



SACA NEWSLETTER

January 2016

Dates for your Diary



All you ever wanted to know about Social media but were afraid to ask -
a beginners/novices guide to how to get going on Facebook, Twitter,
Linkedin

There are 2.2 million people on Facebook in Ireland but there are also millions who are not on it or are on it
and don't really get it

This two part informal and interactive seminar led by Cosmopolitan Events MD and founder
Katharine Crawford will take place in the college on the evenings of 20 and 27 January.
This is a beginners/novices intro to social media where all you need is a laptop/ipad and a healthy
dose of curiosity.

Tickets just €25 for both sessions with profits going to a donation from the Alumni to the school library!
Call Sally Walker on +353 1 288 2785 to book in with credit/debit card details or book online here:
<https://www.eventbrite.ie/e/social-media-masterclasses-hosted-by-st-andrews-college-alumni-tickets-20534667744>



Dates for your Diary

St. Andrew's College Alumni Table Quiz

SACA are backing Transition Year students and CHEEERS not for profit run by St Andrew's alumni and former transition year Uganda project participants Stu Garrett and Dr Roisin Plunkett

All proceeds raised from the Quiz will go directly to supporting an orphanage in Jinja, Kisiizi Hospital and Rubirizi Secondary School in Uganda

These are worthwhile programmes that St Andrew's has contributed greatly to and if nothing else it promises to be a great night!

Pull together 3 of your friends/kids and please please get involved!
(attendance not restricted to Alumni)

Gleeson's Pub, Booterstown - 10th February, 7.30

Please drop Stu a mail to register or attend on the night SACAUgandaQuiz@gmail.com



St. Andrew's College Alumni honouring our Ireland Rugby Internationals

Ronnie Dawson-The Lions, Ireland, Leinster, the Barbarians & Wanderers
Felix Jones - Ireland, Munster & Seapoint

Michael Gibson - Ireland, the Barbarians, Leinster, Lansdowne, London Irish

In conversation with Sunday Times Rugby Correspondent Peter O'Reilly and hosted by Tony Ward - the Lions, Ireland, Munster & David Boyd Director of Rugby

Wanderers FC Merrion Road Friday 5 February 3pm Late Lunch and drinks
Call Sally Walker on +353 1 288 2785 to book in with credit/debit card details or book online here: <https://www.eventbrite.ie/e/st-andrews-college-alumni-honouring-our-ireland-rugby-internationals-tickets-20534118100>



Class of 2010 5 Year Renunion

The Class of 2010 gathered for their 5 Year Reunion in December and what a night it was! Great to see everyone back at the school before they made their way into 4 Dame Lane to party the night away! Here is a link to the photos from the night and below is a few highlights:

<https://www.facebook.com/StAndrewsCollegeDublinAlumni/posts/1098553513511520>



10 and 20 Year Reunions Pictures



SACA Sports News

Ireland Hockey

Congratulations to Lee Cole (2013), Stephen Cole (2009), Jamie Carr (2015), David Fitzgerald (2005), Alan Sothern (2006), Stuart Loughrey (2009) and Gareth Watkins (2003) on their inclusion in the 25 man Irish Hockey Squad that travel to South Africa this week as part of their preparation for the Rio Olympics in 2016.



Congrats to Andrew's boys Ben Bradley, John Guilfoyle, Guy Sarratt and Ben Walker on their selection for the Ireland Under 18's who have started their preparations for the EuroHockey U18 Championship in Cork from 24 to 30 July 2016.

Schools Rugby

After a fantastic run in the league the Senior Boys rugby team unfortunately lost in the semi-final 31-19 to Kilkenny in Donnybrook. They were fantastic throughout the league and have automatically qualified for the Leinster Senior Cup where they will play St. Michael's College.

Congratulations to the TY boys rugby team who after a 100% record in the group stages went on to win the Leinster TY Cup 24 - 19 against High School in Donnybrook. The team is coached by former students Greg Jones and Darren McCann



Weightlifting

Congratulations to 6th year student Sam Stewart who won the U20 -85kg division and came third in the overall men's -85kg division at the Capital Strength Weightlifting Competition in December.

SACA Profile - Stu Garrett (Class of 2007)

‘If you want to go fast go alone, if you want to go far go together..’

My name is Stu Garrett and I left St. Andrew's College in 2007. I did very little in the first three years of school apart from play hockey and spend my time in and out of detention! In Transition Year I became involved in a new initiative called the 'St Andrew's College Uganda Project' established by Mr Hickmott and Mr Micallef. We travelled to Uganda to visit and support an orphanage, secondary school and rural hospital. After this trip I decided that I needed to strive in life to make the most of the opportunities on offer. In 5th Year I travelled to Zambia for two weeks with 'Habitat for Humanity' with the support of Ms Jenkinson and Mr Gill to construct a house in a rural village. Whilst the outcome was small (and Ms Jenkinson only just survived the experience!) I saw how a small group could collaborate to achieve a lot.

I left school in 2007 and secured a place on the BSc Hons Physiotherapy course in UCD. I did not know it at the time but St Andrew's had given me the desire to contribute to the lives of others at home in Ireland and overseas. In the summer of 2008 I travelled with the charity UCD Volunteers Overseas (UCDVO) and a team of 30 Irish student volunteers to build nine houses and co-ordinate summer camps in Haiti for seven weeks. In my second year of college I travelled to Nicaragua, the second poorest country in the western hemisphere, to work on an after-school programme for disadvantaged children, to renovate a healthcare centre and construct a basketball court. In 3rd Year I returned to Kisiizi Hospital (www.kisiizihospital.org.ug) in Uganda. It was great to be back, this time slightly older and a little wiser. I soon saw the benefit of the work being carried out and vowed that I would return.

In 2011 I completed the BSc Hons in Physiotherapy at UCD with first class honours and awards for excellence in clinical practice. I attribute these achievements to my experience working overseas and to all the people I encountered along the way. For this, I cannot thank St. Andrew's enough. Post-graduation I worked in Delhi as a Physiotherapist with another UCDVO team for four weeks. I then travelled back to Uganda to work as a Physiotherapist at Kisiizi Hospital (arranged and partly-funded by the St Andrew's Uganda TY Project). Whilst there I realised that I missed working with the support of a team and I returned home after four months.

In 2012 I arranged for a Physiotherapist and three UCD Physiotherapy students to travel to Kisiizi Hospital for two months. I led another team in 2013 with Alice Waugh, a physiotherapist from Wesley College. Since then, three further projects based on the Uganda model have been added to the UCDVO programme. In 2014, we worked to develop the Uganda project into a multidisciplinary team of students. As a consequence, three physiotherapists, two medical students and three nursing students travelled to Uganda with UCDVO. A similar team was brought together for 2015 and an engineering student was added.

I now work as a Senior Physiotherapist in the Cardiothoracic Service at St James' Hospital. With my job in Ireland's largest teaching hospital I realised there was scope and potential for a professional group of skilled individuals to travel and volunteer overseas. This year, together with Rosie Plunkett, a student in my year in St Andrew's College (who also travelled to Uganda in TY) and now a doctor in St James' Hospital and Mark McGowan, a Physiotherapist in St. James's Hospital, I founded CHEEERS 'Community Healthcare Empowering Education Experience Relationships and Support' (www.facebook.com/CHEEERS2015) and brought a team to Uganda in April 2015 to volunteer for two weeks. During our time there we worked closely with local staff to assist in developing skills and services. CHEEERS was also able to fund infrastructure work enabling a wheelchair ramp to be constructed to connect the rehabilitation department to the rest of the hospital. A teacher is now being funded to undertake special needs training and funding has been provided to train a Psychiatric Clinical Liaison Officer. This professional project has been a great success. CHEEERS hopes to continue its work to

provide opportunities for Irish healthcare professionals to collaborate on projects overseas.

provide opportunities for Irish healthcare professionals to collaborate on projects overseas.

It is now 2016, over eight years since I left St Andrew's College. I have volunteered on sixteen trips overseas since then. Whilst I continue to work and volunteer, I am unsure of what the future may hold or where prospective projects may take me. I am, however, immensely grateful for what St Andrew's has taught me - that many people working together can make a difference and that contributing as much as possible, collaboratively, will result in positive and sustainable outcomes for all involved.

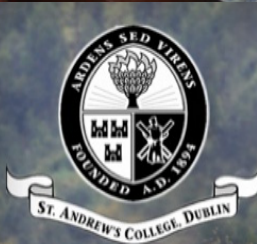
Remember, if you want to go fast go alone, if you want to go far go together...

If anyone would like further information of how they can get involved, feel free to email me at stugarrett18@gmail.com or CHEEERS.chairperson@gmail.com.

In order to support the above work being carried out by St Andrew's Transition Year students and CHEEERS, St Andrew's College Alumni (SACA) will be running its inaugural Table Quiz for Uganda. This will be held in Gleasons on Booterstown Avenue on Wednesday 10 February at 7:30pm. There will be a raffle on the night and it will also be possible to make a voluntary contribution to the work that is being carried out by the TY students in the school and also to Stu's charity CHEEERS.

It will be a pleasure to support others around the world who have not been as fortunate as ourselves and who did not have the privilege of attending St Andrew's!

We look forward to seeing you there!



Future of Irish cricket in safe hands as youth shines through at awards

Teenage all-rounder Gaby Lewis (3rd Year) takes prestigious accolade

<http://www.independent.ie/sport/other-sports/future-of-irish-cricket-in-safe-hands-as-youth-shines-through-at-awards-34201467.html>



It's a sign of a rare talent that it can be spotted as early as cricketer Gaby Lewis's has been. The all-rounder was named this week as the Aengus Fanning Emerging Player of the Year, a prestigious award sponsored by the Sunday Independent in honour of our former editor. The award is voted for by the men's and women's national squads and coaches, and this year's winner is just 14 years old.

Lewis attracted some attention last year when she became the first person born in the 21st century to be capped at full international level

in any major sport, anywhere in the world.

Ireland qualified for the T20 Cricket World Cup after winning the T20 World Cup Qualifier tournament in Thailand. Gaby is looking forward to travelling to India with fellow SAC students Robyn Lewis (her sister), Lucy O'Reilly and former student Shauna Kavanagh (Class of 2010).



SACA News

Gary Paine (Class of 84)

Gary Paine returned from a polar expedition in Antarctica and sent us this spectacular shot as he trekked towards the pole. Breathtaking stuff!



Intercultural Week

Intercultural week in the school was a huge success. This picture from International Night symbolises what it's all about. Students from over 50 countries hold their flags on the stage in the hall. Thankfully, it's these students that will make future.... And the food stalls were pretty amazing. Well done to all involved!

Paranoid Visions' New Video



Legendary punk band Paranoid Visions featuring Peter Jones (Class of 1984) shot the video for the their new album Cryptic Crosswords. Staring in the video with the band were beers brewed up by classmate Andy Crawford's microbrewery the Hellfire Brew Club. If punk's your thing get the album, it's brilliant!

Lauren Cassidy on TG4

Well done to the massively talented Lauren Cassidy who was interviewed and sang on TG4 in November. Here is a link to the interview and song: <https://www.youtube.com/watch?v=nZF7oMm4uXI&feature=youtu.be>

Also here is a link to her facebook page: <https://www.facebook.com/LaurenNiChasaide/>



Katie McGrath in Jurassic World

The biggest box office success of 2015 was "Jurassic World" and starred former pupil and IB graduate Katie McGrath. Thankfully Katie actually survived being attacked by a Mosasaurus and will star in the soon to be released Guy Ritchie movie "Knights of the Round Table".



SACA Sports News



Ireland Men's Cricket

Congratulations to Josh Little (left picture) who was selected for the Leinster Lightening senior men's winter squad.

Also congratulations to former pupil and cricket World Cup star Andy Balbirnie (right picture) who was selected in a very strong squad for Ireland's tour to Australia and the UAE! Well done Andy and good luck Ireland!

Provincial Rugby



Congratulations to Andrew Porter (Class of 2014) who has been awarded an academy contract with Leinster Rugby. Andrew also recently won the Leinster League Senior Cup Final with UCD against Old Belvedere.

Also congratulations to Michael Kirk (Class of 2014) who was apart of the Greystone RFC team that won the Leinster League Senior Shield Final.

