



St John Trivia Night

What do you call a deer with no eyes? No eye deer (idea) — boom, boom!

St John Ambulance Australia National Office hosted their inaugural St John Ophthalmic Trivia night on Friday 30 October to raise awareness and funds for St John Ophthalmic activities.

The Trivia night was a fantastic success. More than one hundred people attended, and approximately \$5000 was raised for our St John Ophthalmic programs. The event was very well attended by St John members from the National Office and St John ACT. Many friends of St John came to the evening including our printing suppliers, Canprint; our insurance brokers, AON; our accounting support team at Accsys Consulting; our airconditioning team, Astor Air Conditioning; as well as many other friends and supporters.

Our MC, Paul Compton, provided a wonderful evening of entertainment supplying us with a hilarious range of 'eye' jokes, as well as updating everyone on the sight-saving work that is being done by the St John Eye Hospital group.

Our guest speaker was Paralympian, Lindy Hou. Lindy is vision-impaired; she has a degenerative condition called Retinitis pigmentosa and has been legally blind since 1996. Lindy is a personal development coach as well as a motivational speaker, and she provided a very inspirational speech sharing some of her life story including when she lost her sight. Lindy's speech concluded with a video showing when she won Gold at the Athens Paralympic Games in Tandem Cycling—we wish Lindy all the best in her journey to the Rio Paralympics.

We had some wonderful trivia questions including questions on ophthalmology, St John history, sport, movies and television, general knowledge, as well as a few scary Halloween-inspired questions.

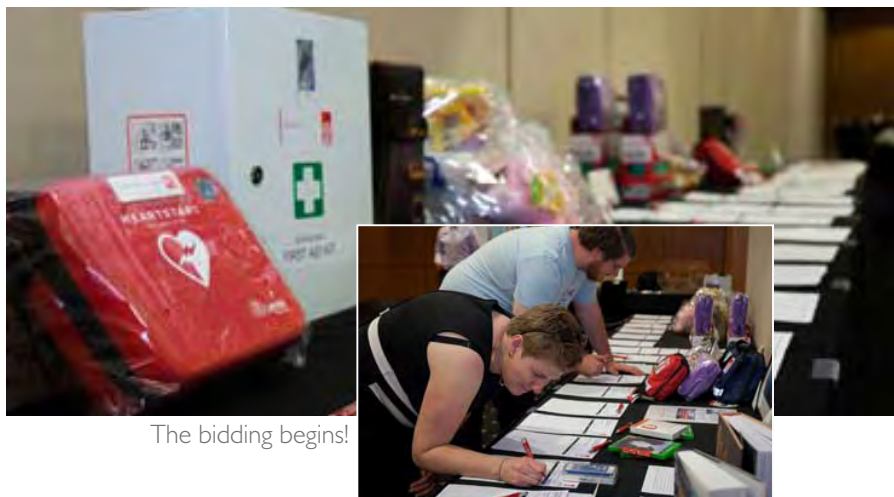
The silent auction table was weighted with loads of goodies: an iPod Touch, Moët champagne, first aid kits, first aid courses, photography sessions, books, a Microsoft Word package and electronic games, a toy bundle, a singing lesson, a learning-to-run course, a breakfast at Ink Bake Grill, and so much more. Unfortunately, the AED didn't make it to the reserve but the highest bid at \$1600 was a very generous offer ... we'll put it up again next year. Our guests for the evening were extremely generous and we only had the one thing to carry home!



Our host, Mr Paul Compton, finding his eye jokes very amusing!



The inspiring Lindy Hou.



The bidding begins!



Ms Amanda Power (Interim CEO, St John National) with her mum, Mrs Pat Berry, and partner, Mark Fowler.

The overall trivia winner from the night was our Chancellor's very own sponsored table—the Cadets from the Queanbeyan division (Queen Vision), who, during the night, lead the entire room in rousing renditions of Kenny Roger's 'The gambler' and Nirvana's 'Smells like teen spirit'.

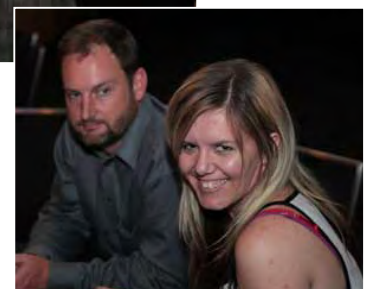
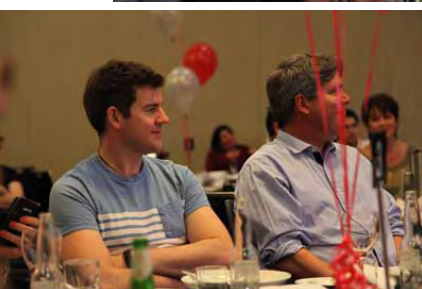
The delicious menu, decorations, chocolate bags, flyers, trivia answer sheets, and the all-important auction table (and so much more) were organised by Kylie Seidel from the National Office, with ready and willing assistance from the entire National staff. Belinda Ding wrote all the questions (and triple checked the answers); Charlie Bartak designed all the printed material on the tables, and scoured the room for the perfect photos; Shay McAuley organised and ran the tech, deftly as usual!

St John Ambulance Australia gratefully thanks our two main sponsors for the evening, the Shadforth Financial Group and Babylon, and many thanks also to the local businesses who kindly donated prizes for the silent auction.



Winners (L-R): Lucky Harry, Chris and Dave, winners of the Apple [&] eye pads! Trivia night winners, the Queanbeyan Cadet Division (table sponsored by Professor Mark Compton, Chancellor). Kylie Seidel presents one of the two St John ACT tables with their second giant block of chocolate, with instructions to share!

The venue and some of our 100+ guests.



Would somebody please take the mic off that man!

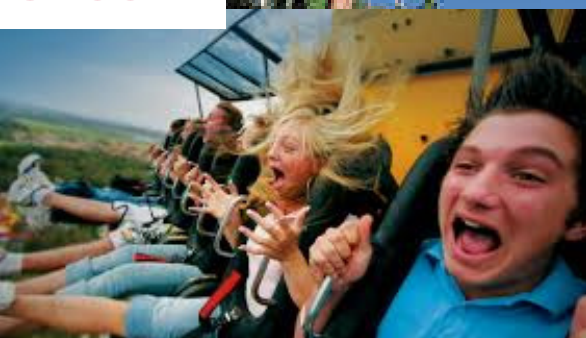


Gold Coast, Queensland

Are you going to be there?

5th - 12th January

National Cadet Camp 2017



THE AMAZING RACE

NATCAMP 2017

Leadership update

Provides information and tips for leaders and managers in St John.

Peter LeCornu, former CEO, National Office

Bring meetings to a close effectively

A common complaint among managers is that despite holding so many meetings, few meetings actually produce results. 'We keep talking about the same issue over and over, but nothing seems to ever happen!' The issue? Most meetings lack closure—the necessary link between meeting and impact.

To deliberately and effectively close a meeting:

- Check for alignment: Ask, 'Is everyone OK with where we ended up?' to surface any questions or concerns, and to ensure that everyone is on the same page.
- Agree on next steps: Ask, 'What needs to get done before our next meeting?' Nail down specific commitments, concrete deadlines, and follow-up schedules.
- Reflect on what you accomplished: Say, 'These are the five things I'm taking away from this', to validate the conversation and the team.
- Check for acknowledgements: Did anyone contribute to the conversation in a way that needs to be highlighted? Give people credit.

7 things leaders do to help people change

Researchers found 7 things that really help other people to change. They are, in order from most to least important:

1. Inspiring others.
2. Noticing problems.
3. Providing a clear goal.
4. Challenging standard approaches.
5. Building trust in your judgment.
6. Having courage.
7. Making change a top priority.

For more explanation of each of these, see:

<https://hbr.org/2015/07/7-things-leaders-do-to-help-people-change>

Make the audience a priority during your next presentation

When preparing a presentation, we think about what to say, the data we need, and which visuals to include. But what about the audience? Your presentation has to be tailored to their goals and concerns in order to make an effective case. To learn what makes them tick, consider:

- What roles do audience members play in the organization? Knowing where they fall on the org chart helps you understand their responsibilities — and how you can help make their work easier.
- Will some attendees' goals conflict with others'? If so, acknowledge that up front and explain how what you have to offer may help.
- What do people already know? You want to give people just enough background to understand what you're saying and how it affects them.
- How well does the audience know you? If you don't have strong relationships with them, establish a rapport by opening with an amusing personal anecdote.

Know whether you're a conflict avoider or a conflict seeker

Most of us either shy away from conflict or seek it out. It's important to know what you tend to do before getting into a heated debate, so that you'll be able to adjust your approach depending on the situation at hand. Ask yourself some of these questions about your current and previous relationship with conflict to develop stronger self-awareness:

- Thinking about the past, were you always more of a fighter? Or did you tend to accommodate others?
- Look back over particular moments of conflict early in your life or career — were you rewarded or punished for your approach?
- When you think about conflict now, do you get a pit in your stomach and feel like fleeing? Or does your heart race and you feel the urge to jump in?
- The last time tensions got high with someone at work or at home, how did you react?



Giving Above and Beyond

Australia Now Sponsoring SJEHG's School of Nursing



The Priory of Australia have kindly agreed to sponsor Nasrallah Khalylieh and Waleed Khateeb, SJEHG's two School of Nursing lecturers.

This is on top of their current sponsorship of Khaled Zuaiter, our Mobile Outreach Manager.

The Priory of Australia are now significantly contributing to two of SJEHG's most important programmes. Our School of Nursing, which trains between six and ten nurses every year, not only allows nurses to specialise in ophthalmology, but also vitally increases the level of medical expertise in the region.

With our Mobile Outreach Programme, we can bring eye care to even the most remote and isolated areas, where medical care of any kind is scarce and those in need often go without.

Nasrallah, Waleed and everyone at SJEHG would like to thank the Priory of Australia for their generous sponsorship.



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Got a St John story to tell that demonstrates best practise?

Share it with your fellow members through *Spotlite*. All articles for *Spotlite* are due on the 15th of each month, and will be reviewed by the National CEO and published at his discretion.

