



RCSI

pulse

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Staff Newsletter of the Royal College of Surgeons in Ireland



RCSI Celebrates Cultural Diversity at International Night 2009

This month saw RCSI staff and students come together to promote cultural diversity at the annual International Night.

The event was held as part of International Week, which is held in the College annually to celebrate and increase awareness of the cultural diversity within RCSI.

This colourful and entertaining night was once again a huge success this year.

The Mansion House was packed to the rafters with an appreciative crowd from all corners of the globe.

The acts did not fail to disappoint. Visitors were brought on a journey from the USA to Malaysia, via Ireland, Canada, India and South East Asia through a brilliant display of song, dance, comedy and drama.

The Student Services Office, in conjunction with the Societies Union, reintroduced the Parnell Keeling Trophy for the best performance of the night, which went to Malaysia.

The event was honoured by the attendance of council member Mr. Parnell Keeling and the Malaysian Ambassador, Mr Raja Nazrin Aznam.

A big 'thank you' to all the students who worked so hard to make International Night a truly spectacular event.

The week culminated with the international gourmet evening, where students showcased dishes from around the world of international cuisine.

Launch of €30 million NBIP

Ireland Research Programme

Dr Jimmy Devins, Minister of State for Science, Technology and Innovation officially launched the National Biophotonics and Imaging Platform Ireland (NBIP Ireland) at its inaugural scientific conference in RCSI on Thursday, 26th March. Coordinated by RCSI, NBIP Ireland is a €30 million research programme funded by the HEA. It comprises nine Irish and two European third level institutions. Professor Brian Harvey, Director of Research at RCSI and NBIP Ireland

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Coordinator said "This scientific cooperation will enable the exchange of scientists and PhD students, the promotion of industry partnerships, knowledge transfer and technology development."

Dr. Devins said "it is imperative that Ireland can compete internationally on the basis of our world class research and NBIP Ireland will enable Post-doctoral and Post-graduate researchers to develop their career prospects and become independent investigators and senior scientists in academia or industry."

NBIP Ireland has also recently been awarded EU funding to support the establishment of a European-wide post-doctoral Career Enhancement and Mobility Programme (CEMP).

The €2.4 million FP7 Marie-Curie COFUND will enable 15 post doctoral researchers to collaborate with research organisations in the public and private sectors throughout Europe.

TEN MINUTES WITH...



**John O'Brien,
Anatomy
Department.**

- 1. What is your favourite film?**
Easy Rider.
- 2. What career might you have chosen if you weren't in your current one?**
Premier League footballer.
- 3. What is your favourite way to relax?**
Driving my bike fast in Mondello.
- 4. What is the trait you most admire in yourself?**
Being able to take myself seriously.
- 5. What kind of music do you like?**
Traditional Irish.
- 6. What book are you reading now?**
The 7 Habits of Highly Effective People by Stephen R. Covey.
- 7. Who or what makes you laugh?**
Billy Connolly (But not the Everton fan in Building Services).
- 8. Where is your favourite holiday destination in Ireland / abroad?**
Castletownbere, West Cork. (Paradise)
- 9. What world figure do you most admire?**
Cheryl Cole; great world figure.
- 10. Are you a sports fan?**
God yeah; Soccer, GAA, Rugby, Golf, anything with a ball really.

Commemorative Plaque for Deans Award Unveiled

A commemorative board was erected in 123 St. Stephens Green this week to acknowledge the recipients of the Deans Awards. The names of last year's winners were inscribed to celebrate their achievement – Ms. Liz Doyle (Support Award Winner) and Dr. Tom Farrell (Academic Award Winner).

The Deans Award was introduced in 2008 to recognise staff that have shown an outstanding commitment to developing and supporting the work of the College.

Professor Cathal Kelly, Dean of the Faculty of Medicine and Health Sciences is delighted to announce the launch of this year's Deans Award from Monday, 6th of April 2009. Professor Kelly said 'The ethos of this awards scheme is firmly embedded within our institutions noble purpose. The principle of the Deans Award is to openly acknowledge and celebrate those staff members who make a significant contribution following these principles'.



All members of staff throughout the College and from RCSI's teaching hospitals are eligible to be nominated for this award. The 'Deans Award' will be given to two members of staff (academic & support) who have shown excellence and commitment in their work. Each recipient will be presented with a commemorative plaque and a €1,000 cash award by Professor Kelly at the Medical Faculty Dinner in September.

More information on this scheme, along with the relevant nomination forms, will be sent by email to all staff on Monday, 6th of April 2009.

Date for your Diary

Saturday, 4th April

Pamper yourself with a day away at the Heritage Golf & Spa resort. The cost for Sports and Social club members is €80 and €160 for non-members. Price includes one night B&B, one dinner, a Heritage Spa Experience and Mud Chamber treatment or a round of golf. E-mail sportsandsocial@rcsi.ie.



Sunday, 19th April

High School Musical in the Gaiety Theatre at 2.30pm. Tickets cost €25 each and are limited to three per sports and social club member. E-mail sportsandsocial@rcsi.ie.

Recent Appointments

Welcome to our new starters this month including Constanze Schadow, MCT; Sean Kilbride and Egle Passante, Physiology; David Bergin, Medicine and Amy Deering, GP.

A Day in the Life of an RCSI Chaplain

Almost a year ago, a new Chaplaincy team was appointed at RCSI. The team, composed of Máire Muldowney, Noreen Shankey and David Weakliam, is located in located in the main College (123 St Stephens Green), just around the corner from the Students Services Department.

Pulse met up with Máire to talk more about the Chaplaincy office and what her typical day entails.

The role of the College Chaplain at RCSI is diverse and includes providing pastoral care and support to students and staff of all denominations; liaising where necessary with relevant departments and agencies and always dealing with issues with the utmost confidentiality.

Máire said "We aim to be available and be a presence for students and staff. We try to be all things to all people, to all faiths or none".

The College has a Mosque, and a multi-denominational Oratory. Prayer rooms are also available in Beaumont and Connolly – RCSI's two main teaching hospitals.

She continued "Every day is different and

working in a team provides great advantages in terms of sharing and consulting with the other members of the chaplaincy team, Noreen and David." It's this diversity and team environment that Máire really enjoys.

Máire likes to start her working day by checking through her emails and voicemails, following up on any queries that may present. Her door is always open so students and staff can pop their head in to say hello or drop in for an impromptu chat.

The rest of the day can take many forms – from organising the friendship lunches (which are held in the Beaumont every Wednesday and in St. Stephens Green every Friday), to learning about the customs and cultures of various Eastern Religions, to preparing for non denominational religious services.

The chaplaincy team also like to catch up with people as they go about their daily tasks, attending a variety of the College's sporting and drama events, meeting and mingling with students and staff alike.



Pictured from l to r are the RCSI Chaplaincy Team - Ms Maire Muldowney, Fr David Weakliam and Ms Noreen Shankey.

At the end of the day, she sometimes like to take a trip to the College gym or goes to her book club (her favourite book being – Diving Bell and the Butterfly by Jean-Dominique Bauby), then it's off home to make some dinner and chill out in front of the TV.

So, the next time you are passing the Chaplaincy Team office, drop in to say hello, or even better come in for a chat – the door is always open!

To contact the Chaplaincy Team, telephone 402 2383 or e-mail: studentservices@rcsi.ie.

Click here to be redirected to the Chaplaincy webpage on the College Internet: <http://www.rcsi.ie/index.jsp?nID=555&pID=115>

February Council Minutes

On Thursday, February 19th 2009 the Council met and discussed a number of issues which included:

- Mini Med School

Council noted the update on the activities of two of the Mini Med School programmes currently running in the College.

- Report of the Finance Committee

The report of the meeting of the Finance Committee held in February was presented.

Did you know?

In 1968, the Council announced its intention to build a new Medical School.

Competition Corner

QUESTION TIME

Win a €50 voucher for Hodges & Figgis!

Congratulations to Julia Christopher, who won last month's competition of a 50 euro voucher for Hodges & Figgis. To be in with a chance of being this month's winner, answer the following questions and send them back by April, 20th to communications@rcsi.ie. All correct entries will be entered into a draw for a €50 voucher to Hodges & Figgis.

1. Which US president was elected to office four times?
2. What is the common name for rubella?
3. What place in Ireland has its name spelt the same backwards?
4. How many toes has a dog?
5. In which American city is the United Nations building?
6. In which city is Pairc Uí Chaoimh?

Doctor Rics Pics



RCSI International Night



REACH RCSI Soccer Blitz



International Night



PhD Charity Event



Basketball Success

Have We Got News for You

Well folks, yet another month has passed...Dr. Rics is surely happy to see the bright evenings come in. Hope you all wore your green with pride and had a happy St. Patricks Day. It has been a whirlwind of a month in activities around the College.

First up on Friday, 6th and Monday, 9th March was the REACH RCSI World Cup Soccer Blitz. The event was held in St Catherine's Community Centre, Marrowbone, Dublin and was held in partnership with the Football Association of Ireland (FAI), the Gardaí Síochana, Dublin City Council (DCC), and the Youth Intervention Service (YIS).

Twelve primary schools took part in the two-day event, with each school being assigned a country which they represented. Dr. Rics caught up with REACH project manager Maria Kelly and she said that the event is about having fun whilst being conscious of the need to promote cultural integration and social inclusion through sport.

There was talent and colour galore at the annual RCSI International Night – with students and staff turning up to be entertained by the wonderful dancing on display.

The postgraduate students union were doing their bit for charity recently, raising €506 for Focus Ireland at a table quiz. The winning team came from Molecular & Cellular Therapeutics. Prizes were kindly donated by The Alumni Office, The School of Postgraduate Studies, AK Henry's, The Sports & Social Club and The Sun Newspaper.

The RCSI basketball team enjoyed success this month, having been promoted to Division 1 next year. Well done to them!

Well, that's it until next month. Dr. Rics is stocking up on all his chocolate for Easter. As always, send all your news and photos about any department developments, sports, births, engagements etc. to communications@rcsi.ie.

Dr Rics' Recipes

PEPPERY BEEF STIR-FRY

INGREDIENTS

- 225g uncooked linguine
- 8g cornstarch
- 2g pepper
- 0.4g cayenne pepper
- 235 ml water
- 120 ml soy sauce
- 680 g boneless beef top sirloin steak, cut into thin strips
- 30ml canola oil
- 45g julienned green pepper
- 45g julienned sweet red pepper
- 2 cloves of garlic
- 195g fresh or frozen snow peas
- 140g sliced fresh mushrooms

DIRECTIONS

1. Cook linguine according to package directions; drain. In a small bowl, combine the cornstarch, pepper and cayenne. Stir in water and soy sauce until smooth; set aside.

2. In a large non-stick wok, stir-fry beef in hot oil for 4-5 minutes or until no longer pink. Using a slotted spoon, remove meat and set aside. Add the peppers and garlic; stir-fry for one minute. Add the snow peas and mushrooms; stir-fry for 2-3 minutes or until vegetables are crisp-tender.
3. Stir soy sauce mixture and add to vegetables. Bring to a boil; cook and stir for two minutes or until thickened. Stir in beef and linguine; heat through.

