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Celebrating Our Centenary

This special edition of Liana celebrates 100 years of Leopardstown Park Hospital. A lot has happened and there have been many changes since the hospital was founded in 1917 during World War 1.



We hope you enjoy this edition. We have tried to satisfy all our readers as best we can with an eclectic mix that encompasses the past, the present and the future and which includes news, humour, personalities, work and play. We can only guess what LPH will be like in 100 years' time. Perhaps readers would like to give us their thoughts on what they think the world will be like in 2117?



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Greetings from Ann Marie O'Grady, Chief Executive

They say that the sign of cranes is a sign of progress and a healthy economy and certainly Leopardstown Park Hospital is heading positively towards that at this time. As is well known our old buildings are not suitable for supporting the modern delivery of care for older persons, particularly for ensuring that each individual has the necessary privacy and dignity that all of us would want. So we are on a journey to improve our physical surroundings which will enhance the care we are already delivering.

So what's happening now and next?

We are currently carrying out some works on our large open plan nightingale units (Kiltiernan, Kilgobbin, Tibbradden & Enniskerry). We have reduced the number of beds in these units by 16, giving greater space for our residents and allowing the creation of some quiet areas for residents and their families to make use. In addition, significant works have been carried out in Djouce unit, significantly improving the bathroom area for residents.

At the same time we have been working hard to plan for a new hospital. The Leopardstown Park Hospital Trust commissioned a planning process called a Protective Development Control Plan (PDCP) to look at the Hospital site, how and where a new Hospital might be delivered, and to get a high level view of size and layout of a new Hospital, as well as how to best utilise the site as a whole. The team working on this have included LPH Trust, LPH Board, LPH Management and HSE Estates, as well as a broad range of professionals as part of the architect led design team. As part of this process we have already entered into initial preplanning meetings with Dun Laoghaire Rathdown County Council. This PDCP has now been finalised. The PDCP allows for the option in the future of expanding the capacity of the Hospital up to 250 beds, if the requirement and funding is available.

Engagement has taken place in September with the HSE in relation to progressing the replacement of the Hospital. It has been jointly identified that Phase 1 will look to replace 125 beds with compliant modern, single room accommodation. A high level plan for this has been developed and we are expecting to commence the formal design phase in the near future.



(Photo credit: Karl Hussey)

So very busy and exciting times. However I know that some residents have expressed concern regarding moving to single room accommodation and the primary reason for this is a fear of isolation. It will be really important, as part of all these physical changes to our buildings, that we provide privacy and dignity but don't cause social isolation as a result. It is important that residents can have choice of when they want

to engage with others and when they want more privacy. I can assure you that this is very high in all our considerations.

We look forward to working with residents' families and staff to really improve our physical infrastructure which will make a significant difference to all those who receive our services. It's great to dream big and be in a position to achieve that. Exciting times!

Farewell to Nóirín and Rita

By Lorraine McWilliams

On 11 April 2017, we gathered to say a sad farewell and a very grateful thank you to Nóirín Scully and Rita Conroy. For many years, the ladies have been magnificent in their dedication to the hospital, the staff and the residents. They are known most particularly as the efficient and gifted editors of the in-house newsletter, Liana. No surprise then that their farewell party was filled with laughter, tears, reminiscences and cake.

No matter what life throws at them, Nóirín and

Rita are always in good humour and they are always full of compassion for others. Their interest in life and all that it holds is an inspiration to all of us.

In their speeches, CEO Ann Marie and Eugene Magee gave glowing tributes, thanked the ladies profusely and presented them with framed pictures of LPH. Rita's husband, Stan, was photographer on the day. To Stan too, we all say a profound 'thank you' for all the work he has done with Liana over the years.



Photo credit: Stan Conroy

Farewell from Rita

By Rita Conroy

After 15 years, on April 11th 2017, we said “Goodbye” to compiling and editing Liana Newsletter.

A time of very mixed emotions. We were sad to relinquish it, but very happy to hand it over to the very capable hands of Lorraine and Pete McWilliams. They will, I am sure, produce an even better newsletter reflecting the life and times of Leopardstown Park Hospital.

During our 15 years we were very privileged to have residents share their life stories with us. The Johnny Wetherall story, the articles from Tom Harmon, the poignant wartime experiences of Dr. Mayne and many more.

We appreciated the regular submissions from Geoffrey Medcalf relating to the Veterans Support Group. The late Frankie Hennell’s jokes and quiz corner. Frank McGrath (Irish Times journalist) made us laugh at the antics of “Pete Briquette”, his cat. The flying high articles from Ted Jones and many more people who gave us their time and allowed us have stories of human interest to publish.

Additionally we covered Christmas festivities, band concerts (by the superb Army No.1 Band), Garden parties and Garden Fetes and many other events.

We owe thanks to so many people. To all the staff whose profiles were featured. To those staff who gave us leads into stories of the residents and encouraged those residents to share their story with us, i.e. – Liz Cusack (Cleviss), Margaret Hegarty (Day Care Manager), Ger Lee, ward staff, physio staff, catering staff to name but a few.

I mentioned to Lorraine that I feel quite jealous of her and her husband’s new role. While I am in the Coffee Dock on Saturdays I chat to a lot of people. As we talk I recognise a story that’s there for the telling. This could be said of all of us!

Many thanks to the Chairman, Eugene Magee, Ann Marie O’Grady, CEO and Ger Lee, Administrator for making our “Farewell” so memorable. We hope to keep in touch for many more years.

Farewell from Nóirín

By Nóirín Scully

When my friend Rita suggested that I go with her to attend a meeting of volunteers in LPH, I wasn’t all that enthusiastic. Rita was already a fully fledged volunteer and she can be very persuasive when she wants to be. “Sure you might as well come along,” she said. “Just to see what it’s all about.” So I did.

The meeting was held in the concert hall which was very well attended. Both Pat Smyth, the CEO and Tanya Grandon, the Director of Nursing spoke about the importance of volunteers and that there was an urgent need to increase the numbers. He identified the various ways that volunteers could help and the setting up and running a

hospital newsletter was one of them. Rita and I looked at each other and we decided to have a go. And so Liana was born.

This all happened in the Spring of 2001 and our first issue was launched later that year which consisted of four A4 pages. Gradually we increased the number of pages which over the years averaged 24 to 28. We were lucky enough to have the help of Siobhán from Print Bureau, with her magic touch, which turned our Word document into a professional looking newsletter.

Over the years we were very privileged to meet many wonderful people. Some war

veterans with inspiring tales to tell and others who in their own words always described themselves as an ordinary person living a very ordinary life. However, after a half an hour the reminiscing unlocked the memories of a life that was extraordinary.

And so after fifteen years we took a joint decision to retire and hand over Liana to new blood, namely Pete and Lorraine. We wish them well and hope they will enjoy the great characters they will meet along the way. Good luck Pete and Lorraine.

...So it's *Au Revoir* from them and Hello from Us

By Pete and Lorraine McWilliams

As you know, Noirín Scully and Rita Conroy have done a magnificent job of running and editing the Liana magazine over the last 15 years. They are now taking a well-earned rest and have handed over the baton to us.

The Terrific Twosome of Noirín and Rita will be an almost impossible act to follow. They have left a legacy of a superb publication that is massively popular with all readers, staff and residents alike. So it is a sad 'au revoir' to them and a rather nervous hello from us. I say 'au revoir' rather than the finality of farewell, because I'm happy to say that Noirín and Rita will still be keeping a hand on the tiller. We'll still be seeing a lot of them.

We are on a steep learning curve and under pressure to maintain the quality that Noreen and Rita produced. We do have some experience in writing; both of us having worked as Technical Authors for many years. We also produce the RAF Association Republic of Ireland Branch newsletter entitled "The Gen Sheet". We hope this experience will stand us in good stead. Of course we shall also greatly miss articles from John Crisp, Tom Harmon and Frankie Hennell, all of whom used to be regular contributors.

We have been volunteers at LPH for some years and have thoroughly enjoyed meeting residents, staff and families. Both coming from military families, we have a huge respect for veterans. We live down in the depths of Co. Wicklow, so are not at LPH as much as we'd like. However, we do call in whenever we can.



When we're not at LPH we are busy with our other interests: the Veterans' Support Group, the RAF Association, the local Community First Responders, the Tidy Towns Group, the local churches, community choir and French lessons. Then there's line-dancing, stained-glass, woodturning and pottery (Lorraine only) and cooking, crosswords and gardening (Pete only).

As you know, the Liana magazine is an in-house magazine. We rely on you to draw our attention to newsworthy items which will interest the residents and friends of LPH. We'd love to know more about your life stories, your experiences and your memories – as well as about your current hobbies and interests. If you feel up to writing, please just submit the articles as they are. You can just write or print them out and then ask Paula or Reception to hand them on to us. If you have an idea for an article, but don't feel you could write it, then just let us know (via Paula or Reception). We'll come to talk to you and do the necessary research and writing for you. We can't promise to please all the people all of the time. We don't know anyone who's managed that one successfully. However, we'll certainly do our best.

Commemoration of the Centenary of the Foundation of Leopardstown Park Hospital

By Lorraine McWilliams

On Saturday, 17th June 2017, we celebrated the centenary of the foundation of LPH. Many months of planning had gone into the event and everyone was hoping for a sunny day. We were indeed very fortunate. The sun was “splitting the trees” as Chief Executive, Ann Marie O’Grady, welcomed everyone. Guests included His Excellency, Robin Barnett, British Ambassador to Ireland,

Heather Humphreys T.D. (Minister of Arts, Heritage, Regional, Rural and Gaeltacht Affairs), Major-General David The O’Morchoe and Archbishop Dr. Diarmuid Martin. The Army No.1 Band and The Band of the Royal Irish Regiment entertained us regally. It was a joy not only to hear the two bands playing together, but also to see their directors (Capt. Fergal Carroll and W.O. Richard Douglas respectively) taking it in turn to direct. The warmth of the bands’ cross-border co-operation was plain for all to witness. The music was outstanding and the programme included a wide variety of genres. The Paths to Peace played by the pipers was especially beautiful and powerfully moving.

British Ambassador Robin Barnett spoke enthusiastically about special and unique

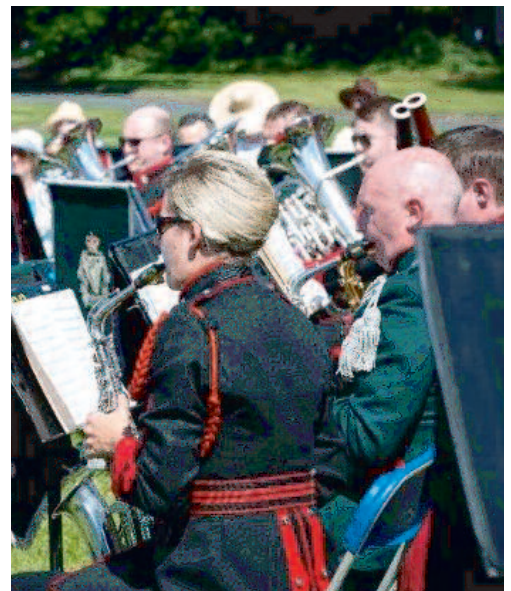


(Photo credit: Karl Hussey)

relationship enjoyed by those involved in the running of the hospital.

Heather Humphreys T.D. described her delight at the centenary of the hospital. She congratulated everyone concerned on the wonderful celebration.

Eugene F. Magee, Chairman of the Board of Leopardstown Park Hospital, thanked the dignitaries for attending. He congratulated Minister Heather Humphreys on her reappointment. To conclude, Eugene read several excerpts from Dr. Eoin Kinsella’s new book *“Leopardstown Park Hospital, 1917-2017, a Home for Wounded Soldiers”*.



Leopardstown Park Hospital, 1917–2017: A Home for Wounded Soldiers

By Dr. Eoin Kinsella

Around the middle of the last century, it wasn't all that unusual to see punters at Leopardstown Racecourse slipping a few bob to the patients of Leopardstown Park Hospital. Easily recognisable in their distinctive 'convalescent blues' uniform, the hospital's patients were veterans of the British army, air force and navy who had fought during the First and Second World Wars. The story of how their hospital came to be situated in Leopardstown begins with the extraordinary generosity of Mrs. Gertrude Dunning.

Born in Cork into the wealthy Catholic merchant Hayes family in 1856, Gertrude first arrived at Leopardstown Park as a newly married woman in the spring of 1877. Her husband, James Talbot Power, was one of two brothers who had inherited the famed Powers whiskey distillery. James had just bought Leopardstown Park, well known in the vicinity as a fine country mansion, beautifully situated and surrounded by about 100 acres of grassland. James and Gertrude were a dynamic couple who lost no time in making their mark on Dublin's civic and social scenes. Well known for their philanthropy, particularly of Catholic charities, the Talbot Powers lived at Leopardstown Park for almost forty years until James's death in July 1916.

Just three months later Gertrude remarried. Her second husband was Bernard Dunning, an Englishman, retired tea planter and old acquaintance. Their marriage took place in the village of Radlett, Hertfordshire. A new life in England beckoned, and Gertrude chose to give Leopardstown Park away rather than sell the estate. As the summer of 1917 drew to a close, Sir Matthew Nathan, secretary to the British Ministry of Pensions, was able to declare that 'Mrs. Dunning, the owner of Leopardstown Park near Dublin, has offered that property – a valuable one – as a

permanent gift to the Minister for the use of disabled officers and men'.

Those officers and men had, of course, been disabled during the ongoing First World War. Nathan himself was no stranger to Irish affairs. He had been in Dublin Castle on Easter Monday 1916, the first day of the 1916 Rising, and had been forced to resign as Under Secretary for Ireland in the immediate aftermath. Nathan had revived his career at the newly created Ministry of Pensions, which had been set up to deal with the huge increase in pensions awarded to wounded and disabled soldiers during the war.

More than 250,000 Irish men joined the British army during the war, and the new Ministry was facing a crisis in Ireland. The image of the shell-shocked soldier is one of the most powerful and iconic legacies of the First World War, an enduring symbol of the devastating effects of the static nature of trench warfare and of new technologies for killing and destruction. Yet facilities for the treatment of shell-shocked soldiers were practically non-existent in Ireland in 1917.

A massive civilian home front effort had created more than 100 temporary hospitals around the island of Ireland to care for the thousands of men invalided home from the battlefields of the Western Front. Several of these hospitals were located in South County Dublin – the first one opened in Ireland had been set up in Monkstown House in October 1914. Other auxiliary hospitals were established at Linden Convalescent Home, Stillorgan, and Temple Hill, Blackrock. The War Office converted the old Meath Industrial School for Boys, located on Carysfort Avenue in Blackrock, into a military hospital in 1917. However, virtually no hospital in Ireland had the expert staff or facilities needed to treat shell shock.

Gertrude Dunning's offer to gift Leopardstown Park to the Ministry of Pensions came not a moment too soon. The house was considered an ideal location for a new shell-shock hospital, with its isolated location and tranquil surroundings. Following a brief programme of works to adapt the house, Leopardstown Park welcomed its first patients in March 1918.

Naturally, there were teething problems. With the hospital situated a mile from Stillorgan railway station, the management committee were obliged to borrow Gertrude's horse and cart to transport patients to and from the train. Henry McLaughlin, Chairman of the Hospital's management committee, complained that the flooring in one of the wards was 'exceedingly slippery and, of course, our patients are all men in a rather shaky condition'.

Leopardstown Park Hospital had room for just 32 patients when it first opened. Within five years there was room for 134 patients, following a major extension and the conversion of the estate's hay shed into a hostel. That hostel was only intended to be used on a temporary basis – in fact it has been in near continuous use for almost 100 years and now houses Djouce ward. If one looks closely, Djouce ward's former life as a hay shed can clearly be seen from the distinctive, triple-barrel roof, which is more typically found on barns. Money for these renovations came from the British government and a £5,000 donation from the Shamrock Fund, which was created from the proceeds of a charity drive in America between 1916 and 1919 for the benefit of disabled Irish war veterans.

The British government's plans to provide medical care for its war pensioners in Ireland had been thrown into chaos during the War of Independence (1919–1921). Their dilemma was not eased following the establishment of the Irish Free State and the Civil War that followed. By the time the dust had settled, Leopardstown Park was one of just three hospitals in the Free State dedicated to the

treatment of First World War veterans. It remained the only hospital for shell-shocked men.

During the 1930s, an average of 250 patients were treated at Leopardstown Park every year, virtually all of whom were Irish. Though the British government anticipated the closure of the hospital by the end of the 1930s, the outbreak of the Second World War ensured a new wave of war pensioners requiring treatment.

Under the terms of the Gertrude Dunning's gift, Leopardstown Park Hospital was originally reserved solely for ex-servicemen of the British armed forces. Falling patient numbers in the 1960s prompted a change in policy, and in the 1970s the hospital's doors were opened to the wider public. In 1979, even as Anglo-Irish relations worsened in the face of the deteriorating situation in Northern Ireland, responsibility for the management of the hospital was successfully transferred from the British government to their Irish counterparts. In the decades since, Leopardstown Park Hospital has become a leading provider of care for older persons in the South Dublin region.

Leopardstown Park House has seen many changes and undergone multiple renovations since it was built in the 1790s, and most especially since it was transformed from a private residence into a hospital. The physical layout of the house remains largely the same as it was when the newly married Talbot Powers began their life together there in 1877. Yet there are precious few reminders of these former occupants left in the house or on its grounds today. On a large stone, located behind the decorative fountain just inside the hospital's gate, one will find an inscription that is faded to near illegibility. The inscription on the 1897 commemorative stone presented to James Talbot Power has faded to near illegibility. It reads:

[...]

Presented to James Talbot Power, Esq.,

D.L.,

By

Commander, [...] & Crew

Of

Irish Lights Steamer

Tearaght

As A Memento Of

25th June 1897

Nor is there any indication of the hospital's origins in the First World War. A plaque commemorating Countess Kingston's fundraising efforts in the U.S. on behalf of the hospital, erected on the walls of Djouce ward in 1920, has been mislaid. During essential works both to upgrade the hospital's services and the locality's transportation facilities in the late 1990s and early 2000s, the estate's ornamental lake, gate lodge, gardener's cottage and the majority of the formal gardens

were demolished. Imposing sections of the garden walls and the gates that led to the gardens and lake still remain, however, reminders of the stately grandeur that greeted the shell-shocked men who first arrived at the hospital in 1918 are limited.

The medical infrastructure built at Leopardstown Park in the 1920s, 1940s and 1950s will soon be demolished to make way for a new, modern hospital. Leopardstown Park House will, however, endure. Together with the paddock stables, it is now listed among Dún Laoghaire-Rathdown County Council's protected structures. Given that the very first patients to attend Leopardstown Park Hospital were quartered in the main house, this seems entirely appropriate. The hospital's boardroom, named for Gertrude Dunning, is also currently located within the main house. Dunning's portrait hangs above the room's fireplace, a constant reminder that, without her generosity, Leopardstown Park would never have begun a new life as a home for wounded soldiers, sailors and airmen.

Gertrude Dunning: A Woman of Many Names

Gertrude Frances Hayes was born in Cork in 1856. At the age of 21 she married James Talbot Power, and became known as Gertrude Talbot Power. Her husband inherited the title of Baron of Edermine in 1914, which has sometimes given rise to the belief that Gertrude was thereafter referred to as Lady Gertrude Talbot Power – in fact she never used that title. After her second marriage in 1916, she became Gertrude Dunning. It was under this name that she gifted Leopardstown Park to the Trustees appointed by the British Ministry of Pensions. Leopardstown Park Hospital's benefactor was Gertrude Dunning. Contrary to popular belief, she was never known as Lady Gertrude Power Dunning!

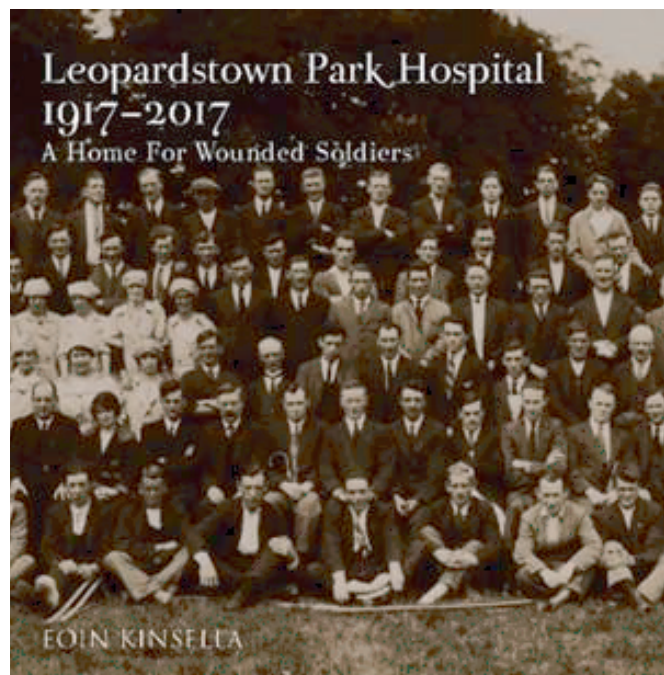


Launch of *Leopardstown Park Hospital, 1917–2017: A Home For Wounded Soldiers*

On 17 June 2017 the hospital marked its centenary with a concert and the launch of *Leopardstown Park Hospital, 1917–2017: A Home For Wounded Soldiers*, written by historian Eoin Kinsella. It is available from branches of Dubray Books and all local bookstores, online, or directly from the hospital.

About the Author

Dr. Eoin Kinsella graduated with a PhD in Irish history from University College Dublin, and is a former Irish Research Council Postdoctoral Fellow. He has published on various aspects of Irish history, ranging from the seventeenth century to the present day. He currently specialises in commemorative history and has worked as a public historian and consultant with the Royal Irish Academy, the Department of the Taoiseach, the National Archives of Ireland, the National Print Museum, the



Central Bank of Ireland, RTÉ and the Commissioners of Irish Lights. He lives in Churchtown and is a member of

Chairman's Centenary Speech, 17 June 2017

By Eugene F. Magee

Madam Minister, Heather Humphreys, Your Excellency Robin Barnett, Ambassador of the United Kingdom, Your Grace Archbishop of Dublin, Cathaoirleach of Dun Laoghaire, Brigadier General Howard Berney, our good friend Colonel Max Walker and Ladies and Gentlemen, you are all very welcome here this afternoon to help us celebrate our centenary. If I can especially welcome two great friends of the hospital, Commander Frank Turvey, a long time Board member and Brigadier General The O'Morchoe, a previous Trustee.

Before I go any further I want to thank from bottom of my heart the following people, my



fellow Board members all of whom are here this afternoon, for their encouragement in preparing for today. I also want to thank Ann Marie O'Grady, CEO, Adrian Ahern, Director of Nursing and Ger Lee at the office the CEO and Chairman, without whom none of this would have happened. The meticulous care and attention that went in today's arrangements was quite superb and so far it seems to have worked.

I would also to thank all of our staff present and those working in the wards, as we enjoy ourselves in the sun. The enthusiasm with which they all grasped the idea of celebrating our centenary was very encouraging and hopefully rewarding for them too because they see clearly that they are following 100 years of high quality care and attention to those who greatly need it.

Also I would like to thank in advance our catering staff who will be providing refreshments later on.

I offer particular thanks to members of An Garda Síochana under the direction of Inspector Pat Flynn who have been very attentive to everything we are doing here today. We have had certain concerns, the biggest single concern for me and one which caused many sleepless nights for 4 months is the weather and plan B was hardly a possibility. All the prayers I and hope you have said have been answered. Inspector Flynn had an uncle by the name of Brown, who died in the second battle of Loos as a young man from Mayo and is buried in Loos cemetery where Pat has visited in recent times, an interesting coincidence. A further one incidentally which I only learnt today, the Archbishop of Dublin's uncle fought at Gallipoli and, as a veteran, spent the end of his life here at Leopardstown Park Hospital. So connections go deep and far into Irish society in this place.

When we came to talking about celebrating this centenary we had modest enough

aspirations quite frankly. One was to have this celebration, which has proven I hope to be a great success, and the second one was to end any further speculation with regard to the history of this place by commissioning a history which it is my great pleasure to launch as I speak to you. I am reminded a bit of the Duke of Edinburgh, whose quotations they gave on his recent retirement "I declare this open whatever it is". I declare this book launched. We were absolutely blessed, I can tell you, in managing to recruit the historian Dr. Eoin Kinsella to write the history for us. He has produced, and I hope you enjoy, a great volume recording accurately what we know about the hospital. I was a bit of an historian myself earlier in my life and I was shocked by the lack of sources that there are in an organisation like this. There was no great regard for historical sourcing and sources over the last century, and I refer in my foreword in the book to a bit of national amnesia around issues concerning the First World War particularly. The history is available and Eoin is here and will be signing copies of the book after the celebrations this afternoon and the book can be purchased and strongly recommend to any of you who have associations with the hospital.

We decided as well to mark an historical occasion with an historical occasion that is the merging of the bands of the Royal Irish Regiment and our own No. 1 Band of the Irish Defence Forces. Captain Fergal Carroll is a visitor here with his band twice a year to entertain our residents at Christmas and again in the summer and, in fact, it was at this very gathering roughly this day last year that we decided that we would use the occasion to mark the centenary. And I remember sitting down there, where I was earlier, and watching the biggest black cloud over Ticknock heading towards us on an otherwise bright and sunny day and I am glad to say the cloud hasn't appeared today. It is wonderful to be joined today by Band Master Richard Douglas and the Band of the Royal Irish Regiment and this

historical merging of these musical talents it is sort of bands across the border story if you wish.

At the time of 100 years it is obviously the right thing to do to reflect on our past. And our past starts with what I refer to in the foreword of the book as a patriotic young Irish woman from Cork whose family name was Hayes (I am of the opinion that she probably wouldn't recognise the term the Rebel County as her place of origin). But nevertheless she came here to live and at a certain point in her life gave the house and 100 acres of land to the Ministry for Pensions as a home for returning soldiers, of whom there were thousands in 1917, here at Leopardstown Park. There were many such hospitals around the south of Dublin and indeed the north of Dublin too. We, I think, are the only one which survived through all of that and it's a great credit to the founder, to the medical staff for 100 years, to our nursing and carers, grounds staff and administrators right up to today. At the time it was 100 acres but it is now down to 26 acres and you see how beautifully it is maintained. Our residents are the centre piece of everything we do here, it is our objective at all times to make this place a happy, warm and loving environment for people, particularly towards the later stages of their lives.

For the first 60 years of our history the house was run directly by the Ministry for Pensions in the United Kingdom Government aided and helped at all times by the Leopardstown Park Hospital Trustees. I would like to pay credit and tribute to our current Trustees who have been unfailingly helpful to us on the Board in managing the asset that we have here in these difficult times for us. And I would also like to pay tribute to the earlier Boards of the Hospital. The Hospital was established on foot of an Establishment Order in 1979 under the direction of Minister for Health at the time, Mr. Charles Haughey, and there have been 7 boards since of which ours is the 8th and I am the 8th Chairman. Today is a great pleasure

for us because we normally swim in the turbulent confluence of the Department of Health, HIQA and the HSE but today we are able to stay calm and reflective in the comfortable surroundings of the new Department of Culture. Let me be the first to congratulate Heather Humphreys, the Minister, on her re-appointment to Government and particularly from our perspective at this point in time in her re-appointment to the Department of Culture.

Let me just refer for a moment to the book by reading a little;

Gertrude's generosity facilitated the hosting of a school fete for the children of Loreto School, St. Stephens Green on the grounds of Leopardstown Park in 1893. The Fete was arranged by the Fresh Air Association whose mission was to provide countryside excursions for the under privileged Catholic children of Dublin's inner city. Leopardstown Park's splendid grounds, offered an idyllic setting. 500 children gathered at Harcourt Street railway station where a special train provided by the Dublin Wicklow Wexford railway company awaited them, departing at 11.45am. After their arrival at Stillorgan Station the Artane Band accompanied them to Leopardstown Park where the weather unfortunately took a turn for the worse, nonetheless the trees on the grounds provided ample shelter and swings were improvised to amuse the children for several hours, with Gertrude arranging tea, milk and sandwiches for the occasion.

I was looking at the trees earlier in the week and I wondered how many of you could be swinging off them if we were in the rain here, which luckily it hasn't arisen. There was another nice piece about a band where they said a military band would be too expensive so they had a Swiss band, "a small band of music is desirable, on previous occasions we

had a Swiss village band only cost £2 and expenses, a military band is rather too much unless for a very special night" today is clearly a very special day.

I will finish by saying that our pride at Leopardstown Park Hospital is to run a happy house, a happy home, a place of comfort and attention and we have never failed in that thanks very much to our dedicated nursing staff, our dedicated caring staff and we have unfailingly happy residents. There is a piece in the book towards the end, as is the case with so many Irishmen who fought in the First World War, the life stories of the vast majority of these men have largely gone unrecorded. Brief biographies of three of the men who passed through Leopardstown Park Hospital were, however, reconstructed in advance of a rededication ceremony.

Patrick Newman from Gloucester Street, Dublin, enlisted in the Border regiment in 1916 when just 16 years old. During the Battle of Passchendaele in August 1917 a piece of shrapnel from a shell struck Newman and embedded in his skull, resulting in a severe wound and his discharge from the army. He died in October 1982, aged 83, in this Hospital.

Patrick Darley enlisted in the Royal Dublin Fusiliers in August 1916 and served in France and Belgium. He was taken prisoner on 21 March 1918 and interned in a POW camp in Germany until he was released following the Armistice. He died in November 1973, aged 83.

Finally Minister, this is one you will like, Patrick Joseph O'Rourke from Carrickmacross, County Monaghan, enlisted in the Royal Army Medical Corps in 1899. He served during both the Boer War and the First World War. During a retreat from Mons in 1914 he was mentioned in despatches for his gallant actions in collecting wounded men under heavy fire and saving their lives. He later

served in Mesopotamia, was mentioned in despatches twice more and awarded a Meritorious Service Medal. After the war he returned to Ireland to live in Belfast and moved to Dublin. He died here in December 1970, aged 88.

So our record in maintaining a quality of life in comfortable, pleasant and happy surroundings is still our most important objective.

At a point in history where we finish 100 years, we in the Board and Management of this Hospital are looking forward to the next hundred. We have a vision, "I have a dream" for the next century, its more than a dream at this point, we are in the Capital programme for 2020 for an initial grant to help us initiate the building of a state of the art 200 bed facility for the long term care of the elderly. That will happen on this site. We are having great collaboration from the Trustees in dealing with site issues and so on and it is our dream, our dream. I would also like to address my final words to members of the Veteran organisations of whom there are many around the country. We have a situation arising from the 1979 Establishment Order where veterans of Her Majesty's forces are entitled to preferred admission to this Hospital in the event of them requiring care. We don't have any method of advertising to them to let them know, so I just appeal to those of you who are involved in any sort of veteran organisation to make it known that we are here, that the sun always shines, that people always smile and that their veterans will be lovingly and well cared for in an atmosphere that I am sure they will find conducive.

Having said all that I would now like to introduce His Excellency, the British Ambassador, Robin Barnett.

Address by H.E. Robin Barnett, British Ambassador to Ireland

By H.E. Robin Barnett

At the start of this decade, back in 2012, the United Kingdom and Ireland agreed that this period of commemorations would offer us an opportunity to explore and reflect on key episodes of our past. And we agreed to do so in a spirit of historical accuracy, mutual respect, inclusiveness and reconciliation.

This was clearly achieved during last year's events that commemorated the Easter Rising and The Somme and has continued this year with commemorations by Their Royal Highnesses the Prince of Wales and the Duchess of Cornwall at Glasnevin Cemetery and a most remarkable and truly joint commemoration of the Battle of Messines in Flanders.

I would like to again congratulate Minister Humphreys, her department and the Irish government for the inclusive manner in which commemorations have been, and continue to be, delivered.

Many of the events we have commemorated over the last five years have centred, quite rightly, on those who lost their lives. This year we mark the history of a hospital that was established to deal with those who survived the horrors of the First World War.

The gift of Leopardstown Park by Gertrude Dunning in October 1917 and the establishment of a hospital by the British Ministry of Pensions was prompted by the overwhelming need of Irish soldiers who were physically and mentally wounded in battles such as The Somme, Messines and Gallipoli.

That the hospital still continues to provide outstanding care to those who have served in the United Kingdom's Armed Forces, alongside members of the population who have never experienced military service, says two things to me.



Firstly, it speaks volumes of all the very dedicated people who make Leopardstown Park Hospital such a respected and much loved institution. And I would like to thank on behalf of the United Kingdom: the Irish Government, most notably the Department of Health and the Health Service Executive; the hospital Board of Management, led by the Chairman, Mr. Eugene Magee; the hospital senior management team and all the staff led by the CEO, Ms. Ann Marie O'Grady; the Volunteers, including the Veterans Support Group; and last, but not means least, the trustees, led by their Chairman, Mr. Larry Walsh.

And secondly, Leopardstown Park Hospital provides yet another great example of the special and unique connection between our two countries.

I also wish to congratulate all those who made the centenary celebration such a resounding success, in particular the Defence Forces Army No.1 Band and the Band of the Royal Irish Regiment. Their wonderful musical extravaganza provided another great example of cooperation between our two countries.

I know there are more centenary commemorations to come and I look forward, deeply sensitive to the complex nature of our historical relationship, proud of the warm relationship as equal partners and friends that we enjoy today and determined that our relationship should prosper into the future.

Address by Minister Humphreys, Minister for Arts, Heritage, Regional, Rural and Gaeltacht Affairs

By Minister Heather Humphreys

To the wounded and exhausted soldiers who returned home from the battlefields of World War 1, Leopardstown Park Hospital was a place of solace and refuge. They came home with life-altering physical injuries and the psychological scars of their experiences in the trenches. Leopardstown Park was one of over 100 voluntary hospitals established between 1914 and 1918 to help to meet their needs. Today, we also remember and pay tribute to the medical and nursing staff of the hospital, who treated the disabled soldiers with such compassion, kindness and dignity.

Today's ceremony is set in the context of significant State commemorations this year at home and abroad to mark the key events of the First World War in 1917. Almost every community on the island of Ireland was affected by these transforming events. The Decade of Centenaries has provided an opportunity to remember those who fought and died and to reflect upon the complex narratives surrounding Ireland's participation in that War.



By promoting commemorations that are inclusive and authentic and that seek to strengthen peace and reconciliation on the island of Ireland, we promote a deeper exploration of differing perspectives on our shared history. We have developed a mature awareness of the context of the time, which is respectful of alternative perspectives. In doing so, we have continued our journey towards a society which is more understanding of our troubled past.



Keep the Home Fires Burning

By Lorraine McWilliams

Well, when we heard that there was to be a musical show to celebrate LPH's centenary – including a message from Vera Lynn – our hopes and expectations naturally went through the roof. We were not disappointed!

On Monday, 19th June, the “Not Forgotten

Association” arranged for entertainers to come over from UK to give us a very special rendition of our favourite WW1 songs. We had a ball! Very many thanks indeed to Pam Alexander who arranged the whole thing and who was the liaison person between the Not Forgotten Society and LPH.



Don Mooney, Georgina Goodison, John Hewitson



Paula Carraher with May Hennell (RIP). May remembered nearly all the songs and had a wonderful night.



Jackie Simmonds with Stella Hill



The entertainers were Mickie Driver, Kay Carman, Lloyd Ellery and Jackie Simmonds and the show they presented that day went under the heading "Keep the Home Fires Burning". Mickie, Kay, Lloyd and Jackie kept us enthralled. They were extremely talented performers, each with a special part to play. All were adept singers and dancers. Quickly going from one song to the next, they led us through sadness, elation, romance and humour. Among many other songs, they sang:

- Keep the Home Fires Burning
- Whiter than the whitewash

- Here we are again
- Oh what a lovely war!
- Dear old pals

The afternoon was over far too quickly, but we each went our way humming and singing songs we thought we had long forgotten.

NB: The Not Forgotten Association is a unique national tri-service charity which provides entertainment and recreation for the benefit of the serving wounded, injured or sick and for ex-service men and women.

Farewell to Gerard McEntee

By Pete McWilliams

In April 2017, we said farewell to Gerard McEntee. His legacy will live long after his departure from LPH.

Gerard graduated from the Central School of Nursing in Belfast in 1984 as a Registered Mental Nurse and Registered General Nurse (RGN) in 1987. He worked as an RGN from 1984 to 1989 in various hospitals followed by four years as a Community Psychiatric Nurse when he became a Service Manager in a facility for Older Person Services in Birmingham in 2007. In 2009, Gerard came to LPH as Assistant Director of Nursing and acted as Director of Nursing between Elaine Flanagan leaving and the arrival of Adrian Ahern.

In his speech, Adrian Ahern, Director of Nursing said that Gerard had been a major force for change in LPH and had constantly looked for ways to improve the services in LPH. Gerard had worked on fostering links between LPH and St Vincent's and St Michael's. Nursing was Gerard's greatest strength and focus and he always kept the nursing agenda to the fore.

Elaine Flanagan spoke at length on Gerard's achievements and on their working



relationships during their times at LPH. Most importantly, there was a shared understanding of the professionalism and maturity required in the working relationship to make the quality of service at LPH as high as possible. Elaine credited Gerard with major improvements and innovations such as the rehab unit, air purifying systems, policies, procedures and protocols. On a lighter note, they shared a mutual liking for Earl Grey tea and Jameson's whiskey. She concluded by suggesting that Gerard pick an old oak tree in the grounds on which she would tie a yellow ribbon because "he had done his time and was coming home".

On behalf of LPH, Adrian Ahern, Director of Nursing, presented Gerard with a painting of the Hospital.

The Far-From-Ugly Ducklings

June and July were exciting months for us. Thanks to Paula Carraher and her team we were able to witness first-hand the miracle of new life. On 11th June, Paula installed an incubation unit in the Glencullen Day Room and into the incubation unit, she placed some duck eggs. Paula's message read "Please have no concerns about their well-being, despite all the rumours of people looking for oranges, the ducklings will be going to a suitable farm in Wicklow where they will be well looked after and free to go where they will. The incubator moves the eggs just as the mother would and has the correct temperature and humidity. We had great fun organising collecting the eggs which Declan (Head Driver) did."

Over the coming weeks and days, we all watched with a mixture of excitement and anxiety. Would everything be OK? As the due



date of 7th July approached, we were all delighted to hear that the ducklings hatched perfectly. They are all different shapes, sizes and colours. In what seemed no time at all, they were quacking about the place and making themselves at home. Each has a particular 'personality' and has been named accordingly.

McEvoy Family Concert

Having been fortunate enough to attend the last two McEvoy Family concerts, our nerves were tingling with anticipation on Thurs 9th February. Our hopes were realised! Again, we enjoyed a fabulous show from Eleanor McEvoy and her sister Marion - together with Marion's son Patrick and his wife Emma. We are truly blessed to have such a gifted family associated with Leopardstown Park Hospital. Mr. Richard McEvoy, resident of the Clevis, should be very proud of his talented family. Indeed, it was the highlight of the evening when Richard joined in with the rest of the family for a rendition of "On Top of Old Smokey".

Together we went through many old favourites, including: "I'll tell my Ma when I go home", "The Town I Loved So Well" and "Three lovely lassies from Bannion". Eleanor then dedicated one of her most famous songs - "Only a Woman's Heart" to a lady loved by one and all – Liz in the Clevis. Liz is hugely compassionate, caring and professional – and these qualities are matched only by her modesty.

Another favourite moment was when Mr. Norris Murphy from the Clevis joined in with his bodhrán!



Congratulations to our Centenarians

Carmel Hughes celebrated her centenary on 24th July 2016. A memorable garden party was enjoyed by family, relations, friends and neighbours, and the 'cheque' arrived from Aras an Uachtarain! A family photograph of Carmel, her four children and six grandchildren, their spouses and five great-grandchildren captures the joy and is a precious memory of the day.

A native of Galway city and one of nine siblings of the Curran family, Carmel's happy memories include rowing on the Corrib at University Road, playing tennis and later, some golf and attending St. Louis School, Balla, Co Mayo.

Carmel and the Hughes family have lived for sixty-five years in Churchtown, which at the time was a new suburb of South Dublin. In addition to lovingly caring for her family, she has helped with meals on wheels and the church cleaning team. She enjoyed her bridge in De la Salle College and the Grange Golf Club and walking in the surrounding parks to keep active. Her husband, Desmond, died over thirty years ago and Carmel's son Niall has been her principal carer during her illness over the past ten years.

Carmel's family are very appreciative for her visits to the Carman Centre and for her many respite stays in Leopardstown Park Hospital. "The wonderful care and attention given to Mum is outstanding and so supportive to us as a family". She has become known for her singing which can be heard by day and by night! She enjoyed the 100th party so kindly organised by all in the Carman Centre along with birthday cake, flowers and photos.

Her doctors, nurses and carers have all played their roles in looking after her health and welfare to the highest standards, for which Brian, Niall, Fr. Eoin and Caroline are most grateful. In particular the Hughes would like to acknowledge the wonderful care and attention given to their Mum in the Carman Centre on all those Tuesdays over the past eight years.



The celebrations continue! Theresa also celebrated her 100th birthday this year. Here's a lovely photo of her with her family.

Leo Caffrey from the Clevis also celebrated his 100th. Happy birthday, Leo! Leo even received a communication from H.M. Queen Elizabeth II!



We believe that congratulations are due to Anne McGarry of Tibbradden Ward who also celebrated her 100th birthday. Happy birthday Therese, Leo and Anne!

A Quick Hello from Liz, Buster and Sam Cusack

As you know, Liz Cusack is the Manager of the Clevis and certainly one of the most adored members of LPH staff.

Some years ago, Liz studied psychology at UCD. She later went on to use all the skills she had learned, and more besides, doing voluntary work in an orphanage in Romania. Liz remembers her years in Romania fondly. She forged great bonds with the other volunteers and great relationships with the children she met. Last year, she had the pleasure of returning to Romania to catch up with the children she once cared for. Now grown-up, they were thrilled to see Liz and the rest of the volunteers again.

When she returned to Ireland from Romania, Liz tried a couple of jobs in Dublin before finding her real home – the Clevis at Leopardstown Park Hospital in 2006. She loves the personal nature of the job and genuinely feels that the staff and residents bond as a family. She praises her entire team at the Clevis and knows she couldn't do the job without them as they all ensure that the Clevis remains resident focussed. If there is a particular job to be done, everyone pitches in to help. Naturally, Liz is sad if any of the residents becomes ill. There are some things she simply cannot fix!

Is Liz anxious about the planned changes at LPH? Not at all! She says that "the Clevis will remain the Clevis wherever it is" (even in a brand new building).

Liz's other great love in life is her dogs – Buster and Sam – who became part of the family when Liz's brother brought them home from USA with him. The two dogs are inseparable, but have quite different natures. Buster is bouncy, super-friendly, loves swimming and ADORES tennis balls. Sam on the other hand is lazy and grumpy – and can even pretend to be a bit stupid when she



doesn't want to do something! Given their advancing years, the dogs don't walk as much as they used to. Liz takes them by car down to Greystones where they can stroll along the beach or swim in the harbour.

Computer Swallowed Grandma

(Credit and thanks to Valerie Waite © 2004 for allowing free use)

The computer swallowed grandma,
Yes, honestly it's true.
She pressed "control" and "enter"
And disappeared from view.

It devoured her completely,
The thought just makes me squirm.
She must have caught a virus
Or been eaten by a worm.

I've searched through the recycle bin
and files of every kind:
I've even used the Internet,
but nothing did I find.

In desperation, I asked Jeeves
My searches to refine.
The reply from him was negative,
Not a thing was found "online".

So, if inside your "Inbox",
My Grandma you should see,
Please scan, copy and paste her
in an email back to me.

Lest We Forget

By Pete McWilliams



President Michael D. Higgins, Mr. Albert Sutton, WWII veteran, Mr. Tomi Reichental, Holocaust survivor, & Mrs. Suzi Diamond, Holocaust survivor. Credit: Tommy Clancy, courtesy of Holocaust Education Trust Ireland

For many people it is hard to grasp that the horrors of World War 2 were committed relatively recently. Indeed each of our WW2 veterans has an extraordinary story to recount. If we are to avoid a recurrence of the horrors, it is imperative that veterans' experiences and memories be passed on to future generations.

Albert Sutton is well known to the staff and residents of LPH. He takes an active interest in events and often calls in for a chat or to participate in the veterans' "afternoon teas". Albert served in the Royal Air Force during the war and last year he was awarded the Légion d'Honneur - France's highest decoration.

On 19 May 2017, Albert was invited to the residence of the His Excellency M. Thébault, French Ambassador to Ireland. There he participated in the official launching of the Society of Members of the Legion d'Honneur Chapter in Ireland. The Ambassador, welcomed Albert and introduced him to General Gobillard, President of the Society. Albert was accompanied by Mr. Alan Harrisson, LPH volunteer and President of the Royal Air Forces Association.

Albert went ashore as part of the D-day landings and was assigned a special role ensuring that aircraft involved in operations against enemy tanks were fully serviceable and fitted with, what was then new, weapons for use against tanks. He later participated in the liberation of Belsen Concentration Camp. The horrors he witnessed at Belsen left a lifelong impression on Albert and he now visits schools to tell children about his experiences and what he saw. He is determined that the younger generations should know what happened and, more importantly, to try to ensure it never happens again. Well done, Albert. We salute you!

As recognition of his work in raising awareness of the Holocaust, the Holocaust Education Trust of Ireland (HETI) recently announced that it was launching a scholarship in Albert's name. The letter read "In recognition of your commitment to Holocaust remembrance in Ireland, the Board of Trustees has established a scholarship in your name. It will be awarded annually in perpetuity to a deserving candidate from the Irish Defence Forces or An Garda Síochána." We'd all like to add our respect and thanks, Albert. Well done!

With Thanks to Former Matron, Joan O'Neill

By Lorraine McWilliams

When I first visited LPH, some 15 years ago now, I was fortunate enough to meet Joan O'Neill. Immediately I was struck by Joan's warmth of character, her smile and her love of the Hospital and everyone in it. As Joan's story unfolded, it became clear to me why everyone loves her too.

Joan was born Joan Oates on a small farm in the parish of Annaduff almost on the border of Leitrim and Roscommon. She started her education at the local National School, but for her secondary education she had to stay at a boarding school in Longford. Joan remembers her childhood fondly. However, it was hard to make a living on the small farm, so neither she nor her siblings stayed in the area. Eventually her parents sold the farm and moved into the village Dromod.

From an early age, Joan had wanted to be a teacher. However, circumstances dictated that she go into nursing instead. She was pleasantly surprised to find that she really enjoyed nursing. For four years, she studied at The Richmond (now Beaumont Hospital). From there she moved on to the Coombe and then the Fever Hospital in Cherry Orchard. In those days, a woman who married was not allowed to take up or keep a permanent position at work, so when Joan married Paddy O'Neill in 1963, she had to be content with contract work. She specialised in the care of the elderly. In her spare time, Joan enjoyed swimming, hill-walking and reading.

In 1972, the rules changed and Joan was once again allowed to apply for permanent positions. In 1980, she was appointed by the Local Appointments Commission to the role of Assistant Matron at St. Mary's and she spent 11 years there. In 1985, Joan was awarded a Fellowship by the Council of Europe to visit Sweden and the Netherlands to see how elderly people in those countries were cared



for. Altogether, she spent one month away and she saw how money was spent on homecare in the community rather than in hospital. On her return to work, Joan put her new-found knowledge into effect, particularly for the 'confused elderly'.

When Joan first arrived at LPH, she immediately felt it was a lovely hospital. The atmosphere was warm and friendly and all the confident and competent nurses were beautifully turned out. Joan said that the biggest advantage was that LPH had its own ambulances. There were 110 residents at the time (before the Glen wards were built or the residents of the Clevis added). Joan credits her fellow team members with much of the success of the changes they introduced. Assistant Matron Leonie O'Neill, Staff Nurse Anne Hutton, Mary Beresford and Vera Doyle were all instrumental in helping Joan's visions come into effect. Together they made changes to the hospital, gradually making it more accessible to the community. They introduced the Carman Day Centre and respite facilities. Everyone was thrilled when President Mary Robinson came to formally open the Carman Day Centre. Joan says that the team spirit extended long beyond normal working hours. Typically, absolutely everyone pitched in to help cheerfully with the annual Garden Fete, the biggest event of the year.

When 2001 arrived, it was time for Joan to retire. The farewell parties were magnificent and, even today, Joan smiles at the memories. She was of course sad to leave all her work friends behind, but she was thrilled to be retiring. Nevertheless, it wasn't long until she was back – this time in a volunteer capacity. She has been busy on the Veterans' Support Group Committee for many years now and she is frequently seen about the hospital. Outside of her voluntary work at the hospital, Joan rarely

has time to read or keep up with her other hobbies. She is an enthusiastic babysitter and she is kept busy looking after children (especially her grand-daughter, Roisin).

There is not space here to record all Joan's wonderful memories of her time at LPH, nor to record all the thanks and warmth of the many, many residents she has helped over the years. On their behalf, all we can say is "A huge well done and many thanks, Joan".

Royal British Legion (ROI) Annual Ceremony of Remembrance and Wreath Laying



This annual ceremony takes place at the Irish National War Memorial in Islandbridge. Each year we commemorate all those who lost their lives in the two world wars, particularly the estimated 60,000 Irish men and women from all parts of Ireland. Naturally the veterans from LPH are extremely welcome guests.

This year's event comprised a parade of the standards of the RBL, regimental, ex-service organisations and commemorative associations.

In beautifully sunny conditions, we participated in the ecumenical service of remembrance and the laying of wreaths. Jim Houston from Clevis represented all of us marvellously as he marched up to lay a wreath. We all really enjoyed the music, which was provided by the combined bands of the Irish Defence Forces and the Royal Irish Regiment.

‘Join the Navy and See the World...’

By Dr. Dermot Stones

Why did I want to join the Royal Navy? This was a question put to me by the Naval Interview Board when I attended to be sized up as suitable material or not. My response was that if circumstances had been different and I had not had the opportunity attending medical school or University, I would most probably have gone to sea as an officer cadet, naval or Merchant Navy. The response was deemed suitable. Now the Naval Interview Board was something else which would have taken a lot of preparing for. I had passed first time my first and second medical year exams but was still a very youthful fresh faced 20 year old in 1964 when an order along with a travel warrant arrived for me to travel from my rural domicile in Co. Wexford to London to present myself at Empress State Building for interview. I made a point of finding the building the previous day and, not least, being on time and well turned out. I was shown into the interview room where my identity was confirmed. The Board room table was above twenty feet long and could have been thirty. Ranged along the opposite side to my lonely chair, facing a man who introduced himself as the Chairman of the Board, were at least twelve high ranking officers, admirals of various seniorities and naval captains. I had never seen so much ‘brass’ in one place before, and seldom since. When the chairman asked the first question, I was about half way through answering, when an officer over to my left asked another question. I broke off to answer that, when a third query came from over to my right, and this went on. They wanted to know what sports I played and followed, what was my favourite newspaper, which page I read first, the sport, the editorial or the news and which writer or columnist I liked. Did I have a girl friend? What is her name? Did I sleep with her? This was Catholic Ireland with Dr. Charles McQuaid firmly in the driver seat but yes, I did. What occupation was she engaged in – a bank cashier. I reckon in retrospect they were trying to unsettle me or

even trick me, but in a clear case of fools stepping in where angels fear to tread, I kept cool and calm throughout. My responses, presence and attitude were evidently satisfactory as I was accepted as a medical cadet. There were other peripheral reasons I wanted to be in the Navy. My father, a dentist, had always had an urge to study medicine and while keeping my younger brother and myself in boarding school and practising his dentistry at night, he qualified in medicine in June 1961, the very year in which, the following October, I started attending pre-med in UCD. National Westminster Bank felt they had been tolerant and forbearing but now wanted him to repay loans, so I felt it right and proper to get off the family payroll. A further reason which did come into the interview was that in common with a lot of Irish people, I had a wanderlust. This started young when at 10 or 11 I collected stamps, largely from the British colonies and more specifically from the Far East, Hong Kong, Malaya, Brunei, Sabah. How many Irish boys of 11 could rattle off the names of the States of Malaya? Later on I read a lot of W. Somerset Maugham’s books, many of which are set in Singapore or Malaya and concerned the lives and loves of rubber planters and the like: I was captivated and wanted to travel. *“Join the Navy and see the world”* was still, in 1964, a probability. At that time the Royal Navy had five naval hospitals abroad, apart from several in England. At present there are none – all dismantled and closed – a big mistake, I believe, which in time may be regretted but the possibility of a medical posting to a naval hospital abroad (Gibraltar, Malta, Mauritius, Hong Kong or Singapore) was very enticing. I was the first medical student in UCD to be accepted into a medical cadetship in the Royal Navy: I was in!

As an aside, another question at my interview was “Did you have any forebears in the Navy?”, to which my response was “No, but my father was in the British Army in the Dental

Corp in WWII". It was a huge surprise to me to subsequently find out that on my mother's side (born in Longford town) there were two Royal Naval Officers, both medical officers, one in WWII, who later became a G.P. in the Isle of Man and the earlier one, Henry Wilson, we

know was Assistant Surgeon on HMS Algiers in 1863. He was born also in the same house as my maternal grandmother and mother at 3 Keon Terrace, Longford. Naval medical service must be in the blood!

Medicine for the Older Person

By Joseph Yazbeck, Medical Officer

Medicine for the older person is Medicine of the Gaps. It is the medicine of the gaps between what doctors need to know for their everyday work and what they are taught at Medical school.

Medical, Nursing and Allied Health curricula are somehow still structured around diseases and technologies rather than people with diseases and people needing technologies. The majority of such people are old.

Medicine for the older person has to transcend gaps in 'evidence based medicine'. This is because older people and especially frail older people are left out of clinical trials; there is also a philosophical gap. We start life with different levels of health and function and we age at different rates.

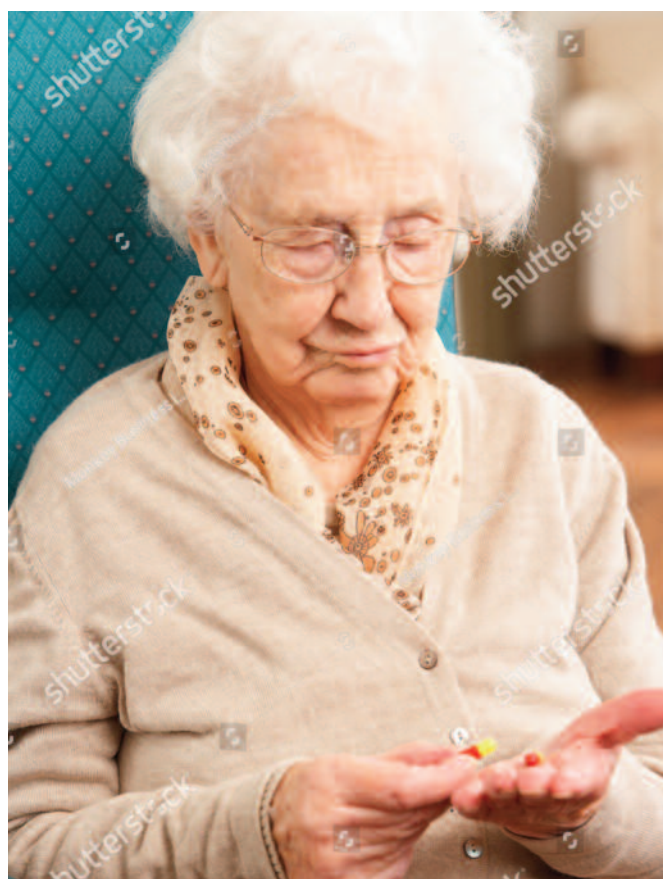
Older people come to differ from each other more than do younger people. What is paramount is that older people are treated as individuals and not as members of a homogenous groups assumed in the rationale of conventional trial evidence.

Some generalisations are possible. It follows from the biology of ageing that the risk of complications, often preventable or curable, from physically challenging treatments will increase with age. But it follows, too, that the benefits of treatments that are not physically challenging will also increase with age. The best approach is 'let's try it, but stop it if it does not work trial', with the patient as an active and informed partner. Even this is better than the unthinkable application of the results of a

clinical trial of dubious relevance.

Because of the evidence gap, Medicine for the older person has to be an art as well as a science ... the art is the ability to recognise similarities and distinguish significant differences.

For some of us it's the interplay of medicine, biology and social science that makes Medicine for the older person a fascinating central interest.



Through Art, Hope is Never Lost

By Marta Nowakowska

By profession, I am a psychiatric nurse. I worked at The Institute of Psychiatry and Neurology in Poland.

In 2004 my mother was diagnosed with Alzheimer's. During the years of taking care of her I delved deeply into the core question of what makes a person, how dementia affects the makeup of the individual and what can be learned from this. For years I used art as a way of communication and therapeutic intervention for my mother and I now use my experiences in my work. I am currently completing a Diploma in Art Therapy course in Marino College, Dublin.

I feel greatly privileged to work in Leopardstown Park Hospital as an Activity Coordinator with a team of people who have the same approach and mind set as mine. Being an Activity Coordinator means much more to me than just delivering entertainment to residents in a nursing home. In my work I would love to redefine the cultural environment of dementia and memory loss. I strongly believe we can learn a lot from residents and that if we focus on reciprocal partnership instead of only on care-giving - it's we, not them, who can gain most. I want to encourage our residents to step into a world of imagination as I strongly believe Art is an expression of the inner person and through art making we can communicate beyond words.

Not only does art-making have benefits, but even looking at art has a therapeutic effect. Some of the benefits of being involved in art-making are:

- Depression is lifted
- Short term memory loss and long term memory loss are regained
- Feelings of passion/innermost feelings are ignited
- Coordination is regained



- A sense of purpose is achieved, which combats agitation, boredom etc.
- Family and resident always have something to look forward to
- The resident is able to show their creativity
- Art sessions make residents laugh
- Art makes a huge difference in the lives of the residents
- There is a sense of accomplishment and pride amongst residents, especially when seeing their art work being displayed in the art gallery
- Social stimulation alleviates isolation and helps to form friendships

Research and experiences from various sources suggest that a painting can say something to an Alzheimer's sufferer and sometimes can inspire a dialogue with the picture. Recent research has shown that classical music can help to slow down the onset of dementia.

I am using ideas based on two projects from the US, ARTZ (Artists for Alzheimer's) and AFTA (Arts for the Aging). The project includes

painting murals and creating permanent exhibition of residents' works on the walls. I am encouraging residents to paint to the music. The idea of music expressed in colours, shapes and shades comes from the painter Vassily Kandinsky. With music naturally comes movement. By introducing dance into our programme, we aim to give the body back to people with dementia. Free movement to music provides a way to reclaim the aging body, improve mobility, increase the level of endorphins, it can be also a way of self-expression and purveyor of pleasure.

In Leopardstown Park Hospital we are hugely privileged to have beautiful green grounds and gardens. It is well known that contact with nature is associated with health and well-being. Something as simple as a walk in nature can reduce depression in about 71 % of participants. Spending more time outside with residents is a part of the programme. When outside, residents will be encouraged to notice colours, shapes and textures. When we engage people with dementia in conversation about favourite colours and their meaning we often use terms such "lighten up", "seeing red", "feeling blue", "being green with envy", or "yellow bellied". Such a conversation can

make people be more aware of their emotions, and help them express feeling during art sessions. In choosing a particular colour, we are often subconsciously giving ourselves intuitive colour treatment as every colour has some associations to our mood. Some examples of this are:

Orange is the colour of joy and happiness and is the symbol of creation. It influences both psychical vitality and the intellect.

Green is the colour of balance, harmony and sympathy.

Blue is the colour that symbolizes inspiration, devotion, peace and tranquillity. It is a useful colour with which to treat tension, fear, palpitations and insomnia.

So, what is all this leading to? Taking into account all of the ideas mentioned above, I am working together with our Manager Paula Carraher and another Activity Co-Ordinator Michelle Gumpall to use these ideas in the hospital. We aim to develop a programme which will include as many genres of art as possible, mainly painting, music and dance. We have already started a project to transform the hospital's interior so that it looks much more creative and friendly.



Spring

By Oliver Coyle

She dances on the snowdrops
 Takes March and April by the hand
 And spreads her yellow cloak of life
 On new-born buds across the land
 Her smiling sunrays light up the morn
 And banishes winter chill with scorn
 New hope and peace with her
 She'll bring new Spring

Music Therapy

By Michelle Gumpall

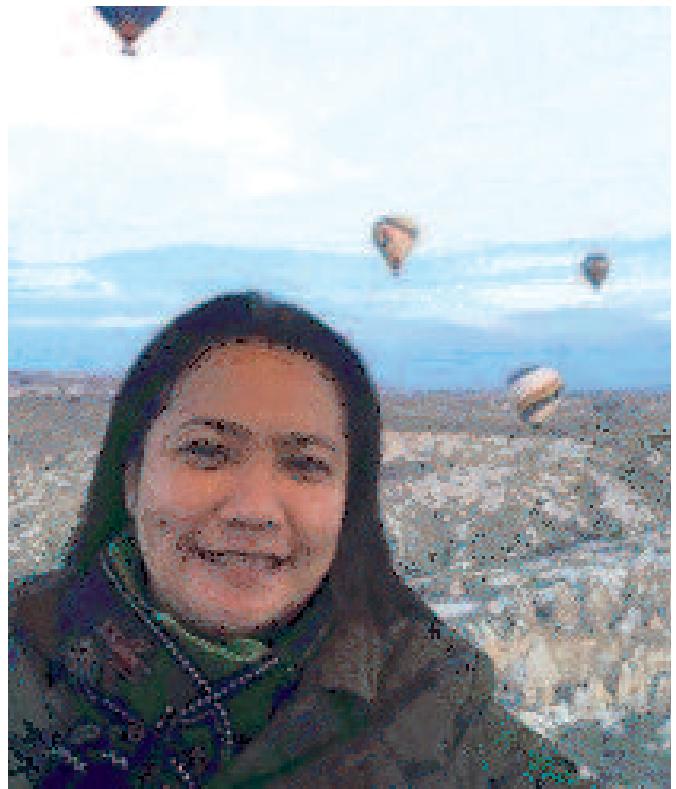
I am a musician and a singer and I have been working as an Activity coordinator for almost 12 years in different nursing homes, providing Music Therapy for residents.

I strongly believe music can be used to maintain or increase levels of physical, mental, social, and emotional functioning, it can help maintain quality of life or even improve it. When verbal communications fail, using familiar songs can help soothe and take the edge off difficult moments.

Music has power—especially for individuals with Alzheimer's disease and related dementias. And it can spark compelling outcomes even in the very late stages of the disease.

Some of the benefits of Music Therapy include:

- memory recall;
- positive changes in moods and emotional states;
- a sense of control over life;
- non-pharmacological management of pain and discomfort;
- stimulation that promotes interest even when other approaches are ineffective;



- promotes rhythmic, continuous movement and vocal fluency;
- opportunities to interact socially with others.

My aim is not only to perform for residents but also to encourage as many people as possible to fully engage in musical activity which means to play musical bingo, join the choir and to sing along with me during our concerts.

To give you some more information about me: I love adventure, sky diving was my favourite and going in a hot air balloon too. I am currently the President of the Bray Filipino Community. I used to sing in a band in Ireland called P60. I love nature.

The Story of the Limerick – In Memory of John Crisp

By Pete McWilliams

We all miss John Crisp hugely. He was a modest man, who rarely spoke of his war experiences. In his typically modest fashion, John would not want us 'going on about' the incidents he had survived, or the bravery he

had shown during the war. He would much prefer that we turn to his humour, his jokes and most especially the limericks for which he was famous throughout LPH.

Have you ever wondered what exactly a Limerick is? Your curiosity might go further and wonder where and when Limericks started and why they were given the name of a county and city in Ireland.

It seems there is a technical answer to the first question. A Limerick is a form of rhyme or poetry that contains five lines. The first, second and fifth lines have a three-beat measure called a trimeter. The second and fourth lines have a two-beat measure called a dimeter. That is why all, or nearly all, Limericks sound the same even though the words are different. It is a bit like singing the air of a well-known song but with different words to the original.

Despite the obvious Irish connection in the name, Limericks are thought to have originated in France in the Middle Ages. They seem to have appeared in England in the 11th century. Long after that, William Shakespeare was born in 1564 and, according to those who know these things, he used a form of Limerick in his plays Othello and King Lear.

It seems that Limericks did not appear in Ireland until the 1700s when soldiers who fought in the Spanish Wars of Succession introduced them. In the very late 1700s and into the early 1800s, Irish poets congregated in pubs and, perhaps, with the help of copious quantities of alcohol, these poets composed Limericks. Hearsay and folklore has it that a pub in Limerick was the start of Limericks in Ireland. Arguably, the most famous of these poets were the Maigue Poets. The Maigue poets took their name from the river that flows into the Shannon. Two of the founders were Seán O'Tuama and Andrias MacRaith who came from Kilmallock, Co Limerick and who grew up together there. As is often the case, the two men had a disagreement of some sort and started writing mocking Limericks about each other. The fact that O'Tuama was a publican was a rich source of material for both – O'Tuama to write in praise of his products and MacRaith to write critically of O'Tuama and his products.

The following are two examples of what some believe to be the first Limericks written:

O'Tuama wrote:

*"I sell the best Brandy and Sherry
to make all my customers merry.
But at times their finances
run short as it chances.
And then I feel very sad, very."*

*MacCraiths reply to this was:
"O'Tuama, you boast yourself handy,
at selling good ale and bright Brandy,
But the fact is your liquor
makes everyone sicker
I tell you this I, your good friend Andy."*

CREDITS

"The History of Croom." Wikipedia.com

http://www.strandhotellimerick.ie/upload/docs/shinnors-painting_key_single-border.pdf

http://www.webexhibits.org/poetry/explore_famous_limerick_background.html

"The Limerick"

By John Crisp

The Limerick's a strange form of art;
But one in which all can take part.
Just paper and pen,
Silly notions and then,
You're poised and ready to start.

The Sheikh's Will – A Lesson on Solving Problems

By Pete McWilliams



As you know, the Arabs are very fond of their horses and they breed some very good ones. Horses are considered to be valuable assets. An elderly sheikh who was regarded as one of the best horse breeders in the land had a stable of 17 thoroughbreds. He also had three sons. When the sheikh died his Will was read out by one of his top legal officials.

The Will was read out and stipulated the following:

To my eldest son, Mohammed, I leave half my horses

To my middle son, Ibrahim, I leave one third of my horses

To my youngest son, Rashid, I leave one ninth of my horses.

The problem facing the official was how to divide 17 by 2 (half) or 17 by 3 (one third) or 17 by 9 (one ninth). His other problem was that the three sons started to fight each other and the whole situation was rapidly getting completely out of control and dangerous. The official had to act quickly and effectively.

The official knew of a wise old man who lived in a remote oasis. He called for this man to be brought to him. This was done. On arriving, the wise old man read the Will carefully and thought for a while. He then asked the official

if he could borrow his horse for a short while. Totally trusting the wise old man, the official agreed. The wise old man added this horse to the late sheikh's 17 horses which now meant there were 18 horses.

Of course, the division was simple now; half of 18 is 9 horses, one third of 18 is 6 horses and one ninth of 18 is 2 horses. So, the wise old man duly distributed the horses accordingly; 9 to the eldest son, 6 to the middle son and 2 to the youngest son. If you now count the horses $9+6+2$ you see it comes to 17 horses. This means that the sheik's wishes were carried out and the wise old man was able to hand back the horse he borrowed from the official.

Is there a moral to this story? Perhaps there is!

It shows that with a little bit of "give" and a little bit of "take" complex and difficult problems can be solved.

It shows the importance of "common ground" in negotiations and agreements. The "common ground" in this case being the borrowed 18th horse.

Perhaps most importantly of all, it shows that there has to be a willingness and a belief that a solution can be found. If the willingness and belief are not there, there is unlikely to ever be a solution.



Condolences

Our Sympathy goes to the relatives and friends
of those deceased:

Patrick McGrath
Margaret Houlihan
Philomena McGarry
Betty Noyak
Irene Tullio
Patrick Morrissey
Frances Cummins
Robbie Duffy
Dorothy Curran
Christine Ryan
Carmel O'Shea
Kathleen Stynes
Cathal O'Reilly
Mary Collins
Bernard McCabe
Catherine Ledden
Patricia Duggan
John Crisp
Olive Walker

Frankie Hennell
Mona Coogan
Mary Harding
Tom Harmon
Frances Lacy
Maureen Fagan
James Walsh
Martin O'Sullivan
Mary Martin
Phyllis Telford
Mary Arnold
Christine Armstrong
Bridget Keogh
Mary May Hennell
Nancy Fagan
Bridie Boyce
Jeanne Matthews
Elizabeth Sheehan
William Flanagan

Babs Kearns
Louise Mockler
Richard Keegan
Terry Putt
Ann O'Keefe
Leonard Kelly
Sam Spencer
Frances Mullen
Maureen Ryan
Sylvester Pidgeon
Muriel Parnell
Helena O'Dwyer
Michael McCoy
Terry Martinez
Seamus Fee
Therese Kane
Anne O'Rafferty
Ann Ahearne

It has also been a sad time for volunteers and former staff.
We extend our condolences to the families of:

Jane Medcalf (wife of Geoffrey Medcalf M.B.E)

**Thelaine Barnwell (Royal British Legion, Metropolitan Branch),
so instrumental in having the ornamental fountain garden restored**

Maura Cullen (retired staff member)

Jim Kelly (Royal Air Forces Association)

Dates for your Diary

Monday

10.00am – 12.00
Individual activities

2.00pm – 4.00pm
Creative space –
Coffee Dock

2.00pm
Mobile library
on wards

Tuesday

10.00 – 12.00
Kiltiernan **individual activities**

11.30
Mass / Novena / Prayers to St. Anthony

2.00pm – 4.00pm
Creative space –
Coffee Dock

Wednesday

11.00 – 1.00pm
Residents' outings

2.30pm – 3.30pm
Karaoke – every
second week

2.00pm – 4.00pm
Coffee Dock

5.00pm – 7.00pm
Social Evening –
Glencairn

Thursday

10.00 – 12.00
Individual sessions

2.00pm – 4.00pm
Creative space –
Coffee Dock

2.30pm – 4.30pm
Music with Ciarán

Friday

11.30
First Friday Mass

2.30pm – 4.30pm
Music with Ciarán

3.00pm
Church of Ireland Service
– 1st and 3rd Friday

Saturday

10.00
Flower arranging –
Alternate Saturdays

2.00pm – 4.00pm
Coffee Dock

3.30pm
Mass

Sunday

2.00pm – 4.00pm
Creative Space –
Coffee Dock

