



# spotlite

St John Ambulance Australia **sharing best practise**



## Issue 3 **March 2015**

### Inside this issue

Inauguration ceremony of the St John Priory of Hong Kong

Investiture 2015

Medical Advisory Panel, March 2015

ANZAC Heritage Trans-Tasman Centenary Wreath Project

Appointment of St John Ambulance (NSW) Chairman

Associate Professor Brett Aimers, Chief Professional Officer

AYAN, the voice of young members

Leadership Update

Event Health Services Gazette

## **Inauguration ceremony of the St John Priory of Hong Kong**

Operating for over 130 years, St John Hong Kong has provided first aid and health care services which includes ambulance services, home nursing care, youth assistance and dental care to those in need.

On 1 March, St John Hong Kong became a Priory with the ceremony taking place in St John's Cathedral, Hong Kong with the Lord Prior, The Honourable Dr Neil Conn AO presiding at the inauguration of the eleventh Priory of the Order. The Hong Kong Council Chairman Dr David LF Mok, who is also a medical doctor was installed as the first Prior.

Guests invited to the ceremony included representatives from other St John Priorities and Associations around the world. Australia was represented by St John Australia Priory Chancellor, Professor Mark Compton, and Priory Secretary Peter LeCornu.

On behalf of all staff and volunteers within the St John family, we like to wish St John Hong Kong many congratulations and all the very best.

To see the highlights of the inauguration ceremony, visit <http://www.stjohninternational.org/News/inauguration-of-st-john-hong-kong>

## **Investiture 2015**

Thursday 12 March 2015 saw the promotion and admittance of 8 people to the Order of St John during an investiture at Government House in Canberra. We are delighted to recognised the promotion of Professor John Pearn to Baliff Grand Cross, the highest grade in the Order of St John. Celebrations also included Peter LeCornu, promoted to the grade of Knight of Grace, Ms Jane Brooks to the grade of Officer, and admitted as Members: Ms Clare Banks, Mr Rhian Blackwell, Mr Mickael Gieules, Mrs Kylie Seidel and Mr Murray Willmott.

### **Major General (Professor) John Pearn AM RFD (Ret'd), Bailiff Grand Cross**

St John is delighted to congratulation Professor John Pearn on his promotion to Baliff Grand Cross, the highest grade of the Order.

Professor Pearn's list of past and current achievements in St John is lengthy and vast. He was for nine years, the Director of Training and member of the St John Ambulance Australia National Board. The knowledge and expertise he brought to the table was, and still is, immeasurable—he is a valuable and active member



**subscribe**

[members.stjohn.org.au/](http://members.stjohn.org.au/)

[username: onestjohn | password: member]

Click on 'Subscribe to Newsletters', and enter your name & email address.



St John Ambulance Australia  
National Office  
PO Box 292  
Deakin West ACT 2600

**St John** [www.stjohn.org.au](http://www.stjohn.org.au)



Back (L–R): Mrs Kylie Seidel, Mr Mickael Gieules, Mr Rhian Blackwell, Ms Clare Banks, Ms Jane Brooks, Her Excellency Lady Cosgrove, Mr Murray Willmott.

Front (L–R): Bishop Richard Herford, Professor John Pearn, Prior General the Honourable Sir Peter Cosgrove, Lord Prior Dr Neil Conn, The Chancellor Professor Mark Compton and Mr Peter LeCornu.



The Baliff Grand Cross

of the Medical Advisory Panel. Professor Pearn has contributed to many St John publications and has written an outstanding number of articles on first aid treatments and on the history of St John; he is currently the Priory Librarian. He has been a long term member of the Australian Resuscitation Council, and developed and maintained relations between St John and the Royal Life Saving Society, Scouts and other organisations, to the benefit of St John, and is President of St John Ambulance Queensland. He is a regular presenter at the St John Historical Society's annual history seminar.

Professor Pearn is widely known outside of St John as well. He graduated from Medicine with honours in 1964 and signed up to the Australian Army's medical contingent in 1966. After serving in Vietnam and Papua New Guinea, he eventually became the Surgeon-General of the Defence Force. John spent time serving in the Arctic in 1978 conducting 'survival research' in conjunction with the Norwegian and British armies, and in 1994 he flew to Rwanda during the genocide emergency. The former Queensland Father of the Year (1994) has also worked in conjunction with the World Health Organisation and UNESCO on health issues.

As well as his international aid work, John has carried out lifesaving research into accidental deaths and worked closely with the Royal Life Saving movement. In 2002, he was awarded the international Royal Life Saving Society's Medal for Meritorious Service in honour of his seminal work in the area of childhood drowning and prevention.

In 1979, John was awarded a Member of the Order of Australia (AM), for distinguished service in paediatrics and other medical fields. In 2004, he joined the Australian Emergency Response Team to the Asian tsunami. He was named Senior Queenslander of the Year in 2004.

John retired as Professor of Paediatrics in 2005. He has written more than 600 papers and 60 book chapters, books and textbooks relating to military and clinical medicine, medical history and life in general, including *The Science of First Aid*, *Genetics in Society*, *The Prevention of Childhood Accidents*, *Medicinal Herbs*, *A Little Book of Maxims*, *A Doctor in the Garden* and *Milestones of Australian Medicine*.

In 2009, John was awarded an Officer in the Order of Australia (AO) in the General Division in the Queen's Birthday Honours List. He received the award for service to medicine, particularly in the areas of paediatrics and medical ethics, to medical history, and to the community through injury prevention and first aid programs.

### 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.

## Medical Advisory Panel, March 2015

The 19th meeting of the Medical Advisory Panel was held in Canberra, Saturday 14 March.

Revisions to first aid protocols will be incorporated into the forthcoming new edition of *Australian First Aid*; there is no Bulletin resulting from this meeting, but members are asked to note:

1. In response to a client's enquiry regarding an ABC Catalyst program on the management of ticks, MAP agreed there was insufficient evidence to support the use of RID or Pernoxya in the treatment of ticks, and that the current management as stated in AFA is correct.
2. MAP noted the recommendation of the Queensland coroner (*Inquest into the death of Amit Kumar*, Brisbane, file #2012/3417, 11 March 2015) that: 'first aid training providers consider including a component in their training to raise awareness about the dangers of positional and restraint asphyxia'. MAP agreed that information on the dangers of positional and restraint asphyxia would be added to specialised first aid courses for people who may be involved in restraining others (e.g. police, security guards).
3. In discussion of the Queensland coroner's recommendation, MAP recommended that first aiders are reminded that when attending situations involving drugs and alcohol, they are to be aware of the dangers to themselves and others.



## ANZAC Heritage Trans-Tasman Centenary Wreath Project

The National Cadet Group endorsed a project to collaborate with our colleagues from 'across the ditch' to remember the fallen from World War I. The wreath bases have been made by Cadet Divisions in Australia and New Zealand, and two sets of motifs to decorate the wreaths have been made by the Cadet Divisions. One set will adorn their own wreath and the other set will be sent to a sister Division in the other Country. The Australian wreaths are not complete until the New Zealand silver fern motifs have been added and the New Zealand wreaths are not complete until the Australian wattle motifs have been added.

Thanks to all participating Australian Cadet Divisions: Blackwood (SA), Knox (Vic), Launceston (TAS), Palmerstone (NT), Ulverstone (TAS) and Western Suburbs (NSW).

Once complete, these wreaths will be laid at cenotaphs on ANZAC Day on behalf of each participating St John Cadet Division.

Submitted by Kieran Brown,  
National Youth Project Manager

The picture shows the wattle motifs made by Australian Cadets which have been mailed across to six Cadet Divisions in New Zealand. The Australian Cadet Divisions will be receiving their silver fern motifs very shortly.

## Appointment of St John Ambulance (NSW) Chairman

Following the resignation of Tony Thirlwell as Director and Chairman of St John Ambulance (NSW) the NSW Board Meeting of Monday 23 February 2015, unanimously elected Mr Richard Neal CSTJ as Chairman.

Richard has been Deputy Chairman since March 2013 and Honorary Legal Advisor since June 1996, giving legal advice to the Board and the St John membership on many issues over the years. His knowledge, understanding, and experience of St John (NSW) underpins his leadership as Chairman.

## Associate Professor Brett Aimers, Chief Professional Officer

The Chief Professional Officer, Associate Professor Brett Aimers, resigned from the role at the end of March 2015. The National Office would like to thank Brett for his work with the office over the last four years in the role of Chief Nurse and Chief Professional Officer. Brett was instrumental in developing and delivering a number of clinical projects which have assisted jurisdictions to make first aid a part of everyone's life, including clinical accreditation and governance guidelines, credentialing for Health Professionals, writing and reviewing accreditation programs, reaccreditation programs and Junior and Cadet first aid. Please join with the National Office in wishing Brett all the best in his future endeavours.

Submitted by Paul Compton, National Event Health Services Manager



Check out the latest international St John news at *The Link*. This issue includes:

- the Inauguration of St John Hong Kong
- St John Around the World Video
- St John New Zealand volunteer saves a life during marathon
- Installation of the new Chancellor
- Bust Presentation of HRH The Duke of Gloucester
- St John Kenya New CEO
- St John Scotland Defibrillator Project
- St John Ambulance Canada new CEO
- Asia Pacific Regional Meeting 2015

You can access *The Link* at <http://www.orderofstjohn.org/>, and search for 'Keep Me Posted'.



Australian Resuscitation Council presents the  
**10th International Spark of Life Conference 2015**

**Front Line to Recovery**

Sponsored by Laerdal  
Hilton on the Park, Melbourne  
Friday 17–Saturday 18 April.  
Full program now available:

[resus.org.au/10th-international-spark-of-life-conference/](http://resus.org.au/10th-international-spark-of-life-conference/)



# AYAN IS ON FACEBOOK!



← Like!      Subscribe! →

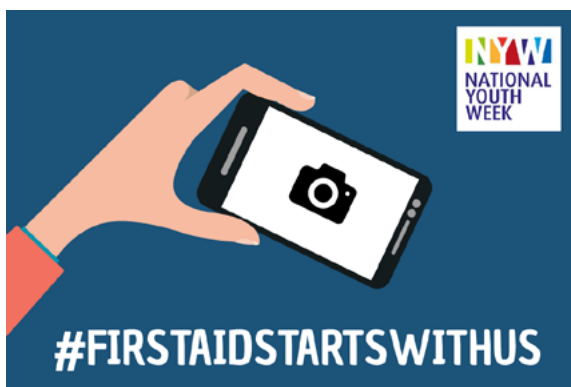
## AYAN, the voice of young members

A new channel for consulting and sharing information with young members has been launched this month. The Australian Youth Advisory Network (AYAN) is now St John Ambulance Australia's primary body for communicating and consulting with, and representing the views of young members aged 12 to 26 years.

The AYAN is a vibrant and passionate network lead by a small team of volunteers from all over Australia. The main platform is currently a Facebook page, where opportunities such as youth international health placements, award nominations and sharing successes are posted. The network will also be vital in researching the needs, ideas and achievements of young members throughout Australia.

The current Team Leader, Aaron del Pino, has lead the rebrand and restructure of the former Australian Youth Council, in response to the 2014 Harper Scholarship paper *Represent: Optimising the impact of young people's participation and advocacy in St John* by Lachlan Cibich.

**TO CELEBRATE ITS LAUNCH, AND NATIONAL YOUTH WEEK IN APRIL 2015, THE AYAN ARE PROMOTING A FANTASTIC COMPETITION, 'FIRST AID STARTS WITH US'.**



To get involved, go to

[facebook.com/AustralianYouthAdvisoryNetwork](https://www.facebook.com/AustralianYouthAdvisoryNetwork)

or email [hello.ayan@stjohn.org.au](mailto:hello.ayan@stjohn.org.au)

and spread the word—there's a chance to win terrific prizes through the AYAN National Youth Week Competition.



Submitted by Belinda Ding, National Policy Manager

## Leadership Update

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

### Everything you need to know about becoming a better listener

A good article on becoming a better listener can be found at: <https://hbr.org/2015/02/everything-you-need-to-know-about-becoming-a-better-listener>

Some quotes from the paper:

‘It can be stated, with practically no qualification’, Ralph G Nichols and Leonard A Stevens write in a 1957 *HBR* article, ‘That people in general do not know how to listen. They have ears that hear very well, but seldom have they acquired the necessary aural skills which would allow those ears to be used effectively for what is called listening’. In a study of thousands of students and hundreds of business people, they found that most retained only half of what they heard—and this immediately after they’d heard it. Six months later, most people only retained 25%.

It all starts with actually caring what other people have to say, argues Christine Riordan, Provost and Professor of Management at the University of Kentucky. Listening with empathy consists of three specific sets of behaviours. First, there’s the actual intake of information—recognising the verbal and nonverbal cues the other person is emitting. Then there’s processing, which is where we make sense of what the other person is saying. Finally, there’s responding. This is where you validate what they’ve said—and note that validating doesn’t mean you have to agree with it—by nodding, playing back what you heard, or otherwise acknowledging that you’re picking up what they’re putting down.

### A simple question to help reduce written e-mail insanity

From the newsletter published by Randall Dean, <http://www.randalldean.com>

You are composing a new e-mail, and as you are crafting it, you have that feeling that maybe, just maybe, it will cause more problems than it solves. If you ever get this feeling, ask yourself this simple question, ‘Is e-mail the best tool to address this current communications situation?’

E-mail works great when the message is clear, the assignments and delegations within the message are clear, the due date is clear (and not right away!), and the e-mail doesn’t cause a negative emotional response. In essence, if the e-mail contains simple information, tasks, and text (especially not critically time sensitive), go for it!

When the e-mail is very dense, easily misinterpreted, lacks clarity of assignments and delegations, contains hidden or missing due dates, covers too many topics, or is sent to too many people, and, yes, of course, if it is ‘red hot urgent’ and/or highly emotional in response ... then none of these conditions make for a good e-mail message, and indicate a different communications option might be superior.

### Autonomy is key for better motivation

The question of how to better motivate employees has stumped many leaders. But if you focus on three universal psychological needs—autonomy, relatedness, and competence—you may find that it’s not that complicated. Take autonomy. People need to believe that they have choices and that they’re in charge of what they’re doing. The way you frame information and situations influences whether someone will feel autonomous. So when discussing goals, don’t make them seem like dictates or measures by which to hold someone accountable; frame them as essential for the person’s success and an opportunity to fulfill a meaningful goal. And don’t apply pressure to perform. Sustained peak performance is a result of people acting because they choose to, not because they feel they have to.

Peter LeCornu, CEO, National Office

## Event Health Services Gazette

Officer appointments and relinquishments are now published by State/Territory jurisdictions, as is the production of certificates for Warrants of Appointment. *Spotlite* continues to gazette Grand Prior Awards, Special Service Certificates, Divisional Registrations and Divisional Jubilees.

### Awards

Congratulations to the members listed below. Each has shown real commitment to building our community through their volunteer work and to excellence in delivering our services. The awards are a small token of our appreciation for your dedication. Thank you.



### Grand Prior's Awards

#### Tasmania

*Brighton Cadet Division*

Asia Dare

Michelle Cronly

# THE NORMA BELL

## National Youth Leader Award

ARE YOU A YOUNG LEADER?

*Do you want to be recognised?*

DO YOU KNOW A YOUNG LEADER?

*Do they deserve to be recognised?*



The Norma Bell National Youth Leader Award recognises and rewards two outstanding young St John members aged 18 to 26 who have gone above and beyond in their work with St John or in the community. Award recipients are recognised for their contributions on a national stage plus are provided with an opportunity for professional development.

The Award is funded by the generous bequest of Norma Bell, friend and supporter of youth development within St John Ambulance Australia.

For more information visit: <http://you351.wix.com/thenormabell>

Applications close: 5pm, Friday 3 April 2015

CONTACT US AT E: [policy@stjohn.org.au](mailto:policy@stjohn.org.au) T: 02 6239 9208

