HISTORY IN MOTION

The Bay to Birdwood is the largest, continually held motoring event for veteran and vintage vehicles held anywhere in the world. This year our classic EmCare and Holden Panel Van took to the road for the public to glimpse our proud heritage.

The Holden Belmont panel van, built in 1971, was driven on the day by Wayne Jones (SA Ambulance Service Retired Officers' Association). The Em-Care (pictured) was constructed in 1977 and was driven by Hans Looft (retired St John volunteer).

Content suggestions to openairways@stjohnsa.com.au
HISTORY IN MOTION
Continued...

Despite the cold rainy day, crowds lined the route to view the impressive display of classic cars. The convoy drew many smiles and waves from the roadside spectators, who also enjoyed hearing the sound of the sirens.

The panel van also took part in the Holden Dream Cruise to celebrate the end of manufacturing Holden vehicles in Australia. Holden aficionados were thrilled to see the rare model, which drew plenty of attention.

The panel van ambulance also had an outing in Ceduna over the Oysterfest weekend, to mark 50 years of ambulance services in the area, and the 90 year celebrations of the Kalyra Nursing Home at Belair.

On 28 October the EmCare is going on display at the Kalyra complex at McLaren Vale. All of these three outings are being manned by members of the SA Ambulance Service Retired Officers’ Association.

WE LOOK FORWARD TO SEEING THESE IMPRESSIVE HISTORIC AMBULANCES OVER THE COMING MONTHS.
ORDER OF AUSTRALIA
INVESTITURE

His Excellency the Governor invested recipients with the 2017 Queen’s Birthday Honours list at a ceremony in Government House in early September.

The Order of Australia was established in 1975 by Her Majesty Queen Elizabeth II, Queen of Australia to recognise Australian citizens for achievement or meritorious service. Award recipients included three esteemed members of St John in South Australia:

**THE ORDER OF AUSTRALIA**

**Mrs Lynette Ann DANSIE AM DStJ**
Member of the Order of Australia (AM) in the General Division
“For significant service to the community of South Australia through a range of voluntary roles with service organisations, and to youth”.

**Commissioner Noel Rex HENDER OAM CStJ BEM**
Medal of the Order of Australia (OAM) in the General Division
“For service to the community of South Australia”.

**Major Paul Anthony ROENZWEIG OAM JP (ret’d)**
Medal of the Order of Australia (OAM) in the General Division
“For service to military history preservation”.

We congratulate again our valued members on this prestigious community acknowledgement.
ST JOHN
AWARDS DAY
2017

Laurel Leaf
Gilt
Silver
Medal
Service
Grand Prior
Leader
Commendation
Award
Training
Save A Life
Recognition

You are invited to the 2017 Awards Day Ceremony to recognise outstanding service and commitment to St John Ambulance South Australia.

To be held in the grounds of Government House in the presence of His Excellency the Honourable Hiem Van Le AC, Governor of South Australia.

WHEN
Saturday 21 October 2017
Ceremony commences at 2pm followed by light refreshments and accompanied by the St John Band until 4pm.

REGISTRATION
All guests must register their attendance on the day. Registration opens at 1.00pm and closes at 1.30pm to be seated by 1.45pm prior to the arrival of the Governor.

DRESS
Operations members - St John uniform
(preferably black and white)
Non Operations members - smart daywear
Medals and decorations to be worn

RSVP
Carolyn Begbie at
stjohnawards@stjohnsa.com.au or call (08) 8306 6942. If you are unable to attend a response to this invitation is not necessary.

PARKING
Please note that there is no parking available at Government House. We have secured the Torrens Parade Ground for you and your guests to park, a map is detailed above.
AWARDS DAY RECIPIENTS

OPERATIONS

9 Year Service Award
Emma Chin
Kevin Clark
Geoffrey Degenhardt
Jason Degenhardt
Imogen Lee
Peter McCallum
Grace Madigan
Stacey Oberti
Danika Pederzolli
David Richards
Carina St Clair
Anne Taylor
Karen Tiller
Andrew Victory
David Walker
Shonna Williams
Bradley Wohlers

Service Medal of the Order of St John – 12 years of service
Domenico Barone
Melissa Bridgman
Natasha Cook
Maureen Dubois
James Hunt
Ross Hunter
Michael Koch
Alex McCallum

1st Bar – 17 years of service
Amanda Jackson
Melissa Oudshoorn
George Papadopoulos
Cliff Pinkard
Cathrine Porter
Kerri Rae
Emma Wohlers

2nd Bar – 22 years of service
Sue Stotter

4th Bar (1st Gilt) – 32 years of service
Brenda Chatfield
Colin Ireland
Vilos Pavlik

5th Bar (2nd Gilt) – 37 years of service
Vilos Pavlik

6th Bar (3rd Gilt) – 42 years of service
Allen Burns
Alan Edge
Lorna Hawke
Bob Menadue
Ross Parkinson
Ian Walsh

7th Bar (4th Gilt) – 47 years of service
Robert Dale

Margaret Corkhill
Encouragement Award
Betty Debono

Bronze Commendation
Cathy Fletcher

Junior of the Year
Olivia Brownlow-Loechel

Cadet of the Year
Tristan Tomlins

Cadet NCO of the Year
Bailey Kuijpers

Youth Leader of the Year
Alecia Sheedy

COMMUNITY CARE

9 Year Service Award
TBA

Service Medal of the Order of St John – 12 years of Service
Marion Lowdon

1st Bar – 17 years of service
Susan Haywood

Frank Davison Award
Helen Digby

TRAINING

Robert Britten-Jones Award
Baz Elliott

EMPLOYEE AWARDS

5 Year Service
Steve Joyce
Ted Lim
Paola Mavrogiannis
Jenny Moun

10 Year Service
Nicole Ramos
Christine Whales

Employee Commendation
Andrew Scherer

COMMUNITY AWARDS

Bendigo Bank SAYC Youth Leadership Awards
TBA

RECOGNITION AWARDS

State Vote of Thanks
Sharon Tuffnell

Priory Vote of Thanks
SAAS Retired Officers Association
NEW MARQUEE LOOKS THE PART

The new 3x3 metre First Aid marquee pictured was purchased through an Unley Council grant for the Unley Division. It ticks all the boxes, looks fantastic and will shortly be seen out and about at events.

If you hear of a grant opportunity for your division, do get in contact with State Office.

MEMBERS HANDBOOK

The Operations Handbook is nearing completion and will be available to all adult members in the next couple of months.

The handbook contains all information that you might need for general information or when out at events.

Thanks to the Application Development Task Force, Jessica Tippins in particular, Chris Hawkswell and the Marketing Team for bringing the publication to life.

VALUING VOLUNTEERS

Judy Esmond Ph.D. states in “Count On Me”, 501 ideas on retaining, recognizing and rewarding volunteers:

It’s great to have a well-developed recruiting plan and to actively seek new volunteers.

But you need to find a balance and also spend time ensuring a high level of satisfaction amongst your current volunteers.

Make sure you pay as much attention to retaining your volunteers as you do to gaining volunteers.

The end of 2017 is fast drawing near! Have you thought about rewarding your volunteers?

Consider organising a dinner or outing – funds have been approved in the Operations budget. Maybe organise some awards for your star performers!
Excitement is building in the Cadet world as NatCamp 2018 draws closer. Organisers are hard at work finalising activities. Planned at this stage:

**Day in Victor Harbour, animal park visit, day trip to Hahndorf and the Gala dinner at the zoo.**

The camp venue has an exciting range of onsite activities including archery, adventure games, and flying fox.

Nominations close 31 October, so speak with leaders to nominate:

1. Fill in nomination form (NatCamp OB13A) (available on the Members Portal)
2. Ask divisional leader / manager to approve
3. Forward to State Leader, who will return to NatCamp organisers.

Any questions can be sent to Natcamp2018@stjohnsa.com.au
Computers are useful tools in many different jobs and volunteering roles, especially when admin is involved. But long periods of using a computer can increase your chance of developing an injury. Inappropriate computer use can cause muscle and joint pain, overuse injuries of the shoulder, arm, wrist or hand, and eyestrain.

Evidence shows the amount you use a mouse is directly proportional to the risk of developing hand, wrist, forearm, arm or shoulder discomfort. What does this mean? The more you use a mouse the more likely you will experience pain. Why? Because our soft tissues do not like too much repetition, holding one position for too long or pressure on delicate tissues. Unfortunately using a mouse can expose the body to any or all of these – for hours on end.

**HELPFUL TIPS**

**Consider your sitting height and desk height**
To allow the forearms, wrists and hands to be in best position the forearms need to be approximately horizontal. This may mean raising or lowering the sitting height or desk. Remember to use a footrest if your feet are not firm on the floor.

**Are the wrists resting on the desk or desk edge?**
When keying, wrists should hover above the desk not drop down and rest on it. Try a keyboard wrist rest for cushioning and support. The wrists should only rest on a keyboard wrist rest during pauses in typing.

**If the pain is in mousing hand only, the mouse is the likely culprit**
Try a mouse wrist rest. Try changing to the other hand for a few days or for some of the day to give the affected hand/arm more breaks. Though this feels slow and awkward at first, most people can learn to mouse with the other hand with perseverance and time.

**Try another style mouse**
Organise a trial of an ergonomic mouse. The Evoluent and Minicute mice are particularly good for hand, wrist and forearm pain as they put the hand and wrist to be in a more relaxed position.

**Overused, tight muscles can cause pain**
Do hand and forearm exercises and stretches at work. Take regular mini breaks from computer use and let the arms hang down, shake them out and relax.

If your hand, wrist or forearm pain stays we suggest you arrange a workstation assessment by an experienced therapist.

**Ergonomic Tips**
Many people use the mouse much more than necessary because they don’t know computer shortcuts and keystrokes. What will help you will depend on what work is done on the computer. Some newer keyboards have time saving shortcut keys. Commands such as COPY, PASTE, SAVE, PRINT, EMAIL, UNDO can be done with one keystroke.

Nicole Ramos
Senior Adviser Work,
Health and Safety/Payroll
08 8306 6964
ohs@stjohnsa.com.au
The recent Treasured Story presentation by St John Community Care was a beautiful testimony to client Michael Lech’s life. Bringing family, friends and the community together to celebrate accomplishment and acknowledge his immense strength of character.

Community Care Volunteer Rob Denton has been working with Michael over the past 14 months, interviewing and recording Michael’s life to develop into a Treasured Story and a DVD production.

“Living without a disability” is an inspiring story of courage whilst dealing with Cerebral Palsy. Michael exhibits enormous ambition and positivity. By constantly challenging himself to explore new experiences, Michael has achieved many personal bests, enjoyed great adventures, surpassed his physical limits and achieved the impossible.

Expressions of amazement flowed when Michael and Rob took attendees through his journey of adversities, but more importantly his great many achievements. Michael’s positivity, enthusiasm and determination was deeply inspirational.

Thanks to SCOSA Auditorium for the venue use, and St John volunteers in the event preparation.
CHILD PROTECTION TRAINING REMINDER

All volunteers and staff are reminded of our obligation to ensure we hold current and appropriate Child Protection training.

Everyone (regardless of level or status) is required to complete the short CP training annually and retain it’s currency at all times. This training can be completed via a face-to-face one hour session or by completing the online “CP Recertification” course.

If you are in a management or leadership role, a trainer, or work in a cadet division you must also hold the unit of competency CHCPRT001 and complete the extended course every three years (and the one hour annually in between years). The unit of competency can be gained by attending a face-to-face session and can be renewed online by completing the “CP Safety Awareness” course. The unit of competency is a one-off and does not need to be renewed.

This is an important part of our organisation’s commitment to the children and vulnerable people we work with. Monthly reports are being run with follow-ups for non-compliance.

For Operations volunteers, check MyStJohn “Book a Course” for upcoming dates.

CERTIFICATE III BASIC HEALTH CARE

Are you working towards your Certificate III in Basic Health Care to move to the next level as a St John First Responder or Advanced Responder?

Don’t forget to enrol in the required courses (including online modules and face-to-face classes), to keep on top of the requirements for your certificate.

Remember, you will not be able to attend a FR or AR Accreditation Workshop until you have completed all relevant workshops/online learning for the qualification.

Work is currently being done on the First Responder program and will be available soon, so stay tuned!

For all queries please contact Kier Pitt, Manager, Education & Training Quality kier.pitt@stjohnsa.com.au or Steve and Annette Pulbrook, CET Group Leaders.
THE SUN NEVER SETS ON ST JOHN AMBULANCE

We tend to think of St John Ambulance only in terms of its various operations here in South Australia. In Australia, the work of St John is guided by the Australian National Priory and there is a world-wide guiding hand in the form of the Grand Council which consists of representatives from each of the eleven St John Priories.

The Grand Council meets at least annually under the chairmanship of the Grand Prior, or if he is not available, the Lord Prior. To illustrate the global nature of our organisation, consider the following information. The Most Venerable Order of St John can be considered as offering services in four geographical areas of the world:

AFRICA
Ghana, Kenya, Malawi, Mauritius, Nigeria, South Africa, Swaziland, Tanzania, Uganda, Zambia and Zimbabwe. The St John emphasis in these countries is mainly in the areas of mother and baby care, and eye care.

THE AMERICAS
Antigua and Barbuda, Barbados, Bermuda, Canada, Dominica, Grenada, Guyana, Jamaica, St Lucia, Trinidad and Tobago and the USA. Especially in the Caribbean, the emphasis is on first aid training and disaster preparedness and in dealing with the injuries caused by tornados that occur there quite often.

ASIA PACIFIC
Australia, Fiji, Hong Kong, India, Malaysia, New Zealand, Singapore, Solomon Islands and Sri Lanka. St John is involved in diverse activities in these countries with such diverse activities as dental care and renal dialysis.

EUROPE
Cyprus, England, Gibraltar, Republic of Ireland, Malta, Scotland and Wales. St John is involved in rescue services in some of these countries, for example, saving hikers stranded on treacherous mountains.

THE EYE HOSPITAL
As a stand-alone entity, there is of course the extraordinary St John Eye Hospital in Jerusalem. You can be proud of the world-wide services provided by St John under its motto Pro Utilitate Hominum … For the Service of Humanity.

**Question:** In what year was St John in Australia granted the status of a Priory?

**Answer to previous question:** The Lord Prior of the Order of St John is Sir Malcolm Ross. The Lord Prior is the most senior non-Royal Officer in the Order of St John.

Brian Fotheringham
Chairman of the St John Ambulance Historical Society in SA
<table>
<thead>
<tr>
<th>Month</th>
<th>Enquiries</th>
<th>Attended Information Session at State Office</th>
<th>New Members</th>
<th>Total Members</th>
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<tr>
<td>July</td>
<td>120</td>
<td>18</td>
<td>19 (14 Adults / 5 Cadet / 0 Community Care)</td>
<td>Adults 716</td>
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<tr>
<td>August</td>
<td>111</td>
<td>21</td>
<td>32 (16 Adults / 16 Cadet / 0 Community Care)</td>
<td>Cadets and Juniors 624</td>
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<tr>
<td>September</td>
<td>90</td>
<td>19</td>
<td>28 (13 Adults / 15 Cadet / 0 Community Care)</td>
<td>Community Care 426</td>
</tr>
</tbody>
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**EVENTS CALENDAR**
Selection of October 2017 events:

- 7 Oktoberfest, Adelaide Showground
- 14 Adelaide Zombie Walk, Rundle Park
- 15 RnB Fridays Live, AEC
- 19-21 Mt Gambier Spring Show
- 20 Playgroup at the Zoo, Adelaide Zoo
- 21-22 Relay for Life, Berri
- 21 A Boating & Fishing & 4WD Adventure, Adelaide Showground
- 25 Norwood Christmas Pageant
- 26 Midnight Oil, Adelaide Oval
- 28 Halloween on King William Street
- 29 Great Strides Walk for Cystic Fibrosis, Strathalbyn
- 29 A Walk in the Vines, McLaren Vale
- 29 Fleurieu Folk Festival, Willunga
- 29 Step Up for Down Syndrome, Bonython Park