

SACA NEWSLETTER

April 2016

David Boyd set to retire as Rugby Coordinator

David Boyd will be retiring as Rugby Coordinator on 31 May ending a remarkable era and connection with the rugby programme in the school.

Charlie Doel will take over the reins after he departs. Many alumni will have been coached by David over the decades and we'd like to express our gratitude to him for his remarkable dedication and wish Charlie all the best!



SACA Presentations

Alumni president, Moayyad Kamali, presents a cheque to the TY Uganda programme and to Ms Ryan from the school library.

SACA raised the money for the TY Uganda programme at the recent fundraising table quiz. Well done to all involved and to everybody who attended especially the organiser Stu Garrett, these things make a huge difference.

In January, we ran two social media master classes which were well attended by alumni and current parents. The classes were led by Katharine Crawford (class of 1990). The proceeds from the classes were presented by SACA president Moayyad Kamali to the school library and gratefully received by Ms Ryan! Well done to all concerned and thanks to all who came for supporting SACA events!



“Old Boys” from Clyde Road and St Stephen’s Green Lunch

The Clyde Road boys had a fantastic day at their annual reunion lunch which was, as always, excellently attended. Our Clyde Road Old Boys group included 1964 Olympian Derek McCleane, former international rugby referee David Burnett (the first ref to send someone off in an international!) and former and current teachers.



Freddie McCready meets Jamie Vardy

The sporting story of the year has been Leicester City who have just won the English Premiership. Freddie McCready who's in Transition Year was there last month on trial with the new champions. We hear it went well and that Freddie will be back there again! Well done and best of luck, brilliant achievement!

Here's Freddie with one of the premiership's top scorers Jamie Vardy before he had his party...

Pictures and Updates from the CHEEERs Team's Trip to Uganda

SACA ran a very successful table quiz to help raise funds for both the TY Uganda Programme and CHEEERs for their upcoming trips to Uganda. Below is some great pictures and updates from the team at CHEEERs.

Dr Rosie Plunkett, Psychiatric Registrar and CHEEERs Kisiizi Volunteer on her time working in Mental Health in Uganda.

Kisiizi Hospital provides the only psychiatric clinical care in the locality. Their team is made up of Trainee Psychiatric Nurses, Registered Psychiatric Nurses, a Psychiatric Clinical Officer (PCO) and an Occupational Therapist (OT). As well as an inpatient unit and consultation service to the general hospital, the team do monthly community outreach clinics to four different regions around the hospital. These clinics can have anything up to 150 patients who have come for review.

There are significant barriers to provision of Psychiatric treatment in rural Uganda. Firstly, mental health problems remain stigmatised and poorly understood by large sections of the population. Furthermore, treatment is restricted to what is affordable and available, and for some even getting to clinic can prove impossible, as they cannot afford to travel and lose a day's work.

My time working with the Mental Health Service in Kisiizi opened my eyes to all these challenges. However, it also showed me the warmth, interest and compassion of the staff, and the desire of the patients to be active and have something to do.

There is an OT locally who works half time in the Mental Health Unit. Together with Sharon Leahy, the OT on the CHEEERs team, we did some work with the local staff on developing their program for inpatients. Sharon ran activity groups with the patients, involving and educating Loyce - the local OT assistant - in how to do them herself. I would hope that in the future we can expand these activities even further, maybe having a daily timetable, and different activities available to different patients depending on their needs. The holistic approach to healthcare is embraced by the local team, so I am confident that this is an area which has huge scope for further development.

The Medical Superintendent of Kisiizi Hospital has a vision that the hospital will one day have a resident psychiatric doctor. I see this an excellent goal, which would have a big effect on the thousands of people living with mental illness in the region. I hope CHEEERs Kisiizi will remain a part of that vision, and in the meantime that the education of a second CPO will be a meaningful step in the right direction.

Doireann Barnicle, Paediatric physiotherapist and CHEEERs Kisiizi Volunteer on working in Community Based Rehabilitation in rural Uganda.

It was a pleasure accompanying Hannington during his community work in the Kisiizi district. With a warm embrace for everyone he met and calmness that filtered through to each treatment session it was quickly evident why Hannington was such a well liked figure in the community.

This extended not only to patients and families but also to fellow healthcare workers and I am grateful for the many kindnesses extended by Hannington during our work from driving the boda boda at a significantly reduced speed without being asked after noting my poorly masked trepidation to patiently translating from English to Rukiga and visa versa on the multiple occasions when I struggled to communicate effectively.

During one of our days in community rehab we travelled by boda boda from family to family spending time with Sylvia, a little girl with CP and her family advising on positioning, visiting Christina in her home updating her exercises programme and providing a sling post stroke, teaching Rebec some sitting balance exercises and having great fun with Cynthia doing some gross motor balance exercises with a balloon outdoors. This condensed account of one day in community rehab does not do justice to the diverse and impressive work Hannington does serving a large sprawling district encompassing areas 40km away and attending to a varied patient group with high needs.

In short I would like to extend a heartfelt thank you to Hannington, the many families we visited and to all the staff and students in rehab for their hospitable nature, genuine warmth and unwavering patience throughout our time in Kisiizi. I hope to see you all again and soon.

Sarah Mooney, Lucy Lafferty and Megan Merrick, Irish Dietitians and CHEEERS Kisiizi Volunteers working in the area of Nutrition at a rural Ugandan hospital

Three Dietitians, as part of the wider CHEEERS Kisiizi MDT, travelled to Kisiizi Hospital Uganda in April 2015, where they undertook a number of hospital and community based nutrition projects.

Over the two week period, the team of Dietitians worked alongside the nursing staff and students on the malnutrition ward. A folder containing information to aid nutrition screening and assessment, as well as resources to facilitate nutrition education, was developed. Current clinical practice was also evaluated and an analysis of the nutritional composition of the formula milk given to children on the ward, conducted.

Some of the money generously donated prior to the trip was used to set up cooking classes. Stoves and cooking equipment were purchased, with money set aside to facilitate the delivery of these classes on a weekly basis. The aim of these classes was to educate the mothers of children admitted to the ward on how best to use local foods to meet the nutritional needs of their children. Money was also set aside to fund a trip to a nearby hospital so that the nursing staff could observe and learn from the nutrition practices in place. Since returning to Ireland the team have been in contact with the staff on the malnutrition ward, where the cooking classes are well under way!



SACA Profile - Andrew Birbeck (Class of 1983)



Andrew Birbeck (1983) pictured with his wife Aisling and their two daughters Anna (Class of 2015) & Katie (2nd Year St. Andrew's)

I write for a living but can safely say this is one of the trickiest things I've ever done. It's not just that I'm totally bamboozled at being asked to do it in the first place, it's trying to sum up just how I've ended up where I am, and the enormous part that St. Andrew's has played in my life, into a mere few hundred words. I'm not sure a novel would suffice. Perhaps a trilogy. Now there's a thought. But, with writing, it's all about finding the hook, or thread. That often elusive little fact or incident that somehow binds it all together. So, here goes.

In autumn 1982 I wrote a poem. An unbelievably silly poem. A parody of Lycidas by the 17th Century poet John Milton. We were studying Lycidas for the Leaving, which I'd sit the following year. My version was Leechedas. I'd written it in the middle of the night. That kind of thing often happened to me. Still does. It's a kind of writer's curse. 4am you're bolt awake convinced that if you don't write down whatever's swirling around your brain it'll be lost forever. At one point I was so afflicted with the condition that I kept a notebook, pencil and (for extra backup) Dictaphone by the bed. Then my wife threatened divorce so I stopped. Anyway, back to '82 again.

As often happened with daft things I'd scribbled down back then, I brought my masterpiece into school the following day. How I broached the subject with my pals by the lockers I've no idea, but it must have gone along the lines of, 'Hey. Lads. You know that epic 17th Century poem we're studying at the moment with Mrs. Lee. Well, I just wrote a parody of it. Fancy having a gander?' Thankfully it seems my friends were well used to my strange ways, because some of them actually did read it. And they laughed. And laughed. And one of them, I'm not sure who, said, 'Get 'em to put it in the school magazine.' I've got to be honest, I didn't think Leechedas had a prayer of going into the fledgling *Out of the Blue* which was being launched by non-other than Arthur Godsil, then a History, Civics and occasional R.E. (I kid you not) teacher. Well, I sat on it for while. Did I really want Arthur chucking my efforts back at me? Then, I thought, what's the worst that could happen? So, one break-time off I marched to the bottom house room, located Arthur, and handed him the poem. I remember him scanning the first couple of lines, giving me a strange look, then saying, 'Fair enough Andrew.' In it went.

At this point you're probably saying to yourself – 'What the hell has this got to do with anything?' Strangely though, it has everything to do with everything, and here's why. In 2012, thirty years later, my eldest daughter Anna just so happened to have a free class at St. Andrew's supervised by Conall Hamill. He called out the roll, hesitating a little perhaps at the surname Birbeck. There aren't too many of us about, not on these shores anyway.

When the class ended Anna was summonsed up to his desk. She thought she'd done something wrong but couldn't figure out what. Nervously she approached Conall who asked her, 'Is your Dad Andrew Birbeck?' She said yes. 'Ah. OK,' Connall replied with a smile. 'Well, do say hello and maybe you can give him this.' With that, Conall, who'd taught me French for the Leaving, reached into his desk drawer, took out a copy of my John Milton parody, and handed it to my then fifteen-year-old daughter. He'd kept the damn thing for more than thirty years.

I'd forgotten I'd ever written that poem. In an instant it brought back incredible memories of laughter, good times and bad, daft teenage years, hopes, fears and the simple joy of being young and believing that anything and everything was possible. The circle, at that point, through the most unlikely event, was somehow complete. Thanks Arthur. Thanks Conall. Thanks St. Andrew's - for everything.

www.andrewbirbeck.com

www.words.ie

Chloe Mustaki (Class of 2013): 'People think you're back to normal, but you never are.'

<http://www.irishtimes.com/sport/soccer/chloe-mustaki-people-think-you-re-back-to-normal-but-you-never-are->



'What the hell is wrong with you, Chloe?'

It was a few minutes into the second half against England when she asked herself the question.

"I even remember where I was standing on the pitch."

It should have been the best of times for Chloe Mustaki as she captained the Irish under-19 football team through their magical journey in 2014, but, on a personal level, it was beginning to feel

the worst.

The team had qualified for the European Championships for the first time, unbeaten through their six games, but were then drawn in what looked like an impossible group, alongside previous winners England and Sweden, and runners-up from two years before, Spain.

"I just remember seeing the draw and thinking 'for God's sake,'" she laughs.

When they got to Norway?

Republic of Ireland 1 Spain 0.

Republic of Ireland 2 England 1.

Republic of Ireland 2 Sweden 1.

"A special year, a special team," Mustaki smiles. "And some of those players, like Katie McCabe, Clare Shine, Sarah Rowe, Ciara O'Connell, would be among my best friends, we played together since we were 13, 14, grew up together. So, to get to the finals with them and do so well was

something very special, and will always be to me.”

The Netherlands ended the dream, beating Ireland in the semi-finals before going on to win the tournament, but Dave Connell’s side had reached dizzy heights.

Mustaki, though, felt she had let her team-mates down.

“I was really upset after the games, I just wasn’t giving my fair share for the team, I wasn’t performing to my top ability. I just knew it deep down. But I couldn’t give an answer as to why. I knew that people around me could see it, I knew they were confused as to why I wasn’t performing, but there was nothing said.

Extreme tiredness

“And I remember that moment in the game against England. I just felt this extreme tiredness. I’d been training for months, I couldn’t understand, it couldn’t be that I was unfit. My body couldn’t keep up, and when that happens your head starts to lose the ability to keep up with the game too.”

Elation, then, over the team’s performances, dismay – and bewilderment – over her own. And since being the only girl on the team in her earliest days at Park Celtic Football Club in Cabinteely, she demanded the maximum from herself, as she did when she moved on to St Joseph’s (aka Joey’s). She received her first international call-up when she was just 13, and had been involved with Ireland ever since. Committed? Just a bit. “I mean, I missed my Debs for a tournament,” she laughs. “I was captain of the under-19s, so I suppose I had to lead by example.”

She came home from Norway, then, at a loss to understand why she hadn’t performed to the levels she knew she was capable of reaching. Two weeks later she went to her doctor to have a subscription renewed. “At that point in my life I would rarely be at the GP. Maybe that’s why he asked if he could take my bloods, because he wouldn’t see me often, maybe he just wanted to get records for me.

“He rang me the next day and told me that something was up. He said he’d like to take another set. At worst I thought I might be anaemic or something. I went in for a consultation with my Mom. He explained what he thought was going on. I remember getting quite upset because I could sense something was serious. Then he sent me for a chest X-ray. There was a six centimetre tumour in my chest.”

The diagnosis?

“Hodgkin’s lymphoma.”

There started a life-changing journey.

“I had never even heard of it. My brother’s a doctor, I remember ringing him that night in the kitchen with my Mom and I was like, ‘is it a form of cancer?’ I felt he didn’t want to say yes, but he was like, ‘look Chlo, it is – but it’s not a form of cancer like you think it is’. I was hysterical that night. Hysterical. I was so scared.”

The chemotherapy began in September and carried on every two weeks through to February. She put off college for a year.

For the 19-year-old, the cruellest emotional blow was losing her hair.

“It was after the second session of chemo, I was in the shower, so much of my hair was coming out. Strands of it. And then when I was brushing it. It was the thing I cherished most about myself. Ask any of my friends, they’ll laugh. It was the hardest aspect to cope with.”

“People said ‘you should just shave it before you start to really lose it,’ but I couldn’t. I did not want to give up my hair. But come the end of November, I had to. And then I got a wig.

“Sitting in front of the mirror and just seeing your head being shaved, you’ll never get over that.” The nausea after her chemotherapy sessions was, she says, brutal too.

“Just sitting in a chair waiting for that feeling to come over you. I hated it. The more toxins I had in my body, the bigger the effect it was having on me. I was sick one week out of two, more or less house ridden.”

Her only comfort in that period was a furry bundle by the name of Bella.

“One of the best things I did was get a puppy,” she says. “I always wanted one, but my Mom said ‘not a chance!’ But then the diagnosis came and I was going to be home a lot on my own, so she agreed to get me one. She’s a cross between a Shih Tzu and a Pomeranian, an absolute brat, but she’ll always represent something very sentimental to me. She kept me company, she was something to look forward to every time I came home. And even though I wasn’t up for exercising a lot of that time, just taking her for a walk helped.”

She kept football in her life too. She needed to. “If I’d let that go, it would have felt like I was losing everything, so for my own sanity I stayed involved,” she says.

She went to UCD Waves’ training sessions when she felt up to it. She was at the Aviva when her team-mates played Raheny in the FAI Cup final.

“They wouldn’t allow anyone wear my number 17 that season, and when Áine [O’Gorman] scored in the final she lifted up her jersey and there was the number 17. They were great. They did loads of things for me throughout the year, they were definitely a support.”

Crosshead

While those around her did what they could to lift her spirits, it was the news eight weeks in to her treatment that helped her begin to believe she could get through this.

“They told me I was cancer free, that my chances were very high that it was non-recurrent,” she says. “I still had to wait for the all-clear, so there’s always that doubt in your mind, but it was just a huge relief.

“When I got the all-clear, I was just high on life. The feeling of not being sick was the best, no more days of going in and spending hours in the chemo chair. It felt like I was being tortured at times, my body was getting such a bad hit every two weeks. The feeling of not having that, of not feeling sick, being able to go out with my friends . . . it was amazing.”

And come March of last year, the same month she got the all-clear, she was running on to the pitch at Morton Stadium, a substitute for UCD Waves against Raheny.

It was her first match since captaining Ireland against the Dutch in the European Championship semi-finals in July 2014. It felt good. “Eileen [Gleeson], our manager, had videoed the game so

she sent me the clip of me coming on. It was lovely. And all the Raheny players came up to me and said it was great to see me back. It was nice. Really nice.”

She even made the squad for the World University Games in South Korea last July, but after the MERS outbreak there she was advised not to travel. “My oncologist said my system wasn’t strong enough, so I had to pull out. I just couldn’t take the chance after everything I had been through. But it was devastating.”

A battle

She set off for California instead with friends for a five-week break, then it was back to college, where she is studying Commerce International with French. And back to football. She hasn’t got her old life back just yet, though, it’s still a battle, physically and emotionally.

“I had never felt so tired in my whole life towards the end of the last semester, it hit me like a bus. I was doing fine post-chemo for a couple of months, I was living the life, I was coming back in to the routine after being out for a year. But you can have post-chemo fatigue for a year or two after, it’s just normal, but I found it very difficult.”

“And it has affected me emotionally. It really has. I’m still dealing with it. I’m doing fine, I’m happy, but I think about it a lot. It’s still massively a part of my life. I struggle very much with the fear of it recurring, I’ve started seeing someone for that, and that’s something I have no problem sharing. People think you’re back to normal, but you never are. I think year by year it will get easier, but I’m still nowhere out of it.

“You’re never faced with the possibility of dying when you’re so young, that’s what changes your outlook on things, when you come close to an experience like that you’re just never the same.”

Her parents – her mother is Irish, her father French with Greek roots – are proud of her, she says, and she’s proud of herself for coming through it, “it will stand to me for the rest of my life”.

She’ll be 21 in July and soon afterwards will set sail for Bordeaux where she will spend the year as part of her course. First thing she did was check to see if there was a local first division side. No joy. But she hopes to play second division football while she’s there.

“And football is definitely a huge part of my life, it always has been and I don’t think it’ll ever not be,” she says, her ambition is to play for the senior Irish side one day.

Old life

She’s sitting in the Sports Centre in UCD, a picture of youthful good health. Your hair is back? “Not completely, it’s grown great, but I have extensions for now.”

When you’re able to get rid of them? “That’ll be the best. That’ll be the real end of the physical journey for me.”

It’s bucketing down outside and the wind is bitter, but she’s still looking forward to training with UCD Waves that evening.

She’s getting her old life back again, day by day.

SACA News

Imogen Doel (Class of 2001) performs in “Importance of Being Earnest”.

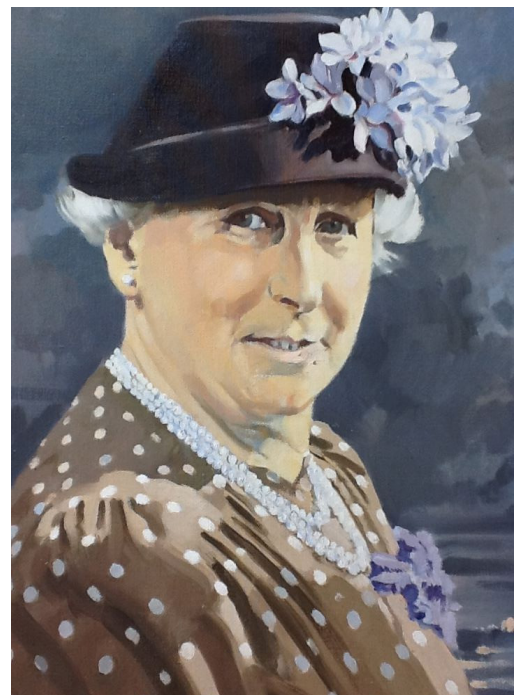
Imogen Doel (Class of 2001) starred in a performance of Oscar Wilde's 'Importance of Being Earnest' which was filmed live at London's Vaudeville Theatre but played in The Pavillion Theatre in Dun Laoghaire last month.

Imogen is now rehearsing the role of Tranio in Shakespeare's 'The Taming of the Shrew' which opens at The Globe Theatre in London on 13 May.



A Painting of Mrs Collen

This is a painting of the lady after whom the Mary Arnott Collen Cup is named and it is, in no small way, thanks to her that the College is still in existence today, 122 years after its doors first opened. Mrs Collen was devoted to St Andrew's and provided inspirational leadership to a group of parents and past pupils who campaigned, successfully in the end, to keep St Andrew's open during the difficult years of 1933 to 1937 when the Board was having to consider amalgamation or closure as a result of declining numbers. The association between the College and the Collen family continued after Mrs Collen's death in 1965. Her son, Lyal, a long-standing member of the Board, played a significant role in facilitating the move from Clyde Road to Booterstown. Her grandson Neil attended the College and is currently Chairman of the Board. Her great-



grandsons Peter and Jack left St Andrew's in 2011 and 2013. The latest building to be opened on the campus in 2010 is called The Collen Building as a tribute to a family dedicated to the school.

When her son Lyal saw this painting of his mother he remarked that the artist, Mr Collie, had succeeded in capturing an expression on her face which he knew only too well to mean "Get on with the job!". Perhaps she is still sending us that message.



Eimear McCarthy takes home two cups!

Massive congratulations to Eimear McCarthy Luddy (Class of 2009) who won the Canon McLoughlin and W.P. Gilbert Cups at the highly acclaimed Sligo Feis Ceoil last month. Eimear studies singing at The Royal Irish Academy of Music and has established an impressive CV ranging from opera roles to song recitals since appearing on the stage at school in Booterstown.

SACA Sports News

Ireland Rugby

Congratulations to current pupils Jordan Larmour and Johnny Guy who both played in the Ireland u-19's magnificent win over France last month.



Provincial Rugby

A combined Leinster schools team took on top New Zealand school Hamilton last month. There was a strong Andrew's representation with Jordan Larmour, Peter Sullivan, Mark O'Reilly, Harry O'Byrne all playing and Rian O'Flaherty also finally getting the recognition he deserves.



National Judo Championships

Well done to Aaron Kearney-Keaveny who's in TY on scoring a remarkable All Ireland senior judo silver medal in the 65kg weight class. Unbelievable achievement!



Congratulation to Andrew's former pupil Ben Marshall who recently signed a contract extension with table topping Connacht. Connacht boss Pat Lam paid tribute to the Drew's boy saying "Ben has been unfortunate with injury in his first season with us but we have been impressed with his professional attitude and hunger to improve. We also believe he has the ability to progress his game further." Well done Ben, we look forward to seeing you on the pitch soon!



Schools Cricket

Defending Leinster champs (us!) won our Leinster Senior cup cricket quarter final beating Gonzaga who made 109-8 with Stephen Keane & Aran O' Neill both getting 3 wickets.

Andrew's made 110-7 off 23 overs. We were 26-4 and then 78-7 <gulp!> but skipper Cameron Shoebridge made 28, while Aran O'Neill made 37.

We now face Ardgillan in the semi final. Winners of that will play either CUS or Belvedere.



Dates for your Diary

St. Andrew's College Alumni Golf Outing 2016

SACA invites you to take part in the 2016 SACA
Golf Outing!

All Past Pupils (and all standard of golfers) are welcome.
Full details to follow but for now save the date!

Date: Friday September 23rd
Venue: Edmondstown Golf Club
(tee times from 1:50pm)

For more information please contact
Sally Walker (swalker@st-andrews.ie).