intense pain, tumours, harm to unborn children and death. People should be urged not to risk this happening to themselves or others when treatment is so easy to obtain.

c) **Genital Herpes:** This is a common viral disease which appears as sores. These sores may be inside the vagina, on external genitals, thighs, in or near the anus, or on the buttocks. The sores can rupture to form open sores or ulcers which are often very painful. They usually appear within a few weeks, but they should be treated to ensure they are not the symptoms of another disease. There is no known cure for Herpes but treatment can prevent further repercussions. New eruptions can occur at any time and it often appears to be relative to stress the sufferer is under.

d) **Moniliasis ("Thrush"):** If the yeast like organisms in a woman's vagina are disturbed by sexual intercourse, going on the pill, pregnancy, diabetes or a course of certain medicines, she may find she gets a thick, curd-like cream-coloured discharge from the vagina, also an unbearable itching in the vulva. A man who is infected may find his penis is very itchy and small ulcers appear on the head of his penis, also slight discharge can occur. Women tend to suffer from thrush to a greater extent than men, but both affected partners should seek treatment.

e) **Trichomoniasis ("Trich"):** This is caused by the presence of tiny parasites in the vagina. Many women do not notice but they can pass it onto a partner who then transmits it although she/he manifests no symptoms. Women may find that beginning sexual intercourse triggers off the infection, bringing about an unpleasant smelling yellowish discharge, itching and inflammation of the vulva, pain in passing water and general discomfort during sexual intercourse.

f) **Non-specific Urethritis (NSU):** This is a disease which is more common than gonorrhoea and affects men in particular. Symptoms appear in 10-30 days after infection. Pain is experienced and a slight discharge appears from the penis. In some cases, this pain may be severe; at other

Sexually Transmitted Diseases

times, unfortunately, the mildness of the symptoms means that the sufferer does not seek treatment. Untreated, the disease can affect the prostate gland and it is possible that deformity of the limbs could ensue.

What Next?

If a person has any doubts or worries, or has any of the symptoms mentioned above, it is important, not only to their health, but also others' they may have come into sexual contact with, that they consult a doctor, or go to a special clinic for the treatment of sexually transmitted diseases.

What happens at the Clinic?

A person and his/her sexual partner(s) can visit the clinic together if they wish. Otherwise, it is an absolute secret that a person has been, and a sexual partner(s) is never informed against their wishes.

The S.T.D. clinics or special clinics are equipped and staffed to diagnose and treat sexually transmitted diseases quickly. No introductory doctor's letter or appointment is needed. There is no charge at these clinics. Medication is provided free. Whatever happens to you at the clinic is confidential. You must be prepared to tell the doctor what symptoms you have had (if any) and for how long, doctors ask people about their sex lives in order to help them make a diagnosis, also to try to ensure anybody else infected can be treated.

A person will be asked to give name, address and occupation and then will be given a number which should be noted in case they ever visit a special clinic again. They will be asked if they have previously visited a special clinic, this is simply to help them in case their previous infections have any bearing on their current one.

Next they see the doctor who examines the symptoms, and prescribes appropriate medicine and/or injections. Examination of discharge features in the test for non-specific urethritis, "thrush" and "trich" and these infections (also crabs, scabies, and genital warts) can usually be quite easily cleared up with antibiotics, ointments, lotions, pessaries etc. The doctor will check that these are fully cured when the person re-visits the clinic; the number of re-visits depends on the time taken to clear a particular infection, but the visits do not take long and the clinics are usually open after work or college hours. If a person is tested for syphilis or gonorrhoea, it generally takes a few days before the results of the tests are known. For suspected syphilis, blood and smear tests are taken. If syphilis is diagnosed, treatment is by regular penicillin injections (or penicillin substitute in cases of allergy) over the first few weeks. Unfortunately, the disease is such that further regular injections will be necessary, but treatment is invariably fully effective in the most advanced (and therefore neglected) cases.

For gonorrhoea the treatment is penicillin capsules

or injections and blood tests for syphilis are also taken. Smears and urine are examined where appropriate. A final check up is made after three months.

If you have been at risk of catching STD, go to your doctor or clinic immediately where the necessary tests will be done.

The following OPEN CLINICS give free and confidential advice and treatment.

Mater Misericordiae Hospital, Tel: 301935
Male: Wednesday 5-7 pm – Thursday 5-7 pm
Female: Tuesday 4-7 pm – Thursday 3-4 pm

St. James Hospital, Rialto Gate, Tel: 537941 ext. 2161
Both sexes: Monday to Thursday 4.30-8.30 pm.

Advice and treatment at these clinics is completely confidential and no information will be available to anyone else, even if they enquire.

"AIDS" Acquired Immune Deficiency Syndrome

Aids is a viral disease. Viruses are tiny organisms which attack particular parts of the body (e.g. the hepatitis virus attacks the liver). When these attacks occur, our immune system manufactures antibodies to overwhelm the virus and so we are cured. The AIDS virus, or HIV virus, as it is known, attacks the immune system itself. The immune system, rather than producing antibodies to protect the body, instead becomes a factory to make more of the HIV virus.

We have a resourceful immune system which in 80-90% of cases with the HIV virus, it is either defeated or halted. If it is only halted it can continue inside the body doing no real damage, though about 15% of people can become ill with AIDS Related Complex (ARC). People with ARC may recover.

In 10-20% of people, the virus continues to damage the body over several years. Gradually the immune system becomes so weak that the body can no longer fight off diseases that normally do little harm. This is full AIDS. People start to get ill with a special form of pneumonia (PCP) or unusual fungus infections, or a rare type of cancer (Kaposi's Sarcoma). It is these "opportunistic" diseases which ruin the health of 10-20% of people with the HIV virus. Most people die after two or three attacks of these diseases.

The AIDS virus is a delicate virus which can only live inside human body fluids and it is quite difficult to pass it from one body to another. It cannot be passed by shaking hands, by social kissing, by drinking from someone else's glass or by sharing kitchen/bathroom facilities. The only ways it can be passed are: blood to blood either due to transfusion or sharing intravenous (IV) needles while taking drugs; by semen—in any sexual act when semen is passed from one body to another; in any sexual act which involves the exchange of vaginal fluids or menstrual blood; from mother to foetus; or

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from an infected woman nursing her child through breast milk. It is now virtually impossible to get the HIV virus from a blood transfusion or blood products as special precautions are now taken. IV drug users are increasingly spreading the disease and have become a priority area of concern. Unions should encourage a non-judgemental attitude towards IV drug users and rather ensure information on AIDS reaches this group. Sharing needles must be stopped and that should be the message.

As more people become aware of AIDS and how it may affect us, many will consider having the HIV antibody test. Some will be worried because of some sexual act in the past, others because they don't fully understand how AIDS is transmitted and some will have been in situations which have put them at risk.

Many people are confused about the test, what it can offer and what it actually means. So before you decide whether or not to take the test you may need to consider the following points. We hope that this will make your decision a more informed one.

What is the HIV Antibody test?

It is NOT a test for AIDS. The test involves taking a blood sample to detect if antibodies to HIV are present. The Human Immunodeficiency Virus (HIV) infects the body and in some cases weakens the immune system leaving it open to infection. Antibodies are produced by the immune system to overcome diseases which infect us. With HIV, the specific antibodies to this virus remain in our blood. These antibodies do not necessarily defeat the virus and their presence does not mean that the body has successfully dealt with HIV.

If I test positive what does it mean?

If you test positive you have been exposed to the virus. Although this does not necessarily mean you will go on to develop AIDS, you will need to take extra care of your health and try to avoid getting other infections. You will also need to follow the safer sex guidelines, not only to avoid re-infection but also to ensure that you don't put others at risk. There are various stages of illness associated with HIV infection. Some are not serious, others indicate that the immune system is being challenged. Current medical knowledge suggests that between 20-30% of antibody positive people will become ill over two to five years.

If I test negative what does it mean?

This can mean any one of three things:

- That you have not been exposed to the virus.
- That you have been exposed to the virus but your body has not had enough time to develop antibodies. (This can take up to six months but they are usually present after three months).
- It does not mean that you are immune to AIDS. A negative result three months after a potential risk

situation is a good indication that you have not been exposed to the virus.

If you test negative you will want to remain that way. This means that you must ensure that you always have safer sex, and if you inject drugs that you don't share needles and syringes.

You will also need to consider the following:

- The level of infection of HIV in Ireland has been relatively low. The first reported cases of people contracting the virus in Ireland was in 1985. However, figures have grown rapidly since then.
- In Ireland the test is not anonymous. The service is confidential but you are expected to give a name and address. As long as this is the case it is up to the authorities to inform you of your results. If the test was anonymous it would be up to you to decide who you need to tell.
- There are a series of measures which have been brought in by insurance companies to identify people who have had the HIV antibody test. Life assurance may be refused on the basis of having taken the test irrespective of whether the result was positive or negative.
- The knowledge of being antibody positive can be enough to produce a level of anxiety where your body responds to stress by producing symptoms similar to those associated with HIV infection. Your ability to cope with this stress should be a factor in your decision.
- If you test positive your lover(s)/partners may need to know. Have you thought through the implications of talking to them about being antibody positive?
- Women or couples considering having a child, should know that there are special risks attached to pregnancy for a woman who is antibody positive. If you think you have been at risk this may be a good reason to consider the test.

Remember, whatever your test result, your action should be the same – always follow the safer sex guidelines. You may decide that this is sufficient reason for not taking the test. After all, your behaviour is the same either way.

Safer Sex Guidelines

Safer sex guidelines are a simple and effective way of reducing your risk of contracting the AIDS virus. It is not the number of sex partners you have that matters, but what you do together. Basically the advice is simple:

- Avoid any sexual activity which exposes you to your partners body fluids – particularly semen and vaginal secretions.
- If you have anal or vaginal intercourse use a condom and water based lubricant e.g. KY Jelly. Some lubricants are oil based and will damage the condom.
- Avoid activities which expose you and your partner to each other's blood.

Sexual Abuse

Physical/Sexual Abuse

The law confines its interpretation of incest to sexual contact—generally intercourse—between blood relatives. This excludes step-fathers, step-brothers, school teachers, house parents or priests. Child sexual abuse is more common than we would like to admit. Child sexual abuse is a reality, the overwhelming majority is perpetuated by men in positions of trust. They are not mentally ill, nor is child sexual abuse confined to one social class. Children do not lie about sexual abuse.

Who can help?

Both incest and child sexual abuse are currently being treated in the sexual assault unit in the Rotunda Hospital (in the case of emergencies) and by rape crisis services or by other groups working with survivors.

The full extent of child abuse both physical and sexual has only come to light in the past few years. It is commonplace in today's media to hear of a father or mother abusing a child, or a stranger, to a child not known to them.

It always has a lasting effect on children and can leave them with problems until they are well into adulthood.

CHILDLINE is a free telephone service that operates in conjunction with the I.S.P.C.C.

They can be contacted at 793333 and whether you want information, or to discuss a problem, no matter how long it has been on your mind, give them a call.

RAPE

Definition of Rape

Force rather than sexuality is the overriding feature of rape. Research into the subject concludes that anger and/or power are the motivating factors in rape rather than sexual gratification. It is a crime of violence using sex as a weapon. Rape is a subject surrounded by ignorance, fear and myths; ignorance on the part of people who simply do not understand the reality of sexual violence and its effects; fear on the part of those who are vulnerable and those who have at some time, been victims of sexual violence/rape; and myths which contribute to beliefs and assumptions about the role of the victim in the attack.

Reality of Rape

1. Rape is not a sexual act. It is a violent, aggressive act, mostly used against women. Force rather than

sexuality is the overriding feature of rape and the act of rape completely removes a woman's willpower. Even where physical force does not occur, unwanted sexual intercourse is horrifying, brutal and psychologically disturbing.

2. Most rapes are planned and over half the cases reported happen indoors in either the woman's home or that of her assailant.
3. Most rape victims are known to their assailants and can often be a close friend or relative, so that the victims often conceal the identity of the assailant.
4. Women are frequently blamed for provoking rape, either by dress or behaviour. International research findings conclude that men do not rape out of need for sexual gratification, or because a woman attracts their sexual desires, but in order to humiliate and degrade the woman.

Effects of Rape

Rape is an attack on the whole person. Most women who have been raped undergo severe distress which may effect their entire lifestyle.

- a) Possible (common) immediate effects:
 - Hysteria or withdrawal
 - Vomiting—something for a number of days.
 - Inability to eat and/or sleep
 - Bruising and soreness, especially around the genital area
 - Fear of going outdoors
 - Tendency to dwell on details of rape.
- b) Possible long term effects:
 - Lack of trust in men and unwillingness to be alone in the company of men, even those she knows.
 - Problems in relating sexually to partner
 - Total disorganisation—many women cannot work properly and feel no motivation to work
 - Guilt and self shame—most women analyse why they are raped, often blaming the attack on their dress or behaviour
 - A fear of being alone at home, in the dark, or in unfamiliar social situations
 - Depression, embarrassment, anger, humiliation and other confused feelings.

Medical Information

There are two reasons why a woman who has been assaulted will need a medical examination.

- a) Personal health
- b) Forensic evidence

Sexual Abuse

Personal Health

Any woman who has been raped or sexually assaulted should have a medical examination as soon as possible after the attack. If she has decided not to report her case to the Gardai, she should still be examined for injuries, infections, and possible pregnancy. The Rape Crisis Centres have lists of doctors to whom she may be referred.

Forensic Examination

A woman reporting rape to the Gardai will be examined by a doctor for the collection of forensic evidence. This evidence will be presented by the doctor in court, and is extremely important to the case. This evidence will only be present on the woman's body for a short time after the attack. The woman should be informed of her right to have a friend or relative or a Rape Crisis Centre counsellor present during the medical examination.

Legal Information

Legal definition of rape: According to the Criminal Law (Rape) Act 1981, is "a man commits rape if he has unlawful sexual intercourse with a woman who at the time of intercourse does not consent to it"; according to the law the man must penetrate the woman's vagina with his penis, but emission of semen need not occur.

The legal definition of rape in Ireland does not include the penetration or violation of a woman's vagina with objects, the man's mouth or other parts of his body. Rape within marriage is not recognised at the present.

Reporting to the Gardai

Many women are reluctant to report rape or sexual assault to the Gardai. Research indicates that only one in four cases is reported to the Gardai. This reluctance usually stems from fear of Gardai and court procedures and lack of information. There is no doubt that reporting details of rape/sexual assault is an unpleasant experience. However, the experience can be eased if the woman has a counsellor to accompany her.

Court Procedures

The woman herself does not take the case against the assailant, so she does not have to employ a solicitor to pay costs. Since rape is considered to be a crime against society, the state prosecutes on her behalf through the offices of the Director of Prosecutions and the Chief State Solicitor.

Conclusions

Rape is a constant threat for most women—at least occasionally. The presence of this threat creates a situation where most women must be vigilant about avoiding its occurrence. Rarely is the absurdity of women having to protect themselves from men

questioned. Male violence against women (or fear of it) and women's acceptance of a restricted lifestyle are features of many social situations.

If a woman has been raped those in her immediate family and friends are vitally important to her recovery. She should be encouraged to contact the Rape Crisis Centre for help and support.

SERVICES OF THE RAPE CRISIS CENTRE

1. The RCC provides a support system for women who have been raped or sexually assaulted. Women can come for counselling both at the time of the assault or at any time later.
2. A telephone counselling service with back up legal, medical, and emotional support and information for women who have been raped.
3. The Centre publishes articles, reports and pamphlets on sexual violence and rape.

Rape Crisis Centre
70 Lower Leeson Street,
Dublin 2.
Tel: 614911 After Hours 615464.

Criminal Injuries Compensation Tribunal

The Tribunal was set up to make possible for victims of violence to claim compensation from the State. Even in cases where there is no prosecution the complainant may apply for criminal compensation. The only prerequisite for application is that of having reported the crime to the police.

Sexual Assault Treatment Unit

A sexual assault treatment unit has been set up at the Rotunda Hospital in Dublin. It is open for 24 hours a day and you can just walk in or make an appointment. The Unit caters for all victims of rape and sexual assault including male/female victims. The doctors and nurses are all female and have been trained by the Rape Crisis Centre in the basics of counselling for victims of sexual assault. All necessary medical treatment is available at the unit, as are forensic examinations and venereal disease tests. A Ban Garda will be available, if requested, and a nurse can call the Rape Crisis Centre, if their presence is requested. All services are entirely free and confidential. For further information contact the Rotunda Hospital, Parnell Square, Dublin 1. Tel. (01) 748111 or the Dublin Rape Crisis Centre.

Domestic Violence

Domestic violence is no new phenomenon. There has always been domestic violence, with women and children invariably being the victims because of their physical vulnerability. Domestic violence today is an extensive social problem. It has no class barriers. It embraces all classes, all socio-economic groups. No family is potentially immune from the problem.

Lesbians and Gay Students

What is Homosexuality?

Homosexuality is the physical and emotional attraction to members of the same sex. Both men and women from all walks of life, ages, and levels of education, are gay. It is not a disease or a perversion, simply a different way of loving. This sexual orientation can be as loving, sharing and fulfilling (or frustrating?) as any heterosexual relationship.

How many people are gay?

There is no clear distinction here, but 5-10% of any population is exclusively gay. Many more are somewhere between the extremes of "gay" and "straight" on the continuum of human sexuality, and may appreciate relationships with both men and women. This means that we all know people who are gay—they are about as ordinary or as exciting as anyone else, and can't be spotted in a crowd, contrary to popular belief. Unfortunately, because of social attitudes, many are unable to accept their sexuality and may hide or suppress it, even from themselves.

What about the stereotyped Lesbian or Gay?

There are of course ridiculous stereotypes of gay, men—limp-wristed, effeminate etc., and of lesbians—who are supposed to be butch, aggressive men haters. These stem from (i) ignorance and (ii) prejudice. How accurate are the stereotypes of Irish people which some English people hold? One cannot make a judgement (or even a generalisation) about an entire population like this, particularly as a person's sexuality is only one part of their whole personality. One of the myths about gays is that they are interested in nothing but sex. Another is that you can "become gay" by mixing with gay people—as if it is a disease or a bad habit. Perhaps the cruelest of all is that gay men all want to molest little children: the fact is that 95% of child abuse is heterosexual.

What is coming out?

More and more gay men and lesbians are opening and accepting their sexuality, and refusing to hide it any longer from those closest to them. This is called coming out (of the closet). Why should someone have to pretend to be something they are not, and be denied the right to have self-respect and pride in themselves?

The hostility and prejudice which surrounds gay people can be extremely damaging to one's self

image and self esteem, so meeting other gay people is very important.

Gay/Lesbian College Societies

At present, while many other third level institutes around the country, the D.I.T. has no active Gay Society.

In many cases students are afraid to come out into the open for fear of being branded. It is hoped that next year, with the assistance of local welfare officers, such societies may be set up. For further information call in, or if you prefer telephone your students union office.

The important thing is not to feel isolated. The following addresses and telephone numbers should be used:

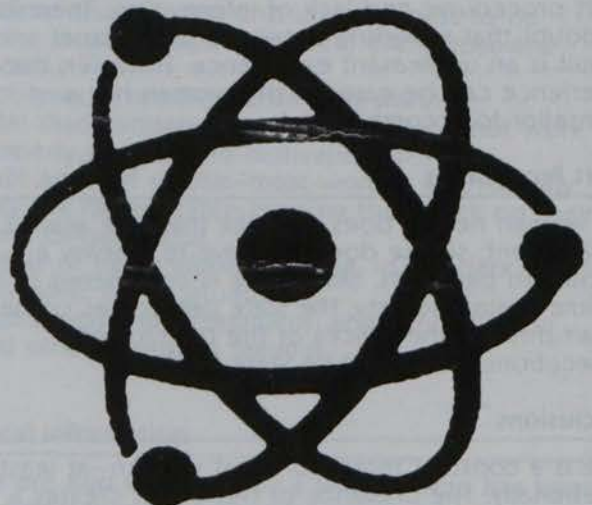
Gay and Lesbian Student Group,
16 North Great Georges Street, (c/o U.S.I.) Dublin 1.
Telephone: 786366.

Gay Health Action, Telephone: 531165.
Monday, Tuesday and Friday, 11.00 am–4.00 pm

Lesbian Health Action, Telephone: 531129.
Wednesday and Thursday, 11.00am–4.00 pm

A.C.T.

Adolescent Confidential Telephone
A service for young people by young people
Saturday: 1.00 pm–5.00 pm
Telephone: 740723/744133/729574.



MONDAY OCT. 3	Kevin St., Party Night Hypnotist, COMAD	MONDAY OCT. 17	
TUESDAY OCT. 4	Club and Society Day Kevin St.	TUESDAY OCT. 18	
WEDNESDAY OCT. 5	Hypnotist, Kevin St. Freshers Ball, COMAD	WEDNESDAY OCT. 19	
THURSDAY OCT. 6	Freshers Ball, Kevin St.	THURSDAY OCT. 20	
FRIDAY OCT. 7		FRIDAY OCT. 21	
SATURDAY OCT. 8		SATURDAY OCT. 22	
SUNDAY OCT. 9		SUNDAY OCT. 23	
MONDAY OCT. 10	Lunchtime Concerts in Bolton St., Rathmines and Cathal Brugha St.	MONDAY OCT. 24	
TUESDAY OCT. 11	Cathal Brugha St. Yard of Ale Competition	TUESDAY OCT. 25	
WEDNESDAY OCT. 12	Rathmines and Cathal Brugha St. Freshers Discos	WEDNESDAY OCT. 26	
THURSDAY OCT. 13	Club and Society Day, Freshers Ball Bolton St.	THURSDAY OCT. 27	
FRIDAY OCT. 14		FRIDAY OCT. 28	
SATURDAY OCT. 15		SATURDAY OCT. 29	
SUNDAY OCT. 16		SUNDAY OCT. 30	

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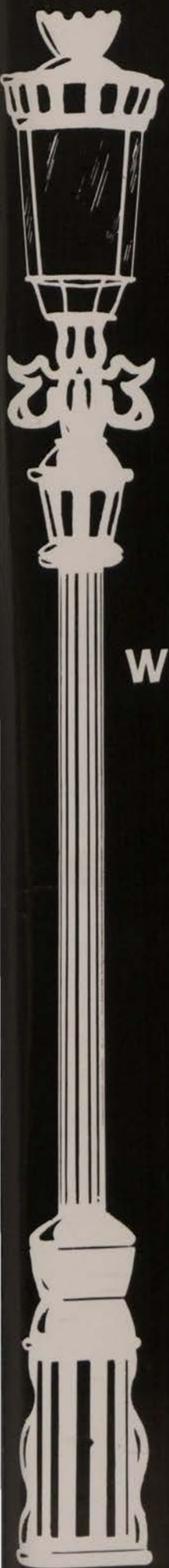
Transalpino (Ireland) Limited
37 College Green, Dublin 2. Tel: (01) 797177 Telex: 31365.

MONDAY OCT. 31			MONDAY NOV. 14	
TUESDAY NOV. 1			TUESDAY NOV. 15	
WEDNESDAY NOV. 2			WEDNESDAY NOV. 16	
THURSDAY NOV. 3			THURSDAY NOV. 17	
FRIDAY NOV. 4			FRIDAY NOV. 18	
SATURDAY NOV. 5			SATURDAY NOV. 19	
SUNDAY NOV. 6			SUNDAY NOV. 20	
MONDAY NOV. 7			MONDAY NOV. 21	
TUESDAY NOV. 8			TUESDAY NOV. 22	
WEDNESDAY NOV. 9			WEDNESDAY NOV. 23	
THURSDAY NOV. 10			THURSDAY NOV. 24	
FRIDAY NOV. 11			FRIDAY NOV. 25	
SATURDAY NOV. 12			SATURDAY NOV. 26	
SUNDAY NOV. 13			SUNDAY NOV. 27	

NOTES:

MONDAY MAY 15		MONDAY MAY 22	
TUESDAY MAY 16		TUESDAY MAY 23	
WEDNESDAY MAY 17		WEDNESDAY MAY 24	
THURSDAY MAY 18		THURSDAY MAY 25	
FRIDAY MAY 19		FRIDAY MAY 26	
SATURDAY MAY 20		SATURDAY MAY 27	
SUNDAY MAY 21		SUNDAY MAY 28	

TIMETABLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.00 - 10.00					
10.00 - 11.00					
11.00 - 12.00					
12.00 - 1.00					
1.00 - 2.00					
2.00 - 3.00					
3.00 - 4.00					
4.00 - 5.00					
5.00 - 6.00					



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