



# SACA NEWSLETTER

February 2015

**Exciting New SACA Event - Rugby Evening  
Tuesday 24 March - 7.30pm**



## **St Andrew's College Alumni Rugby Evening**

**Host: Peter O'Reilly, Sunday Times Rugby Correspondent**

**Tuesday 24 March at 7.30pm in the College**

**Tickets: €10 adults; €5 students (available from Sally on 01 288 2785 or [swalker@st-andrews.ie](mailto:swalker@st-andrews.ie))**

**The school rugby programme will benefit from proceeds raised**

**Ronnie Dawson – Captain of the Lions, Ireland, Leinster, The Barbarians, Wanderers**

**Tony Ward – Lions, Ireland and Munster (including THAT game vs the All Blacks)**

**Matt O'Connor – Head Coach Leinster Rugby**

**Les Kiss – 6 Nations winning Ireland coach, Director of Rugby Ulster and Australian Rugby League International**

**Peter Bracken – Ireland, Connacht and European Cup winner with Wasps**

**Alan Lewis – International rugby referee**

**Ben Marshall – Leinster and Ireland under 20's**

**Tania Rosser – Ireland (RWC and winner vs NZ) and Leinster**

**David McHugh – Ex Leinster Manager, Professional Player Representative**



Andrew Birbeck

Andrew Birbeck (Class of 1983) is an Edinburgh born Author, Writer and Blogger now living in Dalkey on Dublin's south coast. He contributes regularly to a range of international publications and travel guides as well as national titles such as The Irish Times and Irish Independent. When travelling nothing appeals more to him than discovering quirky and unusual places that all too often can be missed. For Emirates' February's Open Skies he chatted with his friend and former classmate Helen Espey about her business "Handmade from Tanzania" in Dar es Salaam, Tanzania. More about Andrew and his work at [www.andrewbirbeck.com](http://www.andrewbirbeck.com) & [www.words.ie](http://www.words.ie)

## HELEN ESPEY - HANDMADE FROM TANZANIA

Helen Espey's most vivid memory of first visiting Tanzania in 1993, when husband John, an Architect, was stationed in Dar Es Salaam on a 6-month contract, was 'sitting on the shores of Oyster Bay as a dhow (traditional sail boat) drifted by silhouetted against the sparkling Indian ocean.' With hindsight it was a prophetic moment. The couple remained in Dar es Salaam, and settled in Oyster Bay just a stone's throw from the city-centre, although Helen didn't start her business there until 2000. As with many great ideas it happened organically. With a young family and new home Helen found herself on the look-out for furniture. Then, as today, sustainability was at the forefront of her thinking. Helen explains, 'I had clear ideas about what I wanted, yet bizarrely could source no sustainable timber. I'd seen old ngalawas (dug out canoes) for sale and decided to buy one to see what I could do with it.' From a set of shelves hewn from that first boat hull, and subsequently by word-of-mouth, Handmade From Tanzania evolved. After concentrating on unique one-off pieces, such as rustic sofas, beds and tables, often created from salvaged dhows such as the one seen many years before, Helen expanded into exquisite hand-woven cotton products and soft-furnishings and, more recently, fashion. Her focus centres on employing and supporting local people, from highly skilled weavers to her dedicated team of carpenters. She tells me, 'We use traditional methods, 100% Tanzanian organically-grown cotton

yarn and our dyes are all environmentally friendly. One of our carpenters even had to make special 2.5 metre looms on-site to produce double-width fabric for our bed linen.' When asked what brings visitors to her workshop and studio Helen replies, 'I guess that's easy. We're really one big family working together and you won't find anything quite like it, or what we produce, anywhere else.'



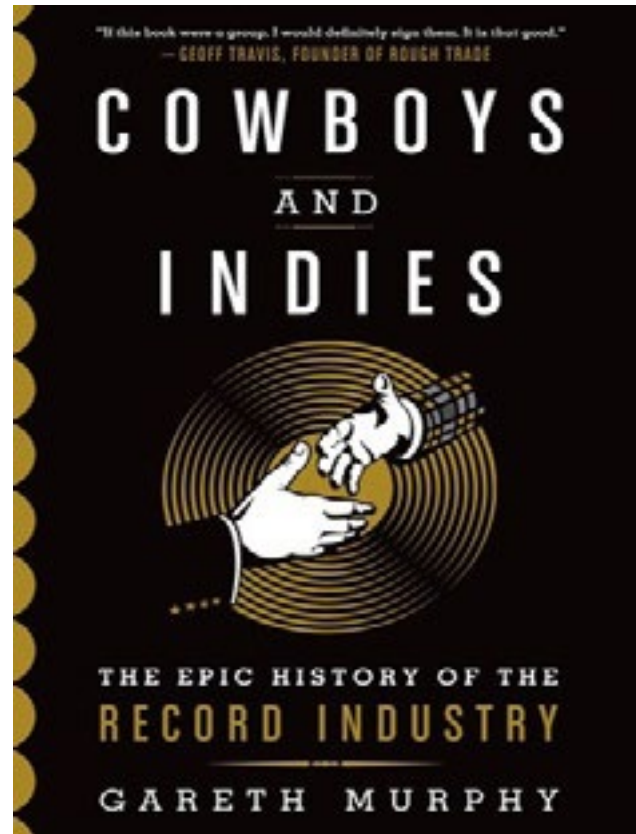
So we do a lot of celebrating Irish sporting success but this is a bit different. Danny Joyce (Class of 2014) who played scrum half on last year's SCT has been selected to play for Canada under 20's. Well done lad and best of luck in the upcoming games vs Romania and the USA!

# Cowboys & Indies

## The epic history of the Music Industry by Gareth Murphy (Class of 1991)

COWBOYS AND INDIES is the story of the 'record men' - the mavericks and moguls who have shaped the music industry from the first sound machines of the 1850s through to today's digital streams.

Men like John Hammond, who discovered Billie Holiday, Bob Dylan and Leonard Cohen; Sam Phillips and Berry Gordy, founders of the Sun and Motown labels; Chris Blackwell, who brought Bob Marley and reggae music into the mainstream; Geoff Travis who built Rough Trade and launched The Smiths; or genre-busting producer Rick Rubin, who recorded Run DMC, Red Hot Chili Peppers and Johnny Cash. Gareth Murphy has drawn on more than 100 interviews with music business legends, as well as extensive archive research, to bring us the behind-the-scenes stories of how music gets made and sold. He explains, too, how the industry undergoes regular seismic changes. We may think the digital revolution is a big deal, but in the 1920s the arrival of radio and the Wall Street Crash wiped out 95 per cent of



## #BACKINGGREEN

Well done to Andy Balbirnie (Class of 2009) on his recent performance for the Irish team at the Cricket World Cup. Sadly his brave half century against South Africa wasn't enough for Ireland to beat the favourites. Coincidentally, at one stage, Alan Lewis (Class of 1982) was in the commentary box commentating for Test Match Special as Andy worked hard on the crease clocking up the runs..



Congratulations to Molly Sterling, current 5th year student, who won last Friday's song for Eurovision competition. Thanks to all our Alumni who obviously made a difference to the vote!!

## Scientists, including Dr Rebecca Coll (Class of 2003) identify drug that could block multiple sclerosis!

### Tests reveal remedy could also halt diseases such as rheumatoid arthritis and alzheimer's

Researchers, including Trinity's Dr Rebecca Coll (Class of 2003) have led an international study identifying a remarkable drug that may be able to block major diseases such as multiple sclerosis (MS), alzheimer's, rheumatoid arthritis and most other inflammatory conditions. "This is exciting, one of the biggest discoveries we have had," said Prof Luke O'Neill, the chairman of biochemistry based in the Trinity Biomedical Sciences Institute. "It is fantastic, the thing we have been looking for for 30 years. This could be the missing compound." Trinity's collaborators included the Universities of Queensland, Michigan, Massachusetts and Bonn and their findings were published this week in the journal Nature Medicine. Professor O'Neill, was co-senior author with Prof Matt Cooper of Queensland, and lead author was Dr Rebecca Coll who worked with Prof O'Neill.

Initial tests show it could instantly block MS and the effects of blood poisoning in mouse models. It also halted a rare inflammatory disease called Muckle-Wells syndrome using human blood samples as a test. Muckle-Wells syndrome is a disorder characterised by episodes of skin rash, fever and joint pain. Progressive hearing loss and kidney damage also occur with this illness. The drug, called MCC950, stops a very early trigger that sets off the inflammatory response to infection. While inflammation is good during infections it can cause a wide range of serious diseases if the inflammation remains in place.

"This is exciting, one of the biggest discoveries we have had," said Prof Luke O'Neill, the chairman of biochemistry based in the Trinity Biomedical Sciences Institute. "It is fantastic, the thing we have been looking for for 30 years. This could be the missing compound."

Their main discovery is being able to identify the pathway that allows the drug to block the action of a pro-inflammatory substance in the body called NLRP3. They also confirmed that inflammatory diseases all share a common process, even though the parts of the body becoming inflamed might differ, he said.

Trinity's collaborators included the Universities of Queensland, Michigan, Massachusetts and Bonn and their findings were published on Monday in the journal Nature Medicine. He was co-senior author with Prof Matt Cooper of Queensland, and lead author was Dr Rebecca Coll who worked with Prof O'Neill.



Weddings

## Congratulations

to the following who were married recently  
 Ian Goulding (Class of 2000) to Fiona  
 Andrew Kenny (Class of of 2002) to Niki Zotou

## Hockey: Congratulations to Jamie Carr (Head Boy 2014/2015)

Congratulations to Jamie Carr (Head Boy 2014/2015) on receiving his first Senior Men's Cap for Ireland in a 1-1 draw against France in Grange Road recently. He becomes only the second student in the school's history to be capped while still in school after David Cole was capped in 2012. And what is it about St Andrew's College and Irish Men's Hockey Team goalkeepers? Jamie is the third SAC student to be capped as national team goalkeeper, following in the footsteps of Stephen West (Head Boy 2009/10) and David Fitzgerald (Class of 2005).

Also receiving his first Senior Cap in the recent competition was Lee Cole (2013) who joined his brother Stephen Cole (2009) in the side. David Carson (2009) and Stephen West (2010) brought the St Andrew's quota in the side up to five.



## NB: Upcoming Event Details

### LONDON CALLING!

A reunion of UK-based Alumni is taking place on Friday 15 May from 5.30pm in London at The Porterhouse Covent Garden, 21-22 Maiden Lane. It's a great venue so please put the date in your diary and spread the word. It will be your chance to meet our Headmaster, Peter Fraser, our SACA President, Linda Laird and to catch up with fellow SAC alumni. For more information contact Sally in the Alumni Office.

### SAC Alumni Legal Dinner

A dinner for SAC Alumni in the legal profession is taking place on Saturday 18 April at 7.30pm in The Law Society and is open to all practising barristers, solicitors and students of law. The cost for the dinner is €65 (€35 for students). We will be sending out Booking Forms soon by email to those we know are working in/studying law so please make sure we have an email address for you. It is also possible to book a place by contacting Sally on 288 2785 or by email on [swalker@st-andrews.ie](mailto:swalker@st-andrews.ie). Dress Code is Black Tie.

Our sincere sympathy goes to the family and friends of Brian O'Farrell (Class of 1965) who died recently. Brian attended St Andrew's between 1955 and 1965 and was a brother of Patrick O'Farrell who left St Andrew's in 1959. He was Head boy in the year 1964-65, when he also captained the 1st XV

## Dates for your Diary

**Rugby Evening**  
**Tuesday 24 March**  
7.30pm - in the College  
Tickets Adults €10 Students €5

**SAC Alumni Legal Dinner**  
**18 April 2015 The Law Society - 7.30 pm**  
Tickets €65 Students €35

**St Stephen's Green & Clyde Road Lunch**  
**24th April 2015 Royal St George Yacht Club, Dun**  
**Laoghaire**  
From 12.30pm

**SACA Business Lunch**  
**29th April 2015 Alexander Hotel, Fenian Street**  
Speakers Dermot McConkey & Bob Flynn

**SACA London Reunion**  
**15th May 2015 The Porterhouse Covent Garden**

**SACA Business Lunch**  
**16th September 2015 - Details to follow**

**SACA Golf Outing**  
**18th September 2015 Edmonstown Golf Course**

**SACA Annual Dinner**  
**9th October 2015**  
7pm: Drinks Reception at St Andrew's College  
8.30pm: Dinner at Radisson Blu St Helen's Hotel, Stillorgan Road.

**10 & 20 Year Reunion for Classes of 2005 and 1995:**  
**14th November 2015**  
7pm: Drinks Reception at St Andrew's College  
8.30pm: Dinner and Music at Dublin City Hilton, Charlemont