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National news from the Australian Office of St John Ambulance Australia

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#2 FEBRUARY 2017

NATIONAL MEMBER CONVENTION 2017 website REGISTER TODAY



April 28–1 May 2017, Hobart, Tasmania

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MAKING FIRST AID A PART OF EVERYBODY'S LIFE.

St John Ambulance Australia Inc. PO Box 292, Deakin West ACT 2600 www.stjohn.org.au

Join our network

The Australian Youth Advisory Network is St John Ambulance Australia's primary body for consulting with and representing the views of members aged 12 to 26 years.

JOIN THE NETWORK

LEARN MORE

JOIN THE AYAN NETWORK

AND RECEIVE NEWS IN YOUR INBOX AS SOON AS IT IS POSTED!

AYAN.ORG.AU

We've just launched our new website—AYAN.ORG.AU— and we'd really appreciate it if you could check it out and let us know what you think. The website aims to be a hub for all things youth, and contains opportunities, resources and projects and reports.



A YOUTH-LED ORGANISATIONAL SWOT ANALYSIS

Speaking of reports, have you seen A YOUTH-LED ORGANISATIONAL SWOT ANALYSIS ? It contains young members perceptions of St John, you can access it here.



JOIN THE AYAN TEAM

Have you ever wanted to join the AYAN Team? Now is your opportunity, we are currently recruiting for 3 roles: Research Coordinator; Project Officer (Digital Creative); Project Officer (Research).

We're looking for three enthusiastic young people to take on these roles. So if you would love the opportunity to work on some awesome projects visit AYAN.ORG.AU/NEWS for more information and the full position descriptions.



THE NORMA BELL AWARD

There is still time left if you have not yet applied for the 2017 Norma Bell National Youth Leader Award. Go to WWW.AYAN.ORG.AU/OPPORTUNITIES for full information and application.



The Award is an initiative of the Australian Youth Advisory Network of St John Ambulance Australia generously funded by the late Norma Bell, a friend of St John youth. The Award intends to reward young member for their activities as leaders, whilst promoting their contributions on a national stage and actively providing professional development pathways for young people.

MEDICAL ADVISORY PANEL

ST JOHN APPOINTMENT TO ILCOR FIRST TASK FORCE

Associate Professor Jason Bendall has been appointed to the ILCOR First Aid Task Force for a 3 year term (2017–2020). Jason is Deputy Chair of the Medical Advisory Panel.

This is a tremendous honour, and a recognition of Jason's expertise and knowledge—Task Force members were selected primarily on scientific merit and clinical expertise. It is an exceptional opportunity for him, and St John, to be part of the ongoing review of international first aid protocols. Jason is also the Deputy Convener with Australian and New Zealand Council on Resuscitation.


BULLETIN SEPTEMBER 2016

AVAILABLE ONLINE IN MEMBER CONNECT (SEARCH BULLETIN)

or click through: browse RESOURCES/MEDICAL AND RESOURCE/MEDICAL 



MEMBER CONNECT — GET CONNECTED!



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ON PETER POOLE KSTJ



Peter Poole accepting his Darwin City Council Citizen of the Year from Darwin's Lord Mayor, Katrina Fong Lim

On the 26 January 2017, Peter was named Darwin City Council Citizen of the Year for 2017 in recognition of his tireless work as a St John Ambulance volunteer.

Peter moved to Darwin from Katherine in 1973, just before Cyclone Tracy. 'Back then I was doing a lot of rural roadwork working for the Commonwealth Government, and thought I should get a first aid certificate—this lead me to becoming a St John Volunteer in 1979'.

In the four decades that Peter has been volunteering he has seen a lot of injuries. An event he specifically remembers is helping to transport patients during the Bali bombing. Last year Peter was recognised as the runner up Highly Commended award for the Chief Minister's Medal for Volunteering Service.

Peter was admitted to the Order of St John in 1988 as a Member. In 1993 he was promoted to Officer; Commander in 1999, and Knight of the Order in 2010. Peter has completed over 25,000 hours of volunteer work so far. He was St John Ambulance NT Commissioner from 2005 to 2008.

Also nominated for the Darwin City Council Citizen of the Year award were two other volunteer members: Guy Andrews from Darwin Division, and Krystal-Rose Kent from our Darwin Cadet Division.

Mark Ferguson, Commissioner of Northern Territory, stated 'We are very proud of all our volunteers especially the nominees of the Darwin City Council Citizen of the Year award. Peter Poole, winning this award, is a dedicated volunteer that all members look up to'.

THE ST JOHN AMBULANCE HISTORICAL SOCIETY OF AUSTRALIA

Did you know that you can access all 16 volumes of *St John History*, free of charge, from the national St John Ambulance website? Go to

[HTTP://STJOHN.ORG.AU/ABOUT](http://stjohn.org.au/about) ✎

The annual seminar of St John's Historical Society of Australia will be held during the Member Convention on Friday 28 April, 2017.



LEADERSHIP UPDATE

Provides information and tips for leaders and managers in St John

GET MORE OUT OF ONE-ON-ONE MEETINGS WITH YOUR DIRECT REPORTS

This article appeared in a HARVARD BUSINESS REVIEW newsletter. Whilst focused on managers in workplaces, it is also timely advice for anyone who has people that report to them. ✨

Good managers know it's important to regularly check in with each of their employees, but too often one-on-one meetings feel hurried and disorganised. To make the most of these meetings, be more deliberate about how you structure them.

First, schedule them. It doesn't matter how often they occur—every week, every other, or once a month— but they should be repeating events on your calendar. And honour these time slots. Don't get in the habit of cancelling, which signals to your employee that you don't value their time.

Make sure there's an agenda. Ask for a synopsis of what they'd like to talk about before the meeting. You should do the same for them.

When in the room together, be present. Turn off your phone; close your office door. Start the meeting by complimenting your colleague on something they do well. Then, be curious. Listen to your colleague's concerns and provide feedback and ideas on how they might solve problems. Always close the meeting with a note of appreciation, too. Words of affirmation can mean a lot.

MAKE DELEGATING EASIER

All managers know they're supposed to delegate, but too many of them are still doing too much themselves. What's an overburdened manager supposed to do?

First, pay attention. If you're swamped, and especially if you find yourself having to say no to new work, this is a sign that you may not be delegating enough. Come up with a process that lets you delegate something and be done with it. Delegation is useless if you have to spend time managing the process or answering follow-up questions.

Delegating well requires efficient, clear communication. Minimise time spent in meetings, but not to the point that you need to have the same conversation twice. And don't forget to have processes in place—ideally ones that require little of your time—to check your staff's work so that you can trust it. Invest in resources that will make delegation easier. If there's a new technology that lowers coordination costs and makes collaboration easier, don't skimp. Making delegation as seamless as possible is always a good investment.

WHAT TO SAY WHEN A CONVERSATION HEATS UP

When a conversation turns negative, it's helpful to have a repertoire of replies at your fingertips. Consider these options:

REFRAME. Cast the issue in a different light. If someone says, 'I don't want to fight about this', a useful reframe is, 'This is a debate, certainly not a fight'.

REPHRASE. Rather than letting offensive words pass, suggest replacements. If someone accuses you of coming on too strongly in a meeting, you might reply, 'I was passionate'. If you're described as stubborn, you could say, 'I'm very determined when something is important to a successful effort'.

REVISIT. If you've had positive interactions with the person in the past, remind them of their ability to find common ground: 'We have a good track record of working together. No reason to change that now'.

RESTATE. Give people a chance to reconsider and alter what was said: 'Surely there's another way to say that'.

Peter LeCornu



DATE	HEADLINE	SOURCE	STATE/ TERRITORY	MEDIUM	link(s)
23.02.2017	Kalamunda women receives St John Ambulance Community Hero Award	Communitynews.com.au	National	Online	http://www.communitynews.com.au/midland-reporter/news/kalamunda-woman-receives-st-john-ambulance-community-hero-award-for-saving-motorcyclists-life/
27.02.2017	This could help you save a life	The Senior	ACT	Online	http://www.thesenior.com.au/lifestyle/this-could-help-you-save-a-life/
26.02.2017	This is why you need to know CPR	Sunday Herald Sun, Melbourne	VIC	Print	http://readnow.isentia.com/articlepresenter.aspx?guid=5d8a5fa8-c3a8-43f1-ab0f-e490036fd095&serid=106741&articleid=730501773&prospectid=600469490&output=txt
01.02.2017	Keeping St John on the road	Open Road NSW	NSW	Magazine	http://readnow.isentia.com/articlepresenter.aspx?guid=e0a95e69-1448-4cd2-bd08-c61b06469814&serid=106741&articleid=712950450&prospectid=590714107&output=txt
05.02.2017	I was saved by a supermum	Sunday Telegraph	NSW	Newspaper	http://readnow.isentia.com/articlepresenter.aspx?guid=86d3689f-4a6b-482e-be5f-42715f3a7cb9&serid=106741&articleid=723515600&prospectid=591709713&output=txt
05.02.2017	Pregnant woman saves partner's life: 'I would have done CPR until I collapsed'	The Daily Telegraph	NSW	Online	http://online.isentialink.com/dailytelegraph.com.au/2017/02/05/4c4b97b1-727b-4f4d-abdd-9007b58e8c70.html
06.02.2017	Don't know first aid? You can't help	Lifestyleqld.com.au	QLD	Online	http://www.lifestyleqld.com.au/dont-know-first-aid-you-cant-help/
08.02.2017	New Waroona facility to bolster valuable service	West Australian	WA	Online	https://thewest.com.au/news/harvey-waroon-reporter/new-waroon-facility-to-bolster-valuable-service-ng-b88373514z
10.02.2017	Set for a scorcher	Noosa Today	QLD	Online	http://noosatoday.com.au/stories/2017-02-10/set-for-a-scorcher/
12.02.2017	First aid tips: Best ways to tackle mishaps from allergies to tick bite	The Courier Mail	QLD	Online	http://online.isentialink.com/couriermail.com.au/2017/02/11/9992420d-816f-4230-b5e0-d2a6c324d32a.html
13.02.2017	St John Ambulance Australia	Only Melbourne	VIC	Online	http://www.onlymelbourne.com.au/st-john-ambulance-aus#.wkd12m995ey
13.02.2017	Water first: Save a life in 5 minutes	Only Melbourne	VIC	Online	http://www.onlymelbourne.com.au/waterfirst#.wkip12995ey
14.02.2017	Hero mum saves Perth boy with CPR	The West Australian; 7 News Perth	WA	TV/Online	https://thewest.com.au/news/wa/hero-mum-saves-perth-boy-with-cpr-bc-5322513032001
20.02.2017	First aid tips for wheatbelt residents	Avon Valley Advocate	WA	Online	http://www.avonadvocate.com.au/story/4477777/first-aid-tips-for-wheatbelt-residents/